

# The Recreational Reader

Truro Recreation & Beach Department

FEBRUARY 2017

## February Vacation Program

[Online Registration](#)

Sign up your children to join us for a fun-packed week of arts, crafts, games, and movies

**Tues. February 21 - Fri. February 24, 2017**

8:00am - 4:pm: \$25/child

Open to public  
Ages 5 - 14  
Sign up for the day or the week

For more information visit our web site.



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*Girls 5 | 6 Basketball Team Receiving  
Game Strategy From Head Coach Kathy  
Morris*

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## Adult Volleyball

**Sundays: 4:00 pm - 7:00 pm**

**Wednesdays: 6:00 pm - 8:00 pm**

Stop by the Truro Community Center for some drop-in, community volleyball. Bring a team or come alone!

Club Coordinator: [Erik Yingling](#)

For more information email: [dlements@truro-](mailto:dlements@truro-)



# PAMET AFTER-SCHOOL

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro and/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

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

***“Ditch the Workout, Join the Party.”***



Tues.	9-10am	Truro Comm. Ctr.	Julie Rich
Thu.	9-10am	Truro Comm. Ctr.	Julie Rich
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 Julie Rich a certified Zumba Fitness Instructor.

For fees and schedules visit Ms. Rich’s web site.

Julie Rich - [www.purajulie.com](http://www.purajulie.com)



## 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!



## Pickleball At The Truro Community Center!

**Mondays: 6 pm - 8 pm**

**Saturdays: 11am - 1 pm**

Join us for the fastest growing sport in America. Drop-in or bring a team. No skills or equipment required.



Club Coordinator: Judy Linen

For more information email: [dclements@truro-ma.gov](mailto:dclements@truro-ma.gov)

Truro Community Center | 7 Standish Way | N. Truro

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## Truro Walking Club

Tuesdays 9:00am

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## FEBRUARY - 2017

**Feb. 7** Pine Grove Cemetery Walk  
9:00 am **Address:** Cemetery Rd, Truro  
**Park:** Small parking lot at cemetery, off of Old County Rd, Truro

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)

**Feb. 14** North Pamet Rd Walk  
9:00 am **Address:** North Pamet Rd  
**Park:** Trail head parking lot at the end of North Pamet Rd, by Hostel.

**Feb. 21** Pilgrim Heights  
9:00 am **Address:** Pilgrim Heights Rd, Truro  
**Park:** First parking lot

**Feb. 28** Ryder Beach  
9:00 am **Address:** Ryder Beach Rd  
**Park:** Beach parking lot





**RECREATION & BEACH DEPARTMENT**

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

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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

5th & 6th Grade BSU Trip 2/18/17	Feb. Vacation Program 2/21 - 2/24	Youth Softball Spring 2017
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The Truro Recreation & Beach Department wants to hear from you!

Got an idea or a suggestion? Get in touch with us!

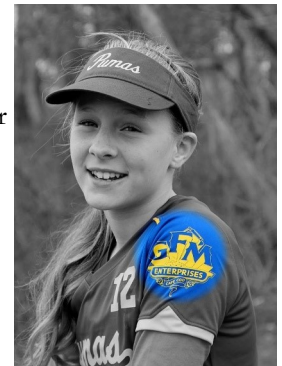
Phone: 508.487.1632

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

Connect with us:   

## 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 [dclements@truro-ma.gov](mailto:dclements@truro-ma.gov) or call (508) 487-1632



### Past Sponsors



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

