

西雅图

# 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/>

## 西雅图社区中心和公园计划

### 西雅图北部

#### **Ballard Community Center**

Seattle Parks and Recreation  
6020 28th Ave. NW  
Seattle, WA 98107  
206-684-4093  
[www.seattle.gov/parks/centers/ballard.htm](http://www.seattle.gov/parks/centers/ballard.htm)

#### **Bitter Lake Community Center**

Seattle Parks and Recreation  
13035 Linden Ave. N  
Seattle, WA 98133  
206-684-7524  
[www.seattle.gov/parks/centers/bitterlk.htm](http://www.seattle.gov/parks/centers/bitterlk.htm)

#### **Green Lake Community Center**

Seattle Parks and Recreation  
7201 E Green Lake Dr. N  
Seattle, WA 98115  
206-684-0780  
[www.seattle.gov/parks/centers/grnlakcc.htm](http://www.seattle.gov/parks/centers/grnlakcc.htm)

#### **Laurelhurst Community Center**

Seattle Parks and Recreation  
4554 NE 41st St.  
Seattle, WA 98105  
206-684-7529  
[www.seattle.gov/parks/centers/laurelcc.htm](http://www.seattle.gov/parks/centers/laurelcc.htm)

#### **Loyal Heights Community Center**

Seattle Parks and Recreation  
2101 NW 77th St.  
Seattle, WA 98117  
206-684-4052  
[www.seattle.gov/parks/centers/Loyalhld.htm](http://www.seattle.gov/parks/centers/Loyalhld.htm)

#### **Magnuson Community Center**

Seattle Parks and Recreation  
7110 62nd Ave. NE  
Seattle, WA 98115  
206-684-7026  
[www.seattle.gov/parks/centers/magnuson.htm](http://www.seattle.gov/parks/centers/magnuson.htm)

#### **Meadowbrook Community Center**

Seattle Parks and Recreation  
10517 35th Ave. NE  
Seattle, WA 98125  
206-684-7522  
[www.seattle.gov/parks/centers/meadowbrookcc.htm](http://www.seattle.gov/parks/centers/meadowbrookcc.htm)

#### **Northgate Community Center**

Seattle Parks and Recreation  
10510 5th Ave. NE  
Seattle, WA 98125  
206-386-4283  
[www.seattle.gov/parks/centers/Northgate.htm](http://www.seattle.gov/parks/centers/Northgate.htm)

#### **Ravenna-Eckstein Community Center**

Seattle Parks and Recreation  
6535 Ravenna Ave. NE  
Seattle, WA 98115  
206-684-7534  
[www.seattle.gov/parks/centers/ravennaecksteinc.htm](http://www.seattle.gov/parks/centers/ravennaecksteinc.htm)

#### **Richmond Highlands Recreation Center**

City of Shoreline Parks, Recreation & Cultural Services  
16554 Fremont Ave. N  
Shoreline, WA 98133  
206-801-2600  
[cityofshoreline.com/index.aspx?page=137](http://cityofshoreline.com/index.aspx?page=137)

#### **Spartan Recreation Center**

City of Shoreline Parks, Recreation & Cultural Services  
202 NE 185th St.  
Shoreline, WA 98155  
206-801-2600  
[cityofshoreline.com/index.aspx?page=138](http://cityofshoreline.com/index.aspx?page=138)

#### **YMCA – Dale Turner\***

19290 Aurora Ave. N  
Shoreline, WA 98133  
206-363-0446  
[www.daleturnerymca.org](http://www.daleturnerymca.org)

#### **YMCA – University\***

5003 12th Ave. NE  
Seattle, WA 98105  
206-524-1400  
[www.universityfamilyymca.org](http://www.universityfamilyymca.org)

### 西雅图中部

#### **Belltown Community Center**

Seattle Parks and Recreation  
415 Bell St.  
Seattle, WA 98121  
206-684-7245  
[www.seattle.gov/parks/centers/belltown.htm](http://www.seattle.gov/parks/centers/belltown.htm)

#### **Garfield Community Center**

Seattle Parks and Recreation  
2323 E. Cherry St.  
Seattle, WA 98122  
206-684-4788  
[www.seattle.gov/parks/centers/garfieldcc.htm](http://www.seattle.gov/parks/centers/garfieldcc.htm)

#### **International District/Chinatown Community Center**

Seattle Parks and Recreation  
719 8th Ave. S  
Seattle, WA 98104  
206-233-0042  
[www.seattle.gov/parks/centers/idchinatown.htm](http://www.seattle.gov/parks/centers/idchinatown.htm)

#### **Magnolia Community Center**

Seattle Parks and Recreation  
2550 34th Ave. W  
Seattle, WA 98199  
206-386-4235  
[www.seattle.gov/parks/centers/magnoliacc.htm](http://www.seattle.gov/parks/centers/magnoliacc.htm)

#### **Miller Community Center**

Seattle Parks and Recreation  
330 19th Ave. E  
Seattle, WA 98112  
206-684-4753  
[www.seattle.gov/parks/centers/miller.htm](http://www.seattle.gov/parks/centers/miller.htm)

#### **Montlake Community Center**

Seattle Parks and Recreation  
1618 E. Calhoun St.  
Seattle, WA 98112  
206-684-4736  
[www.seattle.gov/parks/centers/montlakecc.htm](http://www.seattle.gov/parks/centers/montlakecc.htm)

#### **Queen Anne Community Center**

Seattle Parks and Recreation  
1901 1st Ave. W  
Seattle, WA 98119  
206-386-4240  
[www.seattle.gov/parks/centers/queenannecc.htm](http://www.seattle.gov/parks/centers/queenannecc.htm)

#### **Yesler Community Center**

Seattle Parks and Recreation  
917 E. Yesler Way  
Seattle, WA 98122  
206-386-1245  
[www.seattle.gov/parks/centers/yeslercc.htm](http://www.seattle.gov/parks/centers/yeslercc.htm)

#### **YMCA – Downtown\***

909 4th Ave.  
Seattle, WA 98104  
206-382-5010  
[www.metrocenterymca.org](http://www.metrocenterymca.org)

#### **YMCA – Meredith Mathews East Madison\***

1700 23rd Ave.  
Seattle, WA 98122  
206-322-6969  
[www.meredithmathewsymca.org](http://www.meredithmathewsymca.org)

## 西雅图西南部

### **Alki Community Center**

Seattle Parks and Recreation  
5817 SW Stevens St.  
Seattle, WA 98116  
206-684-7430  
[www.seattle.gov/parks/centers/alkicc.htm](http://www.seattle.gov/parks/centers/alkicc.htm)

### **Delridge Community Center**

Seattle Parks and Recreation  
4501 Delridge Way SW  
Seattle, WA 98106  
206-684-7423  
[www.seattle.gov/parks/centers/Delridge.htm](http://www.seattle.gov/parks/centers/Delridge.htm)

### **Hiawatha Community Center**

Seattle Parks and Recreation  
2700 California Ave. SW  
Seattle, WA 98116  
206-684-7441  
[www.seattle.gov/parks/centers/Hiawatha.htm](http://www.seattle.gov/parks/centers/Hiawatha.htm)

### **High Point Community Center**

Seattle Parks and Recreation  
6920 34th Ave. SW  
Seattle, WA 98126  
206-684-7422  
[www.seattle.gov/parks/centers/Highpt.htm](http://www.seattle.gov/parks/centers/Highpt.htm)

### **YMCA – Fautleroy\***

9140 California Ave. SW  
Seattle, WA 98136  
206-937-1000  
[www.fautleroyymca.org](http://www.fautleroyymca.org)

### **YMCA – West Seattle\***

4515 36th Ave. SW  
Seattle, WA 98126  
206-935-6000  
[www.westseattleyymca.org](http://www.westseattleyymca.org)

## 西雅图南部

### **Jefferson Community Center**

Seattle Parks and Recreation  
3801 Beacon Ave. S  
Seattle, WA 98108  
206-684-7481  
[www.cityofseattle.net/parks/centers/jeffercc.htm](http://www.cityofseattle.net/parks/centers/jeffercc.htm)

### **Rainier Community Center**

Seattle Parks and Recreation  
4600 38th Ave S.  
Seattle, WA 98118  
206-386-1919  
[www.seattle.gov/parks/centers/rainiercc.htm](http://www.seattle.gov/parks/centers/rainiercc.htm)

### **Rainier Beach Community Center**

*(scheduled to open Fall 2013)*  
Seattle Parks and Recreation  
8825 Rainier Ave. S  
Seattle, WA 98118  
206-386-1925  
[www.seattle.gov/parks/Centers/rainierbeach.htm](http://www.seattle.gov/parks/Centers/rainierbeach.htm)

### **South Park Community Center**

Seattle Parks and Recreation  
8319 8th Ave. S  
Seattle, WA 98108  
206-684-7451  
[www.seattle.gov/parks/centers/southpark.htm](http://www.seattle.gov/parks/centers/southpark.htm)

### **Van Asselt Community Center**

Seattle Parks and Recreation  
2820 S. Myrtle St.  
Seattle, WA 98108  
206-386-1921  
[www.seattle.gov/parks/centers/vanasseltcc.htm](http://www.seattle.gov/parks/centers/vanasseltcc.htm)

\* 基督教青年会 (YMCA)  
是向所有人开放的会员组织。

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西雅图儿童医院将应请求用不同的格式提供本信息。  
请电洽营销通讯部，电话号码 206-987-5205 或 206-987-2280 (TTY)。  
本手册已经由西雅图儿童医院临床工作人员审阅。但是，您的孩子的需求具有独特性。  
在您根据本信息采取行动之前，请与您的孩子的健康护理服务提供者讨论。  
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