

## GET MOVING INITIATIVE

The 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, people with disabilities, LGBTQ etc.). The goal of the Get Moving Initiative is to increase participation and opportunities for physical activities, prioritizing neighborhoods where health disparities are prevalent.

## CROXSS ETHNIC EXCHANGE (CEE)

**July 31- Aug. 31**

**Youth:** Mon. and Wed. at South Shore, 2-3 p.m.

**Adults:** Mon., Wed., Thurs., 6-8 p.m.; Sun., 4-6 p.m.

at Rainer Valley Cultural Art Center (all ages are welcome)

**Contact:** Nailah Harris,

Email: myndkuntrol@gmail.com

## DEFLORA WALKS TRANSFORMATION EXPERIENCE

**Thurs., Aug. 4, 11, 18 and Sept. 1, 6-7p.m.**

**Hillman City Collaboratory**

**Contact:** Elizabeth Davis, walkableseattle@gmail.com

## DUWAMISH ROWING

**May 16 - Aug. 3, and Aug. 15, 16, 17**

**Mon. and Wed., 6-8 p.m. and Sat., noon-2 p.m.**

**Aug. 22 through Oct. 31**

**Mon. and Wed., 6-8 p.m. and Sat. noon-2 p.m.**

**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**

**Aug. 20, 10 a.m.-2 p.m.**

Rainier Beach Playfield

## WALK FOR CHANGE AND FAMILY DAY OF PLAY

**Sept. 10, 11 a.m.-4 p.m.**

Rainier Beach Playfield

**OVERNIGHT CAMP AT CAMP LONG**

**Oct. 14 and 15**

Camp Long

**EMPOWERMENT BASKETBALL CAMP**

**Dec. 10, 2-6 p.m.**

Location Pending

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

## GARINAGU HOUNGUA

**Every Sun. from July 31 - Oct. 2, 2-6 p.m.**

S Cloverdale St. and 48th Ave. S

**Contact:** Wilbor Guerrero, www.garinaguhoungua.org, Wilbor.guerrero@gmail.com

## LAO WOMEN ASSOCIATION

**Sun., July 17, July 31, Aug. 28, Sept. 11, 1-4 p.m.**

Wat Mixayaram

**Sun., Aug. 14, 1-4 p.m.**

Seward Park

**Contact:** Bouasy Sisattanalay, Bouasyps@gmail.com

## LATINO COMMUNITY FUND

**Fall Sessions on Fridays. Times Pending**

Rainier Vista Boys and Girls Club

**Contact:** Lilliane Ballesteros, Latinocommunityfund.org

## SEAMAR COMMUNITY HEALTH CENTER

**Mon.-Thurs., 5:30-6:30 p.m., Sept. and Nov.**

South Park Community Center

8319 8th Ave. S, Seattle 98108

**Contact:** Sarah Detzer, www.seamar.org, sarahdetzer@seamarchc.org

For more information about Get Moving Initiative and next year's grant cycle, visit <http://www.seattle.gov/parks/healthyparks/getmoving.htm>

## YOUNG WOMEN EMPOWERED

Sept. 14, 21, 28, 6-7 p.m.; Oct. 3, 10, 17,  
7:30-9 p.m.; Oct. 15 and Dec. 10, 11 a.m.-noon

My World Dance Fitness Studio  
849 Hiawatha Pl. S, Seattle, WA 98144

Contact: Victoria Santos,  
www.youngwomenempowered.org,  
victoria@y-we.org



## AUSTIN FOUNDATION

Tue., July 19 - Dec. 20, 10-11 a.m.; Rainier Vista

Tue., July 19 - Dec. 20, 11:30 a.m.-12:30 p.m.;  
New Holly

Thurs., July 21 - Dec. 22, 10-11 a.m.; Yesler Terrace

Contact: Vanisha Austin, www.youthandfitness.org

## HORN OF AFRICA SERVICES (HOAS)

Mon., Tue., Thurs., July 11 - Aug. 18, 11-3 p.m.  
(times may vary)

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

Contact: Tsegaye Gebru, www.hoas.org,  
tsegayeg@hoas.org



## RAINIER VISTA BOYS AND GIRLS CLUB

All sports 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: ..... Aug. 1-5

Tennis and Golf: ..... Aug. 8-12

Outdoor Adventure: Aug. 24-28, 9 a.m.-4:30 p.m.

Soccer: ..... Aug. 17-21, 12:30-4:30 p.m.

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

## VISION LOSS CONNECTIONS

Every Tue., Sept. - Dec. 13, 4:30-6:30 p.m.

Nisei Veterans Committee Gym  
1212 South King St. Seattle, WA 98144

Contact: Patricia Copeland,  
www.visionlossconnections.org,  
info@visionlossconnections.org

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:

# THE JOURNEY TO GET MOVING

START HERE

CHECK INSIDE FOR DETAILS

SEATTLE PARK DISTRICT  
SEATTLE COMMUNITY PARKWAYS