



FOR IMMEDIATE RELEASE: April 28, 2017

## HIT THE BEACH TO TIPTOE THROUGH THE TIDEPOLS OR EXPLORE THE SHORE DURING FREE, FUN AND EDUCATIONAL PROGRAMS THIS SPRING AND SUMMER

*Tacoma Nature Center and Point Defiance Zoo & Aquarium offer a slate of 10 programs*

Tacoma, Wash. – Curious about the critters that call Puget Sound beaches and tidepools home?



It's time to Tiptoe through the Tidepools and Explore the Shore during a series of free, fun and educational programs designed to uncover a world of sea creatures that live in our Puget Sound "back yard."

The programs are led by trained naturalists who help children and adults learn about the animals that live in the shallows and tidepools of Puget Sound. The series of guided walks coincides with some of the lowest tides of the year.

Participants need bring only enthusiasm for learning about the environment, dress for the weather, wear comfortable, closed-toe shoes, pack a hat and bring along water to drink (remember a reusable bottle) and sunscreen. Reservations are not necessary.

Here are details, dates and times for the two programs:

### **Tiptoe through the Tidepools**

- Saturday, April 29, 1 p.m. to 4 p.m.
- May 27, Noon to 3 p.m.
- June 25, 11 a.m. to 2 p.m.
- July 24, 11 a.m. to 2 p.m.

All programs are at Titlow Beach at the west end of Sixth Avenue.

For more information, go to [www.metroparkstacoma.org/tacomanaaturecenter](http://www.metroparkstacoma.org/tacomanaaturecenter).

### **Explore the Shore**

- June 12, 12:45 p.m.
- June 26, 12:35 p.m.
- July 10, 11:45 a.m.
- July 24, 11:30 a.m.
- Aug. 7, 10:45 a.m.
- Aug. 21, 10:30 a.m.

Explore the Shore walks, led by zoo Conservation Engagement team members, last about 90 minutes each. All are held at Owen Beach in Point Defiance Park. They are recommended for ages 5 and up. In addition to hands-on exploration of the beach and the creatures that are found there, participants become Citizen Scientists for the day, helping count the number and kinds of animals found on the shore.

For more information, go to [www.pdza.org/explore-shore](http://www.pdza.org/explore-shore).