



GET MOVING

Free physical activities for all



Seattle
Parks & Recreation

The Get Moving program supports

local nonprofit organizations, small businesses, and community groups in offering innovative and culturally relevant events and/or projects to increase participation in community sports, recreation and physical fitness activities that serve under-resourced communities (such as immigrant populations, people of color, persons with disabilities, LGBTQ etc.). The goal of the Get Moving Fund is to increase participation and opportunities for physical activities prioritizing neighborhoods where health disparities are prevalent.



Statement from Interim Superintendent Christopher Williams

At Seattle Parks and Recreation, our mission is to support healthy people, a healthy environment and strong communities. The Get Moving initiative helps us achieve all three of these goals by partnering with organizations to enrich lives through free, healthy activities at parks, community centers, pools, and partner locations throughout Seattle. Now in its fourth year, we're thrilled to present Get Moving's 2018 schedule, which includes dance, youth soccer programs, intergenerational fitness classes, Samoan cricket, and more. Last year, Get Moving had over 5,000 participants taking part in more than 800 hours of health and fitness programming. We're honored to provide even more opportunities for residents to participate in healthy, no-cost, and rewarding activities, especially in neighborhoods and communities afflicted by health disparities.



Applications for funding 2019 activities open January 2019.

Visit <http://www.seattle.gov/parks/about-us/special-initiatives-and-programs/get-moving> for more information on our upcoming info sessions.

All events are free to the public. Please contact the event coordinator for current information. For more information about the Get Moving program, please contact Seattle Parks and Recreation **206-684-7006**.

ULTIMATE FRISBEE

South End Ultimate Camps

Van Asselt Playfield

Elementary School Camp Program (AGE UP)

June 25 – 29

10:00 a.m. – 2:00 p.m. each day

Middle School Camp

July 9 – 13

12:30 p.m. – 4:30 p.m.

Ages: Students entering grades 6–9

High School Camp

August 6 – 10

1:00 p.m. – 5:00 p.m.

Ages: Students entering grades 9–12

All Girl Everything Ultimate Program (AGE UP)

Jefferson Community Center

Fridays

November 16, November 23,

November 30, December 7,

December 14

5:00 p.m. – 8:30 p.m.

Ages: Students in grades 8–12

Summer Internship

Jefferson Community Center

Wednesdays and Fridays

3:00 p.m. – 6:00 p.m.

Ages: Students in grades 9–12

Van Asselt Community Center

July 20, July 25, July 27

11:00 p.m. – 4:30 p.m.

Ages: Students in grades 9–12

Fall Outreach Tournaments

Girls Tournament

Jefferson Playfield

October 12

10:00 a.m. – 4:30 p.m.

Ages: Students in grades 6–12

Boys Tournament

Jefferson Playfield

November 12

10:00 a.m. – 4:30 p.m.

Ages: Students in grades 7–12

Don't miss this great opportunity to sharpen your ultimate frisbee skills. Ultimate is one of the fastest growing sports in the country, and it's a ton of fun! AGE UP is an empowerment-based youth leadership and community building program. AGE UP empowers youth to develop a positive identity and collective strength through Ultimate Frisbee being offered free of charge to ultimate players of all experience levels.

Contact

Sam Terry

sam@allgirleverything.org

206-819-0645



SPORTS

EMPOWERMENT BASEBALL CAMP

Project Description

The Empowerment Baseball Camp is designed to be a fun, high-energy learning experience for all, featuring current and former University of Washington Husky baseball players, coaches and trainers. Camp highlight will be a joint Father/Son baseball game where participants will be able to implement those newly fundamental skills learned. No baseball experience is necessary to participate. This project will include baseball, speakers, coaches, and trainers. Food and resource vendor opportunities will be available.

Saturday, July 21
Rainier Beach Baseball Field
8802 Rainier Ave S,
Seattle, WA 98118
10:00 a.m. – 12:00 noon
Age: 5-18
Character Lesson: Integrity

EMPOWERMENT BASKETBALL CAMP

Project Description

The Empowerment Basketball Camp will cover the fundamental and more intricate basketball skills, as applicable to the level of players, including: shooting technique(s), ballhandling, defense, rebounding, and general court sense, methods to improve body balance, rhythm, anticipation, quickness, explosiveness, and more. No basketball skills are necessary to participate.

Rainier Beach Community Center
8825 Rainier Ave S,
Seattle WA 98118
Saturday, December 8
2:00 p.m. – 6:00 p.m.

Ages: 5-18
Character Lesson:
Visionary Goal Setting

BARBERSHOP CHAT, CHEW & PLAY

FATHERS AND SONS TOGETHER (F.A.S.T)

Together We Are Strong provides positive safe workshops and activities for fathers and sons. F.A.S.T promotes education, health and wellness, and positive social change with a special emphasis on sportsmanship.

Contact

Cathie Wilmore
fastfatherandsonstogether@
gmail.com
206-228-6460

Project Description

Let the play begin! We will create a safe, non-threatening atmosphere where fathers and sons can get haircuts, share in conversations, eat, and play together. Historically, the Barbershop environment is the place where open dialogue is accepted and current topics discussed. This project will encourage inter-generational dialogue, and play by stressing the importance of physical play in childhood development, and providing a venue for mentors to engage in play with their youths.

Saturday, September 1
Rainier Beach
Community Center
8825 Rainier Ave S,
Seattle, WA 98118
12:00 noon – 4:00 p.m.
Ages: All Ages Welcome
Character Lesson: Accountability



SKATE LIKE A GIRL

Roxhill Skate Park

Roxhill Elementary School
2850 SW Roxbury St,
Seattle, WA 98126
Saturdays, July 14 – August 18
10:00 a.m. – 12:00 noon
Free Weekly Public Clinic

South Park Community Center

8319 8th Avenue S,
Seattle, WA 98108
Tuesdays, July 10 – August 14
1:00 p.m. – 3:00 p.m.
Free Weekly Clinic for
Program Participants

Horn of Africa Services

4410 29th Ave S,
Wednesdays, July 11 – August 1
Mondays, August 6 – August 13
2:00 p.m. – 4:00 p.m.
Free Weekly Clinic for
Program Participants

East African Community Services

7050 32nd Ave S,
Seattle, WA 98118
Thursdays, July 12 – August 16
3:00 p.m. – 5:00 p.m.
Free Weekly Clinic for
Program Participants

Youth will receive free skate lessons. Skateboarding is a unique and fun way to engage youth, as it is a non-competitive sport which often reaches individuals who identify as non-traditional athletes.

Contact

Kristin Ebeling
kebeling@skatelikeagirl.com
888-401-0195

SOCCER WITHOUT BORDERS

High School Boys and High School Girls: Summer Season

July 2 – August 2
Total of 20 unique activities
**Run 5-week program for high school boys' and girls' teams modeled after World Cup*

Girls team practice sessions

Cal Anderson Park
Tuesdays and Thursdays
1:30 p.m. – 3:00 p.m.

Boy team practices sessions

Cal Anderson Park
Mondays and Thursdays
1:30 p.m. – 3:00 p.m.

High School Girls: Fall Season

Location TBD
September 10 – November 9
Mondays and Thursdays
4:00 p.m. – 6:00 p.m.

Total of 22 unique activities – Run regular programming with high school girl team (3 activities/week including two soccer practices + rotating activity- game, workshop, team-building)

**Welcoming Week Celebration during National Welcome Week Celebration (September 14-23)*

Contact

Lindsey Whitford
Director
lindsey@soccerwithoutborders.org
206-569-4904



SPORTS

JUMP CLUB, SEATTLE

Rainier Vista Boys
and Girls Club
Tuesday and Thursday
June 26 – August 30
4:30 p.m. – 6:00 p.m.

Jump Club, Seattle is a Single Rope and Double Dutch skills class aimed at elementary school age children in the South Seattle neighborhood. The goal of this program is to reach kids who may not have access to, or interest in organized sports and give them an outlet for fun and fitness.

Contact

Mikelle Page
pagemi@msn.com
206-679-7018

NATIVE WARRIOR ATHELTICS

NWA – Fitness Challenge

Nathan Hale H. S. Track
July 11 – September 5
Every Wednesday
6:00 p.m. – 7:30 p.m.

NWA – Fitness Challenge

Greenlake Basketball Courts
June 24 – September 2
Every Sunday
6:00 p.m. – 7:30 p.m.

NWA – Basketball Camp

Bitterlake Communalilty Center
August 25 – 26
10:00 a.m. – 5:00 p.m.

NWA – Basketball

Bitterlake Community Center
Sundays
October 7 – December 23
6:00 p.m. – 8:00 p.m.
Ages: 7-19

NWA – Back to School Fun Run/Walk

Greenlake (meeting at
Basketball Courts)
September 9
12:00 p.m. – 3:00 p.m.

Native Warrior Athletics programs features sports, fitness classes, workshops and basketball training. Fitness activities include running/walking team, fun run/walk events, and health and nutrition workshops.

Contact

Sarah Sense-Wilson
markseattl3@aol.com
206-941-0338



GOALBALL

Vision Loss Connections

Fall/Winter Goalball Season

Nisei Veterans Committee Gym

1212 S. King St.

(International District),

Seattle WA 98144

September through December

Every Tuesday

Beginning September 4

4:30 p.m. - 6:30 p.m.

Rainier Community Center

4600 38th Ave. S,

(Columbia City)

Seattle WA 98118

September through December

Every Saturday

Beginning September 8

5:00 p.m. - 7:00 p.m.

Join Seattle King Cobras Goalball Team! Goalball is an adaptation of soccer for individuals who are blind or low vision. Goalball is interactive, and builds skills and relationships.

Contact

Patricia Copeland

info@visionlossconnections.org

206-282-3919

Learn Kilikiti!

United Samoan Organization

Jefferson Park

Saturdays

May 5 - August 4

8:00 a.m. - 4:00 p.m.

Our goal through this project is to provide to more pacific islanders and the public a way to exercise and learn new skills. Participants who have never played Kilikiti will have an opportunity to learn the rules and overall game, along with learning a new cultural tradition that is important the Pacific Islanders. With this we want to impact youth at risk and promote a healthy life and build strong relationships with the community, and activate our Seattle parks.

Contact

Viliamu Pini

manusavaiipini@gmail.com

206-639-3638



FITNESS

FAMILY HEALTH AND FITNESS

Yoga for Women

New Holly Gathering Hall
June 27 - August 29
Wednesdays
4:30 p.m. - 5:30 p.m.

Game Day Fitness Camp for Youth

Sand Point Family Housing
Campus @ Magnuson Park
July 6 - August 24
Fridays
1:00 p.m. - 3:00 p.m.

Game Day Fitness for youth (All Ages). Consistent of all-encompassing fitness programming and sport based games and nutrition aspects. We focus on challenging youth through games and fitness programming that encourages them to be active and display teamwork and overcoming obstacles.

Yoga for women. We have a Yoga class that is geared toward women, specifically moms in the New Holly area. This Yoga program, taught by our female trainer, is an opportunity for women in our communities to take control of their own personal health, while providing a safe space for women to congregate and enjoy a free yoga class.

Contact

Renato Foz
renatosfoz2@gmail.com
206-902-7227

ZUMBA CLASS

Rainier Beach
Community Center
January - December
Wednesdays
6:30 p.m. - 7:30 p.m.

All ages are welcome to come and Zumba! This class is an intergenerational JOY! Come Get Moving and have an exquisite time maintaining your health!

Contact

Rainier Beach
Community Center
206-386-1925

HIP HOP SPIN

Rainier Community Center
January - December
Wednesdays
6:00 p.m. - 7:00 p.m. and
7:00 p.m. - 8:00 p.m.

Get your sweat on and out! Hip hop spin is a cardiovascular, fun and uplifting activity that will get you moving! Every week.

Contact

Rainier Community Center
206-386-1919



TOTAL BODY FITNESS

Van Asselt Community Center
Saturdays
9:00 a.m. – 10:00 a.m.

This class is great for all level fitness participants as well as those who are more advance. The class provides an overall fitness work out that will hit on building total body muscle, with some cardio worked in.

Contact

Elijah Baker
206-920-9635

WOMEN SUPPORTING WOMEN FITNESS

Somali Health Board
7050 32nd Ave S
Seattle, WA 98118
June 15 – September 14
Fridays
9:00 a.m. – 10:30 a.m.

The Women Supporting Women Fitness Group (WSW), promoting culturally appropriate exercise/ walk group will meet once a week at New Holly with the program lead, to get their FitBits, check blood pressure if needed by volunteer nurse, and proceed to walk on the New Holly trail, do fitness exercise activities together.

Contact

Ahmed Ali
somalihealthboard@gmail.com
206-823-1077

SOUL LINE DANCE CLASS

Garfield Community Center
Saturdays
11:00 a.m. – 1:00 p.m.

These “FREE” Soul Line Dance classes will be a fun and energetic way to engage all ages. This class gets the heart rate up and stimulates your memory while inches fall off. Moving to R&B music will push you through several stages of line dance intensity/ exercise that will cater to all fitness levels.

Contact

Anna Ponder
msanna62@gmail.com
206-406-7209

COMMUNAL HEALTH & FITNESS

Somali Family Safety Task Force
New Holly, Chief Sealth Trail,
Van Asselt Community Center,
John C. Little P-Patch and
Community Garden,
Othello Park
July 1 – October 1
Monday, Wednesday, and Friday
2:00 p.m. – 5:00 p.m.

Contact

Fathiya Abdi
fathiya@sfstf.org
206-498-4518

Get Out! Get Moving! Is a communal health and fitness program at New Holly Campus identified for Somali and East African mothers and their children and is open to all women and children. Each week, mothers and their children (4-15) will participate in group runs, urban hikes, and a variety of other physical activities to get them out of their homes and engaged with their local community in a health-conscious way.



CULTURAL DANCE

CULTURES CLOSER TOGETHER

June 13 - September 22

Cultures Closer Together provides yoga, strengthening and endurance exercises, and cultural dance. The program promotes fitness, health, nutrition, active lifestyles, and building self-confidence.

Dance Only

Wednesdays

July 13 and July 27

7:15 p.m. - 8:45 p.m.

Wednesdays

July 11 - August 15

6:15 p.m. - 7:15 p.m. (Drum)

7:15 p.m. - 8:45 p.m. (Dance)

Saturdays

August 11, August 25,

September 8 and

September 22

12:00 noon - 1:30 p.m.

No Class week of August 29th

**September 9th is Special Event*

Collaboration between Franchesska & Youngstown (yet to be completely discussed)

Contact

Franchesska Berry

franchesskaberry@gmail.com

206-992-6106





Seattle
Parks & Recreation

**FREE
EVENT!**

Presented by Seattle Parks
and Recreation's Get
Moving Initiative

8.18.18



BIG DAY OF PLAY



Sat, 8.18.18
11 a.m.-5 p.m.
Rainier Community
Center and Playfields
4600 38th Ave S.
Seattle, WA 98118

Additional Events
at Mt. Baker Rowing
and Sailing Center



For more info on BDOP, call 206-684-4075.
Free transportation available, visit website or call 206-684-7524 for more info.

bigdayofplay.com | facebook.com/bigdayofplay