South King County
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 dhallinta ah sida kubbadda koleyga iyo ta laliska gacantaba. Qaarkood badanna waxay leeyihiin wakhtiyo loogu talagalay ciyaarta gudaha jiimka 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/

Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
MetLife Foundation

Xarumaha Beesha iyo Barnaamijyada Xadiiqadaha 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.auburnvalleyymca.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
** YMCA waa urur xubin ka noqosho oo u furan dadka oo idil.*

Seattle Children ayaa macluumaadkan ka dhigi doonta in lagu helo qaab kale marka la weydiisto.
Uga wac Isgaarsiinta Suuqaynta taleefanka 206-987-5205 ama 206-987-2280 (TTY).
Xaashidan ayay dib u eegeen shaqaalaha rug caafimaadeedka Seattle Children. Hase yeeshe, baahida ilmahaaga ayaa mid u gaar ah.
Ka hor intaadan ku dhaqaaqin ama aadan isku hallayn macaluumaadkan, fadlan kala hadal daryeel-caafimaad bixiyaha ilmahaaga.
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