

The Recreational Reader

Truro Recreation & Beach Department

February 2020

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“If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, all things.”
— René Descartes

National Heart Month

February is National Heart Month. We can all do our part in participating by not smoking, eating healthy and staying active. We offer some adult program that have been known to help manage conditions that could effect your health. Zumba is fun way to stay fit, the instructors mix dance, fun and exercise. It is known to burn calories, increase bone density, improve balance and muscle tone and lower blood pressure. We also offer pickleball four days a week, indoor soccer and indoor volleyball. All of these activities will help keep you moving and feeling great, even the social aspect can add to your heart health and lower your blood pressure. Stay involved, keep moving, keep breathing, and live your best life! Come try a new activity this month at the Truro Community Center. Is there something else you want to see offered here? Send an email to Erica Nunes at enunes@truro-ma.gov.

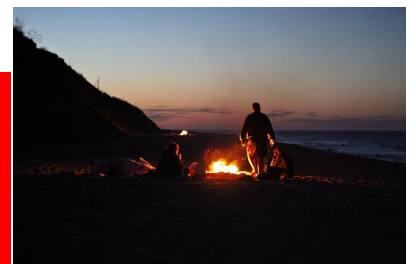
Youth Basketball

We are so proud of our Pumas. We have seen vast improvement in all the teams. Our 3/4 Girls have been working so well as a team as they learn the rules of the game, making great steals and forcing lots of jump balls. Our 3/4 Boys have been making awesome passes, great breakaways and showing great sportsmanship. Our K-2 team has been working real hard at ball control, dribbling and learning new drills. We have seen so much change in the last couple of weeks. We thank our volunteer coaches for all of their donated time, effort, and dedication they share with our community.



Looking for Volunteers

Do you have interest in coaching our Girls Softball or Co-ed K-2 Tee Ball teams. Please get in touch with Erica Nunes at 508-487-1632 for details.



**FROM LABOR DAY TO THE 2ND SATURDAY IN JUNE
FOR ALL BEACH FIRE PERMITS & QUESTIONS PLEASE
CALL THE FIRE DEPARTMENT. 508-487-7548**

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!



Truro Community Center



Days	Time	Instructor
Tuesday	8:30am - 9:30am	Naya
Thursday	8:30am - 9:30am	Naya
Friday (Zumba Strong)	*8:30am - 9:00am*	Naya
Saturday	9:00am - 10:00am	Erin

***Please check out Facebook for winter/holiday schedule changes and cancellations**



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

Adult Programs

Adult Coed Indoor Soccer

(age 40+)

Mondays 6:30pm-8:30pm

Truro Community Center
7 Standish Way, N. Truro

Drop-InFree

For more info.
Contact Todd Schwebel, Coordinator

rtschwebel@gmail.com

Community Pickleball

**Mondays 4:00pm - 6:00pm
Thursdays 2:00pm - 4:00pm
Saturdays 10:30am - 1:00pm**

Truro Community Center
7 Standish Way, N. Truro

Fridays 6:00pm-8:00pm
Truro Central School
317 Route 6, N. Truro

Drop-InFree

For more info.
Contact Bob Daglio, Coordinator
joroda4@comcast.net

Community Volleyball

**Wednesdays 6:30pm-9:30pm
Sundays 4:00pm-7:00pm**

Drop-In
Free

Truro Community Center
7 Standish Way, N. Truro

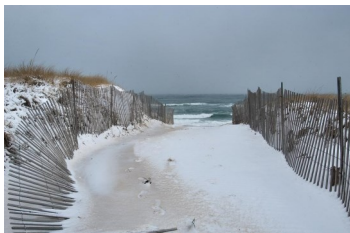
For more info.
Contact Brian Dunne,
Coordinator

bdunne2000@hotmail.com

Truro Walking Club Will Resume in the Spring

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

Feel free to come walk the red track at Puma Park behind the Truro Community Center. It is a great way to get some exercise and fresh air without the awkward footing or icy surfaces.



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



RECREATION & BEACH DEPARTMENT

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

Erica Nunes
Assistant Director
enunes@truro-ma.gov

Truro Community Center
7 Standish Way
North Truro, MA 02652
Po Box 2030
Truro, MA 02666

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.



Registration open for field trips at www.trurorec.com

Pickleball Demonstration
Mon., Feb. 10th @
3:30pm

February Vacation Field Trips
Wed. Feb. 19th & Thurs. Feb. 20th

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



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