

# The Recreational Reader

Truro Recreation & Beach Department

## July 2014

### Special points of interest:

- Summer Rec.
- Summer Pilates
- Girls Softball
- Girls Summer Softball

### Inside this issue:

Summer REC Youth Program	1
Girls Summer Softball	1
Beach Fires	1
Summer Pilates	1
Marine Life	2
Yoga	2
Zumba	2
Coaching Association	3
<u>Hiking</u>	3
<u>Upcoming Events</u>	4
<u>Pamet After School</u>	4

## 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](http://www.truro-ma.gov/recreation) (Programs / Summer Rec)



## Girls Summer Softball

Coach Roderick is calling all girls entering 6th, 7th, and 8th grade in September 2014 (Brewster to Provincetown) to join her for some fun Summer Softball. This program will include instruction on batting, pitching, and fielding. Please register online at least 2 days prior to the day you want to attend. You can register for one day or all 7. Click [HERE](#) for more information.



## 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.



## Summer of Pilates

Get lively with Jan Taylor!

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

<b>Mornings</b> July 1 - August 12	<b>Truro Community Center</b> 7 Standish Way, North Truro	<b>Evenings</b> July 1, 15, 22, 29
Tues. 7:30 am - 8:30 am	Cost: \$10 / Class Please bring your own mat! (limited amount available)	Tues. 5:30 pm - 6:30 pm



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## SHARING THE WATER WITH 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**
- **Swim Close To Shore**
- **Do Not Swim Alone**
- **Avoid Swimming At Dusk/Dawn**

## Summer Yoga Classes

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.

### 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

### 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](http://www.purajulie.com)

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

## 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 Offers Concussion & Bullying Training for Coaches Through the National ALLIANCE for Youth Sports

### Truro Hiking/Walking Club

Tuesdays 9:00am

#### JULY - 2014

Hikes will begin at 9:00 am

##### July 1 - Pine Grove Cemetery Hike

**Address:** Cemetery Rd, Truro

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

##### July 8 - North Pamet Rd Hike

**Address:** North Pamet Rd

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

##### July 15 - Pilgrim Heights

**Address:** Pilgrim Heights Rd, Truro

**Park:** First parking lot

##### July 22 - To Be Announced

**Address:** T.B.A.

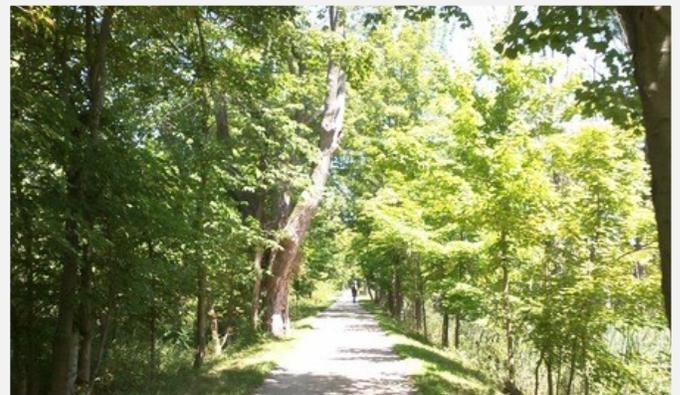
**Park:** T.B.A.

##### July 29 - Truro Old Air Force Base

**Address:** Old Dewline Rd

**Park:** Parking lot located in front of old baseball field.

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.

# Upcoming Activities

- Pickle-ball
- Summer Rec - Youth Program
- Fall Youth Sports
- Summer Outdoor Movie
- FIFA World Cup Viewing



## 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](http://www.activityreg.com)

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

