



The Recreational Reader

Truro Recreation & Beach Department

April 2015

Special points of interest:

- Pickleball
- Pamet After-School

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PICKLE BALL RETURNS TO TRURO!

Pickleball is a sport in which two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a [wiffle ball](#), over a net. The sport shares features of other racquet sports, the dimensions and layout of a Badminton court, and a net and rules similar to tennis, with a few modifications. Pickleball was invented in the mid 1960s as a children's backyard pastime but quickly became popular among adults as a fun game for players of all skill levels.

Mondays
6:00-7:30 pm

Saturdays
11:30 am - 1:00 pm

Truro Community Center

- * **Equipment provided**
- * **Free**
- * **Drop-Ins or bring a team**
- * [Pickleball Video](#)



Registration Open for April Vacation Youth Program

Sign up your children to join us for a fun-packed week of arts, crafts, games, and movies. Tues. 4/21 - Fri. 4/24. For more info. visit our web site.



Adult Pickup Basketball!

Stay active! Truro Rec. is excited to offer adult pickup basketball games at the Truro Central School.

Beginning April 1, 2015

Wednesdays
6:00 pm - 9:00 pm

Truro Central School

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.

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

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

Truro Community Center

(Continued on page 4)

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

Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child, and the whole family!

It's completely free to participate. All you have to do is go to www.nays.org/sportsparentpledge to sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face (like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program, and beyond!

We encourage you to check out www.nays.org/sportsparentpledge today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!



Truro 5 | 6 Boys Basketball
Vs. Provincetown



Truro Cheer Squad performing on March 18, 2015



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."*

10 Spring Walking Gear Essentials

Gear up for spring walking. Be ready for any weather and get the gear that will keep you moving through the rest of the spring and summer.

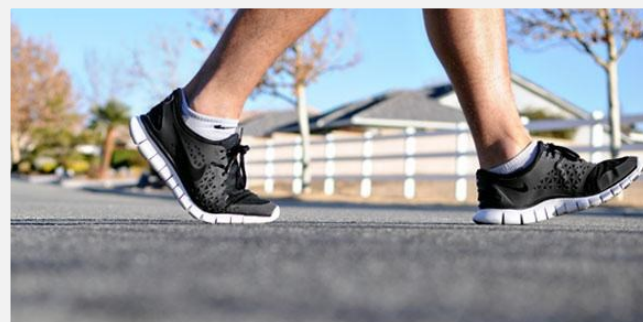


By Wendy Bumgardner
Walking Expert

[Read Now](#) at

<http://walking.about.com/od/weather/tp/Spring-Walking-Gear-Essentials.htm?>

About.com



Truro 3/4 Girls Basketball team vs Brewster



Truro Cheer Squad performing on March 18, 2015

Truro Hiking/Walking Club

Tuesdays 9:00am

April - 2015

Hikes will begin at 9:00 am

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

*Schedule subject to change. Check online for updates.
www.truro-ma.gov/recreation*

Apr. 7 - NO HIKE

Apr. 14 - Ryder Beach

Address: Ryder Beach Rd

Park: Beach parking lot

Apr. 21 - Pine Grove Cemetery Hike

Address: Cemetery Rd, Truro

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

Apr. 28 - North Pamet Rd Hike

Address: North Pamet Rd

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





RECREATION & BEACH DEPARTMENT

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Visit us on the web!
www.truro-ma.gov/recreation

"Committed to Community"

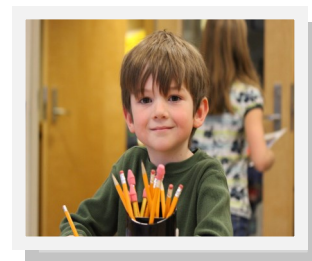


The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

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.

(Continued from page 1) Pamet After-School Program

Register online at
www.truro-ma.gov/recreation
For more info. Call (508) 487-1632 ext. 21
Email: recdirector@truro-ma.gov.



Upcoming EVENTS

April Vacation Youth
Program

Youth Softball

Youth Tball

Summer Youth Program

Summer Kick-Off Party

Summer Yoga

Truro Recreation Uniform Sponsors Youth Basketball - 2015

