



## RECREATION DEPARTMENT

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## 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.

Click Here  
For More Info

### Kripalu Yoga

#### Moderate Slow Flow Yoga

Tuesdays | 6:30-7:30pm | Truro Community Center  
Mats Provided | Drop In: \$12/Class

Join certified instructor Christine Frisco for a class with an emphasis on breathing and posture alignment and developing flexibility as well as strength. Ms. Frisco has been teaching yoga for 12 years. This is a great class for all ages and abilities.

### Semi-Personal Training

Mon, Wed, Fri | 9-10am  
Truro Community Center

Join experienced & certified fitness trainer Laurie Roles. Tone up and feel great! The fastest way to lose weight is a combination of strength training & interval cardiovascular training. The convenience of a personal trainer w/o a gym membership. Start anytime, punch cards available.

### Yoga w/ Christel

Refreshing & inspiring flow of Hatha Yoga  
Wed, Fri, Sun | 10-11:30am  
Truro Community Center  
Mats Provided

Join certified instructor Christel Pierron for a class that offers a refreshing and inspiring flow of Hatha Yoga influenced with several yoga styles. Classes are open to all levels.

Begins  
06/29/11

### Beach Volleyball

The public Beach Volleyball Court will soon be set up at Head of the Meadow beach.

### Zumba Fitness

One-of-a-kind fitness program  
Tues, Thurs, Sat | 9-10am  
Truro Community Center

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will have you dancing your way to a fitter you. The routines presented by Julie Rich, Certified Instructor, feature interval training sessions where fast and slow rhythms combine to tone and sculpt your body while burning fat.

### Uechi-ryu Martial Arts

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

Join Instructor Paul Fenichel for Uechi-ryu Martial Arts. Uechi-ryu is a traditional Okinawan martial art with origins in Chinese kungfu and taichi.

### Pilates

Truro Community Center  
Classes being schedule now, check our web site.

### Hiking/Walking Club

Come and enjoy a guided walk with Bob Lowe, Club Coordinator. This is a great opportunity to get some exercise, socialize with your neighbors, and enjoy the beautiful and remote settings that Truro offers. Meet Bob at the following locations at 8:00am:

June 7: N.Pamet Rd

June 14: Cold Storage Beach

June 21: Old Truro Air Force Base

June 28: Ryder Beach

### Pamet After School

Pamet After-School Program strives to provide a safe, supervised environment for children in the Community of Truro to learn and grow. The program strives to provide an environment where children are challenged and supported academically, learn about and participate in healthy lifestyle choices, and receive the opportunity to participate in enrichment activities and community service. Through positive role-modeling and positive reinforcement, our Program will help to promote the resiliency, growth, and development of children.