

The Recreational Reader

Truro Recreation & Beach Department

March 2020

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Service which is rendered without joy helps neither the servant nor the served. But all other pleasures and possessions pale into nothingness before service which is rendered in a spirit of joy. -Mahatma Gandhi

Self-Defense

Come join us at the Truro Community Center for a 90 minute self-defense class and an introduction to Krav Maga. This system is meant to be learned quickly and is accessible to everyone, regardless of their age, size, or strength.

The movements are straight forward and instinctive. Krav Maga is proven to be an ideal system for defending oneself in the face of life threatening danger. Come check it out for yourself. We are offering this first round to anyone 13 years of age and older.

This would be great for anyone, especially for people going away to college, people who live alone, or travel alone.

You can register online at our website www.trurorec.com.

Youth Sports

Our 2020 Basketball season has been a blast. Our 3/4 Girls' Team got invited to stand on the court during a Varsity Home game at Nauset High School.

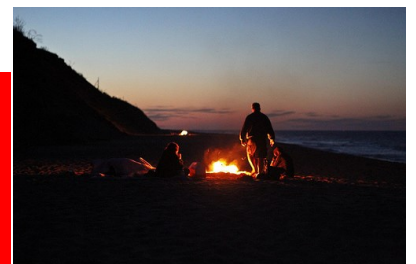
They have been down to 5 girls for most of the season and have played like champions. The 3/4 Boys have improved so much as a team. Almost every player scored a point, or assisted a point at the last game. The first and second graders of our coed team were invited to Wellfleet to practice their skills and drills. We are so lucky to have volunteers that share their time, energy, and knowledge with the Community season after season coaching.

We thank you!



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

March 30th starting back at the school

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 5:30pm-7:30pm

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


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



Truro Recreation and Alpha Krav Maga Hyannis Present
90 Minute Self-Defense Class for anyone 13 or older
**Pre-registration Required*

Monday, March 23rd
4:30pm - 6:00pm
Truro Community Center
7 Standish Way, No. Truro

Go Online at: www.trurorec.com
or call Erica Nunes (508) 487-1632

ALPHA KRAV MAGA INTERNATIONAL

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



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

Spring Sports Online
Registration Opening Soon

4th Annual Job Fair at
HYCC March 4th

Alpha Krav Maga presents a 90 minute Self-Defense Class
on Monday, March 23rd

**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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