



# 7 COUNTY SERVICE AREA WELLNESS & RECREATION GUIDE

## ESCANABA

### Northern Lights YMCA

2000 N. 30th Street, (906) 789.0005  
[www.nlymca.com/delta](http://www.nlymca.com/delta)

FREE to Sault Tribe members: fitness center, sauna, gymnasium, walking track, locker rooms and fitness classes. Sault Tribe members receive member rates for programs at the YMCA.

#### Hours:

Monday thru Friday: 5 a.m. to 9 p.m.  
Saturday: 7 a.m. to 9 p.m.  
Sunday: 11 a.m. to 7 p.m.

CLOSED: Nov. 23, Dec. 24 @ 12 p.m., Dec. 25, Dec. 31 @ 5 p.m., Jan. 1 and March 31.



### YMCA Aquatics - Pool and Hot Tub

2001 N. Lincoln Road, (906) 789.0005

Pool Schedule: [www.nlymca.com/delta/schedules](http://www.nlymca.com/delta/schedules)

CLOSED: Nov. 23, Dec. 24 @ 12 p.m., Dec. 25, Dec. 31 @ 5 p.m., Jan. 1 and March 31.

Present Tribal ID to desk attendant.

Age restrictions may apply.

EFFECTIVE

11/17/23

*Services subject to change after publication date*

### Sullivan's Health & Fitness

1605 Sheridan Road, (906) 217.2011  
[www.sullivanshealthandfitness.com](http://www.sullivanshealthandfitness.com)



FREE for Sault Tribe members, their spouses and children residing in the Escanaba area. Large open group exercise area with exercise machines, workout equipment, free weights and bench stations.

#### Hours:

Monday thru Friday: 5 p.m. to 7 a.m.  
Saturday and Sunday: Open 24/7

Call for appointment to become a member.

## KINROSS / KINCHELOE

### Kinross Recreation Fitness Center

43 Wood Lake Road, (906) 495.5350

FREE to Sault Tribe members: Cardio workout machines, free weights and 12 station universal fitness center.

#### Hours:

Monday thru Friday: 12 p.m. to 8:45 p.m.  
Saturday & Sunday: CLOSED

CLOSED: Nov.. 23 & 24, Dec. 25, Jan. 1 & 16, Feb. 19 and March 29.

Present Tribal ID to desk attendant.

# MANISTIQUE

## High School Pool

100 N. Cedar Street, Manistique, (906) 341.4300

FREE to Sault Tribe members.



### Open Swim Hours:

October 16 thru December 20 (Fall Schedule)

Monday & Wednesday: 6 p.m. to 9 p.m.

No Swim: 11/22, 12/11 and 12/18

Present Tribal ID to pool attendant on first visit.

## Yoopers Fitness

215 Oak Street, Manistique, (906) 250.9348

FREE to Sault Tribe members (members must pay at the time of registration and request reimbursement from Sault Tribe Community Health).

Hours: 24/7

Register online at [www.YoopersFitness.net](http://www.YoopersFitness.net).



## Little Bear West Ice Arena

180 N. Maple, (906) 341.3863

FREE Open skate and skate rentals for Sault Tribe members.

Hours: Friday & Saturday 6 p.m. to 9 p.m. and Sunday 5 p.m. to 8 p.m.

No Skate: 12/24, 12/25, 12/31 and 1/1

Present Tribal ID to desk attendant.



City Of Manistique



# MUNISING

## Alger Parks & Recreation Fitness Center

413 Maple Street, (906) 387.5636

[www.algerparksrecdept.com](http://www.algerparksrecdept.com)

FREE to Sault Tribe members: fitness center with cardio room, cybex room, weight room, TV workout video room and gymnasium with walking track.

### Fitness Center Hours:

Open 24/7

Present Tribal ID to register for membership during office hours  
Monday thru Friday, 9 a.m. to 5 p.m.



# MARQUETTE

## NMU Physical Education & Instructional Facility (PEIF)

1401 Presque Isle Avenue, (906) 227.2519

[www.nmu.edu/recsports/facilities](http://www.nmu.edu/recsports/facilities)

FREE to Sault Tribe members: fitness center, lap pool, diving tank, saunas, gymnasiums, indoor climbing wall, racquetball courts and group fitness classes (excluding Fit Zone).

Discounts on outdoor equipment rentals, locker and towel service as well as personal training.

Intramural Sports also available to Sault Tribe members age 16 and older, information available on the website.

### Hours:

October 31 thru December 16

Monday thru Thursday: 5:30 a.m. to 11 p.m.

Friday: 5:30 a.m. to 9 p.m.

Saturday: 9 a.m. to 4 p.m.

Sunday: 11 a.m. to 9 p.m.

CLOSED: Nov. 18-23 (Special Hours TBA), Nov. 23-26, Dec. 23-26, 31 and Jan. 1.

Pool, sauna, outdoor recreation and holiday hours vary, visit [www.nmu.edu/recsports/facility-hours](http://www.nmu.edu/recsports/facility-hours) for details.

Visit the Rec Sports Office on Monday thru Friday from 7:30 a.m. to 4 p.m. and present Tribal ID to desk attendant. Memberships effective through July 31, 2024.

Age restrictions may apply.

## NMU-Superior Dome

1401 Presque Isle Avenue, (906) 227.2850

FREE to Sault Tribe members: Walking Track

Hours: Available at [www.nmu.edu/recsports/facilityhours](http://www.nmu.edu/recsports/facilityhours)

Age restrictions may apply.



# NEGAUNEE

## YMCA of Marquette County

350 Iron Street, (906) 475.9666  
www.ymcamqt.org



FREE to Sault Tribe members: cardio and strength training equipment, sauna, locker rooms, rock wall and free drop-in fitness classes such as Yoga, Pilates, Strong Bodies, etc.

On-site tot watch for parents with children 6 weeks to 7 years for YMCA-member rates.

Hours: (Facility closes 1/2 hour early if no customers)

Monday thru Thursday: 5 a.m. to 7:30 p.m.

Friday: 5 a.m. to 7 p.m.

Saturday: 8 a.m. to 3 p.m.

Sunday: 10 a.m. to 3 p.m.

CLOSED: Nov. 23, Dec. 24, 25 & 31 and Jan. 1.

Present Tribal ID and register on first visit.

# ST. IGNACE

## Little Bear East Arena

275 Marquette Street, (906) 643.6081  
recreation@cityofstignace.net  
www.cityofstignace/recreation-department.com

FREE to Sault Tribe members: Fitness Center includes weight equipment, aerobic machines and free weights.

Fitness Center Hours:

Monday thru Sunday: 5 a.m. to 9 p.m.

Track Hours:

Monday thru Friday: 8 a.m. to 3 p.m.

(Unless reserved for an event)

Skating Hours:

Monday thru Thursday: 2:30 p.m. to 4 p.m.

Stick N Puck Hours:

Monday thru Thursday: 4 p.m. to 5:30 p.m.

Holiday hours vary, check website for details.

Present Tribal ID to desk attendant.

### YDF APPLICATION REQUIREMENTS:

- Completed application
- Copy of student's tribal card
- Proof of household income for all adults living in the home
- Invoice/receipt, registration, or brochure or program literature with organization's name and address with cost or receipt of payment
- Form W-9

*Additional criteria and qualifying information is contained with the application.*

# NEWBERRY/CURTIS

## Helen Newberry Joy Hospital & Healthcare Center

Newberry-502 W. Harrie Street, (906) 293.9182  
Curtis-N9246 Saw-Wa-Quato Street, (906) 586.9840  
www.hnjh.org

FREE to Sault Tribe members: exercise machines, weight equipment, shower facilities, free towel service and lockers (Newberry only). Medical release may be required.

Newberry Hours:

Monday thru Thursday: 6 a.m. to 8 p.m.

Friday: 6 a.m. to 5 p.m.

Saturday: 8 a.m. to 2 p.m.

Sunday: CLOSED

Holiday hours vary, check website for details.



Curtis Hours:

Monday and Wednesday: 7 a.m. to 12 p.m.

Tuesday and Thursday: 7 a.m. to 11 a.m. & 3 p.m. to 7 p.m.

Friday: 7 a.m. to 11 a.m.

Saturday and Sunday: CLOSED

Holiday hours vary, check website for details.

Present Tribal ID to desk attendant.

## YOUTH DEVELOPMENT FUND

Income-based funding for Tribal youth for a variety of activities: (Income guidelines based on 300% of the 2023 HHS Poverty Guidelines)

- Sports fees; music, dance and theatre lessons; instrument purchase and rental; language lessons; camps; educational, cultural and class trips; testing fees; driver's education; senior pictures; school supplies and book deposits and regalia and youth drum.

### APPLICANT QUALIFICATIONS:

- Must be tribal youth age 0 through 12th grade living within the seven-county service area (Alger, Chippewa, Delta, Luce, Mackinac, Marquette and Schoolcraft counties).
- Applicants may receive funding, up to \$150 from January 1 - December 31, 2023.

Applications available at [www.bigbeararena.com](http://www.bigbeararena.com), under the YOUTH PROGRAMS page or requested via email at [youthdevelopmentfund@saulttribe.net](mailto:youthdevelopmentfund@saulttribe.net).



# SAULT STE. MARIE

## All-In-One Fitness Club

(inside Big Bear Arena)

Two Ice Circle, (906) 635.4935

[www.bigbeararena.com](http://www.bigbeararena.com) (Fitness Tab)

FREE to Sault Tribe members: fitness center, track, basketball and volleyball gyms and saunas.

### Fitness Center:

Monday thru Thursday: 5:30 a.m. to 9 p.m.

Friday: 5:30 a.m. to 7 p.m.

Saturday: 9 a.m. to 5 p.m.

Sunday: 12 p.m. to 5 p.m.

CLOSED: Nov. 23-26, Dec. 24-26, Jan. 1 and March 29-31

Track Hours: Same as above Fitness Center Hours

Cub and Bear Courts: Varies

Saunas: Based on All In One Fitness Center Hours

Present Tribal ID to desk monitor to complete membership paperwork. Age restrictions may apply.



## Big Bear Arena

Two Ice Circle, (906) 635.7465

[www.bigbeararena.com](http://www.bigbeararena.com)

FREE to Sault Tribe members:

- Walking Track (Based on All In One Fitness Center Hours)
- Playground & Nature Trail: 7 days a week during daylight (Subject to construction closures)
- Public Skating & Skate Rentals: Skating schedule at [www.bigbeararena.com](http://www.bigbeararena.com)
- Drop In Basketball and Volleyball: Drop in times available when not privately rented



## Lake Superior State University (LSSU)

### SAC & Norris Center Pool

1000 Meridian Street, (906) 635.2602

[www.lssu.edu](http://www.lssu.edu)

FREE to Sault Tribe members:

Student Activity Center (SAC includes fitness equipment, track, rock wall, gym and pool inside the Norris Center).

### SAC Hours:

Monday thru Thursday: 6 a.m. to 10 p.m.

Friday: 6 a.m. to 7 p.m.

Saturday and Sunday: 8 a.m. to 7 p.m.

### Rock Wall Hours:

By appointment only.

### Pool Hours:

Monday thru Thursday:

6 a.m. to 9 a.m.

Wednesday:

7p.m. to 8 p.m.

Holiday hours vary, check website for details.

Present Tribal ID to desk attendant.

Age restrictions may apply.

## LSSU Athletic Tickets 2023-24

FREE to Sault Tribe members, limited availability.

Basketball and Volleyball tickets will be available in Fall. They can be requested by emailing the information below to [bookthebear@saulttribe.net](mailto:bookthebear@saulttribe.net):

- 🐾 a copy of tribal card
- 🐾 sport with game dates
- 🐾 quantity of tickets

## LSSU Youth Athletic Camps 2024

FREE to Sault Tribe members, limited space, must pre-register. Dates for the Summer of 2024 will be posted on [www.BigBearArena.com](http://www.BigBearArena.com) in the Spring.

