



RECREATION DEPARTMENT

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REC Is A Highway...

...is the theme for Summer Rec 2011. The programming is being completed and registrations will be going out within the coming weeks. We anticipate to expand on the success and improvements to the program from last year.



New Yoga Class

Kripalu Yoga with instructor Christine Frisco to begin on May 17th at 6:30pm at the Truro Community Center

Seeking Baseball & SoftBall Umps...

...for youth baseball and softball games. Interested? Call or email us. Official training not required.

Laurie Roles Fitness Class

Join Certified Instructor Laurie Roles for a comprehensive, fun and time efficient way to lose weight. A full mind and body workout that will make you feel and look great.

M, W, F 9:00am-10:00am

Beach Volleyball

Warm weather is on the way, and with it returns beach volleyball at Head of the Meadow beach

Play Ball!

The 2011 Youth Baseball/Softball season has started and we expect a great season. We are grateful for all the individuals that have volunteered to coach this season.

Uechi-ryu Martial Arts

Join Instructor Paul Fenichel for Uechi-ryu Martial Arts. Uechi-ryu is a traditional Okinawan martial art with origins in Chinese kungfu and taichi. Although it is an individual art, the study takes place in a group setting requiring cooperation, mutual respect, self-control and diligence. It is a physically demanding activity, but is accessible to people of all ages and abilities.

Wed 6:00pm - 7:30pm | Sat 9-10:30am

Zumba Fitness

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.

Tues, Thurs, Sat 9:00-10:00am

Responsible Sports

The Responsible Sports program is designed for parents and coaches across ALL sports and aims to provide helpful advice and useful resources that can be applied universally among youth athletes, preschool through high school, both on and off the field. For more info click [here](#) to check out their web.

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.

May's theme: "GET DIRTY" GARDENING. Click [here](#) for monthly activities