

The Recreational Reader

August 2013

Special points of interest:

- Summer Rec
- Marine Life
- Beach Safety
- Credit Cards accepted
- Adult Tap Classes
- Iyengar Yoga

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Summer Youth Program - REC To The FUTURE

The Summer REC. Youth Program registration is still open. We are excited to announce that the theme for the 2013 Summer Youth Program is "REC. To The Future". To sign up visit activityreg.com under ACTIVITIES & MEMBERSHIPS

Below are the dates and times for the program.

Pre-Season: June 24-28 8:00am - *4:00pm

AM Program: July 1 - August 23 8:00am - 12:30pm

PM Program: July 1 - August 23 12:30pm - *4:00pm

Post-Season: August 26-29 8:00am - *4:00pm

*For an additional fee of \$5.00 per child per day, you can extend your pickup time to 5:30pm

For a fee structure visit
www.truro-ma.gov/recreation



Beach Access

Truro Rec. & Beach and the Truro Commission on Disabilities is proud to announce the addition of two new beach access chairs at Head of the Meadow and Corn Hill Beach, as well as a beach access path at Head of the Meadow.



Credit Cards Now Accepted

In an effort to increase convenience to our participants, we are excited to announce that our department will now be able to process credit card payments.

Adult Tap Classes

Join Leah Harrington for a morning of tap. Tap dancing is great exercise that anyone can learn. Benefits include increasing cardiovascular conditioning, strength, flexibility and coordination, not to mention it's just darn fun.

Participants will need comfortable clothes and tap shoes.

Tuesdays July 23 - August 27

10:30am - 11:30am

Truro Community Center

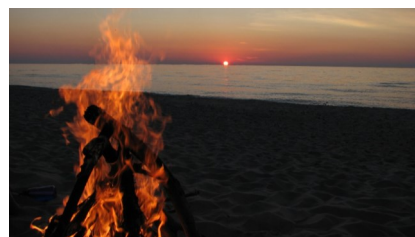
\$50.00 for all 6 classes

For more information email

lsf678@hotmail.com

Beach Fire Permits Offered Online

New this year, you can apply for a beach fire permit online at www.activityreg.com under Reserve A Facility



Swimming for Their Lives

By Janake Christensen

Anyone who happened to be at Craigville beach on August 11th last year knows that the lifeguards weren't the only people who were blissfully exhausted at the end of that day; beachgoers and supporting fans exerted plenty of energy, too, as they jumped and screamed with anticipation watching a tough team of Truro lifeguards fight through choppy waters in grueling races against the Cape's fittest lifeguards. Often coming from behind and riding on the roar not just from the waves, but from the voices rumbling on the beach, the small town competitors claimed multiple victories and top placing scores. Both the males and females triumphed in events as guards ran, swam, paddled, and carried each other to the finish line.



This year not only do guards have the job of guarding lives, they need to guard their championship titles earned at the annual Cape Cod Lifesaving Competition, and it's going to be exciting! This year the competition will take place on August 1st, beginning at 9am at Race Point Beach in Provincetown. Hosted by the Cape Cod National Seashore, guards from all towns and beaches on the Cape will come to strut their stuff in some good old-fashioned physical competition. It's a great day for the kids and an energizing experience for young aspiring guards (and old timers!) to watch. If you don't have a Seashore beach sticker, a \$15 charge per vehicle is required to gain entry. You won't want to miss it!

Zumba Fitness

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

*"Ditch the Workout,
Join the Party."*

Classes are conducted by certified instructors, Julie Rich and Erin Silva.

Contact instructors for fees and schedules.

Julie Rich - purajulie@hotmail.com

Erin Silva - esilva1@comcast.net

Classes

Mondays 9-10am (Erin Silva)

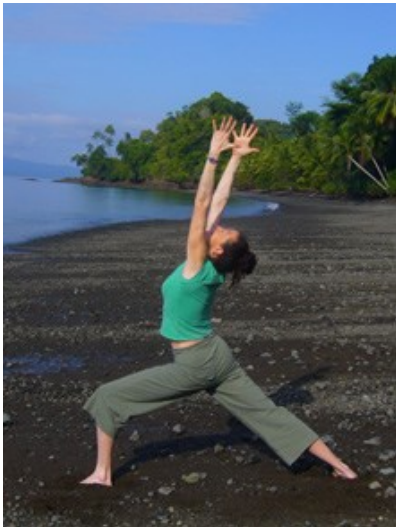
Tuesday 9-10am (Julie Rich)

Wednesdays 6-7pm (Erin Silva)

Thursdays 9-10am (Julie Rich)

Fridays 9-10am (Erin Silva)

Saturdays 9-10am (Julie Rich)



Yoga w/ Christel Pierron

Relax | Stretch | Energize | Rejuvenate

Join Christel for a refreshing and inspiring flow of Hatha Yoga influenced with several yoga styles. Classes are open to all levels. Drop-in fee \$15. Package cards available.

July 3 - September 15

Wed | Fri | Sun

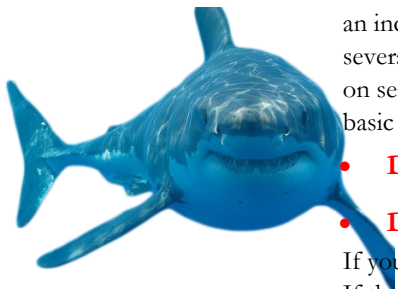
10:00am - 11:30am

Truro Community Center

Christel Pierron P.(508)349-2138 W. www.oceanofserenity.com

DANGEROUS MARINE LIFE

Please remember that the ocean waters are home to a variety of potentially hazardous marine life to include seals, jellyfish, sharks, etc. In the past decade the Cape Cod region, especially Truro, has observed an increased population of grey and harbor seals. The region has become home to many of the seals for several months every year. The increased seal population has attracted great white sharks, which depend on seals as the staple of their diet. Please remember to use caution when swimming and follow some basic guidelines.



- **Do Not Swim Near Seals**
- **Do Not Swim Alone**

- **Swim Close To Shore**
- **Avoid Swimming At Dusk/Dawn**

If you believe you view a shark and you're at a beach with a lifeguard, report the sighting to the lifeguard. If there isn't a lifeguard on duty, report the sighting to the local law enforcement as soon as practical - Truro Police Department (508)487-8730. If someone is in the water, get their attention and call them out of the water.

Beach Fires

With beach season in full swing we would like to remind everyone that a specific number of beach fires are allowed on specific beaches in Truro. Please check our web site for detailed information about beach fire permits.

O.R.V.

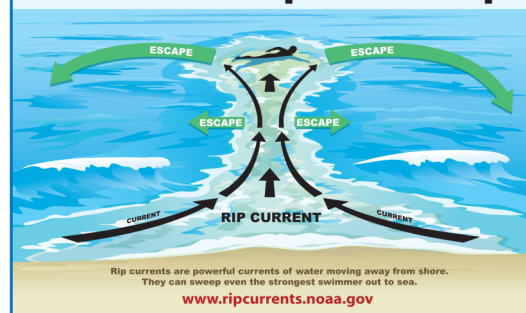
The Off Road Vehicle Corridor is located on the Bay side with access points at **Fisher Beach, Corn Hill Beach** and at **Beach Point Landing** (seasonally.) Properly affixed O.R.V. Stickers are required year round for all vehicles on the O.R.V. Corridor. From the third Saturday in June to Labor Day access to the O.R.V. Corridor is permitted between the hours of 6:00pm—9:00pm. From September 3rd, 2013 to June 20th, 2014 access to the O.R.V. Corridor is permitted 24 hours daily. O.R.V. stickers can be purchased at the Beach Office at 36 Shore Rd beginning 6/8/13 (8:00am - 4:00pm) Visit our web site for details.

Beach Stickers

The Town of Truro boasts eleven beautiful town beaches. Parking spaces at all town beaches are limited and is restricted to those vehicles bearing a valid Beach parking Sticker. Stickers do not guarantee a parking space; parking at each beach is available on a first-come, first-served basis for all sticker owners. Larger public parking facilities are available at Head of the Meadow beach on the ocean side and Corn Hill beach on the bayside. Stickers are available at the Truro Beach Office located at 36 Shore Rd., North Truro (Rt 6A) Everyday 8:00am - 4:00pm. Visit our [web site](#) for detailed information.

RIP CURRENTS

Break the Grip of the Rip!



IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never Swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.usia.org



Truro Hiking/Walking Club

Tuesdays 10:00am

Aug. 6 - North Pamet Rd Hike

Address: North Pamet Rd

Park: Trail head parking lot at the end of North Pamet Rd, by Hostel.

Aug. 13 - Pamet River Hike

Address: Depot Rd

Park: Pamet Harbor parking lot

Aug. 20 - Old Truro Air Force Base Hike

Address: Old Dewline Rd

Park: Parking lot located in front of old baseball field

Aug. 27 - First Congregational Church Hike

Address: 1st Parish Ln

Park: Church parking lot, in front of church

Join Bob Lowe, club coordinator, for a peaceful walk in some of the most beautiful areas that Cape Cod has to offer.





RECREATION & BEACH DEPARTMENT

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Truro, MA 02666

Phone: 508-487-1632
Fax: 508-487-0854

Visit us on the web!
www.truro-ma.gov/recreation

“Committed to Community”



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

Iyengar Yoga w/ Karin Stephan

Experience yoga that transforms the body and uplifts the spirit!

Students receive personal attention and insight from an extraordinary teacher who has been practicing and teaching Iyengar yoga for 40 years. Karin’s challenging yet supportive classes increase vitality, reduce stress, deepen understandings of the asanas, and correct alignment. Students will gain greater strength, balance and grace. All levels welcome!

Classes begin *August 5 (*no morning class 8/5/13)

**August 5 - September 2
Truro Community Center**

Day	AM	PM
Mondays	7:00am– 8:30am	6:00pm - 7:30pm
Tuesdays	7:00am - 8:30am	6:00pm - 7:30pm
Thursdays		6:00pm - 7:30pm
Saturdays		5:00pm - 6:30pm
Sundays	8:00am - 9:30am	5:00pm - 6:30pm

For More Info email: karinstephanyoga@aol.com

Mon - Fri
3pm - 5:30pm
\$6/day

12pm - 5:30pm
(half days)
\$10/day

Truro Community Center

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

Pamet After School

grow. The program operates everyday that Truro Central School is in session, including half days. Participants are bused from Truro Central School at the end of the school day to the Truro Community Center.

To enroll call
(508) 487-1632 extension 22.

