

The Recreational Reader

Truro Recreation & Beach Department

February 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](#)



Coach Rogers coaching the Truro Recreation Boys 5/6 Basketball team vs Harwich on 1/21/15

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!

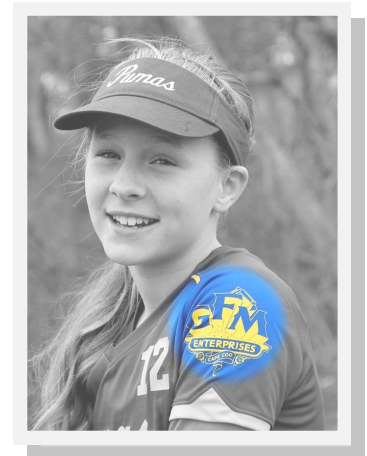


Truro Rec. Seeking Sponsors for Youth Uniforms - Softball 2015

Dear Business Owner;

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.

For more information call (508)487-1632 ext. 23 or email asstrecdir@truro-ma.gov



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."*

Am I Walking Enough to Lose Weight?



By Wendy Bumgardner
Walking Expert

Are you walking enough to lose weight walking? The recommendation for walking off weight is to walk an hour a day most days of the week at a moderate pace. [Read Now](#)

For the full article click [HERE](#)

About.com



All the tools to walk off weight.
Don Nichols/E+/Getty Images

Truro Hiking/Walking Club

Tuesdays 9:00am

FEBRUARY - 2015

Hikes will begin at 9:00 am

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

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

Feb. 3 - Pine Grove Cemetery Hike

Address: Cemetery Rd, Truro

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

Feb. 10 - Poor's Hill

Address: Fisher's Rd

Park: Designated parking area to the side of the road.

Feb. 17 - Pilgrim Heights

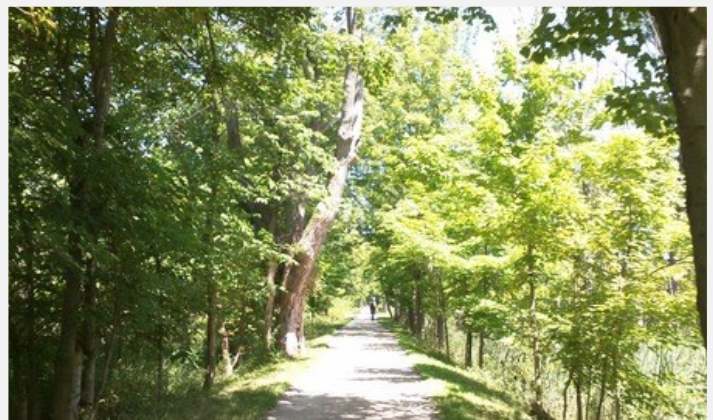
Address: Pilgrim Heights Rd, Truro

Park: First parking lot

Feb. 24 - Truro Old Air Force Base

Address: Old Dewline Rd

Park: Parking lot located in front of old baseball field.





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.

Register online at

www.truro-ma.gov/recreation

For more info. Call (508) 487-1632 ext. 21

Email: recdirector@truro-ma.gov.



Truro Recreation Uniform Sponsors

