

# The Recreational Reader

Truro Recreation & Beach Department

## JULY 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](http://www.truro-ma.gov/recreation-beach-department)



(Continued on page 5)



## Town Of Truro Summer Kick-Off

The Recreation & Beach Department organized a summer kick-off on Sat. June 13, 2015. The event included golf lessons, face painting, a bouncy house, and live music.

## Town Of Truro Beach Reminders

- Beach parking permits are required beginning **June 20, 2015**.
- The Truro Beach Office opens on **June 13, 2015**.
- Fire permits are available online ([www.activityreg.com](http://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](http://www.truro-ma.gov/recreation-beach-department)



# Daily Iyengar Yoga Classes on the Cape with Karin Stephan

August 2nd - September 6th

## IYENGAR CLASS SCHEDULE:

Classes with Karin Stephan  
 August 2nd - September 6th  
 Truro Recreational Center, 7 Standish Way, Truro, Ma



**Karin Stephan**

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
8 am - 9:30 am 5:30 pm - 7 pm	5:30 pm - 7 pm	8 am - 9:30 am	5:30 - 7 pm	5:30 - 7 pm	7 am - 8:30 am 5 am - 6:30 pm	8 am - 9:30 am 5 pm - 6:30 pm

### Prices:

- \$20.00 drop-in
- \$75.00 series of 4
- \$130.00/7 classes
- \$235.00/14 classes
- \$355.00/21 classes

note: All classes will begin on the evening of Sunday, August 2nd and end on the evening of Sunday, September 6th. Classes will be taught for all levels. More advanced students will be given more advanced poses to work towards the end of the classes

note: 10 % discount on the 7,14 or 21 class series if paid by June 25th. Visa or Master cards accepted. Please mail checks to Karin Stephan, 5 Frost Street, Cambridge, Ma 02140

All classes are open to both our Cape Experience residential guests and to students living or vacationing on the Cape. All classes will be all levels classes and will be taught with detailed attention to each and every student's needs. More advanced students will be able to work at their own level within the context of the class.

For more information or to register:  
 KarinStephanYoga@aol.com  
 617 497-0218



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

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](http://www.purajulie.com)

Erin Silva - [esilva1@comcast.net](mailto:esilva1@comcast.net)



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

# Truro Recreation's Dedicated Sports Award

Each year, starting in 2014, we present this award to one of our coaches that has shown dedication, devotion, and a true passion for youth sports. Our recipient for 2014 was Janice Roderick. The recipient for 2015 is a member of the National Youth Sports Coaches Association for three sports during the 2014-2015 season. This individual was always eager to volunteer and get the team practicing. This individual demonstrated sportsmanship and a true desire to teach the players the fundamentals of each of the three sports they coached, while ensuring the players were having fun. The recipient of the 2015 Dedicated Coach Award goes to Lacey Vail.




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## Truro Walking Club Tuesdays 9:00am

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**July - 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](http://www.truro-ma.gov/recreation-beach-department)

- July 7**      **Pine Grove Cemetery Walk**  
Address: Cemetery Rd, Truro  
Park: small parking lot at cemetery, off of Old County Rd, Truro
  
- July 14**    **Truro Old Air Force Base**  
Address: Old Dewline Rd  
Park: Parking lot located in front of old baseball field.
  
- July 21**    **Pilgrim Heights**  
Address: Pilgrim Heights Rd, Truro  
Park: First parking lot
  
- July 28**    **North Pamet Rd Walk**  
Address: North Pamet Rd  
Park: Trail head parking lot at the end of North Pamet Rd, by Hostel.



## Summer Fitness Classes



• Cardio Barre
• Gentle Pilates

**Mondays:**  
June 22 -  
July 27  
7:45am \$10 drop-in rate

**Mondays:**  
June 22 -  
July 27  
5:30pm

Truro Community Center

7 Standish Way, North Truro

Contact: Jan Taylor

jan@getlivelynow.com  
617.320.2493

## Summer Vacation Health & Fitness Coach Jan Taylor

Exercise

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Eat Well

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De-stress & Restore

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Make the most of your time away...  
Nourish your body, mind, and soul.

Available for private & small group sessions:  
- in your cottage  
- vacation home  
- on the beach!

**SIGN ME UP!**

jan@getlivelynow.com  
617.320.2493  
www.getlivelynow.com

SERVING PROVINCETOWN, TRURO, AND WELLFLEET

## JOE FARROBA BASKETBALL CAMP

Join Coach Farroba for a four day clinic consisting of 3 hours of instruction each day on:

- Individual & Team Offense & Defense
- Fast-break drills
- Ball handling
- Rebounding
- Free throw instruction

\$50 / 4 days

Free ball for each registered player

**July 6 - July 9, 2015**

**Mon. - Thurs.**

**9am - 12 pm**

**Ages: 8 - 15**

**VETERANS MEMORIAL  
COMMUNITY CENTER  
(PROVINCETOWN)**

**Space Still Available,  
Sign Up Today with Truro or Provincetown Recreation!  
Registration Deadline: July 2, 2015**



### JOE FARROBA

- Head Basketball Coach, Bridgewater State College
- 20+ years coaching basketball
- 5 Conference Championships and 5 Div. III NCAA Tournament Appearances making it to the Sweet Sixteen 2009
- MASCAC Conference Coach of the Year 4 times
- Director of Bear's Basketball Camp on the Bridgewater State College campus
- Noted lecturer in the New England region
- Boston Globe Div. III Coach of the Year ('86)
- MA Basketball Coaches Assoc. Div. III Coach of the Year('86)

### HOW TO REGISTER WITH TRURO RECREATION

Register online at [activityreg.com](http://activityreg.com)

P. (508)487-1632 | E. [recdirector@truro-ma.gov](mailto:recdirector@truro-ma.gov)

[www.truro-ma.gov/recreation-beach-department](http://www.truro-ma.gov/recreation-beach-department)

# Summer Youth Program

Children's Program: Ages 5-11

Teen Program: Ages 12-14

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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

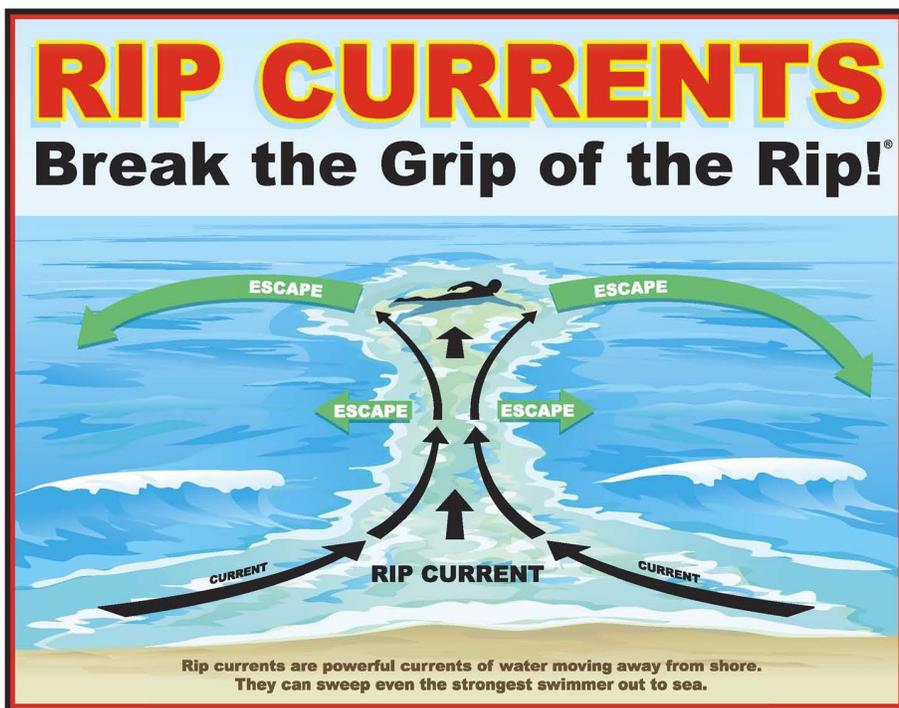
[www.truro-ma.gov/recreation-beach-department](http://www.truro-ma.gov/recreation-beach-department).

## 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](http://www.ripcurrents.noaa.gov)  
[www.usla.org](http://www.usla.org)



## 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](http://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](http://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!



## Youth Golf

Truro Recreation is excited to offer a youth golf program to children ages 6-12. The program will run on Mondays from 9:00 am - 10:00 am from July 6 - August 17 in Truro. The cost for Truro residents is \$40 / participant and \$45 / participant for non-residents. The program will be offered by Jim Rondeau, a certified instructor for the P.G.A. and the U.S.G.T.F as well as a Level One Coach for The First Tee youth golf program. No prior experience or equipment required.

**Mondays, July 6 - August 17, 2015**

**9:00 am - 10:00 am**

**Truro**

**Registration Deadline  
July 2, 2015**



**For more info. or to register, please visit the Truro Recreation Department online at**

**[www.truro-ma.gov/recreation-beach-department](http://www.truro-ma.gov/recreation-beach-department).**

## 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.**



**RECREATION & BEACH DEPARTMENT**

Kelly Sullivan-Clark, Director  
[recdirector@truro-ma.gov](mailto:recdirector@truro-ma.gov)

Damion Clements, CPRP  
Assistant Director  
[astrecdir@truro-ma.gov](mailto:astrecdir@truro-ma.gov)

Truro Community Center  
7 Standish Way  
North Truro, MA 02652  
Po Box 2030  
Truro, MA 02666

Phone: 508-487-1632  
Fax: 508-487-0854

Visit us on the web!  
[www.truro-ma.gov/recreation-beach-department](http://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**

Youth Golf

Youth Tennis

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](http://www.truro-ma.gov/recreation-beach-department)

Connect with us:   

**Uniform Sponsor  
2015 Tee Ball Team**

**Uniform Sponsor - 2015  
3/4 Softball Team**



[www.jonathanricelandscaping.com](http://www.jonathanricelandscaping.com)



**SEAMEN'S BANK**  
MEMBER FDIC / DIF