

OCRA SUMMER ACTIVITY PROGRAMME

Sports camps (6+ yrs) - develop skills in football, athletics, gym, dance, trampolining, Free-G (parkour), fencing and archery

Mini camps (3-7 yrs) - have fun and make new friends at our dance, gym, football, trampolining and athletics camps

Sport & Art days (6-14 yrs) - choose from a range of sport and craft activities at each of these fantastic days, with optional breakfast and afternoon clubs!

Book online at [ocrasport.org.uk/get-involved/holidays!](http://ocrasport.org.uk/get-involved/holidays/)



Sport & Art Days (6-14 yrs) - Inflatables Day on 29 August!

Fun multi-activity days. Choose from gym, football, trampolining, basketball, swimming, Free-G (parkour), archery, unihoc, cricket, squash, rounders, tennis, art and more! Tuesdays and Thursdays - 6, 13, 15, 20, 22, 27, 29 August, 10am-3pm

Register at 9.45am at Parklands sports hall. £14 per child, £12 per second child. Inflatables day (29 August) £16 per first child, £14 per second child. £2 discount per child per day if paying online.

Breakfast Club - 8.15-9.45am, £5 including breakfast. Play fun games at the Pavilion in the Park.

Afternoon Club - 3-5.30pm, £6.50. Try new, fun activities! Meet at Parklands, pick up at the Pavilion.



Activity Camps (6-18 yrs)

Trampoline (6-18 yrs) - Wed 7 and 21 August, 10am-3pm, £15 per camp. Learn new trampoline tricks! Bring socks.

Athletics (6+ yrs) - Fri 9 August, 2-5pm, £10. Hone your athletics skills and take part in fun races.

Tumbling (6-18 yrs) - Wed 14 August, 10am-1pm, £10. Learn new skills. Must be able to somersault or flic.

Free-G (8+ yrs) - Wed 14 August, 2-5pm, £10. Learn parkour, freerunning and tricking skills, including dash vaults and wall spins!

Football (6+ yrs) - Fri 16 August, 10am-3pm, £14 per child, £12 per second child. £2 discount online. Improve your football skills. Play tournaments!

Family Fencing & Archery (8+ yrs) - Fri 23 August, 2-4pm, £8 per adult, £6 per child. Develop skills in these ancient sports!

Gymnastics (6-18 yrs) - Wed 28 August, 10am-1pm, £10. Learn new skills on our track, bar, vault, trampette and more!



Mini Camps (3-7 yrs)

Mini Trampoline (3-5 yrs) - Wed 7 and 21 August, 4-5pm, £5 per camp. Learn new skills! Bring socks.

Mini Athletics (3-5 yrs) - Fri 9 August, 11.30am-1pm, £7. Have fun learning new athletics skills.

Mini Football (3-7 yrs) - Fri 16 August, 3.30-5pm, £7. Develop your ball skills and play fun games!

Mini Dance (3-6 yrs) - Mon 19 August, 10.30am-12pm, £7. Have fun learning a range of dance styles!

Mini Gym (3-5 yrs) - Wed 28 August, 2-4pm, £8. Have fun on floor, vault, air track, bar and more!