



### **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-8<sup>th</sup> 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 twelfth summer offering the camp in New Jersey and the past three summers in Delaware. For 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019 and 2020 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, 2018, 2019 and 2020. We have been invited back by all our Delaware locations including: City of Rehoboth, Lewes and Dewey Beach to run our Marine Science Camp for Summer 2021. We have created a “Best Practices” to comply with all covid related concerns.

### **Example of Daily Curriculum:**

Narwhals  
Water Quality and Sampling Techniques  
Whale Sharks  
Citizen Science Data Collection  
Seagrass and Mangroves Ecology  
Mock Marine Mammal Rescue Drills  
Marine Dinosaurs  
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 3 weeks total this summer. June 28-July 2, July 26-30 and August 9-13.
2. Provide the community with 2 scholarships one/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.
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.marinesciencecamp.com](http://www.marinesciencecamp.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 \$365/camper/week, camp T-shirt included. Hold Marine Science Camp one week per month.

Requested dates include June 28-July 2, July 26-30and August 9-13.

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

**Credentials:**

We have been running our award-winning Marine Science Camp for over 12 years. All our lead scientists are degreed and passionate about marine conservation. Fully insured.

Founder Contact Information:

Sherri Paris

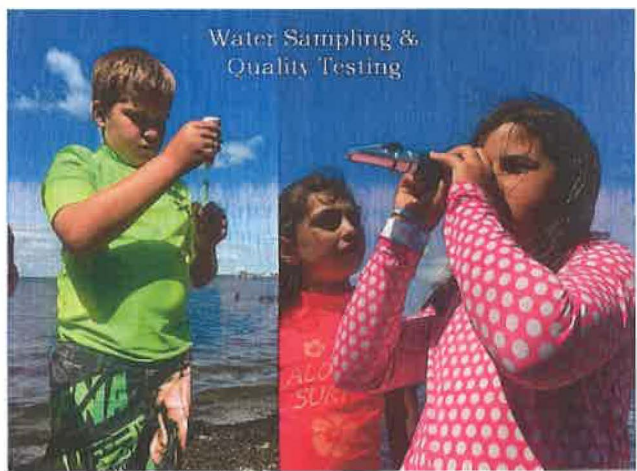
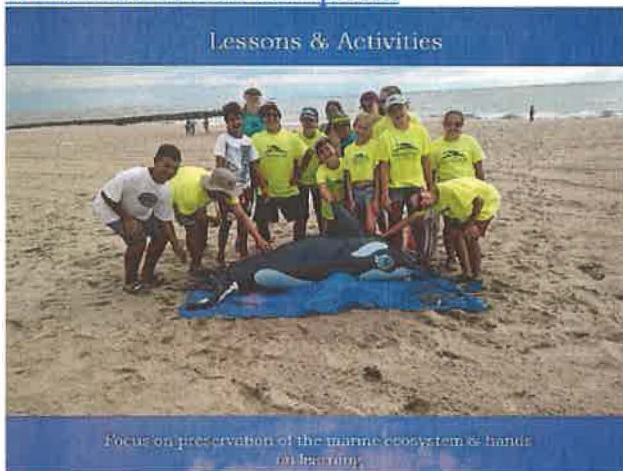
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# Exercise Class Summaries

(Weather Permitting)

## Yoga: through September 26<sup>th</sup> – Note the 3 different classes & times



**(1) Daily on the BEACH off Garfield, 6 – 7 a.m.; \$10/person.**

This is the 18<sup>th</sup> 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 will be daily July 1<sup>st</sup> through September 6<sup>th</sup>.**



**(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 back to the beach again this year. The classes will be available **daily thru Labor Day and weekends thereafter through Sunday September 12<sup>th</sup>.** Classes feature gentle beach flow suitable to all levels.



**(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 **May 2<sup>nd</sup> – September 26<sup>th</sup>.** Classes are open to all fitness levels. Bring a mat or towel. In case of weather events, visit [www.dimitrayoga.com](http://www.dimitrayoga.com) for cancellations.

## Bootcamp on the BEACH: through October 2nd



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

This is the seventh 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, 12 and up, all fitness levels. The one-hour 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, just hard work. Classes run May 3<sup>rd</sup> through September 26<sup>th</sup>.

## Pilates: through September 6<sup>th</sup>



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

This is the 8<sup>th</sup> 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. Classes run Memorial Day week through Labor Day week.

# June 2021

## Proposed Exercise Concession Schedule -- Typical Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 6 a.m. Yoga (Beach - Garfield)	7 6 a.m. Yoga (Beach - Garfield)	8 6 am Yoga (Beach - Garfield)	9 6 am Yoga (Beach - Garfield)	10 6 am Yoga (Beach - Garfield)	11 6 a.m. Yoga (Beach - Garfield)	12 6 a.m. Yoga (Beach - Garfield)
7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)
8 a.m. Yoga (Beach - Garfield)	8 a.m. Boot Camp (Beach - Garfield)	8 a.m. Pilates (Beach - Garfield)	8 a.m. Pilates (Beach - Garfield)	8 a.m. Boot Camp (Beach - Garfield)	8 a.m. Pilates (Beach - Garfield)	8 a.m. Boot Camp (Beach - Garfield)
7 a.m. Boot Camp (Beach - Parkwood)	7 a.m. Boot Camp (Beach - Parkwood)	7 a.m. Boot Camp (Beach - Parkwood)	8 a.m. Pilates (Beach - Garfield)	8 a.m. Boot Camp (Beach - Garfield)	7 a.m. Boot Camp (Beach - Parkwood)	
13	14	15	16	17	18	19
20	21	22	23	24	25	26