



RECREATION DEPARTMENT

Truro Recreation Department
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Director

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July 2011

THIS ISSUE

- Summer REC
- Kripalu Yoga
- L. Roles Fitness
- Bike Rodeo
- Yoga w/ Christel
- Hiking Club
- Zumba Fitness
- Uechi-ryu Martial Arts
- Beach Volleyball
- Baggo Coming!
- Joe Farroba Bball Camp
- Summer Youth Baseball?



Joe Farroba Basketball Camp

Aug. 1- 5 | 9am-12pm
Provincetown High School
(For more info see our web site)

Beach Volleyball

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

Uechi-ryu Martial Arts

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

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.

Hiking Club

Stay Fit, Stay Social

Come and enjoy a guided walk with Bob Lowe, Club Co-
ordinator. Meet Bob at the following locations at 8:30 am:

July 5: Pine Grove Cemetery, Old County Rd

July 12: Pilgrim Heights Trail

July 19: Corn Hill Beach parking lot

July 26: Pamet Harbor parking lot

Semi-Personal Training

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

Mon, Wed, Fri | 9-10am

Truro Community Center

Yoga w/ Christel

Refreshing & inspiring flow of Hatha Yoga

Wed, Fri, Sun | 10-11:30am

Truro Community Center

Mats Provided



Baggo

Coming soon, Truro Recreation
will offer Baggo Bag
Toss. Stay tuned for more
info. on games and tourna-
ments.

Click Here
For More Info

Interested in Summer Youth Baseball League...?

Contact us if you are!

Bike Rodeo

The Truro Bikes & Walkways Com-
mittee, the Truro Police Department
and the Truro Recreation Depart-
ment held a Bike Rodeo on Mon.
June 27th. The event featured infor-
mation on bike safety bike laws, bicy-
cle inspections, a bike parade, games
and challenges as well as a cookout.
Free helmets and water bottles were
given out to participants.



Officer DeAngelo instructing participants

Zumba Fitness

One-of-a-kind fitness program

Tues, Thurs, Sat | 9-10am

Truro Community Center

Kripalu Yoga

Moderate Slow Flow Yoga

Tuesdays | 6:30-7:30pm | Truro Commu-
nity Center