

# THE JOURNEY TO GET MOVING



CHECK INSIDE FOR DETAILS





## GET MOVING INITIATIVE

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 OUR DIRECTOR

“Seattle community organizations has a long, rich history of working with City departments to benefit our residents’ lives. Seattle Parks and Recreation has two new Parks Districted funded initiatives “Get Moving” and “Recreation For All” that will increase our ability to partner with individuals, local agencies and businesses to enrich lives through physical activity, programs that meet cultural and social needs, intergenerational programs and programs that fill the adult enrichment program gap (19-50 years age group). These activities and/or programs will take place at our community centers and/or pools, in our beautiful parks or at our partner location (making it convenient for residents to attend). We’re beyond excited about these new opportunities to enhance and increase opportunities in Seattle’s neighborhoods.”

**Kelly R. Guy**  
Recreation Director





## CROSS ETHNIC EXCHANGE (CEE)

**July 1 – August 31**

**Youth:** Mondays and Wednesdays at South Shore, 2-3 p.m.

**Adults:** (all ages are welcomed) at Rainer Valley Cultural Art Center Monday, Wednesday, and Thursday, 6-8 p.m.; Sunday, 4-6 p.m.

\*Come dance with CEE and deeply emerge yourself in cross cultural music and dance classes. Cross-cultural dance immersion will include learning hip hop, African dance, cheer moves, Zumba and Pilipino folk dancing and more.

**Contact:** Nhailah Harris, Email: [myndkuntrol@gmail.com](mailto:myndkuntrol@gmail.com)

## DEFLORA WALKS TRANSFORMATION EXPERIENCE

**Monday, August 1, 8, 15, 22, 29, 4-5 p.m. Hillman City Collaboratory**

\*Join us on our weekly walks in the month of august and participate in workshops to learn various ways to begin and maintain a healthy lifestyle.

**Contact:** Elizabeth Davis, [walkableseattle@gmail.com](mailto:walkableseattle@gmail.com)

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## DUWAMISH ROWING

May 16 - August 3, and August 15, 16, 17  
Monday and Wednesday, 6-8 p.m. and  
Saturday, noon-2 p.m.

August 22 through October 31  
Monday and Wednesday, 6-8 p.m. and  
Saturday noon-2 p.m.

\* As the motto goes "show up and row"! Duwamish Rowing Club emphasizes good sportsmanship, integrity, and strength of character as we encourage healthy lifestyles through physical activity.

**Contact:** Mike Merta,  
Duwamishrowingclub.org,  
duwamishrowingclub@gmail.com

## FATHERS AND SONS TOGETHER

### FISHING DAY OF PLAY

July 23, 9 a.m.-6 p.m.  
Kanaskat - Palmer State Park

### EMPOWERMENT BASEBALL CAMP

August 20, 10 a.m.-2 p.m.  
Rainier Beach Playfield

### WALK FOR CHANGE AND FAMILY DAY OF PLAY

September 10, 11 a.m.-4 p.m.  
Rainier Beach Playfield

### OVERNIGHT CAMP AT CAMP LONG October 14 and 15

Camp Long

### EMPOWERMENT BASKETBALL CAMP

December 10, 2-6 p.m.  
Location Pending

\*F.A.S.T builds stronger relationships and bonds to strengthen the community through physical activities. F.A.S.T offers 5 different events that will focus on education, positive social change, and health and wellness.

**Contact:** Cathie Wilmore,  
Fastfathersandsonstogether.org,  
fastfathersandsonstogether@gmail.com



For more information about Get  
Moving Initiative and next year's  
grant cycle visit  
[http://www.seattle.gov/parks/  
healthyparks/getmoving.htm](http://www.seattle.gov/parks/healthyparks/getmoving.htm)

## GARINAGU HOUNGUA

Every Sunday from July 31 through October 2, 2-6 p.m.

S. Cloverdale St. and 48th Ave South.

\*Garinagu Hougua offers 10 Sunday dance sessions, 4 hours each to increase physical activity done in culturally and linguistically relevant ways. Join us and learn about Garinagu Hougua history, culture, music, food, and dance.

**Contact:** Wilbor Guerrero, [www.garinaguhougua.org](http://www.garinaguhougua.org), [Wilbor.guerrero@gmail.com](mailto:Wilbor.guerrero@gmail.com)

## LAO WOMEN ASSOCIATION

Sunday, July 17, July 31, August 28, September 11, 1-4 p.m.

Wat Mixayaram

Sunday, August 14, 1-4 p.m.

Seward Park

\*Join Lao Women Association to promote and preserve Lao Folk Life and traditional Lao dancing. It is open to all ages and it will incorporate a variety of dance and fitness activities.

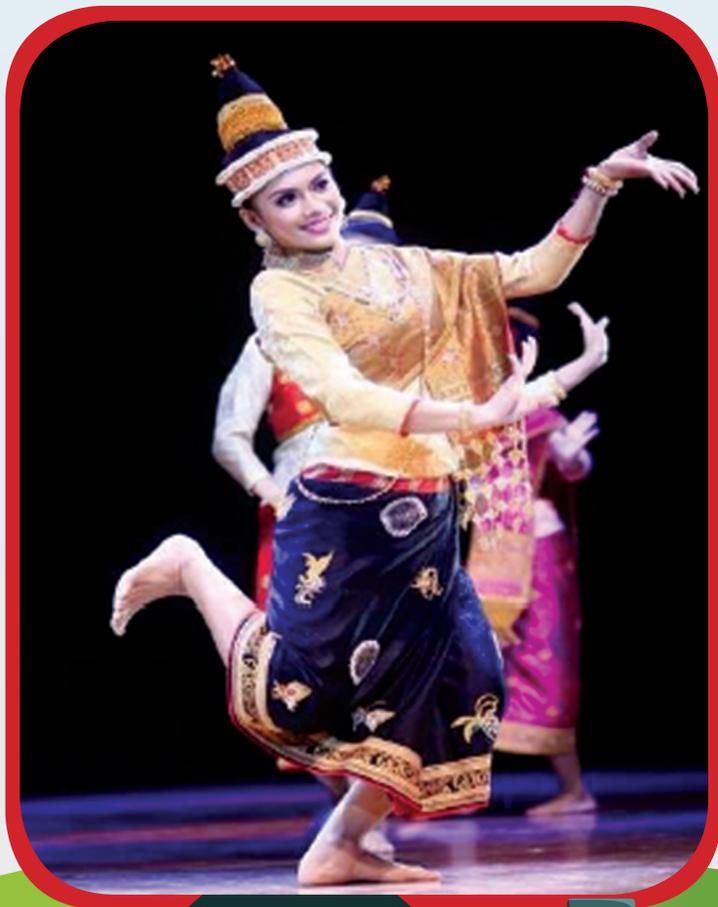
**Contact:** Bouasy Sisattanalay, [Bouasyps@gmail.com](mailto:Bouasyps@gmail.com)

## LATINO COMMUNITY FUND

Fall Sessions on Fridays. Time Pending  
Rainier Vista Boys and Girls Club

\*La Barra Fuerza Verda and DragonFC provides youth soccer teams serving low-income youth, people of color, and families. It will include tournaments, team play, and certified coaches all while fostering a sense of community.

**Contact:** Lilliane Ballesteros, [Latinocommunityfund.org](http://Latinocommunityfund.org)



## SEAMAR COMMUNITY HEALTH CENTER

**Monday-Thursday, 5:30-6:30 p.m.  
September and November**

South Park Community Center 8319 8th Ave. S., Seattle 98108

\*Join South Park Youth Soccer which offers spring and fall sessions available and is free and open to the public. They increase positive social interaction, building community, teaching skills of teamwork, good sportsmanship, and athleticism.

**Contact:** Sarah Detzer, [www.seamar.org](http://www.seamar.org), [sarahdetzer@seamarchc.org](mailto:sarahdetzer@seamarchc.org)

## YOUNG WOMEN EMPOWERED

**September 14, 21, 28, 6-7 p.m.**

**October 3, 10, 17, 7:30-9 p.m.**

**October 15 and December 10  
11 a.m.-noon**

\*Dancing the African Diaspora will offer a series of 8 dance classes to women enabling participants to dance creatively, igniting their passion for dance, and increasing physical activity while exploring the rich cultures of the African Diaspora.

**Contact:** Victoria Santos, [www.youngwomenempowered.org](http://www.youngwomenempowered.org), [vicotria@y-we.org](mailto:vicotria@y-we.org)

## AUSTIN FOUNDATION

**Tuesdays, July 19 – December 20  
10-11 a.m.**  
Rainier Vista

**Tuesdays, July 19 – December 20  
11:30 a.m.-12:30p.m.**  
New Holly

**Thursdays, July 21 – December 22  
10-11 a.m.**  
Yesler Terrace

\*Join the Austin Foundation and G-ME program with your toddler! The Austin Foundation is excited to offer a FREE fitness class to caretakers and their toddlers. Austin Foundation Trainer, Mia Rapier and her 3 year old daughter will be showing caretakers and their toddler's fun and effective exercises that can be done together at home!

**Contact:** Vanisha Austin, [www.youthandfitness.org](http://www.youthandfitness.org), [vanisha.duggal@gmail.com](mailto:vanisha.duggal@gmail.com)

## HORN OF AFRICA SERVICES (HOAS)

**Monday, Tuesday, and Thursday  
July 11 - August 18, 11-3 p.m.**  
*(times may vary)*

Urban Impact's Art House  
7728 Rainier Ave. S., Seattle, WA 98118

\*Join HOAS and promote healthy living and lifestyles to youths who otherwise would not have access too. The participants will have the opportunity to partake in team-building activities, hiking, biking, rowing, rock climbing, swimming dance, and many more fun and engaging activities.

**Contact:** Tsegaye Gebru, [www.hoas.org](http://www.hoas.org), [tsegayeg@hoas.org](mailto:tsegayeg@hoas.org)

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## RAINIER VISTA BOYS AND GIRLS CLUB

All sport programs are from 9 a.m.-noon unless noted otherwise

**Field Sports: June 27-July 1**

**Multi-Sports: July 5-8**

**Flag Football: July 11-15**

**Volleyball: July 18-22**

**Basketball: July 25-29**

**RBI Baseball/Softball: August 1-5**

**Tennis and Golf: August 8-12**

**Outdoor Adventure: August 24-28 at 9 a.m.-4:30 p.m.**

**Soccer: August 17-21 at 12:30-4:30 p.m.**

\*Come join Rainier Vista in positive activities outside of school. They are offering new, fun, engaging, accessible, and energizing activities in a variety of settings making exercising enjoyable.

**Contact:** Amanda Le, Ale@postiveplace.org, (206)-436-1903

## VISION LOSS CONNECTIONS

**Every Tuesday Starting**

**September through Dececeber 13 4:30-6:30 p.m.**

Nisei Veterans Committee Gym; 15212 South King St. Seattle, WA 98144

\*Seattle Goalball Program welcomes the public join their program to play an adaptation of soccer for individuals who are blind and low vision. Goalball is interactive, engaging, and a team sport that builds skills and relationships.

**Contact:** Patricia Copeland, [www.visionlossconnections.org](http://www.visionlossconnections.org), [info@visonloss.org](mailto:info@visonloss.org)

## RECREATION FOR ALL

The Recreation for All program is a reimbursable grant from Seattle Parks and Recreation's Park District funding. Recreation for All supports local nonprofit organizations, small businesses, and community groups in offering innovative and culturally relevant projects to increase participation in community centers, that serve under-resourced communities (such as new immigrant populations, people of color and persons with disabilities). The goal of the Recreation for All Fund is to further strengthen the collaborative working relationship between SPR and Community through innovative and sustainable programs. The target audience spans the age continuum from 0-30+ years, however other audiences will be considered as funding is available. For more information on Recreation for All Fund opportunities, contact Jeron A. Gates at [Jeron.gates@seattle.gov](mailto:Jeron.gates@seattle.gov).

## BIG DAY OF PLAY

**August 13 at noon-6 p.m.**

Rainier Playfield; 3700 S Alaska St. Seattle, WA 98118

Seattle Parks and Receptions' Big Day of Play offers exciting obstacle course inflatables, rock climbing wall, cultural dance presentations, dance workshops, sport and game exhibitions for all ages! Participate in fun activities, Zumba, Mixed Fit while discovering the athlete in you! Enjoy the sounds, smells and foods from a range of communities. Big Day of Play is a celebration of our City's diversity that encourages ways for neighbors, communities and families to engage in fun and culturally relevant ways to play, build relationships and be active together. The day to play your way!

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YOU ARE HERE!



This project is funded by the Seattle Park District's Get Moving Initiative

# BIG DAY OF PLAY

**AUGUST 13, 2016  
NOON-6 P.M.**

**RAINIER CC  
4600 38th Ave. S  
Seattle WA 98118**

**FREE FOR ALL AGES!  
bigdayofplay.com**



In conjunction with Seattle Summer Parkways and Rainier Valley Heritage Parade

FREE TRANSPORTATION AVAILABLE FROM THESE CENTERS. Contact the community centers for more information.

Bitter Lake CC: 206-684-7524

High Point CC: 206-684-7422

International District Chinatown CC: 206-233-0042

Magnuson CC: 206-684-7026

Northgate CC: 206-386-4283

South Park CC: 206-684-7451

Yesler CC: 206-386-1245

Jefferson CC: 206-684-7481

Rainier Beach CC: 206-386-1925

Van Asselt CC: 206-386-1921

To support a healthy environment, this is a zero-waste event.

PRESENTED WITH SUPPORT FROM:



Seattle Children's HOSPITAL • RESEARCH • FOUNDATION



Play60 ParentMap



RAINIER Chamber of Commerce Serving South Seattle since 1923

Seattle Seattle Summer PARKWAYS