



## RECREATION DEPARTMENT

Truro Recreation Department  
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### Baggo

Truro Recreation now offers Baggo Bag Toss. Bring a team to play on Tuesday nights at the Truro Community



**Interested in Summer Youth Baseball League...?**  
Contact us if you are!

## REC Is A Highway...

...is the theme for Summer Rec 2011. Have your children join us for a Summer of games, crafts, field trips and beach days. The program runs from June 23 - August 26 from 8:00am - 5:30pm for children ages 5 - 14.

### USTA Quickstart Tennis

An exciting new play format for kids 10 & under

M, W, F 10:30am - 12:00pm  
Pre-registration Required!  
Visit our web site to register

Aug 1 - 17

### IYENGAR YOGA

w/ Karin Stephan

Experience yoga which transforms the body and uplifts the spirit!

AM & PM Classes offered  
(Click [Here](#) for days & times)

### Semi-Personal Training

w/ Laurie Roles

Convenience of a personal trainer w/o the gym price.

Mon & Fri | 9-10am  
Truro Community Center

### Uechi-ryu Martial Arts

Wed 6-7:30pm | Sat 9-10:30am  
Truro Community Center

Click Here  
For More Info

### Joe Farroba Basketball Camp

Aug. 1- 5 | 9am-12pm  
Veterans Memorial Elementary School,  
Provincetown. Pre-reg rq'd.  
(For more info see our web site)

### Beach Volleyball

The public Beach Volleyball Court is now set up at Head of the Meadow beach.

### Zumba Fitness

One-of-a-kind fitness program

Tues, Thurs, Sat | 9-10am  
Truro Community Center

### Yoga w/ Christel

Refreshing & inspiring flow of Hatha Yoga

Wed, Fri, Sun | 10-11:30am  
Truro Community Center

### Hiking Club

Stay Fit, Stay Social

Come and enjoy a guided walk with Bob Lowe, Club Coordinator. Meet Bob at the following locations at 8:00 am:

Aug 2: North Pamet Rd Parking Lot  
Aug 9: Long Nook Beach Parking Lot  
Aug 16: Pamet River Hike. Meet at Pamet Harbor Parking Lot  
Aug 23: Truro Air Force Base. Park at Payomet Parking Lot  
Aug 30: Ryder Beach Hike. Park at Ryder Beach Parking Lot