



Recreation & Athletics in Federal Way

Boys and Girls Club

Basketball, Soccer, Volleyball, Baseball, Rock Climbing, Judo
(all activities are Co-ed)
www.positiveplace.org
 Phone: 253-681-6510
 Email: federalway@positiveplace.org
 Seasonal
 Ages: K–7th grade

Skyhawks

Baseball, Tennis, Basketball, Soccer Camps
www.skyhawks.com
 Phone: 800.804.3509
 Week long Summer Camps
 Ages: 5–12, depending on specific sport
 Sign up online at: <https://parks.cityoffederalway.com/Recreation/Activities/ActivitiesAdvSearch.asp>
 or in person at the Federal Way Community Center

Federal Way Hawks

Football and Cheerleading
federalwayhawks.org/
 Email: info@federalwayhawks.org
 Practices starts in July, games run August–November
 Ages: 1st grade through 8th grade

Titans Youth Football

Football and Cheerleading
www.fwsasports.org
 Phone: 253.220.5085
 Email: info@fwsasports.org, bobby3jennings@gmail.com
 Practices start in July, games run August–November
 Ages: 1st grade through 8th grade

Federal Way Knights

(Select Baseball and Fast pitch)

Baseball and Fast pitch
www.eteamz.com/federalwayknights/
 Ages: 10–18

Federal Way National Little League

Baseball and Fast pitch
www.eteamz.com/fwnll/
 Practices start in March, games run April–early June. Fall Ball practices start in mid-August, games run September–November
 Ages: K–8th grade
 Please check the website to ensure that you live within the Federal Way National Little League boundaries

Steel Lake Little League

Baseball and Fast pitch
www.steellakelittleleague.com
 Phone: 253.470.8060
 Email: steellakelittleleague@gmail.com
 Practices start in March, games run April–early June. Fall Ball practices start in mid-August, games run September–November
 Ages: K–8th grade
 Please check the website to ensure that you live within the Steel Lake Little League boundaries

South Sound Lacrosse

southsoundlax.com/
 Seasonal
 Ages: 3rd–8th grade boys

Rainier Junior Rugby

www.rainierjuniorrugby.com/
 Phone: 253.3306816
 Email: a.s.ramsay@comcast.net
 Seasonal
 Ages: 3rd–12th Grade

Federal Way Football Club

Soccer
www.federalwaysoccer.com/
 Seasonal
 Ages: 5–18

Kidz Love Soccer

Soccer Skill Building Program (indoor at FWCC)
www.kidzlovesoccer.com
 Phone: 1-888-277-9542
 Ongoing 5 week sessions
 Ages: 3–18
 Sign up online at: <https://parks.cityoffederalway.com/Recreation/Activities/ActivitiesAdvSearch.asp>
 or in person at the Federal Way Community Center

Shooting Stars at the Federal Way Community Center

Basketball Skill Building Program
itallhappenshere.org/leagues.html
 Phone: 253-835-6900
 Email: 63sixthreeshep@gmail.com
 Ongoing 5 week sessions
 Ages: 3–18
 Sign up online at: <https://parks.cityoffederalway.com/Recreation/Activities/ActivitiesAdvSearch.asp>
 or in person at the Federal Way Community Center

Federal Way Hype

Youth Basketball
www.fedwayhype.com/
 Additional Information: AAU competitive team. 9 & Under/ 3rd Grade or 10 & Under/ 4th Grade teams, Boys

Y.E.A. Basketball

Youth Basketball
yeagirlsbasketball.weebly.com
 Phone: 253-653-4168
 Email: yeabasketball@gmail.com
 Spring/ Summer for High School, year-long for youth
 AAU competitive team for girls. Practices at EX3 Ron Sandwith Center in Federal Way.

Continued...



FM Youth Basketball

Youth Basketball

www.fmbasketball.org/home.php

Phone: 253-620-4646

Email: director@fmbasketball.org

Seasonal (Fall/ Winter)

Family discount and early registration discount. K-9th Grades. 2 games per week for 8 weeks. Locations in Milton, Edgewood, Fife & Tacoma.

The Little Gym

Gymnastics/Tumbling (also dance, karate, sports skills)

www.thelittlegym.com/federalwayWA

Phone: 253-529-0309

Email: tlgfederalwaywa@thelittlegym.com

Ongoing

Ages: 4m-12y

Prestige Dance Studio

prestigedance.net

Phone: 253-874-0161

Email: gottadance4@gmail.com

Ongoing and seasonal shows (fall/winter & spring)

Ages: 3-9

Federal Way/Auburn Jazzercise

Jazzercise (variety of dance fitness)

Website: jcls.jazzercise.com/facility/jazzercise-federal-way-auburn

Phone: 253-333-8886

Email: federalwayjazz@comcast.net

Ages: 6+

Arthur Murray Dance

www.pugetsound.dance/federalway

Phone: 253-941-1841

Ages: 16+

British Dancing Academy

www.thebritishdancingacademy.com

Phone: 253-838-4999 / 425-738-8586

Email: bda@thebritishdancingacademy.com

Ages: 6+

KW Dance Studio

www.kwdancestudio.com

Phone: 253-237-3152

Email: kwdancestudiofw@gmail.com

Ages: 3+

Federal Way Track Club

www.fwtrack.org

Phone: 253-318-3982

Email: fwtrack@hotmail.com

Ages: 8-18

Blue Wave Aquatics

Swimming

www.bluewave-aquatics.com/Schedule.aspx

Phone: 253-793-9391

Email: wendy@bluewave-aquatics.com

Ongoing

Open water, triathlete, Masters, and lessons available

Federal Way Community Center

Swim Lessons

www.itallhappenshere.org (must sign up in person or by telephone)

Phone: 253-835-6900

Email: craig.feldman@cityoffederalway.com

Ongoing 5 week sessions

Weyerhaeuser King County Aquatics

Swim Lessons

www.kingcounty.gov/services/parks-recreation/parks/activities/aquatics.aspx

Phone: 206-477-4444

Email: <http://blue.kingcounty.gov/about/contact/>

Ongoing

Marine Hills Swim & Tennis Club

Swimming

www.teamunify.com/Home.jsp?team=recsslmhst

Phone: 253-839-4690

Ongoing

Twin Lakes Golf & Country Club

Swim Lessons

www.twinlakesgolf.net/twinlakesgolf/content/1926602/Swim-Lessons

Phone: 253-927-4440

Email: wendymal@mac.com

Ongoing

Center at Norpoint

Swim Lessons

www.metroparkstacoma.org/norpoint-pool-swim-lessons/

Phone: 253-404-3900

Ongoing

