

# The Recreational Reader

July 2013

## Special points of interest:

- Summer Rec
- Marine Life
- Beach Safety
- Seeking Golf & Tennis Instructors
- Credit Cards accepted
- Youth Tennis Coming
- Bike Rodeo
- Adult Tap Classes

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## Summer Youth Program - REC To The FUTURE

The Summer REC. Youth Program registration is now 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](http://activityreg.com) under ACTIVITIES & MEMBER-SHIPS

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](http://www.truro-ma.gov/recreation)



## 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.

## Seeking Golf Instructors

The Truro Recreation Department would like to offer the [Hook A Kid On Golf](#) program that is presented by the National Alliance for Youth

(Continued on page 2)

## DPW Gives Beach Office A Fresh Look

Truro Rec. & Beach would like to thank Paul Morris, Mike Locke and Ron Ketler of the D.P.W. for the improvements to the Beach Office.



## 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](mailto:lsf678@hotmail.com)

Sports.

“The mission of **Hook A Kid On Golf** is to provide communities with a comprehensive youth golf program that eliminates all the obstacles that discourage youngsters from learning and continuing to play golf while instilling in them an understanding of golf's rules, etiquette and history.

**Hook A Kid On Golf** provides communities with three levels of curriculum and all the tools necessary to accomplish an organized youth golf program. These tools include providing quality equipment, affordable instruction, a structured system to learn how to play the game on the course and finally, a format for play that includes competition but stresses fun and learning.”

For more information or to volunteer contact us at (508)487-1632 or email at [asstrecdir@truro-ma.gov](mailto:asstrecdir@truro-ma.gov).



## Youth Tennis To Be Offered

The Truro Recreation Department will be offering youth tennis lessons this summer. Stay tuned for more information.

## 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](mailto:purajulie@hotmail.com)

Erin Silva - [esilva1@comcast.net](mailto:esilva1@comcast.net)

### Classes

Mondays 9-10am (Erin Silva)

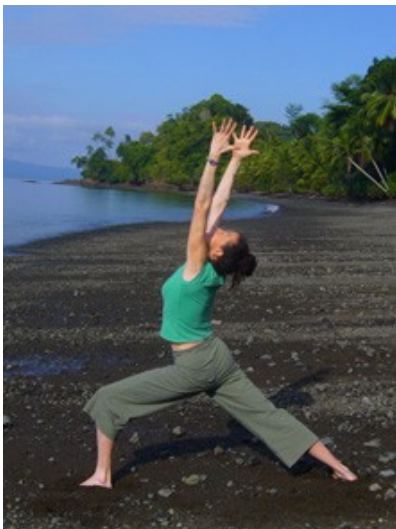
Tuesday 9-10am (Julie Rich)

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**

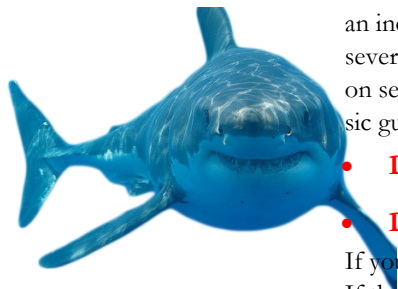
**Wed | Fri | Sun**

**10:00am - 11:30am**

**Truro Community Center**

Christel Pierron P.(508)349-2138 W. [www.oceanofserenity.com](http://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

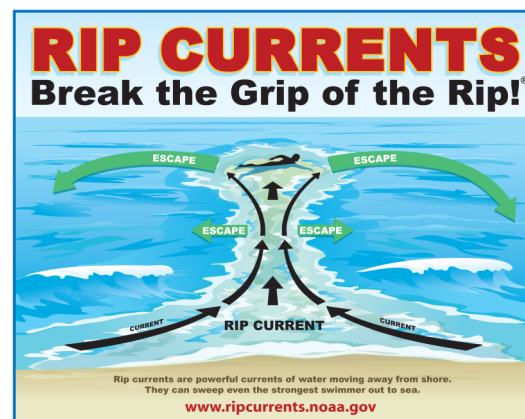
With beach season upon us we would like to remind everyone that a specific number of beach fires are allowed on specific beaches in Truro. Please check our web site for detailed information about beach permits.

## 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.



### 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](http://www.ripcurrents.noaa.gov)  
[www.usia.org](http://www.usia.org)



## Truro Hiking/Walking Club

Tuesdays 10:00am

### July 2 – Pamet Harbor Hike

Address: Depot Rd

Park: Harbor parking lot.

### July 9 - North Pamet Rd Hike

Address: North Pamet Rd

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

### July 16 - Pilgrim Heights

Address: Pilgrim Heights Rd, Truro

Park: First parking lot

### July 23 - Pine Grove Cemetery Hike

Address: Cemetery Rd, Truro

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

### July 30 - High Head Beach Hike

Address: High Head Rd

Park: Parking lot at bike trail and start of ORV trail

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](http://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.



### Bike Rodeo

Sgt. DeAngelo demonstrating bike safety at the 2013 Bike Rodeo presented by Truro Rec., Truro PD and the Truro Bikes & Waterways Committee.

### 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](mailto: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.

