

The Recreational Reader

Truro Recreation & Beach Department

AUGUST 2015

Special points of interest:

- Summer Youth Program
- Beach Info.

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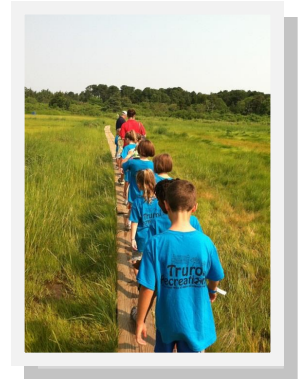
Summer Youth Program 2015

Join us for a summer of field trips, theme days, games, sports, art, and fun! Our program strives to provide a safe and supervised environment that encourages friendships, physical activity, learning, and fun to residents and visitors of Truro. The program is open to youth ages 5-14 (with a special Teen Program for ages 12-14).

Sign up by the day, the week or for the entire summer.

For more information or to register, visit us on the web at:

www.truro-ma.gov/recreation-beach-department



(Continued on page 5)

41st Annual Cape Cod Lifesaving Competition

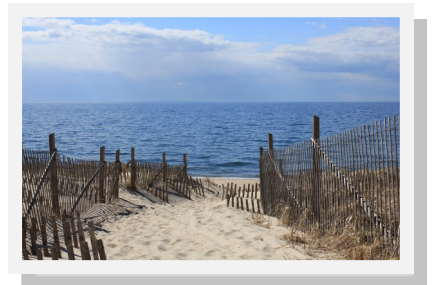
Thursday August 13, 2015

Town of Truro's Head of the Meadow Beach



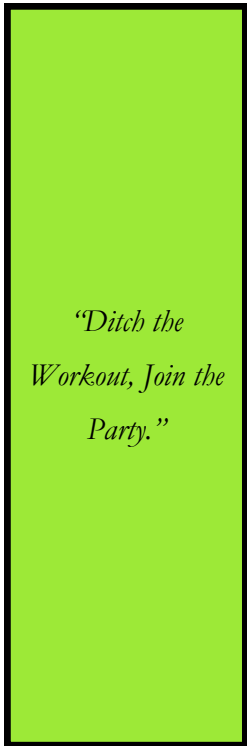
Town Of Truro Beach Reminders

- Beach parking permits are required beginning **June 20, 2015**.
- The Truro Beach Office is open 7 days a week, 8am-4pm.
- Fire permits are available online (www.activityreg.com)
- The Cape Cod National Seashore requires that dogs be on a 6' leash on Seashore property. Please be aware of Town and Seashore property boundaries so that you can abide by the appropriate leash rules.
- New rates are in effect for non-resident beach parking permits. Complete list of 2015 beach parking rates available at www.truro-ma.gov/recreation-beach-department



Iyengar Yoga Classes on the Cape with Karin Stephan

YOGA CLASS SCHEDULE • AUGUST 2 – SEPTEMBER 6 @ TRURO COMMUNITY CENTER <small>LOCATED AT 7 STANDISH WAY (OFF ROUTE 6) IN NORTH TRURO, NEAR THE LIBRARY & COUNCIL ON AGING</small>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 FIRST DAY no morning class 5 – 6:30 pm	3 8 – 9:30 am 5:30 – 7 pm	4 no morning class 5:30 – 7 pm	5 8 – 9:30 am no evening class	6 no morning class 5:30 – 7 pm	7 no morning class 5:30 – 7 pm	8 7 – 8:30 am 5 – 6:30 pm
9 8 – 9:30 am 5 – 6:30 pm	10 8 – 9:30 am 5:30 – 7 pm	11 no morning class 5:30 – 7 pm	12 8 – 9:30 am no evening class	13 no morning class 5:30 – 7 pm	14 no morning class 5:30 – 7 pm	15 7 – 8:30 am 5 – 6:30 pm
16 8 – 9:30 am 5 – 6:30 pm	17 8 – 9:30 am 5:30 – 7 pm	18 no morning class 5:30 – 7 pm	19 8 – 9:30 am no evening class	20 no morning class 5:30 – 7 pm	21 no morning class 5:30 – 7 pm	22 7 – 8:30 am 5 – 6:30 pm
23 8 – 9:30 am 5 – 6:30 pm	24 8 – 9:30 am 5:30 – 7 pm	25 no morning class 5:30 – 7 pm	26 8 – 9:30 am no evening class	27 no morning class 5:30 – 7 pm	28 no morning class 5:30 – 7 pm	29 7 – 8:30 am 5 – 6:30 pm
30 8 – 9:30 am 5 – 6:30 pm	31 8 – 9:30 am 5:30 – 7 pm	SEPT 1 no morning class 5:30 – 7 pm	2 8 – 9:30 am no evening class	3 no morning class 5:30 – 7 pm	4 no morning class 5:30 – 7 pm	5 7 – 8:30 am 5 – 6:30 pm
6 FINAL DAY 8 – 9:30 am 5 – 6:30 pm	COST: \$20 drop-in. SERIES RATES: 4 classes/\$75, 7 classes/\$130, 14 classes/\$235, 21 classes/\$355 INFO: call Karin at 617.529.1632 (c) or KarinStephanYoga@aol.com					FRONT PHOTO OF KARIN BY NEIL BAUMGARTEN
PRIVATE LESSONS ALSO AVAILABLE. ASK ABOUT OUR VEGETARIAN MEALS & TRURO ACCOMMODATIONS.						www.YogaMacro.com



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.

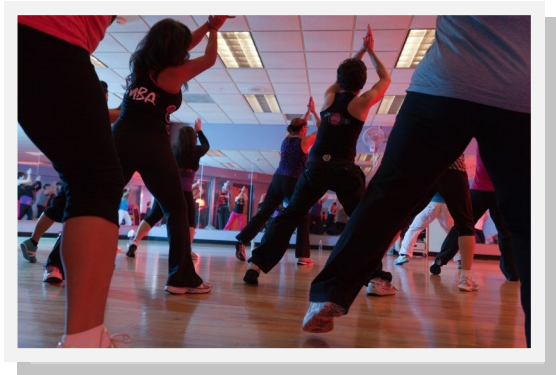
Classes are conducted by certified instructors, Julie Rich and Erin Silva.

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



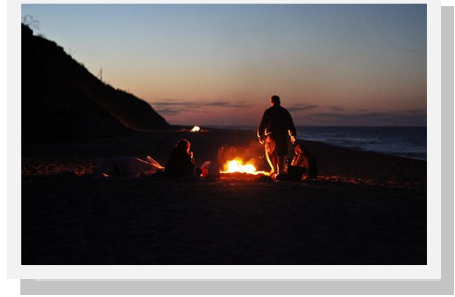
Beach Fires

The Truro Rec. & Beach Department would like to remind the public that in order to have a beach fire on Town of Truro property you must obtain a beach fire permit from the Beach Office. The Truro Recreation & Beach Department utilizes an online system to request beach fire permits. Please click on the image to the right to be directed to our online system.

A designated number (x) of Beach Fires are allowed at ONLY the following town beaches, with a fire permit:

Ballston Beach (6), Beach Point (2), Coast Guard Beach (4), Corn Hill Beach (5), Fisher Beach (4), Head of the Meadow Beach (6), Noons Landing (2)

- Requests are accepted (3) days in advance, which includes the current day. (If requesting on Thursday you can reserve for Thursday, Friday, Saturday)
- Reservations are accepted up to 3:00pm on the day of.
- Individuals will only be allowed to request, in total, (2) beach fire permits in a week. The one week period will run from Sunday to Saturday.
Individuals will only be issued (1) beach fire permit per day.



For more information visit our web site on the Beaches page.

Truro Walking Club

Tuesdays 9:00am

August - 2015
Walks 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-beach-department

August 4 **Truro Old Air Force Base Walk**
Address: Old Dewline Rd
Park: Parking lot located in front of old baseball field.

August 11 **Pine Grove Cemetery Walk**
Address: Cemetery Rd, Truro
Park: small parking lot at cemetery, off of Old County Rd, Truro

August 18 **First Congregational Church**
Address: 1st Parish Ln
Park: Church parking lot, in front of church.

August 25 **North Pamet Rd Walk**
Address: North Pamet Rd
Park: Trail head parking lot at the end of North Pamet Rd, by Hostel.



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!



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 9/11/15

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

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

Summer Youth Program

Children's Program: Ages 5-11

Teen Program: Ages 12-14

AN ADVENTURE
ONE SUMMER IN
THE MAKING

TRURO RECREATION
SUMMER 2015



Our Program

Our program offers games, activities, challenges, theme days, and field trips. The goal of Truro Recreation is to provide quality, affordable programming that benefits the Truro community. 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. We offer a morning program (8 am-12:30 pm) and an afternoon program (12:30 pm-4 pm) and an extended day option (4 pm- 5:30 pm). We are based out of the Truro Central School, with afternoon activities taking place at the Truro Community Center. Open to residents and visitors of Truro and surrounding communities.

July 6- August 21

Summer Theme

This summer our theme is "TRUASSIC WORLD." We will have special challenges and activities this summer that revolve around our theme--a play on the upcoming *Jurassic Park* sequel. Join us for dinosaur themed crafts, fossil making, and an archeological dig, as well as other activities that challenge us physically and mentally.

Activities

In addition to games, activities, theme days, sports, field trips, and arts and crafts, we offer classes throughout the week including: Yoga, Drama, Rec Recipes, Gardening with Sustainable C.A.P.E., Pay-o-met Playwrights & Kids Zumba.

For pricing, calendars, handbooks, and other information, please visit the Truro Recreation Department online at

www.truro-ma.gov/recreation-beach-department.

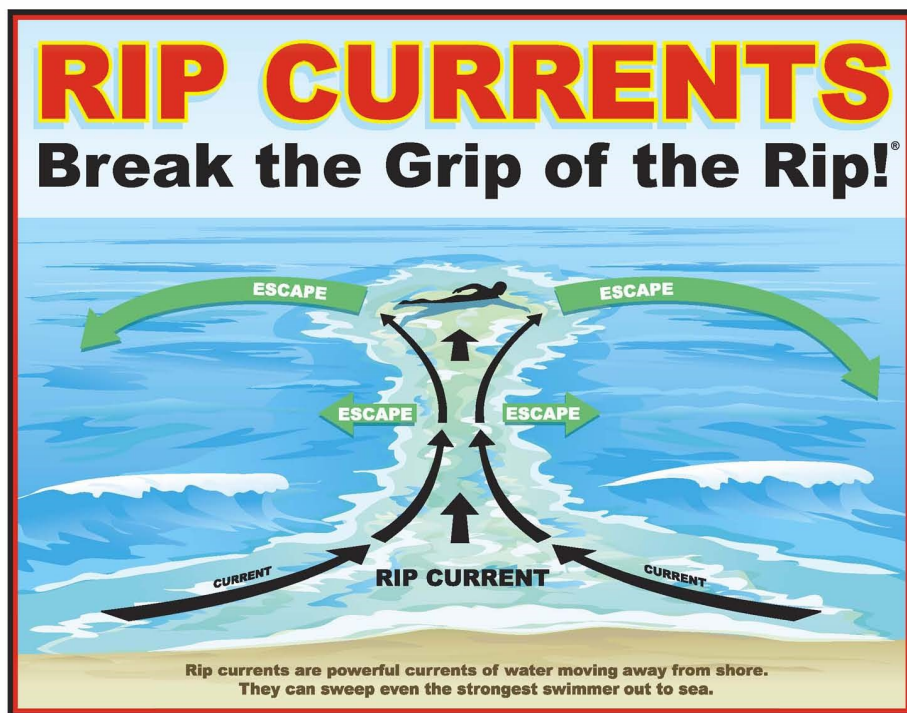


SHARING THE WATER WITH MARINE LIFE

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**



IF CAUGHT IN A RIP CURRENT

- ◆ **Don't fight the current**
- ◆ **Swim out of the current, then to shore**
- ◆ **If you can't escape, float or tread water**
- ◆ **If you need help, call or wave for assistance**

SAFETY

- ◆ **Know how to swim**
- ◆ **Never swim alone**
- ◆ **If in doubt, don't go out**

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.usla.org





RECREATION & BEACH DEPARTMENT

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Damion Clements, CPRP
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Truro, MA 02666

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Fax: 508-487-0854

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

“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 EVENTS

Post-Season Youth Program

Youth Soccer (Fall)




Lower Cape
Recreation League's
Soccer Jamboree

The Truro Recreation & Beach Department wants to hear from you!

Got an idea or a suggestion? Get in touch with us!

Phone: 508.487.1632

www.truro-ma.gov/recreation-beach-department

Connect with us:   

Become A Uniform Sponsor

We would like to invite you to be a part of the youth sports experience in Truro. Sponsor a youth sports team and have your company's logo placed on their uniform and receive recognition through our social media, web site and game programs. To become a sponsor contact Damion Clements at asstrecdir@truro-ma.gov or call (508) 487-1632 ext. 23.

