

The Recreational Reader

Truro Recreation & Beach Department

June 2014

Special points of interest:

- Summer Kick-Off
- Youth Golf
- Summer Rec

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Summer Kick-Off

The Truro Recreation & Beach Department would like to invite the public to our Summer Kick-Off party. This family friendly party will include live music, food, a children's bouncy house, as well as games for adults and children. The event will be held at the Truro Community Center on Saturday, June 14, 2014 at 3:00 pm. Bring your lawn chairs and celebrate the start of the summer season.



Youth Golf Offered

Truro Recreation is excited to offer The First Tee youth golf program to children ages 6-12. The program will run on Mondays from 9:00 am - 10:00 am from June 30 - August 11 in Truro. The cost is \$35 / participant. The program will be offered by Jim Rondeau, a certified instructor. For more information and to register visit us online at www.truro-ma.gov/recreation and visit the Programs page.



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)



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**

Youth Sports REC-ognition Ceremony

June 14, 2014 | 2:00 pm

Truro Community Center

Join us in recognizing the participation of the players and the dedication of the coaches that partook in a Truro Recreation sport during the 2013-2014 season. The event will include a formal recognition of the players and coaches as well as some light snacks and beverages. We encourage parents to submit photos from the year to asstrecdir@truro-ma.gov so that we may create a slideshow.



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.



Truro Community Center Classes

Tuesday 9-10am (Julie Rich)

Wednesdays 5:30pm- 6:30pm (Erin Silva)

Thursdays 9-10am (Julie Rich)

Fridays 9-10am (Erin Silva)

Saturdays 9-10am (Julie Rich)

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

*"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

JUNE - 2014

Hikes will begin at 9:00 am

Please Note The Time Change!

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

June 3 - Ryder Beach

Address: Ryder Beach Rd

Park: Beach parking lot

Notes: Dogs welcome

June 10 - Head of the Meadow Beach

Address: Head of the Meadow Rd, North Truro

Park: Town parking lot, to the right at the fork.

Notes: Dogs welcome

June 17- First Congregational Church

Address: 1st Parish Ln

Park: Church parking lot, in front of church.

Notes: Dogs welcome

June 24 - 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 Outdoor Movie
- Summer Rec - Youth Program
- Youth Sports REC-ognition Ceremony
- Fall Youth Sports



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.

