

# The Recreational Reader

Truro Recreation & Beach Department

September 2013

## *Special points of interest:*

- Youth Soccer
- Youth Coach Training
- Marine Life
- Credit Cards accepted
- Adult Tap Classes

## *Inside this issue:*

Pamet After School	1
<u><a href="#">Zumba</a></u>	2
<u><a href="#">Yoga w/ Christel</a></u>	2
<u><a href="#">Hiking</a></u>	3
<u><a href="#">Coach Training</a></u>	3
<u><a href="#">Marine Life</a></u>	3
<u><a href="#">Yoga w/ Karin</a></u>	4

## Youth Soccer

Registration is now open for children in grades K - 6th to participate in the town's recreational soccer league. This program will give players the fundamental soccer skills while encouraging sportsmanship and teamwork. To register go to [www.activityreg.com](http://www.activityreg.com). Register by 8/30/13 and receive a \$5 discount.

**REGISTRATION DEADLINE 9/6/13**

## 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. Pre-registration is required.

**Tuesdays Sept. 24th - Oct. 29th  
10:30am - 11:30am  
Truro Community Center**

**\$50.00 for all 6 classes or \$10/class**

For more info. & to register  
508.244.1268 | [lsf678@hotmail.com](mailto:lsf678@hotmail.com)

**REGISTRATION DEADLINE 9/23/13**

## 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. (MasterCard & Visa)

## Seeking Soccer Coaches

Be a part of making positive and memorable experiences for local youths. Truro Recreation is seeking adults to coach youth soccer. All volunteers are provided membership and online training through the National Youth Sports Coaches Association.



## PAMET AFTER SCHOOL

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



*(Continued on page 4)*

## 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.

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.



- **Do Not Swim Near Seals**
- **Do Not Swim Alone**
- **Swim Close To Shore**
- **Avoid Swimming At Dusk/Dawn**



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)

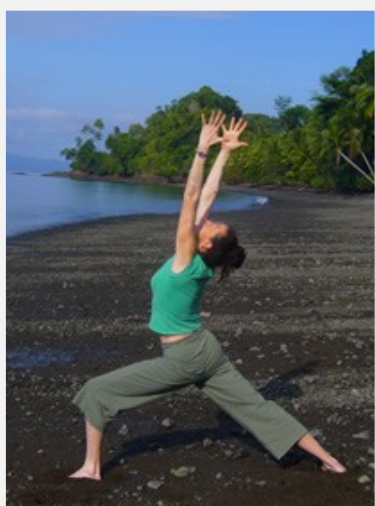
Tuesday 9-10am (Julie Rich)

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)

## National Youth Sports Coaches Association

Truro Recreation is proud to announce that 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 screeching 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](#).



*"Very helpful on the knowledge & fundamentals of coaching."*

*Coach Boyce  
Horn - Lake Alfred,  
FL*

### Truro Recreation Includes Concussion & Bullying Training for Coaches Through the National ALLIANCE for Youth Sports

#### Truro Hiking/Walking Club Tuesdays 10:00am

##### **Sept. 3 - North Pamet Rd Hike**

Address: North Pamet Rd

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

##### **Sept. 10 - Head of the Meadow Hike**

Address: Head of the Meadow Rd

Park: National Seashore Parking lot (left at the fork in the rd)

##### **Sept. 17 - Cold Storage Beach Hike**

Address: Pond Rd

Park: Cold Storage Beach Parking lot

##### **Sept. 24 - Pamet River Hike**

Address: Depot Rd

Park: Pamet Harbor 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](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.

### 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!

**August 5 - September 4  
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**  
(pre-registration required)

**12pm - 5:30pm**  
**(half days)**  
**\*\*\$10/day**  
(pre-registration required)

**Truro Community  
Center**

*(Continued from page 1)*

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.

**Register online at [www.activityreg.com](http://www.activityreg.com)**

For more info. Call (508) 487-1632 extension 22.

\*\$8/day if registered the day of.  
\*\*\$12/day if registered the day of.

### Pamet After School

