

# The Recreational Reader

Truro Recreation & Beach Department

## July 2017

*Special points of interest:*

- Summer Rec
- Beaches

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## Summer Youth Program 2017

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 Central School: 12:30 pm- 4 pm

### Extended Care

Truro Central School: 4 pm- 5:30 pm

For more information, visit us on the web at [www.truro-ma.gov/recreation-beach-department](http://www.truro-ma.gov/recreation-beach-department)

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

## PRE-REGISTRATION REQUIRED

## Town Of Truro Beach Reminders

- Beach parking permits are required beginning **June 17, 2017** for all Truro owned beaches.
- The Truro Beach Office, located at 36 Shore Rd, opens on **June 10, 2017**. Open 7 days a week, 8:00 am - 4:00 pm until Labor Day.
- Beach Fire permits are available at the Truro Fire Department daily 2:00 pm—6:00 pm.
- 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 2017 beach parking rates available at [www.truro-ma.gov](http://www.truro-ma.gov).
- Please respect the rights of our residents and their private property. Dogs are permitted on town beaches after 6 pm and before 9am and dog waste must be removed from the beach. Dogs are not permitted at any time on private beaches without individual owner's permission.



Resident Sticker	\$15.00
Non-resident Sticker (1 week)	\$50.00
Non-resident Sticker (Season)	\$225.00
Replacement Sticker	\$1.00



**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 at Truro Community Center. Karin's classes will begin Monday evening, July 31, 2017.

	Mornings	Evenings
Mon.	8-9:30 am	Mon. 5-6:30 pm
Wed.	8-9:30 am	Tues. 5-6:30 pm
Fri.	8-9:30 am	Wed. 5-6:30 pm
Sat.	10:30 am - 12 pm	Thur. 5-6:30 pm
Sun.	8-9:30 am	Fri. 5-6:30 pm
		Sat. 5-6:30 pm

For pricing contact Karin Stephan at [karinstephanyoga@aol.com](mailto:karinstephanyoga@aol.com)

### 2017 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](http://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 2017 Town of Truro Beach Parking Sticker prior to the start of the season on Sat. June 17, 2017.

#### A SPECIAL NOTE FOR PROPERTIES HELD IN TRUST:

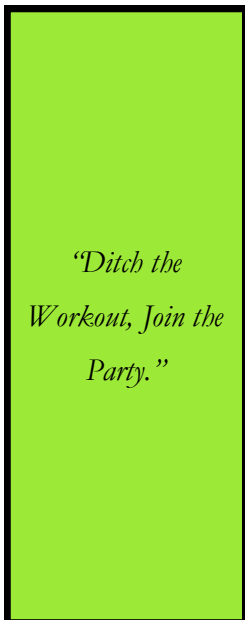
All properties held in trust will require a **Recorded Declaration of Trustee** on file with the Truro Assessor's Office. Stickers will only be issued to trustee on record or designee. We request all Recorded Declaration of Trustee forms and Designee forms to be submitted prior to **June 17, 2017**. 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 10, 2017.  
 Beach Stickers will be required to park at all beaches effective Sat. June 17, 2017.



We'll see you at the beach!  
 Truro Beach Office | 36 Shore Rd, N. Truro | 508-487-6983  
[beachdepartment@truro-ma.gov](mailto:beachdepartment@truro-ma.gov) | [www.truro-ma.gov/recreation-beach-department](http://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 Julie Rich, a certified instructor.

Contact instructors for fees and schedules.

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

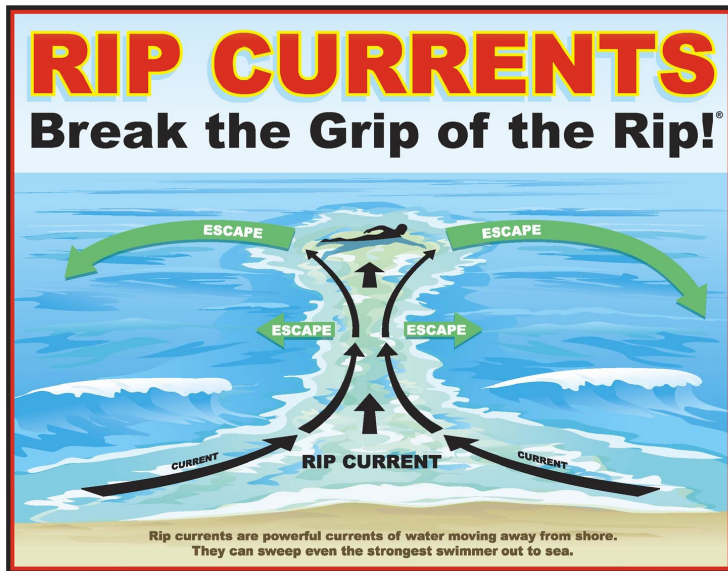


## Youth Golf Program Dates To Be Announced

Truro Recreation is excited to offer a youth golf program to children ages 6-12. The cost for Truro residents is \$45 / participant and \$50 / 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.

For more information or to register click [HERE](#) or visit our web site.

CHECK BACK FOR MORE INFO



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)



## Truro Walking Club Tuesdays, 9:00 am

### July - 2017

- July 11**      **North Pamet Rd Walk**  
**Address:** North Pamet Rd  
**Park:** Trail head parking lot at the end of North Pamet Rd, by Hostel.
- July 18**      **Pine Grove Cemetery Walk**  
**Address:** Cemetery Rd, Truro  
**Park:** small parking lot at cemetery, off of Old County Rd, Truro
- July 25**      **Truro Old Air Force Base**  
**Address:** Old Dewline Rd  
**Park:** Parking lot located in front of old baseball field.

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)





RECREATION & BEACH DEPARTMENT

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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

Summer Rec Program

Youth Golf

Youth Tennis

Summer Yoga

Farroba Basketball Clinic

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 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.

