



Parklands Leisure Centre  
01837 659154

COME & TRY FOR FREE  
July 22<sup>nd</sup> Swimming, Gym & Fitness  
Sessions, Putting, Stalls & Much more!

Raising funds for 

[www.parklandsleisurecentre.com](http://www.parklandsleisurecentre.com)



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

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Children aged 3 - 16 years.  
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[www.ocrasport.org.uk](http://www.ocrasport.org.uk) and go to holidays



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SET IN STUNNING SCENERY WITH  
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"Lovely food, cakes & party venue"  
 PAVILION IN THE PARK T-01837 318010

# ACTIVE OKEHAMPTON SPORTS & FITNESS FESTIVAL 2018



**9<sup>th</sup> - 28<sup>th</sup> July**

**"TRY SOMETHING NEW"  
Over 40 Events**



'Have-a-go' Sessions, Activities and Competitions  
**CHILDREN, YOUTHS FAMILIES & ADULTS**



*including:-*  
Climbing, Cycling, **Football**, Run, Swimming, Walks, **Bowls**,  
**Hockey**, Tennis, **Archery**, **Skateboarding** - Rounders - Big Oke Abseil  
**Gymnastics**, **Wide Range of Fitness Classes & Martial Arts**  
Trampolining – **Dance** - Squash - **Badminton** - **Table Tennis**  
**Rounders**, Disability Activities, Zumba, Walking Football & Netball  
& much **more...**

For more information visit the OCRA website or call us on 01837 318010

 Find us on **Facebook** [www.ocrasport.org.uk](http://www.ocrasport.org.uk)

follow us on **twitter**

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

 in partnership with **fusion**



## PARKLANDS

01837 659154

Refurbished Gym

7 day guest pass to use swimming, exercise classes and fitness gym

[www.parklandsleisurecentre.com](http://www.parklandsleisurecentre.com)

Extensive range of classes to try

## Offers Throughout the Festival



Modern Equipment,  
Free Weights, Sauna,  
Sun Shower,

### GREAT OFFER

1 x Free Personal Training session  
& 1 weeks free membership.-

[www.futurebodies.co.uk](http://www.futurebodies.co.uk)

Unit 3 Fatherford Farm - 01837 659554



SPORT - ART - MEET - CELEBRATE

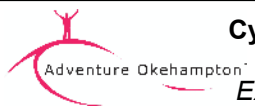
Café - Bar - Ices

NEAR GREAT PLAY AREAS & WALKS

Parties ,Weddings & Meeting Venue

+ ½ Price Tennis & Squash Courts

[www.facebook.com/OCRAHub/](http://www.facebook.com/OCRAHub/)



**Cycle Hire Offer £5 per day throughout the festival**

Contact Adventure Okehampton on 53916

Explore a wide range of routes from the Granite Way,  
Dartmoor Ring Road & local lanes & pathways

**CHAOS GYM - FIRST SESSION FREE - [www.facebook.com/teamchaosdevon/](http://www.facebook.com/teamchaosdevon/) 07471895444**

**Bag Blast** - Tues & Thurs 7.15 - 8.15 p.m. All abilities, ages 14 years +.

Learn different workout routines on the punch bags.

**Junior Muay Thai Kickboxing** - Tues & Thurs 5.00 - 6.00 p.m. Ages 5 - 13



## POP UP PUZZLE TREE - MULTI SPORTS AND ACTIVITY DAY - MONDAY 9<sup>th</sup> JULY

Accessible to anyone including those with learning or physical disabilities. There are a wide range of activities: -

a.m. Drumming workshops, p.m. multisports & much more.

To find out more contact Tracey Seymour at Lyric House 01837 54133

Day	Event	Time	Age	Place	Cost	Contact
Mon 9 <sup>th</sup> & 16 <sup>th</sup>	<b>Children's Soft Play Area</b> - Ages 1 - 12 Years - Free entry all day to <b>THE OKEY COKEY</b> on Monday of Sports Festival. <i>Lots of different activities happening including bouncy castles, meal offers - free slice of cake with tea or coffee and 10% off any future party bookings</i>					<a href="http://www.theokecokey.co.uk">www.theokecokey.co.uk</a>
	<b>Stretch &amp; Strength</b>	12.00-1.00	50 +	Pavilion in the Park	FREE	Sue Revington - 07522060856
		Gentle exercise with a mix of seated, standing and mat movements - great fun, come along and try!				
Mon 9 <sup>th</sup> & 16 <sup>th</sup>	<b>Try Judo</b>	6.00 - 7.00 p.m.	Juniors 5 - 10	Fairplace Church	FREE	Geoff Cawse - 82587
		7.00 - 8.00 p.m.	Juniors 11 - 15	Fairplace Church	FREE	<a href="http://www.okejudo.co.uk">www.okejudo.co.uk</a>
		8.00 - 9.30 p.m.	16+ & Adults	Fairplace Church	FREE	
		<i>An olympic martial art, developing self discipline &amp; respect - all welcome!</i>				
Tues 10 <sup>th</sup>	<b>Walk &amp; Talk (both Tues)</b>	10.30 - 11.30 a.m.	All Ages	Meet opposite the Post Office	FREE	David Arney 01837 861829
		<i>Local social walk on fairly even ground, pushchair friendly, finish at local café</i>				
	<b>Tai Chi (both Tues)</b>	10.15 - 11.30 p.m.	Adults	Pavilion in the Park	FREE to newcomers	Pippa Cherrington - 851218
		<i>Enjoy the flowing movement that benefits flexibility, balance and strength</i>				
	<b>Pilates</b>	6.00 - 7.00 p.m.	16+ & Adults	Pavilion in the Park	FREE to newcomers	OCRA Shirley Edwards 318010
		<i>Flowing movements to improve posture, coordination, fitness &amp; well being</i>				
Tues 10 <sup>th</sup> & Tues 17 <sup>th</sup>	<b>Kick Boxing Karate</b>	6.00 - 7.00 p.m.	Juniors	College Gym	FREE	Roger Chestnutt - 07886185281
		7.00 - 8.15 p.m.	Seniors	" "	FREE	
		<i>Come and improve your self defence, fitness, confidence &amp; co-ordination. Train in a relaxed, disciplined and friendly environment</i>				
	<b>Zumba</b>	7.00 - 8.00 p.m.	16+ & Adults	Pavilion in the Park	FREE to newcomers	Katie Drew - <a href="mailto:kdrewzumba@hotmail.com">kdrewzumba@hotmail.com</a>
		<i>enjoy the buzz of dance and aerobic movement to energetic pumping music</i>				
Wed 11 <sup>th</sup>	<b>Walk &amp; Talk (both Weds)</b>	10.00 - 11.30 a.m.	All Ages	Meet opposite Oke Post Office	FREE	David Arney 01837 861829
		<i>This social walk can be muddy and on uneven ground with some steep inclines - all very welcome</i>				

	<b>Basketball</b>	7.15 - 9.15 p.m.	11+ & Adults	Parklands	FREE	OCRA - 01837 318010
		<i>Active sessions for men and women - training and game play (11 - 14 years welcome to the first hour)!</i>				
	<b>Try Archery</b>	7.30 - 9.00 p.m.	Any ages	Pavilion in the Park	FREE	James Canhan - 01837 810387
		<i>Equipment provided, come along and shoot on the college grounds</i>				
	<b>Rush Hockey</b>	8.00 - 9.00 p.m.	Adults Men & Women	Pavilion in the Park	FREE	Jane & Richard Jones - 810167
		<i>Come along - all you need is shin pads and preferably a gum shield - sticks provided - great fun hockey session for all!</i>				
<b>Thur 12<sup>th</sup></b>	<b>Gymnastics &amp; Trampolining</b>	8.30 - 9.30 p.m.	16+ & Adults	College Gym	FREE	Vicki Pritchard - 01837 54546
		<i>Come and fly, roll, tumble, balance - whatever your ability, a great chance to move in magical ways</i>				
<b>Fri 13<sup>th</sup></b>	<b>Seated Exercise</b>	10.30 - 11.30 a.m.	All ages	Fairplace Church	FREE to newcomers	Emma - 07817954498
		<i>For those not confident to exercise on their feet, maintains mobility, muscle strength and improves balance - session followed by refreshments &amp; social time</i>				
	<b>Volleyball</b>	8.00 - 9.00 p.m.	14+ and Adults	Parklands Leisure Centre	FREE	OCRA - 318010
		<i>Exciting fun and fast moving game - all welcome to a fun night of volleyball - coaching &amp; games available</i>				
<b>Sat 14<sup>th</sup></b>	<b>BIG OKE Abseil</b>	1.00 - 4.00 p.m.	12+ & Adults	Meldon Viaduct	£10.00 Please book	Anna - Adventure Okehampton 53916
		<i>A unique experience with this freefall abseil from Meldon Viaduct, cycle, walk or drive to this spectacular location</i>				
		<i>Come and test yourself against the ball machine - equipment available - Fun, games and coaching</i>				

### Tavistock Open Athletics - Sunday 15<sup>th</sup> July

Anyone from anywhere can compete providing they are 8 years old to adults of all ages. A good selection of events to participate in from sprints and longer distance runs, Quadkids for U11, Jumps, Throws. Great way to enjoy Athletics £5 for adults £4 for youths.

<http://www.tavistockathletics.co.uk/wp-content/uploads/2017/06/2018timetable.pdf>

### Come and See Superstars and Judo Legend - Brian Jacks - All Welcome - FREE - Sunday 15<sup>th</sup> July

JUDO 2.30 - 4.00 p.m. Age 7 -14 years - 4.30 - 6.00 p.m. 14 years + and adult - College Gymnasium ( must be BJA, BJC, AJA licensed) come and watch  
7.30 p.m. Plume and Feathers book signing and magic tricks

<b>Mon 16<sup>th</sup></b>	<b>Badminton Competition</b>	7.00 - 9.00 p.m.	Teenagers & Adults	Parklands Sports Centre	£3.00	OCRA - 318010
		<i>Come along with a partner or we can pair you up on the evening - Equipment available - All welcome for a fun night of badminton</i>				
	<b>Table Tennis</b>	7.00 - 10.30 p.m.	All ages/abilities	Okehampton Table Tennis Club	£3.00	Mike Hugh - 07895558403
		<i>Family discount available for sessions. Equipment provided - come along and play - for all levels of mobility - Okehampton Table Tennis Club</i>				
<b>Tues 17<sup>th</sup></b>	<b>Forest Chi</b>	10.00 - 11.30 a.m.	Adults	Pavilion in the Park	FREE	Kate Dixon - 840959
		<i>Feel relaxed, free in body and mind. Improve balance, body alignment, ease stress with lovely flowing movements in natural surroundings <a href="http://www.forestchi.co.uk">www.forestchi.co.uk</a></i>				
	<b>Bowls</b>	1.30 - 4.00 p.m.	Families & Adults	Bowls Club, Simmons Park	£1.00	John Mansell - 07747303323
		<i>A great game for all ages - flat soled shoes required - children to be accompanied - equipment provided plus tea &amp; biscuits</i>				
	<b>Running BLEEP TEST</b>	6.30 p.m. start	Adults	Pavilion in the Park	FREE	Andy Valance - 07977189821
		<i>Put your fitness to the test with this friendly club, a great way to see how fit you are, prizes for the best scores</i>				
	<b>Walking Netball</b>	6.30 - 7.30 p.m.	Ladies	Oke All Weather Pitch		Wendy Raymond
	Supported by FUSION	<i>Come along and try this introduction to walking netball <b>Great Game - different pace</b></i>				
	<b>Netball</b>	6.45 p.m. start	Ladies	Oke All Weather Pitch	FREE	Charlotte - Oke Netball League 07977832637
		<i>Enter either as a team or as an individual, make contact by Friday 13<sup>th</sup> July</i>				
	<b>Cycle Time Trial</b>	6.30 p.m. register	12+ & Adults	layby with bus shelter before Bridestowe Old A30	£2.00	Nigel Hale-Hunter - 07480136858
		<i>Get on Your Bike - 10 mile Time Trial for all abilities - Parental consent required for all under 18's - Prizes for winner &amp; best newcomer</i>				
<b>Wed 18<sup>th</sup></b>	<b>Squash Tournament</b>	6.30 p.m.	Teenagers/Adults	Okehampton Squash Club	£2.00 per player	Sue Stanbury - 52104
	Sponsored by Donald's	<i>A fun competition for all abilities - please contact Sue by Monday 16<sup>th</sup> July - equipment can be provided</i>				



<b>Thur 19<sup>th</sup></b>	<b>Walking Football</b>	10.30 - 11.30 p.m. Adults	Parklands Reception	FREE	OCRA - 54546
		<i>Come along - skills, game play, great game, different pace - bring trainers</i>			
	<b>Bowls</b>	11.00-12.30 p.m. Families & Adults	Bowls Club, Simmons Park	£1.00	John Mansell - 07747303323
		<i>A great game for all ages - flat soled shoes required - children to be accompanied - equipment provided plus tea &amp; biscuits</i>			
	<b>TAVISTOCK RELAYS - Great opportunity to enter your own team of 4 in different age categories + adult teams into this great event -</b>				
	<a href="http://tavistockathletics.co.uk/wp-content/uploads/2017/05/tavistocktownrelaysindex.htm">http://tavistockathletics.co.uk/wp-content/uploads/2017/05/tavistocktownrelaysindex.htm</a> <b>Starts at 5.30p.m. with a fun run - all welcome to enter.</b>				
	<b>Rounders Tournament</b>	6.15 p.m. start 16+ & Adults	Okehampton College Sports Field	£12.00 per Team	OCRA - 318010
		<i>Get together with friends or colleagues for the game everybody loves - Team entries by Tuesday 18<sup>th</sup> July - 5 of one sex, 4 of the other.</i>			
	<b>Medieval Sword School</b>	6.30 - 7.30 p.m. All ages 12 years +	OCRA Pavilion in the Park	FREE	Robin Catling
		Foundation skills in medieval long sword in 3 minute taster sessions (non contact)			
	<b>Girls &amp; Women's Touch Rugby</b>	6.30 - 7.30 p.m. Women & Girls of all ages	OCRA Pavilion in the Park	FREE	Wayne Reed Devon RFU
		<i>A fun night of skills and game play - no contact - touch and tag rugby</i>			
<b>Fri 20<sup>th</sup></b>	<b>Active Mum's Cycling</b>	10.00 & 11.15 a.m. Adults & Under 5's	Adventure Okehampton	£3.00 inc bike hire	OCRA - 54546
		<i>A lead ride with bike buggies and tag along's so Mums can be active with their children - Please book online @ <a href="http://www.ocrasport.org.uk">www.ocrasport.org.uk</a></i>			

**22<sup>nd</sup> July Sports Fun Day - Pavilion in the Park, Parklands & Simmons Park - 10.30 a.m. Onwards**  
**Climbing Wall - Lumberjack Skills - Archery - Face Painting - Lovely Play Area for all - Table Tennis - Wind Surf Skills**  
**Gym & Fitness Sessions - Dance - Food - Ices - Bar - Free putting all day - Inflatables - Music - Car Boot Sale + stalls**

<b>Cycle Rides</b>	10.00 a.m.	Adults	Pavilion in the Park	Find out more	Josh - 0183753811
		4 different rides for all abilities - 20, 35 & 50+ mile rides.			Oke Cycle Club
	<i>Including an around Dartmoor ride through beautiful Devon scenery including some classic climbs and descents</i>				
<b>Badminton</b>	10.30 - 12.30 p.m.	Children + Adults	Parklands Leisure Centre	FREE	Parklands - 659154
	<i>Back to Badminton coaching and fun games over two one hour sessions 10.30 - 11.30 or 11.30 - 12.30 p.m. Equipment provided</i>				
<b>Run or walk in the Park</b>	11.00 a.m.	All Ages	Pavilion in the Park	£1 per person	Oke Running Club + OCRA
	<i>All welcome for a beautiful flatish course in parkland by rivers and paths - 5k and 2½k routes available - + OCRA 13 318010</i>				
<b>Gymnastics &amp; Trampoline</b>	11.00 - 3.00 p.m.	All Ages	Pavilion in the Park	FREE	OCRA - 318010
	<i>Inflatable tumble track &amp; trampolines, come along and try some moves and also see some displays from OCRA Club Members</i>				
<b>Mixed Hockey Tournament for Adults - teams from all over Devon on the Okehampton All Weather Pitch - start 10.30 a.m.</b>					
<b>Tennis</b>	11.00 - 3.00 p.m.	Children + Adults	Tennis Courts	Donation	Jack Malcolm
<b>Five-a-side Football</b>	12.00 noon	16+ & Adults	Okehampton College	£20 per team	OCRA - 318010
Sponsor: OCRA/FUSION	Separate Mens, Ladies and Veterans Competitions limited places so book by 18 <sup>th</sup> July				OCRA & Okehampton Argyle

**FREE SWIM AT PARKLANDS BETWEEN 1 - 4 P.M. FOR CHILDREN & ADULTS - Thanks to FUSION**

<b>Water Polo</b>	6.00 - 7.30 p.m.	10+ and Adults	Moretonhampstead Swimming Pool	FREE	Roger - 07887887699
	<i>Accomplished swimmers - come along and enjoy this fantastic game - Please check with Roger first</i>				Okehampton Water Polo Club

<b>Sat 28<sup>th</sup></b>	<b>Skating, Scooter &amp; Bike Jam</b>	11.00 - 4.00 p.m.	6+ & Adults	Okehampton Skate & Bike Park	FREE	Skate Warehouse - 55778
	Sponsor: Skate Warehouse/OCRA/Oke Cycles/Oke Lions/ FUSION - Drop in & show your skate & bike skills - prizes given & food available - helmets MUST be worn					

Local registered charity Okehampton Community & Recreation Association (O.C.R.A.) has together, with local facilities, sporting clubs & individuals put together an exciting programme of activities to celebrate the Olympic Legacy. Events are open to anyone, irrespective of ability, so please come along and enjoy them either individually, with family, friends or work colleagues. A big thank you this year to FUSION for their significant support and also to OCRA, Okehampton Town Council, Okehampton Hamlets, Okehampton United Charities, Devon County Councillors, Co-op & local businesses. Thanks to everybody who has made this week possible - Stuart Lord OCRA Manager