OUT and ABOUT IN MACOMB

A guide to fun physical activities for you and your family

hkhf.macombgov.org
facebook.com/hkhfcoalition
PLAY IS THE WORK OF CHILDHOOD

Imaginations are challenged and creativity is enhanced when children have the freedom to play and explore their environment.

The American Academy of Pediatrics says what children really need for healthy development is time for more old-fashioned play.

Remember your childhood and the happy memories you built playing outside with your friends...building tree houses, collecting stones or leaves, or sailing boats made of twigs in a puddle after a big rain. Experiencing the peacefulness from a full day of play and dreams about tomorrow’s fun are childhood treasures.

Looking, listening, smelling or touching nature through playing outdoors or learning about nature with family outings will help your children create happy memories and will instill in them healthy habits to last a lifetime.
Out and About in Macomb

Obesity is a serious health concern for children and adolescents.

The best way to have a healthy weight is prevention.

- Set a good example and be a positive role model for your children.
- Surround your family with healthy foods.
- Keep junk food and sugary drinks out of the house.
- Sit down together for family meals.
- Enjoy outings together that keep you active, such as family bike rides or visiting our beautiful parks and enjoying the activities of the season.

Out and About in Macomb is your connection to a wide variety of opportunities to move and have fun. Practice healthy habits from the beginning.

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BATTING CAGES
C.J. Barrymore’s
(586) 469-2800
21750 Hall Rd.
Clinton Twp., MI 48038
cjbarrymores.com
Extra Innings Shelby Township
(586) 247-3880
51162 Filomena Dr.
Shelby Twp., MI 48315
extrainnings-shelbytownship.com
Hitz Baseball
(586) 948-4489
27088 Morelli Dr.
Chesterfield, MI 48051
hitzbaseball.net
Homeplate Sports Center
(586) 296-5655
32909 Harper Ave.
St. Clair Shores, MI 48082
Macomb Batting Cages
(586) 846-4372
18810 Kelly Ct.
Clinton Twp., MI 48035
macombbattingcages.com
LineDrive Sportz
(586) 446-9444
5977 E. 14 Mile Rd.
Sterling Heights, MI 48312
linedrivesportz.com
SMASH Training Center
(586) 306-2544
35977 Mound Rd.
Sterling Hts., MI 48310
smashtc.com
BIKING
Freedom Hill County Park
(586) 979-7010
15000 Metropolitan Pkwy.
Sterling Hts., MI 48312
freedomhillcountypark.com
Macomb-Orchard Trail
(586) 493-5737
24 Mile Rd./Dequindre - 32 Mile Rd./Main St.
Shelby Twp. - Richmond Twp.
macomborchardtrail.macombgov.org

Lake St. Clair Metropark
(586) 463-4581
31300 Metropolitan Pkwy.
Harrison Twp., MI 48045
metroparks.com

Shelby River Bends Park
(586) 731-0300
5700 22 Mile Rd.
Shelby Twp., MI 48317
shelbytwp.org/departments/prm/

Stony Creek Metropark
(586) 781-4242
4300 Main Park Rd.
Shelby Twp., MI 48316
metroparks.com

BOATING ACCESS SITES

Brandenburg Memorial
(586) 949-0400
50050 Jefferson Ave.
Chesterfield Twp., MI 48047
chesterfieldtwp.org

Clinton River Cut-off
(586) 465-2160
36110 Jefferson Ave.
Harrison Twp., MI 48045
tourlakesclair.org

Harbor 9 Marina
(586) 776-5650
24030 Jefferson Ave.
St. Clair Shores, MI 48080
harbor9marina.com

Harley Ensign Memorial
(586) 463-4165
32995 S. River Rd.
Harrison Twp., MI 48045

Lake St. Clair Metropark
(586) 463-4581
31300 Metropolitan Pkwy.
Harrison Twp., MI 48045
metroparks.com

Selfridge Boat Launch
(586) 469-1335
44200 N. Jefferson Ave.
Selfridge ANGB, MI 48045
mcgi.state.mi.us/MRBIS

Stony Creek Metropark
(586) 781-4242
4300 Main Park Rd.
Shelby Twp., MI 48316
metroparks.com

BOWLING

Alley 59
(586) 469-6411
44925 N. Groesbeck
Clinton Twp., MI 48036
alley59.com

AMF Rose Bowling
(586) 771-4140
28001 Groesbeck
Roseville, MI 48066
amf.com

Apollo Lanes
(586) 772-2070
29410 Gratiot
Roseville, MI 48066
apollolanes.net
Bonanza Lanes
(586) 756-3000
24600 Hoover
Warren, MI 48089
bonanzalan.es.net

C.J. Barrymore's
(586) 469-2800
21750 Hall Rd.
Clinton Twp., MI 48038
cjbarrymores.com

Fern Hill Lanes & Golf Course
(586) 286-4700
17600 Clinton River Dr.
Clinton Twp., MI 48038
fernhillcc.com

Fraser Star Lanes
(586) 293-5590
33042 Garfield
Fraser, MI 48026

Harbor Lanes Bowling Ctr.
(586) 772-1200
25419 Jefferson Ave.
St. Clair Shores, MI 48081
harbor-lanes.com

Imperial Lanes
(586) 286-8700
44650 Garfield
Clinton Twp., MI 48038
imperiallan.es.com

Kingswood Lanes
(586) 469-6411
44925 N. Groesbeck
Clinton Twp., MI 48036

Lakeshore Lanes
(586) 293-2722
31025 Jefferson Ave.
St. Clair Shores, MI 48082

Pampa Lanes
(586) 264-8877
31925 Van Dyke
Warren, MI 48093
pampalanes.net

Premier Lanes
(586) 725-2228
33151 23 Mile Rd.
Chesterfield, MI 48047
thepremiercomplex.com

Recreation Bowling
(586) 468-7746
40 Crocker Blvd.
Mt. Clemens, MI 48043
therecbowl.com

Regal Lanes
(586) 751-4770
27663 Mound Rd.
Warren, MI 48092
bowlregal.com

Salt River Lanes
(586) 725-0311
33633 23 Mile Rd.
New Baltimore, MI 48047
golfsaltriver.net

Shelby Lanes
(586) 979-5200
33200 Schoenherr
Sterling Hts., MI 48312
bowldetroit.com

Sterling Lanes
(586) 727-9292
30971 Armada Ridge
Richmond, MI 48062
mystrikers.com

Striker's Entertainment Ctr.
(586) 727-9292
30971 Armada Ridge
Richmond, MI 48062
mystrikers.com

Sunnybrook Golf & Bowl
(586) 264-2700
7191 17 Mile Rd.
Sterling Hts., MI 48313
sunnybrookgolfandbowl.com
Total Sports Lanes
(586) 463-2000
40501 Production Dr.
Harrison Twp., MI 48045
totalsportseast.com

Universal Lanes
(586) 751-2828
2101 E. 12 Mile Rd.
Warren, MI 48092
universallanes.com

Van Dyke Bowl
(586) 739-3700
43601 Van Dyke
Sterling Hts., MI 48314
gobowling.com

Stony Creek Orchard
& Cider Mill
(586) 752-2453
2961 W. 32 Mile Rd.
Romeo, MI 48065
stonycreekorchard.com

Van Dyke Bowl
(586) 739-3700
43601 Van Dyke
Sterling Hts., MI 48314
gobowling.com

Blake’s Big Apple
(586) 784-9710
71485 North Ave.
Armada, MI 48005
blakefarms.com

Blake’s Orchard & Cider Mill
(586) 784-5343
17985 Armada Center Rd.
Armada, MI 48005
blakefarms.com

Verellen Orchards
(586) 752-2989
63260 Van Dyke
Washington Twp., MI 48095
verellenorchards.com

Hy’s Cider Mill
(810) 798-3611
6350 37 Mile Rd.
Romeo, MI 48065
hyscidermill.com

Westview Orchards
(586) 752-3123
65075 Van Dyke
Washington Twp., MI 48095
westvieworchards.com

Middleton Farms Cider Mill
(586) 731-6699
46462 Dequindre Rd.
Utica, MI 48317

Miller’s Big Red Cider Mill
(586) 752-7888
4900 W. 32 Mile Rd.
Washington Twp., MI 48095
millersbigred.com

Bruce Twp. Parks & Rec.
(586) 752-6543
361 Morton St.
Romeo, MI 48065
rwbparksrec.org

Center Line Parks & Recreation
(586) 757-1610
25355 Lawrence
Center Line, MI 48015
centerline.gov
Chesterfield Twp. Parks & Rec.  
(586) 949-0400 Ext. 4, press 2  
47275 Sugarbush Rd.  
Chesterfield, MI 48047  
chesterfieldtwp.org

Clinton Twp. Parks & Rec.  
(586) 286-9336  
40700 Romeo Plank  
Clinton Twp., MI 48038  
clintontownship-mi.gov/recreation

Eastpointe Parks & Rec.  
(586) 445-5080  
16435 East 8 Mile Rd.  
Eastpointe, MI 48021  
cityofeastpointe.net

Fraser Parks & Rec.  
(586) 296-8483  
34935 Hidden Pine Dr.  
Fraser, MI 48026  
ci-fraser.mi.us

Harrison Twp. Parks & Rec.  
(586) 466-1463  
38151 L’Anse Crease  
Harrison Twp., MI 48045  
harrison-township.org

Lenox Twp. Community Ctr. & Park  
(586) 727-2085  
63775 Gratiot  
Lenox, MI 48050  
lenoxtwp.org

Macomb Family YMCA  
(586) 468-1411  
10 N. River Rd.  
Mt. Clemens, MI 48043  
ymcadetroit.org

Macomb Twp. Parks & Rec.  
(586) 992-2900  
54111 Broughton  
Macomb Twp., MI 48042  
macomb-mi.gov

Ray Twp. Parks & Rec.  
(586) 749-5171  
64255 Wolcott  
Ray Twp., MI 48096  
raytwp.org

Recreational Authority of Roseville & Eastpointe  
(586) 445-5080  
18185 Sycamore St.  
Roseville, MI 48066  
recreationalauthority.com

Richmond Parks & Rec.  
(586) 727-3064  
36164 Festival Dr.  
Richmond, MI 48062  
cityofrichmond.net

Romeo Parks & Rec.  
(586) 752-6543  
361 Morton St.  
Romeo, MI 48065  
rwbparksrec.org

Roseville Parks & Rec.  
(586) 445-5480  
18185 Sycamore  
Roseville, MI 48066  
ci.roseville.mi.us

St. Clair Shores Parks & Rec.  
(586) 445-5350  
20000 Stephens  
St. Clair Shores, MI 48080  
ci.saint-clair-shores.mi.us

Shelby Twp. Parks & Rec.  
(586) 731-0300  
52602 Van Dyke  
Shelby Twp., MI 48316  
shelbytwp.org

Sterling Heights Parks & Rec.  
(586) 446-2700  
40620 Utica Rd.  
Sterling Hts., MI 48313  
myshpr.net
Utica Parks & Rec.  
(586) 739-1600  
7550 Auburn Rd.  
Utica, MI 48317  
cityofutica.org

Warren Parks & Rec. and the Warren Community Center  
(586) 268-8400  
5460 Arden  
Warren, MI 48092  
cityofwarren.org

Washington Twp. Parks & Rec.  
(586) 752-6543  
361 Morton St.  
Romeo, MI 48065  
rwbparksrec.org

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DANCE INSTRUCTION

Allard Academy of Dance  
(586) 792-5003  
33435 Harper  
Clinton Twp., MI 48035

Anita’s Theatre Dance & Performing Arts  
(586) 978-8450  
37360 Van Dyke  
Sterling Hts., MI 48312  
anitaselitedance.com

Ann Parsley School of Dance  
(586) 286-8300  
40730 Garfield  
Clinton Twp., MI 48038  
annparsleyschoolofdance.com

Argentine Tango Detroit  
(586) 254-0560  
7758 Auburn  
Utica, MI 48317  
argentinetangodetroit.com

Art in Motion Richmond Dance Academy  
(586) 727-5299  
68155 S. Main  
Richmond, MI 48062  
artinmotionrichmonddanceacademy.com

Arthur Murray Dance Studio  
(586) 977-2121  
35836 Van Dyke Ave.  
Sterling Hts., MI 48312  
arthurmurraymi.com

Bev’s Dance Studio  
(586) 725-4858  
35248 Cricklewood  
New Baltimore, MI 48047  
bevsdance.com

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CROSS COUNTRY SKIING

Freedom Hill County Park  
(586) 979-7010  
15000 Metropolitan Pkwy.  
Sterling Hts., MI 48312  
freedomhillcountypark.com

Macomb-Orchard Trail  
(586) 493-5737  
24 Mile Rd./Dequindre - 32 Mile Rd./Main St.  
Shelby Twp. - Richmond Twp.  
macomborchardtrail.org

Lake St. Clair Metropark  
(586) 463-4581  
31300 Metropolitan Pkwy.  
Harrison Twp., MI 48045  
metroparks.com

Stony Creek Metropark  
(586) 781-4621  
4300 Main Park Rd.  
Shelby Twp., MI 48316  
metroparks.com
Bravo Dance Center  
(586) 781-3188  
51242 Romeo Plank  
Macomb, MI  48042  
bravodancecenter.com

Casali School of Dance  
(586) 771-6920  
23011 9 Mack Dr.  
St. Clair Shores, MI  48080  
casalidance.com

Dance Class  
(586) 826-8450  
47067 Van Dyke  
Shelby Twp., MI  48317  
danceclassonline.net

Dance Expressions  
(586) 775-2351  
27421 Harper  
St. Clair Shores, MI  48081  
godanceexpressions.com

Dance Scene  
(586) 757-6300  
25333 Van Dyke  
Center Line, MI  48015  
michigandancelessons.com

Dance Studio Inc.  
(586) 336-0270  
110 S. Main St.  
Romeo, MI  48065  
thedancestudioinc.com

Dancer’s Edge Studio  
(586) 421-2000  
21475 21 Mile Rd.  
Macomb, MI  48316  
dancersedgestudio.com

Dancer’s Workshop  
(586) 777-3290  
29629 Harper  
St. Clair Shores, MI  48082  
dancersworkshop.biz

Dancetera  
(586) 773-1723  
17806 13 Mile Rd.  
Roseville, MI  48066  
danceteradancestudio.com

Encore the Dance Centre  
(586) 285-5299  
16012 15 Mile Rd.  
Fraser, MI  48026  
encorethedancecentre.com

Gotta Dance  
(586) 566-0560  
44541 Schoenherr Rd.  
Sterling Hts., MI  48313  
gottadancestudios.com

Janice’s Dance Studio  
(586) 247-6969  
43043 Hayes  
Sterling Hts., MI  48313  
janicesdancestudio.com

Knapp School of Dance  
(586) 296-4822  
32825 Hayes  
Warren, MI  48088  
knappschoolofdance.com

Manda’s Rhythm and Dance  
(586) 791-3343  
35769 Moravian Dr.  
Clinton Twp., MI  48035  
mandasdance.com

Mary Ellen Studio of Dance  
(586) 774-6480  
23216 Greater Mack  
St. Clair Shores, MI  48080  
maryellenstudioofdance.com

Mary Skiba’s School of Dance  
(586) 286-8111  
41726 Hayes  
Clinton Twp., MI  48038  
maryskibadance.com
DOG PARKS

Anne Fracassa
Memorial Dog Park
(586) 751-0168
Pauline St. & 12 Mile Rd.
(S.W. corner of Burdi Park)
Warren, MI  48092
cityofwarren.org

Clinton Township Dog Park
(586) 286-9336
40700 Romeo Plank Rd.
(At Clinton Twp. Civic Center)
Clinton Twp., MI  48038

Maloof Statler Dog Park
(586) 445-5350
19800 Chalon St.
(located in Brys Park)
St. Clair Shores, MI  48080
maloofdogpark.com

Mt. Clemens Behnke Memorial Dog Park
(586) 469-6880
300 N. Groesbeck Hwy.
(Behind the Ice Arena)
Mt. Clemens, MI  48043

ENTERTAINMENT CENTERS

Bayou Adventure
(Located in Joe Dumars’ Fieldhouse)
(586) 731-3080
45300 Mound Rd.
Utica, MI  48317
joedumarsfieldhouse.com

C.J.
Barrymore’s
(586) 469-2800
21750 Hall Rd.
Clinton Twp., MI  48038
cjbarrymores.com

Ovations! Dance Academy
(586) 268-3880
13241 E. 14 Mile Rd.
Sterling Hts., MI  48312
ovationsda.com

Raedene’s Dancin’ Stars Studio
(586) 416-0986
20592 Hall Rd.
Clinton Twp., MI  48038
raedenesdancinstars.com

Rhythm Pointe Dance Academy
(586) 726-9565
50685 Mound Rd.
Shelby Twp., MI  48317
rhythmpointe.com

Spotlight Dance Works Center
(586) 949-5630
45385 Marketplace Blvd.
Chesterfield, MI  48051
spotlightdanceworks.net

Studio J Dance Co.
(586) 468-4043
20730 Hall Rd.
Clinton Twp., MI  48038
studiojdanceco.com

The Turning Pointe
(586) 445-6753
24235 Harper
St. Clair Shores, MI  48080

Tina Marie’s School of Dance
tmsod.com
Shelby Twp. Location
(586) 726-2332
49157 Schoenherr

Warren Location
(586) 977-8900
3668 Chicago Rd.
Zap Zone
(586) 323-0030
7529 Auburn Rd.
Utica, MI 48317
zap-zone.com

Suburban Ice Macomb
(586) 992-8600
54755 Broughton Rd.
Macomb, MI 48042
suburbanicemacomb.com

TARMS

Crooked Creek Farm Dairy
(586) 752-6095
75960 Brown Rd.
Romeo, MI 48065
crookedcreekfarmdairy.com

Mt. Bruce Station
(810) 798-2568
6440 Bordman Rd.
Romeo, MI 48065
sheepstuff.com

Wolcott Mill Metropark
Farm Center
(586) 752-5932
65775 Wolcott Rd.
Ray Twp., MI 48096
metroparks.com

FIGURE SKATING

Fraser Figure
Skating Club
(586) 294-4132
34400 Utica
Fraser, MI 48026
fraserfsc.com

Mt. Clemens Ice Arena &
Fitness Center
(586) 307-8202
200 N. Groesbeck
Mt. Clemens, MI 48043
mountclemensicearena.com

St. Clair Shores Figure
Skating Club
(586) 774-7530
20000 Stephens
St. Clair Shores, MI 48080
scsfsc.org

Brandenburg Memorial Park
(586) 949-0400
50050 Jefferson Ave.
Chesterfield, MI 48047
chesterfieldtwp.org

Captain Frank's
Fishing Charters
(305) 509-1547
32895 S. River Rd.
Harrison Twp., MI 48045
captainfranksfishingcharters.com

Crew's Inn Sport Fishing
Charter, Inc.
(586) 465-4124
37865 Terra Mar
Harrison Twp., MI 48045
crewsinncharters.com

Lake St. Clair Metropark
(586) 463-4581
31300 Metropolitan Pkwy.
Harrison Twp., MI 48045
metroparks.com

Mr. Muskie Charters
(586) 771-8817
24400 Jefferson Ave.
St. Clair Shores, MI 48080
mrmuskiecharters.com
Ray's Sport Fishing Service  
(586) 201-4099  
704 Shore Club Dr.  
St. Clair Shores, MI 48080  
rayssportfishing.com

Second Heaven Charters  
(586) 751-5404  
27487 Bristol Dr.  
Warren, MI 48092  
secondheavencharters.com

Stony Creek Metropark  
(586) 781-4242  
4300 Main Park Rd.  
Shelby Twp., MI 48316  
metroparks.com

Belle River Golf Course  
(810) 392-2121  
12564 Belle River  
Memphis, MI 48041  
bellerivergolf.com

Bruce Hills Golf Course  
(586) 752-7244  
6771 Taft  
Romeo, MI 48065  
golfbrucehills.com

Burning Tree Golf Club  
(586) 468-1486  
22871 21 Mile Rd.  
Macomb, MI 48044  
burningtreegolf.com

Cedar Glen Golf Course  
(586) 725-8156  
36860 25 Mile Rd.  
New Baltimore, MI 48047  
cedarlengolfclub.com

Cherry Creek Golf Course  
(586) 254-6001  
52000 Cherry Creek Dr.  
Shelby Twp., MI 48316  
cherrycreekgolf.com

Cracklewood Golf Club  
(586) 781-0808  
18215 24 Mile Rd.  
Macomb, MI 48042  
cracklemwood.com

Fern Hill Golf Course  
(586) 286-4700  
17600 Clinton River Rd.  
Clinton Twp., MI 48038  
fernhillcc.com

Glacier Club  
(586) 786-0800  
8000 Glacier Club Dr.  
Washington Twp., MI 48094  
glacierclub.com

Greystone Golf Club  
(586) 752-7030  
67500 Mound Rd.  
Washington Twp., MI 48095  
golfgreystone.com

Heather Hills Golf Course  
(810) 798-3971  
3100 McKail  
Romeo, MI 48065  
heatherhills.net

Hickory Hollow Golf Course  
(586) 949-9033  
49001 North Ave.  
Macomb, MI 48042  
hickoryhollowgc.com

Maple Lane Golf Course  
(586) 795-4000  
33203 Maple Lane Dr.  
Sterling Hts., MI 48312  
maplelanegolf.com

Oak Ridge Golf Club Inc.  
(586) 749-5151  
35035 26 Mile Rd.  
Lenox, MI 48048  
oakridgegolf.com
Orchard's Golf Course
(586) 786-7200
62900 Campground Rd.
Washington Twp., MI 48094
orchards.com

Pine Valley Golf Club
(586) 752-5300
16801 31 Mile Rd.
Ray, MI 48096
pinevalleygolfcc.com

Plumbrook Golf Course
(586) 264-9411
13390 Plumbrook Dr.
Sterling Hts., MI 48312

Rammler Golf Course
(586) 264-4101
38180 Utica
Sterling Hts., MI 48312
rammlergolf.com

Richmond Forest Golf Course
(586) 727-4742
33300 32 Mile Rd.
Lenox, MI 48050
richmondforestgolf.com

Salt River Golf Course
(586) 725-0311
33633 23 Mile Rd.
New Baltimore, MI 48047
golfsaltriver.net

Sycamore Hills Golf Course
(586) 598-9500
48787 North Ave.
Macomb, MI 48042
sycamorehills.com

Wolcott Mill Golf Course
(586) 749-3415
21690 27 Mile Rd.
Ray, MI 48096
metroparksgolf.com

Warfield Greens
(586) 293-9887
34255 Utica
Fraser, MI 48026

GYMNASTICS

American Gymnastics
agimichigan.com
Chesterfield Location
(586) 598-0400
52057 Sierra Dr.
Romeo Location
(586) 752-3547
14837 32 Mile Rd.

Cutting Edge Athletics
(586) 469-2582
44380 N. Groesbeck Hwy.
Clinton Twp., MI 48036
cuttingedgeusa.com

Extreme Gymnastics USA
(586) 778-9640
14124 E. 10 Mile Rd.
Warren, MI 48089
extremegymnasticsusa.com

Hunt’s Gymnastics Academy & Sports Zone
(586) 954-3300
25325 Joy
Harrison Twp., MI 48045
huntsgymnasticsacademy.com
Olympia Gymnastics Academy  
(586) 803-1333  
51676 DanView Technology  
Shelby Twp., MI 48315  
olympiagymnastics.com

Stony Creek Metropark  
(586) 781-4242  
4300 Main Park Rd.  
Shelby Twp., MI 48316  
metroparks.com

Total Sports  
Boys & Girls Club  
(586) 978-8908  
32556 Dequindre  
Warren, MI 48092  
allworld-gym.com

Warren Gymnastics Center  
(586) 977-7304  
2236 14 Mile Rd.  
Warren, MI 48092  
warrengymnasticscenter.com

HORSEBACK RIDING

First Impression Farm  
(586) 727-6661  
29434 32 Mile Rd.  
Lenox Twp., MI 48050

Springbrook Equestrian Center  
(586) 739-8622  
42500 Ryan  
Sterling Hts., MI 48314  
springbrookec.com

Windemere Equestrian Center  
(586) 465-2170  
20615 Dunham Rd.  
Clinton Twp., MI 48038  
windemereequestrian.com

HIKING

Freedom Hill County Park  
(586) 979-7010  
15000 Metropolitan Pkwy.  
Sterling Hts., MI 48312  
freedomhillcountypark.com

Macomb-Orchard Trail  
(586) 493-5737  
24 Mile Rd./Dequindre - 32 Mile Rd./Main St.  
Shelby Twp. - Richmond Twp.  
macomborchardtrail.org

Lake St. Clair Metropark  
(586) 463-4581  
31300 Metropolitan Pkwy.  
Harrison Twp., MI 48045  
megparks.com

Shelby River Bends Park  
(586) 731-0300  
5700 22 Mile Rd.  
Shelby Twp., MI 48317  
shelbytwp.org

HISTORIC VILLAGES & MUSEUMS

Crocker House Museum  
(586) 465-2488  
15 Union St.  
Mt. Clemens, MI 48043  
crockerhousemuseum.com
Michigan Transit Museum Depot
(586) 463-1863
200 Grand
Mt. Clemens, MI 48043
michigantransitmuseum.org

Octagon House
(586) 781-0084
57500 Van Dyke
Washington Twp., MI 48094
octagonhouse.org

Selfridge Air Museum
(586) 239-5035
27333 C Street, Bldg 1011
Selfridge ANG Base, MI 48045
selfridgeairmuseum.org

Washington Historical Museum
(586) 786-5304
58230 Van Dyke
Washington Twp., MI 48094
washhistsoc.org

Wolcott Historic Center & Mill
(586) 749-5997
64100 Kunstman Rd.
Ray Twp., MI 48096
metroparks.com

ICE FISHING

Blossom Heath Park
(586) 773-7242
24800 Jefferson
St. Clair Shores, MI 48080
scsmi.net

Brandenburg Park
(586) 949-0400
50050 Jefferson
Chesterfield, MI 48047
chesterfieldtwp.org

Clinton River Cut Off Boat Access
(586) 465-2160
36110 Jefferson
Harrison Twp., MI 48045
tourlakestclair.org

Walter & Mary Burke Park
(586) 725-0291
36300 Front St.
New Baltimore, MI 48047
cityofnewbaltimore.org

ICE SKATING

City Square Ice Rink
(586) 574-4518
Refrigerated Rink
(Open 1st Sat. in Dec. - last day in Feb.)
Warming Building & Concessions
Warren Civic Center
(N. of 12 Mile, E. of Van Dyke)
Warren, MI 48093

Clinton Twp. Civic Ctr. Park
(586) 286-9336
40700 Romeo Plank Rd.
(S. of the Civic Center)
Clinton Twp., MI 48038

Dodge Park
(586) 446-2700
40620 Utica Rd.
Sterling Hts., MI 48313

Dorothea-Lenore Park
(586) 468-1411
20 Dorothea St.
Mt. Clemens, MI 48043

Elmwood School
(586) 445-5350
(California & Alice)
St. Clair Shores, MI 48080
Fa ir lane Pa rk  
(586) 445-5080  
( R ave n & T oepfer)  
E astpointe, MI  48021

F reder ic h P la yfield  
(586) 445-5350  
(9 M ile & P allister)  
S t. C la ir Shores, MI  48080

H uron Pa rk  
(586) 445-5480  
( o ff Frazho, E. of G ratiot)  
R oseville, MI  48066

L aw ndale Pa rk  
(586) 468-1411  
( L awndale & D ickinson)  
M t. C lem ens, MI  48043

L enox Twp. C ommunity C enter  
P a rk  
(586) 727-2085  
63775 G ratiot ( b ehind t own hall)  
L enox, MI  48050

M acomb Twp. C enter C enter C enter  
P a rk  
(586) 992-8600  
( S. of 25 M ile Rd., W. of  
B roughton)  
M acomb, MI  48042

S pindler Pa rk  
(586) 445-5080  
19500 S thinps  
E astpointe, MI  48021

S teff in s Pa rk  
(586) 294-0450  
(14 M ile Rd. & G arfield)  
F raser, MI  48026

W ahby Pa rk  
(586) 468-1411  
(J efferson, S. of 10 M ile Rd.)  
S t. C la ir Shores, MI  48080

W ilson Pa rk  
(586) 468-1411  
(btw. W ilson, S outh Highland &  
C hurch St.)  
M t. C lem ens, MI  48043

F rasher H ockeyland  
(586) 294-2400  
34400 U tica  
F raser, MI  48026  
fraserhl.com

M t. C lem ens H ockey  
A ssociation  
(586) 307-8202  
200 N. G roesbeck Hwy.  
M t. C lem ens, MI  48043  
mtclemenshockey.org

M t. C lem ens I ce A rena &  
F itness C enter  
(586) 307-8202  
200 N. G roesbeck Hwy.  
M t. C lem ens, MI  48043  
mtclemensicearena.com

S t. C la ir S hores C ivic A rena  
(586) 445-5350  
20000 S thinps  
S t. C la ir Shores, MI  48080  
scsparksrec.net

S uburban I ce  
(586) 992-8600  
54755 Broughton Rd.  
M acomb, MI  48042  
suburbanicemacomb.com
**INDOOR PLAY**

Gymboree Play & Music Center  
(586) 243-0554  
40790 Garfield Rd.  
Clinton Twp., MI 48038  
gymboreeclasses.com

Jungle Java  
(586) 203-0500  
44595 Enterprise Dr.  
Clinton Twp., MI 48038  
junglejavaplay.com

Roseville Parks & Recreation Indoor Play  
(586) 445-5480  
18185 Sycamore  
Roseville, MI  48066  
Drop in - parents supervise

Sky Zone Indoor Trampoline Park  
(586) 930-0600  
50810 Sabrina Dr.  
Shelby Twp., MI 48315  
skyzone.com

**KIDS FITNESS**

Kindermusik  
(586) 416-0986  
40790 Garfield  
Clinton Twp., MI 48038  
gymboree.com

Whirlyball  
(586) 792-4190  
19781 15 Mile Rd.  
Clinton Twp., MI 48035  
whirlyballwest.com

**LASER TAG**

Beamerz Your Laser Tag Experience  
(586) 323-0030  
7529 Auburn  
Utica, MI 48317

Laser Edge  
(586) 791-5560  
35335 S. Gratiot  
Clinton Twp., MI 48035  
laseredge-usa.com

Zap Zone  
(586) 323-0030  
7529 Auburn  
Utica, MI 48317  
zap-zone.com

**INFLATABLES**

Bounce House  
New Baltimore  
(586) 725-1334  
35268 23 Mile Rd.  
bouncehouseonline.com

St. Clair Shores  
(586) 778-8070  
24020 Harper Ave.  
bouncehouseonline.com

Sterling Heights  
(586) 264-2720  
39080 Van Dyke  
bouncehouseonline.com

Pump It Up  
(586) 416-4386  
15117 Commercial Dr.  
Shelby Twp., MI 48315  
pumpitupparty.com
World’s Finest Frozen Custard & Family Ctr.
(586) 725-1315
33538 23 Mile Rd.
Chesterfield, MI 48047

NATURE CENTERS

Burgess-Shadbush Nature Ctr.
(586) 323-2478
4101 River Bends Dr. (at Ryan Rd.)
Shelby Twp., MI 48316
shelbyparksandrecreation.org

Nature related experiences and activities to help visitors of all ages develop and rekindle an awareness and appreciation for the natural world around them. Call for information.

Lake St. Clair Nature Ctr.
(586) 463-4581
31300 Metropolitan Pkwy.
Harrison Twp., MI 48045
metroparks.com

Considered one of the best bird watching areas in the state. The nature center provides a wide range of activities for families. Metropark entrance fee required.

Sterling Heights Nature Ctr.
(586) 446-2710
42700 Utica
Sterling Hts., MI 48313
sterling-heights.net

Live animals, hands-on displays, movies, kids’ classes and family programs, including an aquarium and atrium. FREE. See website or call for seasonal hours.

Stony Creek Nature Ctr.
(586) 781-9113
4300 Main Park Rd.
Shelby Twp., MI 48316
metroparks.com

The nature center features live displays, snakes, turtles and fish. Park interpreters conduct interesting hikes and other programs including paddling.
a 34-foot Voyageur canoe to learn about Stony Creek Lake. Metropark entrance fee required.

PARKS & PRESERVES

Armada Township Park
(on North Ave.)

Armada Village Park (at the northeast corner of Fulton & Prospect)

Bruce Twp. Municipal Offices
(586) 752-4585
223 E. Gates
Romeo, MI 48065
brucetwp.org

3 community parks

Center Line Recreation
(586) 757-1610
25355 Lawrence
Center Line, MI 48015
centerline.gov

2 community parks and recreation centers (residents only)

Chesterfield Twp. Municipal Offices
(586) 949-0400
47275 Sugarbush
Chesterfield, MI 48047
chesterfieldtwp.org

2 community parks

Clinton Twp. Parks & Rec.
(586) 286-9336
24003 Henry B. Joy Blvd.
Clinton Twp., MI 48038
clintontownship.com

26 community parks, extensive senior citizens programs, youth program and community dog park.

Freedom Hill County Park
(586) 979-7010
15000 Metropolitan Pkwy.
Sterling Hts., MI 48312
freedomhillcountypark.com

This spacious 100 acre park features an outdoor amphitheater, festival grounds, outdoor covered pavilions, military displays, playscape and nature trail. Special events are held throughout the year with a spectacular summer season of festivals and concerts. The Freedom Trail goes through the park connecting to Lake St. Clair Metropark. Use the trail for biking, rollerblading, walking, running and more.

Lake St. Clair Metropark
(586) 463-4581
31300 Metropolitan Pkwy.
Harrison Twp., MI 48045
metroparks.com

Over 1 mile of shoreline and a 1,600 foot boardwalk offers a wonderful view of Lake St. Clair. This 770-acre recreational facility is a haven for boaters, swimmers and fishermen. Picnicking, shore fishing, nature center, fitness and nature trails, boat launching area and marina. Olympic-size swimming pool. Water slide with a 120' long flume and a 17 foot vertical drop. Tennis and shuffleboard courts. 18 hole miniature golf course. Ice skating, ice hockey, ice fishing and skiing trails. Par three, 18 hole golf course. An official Michigan Wildlife Viewing Area and a certified member of the Turfgrass Environmental Stewardship Program.
Lenox Township  
(586) 727-2085  
63975 Gratiot  
Lenox, MI  48050  
lenoxtwp.org

Basketball, tennis, roller hockey courts, 2 playscapes, 3 pavilions, hiking, and roller-blade path, 2 soccer fields and multi-purpose field.

Macomb Township  
(586) 677-0157  
16820 25 Mile Rd.  
Macomb, MI  48042  
macombtowncenter.com

2 community parks

Memphis  
(810) 392-2385  
35095 Potter  
Memphis, MI  48041

Parks: Edward Musial Memorial, Old School Park, City Ball Field

Ray Township  
(586) 749-5171  
64255 Wolcott  
Ray, MI  48096  
raytwp.org

Ray Township Community Park has a softball field, tennis courts, playground area and pavilions.

Sterling Heights  
(586) 446-2489  
40555 Utica  
Sterling Hts., MI  48313  
sterling-heights.net

658 acres of major parks and 139 acres of neighborhood parks including 2 athletic parks; senior citizens program: activities for the mentally, emotionally, hearing, and visually impaired, physically challenged, learning disabled, persons with closed head injuries and autistic children and young adults.

Stony Creek Metropark  
(586) 781-4242  
4300 Main Park Rd.  
Shelby Twp., MI  48316  
metroparks.com

Scenic 4,461 acre park with hilly terrain is enhanced by the beautiful 500-acre Stony Creek Lake. Nature center, picnicking, swimming, disc (Frisbee) golf course, boat launch and fitness trail. Ice skating, ice fishing, tobogganing, snowboarding and x-country skiing. Paddleboats, kayaks, rowboats, bicycle and canoe rentals. 6,921 yard, 18 hole, par 72 public golf course. Fishing pier accessible to the physically challenged. A paved 6.2 mile hike-bike trail. Over 10 miles of paved roadway provide scenic drives in all seasons and the fall color is particularly beautiful. Our golf course is a certified member of the Turfgrass Environmental Stewardship Program.

Shelby Township  
(586) 731-5100  
52700 Van Dyke  
Shelby Twp., MI  48316  
shelbytwp.org

Parks and Programs: 13 parks, nature center, soccer park, recreational program for developmentally challenged members of the community (12 to 40 yrs of age)
Washington Township
(586) 752-6543
361 Morton
Romeo, MI 48065
rwbparksandrec.org

Romeo, Washington and Bruce
Townships have a shared community
center, swimming and recreational
programs, with activities for youth,
adults, and seniors.

Wolcott Mill Metropark
(586) 749-5997
63841 Wolcott
Ray, MI 48096
metroparks.com

The 1847 historical mill at Wolcott
Mill Metropark offers a glimpse of
bygone times through its complete
grain grinding machinery, exhibits,
special events and programs. In
2010 the mill was named to the
National Register of Historic Places
through the National Park Service,
Department of Interior. The
historical center's interpreters create
a friendly atmosphere to gain a better
understanding of Michigan's heritage
through experiences and hands on
opportunities. The mill is located in
the 2,380 acre park which also offers
a golf course and a farm center with
a 3,600 square foot farmhouse,
modern comfort station, three barns,
a chicken coop, two outdoor pavilions,
and plenty of space for walking/
hiking. Wolcott Mill golf course is a
6,266 yard, par-72 course and is a
certified member of the Turfgrass
Environmental Stewardship Program.

Aquatic Center
(586) 716-4623
52401 Ashley
New Baltimore, MI 48047
anchorbaymisd.net

Lac Sainte Claire Pool
(586) 445-5270
27600 Jefferson
St. Clair Shores, MI 48081
stclairshores.net

Lakefront Park
(313) 343-2470
23000 Jefferson Ave.
St. Clair Shores, MI 48080
gpwmi.us

Macomb Twp. Community Ctr.
(586) 992-2900
20699 Macomb St.
Macomb, MI 48082
macomb-mi.gov

Macomb Family YMCA
(586) 468-1411
10 North River Rd.
Mt. Clemens, MI 48043
ymcadetroit.org

Lake St. Clair Metropark
(586) 463-4581
31300 Metropolitan Pkwy.
Harrison Twp., MI 48045
metroparks.com

Richmond Community Pool
(586) 727-8888
69310 Beebe St.
Richmond, MI 48062
allaboutrichmond.com/parks.htm
### Race Car Centers

<table>
<thead>
<tr>
<th>Center</th>
<th>Phone Number</th>
<th>Address</th>
<th>City</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayou Adventure (located in Joe Dumars Fieldhouse)</td>
<td>(586) 731-3080</td>
<td>45300 Mound Rd. Shelby Twp., MI 48317</td>
<td>Shelby Twp.</td>
<td>joedumarsfieldhouse.com</td>
</tr>
<tr>
<td>C.J. Barrymore's</td>
<td>(586) 469-2800</td>
<td>21750 Hall Rd. Clinton Twp., MI 48038</td>
<td>Clinton Twp.</td>
<td>cjbarrymores.com</td>
</tr>
<tr>
<td>Kart 2 Kart</td>
<td>(586) 997-8800</td>
<td>42705 Van Dyke Ave. Sterling Hts., MI 48314</td>
<td></td>
<td>karttokart.com</td>
</tr>
</tbody>
</table>

### Racquetball & Tennis

<table>
<thead>
<tr>
<th>Club</th>
<th>Phone Number</th>
<th>Address</th>
<th>City</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peachtree Tennis/Health Club</td>
<td>(586) 469-7000</td>
<td>37600 Little Mack Clinton Twp., MI 48036</td>
<td>Clinton Twp.</td>
<td>peachtreetennis.com</td>
</tr>
<tr>
<td>Planet Fitness</td>
<td>(586) 774-6900</td>
<td>13750 E. 11 Mile Rd. Warren, MI 48089</td>
<td></td>
<td>planetfitness.com</td>
</tr>
<tr>
<td>Rose Shores Athletic Club</td>
<td>(586) 296-2200</td>
<td>31950 Little Mack Roseville, MI 48066</td>
<td></td>
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</table>

### Rock Climbing

<table>
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<th>Center</th>
<th>Phone Number</th>
<th>Address</th>
<th>City</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bayou Adventure (located in Joe Dumars Fieldhouse)</td>
<td>(586) 731-3080</td>
<td>45300 Mound Rd. Shelby Twp., MI 48317</td>
<td>Shelby Twp.</td>
<td>joedumarsfieldhouse.com</td>
</tr>
<tr>
<td>C.J. Barrymore's</td>
<td>(586) 469-2800</td>
<td>21750 Hall Rd. Clinton Twp., MI 48038</td>
<td>Clinton Twp.</td>
<td>cjbarrymores.com</td>
</tr>
</tbody>
</table>

### Scouts

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Address</th>
<th>City</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boy Scouts of Macomb County</td>
<td>(313) 243-2720</td>
<td>(248) 338-0035</td>
<td></td>
<td>michiganscouting.org</td>
</tr>
<tr>
<td>Girl Scouts of Southeastern MI</td>
<td>(586) 263-0220</td>
<td>42800 Garfield Clinton Twp., MI 48038</td>
<td></td>
<td>girlscouts-macomb.org</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>gssem.org</td>
</tr>
</tbody>
</table>

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**Warren Community Center**

**Indoor Water Park**

(586) 268-8400
5460 Arden
Warren, MI 48092
cityofwarren.org
ROLLER HOCKEY

Sports Forum
(586) 790-5501
35020 Klix Rd.
Clinton Twp., MI 48035
sportsforumskating.net

The New Rink Sports Complex
(586) 731-5006
50625 Van Dyke
Shelby Twp., MI 48317
thenewrink.com

SCUBA DIVING

Advanced Aquatics Diving Inc.
(586) 779-8777
24770 Jefferson Ave.
St. Clair Shores, MI 48080

Anchor Bay Scuba Training Center
(586) 725-1991
6855 Dixie Hwy.
Fair Haven, MI 48035
anchorbayscuba.com

Bruno’s Dive Shop
(586) 792-2040
21655 Vermander Ave.
Clinton Twp., MI 48035
brunodiveshop.com

Great Lakes Divecenter, Inc.
(586) 254-7670
47450 Van Dyke
Shelby Twp., MI 48317
greatlakesdivecenter.com

Sea Side Diving, Inc.
(586) 772-7676
28612 Harper
St. Clair Shores, MI 48081
seasidediveshop.com

SKATING

Fraser Hockeyland
(586) 294-2400
34400 Utica
Fraser, MI 48026
fraserhl.com

The New Rink Sports Complex
(586) 731-5006
50625 Van Dyke
Shelby Twp., MI 48317
thenewrink.com

SKATEBOARDING

Landslide Skate Park
(586) 469-1170
44621 Morley Dr.
Clinton Twp., MI 48036
landslidesk8.com

Shadyside Skatepark
Northbound Gratiot (near the historic community well)
Mt. Clemens, MI 48043

SKYDIVING

Midwest Freefall, Inc.
(586) 752-5867
62912 Kunstman
Ray, MI 48096
midwestfreefall.com

SLEDDING HILLS

Beaver Creek Park
(586) 979-5230
(Bier St. S. of 15 Mile & E. of Ryan)
31403 Bear Creek Blvd.
Warren, MI 48093

Beaver Creek Park
(586) 446-2700
34100 King Richard
Sterling Hts., MI 48310
Carpathia Park  
(586) 446-2700  
(Connie Dr. S. of Fox Hill Dr., & E. of Ryan)  
37550 Carol Dr.  
Sterling Heights, MI  48310

Civic Center Park  
(586) 286-9336  
(S. of the Civic Center)  
40700 Romeo Plank  
Clinton Twp., MI  48038

Delia Park  
(586) 446-2700  
3001 18 Mile Rd.  
Sterling Hts., MI  48313

Hampton Park  
(586) 446-2700  
4698 Franklin Rd.  
Sterling Hts., MI  48313

Huron Park  
(586) 445-5480  
(Frazho & Kelly)  
18605 Frazho Rd.  
Roseville, MI  48066

Lake St. Clair Metropark  
(586) 463-4581  
31300 Metropolitan Pkwy.  
Harrison Twp., MI  48045  
Enterance fee

Magnolia Park  
(586) 446-2700  
5000 Metropolitan Pkwy.  
Sterling Hts., MI  48313

McKinley Park  
(586) 296-8483  
(btwn. Masonic & 13 Mile Rd.)  
31470 Grove St.  
Fraser, MI  48026

Memorial Park  
(586) 757-1610  
(Little Engleman Rd. W. of Lawrence Rd.)  
25355 Lawrence  
Center Line, MI  48015

Romeo Community Center Hill  
(586) 752-6543  
(behind comm. ctr. on Morton)  
361 Morton  
Romeo, MI  48065

Stony Creek Metropark  
(586) 781-4242  
4300 Main Park Rd.  
Shelby Twp., MI  48316  
Enterance Fee

Soccer Clubs

American Youth Soccer Organization Region 708  
(586) 438-3080  
ayso708.org

Ayso Region 125  
34054 Klein  
Fraser, MI  48026  
ayso125.org

Fraser Soccer Club  
(586) 307-5152  
P.O. Box 26194  
Fraser, MI  48026  
frasersoccerclub.org

St. Clair Shores Youth Soccer League  
27125 Grove  
St. Clair Shores, MI  48081  
www.scsysl.com

Total Soccer  
(586) 294-8848  
34300 Utica Rd.  
Fraser, MI  48026  
totalsoccerinc.com
SOFTBALL

Clinton Valley Little League
(586) 286-1814
42446 Ehrke Dr.
Clinton Twp., MI  48038
eteamz.com/cvllmichigan

Fraser Parks and Rec.
(586) 296-8483
33000 Garfield
Fraser, MI  48026

Liberty Park
(586) 978-9070
33600 Mound Rd.
Sterling Hts., MI 48310

YMCA

YMCA Lakeshore Family
(586) 778-5811
23401 Jefferson Ave.
St. Clair Shores, MI  48080
ymcadetroit.org

Macomb Family YMCA
(586) 468-1411
10 N. River
Mt. Clemens, MI  48043
ymcadetroit.org

GEOCACHING

A high-tech outdoor treasure hunt game families can enjoy together. Geocachers seek out hidden treasures (trinkets) utilizing GPS coordinates posted on the internet by those hiding the cache. The finder takes something from the container as a memento, leaves something for the next player, signs the log, and returns the cache to the exact position it was found. geocaching.com

SPECIAL NEEDS RECREATION

AYSO VIP Soccer
ayso.org
A soccer league for boys and girls who have a current Individual Education Plan and would like to be a part of a soccer team.

Genbu-Kai of Michigan
(586) 899-6673
44073 N. Groesbeck
Clinton Township, MI  48036
thekarateway.com
Call for special need as well as other classes for children and families.

The Miracle League of Michigan
(248) 506-4604 (or Steve@michiganmiracle.org)
27000 Evergreen Rd. #601
Southfield, MI 48076
michiganmiracle.org
Provides children with physical and/or mental challenges an opportunity to play baseball as a team member in an organized league.

My Chance to Dance
(586) 463-3277
300 N. Groesbeck Hwy.
Mt. Clemens, MI  48043
ccplusdance.com
Special needs dance/exercise classes for those with physical and/or developmental disabilities.
Accessible Playgrounds in Michigan

The playground is accessible for children and adults. Parents and grandparents who have physical disabilities will be able to play with their children and grandchildren on the equipment.

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**Ann Arbor**
High Point School

**Battle Creek**
Bailey park

**Blissfield**
Bachmayer Little League Park

**Bloomfield Hills**
Wing Lake Development Center Playground

**Detroit** (2 playgrounds)
Dad Butler Playfield and Delray Community Center

**Flint**
Longfellow/Summerfield Play Area

**Goodells**
Pine River Nature Center
2585 Castor Road.
The universally accessible tree house at the nature center is available for public visits.
The tree house was built as part of an Access to Recreation grant through the Community Foundation of St. Clair County. The Access to Recreation program was awarded to the Community Foundation by the W.K. Kellogg Foundation's efforts to expand opportunities for people with disabilities to enjoy the outdoors.

**Hillman**
Tiger Paw Park

**Holland**
Rotary Playground

**Kalamazoo**
Upjohn Park

**Lansing**
North School Community Playground

**Lawton**
Kids Dream - Chancy Lewis Park
520 S. Main Street
It is a nicely shaded wood playground with steps, bridges, monkey bars, rope ladders, shakey platforms and more. There is only one entrance and exit, making it easier to keep track of children and a separate Tot Lot area with small steps, a slide, a sandbox, monkey bars and large wooden cars to “drive.”

**Monroe**
Monroe Welcome Center

**New Buffalo**
New Buffalo Welcome Center

**Portage**
Ramona Park

**Saginaw**
Rainbow's End - Krossroads Park

**Sandusky**
Sandusky City Park

**Southfield**
The Play Farm - Inglebrook Park

**Sterling Heights**
Dodge Park

**Traverse City**
Eastern Elementary School Playground - 1600 Eastern Ave.

**Waterford**
Paradise Peninsula - Waterford Oaks County Park - 1702 Scott Lake Rd.)
The play structure, whose theme in Michigan Landscape, include: an "Up North Woods" cabin, simulated tree fort, sand dunes area, marsh challenge course with simulated cattails, raised sand play area and multiple climbing structures. Colorful rubberized surfacing depict Michigan's Lakes and Rivers.

**Watersmeet**
Western UP

**Wayne**
Play 4 All - Soroptmist Park

**West Bloomfield**
MarshBank Park
In addition to a rampingsystem, the Lanscape Structures' PlayBooster playstructure offers unique play experiences with many sensory play panels, bridges, slides and climbers. Children of all abilities will be right in the middle of the action while visiting this inclusive play space.

**Wyoming**
Frog Hollow - Metropolitan Hospital Health Village
Being a parent is a big job! It is fun, exciting and very rewarding. It can also be exhausting, confusing and at times, overwhelming. As parents we sometimes need information or ideas and sometimes we just need to talk things over.

Now with just one phone call you can:

Find Information
about the wide variety of parent resources within your community to meet your needs.

Connect with others
through play groups and planned family events.

Gain parenting know-how
through newsletters, parent sharing sessions or individual parent/child education.

Whatever your parenting needs are, call us toll-free at

1.866.4MACOMB (1.866.462.2662)

We’re here to help you!

Service available to parents of children birth to age 5, free of charge, through ... GREAT PARENTS-MACOMB

A Collaborative effort between the school districts and community partners of Macomb County. Made possible through a State of Michigan Great Parents grant awarded to Macomb Intermediate School District.

migreatparents.org
Ready to Hit the Road?
DID YOU REMEMBER . . .

• Water
• Hats
• Sunscreen
• Bike Helmets
• Phone

• Fruit
• Healthy Trail Mix
• Sunglasses
• First Aid Kit

Have fun with your family!!
www.hkhf.macombgov.org

DO IT YOURSELF
HEALTHY TRAIL MIX
FOR KIDS

Fill little snack sized baggies or small plastic containers with equal parts of your favorite goodies.

Snack Crackers - Goldfish, Sesame Sticks, Wheat Thins, Teddy Grahams

Nuts - Walnuts, Almonds, Peanuts

Dry Cereal - Cheerios, Chex, Oat Squares

Dried Fruit - Raisins, Apples, Apricots, Pineapples

Pretzels

*Nuts may be a choking hazard for children under 3 years of age
Healthy Kids Healthy Futures
Coalition Members

Arab Community Center for Economic & Social Services (ACCESS)
Girl Scouts of Southeastern Michigan
Great Parents - Great Start Macomb County
Henry Ford Macomb Hospital
Huron-Clinton Metroparks
L’Anse Creuse Public Schools
Macomb County Head Start
Macomb County Health Department
Macomb Intermediate School District
Michigan State University Extension (MSUE)
SpotPE
St. John Clintondale
Warren Parks and Recreation

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HEALTHY KIDS ARE HAPPY KIDS

• A healthy start begins with breakfast.
• Get out and play at least 60 minutes every day.
• Choose water instead of juice or pop.
• A wide variety of fruits and vegetables a day gives you energy to play.
• Keep snacks small and healthy.
• Limit TV, computer and video game time to no more than 2 hours a day.
• End the day right. Children need 9-12 hours of sleep every night.
Macomb County Health Department
586 412-3397
hkhf.macombgov.org
facebook.com/hkhfcoalition