

金郡东部 社区中心和公园计划

每天积极活动

每天一小时体育活动可保持儿童和青少年的健康。积极活动帮助儿童和青少年心情愉快，还能帮助他们有很好的睡眠，并在学校表现更好。



社区中心和公园计划是娱乐和体育活动的极佳场所。社区中心和公园计划为儿童和青少年开设舞蹈、足球、武术和其他体育活动课程。很多社区中心和公园计划有青年运动队，例如篮球和排球。其中很多还有供婴儿、学步儿童和学龄前儿童活动的室内游乐健身课程。

请向您所在地的社区中心或公园计划洽询，了解开设的体育活动课程或运动队。您可以在网上、亲自前往或打电话注册上课。如果您需要在社区中心或公园计划课程付款方面获得帮助，请询问是否提供奖学金。很多社区中心和公园计划还开设有费用低廉的特别课程。请使用本手册查找离您最近的社区中心或公园计划。

希望了解有关体育活动的进一步详情吗？请访问网站：<http://www.seattlechildrens.org/obesity/resources-for-families/>

金郡东部社区中心和 公园计划

Bellevue

Crossroads Community Center

Bellevue Parks & Community
Services
16000 NE 10th St.
Bellevue, WA 98008
425-452-4874
www.bellevuewa.gov/crossroads_center.htm

Highland Community Center

Bellevue Parks & Community
Services
14224 NE Bel-Red Rd.
Bellevue, WA 98007
425-452-7686
www.ci.bellevue.wa.us/highland_center.htm

North Bellevue Community Center

Bellevue Parks & Community
Services
4063 148th Ave. NE
Bellevue, WA 98007
425-452-7681
www.bellevuewa.gov/north_bellevue_community_center_programs.htm

South Bellevue Community Center

Bellevue Parks & Community
Services
14509 SE Newport Way
Bellevue WA, 98006
425-452-4240
www.bellevuewa.gov/south_bellevue_center.htm

YMCA – Bellevue*

14230 Bel-Red Rd.
Bellevue, WA 98007
425-746-9900
www.bellevueymca.org

Bothell

Bothell Parks & Recreation

9929 NE 180th St.
Bothell, WA 98011
425-486-7430
ci.bothell.wa.us/CityServices/ParksAndRecreation/ProgramsAndClasses.ashx?p=1279

YMCA – Northshore*

11811 NE 195th St.
Bothell, WA 98011
425-485-9797
www.ymcnorthshore.org

Issaquah

City of Issaquah Community Center

City of Issaquah Parks &
Recreation
301 Rainier Blvd. S
Issaquah, WA 98027
425-837-3300
www.IssaquahWa.gov

YMCA – Sammamish*

4221 228th SE Ste. C
Issaquah, WA 98029
425-391-4840
www.sammamishymca.org

Kirkland

North Kirkland Community Center

City of Kirkland Parks &
Community Services
12421 103rd Ave. NE
Kirkland, WA
425-587-3350
kirklandparks.net

Peter Kirk Community Center

City of Kirkland Parks &
Community Services
352 Kirkland Ave.
Kirkland, WA 98033-6189
425-587-3360
kirklandparks.net

Mercer Island

Mercer Island Community and Event Center

City of Mercer island Parks &
Recreation
8236 Southeast 24th St.
Mercer Island, WA 98040
206-275-7609
www.mercergov.org/Page.asp?NavID=1938

Newcastle

YMCA- Coal Creek*

13750 Newcastle Golf Club Rd.
Newcastle, WA 98059
425-282-1500
www.coalcreekyymca.org

North Bend

Si View Community Center

Si View Metropolitan Park District
400 SE Orchard Dr.
North Bend, WA 98045
425-831-1900
www.siviewpark.org

Redmond

City of Redmond Parks and Recreation

16600 NE 80 St.
Redmond, WA 98052
425-556-2300
<http://redmond.gov/ParksRecreation/>

Sammamish

YMCA - Sammamish*

4221 228th SE Ste. C
Issaquah, WA 98029
425-391-4840
www.sammamishymca.org

Snoqualmie

YMCA - Snoqualmie Valley*

35018 SE Ridge St.
Snoqualmie, WA 98065
425-256-3115
www.snovalleyymca.org

Woodinville

Y at the Carol Edwards Center*

17401 133rd Ave. NE
Woodinville, WA 98072
425-286-6122
www.ymcnorthshore.org

* 基督教青年会 (YMCA)
是向所有人开放的会员组织。