

The Recreational Reader

Truro Recreation & Beach Department

September 2014

Special points of interest:

- After-School program
- Youth Soccer

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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 ext. 21

Email: recdirector@truro-ma.gov.



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.

YOUTH SOCCER

Registration Deadline 9/5/14

Youth Soccer is open to children in grades K - 6 who either reside in Truro or attend Truro Central School. Players from neighboring towns may be combined, with approval from the department.

Parents, Coaches, and children alike are reminded that Truro Recreation encourages the development of skills, teamwork, and social bonds. The goals of Youth Sports are to provide children an opportunity to play, exercise, and learn sportsmanship in a fun way. Any child, parent, coach, or spectator who acts in ways that prohibit these goals, threaten the physical or emotional safety and development of children, referees, or coaches, will be unable to attend the program.

For more information or to register, click [HERE](#) or visit www.truro-ma.gov/recreation.



***Seeking Coaches**

***Seeking Uniform Sponsors**

***See Page 4**

Yoga Classes

Karin Stephan and Christel Pierron will be concluding their yoga classes at the Truro Community Center in September.

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

Erin Silva - esilva1@comcast.net

Tues.	9-10am	Truro Comm. Ctr.	Julie Rich
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."*

Beach Fire Permits

The Town of Truro allows a designated number of beach fires, with a valid permit, on the following beaches:

- Ballston Beach
- Beach Point
- Coast Guard Beach
- Corn Hill Beach
- Fisher Beach
- Great Hollow Beach
- Head of the Meadow Beach
- Noons Landing

To obtain a beach fire permit from September 2014 - June 2015, call the **Truro Fire Department at (508) 487-7548**

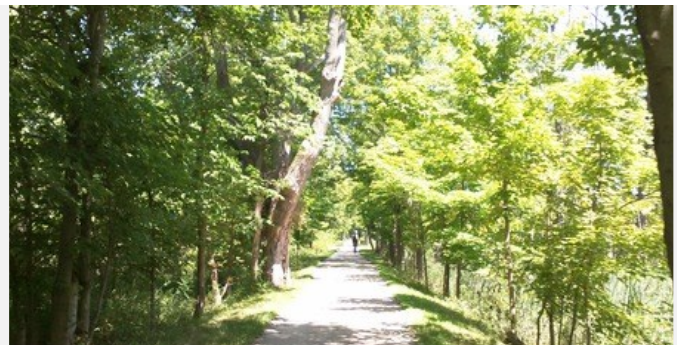


Truro Hiking/Walking Club

Tuesdays 9:00am

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

No hikes scheduled for September.





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.

Truro Recreation Seeking Volunteer Coaches For Youth Soccer



Truro Rec. is inviting all individuals with the patience and desire to work with children to volunteer to coach a youth soccer team this coming Fall. We are seeking coaches for grades K, 1, 2, Girls 3|4, Boys 3|4, Girls 5|6, Boys 5|6. If you're interested in creating a fun, beneficial environment for youth to learn soccer skills, please contact us. Only positive role models please. No prior coaching experience required, training provided.

Details:

- Saturday morning games Sept. 20 - Nov. 1
- 1-2 practices during the week (1-2 hours each)
- Complete Online Training to become a member of the National Youth Sports Coaches Association

Truro Recreation P. (508)487-1632 ext. 23 | E. asstrecdir@truro-ma.gov

Truro Rec. Seeking Sponsors for Youth Soccer Uniforms



To donate call (508)487-1632 ext. 23
or email asstrecdir@truro-ma.gov



PUMA PRIDE