



RECREATION DEPARTMENT

Truro Recreation Department
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August 2011

THIS ISSUE

- Summer REC
- IYENGAR YOGA
- Laurie Roles Fitness
- Tennis Clinic
- Basketball Clinic
- Yoga w/ Christel
- Hiking/Walking Club
- Zumba Fitness
- Uechi-ryu Martial Arts
- Beach Volleyball
- Baggo Tuesdays
- Summer Youth Baseball?



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