

# The Recreational Reader

Truro Recreation & Beach Department

## JUNE 2015

### *Special points of interest:*

- Summer Youth Program
- Beach Stickers
- Youth Bike Rodeo

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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)

## Youth BIKE RODEO

The Truro Bikes & Walkways Committee, The Truro Police Department, and The Truro Recreation Department invite all children to join us for this free event to promote bike safety. The event will include information on bike safety and bike laws, bike decorating, games and challenges, and a free cookout afterwards.

**Tuesday, June 23, 2015**

**9:00 am - 10:30 am**

**Corn Hill Beach Parking Lot**



In the event of inclement weather, check the Truro Recreation website for cancellation information.

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

**Free helmets available while supplies last OR Bring your own helmet and receive a prize!**

## 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 at the Truro Fire Department until June 12th and will be available online ([www.activityreg.com](http://www.activityreg.com)) through the Beach Office on June 13th.
- 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)



# NESTING SHOREBIRD WALK

Want to learn more about the birds that share Truro's beaches?

Join us to learn about the endangered and threatened shorebirds of Truro as we walk their beach habitat at Corn Hill. Jenette Kerr, Educator for the Wellfleet Bay Wildlife Sanctuary, will be available to answer your questions about piping plovers and terns and the general guidelines for protecting them.



This is an outdoor program, so please dress for the weather, protect yourself from the sun and bring water. Bring questions and your binoculars (if you have them). We will provide a scope.

Meet at the main beach entrance of Corn Hill Beach.

\*This event will be held weather-permitting. Please call Truro Recreation (508-487-1632) with questions or to determine if the event has been cancelled.

Two opportunities for this

**FREE program:**

**Saturday June 13 @ 10 AM**

**Thursday June 18 @ 1 PM**

**Presented By:**

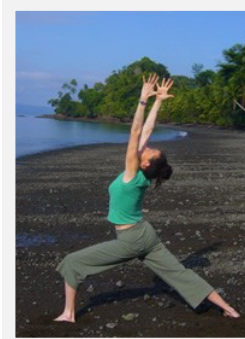


RECREATION & BEACH DEPARTMENT



Karin Stephan

Truro Recreation is pleased to announce that Karin Stephan and Christel Pierron will be returning in the Summer to offer yoga classes. Karin's classes will begin Monday, August 3, 2015 and Christel's classes will begin July 1, 2015. Visit our web site for a complete schedule.



Christel Pierron



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)

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."*



# TRURO'S SUMMER Kick Off

Sat. June 13, 2015

3:00pm - 6:00pm

\*Truro Community Center Lawn

7 Standish Way, N.Truro

The Truro Recreation & Beach Department would like to invite the public to our Summer Kick Off party. This family-friendly party will include live music, food, a children's bouncy house, as well as games for adults and children. Bring your lawn chairs and celebrate the start of the summer season.

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## Truro Hiking/Walking Club

Tuesdays 9:00am

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

- |         |   |
|---------|---|
| June 2  | <b>Pine Grove Cemetery Hike</b><br><b>Address:</b> Cemetery Rd, Truro<br><b>Park:</b> small parking lot at cemetery,<br>off of Old County Rd, Truro |
| June 9  | <b>Pilgrim Heights Hike</b><br><b>Address:</b> Pilgrim Heights Rd, Truro<br><b>Park:</b> First parking lot  |
| June 16 | <b>North Pamet Rd Hike</b><br><b>Address:</b> North Pamet Rd<br><b>Park:</b> Trail head parking lot at the<br>end of North Pamet Rd, by Hostel.     |
| June 23 | <b>Truro Old Air Force Base</b><br><b>Address:</b> Old Dewline Rd<br><b>Park:</b> Parking lot located in front of old<br>baseball field.            |
| June 30 | <b>First Congregational Church</b><br><b>Address:</b> 1 <sup>st</sup> Parish Ln<br><b>Park:</b> Church parking lot, in front of<br>church.          |



# FUNDS AVAILABLE FOR TRURO YOUTH ATHLETES

The Truro Recreation Commission has limited funds available to assist families in need with the expenses incurred through participation in athletic activities not offered by Truro Recreation or their child's school. Participating child must be of school age (K-12) and a resident of **Truro**. **Participation in qualifying activities must have occurred between July 1, 2014 and June 30, 2015.**

Application forms are available on the Truro Recreation Commission page of the Town of Truro website at [www.truro-ma.gov](http://www.truro-ma.gov).

Return completed form and required receipts by Wednesday June 10, 2015, to:

**Truro Recreation Commission  
Truro Town Hall  
P.O. Box 2030  
Truro, MA 02666**

Requests are reviewed on an ongoing basis and notification made by June 30, 2015.

Questions? Email: [FriendsofTruroRecreation@gmail.com](mailto:FriendsofTruroRecreation@gmail.com)

## 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

**July 6 - July 9, 2015**

**Mon. - Thurs.**

**9am - 12 pm**

**Ages: 8 - 15**

**VETERANS MEMORIAL  
COMMUNITY CENTER  
(PROVINCETOWN)**

\$50 / 4 days

**Free ball for each registered player**

**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

July 6- August 21

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.

## 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).

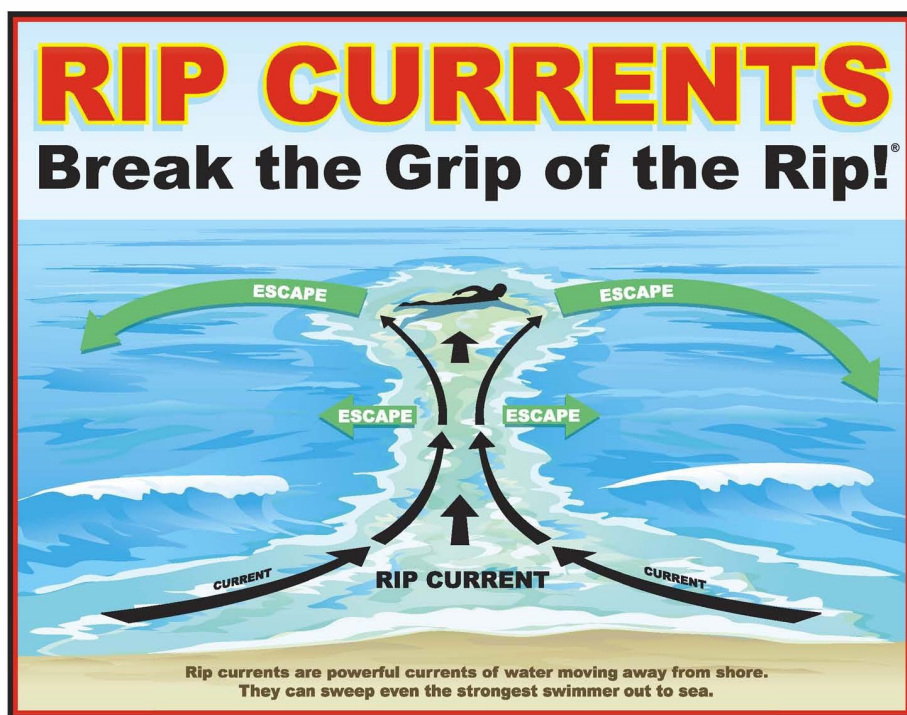


## SHARING THE WATER WITH MARINE LIFE

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 June 29 - August 10 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, June 29 - August 10, 2015**

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

**Truro**

**Registration Deadline  
June 22, 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).

## Youth Sports REC-ognition Ceremony Presented By TRURO RECREATION



Truro Recreation would like to recognize all youth athletes that have participated on a Truro Recreation team during the 2014 - 2015 season

- Youth Basketball
- Youth Soccer
- Youth Cheerleading
- Youth Tball
- Youth Softball

***SAT. June 13, 2015***

***4:00 pm***

***Truro Community Center Lawn***

**Come Early For The Summer  
Kick-Off Party.  
3 - 6 pm  
Games, live music, bouncy house...**



## RECREATION & BEACH DEPARTMENT

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

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

Shorebird Education  
Walks

Youth Tennis




Youth Bike Rodeo

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**



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

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



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