



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

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/



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

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
tourlakestclair.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

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
bonanzalanes.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
imperiallanes.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
therecbowling.com

Regal Lanes

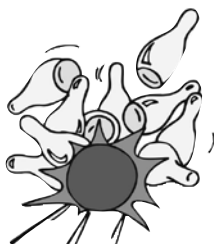
(586) 751-4770
27663 Mound Rd.
Warren, MI 48092
bowlregal.com

Salt River Lanes

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

Shelby Lanes

(586) 731-4800
50721 Van Dyke
Shelby Twp., MI 48317
shelbylanes.net



Sterling Lanes

(586) 979-5200
33200 Schoenherr
Sterling Hts., MI 48312
bowlDETROIT.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

CIDER MILLS

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

Hy's Cider Mill

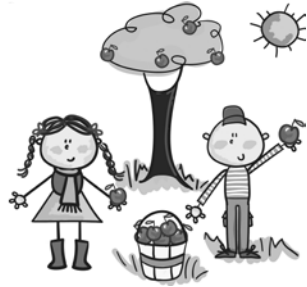
(810) 798-3611
6350 37 Mile Rd.
Romeo, MI 48065
hyscidermill.com

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



Stony Creek Orchard & Cider Mill

(586) 752-2453
2961 W. 32 Mile Rd.
Romeo, MI 48065
stonycreekorchard.com

Verellen Orchards

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

Westview Orchards

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

COMMUNITY CENTERS & PARKS AND RECREATION

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

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

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
argentinatangodetroit.com

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



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

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.



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

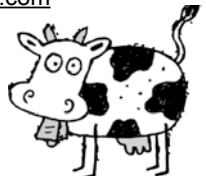
(586) 469-6880
300 N. Groesbeck Hwy.
(Behind the Ice Arena)
Mt. Clemens, MI 48043

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

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

FARMS

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



FISHING

Brandenburg Memorial Park

(586) 949-0400
50050 Jefferson Ave.
Chesterfield, MI 48047
chesterfieldtpw.org

Captain Frank's Fishing Charters

(305) 509-1547
32895 S. River Rd.
Harrison Twp., MI 48045
captainfranksfishingcharters.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

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
secondheavencharter.com

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

GOLF

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
burningtregolf.com

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

**Stony Creek
Metropark**
(586) 781-9166
5140 Main Park
Shelby Twp., MI
48316
metroparks.com



Sunnybrook Golf Course
(586) 264-2700
7191 17 Mile Rd.
Sterling Hts., MI 48313
sunnybrookgolfandbowl.com

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

HIKING



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

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

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

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

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

HISTORIC VILLAGES & MUSEUMS

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

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
chesterfieldtpw.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 Dorthea St.
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 48021

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, MI 48043

**Lenox Twp. Community Center
Park**
(586) 727-2085
63775 Gratiot (behind town hall)
Lenox, MI 48050

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

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

Steffens Park
(586) 294-0450
(14 Mile Rd. & Garfield)
Fraser, MI 48026

Wahby Park
(586) 468-1411
(Jefferson, S. of 10 Mile Rd.)
St. Clair Shores, MI 48080

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



ICE SPORTS

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

**Mt. Clemens Hockey
Association**
(586) 307-8202
200 N. Groesbeck Hwy.
Mt. Clemens, MI 48043
mtclemenshockey.org

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

St. Clair Shores Civic Arena
(586) 445-5350
20000 Stephens
St. Clair Shores, MI 48080
scsparksrec.net

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

INDOOR PLAY

Gymboree Play & Music Center

(586) 243-0554
40790 Garfield Rd.
Clinton Twp., MI 48038
gymboreeclasses.com

Jungle Java

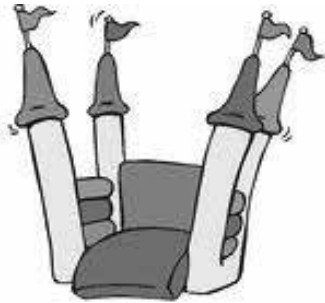
(586) 203-0500
44595 Enterprise Dr.
Clinton Twp., MI 48038
junglejavaplay.com

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



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

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

MARTIAL ARTS

Academy of Koei-Kan Karate-Do

(586) 718-8636
8803 Hall
Utica, MI 48317
koei-kan.com



Al Tracy's Kenpo Karate

(586) 627-0201
44888 Heydenreich
Clinton Twp., MI 48038
kenpo-michigan.com

College of Martial Arts

(586) 294-9181
32024 Utica Rd.
Fraser, MI 48026
komakarate.com

Master K's

(586) 997-3010
50658 Van Dyke Ave.
Shelby Twp., MI 48317
masterkkarate.com

MINIATURE GOLF

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



Jawor Golf Center

(586) 293-9836
32900 Gratiot Ave.
Roseville, MI 48066
jaworgolf.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
lenoxtpw.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
raytpw.org

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



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

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.

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

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

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.



PUBLIC SWIMMING POOLS

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

**Warren Community Center
Indoor Water Park**
(586) 268-8400
5460 Arden
Warren, MI 48092
cityofwarren.org

RACE CAR CENTERS



Bayou Adventure
(located in Joe
Dumars Fieldhouse)
(586) 731-3080
45300 Mound Rd.
Shelby Twp., MI 48317
joedumarsfieldhouse.com

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

Kart 2 Kart
(586) 997-8800
42705 Van Dyke Ave.
Sterling Hts., MI 48314
karttokart.com

RACQUETBALL & TENNIS

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

Planet Fitness
(586) 774-6900
13750 E. 11 Mile Rd.
Warren, MI 48089
planetfitness.com

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
totalsportseast.com

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

Wimbledon Racquet Club
(586) 774-1300
20250 E. 9 Mile Rd.
St. Clair Shores, MI 48080
wimbledonracquetclub.com

ROCK CLIMBING

Bayou Adventure (located in
Joe Dumars Fieldhouse)
(586) 731-3080
45300 Mound Rd.
Shelby Twp., MI
48317
joedumarsfieldhouse.com

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



SCOUTS

Boy Scouts of Macomb County
(313) 243-2720
(248) 338-0035
michiganscouting.org

**Girl Scouts of
Southeastern MI**
Clinton Twp. Service Center
(586) 263-0220
42800 Garfield
Clinton Twp., MI 48038
girlscouts-macomb.org
gssem.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
Entrance fee

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

McKinley Park
(586) 296-8483
(btw. 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
Entrance 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 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
ccplusedance.com

Special needs dance/exercise classes for those with physical and/or developmental disabilities.

Accessible Playgrounds in Michigan

Macomb County Barrier Free Playground

Dodge Park - 40320 Utica Road, Sterling Heights

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

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 - Crossroads 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 Wods" 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

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

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

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



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