

The Recreational Reader

Truro Recreation & Beach Department

DECEMBER 2015

Special points of interest:

- Adult Volleyball
- Youth Cheerleading
- Pamet After School Program

Inside this issue:

Winter Sports	1
Pamet After School	2
Zumba	2
Sports Parent Pledge	3
Pickleball	3
Walking Club-schedule	3
Upcoming Events	4
Uniform Sponsor	4
Suggestions	4

Adult Volleyball

Sundays: 12pm - 3 pm

Stop by the Truro Community Center for some drop-in, community volleyball. Bring a team or come alone!

Truro Community Center | 7 Standish Way |
N. Truro



Youth Basketball Youth Cheerleading

Games and performances to begin in January.
Online registration is closed.

Youth Basketball 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.

Cheer is open to all children in grades 1-6 who either reside in Truro or attend 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.

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.



*"Ditch the
Workout, Join the
Party."*

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
Thu.	9-10am	Truro Comm. Ctr.	Julie Rich
Fri.	9-10am	Truro Comm. Ctr.	Erin Silva
Sat.	9-10am	Truro Comm. Ctr.	Julie Rich



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!



Pickleball At The Truro Community Center!

Mondays: 6 - 8 pm

Saturdays: 11am - 1 pm

Join us for the fastest growing sport in America. Drop-in or bring a team. No skills or equipment required.



Truro Community Center | 7 Standish Way | N. Truro

Truro Walking Club Tuesdays 9:00am

December - 2015

Walks will begin at 9:00 am

- | | |
|----------------|---|
| Dec. 1 | Pamet Harbor Walk
Address: Depot Rd
Park: Harbor parking lot. |
| Dec. 8 | Poor's Hill
Address: Fisher's Rd
Park: Designated parking area to the side of the road. |
| Dec. 15 | Truro Old Air Force Base
Address: Old Dewline Rd
Park: Parking lot located in front of old baseball field. |
| Dec. 22 | Cold Storage Beach
Address: Pond Rd
Park: Beach parking lot |
| Dec. 29 | High Head Beach Walk
Address: High Head Rd
Park: Parking lot at bike trail and start of ORV trail |

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





RECREATION & BEACH DEPARTMENT

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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 Play-



Youth Basketball

Youth Cheerleading

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 dclements@truro-ma.gov or call (508) 487-1632 ext. 23.



Past Sponsors



SEAMEN'S BANK
MEMBER FDIC/DIF

