



OUT and ABOUT IN MACOMB

A guide to fun physical activities
for you and your family



www.healthykidshealthyfutures.com



Obesity is a serious health concern for children and adolescents.

It increases the chance your child will develop health problems, such as diabetes, high blood pressure and symptoms of early heart disease. Childhood obesity has doubled in children and tripled in adolescents in the past 20 years.

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.



OUT and ABOUT IN MACOMB

Mission Statement

To promote healthy choices and behaviors among Macomb County children which will impact the incidence of chronic diseases.

“Practicing Healthy Habits from the Beginning”



Macomb County Health Department

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BATTING CAGES

CJ Barrymore's
21750 Hall Road
Clinton Twp., MI
48038
(586) 469-2800



**Detroit
Batting
Academy**
(586) 264-1122
35977 Mound
Sterling Heights, MI 48310

Homeplate
(586) 296-5655
32909 Harper Ave.
St. Clair Shores, MI 48082

Macomb Batting Cages
(586) 775-6801
29901 Groesbeck
Roseville, MI 48066

BIKING

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



Macomb-Orchard Trail
(586) 469-5285
15000 Metropolitan Pkwy.
Sterling Heights, MI 48312
www.macomborchardtrail.com

Metro Beach Metropark

(586) 463-4581
31300 Metro Pkwy.
(800) 477-3172
Mt. Clemens, MI 48046
www.metroparks.com



Stony Creek Metropark

(586) 781-4242
4300 Main Park Rd.
(800) 477-7766
Shelby, MI 48316
www.metroparks.com

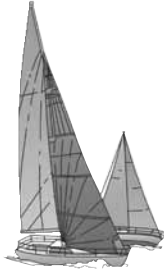
Metro Beach Metropark

(800) 477-7756
31300 Metropolitan Pkwy.
Mt. Clemens, MI 48046
www.metropark.com

Stony Creek Metropark

(586) 781-4242
4300 Main Park Rd.
Shelby, MI 48316
www.metroparks.com

BOATING ACCESS SITES



Brandenburg Memorial

(586) 949-0400
Chesterfield Twp.
48051
www.chesterfieldtwp.org

Clinton River Cut-off

(586) 979-7010
15000 Metropolitan Pkwy.
Sterling Heights, MI 48312
www.freedomhillcountypark.com

Harley Ensign Memorial

(810) 765-5605
www.michigan.gov/dnr

Algonac State Park

(810) 765-5605
www.michigandnr.com

BOWLING

AMF Rose Bowling

(586) 771-4140
28001 Groesbeck
Roseville, MI
48066



www.rosebowl lanesamfcenters.com

Apollo Lanes

(586) 772-2070
29410 Gratiot
Roseville, MI 48066

Bonanza Lanes

(586) 756-3000
24600 Hoover
Warren, MI 48089



Bronco Lanes

(586) 756-8200
22323 Ryan
Warren, MI 48091
www.bowldetroit.com

Continental Lanes

(586) 293-2300
31055 Gratiot
Roseville, MI 48066
www.continentallanes.com

Eastpointe Bowl

(586) 776-1505
21620 Gratiot
Eastpointe, MI
48021



Fern Hill Lanes & Golf Course

(586) 286-5060
17600 Clinton River Dr.
Clinton Twp., MI 48038
www.fernhillcc.com

Fraser Star Lanes

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

Fountainview Lanes

34244 Groesbeck Hwy.
Clinton Twp., MI 48035
(586) 792-1900

Friendly Sterling Lanes

(586) 979-5200
33200 Schoenherr
Sterling Heights, MI 48312

Harbor Lanes Bowling Ctr.

(586) 772-1200
25419 Jefferson
St. Clair Shores, MI 48081

Imperial Lanes

(586) 286-8700
44650 Garfield
Clinton Twp., MI 48038
www.imperiallanes.com

Kingswood Lanes

(586) 469-6411
44925 N. Groesbeck
Clinton Twp., MI 48036
www.bowldetroit.com

Lakeshore Lanes

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



Pampa Lanes

(586) 264-8877
31925 Van Dyke
Warren, MI. 48093

Premier Lanes

(586) 725-2228

33151 23 Mile

Chesterfield, MI 48047



Shelby Lanes

(586) 731-4800

50721 Van Dyke

Shelby, MI 48317

www.bowldetroit.com

Shore Lanes

(586) 293-0880

31100 Harper

St. Clair Shores, MI 48082

Shorecrest Lanes

(586) 776-3033

23117 Harper

St. Clair Shores, MI 48080

www.shorecrestlanes.com

Recreation Bowling

(586) 468-7746

40 Crocker Blvd.

Mt. Clemens, MI 48043

Regal Lanes

(586) 751-4770

27663 Mound

Warren, MI 48091

Royal Lanes

(586) 758-4030

21600 Dequindre

Warren, MI 48091

Salt River Lanes

(586) 725-0311

33633 23 Mile Road

New Baltimore, MI 48047

Seven Star Lanes

(586) 757-5900

7580 East 9 Mile Road

Warren, MI 48091



Sterling Lanes

(586) 979-5200

33200 Schoenherr

Sterling Heights, MI 48312

Strikers Entertainment Center

(586) 727-9292

30971 Armada Ridge

Richmond, MI 48062

Sunnybrook Golf & Bowl
(586) 264-2700
7191 17 Mile Road
Sterling Heights, MI 48313
www.sunnybrookgolfandbowl.com

Total Sports Lanes
(586) 463-2000
40501 Production Dr.
Harrison Twp., MI 48045
www.totalsportsinc.net



Universal Lanes
(586) 751-2828
2101 E. 12 Mile Road
Warren, MI 48092
www.bowldetroit.com

Van Dyke Bowl
(586) 739-3700
43601 Van Dyke
Sterling Heights, MI 48314

COMMUNITY CENTERS AND PARKS AND RECREATION

**Armada Community
Enrichment Program**
(586) 784-2258
23900 Armada Center
Armada, MI 48005
www.armada.net

**Bruce Township
Parks & Recreation**
**Romeo-Washington-Bruce
Parks & Recreation**
(586) 752-6543
361 Morton Street
Romeo, MI 48065
www.brucetwp.org

**Centerline
Parks & Recreation**
(586) 757-1610
25355 Lawrence
Centerline, MI 48015
www.centerline.gov

**Chesterfield Township
Parks & Recreation**
(586) 949-0400 Ext. 4
47275 Sugarbush Road,
Chesterfield, MI 48051
www.chesterfieldtwp.org
www.anchorbaychamber.com



**Clinton Township
Parks & Recreation**
(586) 286-9336
40700 Romeo Plank
Clinton Twp., MI 48038
www.clintontownship-mi.gov

**Eastpointe
Parks & Recreation**
(586) 445-5080
16435 East Eight Mile Road,
Eastpointe, MI 48021
www.ci.eastpointe.mi.us



**Fraser
Parks & Recreation**
(586) 296-8483
33000 Garfield
Fraser, MI 48026
www.ci-fraser.mi.us

**Harrison Township
Parks & Recreation**
(586) 466-1440
38151 L'Anse Creuse
Harrison Twp., MI 48045
www.harrison-township.org

Ira Township Parks
www.anchorbaychamber.com

Lenox Township Hall
(586) 727-2085
63975 Gratiot
Lenox, MI 48048
www.lenoxtpw.org
www.anchorbaychamber.com

**Macomb Township
Parks & Recreation**
(586) 992-2900
5411 Broughton
Macomb Twp., MI 48042
www.macomb-mi.gov

**Mount Clemens Parks &
Recreation YMCA**
(586) 468-1411
10 North River Road
Mt. Clemens, MI 48043
www.cityofmountclemens.com
www.downtownmountclemens.com
www.ymcadetroit.org

New Baltimore Parks
www.cityofnewbaltimore.com
www.anchorbaychamber.com

New Haven Park
www.anchorbaychamber.com

**Ray Township
Parks & Recreation**
(586) 749-5171
64255 Wolcott
Ray Twp., MI 48096
www.raytpw.org



**Rainbow Recreation of
Michigan**
(586) 254-5404
7732 Auburn
Utica, MI 48317
www.kidsgottaplay.com



**Richmond
Parks & Recreation**

(586) 727-3064
36164 Festival Drive
Richmond, MI 48062
www.cityofrichmond.net

Romeo Parks & Recreation

(586) 752-6543
361 Morton Street
Romeo, MI 48065
www.rwchamber.com
www.rwbparksrec.org

**Roseville
Parks & Recreation**

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

**St. Clair Shores
Parks & Recreation**

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

**Shelby Township
Parks & Recreation**

(586) 731-0300
52602 Van Dyke
Shelby Twp., MI 48316
www.shelbytpw.org

**Sterling Heights
Parks & Recreation**
(586) 446-2700
40620 Utica Road
Sterling Heights, MI 48313
www.ci.sterling-heights.mi.us

Utica
(586) 739-1600
7550 Auburn Road,
Utica, MI 48317
www.cityofutica.org

**Warren
Parks & Recreation**
(586) 268-8400
5460 Arden
Warren, MI 48092
www.cityofwarren.org



**Washington Township
Parks & Recreation**
(586) 752-6543
361 Morton Street
Romeo, MI 48065
www.washingtontownship.org
www.rwchamber.com
www.rwbparksrec.org

CROSS COUNTRY SKIING



Macomb Orchard Trail
(586) 469-5285
15000 Metropolitan Pkwy.
Sterling Heights, MI 48312
www.macomborchardtrail.com

Metro Beach Metropark
(586) 463-4581
(800) 477-3172
31300 Metropolitan Pkwy.
Harrison Twp., MI 48045
www.metroparks.com

Stony Creek Metropark
(586) 781-4621
4300 Main Park Rd.
(800) 477-7756
Shelby, MI 48316
www.metroparks.com

DANCE INSTRUCTION

Allard Academy of Dance
(586) 792-5003
35607 Harper
Clinton Twp., MI 48035

Allard Academy of Dance
(586) 792-5003
27927 Vogt Street
St. Clair Shores, MI
48081

All World Gymnastics
(586) 978-8908
32556 Dequindre
Warren, MI 48092

**Anita's Theatre Dance
& Performing Arts**
(586) 978-8450
37336 Van Dyke
Sterling
Heights, MI
48312



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

**Arthur Murray
Dance Studio**
35836 Van Dyke Ave.
Sterling Heights, MI 48312
(586) 977-2121

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

Artistic Dance Co.
(586) 226-1858
16774 21 Mile Road
Macomb, MI 48044

Bev's Dance Studio
(586) 725-4858
35248 Cricklewood
New Baltimore, MI 48047



Bravo Dance Center
(586) 781-3188
51242 Romeo Plank
Macomb, MI 48042

**Broadway Bound Studio of
Dance Excellence**
(586) 725-7480
51130 D.W. Seaton
Chesterfield, MI 48047

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

**Center Stage Dance
Academy**
(586) 739-4333
8187 Rhode
Shelby, MI 48317

**Charmaine's Studio of
Dance**
(586) 293-2980
20335 Catherine Street
Roseville, MI 48066

Dance Academy
(586) 727-4894
34517 Fuerstanau
Richmond, MI 48062

Dance Class
(586) 826-8450
3947 17 Mile Road
Sterling Heights, MI 48310

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

Dance Fusion
(586) 286-9773
40732 Hayes
Clinton Twp., MI
48038

Dance Scene
(586) 757-6300
25333 Van Dyke
Center Line, MI 48015
www.dancescene.org

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

Dancer's Edge Studio
(586) 421-2000
21475 21 Mile Road
Macomb, MI 48044

Dancer's Workshop
(586) 777-3290
29629 Harper
10 St. Clair Shores, MI 48081



Dancetera
(586) 773-1723
17806 13 Mile Road
Roseville, MI
48066



**Deborah's
Stage Door**
(586) 739-3262
51572 Danview
Technology Court
Shelby Twp., MI
48315

www.deborahsstagedoor.com

**Drop Everything and
Dance Studio**
(586) 948-3440
52274 Gratiot Ave.
Chesterfield, MI 48051

**Center For The
Performing Arts**
(586) 739-3262
51572 Danview Technology Ct.
Shelby, MI 48315

www.deborahsstagedoor.com

**Encore the
Dance Centre**
(586) 285-5299
16012 15 Mile
Road
Fraser, MI 48026



**Expression's
Dance Center**
(586) 247-2040
48826 Hayes
Macomb, MI 48044

Gotta Dance
(586) 566-0560
43710 Schoenherr
Sterling Heights, MI 48313

Janice's Dance Studio
(586) 247-6969
43043 Hayes
Sterling Heights, MI 48313

Knapp School of Dance
5460 Arden
Warren, MI 48092
(586) 268-8400



Linia's School of Dance
(586) 268-3880
13241 14 Mile Road
Sterling Heights, MI 48312

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

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

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

Romeo Civic Dance Center
(586) 752-4311
319 Dickenson
Romeo, MI 48065

**Spotlight Dance
Works Center**
(586) 949-5630
25982 S. Knollwood
Chesterfield, MI 48051
www.spotlightdanceworks.net

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

**Tina Marie's
School of Dance**
(586) 726-2332
49157 Schoenherr Road
Shelby Twp., MI 48315

**Tina Marie's
School of Dance**
(586) 977-8900
3668 Chicago Rd.
Warren, MI 48092



ENTERTAINMENT CENTERS

**Bayou Adventure
(Located in Joe Dumars
Fieldhouse)**
(586) 731-3080
45300 Mound Road
Utica, MI 48317

Bouncin' Kidz Party Central
(586) 477-2215
44682 Morley Drive
Clinton Twp., MI 48036
www.bouncinkidz.com

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

Maxx Play
(586) 731-5006
50625 Van Dyke
Shelby Twp., MI 48315
www.maxxplaycenter.com

FIGURE SKATING

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



Mt. Clemens Ice Arena & Fitness Center

(586) 307-8202
200 North Groesbeck
Mt. Clemens, MI 48043
www.mtclemensicearena.com

St. Clair Shores Figure Skating Club

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

FISHING



Second Heaven

(586) 751-5404
27487 Bristol Dr.
Warren, MI 48092

Stony Creek Metropark

(586) 781-4242
(800) 477-7756
4300 Main Park Rd.
Shelby, MI 48316
www.metroparks.com



Crew's Inn Sportfishing Charter, Inc.

(586) 465-4124
37865 Terra Mar
Harrison Twp., MI 48045

Lakeside Fishing Shop

(586) 777-7003
25110 Jefferson
St. Clair Shores, MI 48081
www.lakesidefishingshop.com

Metro Beach Metropark

(586) 463-4581
(800) 477-3172
31300 Metro Pky.
Mt. Clemens, MI 48043
www.metroparks.com

Professional Fishing & Archery Center

(586) 469-2070
36257 Jefferson
(586) 463-3474
Harrison Twp., MI 48045

GOLF



Belle River Golf Course

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

Bruce Hills Golf Course

(586) 752-7244
6771 Taft
Romeo, MI 48065
www.golfbrucehills.com



Cedar Glen Golf Course

(586) 725-8156
36860 25 Mile Road
New Baltimore, MI 48047

Cherry Creek Golf Course

(586) 254-7700
52000 Cherry Creek Dr.
Shelby, MI 48316
www.cherrycreekgolf.com

Cracklewood Golf Club

(586) 781-0808
18215 24 Mile Road
Macomb, MI 48042

Fern Hill Golf Course

(586) 286-4700
17600 Clinton River Rd.
Clinton Twp., MI 48038
www.fernhillcc.com

Glacier Club

(586) 781-2288
8000 Glacier Club Dr.
Washington, MI 48094
www.glacierclub.com

Greystone Golf Club & Banquet Center

(586) 752-7030
67500 Mound
Washington, MI 48095
www.golfgreystone.com

Heather Hills Golf Course

(810) 798-3971
3100 McKail
Romeo, MI 48065
www.heatherhills.net

Hickory Hollow Golf Course

(586) 949-9033
49001 North Ave.
Macomb, MI 48042

Maple Lane Golf Course

(586) 795-4000
33203 Maple Lane Dr.
Sterling Heights, MI 48312

Michigan Meadows Golf Course

(586) 727-7029
4575 County
Line Road
Casco, MI
48064



Orchard's Golf Course

(586) 786-7200
62900 Campground Rd.
Washington, MI 48094
www.orchards.com

Pine Valley Golf Club

(586) 752-9633
16801 31 Mile Road
Ray, MI 48096

Plumbrook Golf Course

(586) 264-9411
13390 Plumbrook Dr.
Sterling Heights, MI 48312
www.plumbrookgolf.com



Rambler Golf Course

(586) 264-4101
38180 Utica
Sterling Heights, MI 48312

Rattle Run

(810) 329-2070
7163 St. Clair Hwy.
East China, MI 48079
www.rattlerun.com

Richmond Forest Golf Course

(586) 727-4742
33300 32 Mile Road
Lenox, MI 48050
www.richmondforestgolf.com

Romeo Golf Course

(586) 752-9673
14600 32 Mile Road
Washington, MI 48095

Salt River Golf Course

(586) 725-0311
33633 23 Mile Road
New Baltimore, MI 48047

Stony Creek Metropark

(586) 781-4242
(800) 477-7756
4300 Main ParkShelby, MI
48316
www.metroparks.com

Sunnybrook Golf Course

(586) 977-0759
7191 17 Mile Road
Sterling Heights, MI 48313

Sycamore Hills Golf Course

(586) 598-9500
48787 North Ave.
Macomb, MI 48042
www.sycamorehills.com

Wolcott Mill Golf Course

(586) 749-3415
21690 27 Mile Road
Ray, MI 48096
www.metroparksgolf.com

Warfield Greens

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

GYMNASTICS

American Gymnastics Institute

(586) 598-0400
51925 Gratiot Ave.
Chesterfield, MI
48047

www.agimichigan.com



American Gymnastics and Cheer

(586) 752-3547

14837 32 Mile Road

Romeo, MI 48065

www.agimichigan.com/romeo

Artistic Gymnastics

(586) 776-6678

29925 Groesbeck

Roseville, MI 48066

www.artisticgymnastics.com

Olympia Gymnastics Academy

(586) 803-1333

51676 DanView Technology

Shelby, MI 48316

www.olympiagymnastics.com

HIKING

Freedom Hill County Park

(586) 979-7010

15000 Metropolitan Pkwy.

Sterling Heights, MI 48312

www.freedomhillcountypark.com

Macomb Orchard Trail

(586) 469-5285

15000 Metropolitan Pkwy.

Sterling Heights, MI 48312

www.macomborchardtrail.com

Metro Beach Metropark

(586) 463-4581

(800)477-3172

31300 Metropolitan Pkwy.

Mt. Clemens, MI 48043

www.metroparks.com



Stony Creek Metropark

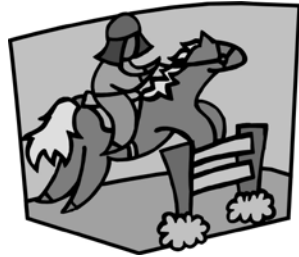
(586) 781-4242

(800)477-7756

4300 Main Park Rd.

Shelby Twp, MI 48316

www.metroparks.com



HORSEBACK RIDING

First Impression Farms

(586) 727-6661

29434 32 Mile Road

Lenox Twp., MI 48050

(Therapeutic Riding)

www.firstimpressionfarms.com

Macomb-Orchard Trail

(586) 469-5285

15000 Metropolitan Pkwy.

Sterling Heights, MI 48312

www.macomborchardtrail.com

Springbrook Stables

(586) 739-8622

42500 Ryan

Sterling Heights, MI 48314

www.springbrookstables.com

Windermere Equestrian Ctr.

(586) 465-2170

20615 Dunham Rd.

Clinton Twp., MI 48038

www.windermereequstrian.com

ICE SKATING PONDS

City Square Ice Rink

(586) 574-4518
Warren Civic Center
(N of 12 Mile-E of Van Dyke)
Warren, MI 48093

Civic Center Park

(586) 286-9336
(S. of the Civic Ctr.)
Romeo Plank,
Clinton Twp., MI
48080



Dodge Park

(586) 446-2700
40620 Utica Road,
Sterling Heights, MI 48313

Dorothea-Lenore Park

(586) 468-1411
(btwn. Dorothea & Lenore
W. of North Ave.)
Mt. Clemens, MI 48043

Elmwood School

(586) 445-5350
(California & Alice)
St Clair Shores, MI 48080

Fairlane Park

(586) 445-5080
(Raven & Toepfer)
Eastpointe, MI 48080



Frederick Playfield

(586) 445-5350
(9 Mile & Pallister)
St. Clair Shores, MI 48080

Huron Park

(586) 445-5480
(off Frazho, E. of Gratiot)
Roseville, MI 48066

Lawndale Park

(586) 468-1411
(Lawndale &
Dickinson)
Mt. Clemens,
48043



Lenox Twp.

Community Center Park

(586) 727-2085
(on Gratiot)
Lenox, MI 48050

Macomb Twp Center Park

(586) 992-8600
(S. of 25 Mile,
W. of Broughton)
Macomb, MI 48042

Spindler Park

(586) 445-5080
19500 Stephens Road,
Eastpointe, MI 48021

Steffens Park

(586) 294-0450
(14 Mile Road & Garfield)
Fraser, MI 48026

Wahby Park

(586) 445-5350
(Jefferson, S. of 10 Mile Road)
St. Clair Shores, MI 48080

Wilson Park
(586) 468-1411
btwn. Wilson, South Highland
& Church St,
Mt. Clemens, MI 48043



ICE SPORTS

Centre Ice Academy Ltd
(586) 725-1929
35248 Cricklewood Blvd.
New Baltimore, MI 48047

**Great Lakes Hockey
Association**
(586) 415-9390
34400 Utica
Fraser, MI 48026

**Mt Clemens Hockey
Association**
(586) 468-6612
200 N. Groesbeck Hwy.
Mt. Clemens, MI 48043
www.mtclemenshockey.org

**Mt. Clemens Ice Arena &
Fitness Ctr.**
(586) 307-8202
200 N. Groesbeck Hwy.
Mt. Clemens, MI 48043
www.mtclemensicearena.com

Suburban Ice
(586) 992-8600
54755 Broughton Road
Macomb, MI 48042

KID FITNESS

**Gymboree of Grosse Pointe
& Clinton Twp.**
(586) 263-9778
40790 Garfield
Clinton Twp., MI 48038
www.gymboree.com

Kindermusic
(586) 263-9778
40790 Garfield
Clinton Twp., MI
48038
www.gymboree.com



Macomb-Orchard Trail
(586) 469-5285
15000 Metro Pkwy.
Sterling Heights, MI 48312
www.macomborchardtrail.com

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

LASER TAG

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

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

Laser Quest
(586) 790-5555
33800 Gratiot Ave.
Clinton Twp., MI 48035

Zap Zone
(586) 323-0030
7529 Auburn Road
Utica, MI 48317

MARTIAL ARTS

**Academy of Koei-Kan
Karate-Do**
(586) 731-1040
8803 Hall
Utica, MI 48317



**Al Tracy's Kenpo
Karate**
(586) 627-0201
44888 Heydenreich
Clinton Twp., MI 48038
www.kenpokarateshootfighting.com

**Choi Kwang Do
Martial Arts**
(586) 979-1700
4075 17 Mile
Sterling Heights, MI 48310

**Liegghio Family Martial
Arts**
(586) 741-5425
34837 Gratiot
Clinton Twp., MI 48035



Master K's
(586) 247-3013
40170 Hayes
Clinton Twp., MI 48038

**United Tae Kwon Do
-Warren**
(586) 268-1536
5819 East 13 Mile Road
Warren, MI 48092-1512
www.unitedtaekwondo.net

PARKS AND PRESERVES

**Bruce Township
Municipal Offices**
(586) 752-4585
223 E. Gates
Romeo, MI 48065
www.brucewp.org

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



2 community parks and recreation
center (residents only).



**Chesterfield Twp.
Municipal Offices**

(586) 949-0400
47275 Sugarbush
Chesterfield, MI 48047
www.chesterfieldtwp.org

2 community parks

Clinton Twp. Parks & Rec.

(586) 465-5056
24003 Henry B. Joy Blvd.
Clinton Twp., MI 48038
www.clintontownship.com

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

Freedom Hill County Park

(586) 979-7010
15000 Metro Pkwy.
Sterling Heights, MI 48312
www.freedomhillcountypark.com

Lenox Twp.

(586) 727-2085
63975 Gratiot
Lenox, MI 48050
www.lenoxtwp.org

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

Macomb Twp.

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

Rec. Center (Mem. req.):7,400 sq. ft. fitness center, 2 pools, gym, aerobics room, running track, teen game-room, sundeck, indoor playscape; etc.

Memphis

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

Parks: Edward Musial Memorial, Old School Park, City ball field



**Metro Beach
Metropark**

(586) 463-4581
(800) 477-3172
31300 Metropolitan Pkwy.
Harrison, MI 48045
www.metroparks.com

Ray Twp.

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

Parks: Ray Township Community park has a softball field, tennis courts, playground area and pavilions



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

Parks and Programs: 13 parks, nature center, soccer park, recreational program for developmentally challenged members of the community (12 to 40 years of age).



Stony Creek Metropark
(586) 781-4242
(800) 477-7756
4300 Main Park Rd.
Shelby, MI 48316
www.metroparks.com



Sterling Heights
(586) 446-2489
40555 Utica
Sterling Heights, MI 48312
www.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.

City of Warren
(586) 268-8400
5460 Arden
Warren, MI 48092
www.cityofwarren.org



Parks and Recreation: 3 rec. centers, 24 community parks, senior citizen programs/center, pools and water slides. (Mem. req.)

Washington Twp.
(586) 752-6543
361 Morton
Romeo, MI 48065
www.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 Metro Park
(586) 749-5997
(800) 477-3175
63841 Wolcott
Ray, MI 48096
www.metroparks.com



PUBLIC SWIMMING POOLS



Aquatic Center -Colleen Mellon

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

John F. Kennedy Pool

(586) 776-1380
24681 Schroeder
Eastpointe, MI 48021

Lac Sainte Claire Pool

(St. Clair Shores
Municipal Pool)
(586) 445-5270
27600 Jefferson
St. Clair Shores, MI 48081
www.stclairshores.net

Lakefront Park

(313) 343-2470
23000 Jefferson
St. Clair Shores, MI 48080
www.ci.gross-pointe-woods.mi.us

Macomb Township Community Center

(585) 992-2900
20699 Macomb St.
Macomb Twp, MI
www.macomb-mi.gov

Macomb YMCA

(586) 468-1411
10 North River Road
Mt. Clemens, MI 48043
www.ymcadetroit.org

Metropolitan Beach

(586) 463-4581
(800) 477-3172
31300 Metro Parkway
Harrison Twp, MI 48045
www.metroparks.com

Richmond Community Pool

(586) 727-8888
69310 Beebe Street
Richmond, MI 48062
www.allaboutrichmond.com/parks.htm

Warren Community Center Indoor Water Park

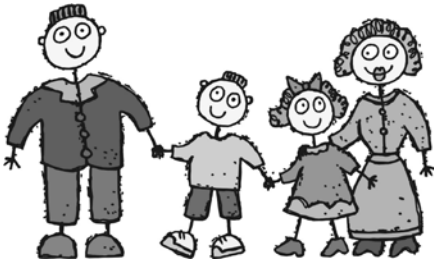
(586) 268-8400
5460 Arden
Warren, MI. 48092
www.cityofwarren.org

RACE CAR CENTERS



Bayou Adventure

(586) 731-3080
(located in Joe Dumars
Fieldhouse)
45300 Mound Road
Utica, MI 48317



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

Kart 2 Kart
 (16 years of age & older)
 (586) 997-8800
 42705 Van Dyke Ave.
 Sterling Heights, MI 48314

Van Dyke Sport Center Inc.
 (586) 979-2626
 32501 Van Dyke Ave.
 Warren, MI 48093

RACQUETBALL AND TENNIS

Peachtree Tennis & Health Club
 (586) 469-7000
 37600 Little Mack
 Clinton Twp., MI 48036



Player's Racquet & Fitness Club
 (586) 774-6900
 13750 East 11 Mile
 Warren, MI 48089

Rose Shores Athletic Club
 (586) 296-2200
 31950 Little Mack
 Roseville, MI 48066



Total Sports
 (586) 463-2000
 40501 Production Dr.
 Harrison Twp, MI 48045

Warren Racquetball & Fitness
 (586) 574-2580
 29901 Civic Center Blvd.
 Warren, MI 48093

Wimbledon Racquet Club
 (586) 774-1300
 20250 East 9 Mile Road
 St. Clair Shores, MI 48080

ROCK CLIMBING

Bayou Adventure
 (located in Joe Dumars Fieldhouse)
 (586) 731-3080
 45300 Mound Road
 Utica, MI 48317

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



SCOUTS

Boy Scouts of Macomb County

Contact Heather Leet
(248) 338-0035

www.macomb.cvc-bsa.org

Girl Scouts of Southeastern MI Clinton Twp. Service Ctr.

(586) 263-0220

42804 Garfield

Clinton Twp., MI 48038

www.girlscouts-macomb.org

www.gssem.org



SCUBA DIVING

Advanced Aquatics Diving Inc.

(586) 779-8777

25020 Jefferson

St. Clair Shores, MI 48080

Anchor Bay Scuba Training Center

(586) 725-1991

8655 Dixie Hwy.

Fair Haven, MI 48023

www.anchorbayscuba.com

Bruno's Dive Shop

(586) 792-2040

21165 Vermader Ave.

Clinton Twp., MI 48035

www.brunodiveshop.com

Great Lakes Divecenter, Inc.

(586) 254-7670

47450 Van Dyke

Shelby, MI



Sea Side Diving Inc.

(586) 772-7676

28612 Harper

St. Clair Shores, MI 48081

www.seasidediveshop.com

SKATING

Great Lakes Sports City

(586) 294-2400

34400 Utica

Fraser, MI

48026



The Great Skate

(586) 777-4300

29100 Hayes

Roseville, MI 48066

www.greatskateonline.com

The Rink

(586) 731-5006

50625 Van Dyke

Shelby, MI 48317

www.therinkinc.com



SKATEBOARDING



Landslide Skate Park

(586) 469-1170
44621 Morley Dr.
(586) 469-1172
Clinton Twp., MI 48036
www.landslidesk8.com

Oakland Vert Skatepark

(586) 979-5662
6010 Wall Street
Metropolitan Parkway and east of
Mound Road in Sterling Heights

Shadyside Skatepark

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

Skateplex

(586) 979-9700
6833 Center Dr.
Sterling Heights, MI 48312
www.miha.us

SKYDIVING

Midwest Freefall, Inc.

(586) 752-5867
62912 Kunstman
Ray, MI 48096
www.midwestfreefall.com

SLEDDING HILLS

Beaver Creek Park

(586) 979-5230
(Bier St. S. of 15
Mile & E of Ryan)
Warren, MI



Carpathia Park

(586) 446-2700
(Connie Dr., S. of
Fox Hill Dr. & E of Ryan)
Sterling Heights, MI 48310

Civic Center Park

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

Delia Park

(586) 446-2700
3001 18 Mile Road
Sterling Heights, MI 48313

Hampton Park

(586) 446-2700
4600 Franklin Road
Sterling Heights, MI 48313

Huron Park

(586) 445-5480
(Frazho & Kelly)
Roseville, MI
48066



Magnolia Park

(586) 446-2700
4900 Metropolitan Pwky.
Sterling Heights, MI 48313

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

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

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

Stoney Creek Metropark
(586) 781-4242
4300 Main Park Road
ShelbyTwp., MI 48316
\$4.00 entrance fee

SOCCER CLUBS



**American Youth Soccer
Organization Region 708**
(586) 264-1223
31639 Belleau Dr.
Warren, MI 48092
www.ayso708.org



**American Youth Soccer
Organization Region 459**
(586) 739-9797
Shelby, MI 48315

Ayso Region 125
(586) 296-9388
34046 Klein
Fraser, MI 48026

Fraser Soccer Club
P.O. Box 26194
Fraser, MI 48026

Soccer City of Shelby Twp.
(586) 739-6267
2452 23 Mile Road
Shelby Twp., MI 48317

**St. Clair Shores
Youth Soccer League**
(586) 776-8561
27125 Grove
St. Clair Shores, MI 48081
www.scsysl.com

**Sterling
Clinton
Soccer Club**
Rick Shaheen:
rshaheen@
sigmarep.com
Mark Hanna: Markox5@aol.com



United Soccer League
(586) 992-2707
54599 Sassafras
Shelby Twp., MI 48315
www.us/utica.org

SOFTBALL

**Clinton Valley
Little League**
(586) 286-1814
42446 Ehrke Dr.
Clinton Twp., MI
48038
[www.eteamz.com/
cvllmichigan](http://www.eteamz.com/cvllmichigan)



**Fraser Parks
and Rec.**
(586) 294-0450
33000 Garfield
Fraser, MI 48026

The Hitting Zone Inc.
(586) 469-1700
1545 Rose
Mt. Clemens, MI 48043
www.hittingzoneinfo.com

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

YMCA

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



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

Warren Family YMCA
(586) 751.1050
8777 Common
Warren, MI 48093
www.ymcadetroit.org

SPECIAL SECTION

GEOCACHING

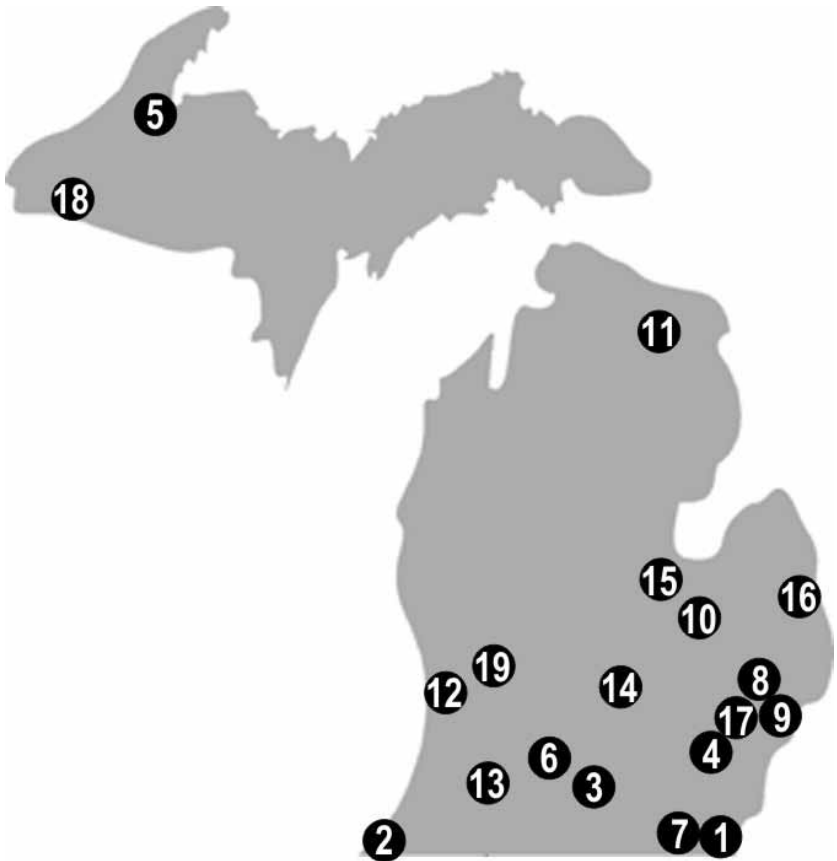
A high-tech outdoor treasure hunt game families can enjoy together. Geocachers seek out hidden treasures (trinkets) utilizing GPS coordinates posted on the internet by those hiding the cache. The finder takes something from the container as a memento, leaves something for the next player, signs the log,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



Able to Play Project

19 Locations in Michigan

1. Michigan Welcome Center at Monroe
2. Michigan Welcome Center at New Buffalo
3. Albion
4. Ann Arbor
5. Baraga
6. Battle Creek
7. Blissfield
8. Bloomfield Hills
9. Detroit (2)
10. Flint
11. Hillman
12. Holland (2)
13. Kalamazoo
14. Lansing
15. Saginaw
16. Sandusky
17. Southfield
18. Watersmeet
19. Wyoming



Great Parents, Great Start Macomb



PARENTS . . . THIS ONE'S FOR YOU!

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!

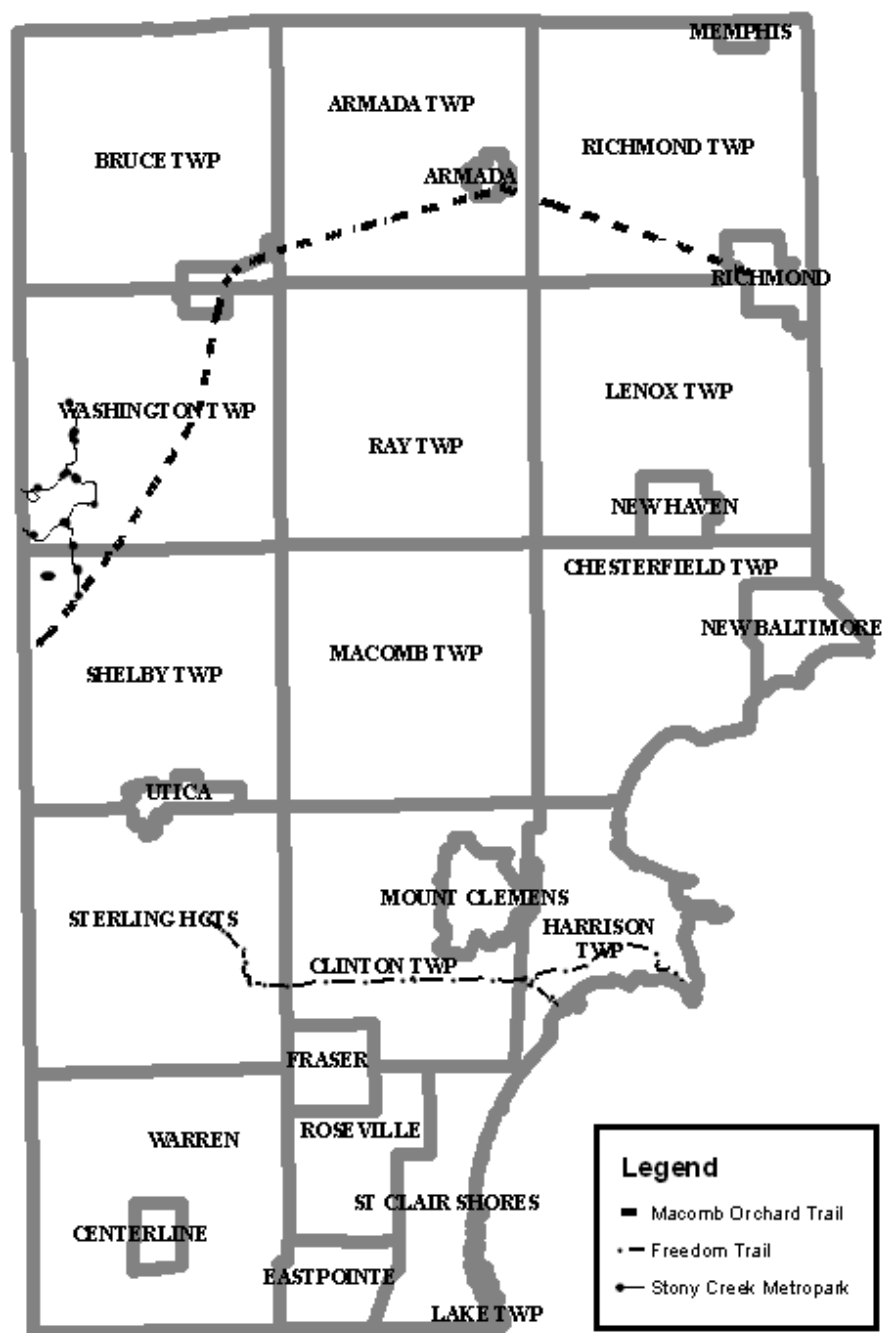
Service available to parents of children birth to age 5 , free of charge, through ...

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

Macomb County Trails



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!!

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

C.A.R.E.

Girl Scouts of Macomb County

Great Parents Macomb - Great Start Macomb

Henry Ford Macomb Hospital

L'Anse Creuse Public Schools

Macomb County Department of
Planning and Economic Development

Macomb County Head Start

Macomb County Health Department

Macomb Family YMCA

Macomb Intermediate School District

Michigan State University Extension (MSUE)

Roseville Parks & Recreation

St. John Health

Warren Community Center



Prepared by:
Macomb County Department of Planning &
Economic Development - *GIS & Graphic Services*



Revised 2/2009

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
586 412-3399
www.healthykidshealthyfutures.com

