

The Recreational Reader

February 2013

February Vacation - Youth Program

Feb. 19 - 22

Ages 4-13

Truro Recreation is calling all children, ages 4-13, for a fun filled week.

Schedule of Events:

Tuesday—Mardi Gras Party!

We're waiting until School Vacation to celebrate Mardi Gras! Wear your purple, green and gold. Make bead necklaces, masks, Mardi Gras activities from around the world, and indulge in some Fat Tuesday treats

Wednesday—Planes, Trains and Automobiles!

*Make paper airplanes and things that move,
Arts and Crafts, Games, Sports*

Thursday—Backwards Day!

Dress in a crazy outfit and be prepared to do things a little different today. Backwards games, many crafts, and even a mad hatter style tea party.

Friday—Pajama Party!

Games, arts and crafts, movies, popcorn, and don't forget to wear your pj's!

For more information or to register visit www.truro-ma.gov/recreation

Special points of interest:

- Feb. Youth Program
- Youth Cooking
- Coach Training
- Youth Hip Hop Classes

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Youth Softball Season —>

The 2013 youth softball season is just around the corner. Truro Rec. is currently accepting [coaching applications](#).



Pamet After School Is Cooking Up Fun

Huddled around the long metal prep table in the Truro Community Center kitchen, the children of Pamet After-School fed vegetables through the food processor, measured ingredients, and patiently waited as their vegetable wontons were steamed at Friday's Chinese Cooking Class. The class—co-sponsored by Truro Recreation and the Truro Council On Aging—invited children to celebrate the Chinese New Year by creating

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Pamet After School

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steamed vegetable wontons and fortune cookies with local chef, Heather Bailey. The program was open to all children of the Pamet After-School program and with the exception of chopping and using the stove, the treats were made entirely by the children. The kids especially loved creating their own fortunes to include in the fortune cookies, but the highlight of the afternoon was definitely enjoying the delicious treats they made.

See Page 4 for more information about the Pamet After School Program.

Youth Sports Participation Ceremony

Truro Recreation is excited to announce that they will hold a participation ceremony in late Spring 2013 for all youth sports participants and coaches for the 2012-2013 season. This is a great opportunity to recognize the commitment that the players and coaches have given during the year. The event will include a formal recognition of the players and coaches as well as some light snacks and beverages. We encourage parents to submit photos from the year so that we may create a slideshow.

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.

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

Contact instructors for fees.

Julie Rich - purajulie@hotmail.com

Erin Silva - esilva1@comcast.net

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



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)

National Youth Sports Coaches Association

Starting for the winter sports season of 2012-2013, each Truro Recreation Head Coach will be provided membership into the National Youth Sports Coaches Association and asked to complete the online training process. The following is an overview of the NYSCA by the National Alliance for Youth

Sports. Truro Rec. is the local chapter for NAYS.

Volunteer coaches are the backbone of youth sports in America. Without the thousands of parents signing up to coach youth sports every season, the youth sports world would come to a

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*"Very helpful on the
knowledge & fundamen-
tals of coaching."*

*Coach Boyce
Horn - Lake Alfred,
FL*

Discover the Cello

Truro Recreation is excited to continue the "Hello Cello" program with Saskia Keller. Saskia, a TCS graduate and currently a Junior at NRHS, will continue to provide cello demonstrations and exposure to any student who may be interested. The program will continue to be offered at the Truro Community Center on Fridays. There will be 2 sessions each Friday, one at 4:00pm and one at 4:30pm. If you are interested you can regis-

ter online at activityreg.com. Please note that these are not lessons.



Hip Hop Dance Classes

The Pamet After School program is offering Hip Hop Dance classes with Dance & Fitness Instructor, Emily Mower. Ms. Mower has a Bachelors of Arts in Dance from Dean College and strives to make her classes creative and fun while building confidence.



**Mondays
at
Pamet After
School**

**1/28/13
2/04/13
2/11/13
2/25/13**

Truro Hiking/Walking Club

Tuesdays 10:00am

Feb. 5 - Cold Storage Beach

Address: Pond Rd, Truro

Park: Beach parking lot

Feb. 12 - Pine Grove Cemetery Hike

Address: Cemetery Rd, Truro

Park: small parking lot at cemetery, off of Old County Rd, Truro

Feb. 19 - Pilgrim Heights

Address: Pilgrim Heights Rd, Truro

Park: 1st parking lot

Feb. 26 - Ryder Beach

Address: Ryder Beach Rd, Truro

Park: Beach parking lot

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

"Committed to Community"



Find us on
Facebook

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.

National Youth Sports

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screaching halt!

The question is who are these volunteers? Are they an ex-high school or college athlete trying to re-live their sports experiences? Are they a parent of a reluctant child trying to give their child the same great experience that they had as a child? Or are they the mother or father of a child who was told, "If you don't volunteer, we don't have enough coaches!"

The truth is that all of these scenarios are pretty likely in the average volunteer-based youth sports league. That's why in 1981 NAYS developed the National Youth Sports Coaches Association - to help educate those volunteers to become the best youth sport coaches that they can be. The National Youth Sports Coaches Association (NYSCA) is a membership organization and the most widely used volunteer coach training program in the nation, having trained more than 2.5 million coaches since its inception in 1981. More than 3,000 community-based agencies and organizations have offered this opportunity.

The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the NYSCA Coaches' [Code of Ethics Pledge](#).

Pamet After School

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 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 21. Click [here](#) to download a registration packet.

