



# 7 COUNTY SERVICE AREA WELLNESS & RECREATION GUIDE

EFFECTIVE

*1/10/25*

*Services subject to change after publication date*

## 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: April 20 & May 26



### 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: April 20 & May 26

Present Tribal ID to desk attendant.

Age restrictions may apply.



### 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: Open 24/7



Call for appointment to become a member. **SULLIVAN'S  
HEALTH & FITNESS**

## KINROSS

### Kinross Recreation 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: Jan 20, Feb 17, Apr 18 & May 26

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:

Monday & Wednesday 6 p.m. to 8 p.m. thru March 19, 2025

No Swim: Jan 15 & 27, Feb 2, 5 & 17

Present Tribal ID to pool attendant on first visit.



## Yooper 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

Present Tribal ID to register for membership during office hours Monday and Wednesday, 8 a.m. to 10 a.m. and 3 p.m. to 5 p.m.



# MUNISING

## Alger Parks & Recreation Fuzzy 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) 227.2110

[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: Available at [www.nmu.edu/recsports/facility-hours](http://www.nmu.edu/recsports/facility-hours)

CLOSED: April 20

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

Present Tribal ID for membership during office hours in Rec Sports Office, Monday thru Friday, 7:30 a.m. to 4 p.m. Present Tribal ID to desk attendant once active.

Memberships effective through July 31, 2025.

## NMU-Superior Dome

1401 Presque Isle Avenue, (906) 227.2850

FREE to Sault Tribe members: Walking Track

Hours: Available at [www.nmu.edu/recsports/facility-hours](http://www.nmu.edu/recsports/facility-hours)



# NEGAUNEE

## YMCA of Marquette County

350 Iron Street, (906) 475.9666

[www.ymcamqt.org](http://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 available at a discount.

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

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

CLOSED: April 20 & May 26

Present Tribal ID and register on first visit.



# 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:

Temporarily Closed due to construction.



### Curtis Hours:

Monday and Wednesday: 7 a.m. to 12 p.m.  
Tuesday and Thursday: 7 a.m. to 12 p.m. & 3 p.m. to 7 p.m.  
Friday: 7 a.m. to 12 p.m.  
Saturday and Sunday: CLOSED  
Holiday hours vary, check website for details.

Present Tribal ID to desk attendant.

# ST. IGNACE

## Little Bear East Arena

275 Marquette Street, (906) 643.6081  
recreation@cityofstignace.om  
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)

Holiday hours vary, check website for details.

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



# YOUTH DEVELOPMENT FUND

Income-based funding for Tribal youth for a variety of activities: (Income guidelines based on 300% of the 2025 HHS Poverty Guidelines)

- Sports registration fees; sports equipment; music, dance and theatre lessons; instrument purchase and rental; language lessons; camps (sports, band, art, academic); educational, cultural and class trips; testing fees; driver's education; senior pictures; school supplies and book deposits (school clothes NOT included) and regalia and youth drum.

Qualifying categories for funding based on the Tribal Strategic Directions of the medicine wheel: academic/intellectual, physical, emotional and cultural/spiritual.

### 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 \$250 per calendar year from January 1 - December 31, 2025.

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).

### YDF APPLICATION REQUIREMENTS:

- Completed Application
- Copy of Updated Youth Tribal Card
- Proof of household income for all adults living in the home (most recent check stub, tax forms, W-2, etc.) Income guidelines based on 300% of the 2025 HHS Poverty Guidelines (see application for more details).
- Invoice/receipt, registration, or brochure/literature with organization's name and address with cost or receipt of payment.
- Form W-9, must be filled out from the company to be paid, or to the person being paid.

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



# SAULT STE. MARIE

## All-In-One Fitness Club

(inside Big Bear Arena)  
Two Ice Circle, (906) 635.4935  
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: April 18-20, 5 p.m. on May 23, May 24-26

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

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
- 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

FREE to Sault Tribe members:

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

SAC Hours: (Subject to change during school breaks)

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: (Subject to change during school breaks)

Monday thru Thursday:  
6 a.m. to 9 a.m.

Wednesday:  
7 p.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 2024-25

FREE to Sault Tribe members, limited available. Tickets are disbursed through an application process in the Fall. Deadline for 2024-25 season has passed.



## LSSU Youth Athletic Camps 2025

FREE to Sault Tribe members, limited space, must pre-register at www.bigbeararena.com starting in April.

Camps include:

- Little Lakers Basketball Camp
- Womens Individual Basketball Camp
- Mens Individual Basketball Camp
- Middle School Volleyball Camp
- High School Volleyball Camp

