



Get Active this Fall & Winter

Events, Places to Go and Things to Do

Events

November 9 - Tortoise and Hare Ann Arbor Turkey Trot 5K Run/Walk, 10K Run, Iron Turkey Classic, & Kids' Dash

Start Times:

- Kids' Dash.....8:30 AM
- 5K Run/Walk (Men & Women together)...9:00 AM
- 10K Run10:00 AM

Place: Hudson Mills Metro Park

November 27 - Thanksgiving Day Turkey Trot

Time: 8 a.m.

Place: Ann Arbor, Corner of Hill and 5th St.

Distance: 5K

<http://www.redrockco.com/thanksgiving-day-turkey-trot>

Contact: Ron Suffolk at 248-446-1315

Places to Go and Things to Do

Corn Maze: Talladay Farms

Every Friday - Sunday, Sept. 12-Nov. 2

Time: 1-9:30 p.m.

Possibly Washtenaw County's most baffling corn maze, this vegetable labyrinth features over 10 miles of paths that form intricate transportation-themed designs, including a car, a boat, a semi truck, a school bus, and an airplane - all precision-cut with Farm Works software and a GPS unit. Take a flashlight if coming after dark. Adjacent to Wasem's Orchards. 6270 Judd Rd. (left off McCrone/Stony Creek right off the US-23 Willis Rd. exit). \$6 (kids ages 5-11, \$5; 4 and under, free). 439-2313.

Classes and Camps

Ann Arbor Rec & Ed

1530 Eisenhower Place, Ann Arbor Phone: (734)994-2300

This program offers a broad selection of youth sports including: baseball, basketball, field hockey, flag football, lacrosse, soccer, softball, volleyball, etc. for all ages. You can also sign up for summer camps.

www.aareced.com

Ann Arbor YMCA

400 W. Washington Ann Arbor Phone: (734) 996-9622

Open swim and gym activities including basketball, volleyball, soccer, etc. Also register for summer classes, sports leagues and summer day camps. Membership fees vary.

www.annarborymca.org

Health and Fitness Center of Washtenaw Community College

4833 East Huron River Drive, Ann Arbor Phone: 734-975-9950

Hours: Mon-Thurs: 5am-9:30pm, Fri: 5am-8pm, Sat-Sun: 7am-6pm

This center has a 25-yard lap pool, a warm water activity pool, Kids in Motion childcare, expansive fitness floor with state-of-the-art equipment, full-sized basketball and volleyball courts, cushioned walk/jog track, four group exercise studios, locker rooms with lots of amenities, personal training and weight management programs, and comprehensive group exercise scheduling including yoga, Pilates, cycling, strengthening and conditioning classes and aquatics at no additional charge. Membership fees are \$60/month, + \$45 for each family member. WCC students and employees receive a discounted rate.

www.wccfitness.org

MFit Exercise and Relaxation Classes

MFit offers a variety of exercise and relaxation classes at locations across the University of Michigan medical complex, the Ann Arbor campus and at the MFit Fitness Center-Ice Cube. MFit classes are open to all UMHS employees, U of M employees and the general public. Some of the classes include Zumba, Laughter Yoga, Abs and Back, Body Sculpting and Strength Training, Circuit Training, Gentle Yoga, Step Aerobics, Pilates, Belly Dancing, Personal Training, and many more! For more information or to sign up for a class visit: www.med.umich.edu/mfit/employee/healthier-living.htm or call MFit at (734) 975-3024

Pittsfield Township Parks & Recreation

701 W. Ellsworth, Ann Arbor Phone: (734) 822-2120

Fall activities are available for ages: preschoolers to seniors! Enjoy going on walks, learning how to dance, or participating in a variety of sports that are offered throughout the fall. Also get involved in one of the many camps! For more information go to:

http://pittsfieldtwp.org/departments/sup/parks/rec_classes

University of Michigan Department of Rec Sports

401 Washtenaw Ave., Room 1056, Ann Arbor Phone: (734) 647-7714

Rec Sports for UM students, faculty and staff has drop-in and Challenge Programs, Intramural Sports Program, Outdoor Adventure Programs, and even a rock-climbing wall at the CCRB (Central Campus Recreational Building). Membership fees vary. For more information visit www.recsports.umich.edu

University of Michigan U-Move Fitness

U-Move offers a wide variety of group exercise and wellness classes to faculty, staff, and students of the University of Michigan and residents of Ann Arbor and surrounding communities. Faculty, staff, and community members must purchase a membership through Rec Sports in order to have unlimited access to facilities. For more information, please visit their web site at <http://www.umich.edu/~umove/> or call them at 734 764-1342. To register for U-Move Fitness classes- online, fax, or in person at the U-Move Fitness office (1256 CCRB).

WideWorld Sports Center

2140 Oak Valley Drive Ann Arbor Phone: (734)-913-GOAL

Hours: Mon-Fri: 9am-midnight, Sat-Sun: noon-11pm

Come check out this 15 acre facility with 3 indoor fields and 4 outdoor fields. Join a team or attend a camp for soccer, flag football, or lacrosse for adults and youth. Fees will vary.

www.wideworld-sports.com/index.asp



Get Active!

Ann Arbor Parks

Many have picnic shelters, restrooms, playgrounds, spray fountains or pools, softball fields, basketball courts, tennis courts, volleyball posts, picnic tables and walking paths and more.

<http://www.a2gov.org/government/communityservices/ParksandRecreation/parks>

Ann Arbor Community Center

625 North Main Street, Ann Arbor Phone: 734.662.3128

Senior activities including exercise through dance and youth activities including basketball, and more.

www.annarborcommunitycenter.com

Ann Arbor Ice Cube:

2121 Oak Valley Dr., Ann Arbor Phone: (734) 213-1600

Voted "Best Ice Rink in Michigan!" by the Readers of Michigan Hockey Magazine. Open year-round.

Public Skate is: Adult: \$4, Youth: \$3, Skate Rental: \$3, Youth Tutor Rental: \$2. Drop In Hockey: \$7

www.a2ice3.com

Ann Arbor YMCA

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www.annarborymca.org

Briarwood Mall Walking

100 Briarwood Circle, Ann Arbor Phone: (734) 994-5315

Mall Walkers: One trip around the entire interior of the mall is just under 1 mile.

Monday - Saturday | 7:00 am to 9:00 pm Sunday | 9:00 am to 6:00 pm

The Buhr Outdoor Ice Arena

2751 Packard Road, Ann Arbor Phone: 734-971-3228

Ice skating activities include public skating, drop-in hockey, as well as rental hours. The facility has a heated lobby, vending, restrooms, and four separate locker rooms for hockey. Skate rentals available for \$3.

Cross-country trails: There is no charge to ski the ungroomed trails at Bird Hills Park, County Farm Park, Delhi Metropark, Dolph Park, Fuller Park, Gallup Park, Huron Hills and Leslie Park golf courses, or the U-M's Saginaw Forest. Skiers also make their own trails at the U-M's Radrick Farms Golf Course, including through adjacent woods. The public schools' Eberwhite Woods is also skiable, as are the prairies at Pioneer High.

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walk/jog track, four group exercise studios, locker rooms with lots of amenities, personal training and weight management programs, and comprehensive group exercise scheduling including yoga, Pilates, cycling, strengthening and conditioning classes and aquatics at no additional charge. Membership fees are \$60/month, + \$45 for each family member. WCC students and employees receive a discounted rate.
www.wccfitness.org

Huron Clinton Metro Paks

Many have picnic facilities, swings and slides, softball diamonds, hike/bike trails, nature trails, and an activity center, disc golf, tot lots, baseball, tennis, basketball, volleyball, and shuffleboard. Amenities may include eating facility, rental equipment on weekends, and trail maps. Vehicle entrance fees - \$4 daily.
<http://www.metroparks.com/>

Knubble Arena – Skating Rink

2121 Oak Valley Dr., Ann Arbor 48103-8901 Phone: (734) 213-0342

J.D. Jeffrey Arena Roller Skating Rink

3990 Jackson Blvd, Ann Arbor Phone: (734) 997-7465

Mack Indoor Pool

715 Brooks St., Ann Arbor Phone: (734) 994-2898

Come enjoy swimming, even throughout the cold winter months! Call for lap swim and open swim hours.

Daily Public Swim Fees		
Fees (subject to change)		
Ages		Fee
3 and under	Free w/ paid adult	FREE
Youth	Ages 4 - 17	\$3.50
Adult	Ages 18+	\$4.00
Senior	Over age 60	\$3.50

Meri Lou Murray Recreation Center

2960 Washtenaw, Ann Arbor Phone: (734) 971-6355

Fitness facilities include a pool, track, weight room, badminton, basketball, and volleyball. Fees vary.
 Hours: Mon–Fri: 6am–10pm, Sat: 8am–6pm, Sun: noon–10pm

Closed on Memorial Day, Fourth of July, and two weeks previous to and including Labor Day

<http://www.parks.ewashtenaw.org> (click on Parks and Facilities, Meri Lou Murray Recreation Center)

MFit Fitness Center at the Ice Cube

2121 Oak Valley Drive, Ann Arbor Phone: (734) 998-8700

MFit Fitness Center at the Ice Cube programs and services include: sports-specific exercise programs, Fit-Script: A medically-based exercise program, fitness testing and body composition testing, personal training, nutrition coaching, Yoga, Pilates, Tai Chi and aerobic classes. UM employees receive discounted rates. Each person receives a free program consultation and comprehensive equipment instruction with membership. Visit MFit’s homepage to learn more about comprehensive wellness programs at:

www.med.umich.edu/mfit

Nichols Arboretum

1610 Washington Heights, Ann Arbor Phone: (734) 647-7600

Winter is a great time to take a stroll and appreciate the conifers along the trails and river at the Arb and Botanical Gardens. There are many hills for sledding and numerous scenic areas and trails for walking and hiking.

**Matthaei Botanical Gardens and Nichols Arboretum outdoor gardens and trails are open every day, 8am to dusk. All trails: *Free admission!* There are two entrances to the Arboretum: The Geddes Avenue entrance across from Oxford Housing is readily accessible on foot. The Washington Hts entrance is near Mott Children's Hospital.

<http://www.lsa.umich.edu/mbg>

Pinkney Recreation Area: 8555 Silver Hill Rd. Pinkney, MI. There are numerous trails in this 11,000 acre park that range from 2-35 miles long. Motor Vehicle Pass may be necessary for entry into the park.

Planet Rock

82 Aprill Dr., Ann Arbor Phone: (734) 827-2680

Planet Rock has over 22,000 sq. ft. climbing area with 50 ft high walls. There is Bouldering, Top Rope Climbing, and Lead Climbing available.

www.planet-rock.com

Basic Prices		First Time? Try our Starter Package	
Belay Check	\$ 3.00	14 or older and climbing	\$ 42.00
Daily Pass	\$ 16.00	A Parent (belay only) and child (5-8)	\$ 45.00
Students Daily Pass	\$ 15.00	Additional Children (each)	\$ 23.00
Kids (9-13) Daily Pass	\$ 12.00	A parent (belay only) and child (9-13)	\$ 53.00
Belay Only Pass	\$ 10.00	Additional Children (each)	\$ 29.00
Harness Rental	\$ 4.00		
Shoe Rental	\$ 4.00		
Chalk Bag Rental	\$ 2.00		

Starter Packages Include:

- Day Pass, Shoe Rental, Harness Rental, Basic Instruction and Chalk Bag

Rolling Hills County Park

7660 Stony Creek Rd Ypsilanti Phone: 734-484-9676 Hours: 8 a.m.-9 p.m.

A water park, a playground, horseshoes, fishing, a small beach, an 18-hole disc golf course, and trails for walking, biking, and in-line skating.

Fees: Vehicle admission for county residents \$5/day (\$2/day for seniors age 65 & over), \$25/year.

Nonresidents pay \$9/day (\$5 for seniors), \$45/year.

parks.ewashtenaw.org

Rolling Hills Family Water Park

7660 Stony Creek Rd. Ypsilanti Phone: 734-484-9676 Hours: 11am-8pm

A 6.5-acre park with wave and activity pools, water slides, lazy river, spray play area, and concessions.

Fees: \$6 residents (\$8 nonresidents) weekdays, \$4 residents (\$5 nonresidents) after 5 p.m., \$7 residents (\$9 nonresidents) weekends & holidays. Children 36 inches and under get in free.

parks.ewashtenaw.org

Sledding & Tobogganing: Ann Arbor has great sledding hills. The city parks staff recommends these sites: Buhr Park, Burns Park, Huron Hills Golf Course, Leslie Park, Leslie Park Golf Course, and Veterans Memorial Park (golf greens and tees are off limits). All sites are unsupervised.

University of Michigan Department of Rec Sports

401 Washtenaw Ave., Room 1056, Ann Arbor Phone: (734) 647-7714

Rec Sports for UM students, faculty and staff has drop-in and Challenge Programs, Intramural Sports Program, Outdoor Adventure Programs, and even a rock-climbing wall at the CCRB (Central Campus Recreational Building). Membership fees vary. For more information visit www.recsports.umich.edu

University of Michigan Matthaei Botanical Gardens

1800 N. Dixboro Rd., Ann Arbor Phone: 734-647-7600

If you wish to avoid the chill of winter, stop into the Conservatory at the Gardens to experience the sights and smells of plants from all over the world.

Prices: Adult \$3, Student (5-8) \$1, Pre-school (under age 5) Free, University of Michigan students Free, Friends of the Matthaei Botanical Gardens & Nichols Arboretum: Free.

<http://www.lsa.umich.edu/mbg>

Veterans Memorial Sports Complex

2150 Jackson Rd, Ann Arbor Phone: (734)-761-7240 The newly renovated Veterans Memorial Park Indoor Ice Arena is one of Ann Arbor's most popular recreational facilities. The complex includes a regulation size rink of 85' x 200' with spectator seating for 2,000. Check their website for general skate hours:

<http://www.a2gov.org/government/communityservices/ParksandRecreation/veteransmemorialsportscomplex/Pages/default.aspx>

You can also work out in the fitness center that is open 7 days a week from 6am-midnight.

<u>Ice Rink Fees</u>		Resident Discount
Adults	\$6	\$5
Youth/Senior	\$5	\$4
Skate Rental	\$3	\$3

<u>Fitness Center Fees</u>		Resident Discount
Daily	\$3	\$2
Month	\$20	\$16
Yearly	\$200	\$150

WideWorld Sports Center

2140 Oak Valley Drive Ann Arbor Phone: (734)-913-GOAL

Hours: Mon-Fri: 9am-midnight, Sat-Sun: noon-11pm

Come check out this 15 acre facility with 3 indoor fields and 4 outdoor fields. Join a team or attend a camp for soccer, flag football, or lacrosse for adults and youth. Fees will vary.

www.wideworld-sports.com/index.asp

Yost Ice Arena

1000 S. State, Ann Arbor Phone: (734) 764-4600

The U-M's regulation NHL-size rink provides public skating, skate rental (\$2), skate sharpening (\$4-\$5), lockers, and learn-to-skate classes. Public skating hours: *Sept.-Apr.*: Mon.-Fri. noon-1 p.m., Thurs. 8-10 p.m., Sat. & Sun. 2-4 p.m.; times may vary. Fees: adults \$5, seniors (age 65 & over) and students/youths \$3, U-M faculty and staff \$4. Weekday noon skate \$2, skate rental \$1.

Zap Zone

2809 Boardwalk, Ann Arbor Phone: (734)930-6670

Voted Number 1 for laser tag, multi-level laser tag maze, and the largest laser tag mazes around!

Laser Tag (1 game \$7)



Find a Park Near You!



Burns Park is a 15 acre neighborhood park on Wells and Baldwin adjacent to Burns Park School. It hosts a small shelter with restrooms, five tennis courts with a one half practice court, a basketball court, a **sledding hill, ice skating rink and hockey rink in the winter**, a small parking lot and play equipment.

Gallup Park is a 69-acre park and is Ann Arbor's most popular recreation area. It is located along the Huron River and Geddes Pond with scenic walkways that traverse small islands with bucolic pedestrian bridges. The park contains two playgrounds, a canoe livery, picnic areas and grills scattered throughout the park, two picnic shelters, open field, and **over three miles of asphalt trails** that are popular for biking, rollerblading, walking and running. Two drinking fountains and many benches allow the park user to take respite from their recreational activities. There are four parking areas: one at the main entrance off Fuller Road, two within the park along the park drive, and one further southeast on Geddes Road.

Hudson Mills Metropark. 426-8211. 8801 North Territorial Road Dexter, MI. 7 a.m.-dusk. This is a 1549 acre park. It includes picnic facilities, swings and slides, softball diamonds, hike/bike trails, a nature trail, and an activity center with disc golf, a tot lot, a baseball diamond, tennis, basketball, volleyball, and shuffleboard. One huge trail totaling 12.9 km is marked and groomed for novice and intermediate skiers. Amenities include eating facility, rental equipment on weekends, a warming shelter, and trail maps. **Ski rental** \$4 / half day weekdays, \$8 / half day weekends; \$10 deposit. Vehicle entrance fees (\$4 daily).

Pinkney Recreation Area: 8555 Silver Hill Rd. Pinkney, MI. Available activities include **snowmobiling, cross country skiing, hiking**, and much more. Snowmobiling is allowed within designated areas when 4 inches of snow or more are on the ground. Hiking trails are closed to snowmobiling. There are also numerous trails in this 11,000 acre park that range from 2-35 miles long. Motor Vehicle Pass may be necessary for entry into the park.

Rolling Hills County Park, 7660 Stony Creek Ypsilanti, MI 734 484-9676. 8 a.m.-9 p.m. Open year round. 363 acres. In winter, the park features a **sledding hill**, a half mile of cleared **walking trail**, three miles of groomed **x-country ski** trails and a half mile of torch lit ski trail. Toboggans, sledding tubes and x-c skiing equipment are available for **rent**. Park visitors should expect to pay a vehicle entrance fee. County residents must show ID to receive the discounted rate. Ski rental \$4-\$5 for two hours.

Sugarbush Park is located in the northeast corner of the city providing 27 acres of accessible **trails** and activities. You can enter this park from Bluett, Georgetown, Yellowstone and Rumsey. The park has tennis courts, softball, basketball, lower and upper elementary play areas, picnic tables, benches, a **sledding hill**, and a beautiful natural area.

West Park is located close to downtown between Miller and Huron, Chapin and Seventh. The park contains a picnic shelter and restrooms, a playground, spray fountain, softball fields, a basketball court, tennis courts, volleyball posts, picnic tables and **walking path**. Parking is off Chapin. This park also has little hillocks perfect for **sledding in winter**.

For a complete list of all parks in Ann Arbor, go to:

<http://www.a2gov.org/government/communityservices/ParksandRecreation/parks>