

# The Recreational Reader

March 2013

## Hip Hop Dance Classes At Pamet After School

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### *Special points of interest:*

- April Vaca. Youth Program
- Local Hero
- Coach Training
- Youth Hip Hop Classes

## Truro's Head Lifeguard Recognized

The Truro Recreation & Beach Department is proud to announce that Janake Christensen, Head Lifeguard for Truro, will be honored as a life-saver by the American Red Cross Cape Cod and Islands Chapter Heroes Breakfast in April. For more information [click here](#). We are thankful for all the work that Jani and the other lifeguards do to keep the public safe.



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

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## April Vacation - Youth Program

04/16/13 - 04/19/13

Ages 4-13

**Join us for a fun filled week!**  
**Tuesday— Patriots Day!**

*Wear your red, white and blue. Make flag pins and patriotic arts and crafts. Participate in the Patriot's Day Marathon challenge, sports, and playground time.*

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## Beach Stickers

New this year, we will be mailing out beach sticker applications with the Rental Registration forms.

## Summer Youth Program

The theme for the Summer Youth Program will be announced later this month. Follow us on Twitter and Facebook for clues.

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### Wednesday—Early Earth Day Celebration!

*Trash to Treasure projects, Earth Day arts and crafts, playground time, games, and sports.*

**Thursday—Under the Sea and Pool Party!** BRING YOUR SWIM SUIT AND TOWEL! *Come play Sharks and Minnows, Marco Polo, make sea- related origami... and...*

**POOL PARTY AT TOP MAST BEACH POINT HEALTH AND SWIM CLUB @ 2 pm.**

**\*\*Children not registered for the April Vacation can come just to the pool party for \$5.00, if they are supervised by an adult!**

### Friday—Pajama Party!

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

## 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



### 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)

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

## 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*

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## 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 Communi-

ty 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 register online at [activityreg.com](http://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**

## Truro Hiking/Walking Club

Tuesdays 10:00am

### **Mar. 5 - Ballston Beach Hike**

**Address:** South Pamet Rd

**Park:** Beach Parking lot

### **Mar. 12 - Pilgrim Heights**

**Address:** Pilgrim Heights Rd, Truro

**Park:** 1st parking lot

### **Mar. 19 - First Congregational Church**

**Address:** 1st Parish Ln, Truro

**Park:** Church parking lot, in front of church

### **Mar. 26 - North Pamet Rd Hike**

**Address:** North Pamet Rd

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

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.

## 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.

