

The Recreational Reader

Truro Recreation & Beach Department

May 2016

Special points of interest:

- Summer Rec
- Beaches

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Summer Youth Program 2016

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.

Morning Program

Truro Central School: 8 am- 12:30 pm

Afternoon Program

Truro Community Center: 12:30 pm- 4 pm

Extended Care

Truro Community Center: 4 pm- 5:30 pm

Registration opens May 2015

Register online at www.activityreg.com.

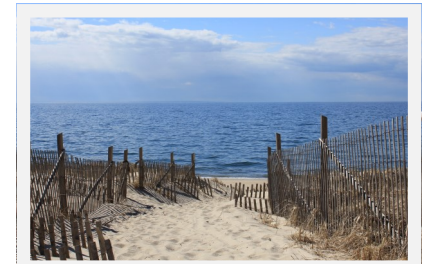
For more information, visit us on the web at www.truro-ma.gov.

Pre and Post Season children's programming also available. Visit us on the web for dates, registration and more information.



Town Of Truro Beach Reminders

- Beach parking permits are required beginning **June 18, 2016**.
- The Truro Beach Office, located at 36 Shore Rd, opens on **June 11, 2016**.
- Fire permits are available at the Truro Fire Department until June 10th and will be available online (www.activityreg.com) through the Beach Office on June 11th.
- 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.
- Complete list of 2016 beach parking rates available at www.truro-ma.gov.





Karin Stephan

Iyengar Yoga

Karin Stephan

Truro Recreation is pleased to announce that Karin Stephan will be returning in the Summer to offer yoga classes. Karin's classes will begin Monday evening, July 25, 2016.

Mornings			Evenings		
Mon.	8-9:30 am	Truro Comm. Ctr.	Mon.	5-6:30 pm	Truro Comm. Ctr.
Wed.	8-9:30 am	Truro Comm. Ctr.	Tues.	5-6:30 pm	Truro Comm. Ctr.
Sun.	8-9:30 am	Truro Comm. Ctr.	Thur.	5-6:30 pm	Truro Comm. Ctr.
			Fri.	5-6:30 pm	Truro Comm Ctr

2016 Summer Beach Parking Stickers

The Truro Recreation & Beach Department would like to remind you to review the Town's Rules and Regulations for Beach Sticker Eligibility which can be found at: www.truro-ma.gov/files or by scanning the QR Code below.

Please review these rules to ensure you have the appropriate documentation and materials to obtain your 2016 Town of Truro Beach Parking Sticker prior to the start of the season on Sat. June 18, 2016.

A SPECIAL NOTE FOR PROPERTIES HELD IN TRUST:

All properties held in trust will require a **Recorded Declaration of Trustee** on file with the Truro Assessor's Office. Stickers will only be issued to trustee on record or designee. We request all Recorded Declaration of Trustee forms and Designee forms to be submitted prior to **June 18, 2016**. Forms may be obtained on our web site or by scanning the below QR Code.

Questions about beach stickers, call (508) 487-6983

Questions about property records, call (508)349-7004

The Truro Beach Office opens on Sat. June 11, 2016.

Beach Stickers will be required to park at all beaches effective Sat. June 18, 2016.

We'll see you at the beach!

Truro Beach Office | 36 Shore Rd, N. Truro | 508-487-6983
beachdepartment@truro-ma.gov | www.truro-ma.gov/recreation-beach-department



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

Tues.	9-10am	Truro Comm. Ctr.	Julie Rich
Thu.	9-10am	Truro Comm. Ctr.	Julie Rich
Sat.	9-10am	Truro Comm. Ctr.	Julie Rich



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

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!



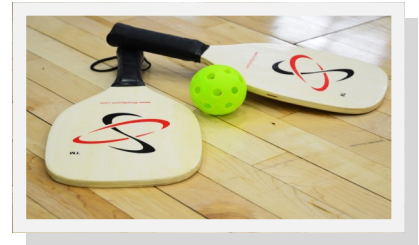
Pickleball At The Truro Community Center!

Mondays: 6 - 8 pm

Saturdays: 10:30 am - 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



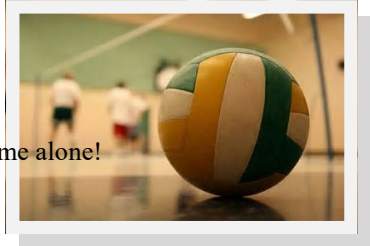
Adult Volleyball

Sundays: 12pm - 3 pm

Wednesday: 6pm - 7:30 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



Truro Walking Club

- May 3 Pine Grove Cemetery Walk**
Address: Cemetery Rd, Truro
Park: small parking lot at cemetery, off of Old County Rd, Truro
- May 10 Pilgrim Heights Walk**
Address: Pilgrim Heights Rd, Truro
Park: First parking lot
- May 17 Truro Old Air Force Base Walk**
Address: Old Dewline Rd
Park: Parking lot located in front of old baseball field.
- May 24 Head of the Meadow Walk**
Address: Head of the Meadow Rd, N. Truro
Park: Town parking lot, to the right at the fork.
- May 31 North Pamet Rd Walk**
Address: North Pamet Rd
Park: Trail head parking lot at the end of North-Pamet Rd, by Hostel.

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-ground.



Summer Rec Program

Youth Golf

Youth Tennis

Summer Yoga

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 Team 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.

