

The Recreational Reader

Truro Recreation & Beach Department

July 2019

“Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.” Albert Einstein

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Summer Rec Youth Program

Our Start of Summer Daycare is coming to end and our amazing youth program is about to begin! We have already celebrated some great times. The children have spent some quality time outside at Puma Park and dancing around and playing games in the Multipurpose Room. Brianna takes time to work with a couple of ladies here on the right. Lily down below gets to show off some of their crop at the Library’s Garden. We will continue to garden on Wednesdays with Sustainable C.A.P.E.

(Continued on page 4)

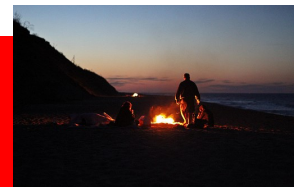


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**BEACH FIRE PERMITS AVAILABLE
ONLINE STARTING JUNE 8TH.**

Please review the rules for putting fires out.

We need to protect the paws of beachgoers and our furry friends.



Beach Season is Coming

Truro is home to eleven of the most beautiful beaches on Cape Cod. Here is some information to help you start planning for your beach adventures in Truro.

Please remember that the ocean waters are home to a variety of potentially hazardous marine life including seals, jellyfish, sharks, etc. In the past decade, the Cape Cod region, especially Truro, has observed an increased population of grey and harbor seals. The region has become home to many of the seals for several months every year. The increased seal population has attracted great white sharks, which depend on seals as the staple of their diet. Here are some safety tips, know your risk.

Safety Mitigation and Wildlife Protection

- Be aware sharks hunt for seals in shallow water.
- Stay close to shore where rescuers can reach you.
- Swim, paddle, kayak, and surf in groups - Don't isolate yourself.
- Avoid areas where seals are present.
- Avoid areas where schools of fish are visible.
- Avoid murky or low-visibility water.
- Limit splashing.
- Adhere to all signage and flag warnings at beaches.
- Follow instructions of the lifeguards.
- If there are no lifeguards on duty, and you see a shark, please contact Truro Police Department at **508- 487-8730**.

Most shark bite victims survive because of first-aid initiated from bystanders. Sign up for training and you could save a life. Check out www.bleedingcontrol.org to find out where trainings are near you.

WILDLIFE PROTECTION: Piping plovers, terns and other endangered birds nest along the beaches in Truro. Periodically, areas of beach may be restricted to the public. Please obey the signs posted in the bird's nesting areas. **ABSOLUTELY NO DOGS OR OTHER ANIMALS ALLOWED IN PROTECTED AREAS.** Piping plovers are protected by State and Federal Law. It is the intention of our town to provide a safe environment to help these endangered species. Your cooperation and respect is greatly appreciated.

Dogs are allowed on public beaches after 6pm and before 9am. Please pick up after your furry friend.

Town Of Truro Beach Reminders

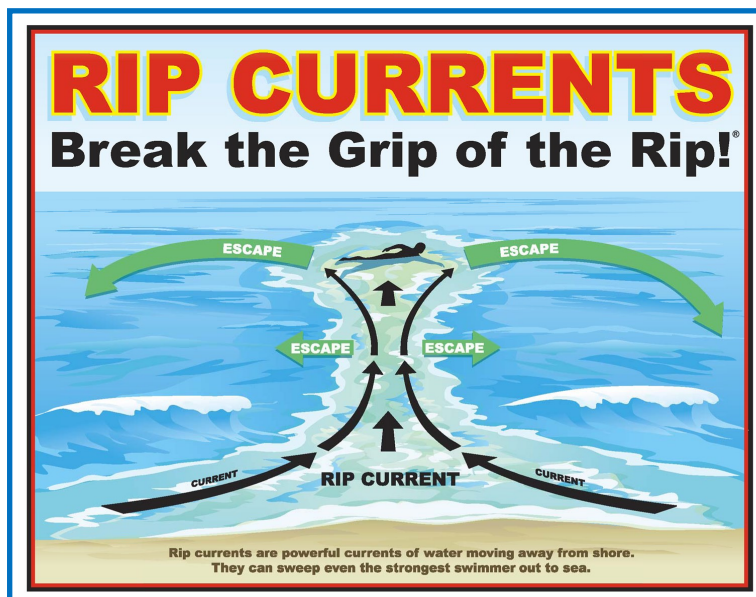
- Beach parking permits are required beginning **June 15, 2019**.
- The Truro Beach Office, located at 36 Shore Rd, opens on **June 8, 2019**.
- Fire permits are available at the Truro Fire Department until June 7th and will be available online through the Beach Office on June 8th, 2019.
- The Cape Cod 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 2019 beach parking rates available at www.truro-ma.gov/truro-beach-office

Beach Season is Coming Know Your Risk

Rip currents are powerful, channeled currents of water flowing away from shore. According to the National Oceanic and Atmospheric Administration (NOAA), rip currents account for 80% of beach rescues. Rip currents are prevalent along the East, Gulf, and West coasts of the United States. Lifeguards rescue tens of thousands of people from rip currents in the U.S. every year, and it is estimated that 100 people are killed by rip currents annually.

To avoid being caught in a rip current, the National Park Service and the United States Lifesaving Association recommend that you take the following steps:

- **Don't swim alone**
- **Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out!**
- **Whenever possible, swim at a lifeguard protected beach.**
- **Obey all instructions and orders from lifeguards.**
- **If caught in a rip current, remain calm to conserve energy and think clearly.**
- **Don't fight the current. Swim out of the current in a direction parallel to the shoreline. When out of the current, swim towards shore.**
- **If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.**
- **If you are still unable to reach shore, draw attention to yourself: face the shore, wave your arms, and yell for help.**
- **If you see someone in trouble, get help from a lifeguard. If a lifeguard is not on duty call 911.**



For more information, Check out: www.nps.gov/caco/playourvisit/beachsafe.htm and www.usla.org/page/RIPCURRENTS

Summer Rec Youth Program Continued

volunteers throughout the Summer. We have quite a few returning staff members, a new addition to our supervisor team, Alex Cowing, Assistant Program Supervisor, and some new editions to our counselor team that we are looking forward to working with this Summer. As next week kicks off our regular summer season, we are preparing for a ton of great activities, events and trips. As for this week, our kids were getting comfortable and enjoying their first few days of Summer. We thank you for having patience with us as we worked on setting up our new software and accepting registrations for our Summer Youth Program. We are really psyched to be offering you a far more user friendly website. Thank you for all your support. Here goes, Summer 2019, we cannot wait to see all that it will bring.



We are Looking for Volunteer Soccer Coaches for the Fall.

Call Erica Nunes at 508-487-1632 or email at enunes@truro-ma.gov



Suggestions for Adult Programs

We are looking for some ideas for Adult Programming for the off-season. What are some activities that you would like to participate in and see offered here at Truro Recreation.? Email Erica Nunes at enunes@truro-ma.gov with any ideas.



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.

July 2nd Twine Path

Address: Pond Road.

Park: Across from path on Pond Road.

July 9th Truro Old Air Force Base

Address: Old Dewline Road.

Park: Lot is in front of old baseball field.

July 16th Pilgrim Heights

Address: Pilgrim Heights Rd., Truro

Park: First Parking Lot

July 23rd High Head

Address: High Head Road,

Park: Lot at bike trail and start of ORV trail

July 30th Pamet Cranberry Bog

Address: North Pamet Rd.

Park: Trail head parking lot at the end of No. Pamet Rd. by the hostel



Adult Programs



Truro Community Center

Days	Time	Instructor
Tuesday	8:30am - 9:30am	Naya
Thursday	8:30am - 9:30am	Naya
Friday	9:00am - 10:00am	Julie
Saturday	9:00am - 10:00am	Erin
Sunday	9:00am - 10:00am	Julie

Email Naya and Erin with any questions: naya.bricher@gmail.com , esilva1@comcast.net and purajulie@hotmail.com

Adult Coed Indoor Soccer

(age 40+)

June 3rd
Tuesdays 6:00pm-8:00pm

Drop-In
Free

Truro Central School
317 Route 6, N. Truro

For more info.
Contact Todd Schwebel, Coordinator

rtschwebel@gmail.com

Community Pickleball

Stay tuned for Winter Schedule.

For more info.
Contact Judy Linen, Coordinator

jlinen45@gmail.com

Community Volleyball

Often at Longnook Beach
noon

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

For more info.
Contact Brian Dunne, Coordinator

bdunne2000@hotmail.com

Iyengar Yoga at the Truro Community Center



IYENGAR YOGA WITH KARIN STEPHAN CLASS SCHEDULE • AUGUST 2 – SEPTEMBER 2, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All classes are held at the TRURO COMMUNITY CENTER near the Truro Library and Council on Aging in North Truro 7 Standish Way • off Route 6 in North Truro				AUG 1	2 FIRST DAY 8 – 9:30 am no evening class	3 10:30 am – 12 no evening class
4 8 – 9:30 am no evening class	5 8 – 9:30 am no evening class	6 no morning class 5 – 6:30 pm	7 8 – 9:30 am 5 – 6:30 pm	8 no morning class 5 – 6:30 pm	9 8 – 9:30 am no evening class	10 10:30 am – 12 no evening class
11 8 – 9:30 am no evening class	12 8 – 9:30 am no evening class	13 no morning class 5 – 6:30 pm	14 8 – 9:30 am 5 – 6:30 pm	15 no morning class 5 – 6:30 pm	16 8 – 9:30 am no evening class	17 10:30 am – 12 no evening class
18 8 – 9:30 am no evening class	19 8 – 9:30 am no evening class	20 no morning class 5 – 6:30 pm	21 8 – 9:30 am 5 – 6:30 pm	22 no morning class 5 – 6:30 pm	23 8 – 9:30 am no evening class	24 10:30 – 12 5 – 6:30 pm
25 8 – 9:30 am 5 – 6:30 pm	26 8 – 9:30 am 5 – 6:30 pm	27 no morning class 5 – 6:30 pm	28 8 – 9:30 am 5 – 6:30 pm	29 no morning class 5 – 6:30 pm	30 8 – 9:30 am no evening class	31 10:30 – 12 no evening class
SEPT 1 8 – 9:30 am no evening class	2 FINAL DAY 8 – 9:30 am no evening class	COST: \$23 drop-in. SERIES RATES: 4 classes/\$90, 7 classes/\$150, 14 classes/\$285, 21 classes/\$395. Unlimited: (all 39 classes) \$630.				

KARIN STEPHAN has more than 45 years of international teaching experience. She holds an Iyengar Yoga Junior Intermediate III Certificate as well as an E-RYT-500 Yoga Alliance Certificate.

PRIVATE LESSONS AVAILABLE. Contact Karin at 617.529.1632 or KarinStephanYoga@aol.com

www.YogaMacro.com



RECREATION & BEACH DEPARTMENT

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Fax: (508)487-0854

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.



Iyengar Yoga with Karin
Stephan starting in August

Summer Recreation Youth
Program 2019

Participants Will Need To Create A New Online Account With
Truro Recreation In Order To
Participate in Our Programs.
Go to trurorec.com !

Beach Stickers Required As of June 15th

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 Today!

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