

Carrboro Open Streets 2019



SUNDAY, APRIL 7, 12:00-4:00PM FREE ACTIVITIES FOR THE WHOLE FAMILY!

- 1 Climbing Wall, 30 feet tall!** All ages, all day, all free. Made possible by **Interactive Playgrounds**.
- 2 02 Fitness** "Roll the dice" mini workout. Test yourself fitness and roll the exercise dice to see your challenge.
- 3 Posture and stretching advice**, brought to you by **NC Chiropractic**.
- 4 Carrboro Coffee Roasters** Free roasting demonstrations & tastings from your favorite local roaster.
- 5 Freedom from the Training Wheels!** Want to free your child from training wheels? Stop by and get help, courtesy of the fine folks at **The Clean Machine**.
- 6** Test ride an electric-assist bike from **The Clean Machine**.
- 7 Springfree Trampolines!** Come bounce on a trampoline with no springs!
- 8** Taekwondo demonstrations and lessons at 1:00, 2:00 and 3:00. Brought to you by **KOTOX Taekwondo**.
- 9 Another Bike Rides the Bus!** Learn how to put your bike on a **Chapel Hill Transit** bus in a relaxed setting.
- 10 South Orange Rescue Squad (SORS)!** Meet the dedicated crew that save lives in our community. CPR/First Aid Demos. Ambulance, Rescue Boat, EMS Gator on site.
- 11 Bicycle Alliance of Chapel Hill (BACH)** Bicycle destination Drawing.

● blue dot indicates some activities occur at scheduled times

- 12 Bike Blender Free! All day!** Blend your own smoothie while riding a bike. From **Carrboro Bicycle Coalition** with generous assistance from **Weaver Street Market**.
- 13** Check out cool ideas from **Townsend Bertram & Company Adventure Outfitters**.
- 14** Learn how to make healthy snacks with **TABLE!**
- 15 FIT on Main** Join Fit on Main for a functional circuit. Compete for special prizes!
- 16 Piedmont Health Services** Learn about comprehensive health services provided to everyone in the community and get a free blood pressure screening.
- 17** Try your hand at the very popular **Pizza dough toss!** Brought to you by **Aidan's Pizza**.
- 18 United Taekwondo** Check out the intro classes and trial special at this tent.
- 19 Craft Table!** Decorate your bike or helmet or just let your creativity flow. All day! From **Carrboro Recreation & Parks**.
- 20 Jump Ropes, hooping, and chalk art** in the Play Zone, brought to you by **Carrboro Recreation & Parks**.
- 21 Chapel Hill Parks and Recreation** Rockwall Twister, Slack Line, and information on Adventure Programs and Athletics.
- 22 Ball Hops! in the Play Zone**, brought to you by **Carrboro Youth Council**.
- 23 Paws4Ever** Dog walking and information on your pets.
- 24 19 Sports** Fitness activities and sports information for kids.
- 25 Laasya School of Dance and Music!** Local Indian classical dance with activities for all.
- 26 Kids' Bike Obstacle Course** Free! All day! Made possible by **Carrboro Recreation & Parks**.
- 27 Carnival Game Zone** Test your skills on 4 great games! Whip 'n skip, Ricochet, Roller Bowler, and Rattlensnake Round up from **Interactive Playgrounds**.
- 28 YMCA** 3 different scheduled fitness activities! 1:00pm Zumba, 2:00pm Bootcamp, 3:00pm Tai Chi.
- 29 Outloud Flash Mob** Flash mob performances and physical activity instruction.
- 30 Orange Literacy** Exciting puppet shows and entertaining children's stories. Free books available for kids!
- 31 Jyotishmati Yoga Shala** Watch, learn, participate, illuminate, with the Yoga Shala classes and demos. Mini QiGong group classes with Kristen at 12:15, 12:45, and 1pm! Yoga with lead instructor Lyndsay at begins at 1:30pm.
- 32 The Awareness Center** Meditation and Breathing Techniques for everyone!
- 33** Walk, Bike, Transportation Demand Management. Learn more from the **Town of Carrboro Planning Department**.
- 34** Learn about Urban Forestry and Water Quality **Town of Carrboro - Stormwater**.
- 35 Giant Inflatable Slide** Have fun with Dwell Real Estate and slide down an inflatable!

A big thanks to the Animal Hospital of Carrboro for supporting this event