

DAY	SESSION	TIME	ABOUT
MONDAY	BADMINTON	19:00 – 21:00	Come along and play session for all ages of adults and teenagers. Equipment available for use!
TUESDAY	FENCING	17:00 – 18:00 Starts January 16 th 2018.	For ages 6-12 years with all equipment provided!
WEDNESDAY	BASKETBALL	19:15 – 21:15	Active training with drills and gameplay! 14+ years.
THURSDAY	MULTISPORTS	17:00 – 18:00 Starts 11 th January 2018	Fun session for 4 – 7 year olds playing a wide variety of sports, whilst working on Agility, Balance & Coordination.
FRIDAY	OCRA SPORT NIGHT	18:00 – 20:00	Exciting football and multisport session for ages 8 – 14!
FRIDAY	VOLLEYBALL	20:00 – 21:00	Session open to all abilities, ages 15+.
SUNDAY	FAMILY BADMINTON	10:00 – 12:00	Open to all, games and coaching tips available to enhance your enjoyment of the game. Equipment provided.
DIFFERENT SWIM, RUN AND BIKE SESSIONS	TRIATHLON	Contact: j.pattie@yahoo.co.uk	All abilities welcome, ages 8-16 years.

Come along to sessions or for any information contact OCRA on 01837 318010 or email stuart@ocrasport.org.uk

