

# NW/Downtown Portland Sunday Parkways

July 24, 2011 • 11 am - 4 pm

**FREE!**

## Wallace Park

Kaiser Permanente - Family fun activities featuring the Oregon Children's Theatre & Playworks

Bike skills track

Lacrosse NW - Clinics & Drills

Dance/fitness classes from Portland Parks

Bike N' Hike - Free basic bike repair

Hopworks Washoe games

Circus Cascadia

Soccer clinics

**and more!**

11:30 am - 12:20 pm Kim's Tai Kwon Do  
 12:30 - 1:20 pm Belly Moves  
 1:30 - 2:20 pm Exercise Class  
 2:30 - 2:50 pm Pilates  
 3:00 - 4:00 pm Yoga in Motion

"I invite you to join me at NW/Downtown Sunday Parkways to connect with your neighbors and see your city in a whole new way."

- Mayor Sam Adams



Naito Parkway will be open for auto traffic southbound only to SW Taylor

## South Park Block Shemanski Fountain

Live music & food  
 Exhibitors & community partners  
 Bike Gallery - Free basic bike repair  
**and more!**

## Director Park

Visit downtown retailers & community partners  
 Small Miracles Magic  
 Live music & food  
**and more!**

## Waterfront Park Bowl

Climbing wall  
 11 am - 1 pm, Ops Fest Shakespeare  
 Self-defense drills & CrossFit classes  
 Undriver Licensing Station™  
 Dance/fitness classes from Portland Parks  
 REI - Free basic bike repair  
 Fit Right NW Run & Walk Center  
 Safe Routes to School  
 Tai Chi instruction  
 Disc golf  
**and more!**

## SW Naito Parkway Marketplace

Food, exhibitors & community partners  
 1 pm - Ride the Route with Girly Bikes, meet at Salmon Street Springs  
 Portland Trail Blazers Stunt Team & BlazerDancers  
**and more!**

CITY OF PORTLAND  
**Sunday PARKWAYS**  
 PRESENTED BY KAISER PERMANENTE

11:00 am - noon Carroll Raaum Swing Orchestra  
 12:15 - 1:15 pm Zumba with Kimo  
 1:15 - 2:15 pm Boot Camp  
 2:45 - 3:00 pm Contra Folk Dancing  
 3:00 - 4:00 pm Fuego, traditional Spanish dance