

South King County Community Centers and Parks Programs

Active Play Every Day

One hour of physical activity every day keeps kids and teens healthy. Being active helps kids and teens feel happy. It also helps them sleep well and do better in school.



Community centers and parks programs are great places to go for fun and physical activity. They have classes in dance, soccer, martial arts, and other activities. Many of them have youth sports teams like basketball and volleyball. Many of them also have indoor play gym times for infants, toddlers and preschoolers.

Check with your local community center or parks program to find a physical activity class or sports team. You can find and register for classes on-line, in person, or over the phone. If you need help paying for classes, ask about scholarships. Many community centers and parks programs also have special times or classes that are lower in cost. Use this handout to find a community center or parks program near you.

Want to learn more about physical activity? Visit:
<http://www.seattlechildrens.org/obesity/resources-for-families/>

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Community Centers and Parks Programs in South King County

Auburn

Auburn Parks, Arts & Recreation

910 9th St. SE
Auburn, WA 98002
253-931-3043
www.auburnwa.gov/play

YMCA – Auburn Valley* Or Auburn Valley YMCA

1620 Perimeter Rd. SW
Auburn, WA 98001
253-833-2770
www.auburnvalleymca.org

Burien

Burien Community Center

Burien Parks, Recreation, and Cultural Services
14700 6th Ave. SW
Burien, Washington 98166-1908
206-988-3700
www.burienparks.net

Covington

Covington Parks and Recreation

16720 271st St.
Covington, WA
253-480-2480
www.covingtonwa.gov/rec

Des Moines

Des Moines Field House

City of Des Moines Parks, Recreation, & Senior Services
1000 South 220th St.
Des Moines, WA 98198
206-870-6527
www.desmoineswa.gov/index.aspx?NID=155

Enumclaw

Enumclaw Parks, Recreation, and Cultural Services

1309 Myrtle Ave.
Enumclaw, WA 98022
360-825-3594
activenet017.active.com/enumclawparksandrec

Federal Way

Federal Way Community Center

City of Federal Way Parks, Recreation and Cultural Services
876 S. 333rd St.
Federal Way, WA 98003
253-835-6900
itallhappenshere.org

Kent

Kent Commons

Kent Parks, Recreation & Community Services
Kent Commons
525 Fourth Ave. N
Kent, WA 98032
kentwa.gov/KentCommons

Maple Valley

Maple Valley Parks and Recreation

22500 SE 248th St.
Maple Valley, WA 98038
425-432-9953
www.maplevalleywa.gov/departments-services/parks-recreation

Renton

Renton Community Center

City of Renton Community Services Department
1715 SE Maple Valley Highway
Renton, WA 98057-3900
425-430-6700
rentonwa.gov/living/default.aspx?id=2242

SeaTac

SeaTac Community Center

City of SeaTac Parks and Recreation
13735 24th Ave. S
SeaTac, WA 98168
206-973-4680
www.ci.seatac.wa.us/index.aspx?page=140

YMCA – Matt Griffin*

3595 S 188th St.
SeaTac, WA 98188
206-244-5880
www.mattgriffinymca.org

Tukwila

Tukwila Community Center

City of Tukwila Parks and Recreation
12424 42nd Ave. S
Tukwila, WA 98168
206-768-2822
www.tukwilawa.gov/recreation/recmain.html

* *The YMCA is a membership organization open to all people.*