

# The Recreational Reader

Truro Recreation & Beach Department

**June 2019**

“In early June the world of leaf and blade and flowers explodes, and every sunset is different.”  
 – John Steinbeck

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## Puma Girls 2/3 Softball

It has been an exciting season for our Truro|Wellfleet Pumas. Thank you to Coach Kirsten, Jason, Eric and Nina for all your volunteered time and support. Without our parents, we could not do what we do. Our girls have learned and grown during this season. We are looking forward to hitting a few more out of the park over the next few weeks.  
 Can't wait for next year.  
**Go Pumas!**



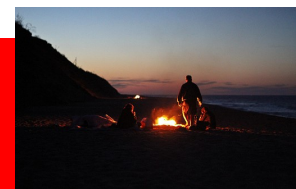
## P.A.S. Talent Show

Our very talented group of Pamet After-schoolers and a few spectators got on centerstage here at Puma Park and performed. There was standup, improv, singing and pictured to the left, some pretty snazzy dance moves. Our kids are brave, artistic and full of contagious energy. A big round of applause to these guys for showing up and letting loose. It has been an amazing year here at P.A.S.

**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

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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](http://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.**

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## Town Of Truro Beach Reminders

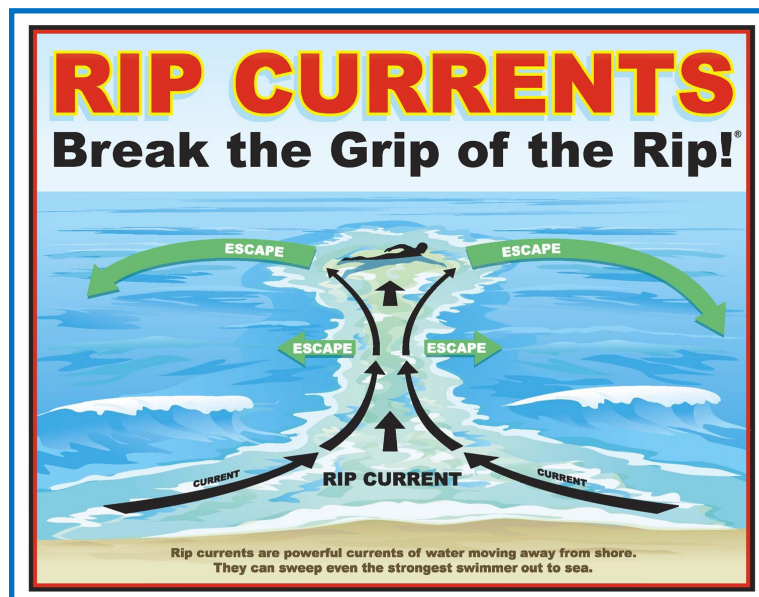
- Beach parking permits are required beginning **June 15, 2019**.
- The Truro Beach Office, located at 36 Shore Rd, opens on **June 8, 2019**.
- Fire permits are available at the Truro Fire Department until June 7th and will be available online through the Beach Office on June 8<sup>th</sup>, 2019.
- 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](http://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](http://www.nps.gov/caco/playourvisit/beachsafe.htm) and [www.usla.org/page/RIPCURRENTS](http://www.usla.org/page/RIPCURRENTS)

## Last Month of Pamet After-School

Pamet After-School Participants,

We would like to thank you for participating in the Pamet After-School program. It has been a joy and a pleasure to spend the afternoons with your children. We look forward to spending the rest of this school year with your children, but, it is with a heavy heart that we inform you that the Pamet After-School program will end after this school year. Starting in September 2019 the Truro Central School will be offering an after-school program for the 2019 – 2020 school year. We will be working with the school during this transition period. The Truro Central School will be providing more information concerning their after-school program in the near-future. We are looking forward to continuing our youth sports programs, Summer Rec and offering other adventures in the future.

Please do not hesitate to contact us if you have any questions about the Pamet After-School program.

Sincerely,  
Truro Recreation



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# We are Looking for Volunteer Soccer Coaches for the Fall.

Call Erica Nunes at 508-487-1632 or email at [enunes@truro-ma.gov](mailto:enunes@truro-ma.gov)



# Upcoming Events

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## Summer Recreation Youth Program

We are working on NEW SOFTWARE. Please go to [www.trurorec.com](http://www.trurorec.com) to create your new account with us. Online registration for Summer REC 2019 will open the beginning of this month.

We have a lot of fun planned; theme activities, hikes, performers, Capoeira, yoga and a lot of amazing trips. We will be participating in the Food 4 Kids Program. We cannot wait for our amazing staff to return and to welcome new teammates onboard.

This year is going to be a blast. Bring on Summer 2019!

## Adult Programming

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### 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.

#### June 4th Truro Old Air Force Base

Address: Old Dewline Road.

Park: Lot is in front of old baseball field.

#### June 11th High Head

Address: High Head Road,

Park: Lot at bike trail and start of ORV trail

#### June 18th Pine Grove Cemetery

Address: Cemetery Rd., Truro

Park: Small parking lot at the cemetery off Old County Rd. in Truro

#### June 25th Pilgrim Heights

Address: Pilgrim Heights Rd., Truro

Park: First Parking Lot



# Adult Programs



## Truro Community Center

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

Email Naya and Erin with any questions: [naya.bricher@gmail.com](mailto:naya.bricher@gmail.com) , [esilva1@comcast.net](mailto:esilva1@comcast.net) and [purajulie@hotmail.com](mailto: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](mailto:rtschwebel@gmail.com)

### **Community Pickleball**

Stay tuned for Winter Schedule.

For more info.  
Contact Judy Linen, Coordinator

[jlinen45@gmail.com](mailto:jlinen45@gmail.com)

### **Community Volleyball**

June 5, 12, 19  
Wednesdays 6:30pm-9:30pm

Drop-In  
Free

Truro Community Center  
7 Standish Way, N. Truro

For more info.  
Contact Brian Dunne, Coordinator

[bdunne2000@hotmail.com](mailto: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				<b>AUG 1</b>	<b>2 FIRST DAY</b> 8 – 9:30 am no evening class	<b>3</b> 10:30 am – 12 no evening class
<b>4</b> 8 – 9:30 am no evening class	<b>5</b> 8 – 9:30 am no evening class	<b>6</b> no morning class 5 – 6:30 pm	<b>7</b> 8 – 9:30 am 5 – 6:30 pm	<b>8</b> no morning class 5 – 6:30 pm	<b>9</b> 8 – 9:30 am no evening class	<b>10</b> 10:30 am – 12 no evening class
<b>11</b> 8 – 9:30 am no evening class	<b>12</b> 8 – 9:30 am no evening class	<b>13</b> no morning class 5 – 6:30 pm	<b>14</b> 8 – 9:30 am 5 – 6:30 pm	<b>15</b> no morning class 5 – 6:30 pm	<b>16</b> 8 – 9:30 am no evening class	<b>17</b> 10:30 am – 12 no evening class
<b>18</b> 8 – 9:30 am no evening class	<b>19</b> 8 – 9:30 am no evening class	<b>20</b> no morning class 5 – 6:30 pm	<b>21</b> 8 – 9:30 am 5 – 6:30 pm	<b>22</b> no morning class 5 – 6:30 pm	<b>23</b> 8 – 9:30 am no evening class	<b>24</b> 10:30 – 12 5 – 6:30 pm
<b>25</b> 8 – 9:30 am 5 – 6:30 pm	<b>26</b> 8 – 9:30 am 5 – 6:30 pm	<b>27</b> no morning class 5 – 6:30 pm	<b>28</b> 8 – 9:30 am 5 – 6:30 pm	<b>29</b> no morning class 5 – 6:30 pm	<b>30</b> 8 – 9:30 am no evening class	<b>31</b> 10:30 – 12 no evening class
<b>SEPT 1</b> 8 – 9:30 am no evening class	<b>2 FINAL DAY</b> 8 – 9:30 am no evening class	<b>COST:</b> \$23 drop-in. <b>SERIES RATES:</b> 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](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.



Beach Office Opens  
June 8th

Summer Recreation Youth  
Program Registration Opens  
Soon

Participants Will Need To Create A New Online Account With  
Truro Recreation In Order To  
Participate in Our Programs.  
Go to [trurorec.com](http://trurorec.com) !

Beach Stickers Required After 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](http://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](mailto:dclements@truro-ma.gov) or call (508) 487-1632