come out & play

sunday streets
san francisco
sunday streets activities
8.31.08 & 9.14.08
9 am to 1 pm

Community Health Information
Smoking cessation
Heart Smart cooking class
Health screenings
Sports therapy and exercise consultations
Youth sports program directories
Violence and crime prevention
Community outreach
City greening program
Soda and nutrition information
Chinese crafts and role art

Walking Tours & Groups
Chinatown Alleyway Tours
Senior walks
Walking groups from Chinatown
Let's Be Healthy Walking Group
Historic Tours of Pier 70
Walking tour to Fisherman's Wharf

Yoga/Movement
Tai Chi
Line dancing
Adult yoga classes
Youth yoga classes
Sun salutes
Tzu Chi Yoga

Dance
Chinese classical dance
Flashdance
Thriller
Low impact dance workouts
Lindy in the Park
Afro-Columbian
Double Dutch
Flamenco
Aerobic dance workout
Samba
Breakdancing and DJing
Salsa
Hustle

Cycling & Skating
Group cycling
Bicycle rodeo
Helmet giveaways
Valet Bike Parking
Helmet fittings
Bike rentals
Freecyc from training wheels
Adult bike education classes
Bike tune-ups
Outdoor roller rink
Skateboarding

Aerobics, Sports Clinics & Team Sign-Ups
Golf
Volleyball
Introduction to lacrosse
Soccer
Boxing
Aerobic bootcamp
Wheelchair activities
Street hockey
Running/Walking
Stretching
50 yard dash for kids
Drills

Youth Activities
Hula hoop contests
Jump rope contests
Moon Bounce jumping houses
Health awareness activities and fun games

Water Sports
Kayaking
Free rides on T- and F-lines from 8am -2pm!