

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



Starting Wednesday  
14<sup>th</sup> Sept  
8 - 9 p.m.  
Cost: £18  
6 weeks

### Gymnastics

Including trampolining  
14 - 18 Years

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

[www.ocrasport.org.uk](http://www.ocrasport.org.uk)




### New for September Basketball Club

Two sessions available starting  
Wednesday 14<sup>th</sup> September  
at Parklands Leisure Centre  
7.00 - 8.00 p.m. - 10-16 years  
8.00 - 9.00 - 16+ years  
£15 for a six week course



### 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

Please contact OCRA for further details or to book a place

[www.ocrasport.org.uk](http://www.ocrasport.org.uk) - OCRA - 01837 54546 - OCRA - [www.ocrasport.org.uk](http://www.ocrasport.org.uk)

## ACTIVITIES FOR SEPTEMBER 2011 FOR CHILDREN, YOUNG PEOPLE & ADULTS

<p><b>Dancercise Classes for Adults</b> Okehampton Community College Gym</p> <p><b>TUESDAYS &amp; THURSDAYS</b> 7 - 8 p.m.</p> <p>A simple, fun and energetic exercise class to music with dance choreography that will let you enjoy and express yourself while getting your heart rate up and keeping your body healthy</p> <p>£2 per session Wear trainers &amp; comfortable clothes</p>	<p><b>OCRA FENCING CLUB</b> For ages 6 - 16 - £24 for 6 weeks Tuesdays at Parklands Leisure Centre 5-6.30 p.m.</p> <p>all abilities catered for, equipment provided, competition, skills &amp; electric fencing</p> <p><b>FENCING EQUIPMENT NOW AVAILABLE FOR 6-8 Yr OLDS</b> Club restarts Tuesday 13<sup>th</sup> Sept</p>	<p><b>FOOTBALL/MULTI-SPORT</b> Registration forms <b>MUST</b> be completed 6 - 16 years - £2.00 Friday nights at Parklands Restarting 16<sup>th</sup> Sept Term Time Only 6 - 8 p.m. Come and join in our Fun &amp; Exciting Football and Multi-Sports Club</p> 
<p><b>OCRA TRAMPOLINE CLUB</b> Restarting Wed 14<sup>th</sup> Sept 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</p> 	 <p><b>OCRA DANCE CLUB</b> HIP HOP, MUSICAL THEATRE &amp; STREET DANCE Cost: £24 (6 weeks) 4.30 - 5.30 p.m. Dance Studio at Parklands Restarts Tuesday 13<sup>th</sup> September</p>	<p><b>BADMINTON</b> Adult/Youth Ongoing - Equipment provided Monday Nights - 7 - 9 p.m.</p>
<p><b>MULTI SKILLS CLUB (4½-6 yrs)</b> 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 15<sup>th</sup> September</p>		<p><b>GYMNASTICS &amp; MOVEMENT</b> 3-5 yrs 5.15-6.00 p.m. 6-8 yrs 6.00-6.45 p.m. Restarts Thursday 15<sup>th</sup> Sept</p> <p><b>GYMNASTICS &amp; MOVEMENT</b> 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 16<sup>th</sup> Sept GREAT COACHES Cost: £15 for 6 weeks course</p>

Please contact OCRA to book a place for your child in any of the above clubs  
[www.ocrasport.org.uk](http://www.ocrasport.org.uk) - OCRA - 01837 54546 - OCRA - [www.ocrasport.org.uk](http://www.ocrasport.org.uk)