



RECREATION & BEACH DEPARTMENT

Damion Clements, CPRP
Director
dclements@truro-ma.gov

Erica Nunes
Assistant Director
enunes@truro-ma.gov

Kate Paradise
Office Assistant
kparadise@truro-ma.gov

Truro Community Center
7 Standish Way
North Truro, MA 02652
Po Box 2030

Phone: (508)487-1632
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.

Upcoming EVENTS

Beach Stickers Going On Sale Online This Month Summer Recreation Youth Program Registration Open Soon

Mid-May, Check Back. Participants Will Need To Create A New Online Account With Truro Recreation In Order To Participate in Our Programs. We Are Getting New SOFTWARE!

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

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

The Recreational Reader

Truro Recreation & Beach Department

May 2019

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Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed... Convince me that you have a seed there, and I am prepared to expect wonders.—Henry David Thoreau

April Vacation Program

Nola Glatzel, Assistant Program Supervisor, and Naya Bricher, Zumba Instructor, plant a seed for the love of music and motion with our April Vacation Program. After the children constructed their own harps and played Recorders and Kazoos, they attended Naya’s Zumba class. Everyone was moving and grooving this morning as they learned some new moves to some hip beats. The rest of the day was filled with Puma Park time, board games, and shaking it to “Just Dance” on the big screen.



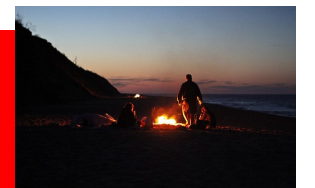
Capoeira

This week at Capoeira, we shared about different ways that we are, and could help the Earth, stay healthy. We navigated through some partner activities that required focus and trust. As a group, we worked together to keep our balloon off the ground.

Lastly, though it might have scared some of us, with a partner we squeezed and popped a balloon. Mr. Lima pointed out, that we often do not want the balloon to pop or we are scared it will, but once it does, we all start laughing! Great work friends, SALVE!



FOR ALL BEACH FIRE PERMITS AFTER SEPTEMBER 5TH, PLEASE VISIT THE FIRE DEPARTMENT AFTER 4PM. PERMITS ARE AVAILABLE ON FIRST COME FIRST SERVE BASIS FOR THE DAY OF.



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

Iyengar Yoga at the Truro Community Center

JOIN US IN MAGICAL TRURO CAPE COD

Early bird specials!
10% off by May 15

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						

PHOTO: NEIL BAUMGARTEN

www.YogaMacro.com

Adult Programs

Truro Walking Club

Meets Tuesdays at 9:00am

Resuming Tuesday, May 14th

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



May 14 Pilgrim Heights

Address: Pilgrim Heights Rd., Truro

Park: First Parking Lot

May 21 Pine Grove Cemetery

Address: Cemetery Rd., Truro

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

May 28 Pamet Cranberry Bog

Address: North Pamet Rd.

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

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.

Adult Coed Indoor Soccer

(age 40+)

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

Saturdays 10:30am - 1:30pm
Monday, May 27th 10:30am-1:30pm
Memorial Day!

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

For more info.
Contact Judy Linen, Coordinator

jlinen45@gmail.com

Community Volleyball

Wednesdays 6:30pm-9:30pm
Sundays 5:00pm - 8:00pm

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

For more info.
Contact Brian Dunne, Coordinator

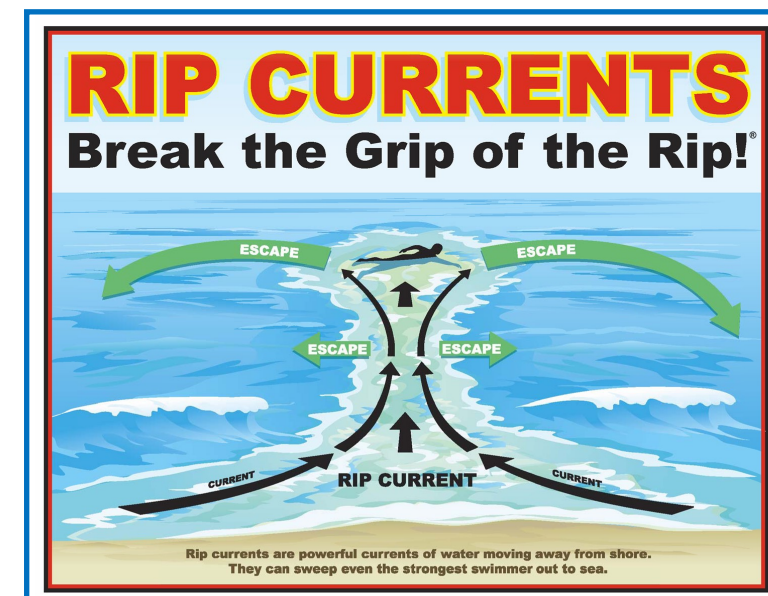
bdunne2000@hotmail.com



Truro Community Center

Tuesday	8:30am - 9:30am	Naya
Thursday	8:30am - 9:30am	Naya
Saturday	9:00am - 10:00am	Erin

Email Naya and Erin with any questions:
naya.bricher@gmail.com and esilval1@comcast.net



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

Upcoming Events

Summer Recreation Youth Program

We are gearing up! We are hiring and planning our fieldtrips for our summer program. Truro Rec is for children ages 5-14, who are residents, outer-cape resident and non-residents. Our counselors provide a supervised environment that fosters friendships, physical activity, and trying new things. We have theme days, fieldtrips, and guest instructors. The kids spend as much time outdoors as possible. We create works of art and tasty treats to try. Participation and collaboration are always encouraged. More information will be available on our website later this month.



2019

Suggestions for Adult Programming

We are looking to add some adult programming to our calendar. We value your needs and want to hear from you. We want to know what kind of activities that you'd like to see offered. Anyone out there who is interested in leading Pilates, Boot Camp, Floor Hockey, Adult Softball.... Get Creative! Please email enunes@truro-ma.gov with any ideas.



Pamet After-School

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

For more info. Call (508) 487-1632
 Program Supervisor: Nola Glatzel
 Assistant Program Supervisor: Alex Cowing

**PRE-REGISTRATION
 REQUIRED**
 Registration packets
 required prior to
 attending



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.

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!

