

# The Recreational Reader

Truro Recreation & Beach Department

SEPTEMBER 2015

*Special points of interest:*

- Youth Soccer Program
- Pamet After School Program

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## 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](http://www.activityreg.com)

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

Email: [recdirector@truro-ma.gov](mailto: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**

★ **Discount if registered by 9/4/15**

Join the Truro Recreation Pumas for Youth Soccer. 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. Learn the fundamentals of soccer while having fun.

Practices: Grades K-6 will generally practice 1-2 times per week in the afternoon, beginning early September. Practice times determined by coaches.

Games: Grades 3-6 will have games on Saturday mornings starting late September - November.

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



**\*Seeking Coaches**

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

## Iyengar Yoga Classes on the Cape with Karin Stephan

### YOGA CLASS SCHEDULE • AUGUST 2 – SEPTEMBER 6 @ TRURO COMMUNITY CENTER

LOCATED AT 7 STANDISH WAY (OFF ROUTE 6) IN NORTH TRURO, NEAR THE LIBRARY & COUNCIL ON AGING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2 FIRST DAY</b> no morning class 5 – 6:30 pm	<b>3</b> 8 – 9:30 am 5:30 – 7 pm	<b>4</b> no morning class 5:30 – 7 pm	<b>5</b> 8 – 9:30 am no evening class	<b>6</b> no morning class 5:30 – 7 pm	<b>7</b> no morning class 5:30 – 7 pm	<b>8</b> 7 – 8:30 am 5 – 6:30 pm
<b>9</b> 8 – 9:30 am 5 – 6:30 pm	<b>10</b> 8 – 9:30 am 5:30 – 7 pm	<b>11</b> no morning class 5:30 – 7 pm	<b>12</b> 8 – 9:30 am no evening class	<b>13</b> no morning class 5:30 – 7 pm	<b>14</b> no morning class 5:30 – 7 pm	<b>15</b> 7 – 8:30 am 5 – 6:30 pm
<b>16</b> 8 – 9:30 am 5 – 6:30 pm	<b>17</b> 8 – 9:30 am 5:30 – 7 pm	<b>18</b> no morning class 5:30 – 7 pm	<b>19</b> 8 – 9:30 am no evening class	<b>20</b> no morning class 5:30 – 7 pm	<b>21</b> no morning class 5:30 – 7 pm	<b>22</b> 7 – 8:30 am 5 – 6:30 pm
<b>23</b> 8 – 9:30 am 5 – 6:30 pm	<b>24</b> 8 – 9:30 am 5:30 – 7 pm	<b>25</b> no morning class 5:30 – 7 pm	<b>26</b> 8 – 9:30 am no evening class	<b>27</b> no morning class 5:30 – 7 pm	<b>28</b> no morning class 5:30 – 7 pm	<b>29</b> 7 – 8:30 am 5 – 6:30 pm
<b>30</b> 8 – 9:30 am 5 – 6:30 pm	<b>31</b> 8 – 9:30 am 5:30 – 7 pm	<b>SEPT 1</b> no morning class 5:30 – 7 pm	<b>2</b> 8 – 9:30 am no evening class	<b>3</b> no morning class 5:30 – 7 pm	<b>4</b> no morning class 5:30 – 7 pm	<b>5</b> 7 – 8:30 am 5 – 6:30 pm
<b>6 FINAL DAY</b> 8 – 9:30 am 5 – 6:30 pm	<b>COST:</b> \$20 drop-in. SERIES RATES: 4 classes/\$75, 7 classes/\$130, 14 classes/\$235, 21 classes/\$355 <b>INFO:</b> call Karin at 617.529.1632 (c) or KarinStephanYoga@aol.com					<b>FRONT PHOTO OF KARIN BY NEIL BAUMGARTEN</b>
PRIVATE LESSONS ALSO AVAILABLE. ASK ABOUT OUR VEGETARIAN MEALS & TRURO ACCOMMODATIONS.						<a href="http://www.YogaMacro.com">www.YogaMacro.com</a>



*"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](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





## 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!



## 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](mailto:asstrecdir@truro-ma.gov) or call (508) 487-1632 ext. 23.

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## Truro Walking Club

Tuesdays 9:00am

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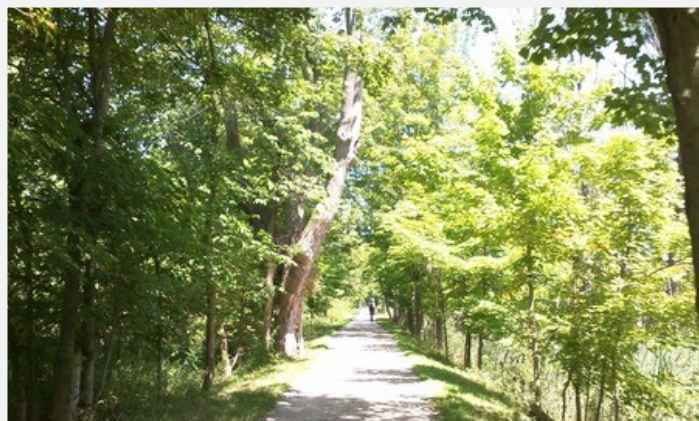
## September - 2015

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)

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|----------|--|
| Sept. 1  | <b>Pilgrim Heights Walk</b><br><b>Address:</b> Pilgrim Heights Rd, Truro<br><b>Park:</b> First parking lot                                       |
| Sept. 8  | <b>Truro Old Air Force Base Walk</b><br><b>Address:</b> Old Dewline Rd<br><b>Park:</b> Parking lot located in front of old baseball field.       |
| Sept. 15 | <b>North Pamet Rd Walk</b><br><b>Address:</b> North Pamet Rd<br><b>Park:</b> Trail head parking lot at the end of North Pamet Rd, by Hostel.     |
| Sept. 22 | <b>Pine Grove Cemetery Walk</b><br><b>Address:</b> Cemetery Rd, Truro<br><b>Park:</b> small parking lot at cemetery, off of Old County Rd, Truro |
| Sept. 29 | <b>Cold Storage Beach Walk</b><br><b>Address:</b> Pond Rd<br><b>Park:</b> Beach parking lot  |





## 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"*



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. (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.

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 Soccer (Fall)

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:



### 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.



**EFFECTIVE 09/07/15 - ALL BEACH FIRE PERMITS FOR 9/7/15 - SUMMER 2016  
WILL BE ISSUED BY  
THE TRURO FIRE DEPARTMENT (508)487-7548**

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