

Over **30**
different
sessions
each week

2012 Olympic Year



Over **60**
contacts
for clubs &
activities

New activities for Children, Young People & Adults Boys & girls



Starting
Wednesday
11th Jan
5 - 6 p.m.
Cost: £18
6 weeks

Gymnastics & Trampolining

14 - 18 Years

- Get better at any sport
Extreme Sport- Martial Arts
Gymnastics - Parcore
- Get more excitement
from sport

www.ocrasport.org.uk

OCRA

sport • art • x-treme • activity
play • adventure • dance

0 1 8 3 7 5 4 5 4 6

www.ocrasport.org.uk

PILATES

Flowing movement that aids
fitness and well being.
Fantastic instructor
at Okehampton College Gym
6.00 - 7.00 pm
Tuesdays £3.50 per class

Dancercise

A simple, fun and
energetic class to different
styles of music with
dance choreography.
Tuesday 7.00 - 8.00 p.m.
Thursday 7.00 - 8.00 p.m.
Okehampton College Gym
both classes ladies only
Sessions £2.50
No membership fee!



AFTER SCHOOL CLUBS AVAILABLE NORTHLEW-BRIDESTOWE-HATHERLEIGH-EXBOURNE-CHAGFORD

Basketball Club

Two sessions available for young
people and adults
Wednesdays at
Parklands Leisure Centre
7.00 - 8.00 p.m. - 10-16 years
8.00 - 9.00 - 16+ years
£12 for a six week course



OCRA DANCE CLUB

HIP HOP, MUSICAL THEATRE
& STREET DANCE

Cost: £24 (6 weeks) 4.30 - 5.30 p.m.
Dance Studio at Parklands
Restarts Tuesday 10th January

MULTI SKILLS CLUB (4½-6 yrs)

THURSDAY NIGHTS @ PARKLANDS
5 - 6 p.m. ~ FUN ~ £10 for 5 weeks
Multi Skills - essential for childrens' overall
physical development in all sports
TERM TIME ONLY - SPACES AVAILABLE
Restarts Thursday 12th January

OCRA TRAMPOLINE CLUB

Restarting Wed 11th Jan
7 - 16 years
6 - 7 p.m. or 7 - 8 p.m.
£24 for a 6 week course
All abilities welcome
Beginners to Competition Level



OCRA FENCING CLUB

For ages 6 - 16 - £24 for 6 weeks
Tuesdays at Parklands Leisure Centre
5-6.30 p.m.
all abilities catered for, equipment
provided, competition, skills & electric fencing
Club restarts Tuesday 10th January



BADMINTON Adult/Youth
Ongoing - Equipment provided
Monday Nights - 7 - 9 p.m.

GYMNASTICS & MOVEMENT

3-5 yrs 5.15-6.00 p.m.
6-8 yrs 6.00-6.45 p.m.
Restarts Thursday 12th January

GYMNASTICS & MOVEMENT

3-5 yrs 4.30-5.15 p.m.
6-8 yrs 5.15-6.00 p.m.
9+ 6.00-6.45 p.m.

Restarts Friday 13th January
GREAT COACHES

Cost: £15 for 6 weeks course

FOOTBALL/MULTI-SPORT

6 - 16 years - £2.00
Friday nights at Parklands
Restarting 13th January
Term Time Only 6 - 8 p.m.
Come and join in our Fun & Exciting
Football and Multi-Sports Club



Please contact OCRA to book a place for your child in any of the above clubs
www.ocrasport.org.uk - OCRA - 01837 54546 - OCRA - www.ocrasport.org.uk