

The Recreational Reader

Truro Recreation & Beach Department

August 2018

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Time Flies When You're Having Fun at the Summer REC Youth Program

Thank you to everyone for making July one of the best months this year. We've hiked trails, ridden crazy waterslides, bounced to the sky, kayaked the wild waters, dyed food for art, learned new games...I mean the list goes on. We are looking forward to what is yet to come. Our

Rec community is vibrant and dedicated, and your children are the heart of it all. Thank you for showing up and following through.

Our Supervisors and Counselors have stepped up and hit it out of the park! We are so proud to be part of Truro REC. This month we are looking forward to hiking, bowling, golfing and much more!



Beach Office is Open

Saturday, June 9th through Labor Day.

Open 7 days a week,

8:00am to 4:00 pm

If you've purchased a Beach Sticker online, you can pick it up at the Beach Office.

Stickers are required through Labor Day

ALL BEACH FIRE PERMITS FOR JUNE 16th THROUGH LABOR DAY WILL BE ISSUED ONLINE AT

www.truro-ma.gov/truro-beach-office



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!



Take the pledge to
**KEEP YOUTH
SPORTS
POSITIVE!**

Adult Coed Indoor Soccer (age 40+)

Thursdays 5:30 pm - 7:30 pm

Drop-In
Free

Snow's Field
Snow's Field Rd., Truro

For more info.
Contact Todd Schwebel, Coordinator

rtschwebel@gmail.com

Community Pickleball

TBA

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

For more info.
Contact Judy Linen, Coordinator

jlinen45@gmail.com

Community Volleyball

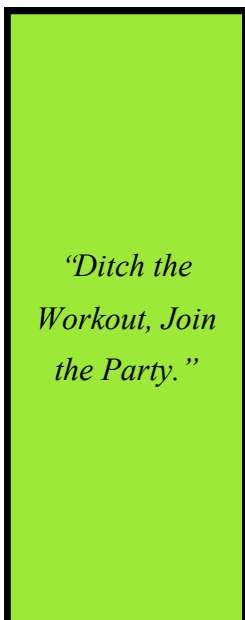
Weather Permitting
12:00 PM

Drop-In
Free

Longnook Beach
Longnook Rd., Truro,

For more info.
Contact Brian Dunne, Coordinator

bdunne2000@hotmail.com



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 Julie for fees and schedules.

Julie Rich - www.purajulie.com

Tues.	9-10am	Truro Comm. Ctr.	Julie Rich
Thu.	9-10am/5-6pm	Truro Comm. Ctr.	Julie Rich
Sat.	9-10am	Truro Comm. Ctr.	Julie Rich



Truro Walking Club
Meets Tuesdays at 9:00am

Join Bob Lowe, Club Coordinator, for a peaceful walk in some of the most beautiful areas on Cape Cod.

August 7

Hike: Ballston Beach

August 14

Hike: North Pamet Road Hike

August 21

Hike: Great Island Trail

August 28

Hike: Truro Old Air Force Base

Schedule subject to change. Check online for updates.
www.truro-ma.gov/recreation-beach-department

Iyengar Yoga with Karin Stephan
August 5th - September 6th

7 Days a Week @ The Truro Community Center
7 Standish Way, North Truro, MA 02652

DAYS	MORNINGS	EVENINGS
Sunday	8:00 am - 9:30 am	—————
Monday	8:00 am - 9:30 am	5:00 pm - 6:30 pm
Tuesday	—————	5:00 pm - 6:30 pm
Wednesday	8:00 am - 9:30 am	—————
Thursday	—————	5:00 pm - 6:30 pm
Friday	8:00 am - 9:30 am	—————
Saturday	10:30 am - 12:00 pm	—————



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 Playground.

Upcoming EVENTS

Summer Rec Youth Program is Happening
July 2– August 17

Julie from Zumba Fitness has added a Thursday night class
5-6 pm at TCC

Iyengar Yoga w/ Karin Stephan
August 5– September 5

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



SEAMEN'S BANK
MEMBER FDIC/DIF

