

The Recreational Reader

Truro Recreation & Beach Department

August 2014

Special points of interest:

- Summer Rec.
- Summer Yoga

**SPACE STILL AVAILABLE
SIGN UP TODAY!**

Summer Rec. Youth Program

The Summer Rec. program is offered to children age 5 - 14, (Children's Program 5-11, Teen Program 12-14) residents and non-residents. At the Summer Program we strive to provide a safe and supervised environment that encourages friendships, physical activity, learning, and fun. Our different activities aim to nourish interactions between old faces and new faces, younger children and older children, and all kids and staff members. For more information, including program dates, visit our web site at www.truro-ma.gov/recreation (Programs / Summer Rec)



Some Summer Rec participants racing down the new slides at Water Wizz!

Beach Fire Permits

A classic part of Summer is having a beach fire in the evening...the crackle of the fire, the crashing of the waves - priceless memories. All beach fires on Truro Beaches must have a valid permit. Permits may be obtained online up to 3:00pm the day of and (3) days in advance. Click [HERE](#) to visit our web site for more information.



Truro's Farmer's Market

The Teen Program of the Summer Rec. Youth Program has been and continues to run activities at the Truro Farmer's Market on Mondays from 8:00 am until 11:30 am. Previous activities included "veggie print" artwork, a Market Scavenger Hunt, and a game of "Name that Herb"



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The Teen Program of the Summer Rec Program has been busy creating their own newsletter about our Summer Rec. Program. Click to view their publications.

[Week 1](#)

[Week 2](#)

Summer of Pilates

Get lively with Jan Taylor!

Enjoy increased flexibility, mobility, balance, and body awareness through this one hour Pilates class.

Mornings
July 1 - August 12

Tues. 7:30 am - 8:30 am


Truro Community Center
7 Standish Way, North Truro

Cost: \$10 / Class
Please bring your own mat!
(limited amount available)

Evenings
July 1, 15, 22, 29

Tues. 5:30 pm - 6:30 pm

facebook
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| 617.320.2493
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twitter



Summer Yoga Classes

KARIN STEPHAN

Aug. 4 - Sept. 6

Morning Classes		Evening Classes	
Mon.	8-9:30am	Mon.	5:30-7pm
Wed.	8-9:30am	Tue.	5:30-7pm
Sat.	7:15-8:30am	Thu.	5:30-7pm
Sun.	8-9:30am	Fri.	5:30-7pm
		Sat.	5:30-7pm
		Sun.	5:30-7pm

We are pleased to announce that Karin Stephan and Christel Pierron will be returning to the Truro Community Center to offer yoga classes this summer. Ms. Pierron will begin classes in late June and Ms. Stephan will begin in August. Visit our web site for class updates.

CHRISTEL PIERRON

Jul. 2 - Sept. 3

Wed.	8-9:30am
Fri.	10-11:30am
Sun.	10-11:30am



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 and schedules.

Julie Rich - www.purajulie.com

Erin Silva - esilva1@comcast.net

Tues.	9-10am	Truro Comm. Ctr.	Julie Rich
Tues.	6-7pm	Snow's Park	Erin Silva
Wed.	5:30-6:30pm	Truro Comm. Ctr	Erin Silva
Thu.	9-10am	Truro Comm. Ctr.	Julie Rich
Fri.	9-10am	Truro Comm. Ctr.	Erin Silva
Sat.	9-10am	Truro Comm. Ctr.	Julie Rich

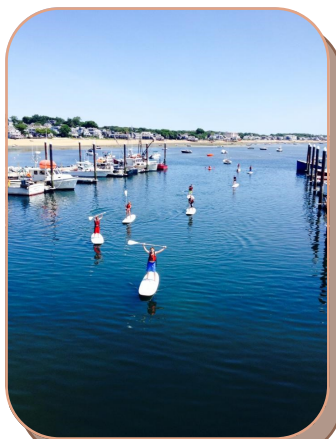


*"Ditch the
Workout, Join the
Party."*

Summer Rec. Fun!



Youth Tennis Lessons



Summer Rec. - Teens SUP



Cape Playhouse Field Trip



Water Day



Youth Golf Lessons

Join the Fun -

Space Still Available

Truro Hiking/Walking Club

Tuesdays 9:00am

AUGUST - 2014

Hikes will begin at 9:00 am

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

Aug. 5 - North Pamet Rd Hike

Address: North Pamet Rd

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

Aug. 12 - Head of the Meadow Hike

Address: Head of the Meadow Rd, North Truro

Park: Nat'l Seashore Parking lot

Aug. 19 - Pine Grove Cemetery Hike

Address: Cemetery Rd, Truro

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

Aug. 26 - Pilgrim Heights

Address: Pilgrim Heights Rd, Truro

Park: First parking lot





RECREATION & BEACH DEPARTMENT

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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.

Upcoming Activities

- Pickle-ball
- Summer Rec - Youth Program
- Fall Youth Sports
- Fall Soccer Jam



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)

Mon - Fri
3pm - 5:30pm
***\$6/day**
(pre-registration required)

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

**Truro Community
Center**

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

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 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

For more info. Call (508) 487-1632

Email: recdirector@truro-ma.gov.

