

# Ferguson Sunday Parkways 2010!

## Jeske Park

**Sunday, April 25, 1- 4pm**

Welcome to Sunday Parkways! The streets surrounding Jeske Park are closed to traffic from 1-4pm today. Feel free to play in the streets: walk, run, bicycle, skateboard, etc. There are also many activities in and around the park that you can try. The schedule for these activities is below. See the map for the locations of these activities.

### Schedule of activities

- Zumba 2:00 – 2:30; 3:00 – 3:30
- Aerobics / Cardio Kick 1:30 – 2:00 (Aerobics);  
2:30 – 3:00 (Cardio Kick)
- Tai Chi / Yoga 1:30 – 2:00 (Tai Chi)  
2:30 – 3:00 (Tai Chi)  
3:00 – 3:30 (Yoga)
- African Dance 2:00 – 2:30; 3:00 – 3:30
- Jump Rope 1:00 – 4:00
- Hula Hoops 1:00 – 4:00
- Basketball 1:00 – 4:00
- Volleyball 1:00 – 4:00
- Kickball 1:00 – 4:00
- BMX 2:00 – 3:00
- 5K Training Run 2:00 (meet in Tent area)
- Face Painting 1:30 – 3:30 (in Tent area)
- Flower Planting 2:00 and 3:00  
(go to Neighborhood Tent to get instructions)
- Scavenger Hunt 2:30 - 3:00  
(go to Neighborhood Tent to get instructions)
- Do the Loop! 1:00 – 4:00  
(go to Info Tent to get instructions)
- Bike Blender 1:00 – 4:00 (at Bike Alley)
- Bike Helmet Fitting 1:00 – 4:00 (at Bike Alley)
- Bike Safety Class 1:15 – 1:30 (at Bike Alley)  
2:15 – 2:30 (at Bike Alley)  
3:15 – 3:30 (at Bike Alley)
- Loaner Bikes 1:00 – 4:00 (at Bike Alley)

### Tents

Info Tent	5K Tent	Food Tent
Neighborhood Tent	YMCA	Curves
Ferguson Cycling Club	Great Rivers Greenways	

## Locations of Sunday Parkways Activities

- |                           |                            |
|---------------------------|----------------------------|
| 1- Tents                  | 9- Hula Hoops              |
| 2- Porta-potty            | 10- Zumba                  |
| 3- Bike Alley             | 11- African Dance/Drummers |
| 4- Tai Chi / Yoga         | 12- Volleyball             |
| 5- Aerobics / Cardio Kick | 13- Fire Truck             |
| 6- Kickball               | 14- BMX                    |
| 7- Basketball             | 15- Do the Loop Stations   |
| 8- Jump Rope              |                            |

