

Seattle

Xarumaha Beesha iyo Barnaamijyada

Ciyaar Firfircooni Leh Maalin Walba

Hal saac oo firfircooni jirka leh maalin walba ayaa ka dhigta carruurta iyo dhowr iyo toban jirayaasha inay caafimaad qab ahaadaan. Iyaga oo firfircoon noqda ayay carruurta iyo dhowr iyo toban jirayaashu farxaan ku noqdaan. Waxay kale oo ay waliba ka caawisaa inay si fiican u seexdaan oo ay ku guuleystaan waxbarashada.



Xarumaha beesha iyo barnaamijyada xadiiqadaha ayaa ah meelo aad ugu wanaagsan in madaddalo iyo mijo baxsiga loo tago. Xarumaha beesha iyo barnaamijyada xadiiqadaha ayaa leh fasallada qoob ka ciyaarka, kubbadda cagta, karate-ga iyo wax la midka ah iyo mijo baxsiyada kale loogu talagalay carruurta iyo dhowr iyo toban jirayaasha. Xarumaha beesha iyo barnaamijyada xadiiqadaha badan ayaa leh kooxo isboorti dhalinta ah sida kubbadda koleyga iyo ta laliska gacantaba. Qaarkood badanna waxay leeyihiin wakhtiyo loogu talagalay ciyaarta gudaha jiiimka dhallaanka, socod-baradka iyo kuwa barbaarinta ku jira.

Ka wardoon xarunta beesha deegaankaaga ama barnaamijka xadiiqooyinka si aad u hesho fasal mijo-baxsi ama koox isboorti. Waxaad ka heli oo aad iska qori kartaa fasallada internetka, qof ahaan adiga taga, ama taleefankaba. Haddii aad ugu baahato caawimo lacag bixinta fasallada xarunat beesha am barnaamij xadiiqooyin, weyddii waxa ku saabsan deeqaha-waxbarashada. Xarumaha beesha iyo barnaamijyo xadiiqooyin badan ayaa waliba leh wakhtiyo iyo fasallo gaar ah oo qiimo jaban leh. Istcimaal waraaqadan gacan ka siinta ah si aad u hesho xarunta beesha ama barnaamij xadiiqo kugu dhow.

Ma rabtaa inaad ogaato wax ka sii badan intaa oo ku saabsan firfircoonaanta jirka. Booqo: <http://www.seattlechildrens.org/obesity/resources-for-families/>

Xarumaha Beesha iyo Barnaamijyada Xadiiqadaha Seattle

Woqooyiga Seattle

Ballard Community Center

Seattle Parks and Recreation
6020 28th Ave. NW
Seattle, WA 98107
206-684-4093
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

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

Laurelhurst Community Center

Seattle Parks and Recreation
4554 NE 41st St.
Seattle, WA 98105
206-684-7529
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/loyalhhd.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

Meadowbrook Community Center

Seattle Parks and Recreation
10517 35th Ave. NE
Seattle, WA 98125
206-684-7522
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

Ravenna-Eckstein Community Center

Seattle Parks and Recreation
6535 Ravenna Ave. NE
Seattle, WA 98115
206-684-7534
www.seattle.gov/parks/centers/ravennaecksteincc.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

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

YMCA – Dale Turner*

19290 Aurora Ave. N
Shoreline, WA 98133
206-363-0446
www.daleturnerymca.org

YMCA – University*

5003 12th Ave. NE
Seattle, WA 98105
206-524-1400
www.universityfamilyymca.org

Dhexaadka Seattle

Belltown Community Center

Seattle Parks and Recreation
415 Bell St.
Seattle, WA 98121
206-684-7245
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

International District/Chinatown Community Center

Seattle Parks and Recreation
719 8th Ave. S
Seattle, WA 98104
206-233-0042
www.seattle.gov/parks/centers/ichinatown.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

Miller Community Center

Seattle Parks and Recreation
330 19th Ave. E
Seattle, WA 98112
206-684-4753
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

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

Yesler Community Center

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

YMCA – Downtown*

909 4th Ave.
Seattle, WA 98104
206-382-5010
www.metrocenterymca.org

YMCA – Meredith Mathews East Madison*

1700 23rd Ave.
Seattle, WA 98122
206-322-6969
www.meredithmathewsymca.org

Galbeed-Koonfureed Seattle

Alki Community Center

Seattle Parks and Recreation
5817 SW Stevens St.
Seattle, WA 98116
206-684-7430
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

Hiawatha Community Center

Seattle Parks and Recreation
2700 California Ave. SW
Seattle, WA 98116
206-684-7441
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

YMCA – Fautleroy*

9140 California Ave. SW
Seattle, WA 98136
206-937-1000
www.fautleroyymca.org

YMCA – West Seattle*

4515 36th Ave. SW
Seattle, WA 98126
206-935-6000
www.westseattleyymca.org

Woqooyiga Seattle

Jefferson Community Center

Seattle Parks and Recreation
3801 Beacon Ave. S
Seattle, WA 98108
206-684-7481
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

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

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

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

** YMCA waa urur xubin ka noqosho oo u furan dadka oo idil.*