



RECREATION DEPARTMENT

Truro Recreation Department
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THIS ISSUE

- Youth Soccer
- Intro. To Salsa Dancing
- Laurie Roles Fitness
- Pamet After School
- Yoga w/ Christel
- Zumba Benefit
- Zumba Fitness
- Uechi-ryu Martial Arts
- Beach Volleyball



Summer Rec. participants enjoying Carnival Day

Intro. To Salsa Dancing

Tuesdays | 7- 8pm
9/13 - 10/4
Truro Community Center

Pamet After School...

...is an after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, genders, sexual orientations, religions and socio-economic status are welcome. P.A.S. is a safe, supervised environment for children to learn and grow.

3:00pm - 5:30pm

\$6 / Day

Click [here](#) for more info

Semi-Personal Training

w/ Laurie Roles

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

Mon & Fri | 9-10am
Truro Community Center

Zumba Fitness

One-of-a-kind fitness program

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

Benefit Zumba Dance Party

Sat. Aug. 27 | 7-9 pm
Wellfleet Preservation Hall
Proceeds to benefit the Kevin Fitzgerald Family Fund
Click [here](#) for more info

Youth Soccer

Grade K – 6
Registration Deadline 9/09/11 4:00pm
Click [Here](#) to Register

Beach Volleyball

Public Beach Volleyball Court set up at Head of the Meadow beach.

We Need You... ...Volunteer To Be A Youth Soccer Coach

Teams forming now, call or email today.

No Coaching Experience Required

Yoga w/ Christel Refreshing & inspiring flow of Hatha Yoga

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



Participants receive instructions during Truro Rec's USTA Quickstart Tennis lessons

