

June 2019

Proposed Concession Schedule – Typical Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Seaside Craft Show 10 am – 5 pm (No exercise classes)
2 6 a.m. Yoga (Bandstand) 7 a.m. Yoga (Beach – Central)	3 6 a.m. Yoga (Bandstand) 7 a.m. Yoga (Beach – Central)	4 6 am Yoga (beg. July) (Bandstand) 7 a.m. Yoga (Beach – Central) 7 a.m. Boot Camp (Beach - Garfield)	5 6 am Yoga (beg. July) (Bandstand) 7 a.m. Yoga (Beach – Central) 8 a.m. Pilates (Beach - Garfield) 9 a.m. Jr. Ninja Warrior (Beach)	6 6 am Yoga (Beach – Garfield) 7 a.m. Yoga (Beach – Central) 8 a.m. Boot Camp (Beach - Garfield)	7 6 a.m. Yoga (Bandstand) 7 a.m. Yoga (Beach – Central) 7 a.m. Boot Camp (Beach - Garfield) 8 a.m. Pilates (Beach - Garfield)	8 6 a.m. Yoga (Bandstand) 7 a.m. Yoga (Beach – Central) 8 a.m. Boot Camp (Beach - Garfield) 9 a.m. Jr. Ninja Warrior (Beach)
9	10 Flag Day	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Exercise Class Summaries

(Weather Permitting)

Yoga: through September 9th – Note the 3 different classes & times

(1) Daily (except Thursdays), on the bandstand 6 – 7 a.m.; Thursdays on the beach off Garfield; \$10/person.



This is the 17th year that RYT Certified Teachers and Bethany Beach Yoga Center Directors, Georgette Rhoads and Pat Wood, have been teaching this class on the bandstand.

Participants welcome the new day with asanas and flowing movement or Sun Salutations. Limited mats available, please bring your own, if possible. Classes begin Friday, May 25th and will be on Friday,

Saturday, Sunday, Monday including holidays – Memorial, Independence and Labor Days - through September 9th. Tuesday, Wednesday, and Thursday classes will begin on June 18th and finish September 5th. **Note: New for 2019, Thursday classes will be held on the beach off Garfield due to Bandstand cleaning. As will classes when the Bandstand is occupied e.g. 5K Races and Seaside Craft Show.**

(2) Daily on the beach off Central Avenue, 7 – 8 a.m.; \$10/person.



Alliance-certified instructors Kim and Justin Cavagnaro opened Ocean Vayu Yoga in 2016 and are bringing their classes to the beach again this year. Due to popular demand, the classes will be available daily and feature gentle beach flow appealing to a wide variety of students of varying abilities.

(3) Sunday, 8 – 9 a.m. on the beach off Garfield; donation optional.



The two teachers are Yoga Alliance Certified teachers and Bethany Beach residents who work year-round at DimitraYOGA. They've been holding classes on the beach since 2015. Their donation-optional approach has successfully raised funds for local families in need. Classes run Sundays in June, July, and August and finish Sunday, September 1st. Classes are open to all fitness levels. Bring a mat or towel.

[Bootcamp Bethany Beach: through Sept. 28th](#)

Mondays, Thursdays, Saturdays, 8 a.m; Tuesdays & Fridays, 7 a.m. on the beach off Garfield; \$10/person.



This is the sixth year this program is being offered in Bethany Beach. The instructor is Trevor Hurd, CSCS Certified Strength and Conditioning Specialist and owner of Coastal Athlete, 97 Garfield Pkwy. The class is for men, women, boys and girls, ages 12 years and up, all fitness levels. The workout allows participants to challenge themselves

and work as a fitness team. It offers a combination of body weight training, calisthenics, speed and agility training, core training, functional strength training, and flexibility work. No weights or equipment, just hard work and sweat. Classes start Memorial Day weekend, May 25th.

Pilates: through September 6th

**Tuesdays, Wednesdays, and Fridays, 8 a.m. on the beach off Garfield;
\$15/person.**



This is the 7th year offering this class by Kelly Roberts, BASI Certified Pilates Instructor and owner of Beach Pilates & Wellness Studio of South Bethany. Participants overlook the ocean while they build a stronger body, develop long lean muscles, increase core strength, and improve overall health and well-being. The class also offers benefits for golfers, chronic pain and illness, osteoporosis, and prenatal/postnatal

conditions.

Ninja Warrior Junior Fitness Class

**Wednesdays and Saturdays 9 a.m. on the beach off Garfield; \$10/person.
NOTE: Classes begin May 25th. No classes from May 26 – June 18 since school is still in session.**



Back by popular demand, is Coastal Athlete's Ninja Warrior Junior Fitness (see Bootcamp bio). Exclusive to Bethany Beach, this one-of-a-kind kids workout is a fun-filled hour of jumping, swinging, climbing, leaping, balancing, and rolling. This is a new and innovative way for kids ages 7 – 13 to stay healthy and active. Classes start Memorial Day weekend, Saturday May 25th. Note: Adults are required to stay with their kids for the entire class time.



History:

My name is Sherri Paris; I am a Marine Scientist and founder of the Marine Science Summer Camp in New Jersey and Delaware. Environmental awareness and protection are my passion and I felt it was important to educate children (k-8th grades) on the preservation of the marine ecosystem through active hands on learning. I am a past Department of Environmental Protection, Bureau of Marine Fisheries Scientist. This was our tenth summer offering the camp in New Jersey and last summer was our first summer (2018) in Delaware. For 2012, 2013, 2014, 2015, 2016, 2017 and 2018 we were voted "Best Camp in Ocean and Monmouth Counties" and "Top Pick at the Jersey Shore". We were awarded Best of the Best, Asbury Park Press 2017 and 2018. We have been invited back by both the City of Rehoboth and Lewes to run our Marine Science Camp for Summer 2019. We have just been approved to run a program in Dewey Beach for Summer 2019 as well.

Example of Daily Curriculum:

Shark Conservation
Water Quality and Sampling Techniques
Coral Reefs
Environmental Awareness
Dolphin Echolocation
Mock Marine Mammal Rescue Drills
Sea Turtle Nesting
Fish Identification and more!

Details:

1. We are a one-week program, Monday-Friday, 9am-2pm. We are requesting to run our program one week per month for 2 weeks total this summer. July 22-26 and August 12-16.
2. Provide the community with two free scholarships each week the program is offered to a family in need or city service employee (police, EMT...).
3. Run mini-beach sweeps every day after camp and at the Nature Center when we are visiting.
4. Our Lead Scientists are degreed, CPR and First Aide Certified.
5. All materials and supplies are included.
6. All team members are background checked, we will have 3-5 staff on site depending on number of registrants.
7. Minimum number of children would be 6 to run our program and maximum would be 24. We expect as a new program attendance estimated, 8-12 campers/week.
8. Include Julie Malewski and Nancy Lucy in all correspondence with the camper families.
9. Provide schedule of activities when possible.
10. We handle registration which is linked to our website www.marinesciencescamp.com .
11. Fully insured.

Equipment:

Seine nets, water quality kits, 2 buckets, small cooler.



Location, Cost, Dates and Times:

Monday – Friday, 9am-2pm-Camp fee is \$325/camper/week, camp T-shirt included. Hold Marine Science Camp one week per month.

Requested dates include July 22-26 and August 12-16.

Meet at assigned area at Bethany Beach 3 days of the week and 1- 2 days meet at the Nature Center.

Credentials:

We have been running our award-winning Marine Science Camp for over 10 years. All our lead scientists are degreed and passionate about marine conservation. Fully insured.

Founder Contact Information:

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