

More Ways to Get Active Outside!

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.

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.

Ann Arbor Parks

Get moving on the walking paths, go cross country skiing or check out the hockey or ice skating possibilities. Buhr Park and Veterans Park have rinks. Days when Ann Arbor Public Schools are closed, vacations or other days, public skating is available from 11-1pm at Vets Park. Looking for something special go to Buhr Park for Frosty Friday nights Hours, classes, fees are included on the website below.

Buhr Park Outdoor Ice Rink

2751 Packard Road,
or 734.971.3228

The Buhr Outdoor Ice Arena is open Nov. 14, 2008, to March 15, 2009. The rink has a cooled subfloor that allows us to maintain ice even when it is over 50 degrees outside! Activities include public ice skating, drop-in hockey and rental hours. The facility has a heated lobby, vending, restrooms and four separate locker rooms for hockey. Skate rentals available. Fees.

Burns Park is a 15 acre neighborhood park in Ann Arbor on Wells and Baldwin adjacent to Burns Park School. It hosts a small shelter with restrooms, a sledding hill, ice skating rink and hockey rink in the winter, a small parking lot and play equipment.

Hudson Mills Metropark

8801 North Territorial Road Dexter, MI.
or 426-8211.

This is a 1549 acre park that features cross country ski 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. May have entrance fees.

Huron Clinton Metro Parks

Check the website to find a park near you and the winter services offered. Amenities may include eating facility, rental equipment on weekends, and trail maps. Vehicle entrance fees.

Independence Lake County Park

3200 Jennings Rd. Webster Township, Whitmore Lake, MI 48189

or (734) 449-4437

This unique park is open year-round. Winter opportunities include ice fishing, ice skating, cross-country skiing and snowshoeing. Fees.

Nichols Arboretum

1610 Washington Heights, Ann Arbor

or (734) 647-7600

Winter is a great time to take a stroll and appreciate the conifers along the trails and river at the Arb. There are many hills for sledding and numerous scenic areas and trails for walking and hiking. Open every day, 8am to dusk. Free.

Pinckney Recreation Area

8555 Silver Hill Rd. Pinckney, 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. A Motor Vehicle Pass may be necessary for entry into the park.

Rolling Hills County Park

7660 Stony Creek Ypsilanti, MI

or 734 484-9676

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 available.

Veterans Memorial Park

2150 Jackson Rd, Ann Arbor

or (734)-761-7240

Great sledding hill plus indoor skating, hockey and a workout room. Fees for indoor activities.

Get Active Inside!

Ann Arbor Public Schools Rec & Ed

Want to swim, dance, skate, ski, join an exercise class? There's all that and more offered in this catalog.

Ann Arbor Ice Cube

2121 Oak Valley Dr., Ann Arbor

or (734) 213-1600

Voted "Best Ice Rink in Michigan!" by the Readers of Michigan Hockey Magazine. Skating and Hockey. Youth Tutor rentals available. Open year-round. Fees.

Ann Arbor YMCA
400 W. Washington Ann Arbor
or (734) 996-9622

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

Briarwood Mall Walking
100 Briarwood Circle, Ann Arbor
(734) 994-5315

Mall Walkers: One trip around the entire interior of the mall is just less than 1 mile.
Monday – Saturday, 7:00 am to 9:00 pm; Sunday, 9:00 am to 6:00 pm

Health and Fitness Center of Washtenaw Community College
4833 East Huron River Drive, Ann Arbor
or 734-975-9950

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

Mack Indoor Pool
715 Brooks St., Ann Arbor
(734) 994-2898

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

Meri Lou Murray Recreation Center
2960 Washtenaw, Ann Arbor
(click on Parks and Facilities, Meri Lou Murray Recreation Center) or (734) 971-6355
Fitness facilities include a pool, track, weight room, badminton, basketball, and volleyball. Fees.

Hours: Mon-Fri: 6am-10pm, Sat: 8am-6pm, Sun: noon-10pm

MFit Fitness Center at the Ice Cube
2121 Oak Valley Drive, Ann Arbor
or (734) 998-8700

MFit Fitness Center at the Ice Cube programs and services include: sports-specific exercise programs, fitness testing and body composition testing, personal training, nutrition coaching, and classes. UM employees receive discounted rates. Each person receives a free program consultation and comprehensive equipment instruction with membership.

Matthaei Botanical Gardens, University of Michigan
1800 N. Dixboro Rd., Ann Arbor

or 734-647-7600

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

MFit Exercise and Relaxation Classes

Locations throughout UM campus

or (734) 975-3024

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!

Pittsfield Township Parks & Recreation

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

For more information go to: Pittsfield Township Parks & Recreation

Planet Rock

82 April Dr., Ann Arbor

or (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.

U-Move Fitness, University of Michigan

or 734 764-1342.

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

Veterans Memorial Sports Complex

2150 Jackson Rd, Ann Arbor

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

WideWorld Sports Center

2140 Oak Valley Drive Ann Arbor Phone:

or (734)-913-GOAL

Join a team or attend a camp for soccer, flag football, or lacrosse for adults and youth. Fees.

Yost Ice Arena

1000 S. State, Ann Arbor

(734) 764-4600

The U-M's regulation NHL-size rink provides public skating, skate rental, skate sharpening, lockers, and learn-to-skate classes. Public skating hours. Fees.

Zap Zone

2809 Boardwalk, Ann Arbor

or (734)930-6670

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