



PHYSICAL ACTIVITY

COMMUNITY RESOURCE GUIDE

Serving the community of Marinette County

PARKS/BEACHES

Badger Park

Peshtigo

715-582-4321

3,000 ft. of park along the Peshtigo River. The park can be divided into four areas, the trail system, wooded area, disc golf and the northern picnicking playground, Badger Campground, and the Badger Swimming/Volleyball area

Dave's Falls Park

County Park Rd., Amberg

715-735-6681

The park offers a great picnic area, bridge over the roaring Pike River, restroom facilities and a playground.

Dolan Lake Park

Dolan Lake Rd., Athelstane

Swimming beach, lake fishing, boat landing, and small picnic area

Goodman Park

N15201 Goodman Park Rd., Athelstane

715-759-5303

The upper Peshtigo River along with numerous nearby streams provides trout fishing. There is an ATV and snowmobile trail access spur that connects the trail system with the park

Harmony Arboretum

N3890 County E, Peshtigo

460 acre county park with hardwood forest, winding walking trails, a restored prairie, and demonstration gardens including a children's

garden, hobby greenhouse, fruit orchard, and bird habitat.

<https://marinette.extension.wisc.edu/horticulture/harmony-arboretum/>

Lake Noquebay

W6188 County Road GG, Crivitz

715-584-2420

Swimming beach, boat landing, large lodge available for day use rental, change house with flush toilets for swimmers, lake fishing, and picnic facilities

Marinette City Park

State St., Marinette

Grill, horseshoe pits, pavilion, playground

Menominee River Park

N9012 Park Place Dr., Wausaukee

Small open-sided shelter, fishing, boat landing

McClintock Park

Parkway Rd, Silver Cliff

715-732-7531

Four bridges over rapids on the upper Peshtigo River, trout fishing, picnic areas, and hardwood-hemlock timber stand

Michaelis Park

Shore Dr., Marinette

Swimming access, lake & stream fishing, boat landing, and picnic areas

Morgan Park

19882 Timms Lake Rd., Niagara

715-324-5711

Flush toilets, swimming beach & boat landing on Timm's Lake, lake & river fishing, a day use rental lodge, picnic area, playground, rock outcroppings, overlook, and hiking trails

Red Arrow and Seagull Bar

318 E Bay Shore St., Marinette

Waterfront park with a swimming beach, playground & rentable picnic pavilion with a grill

Stephenson Island

499 Bridge St., Marinette

715-732-5140

Twelve Foot Falls Park

12 Foot Falls Rd., Dunbar

2 waterfalls on the Pike River, scenic picnic area, trout fishing, Red Pine plantations

Twin Bridges Park

N9714 Parkway Rd., Crivitz

715-732-7530

Large picnic area, playground, swimming beach, boating, fishing, and a scenic rock outcrop overlook of High Falls Flowage

Veterans Memorial Park

Parkway Rd., Stephenson

3 Thunder River waterfalls, a bridge over the upper waterfall, a pool at the bottom of the falls, trout fishing, playground, large picnic area

RECREATION/FITNESS CENTERS

Anytime Fitness

2025 Marinette Ave, Marinette

www.anytimefitness.com

715-732-4888

Bay Area Mobility Center

3117 Shore Dr #101, Marinette

www.bamc.org

Rehabilitation and therapy

City of Marinette Recreation Department

Last revised 5/20/19

2501 Pierce Ave, Marinette

<https://marinette.recdesk.com/community>

715-732-2006

Adult Volleyball, Supervised Playgrounds, Summer Camp, Co-Ed Softball, Fly Fishing for Trout, Open Soccer, Skate Lessons, Toddler Time, Open Turf Area, Open Basketball Area, Tennis and Pickle ball Courts, Outdoor Pool, Swimming Lessons

Community Center

N15035 Grant St., Amberg

www.ambergtownship.com

Crivitz Youth Inc. Community Center

901 Henriette Avenue, Crivitz

www.crivitzyouth.com

715-854-3109

10,000 sq. ft. Wellness Center, 4 Lane Indoor Track, Full-size Gymnasium, Group Fitness Classes, Personal Training, Youth Programs, Climbing Wall, Kid Zone, Shallow, warm water pool

Dome Lanes

801 University Dr., Marinette

www.domelanes.com

715-735-3650

Bowling and outdoor volleyball

Duer Gym (City of Marinette Recreation Department)

402 Williams St., Marinette

<https://marinette.recdesk.com/community>

715-732-2006

Supervised playground, wood floor, Bend & Stretch Exercise Class

Feng Shui, Reflexology, Reiki and Raindrop Therapy

906-290-4709

Nicole Twork, Certified Reflexologist, Raindrop Therapy, Third Degree Reiki

Five Star Martial Arts

151 1/2 French St., Peshtigo

www.fivestarmartialarts.net

715-923-5749

Greater Marinette Menominee YMCA

1600 West Drive, Menominee

www.mmymca.org

906-863-9983

Silver Sneakers classes, land & water aerobics, pool usage, Lifestyle Center & Free Weight room, Racquetball Courts

Inferno Fitness

1619 Golden Ct., Marinette

www.infernofitness.info

715-587-2869

Iron House

1439 Main St., Marinette

www.ironhousefitness.net

906-424-0953

Marinette Civic Center Pool (Marinette Recreation Department)

2000 Alice Ln., Marinette

<https://marinette.recdesk.com/community>

715-732-5222

Outdoor pool, swimming lessons, open lap swim times

Planet Fitness

2800 Roosevelt Rd, Marinette County

www.planetfitness.com

715-732-4794

River Cities Pool

1125 University Drive Marinette

www.rivercitiespool.org

715-735-0585

Variety of aqua exercise classes, lap/walk/open swim, personal training

Senior Center (City of Marinette Recreation Department)

1603 Ludington St., Marinette

www.marinette.wi.us/278/Senior-Center

715-732-1280

Some of their classes are Chair Yoga, Yoga/Pilates, Beginner Yoga, Chair Exercise, and Zumba. They also do Massage Clinic's (15 minute chair massage) and Health/Nutrition Educations Programs.

Tai Chi

St. Paul Episcopal Church 917 Church St., Marinette
2X per wk. 7:00 PM on Wednesdays, 9:30 AM on Saturdays \$5 per hour class, \$15 per month w/special rates for seniors. Beginners welcome.

The Yoga Loft

1712 Dunlap Ave, Suite 1, Marinette County

www.theyogaloftmarinette.com

715-923-1744

Tri-Force Martial Arts

1712 Dunlap Ave, Marinette

906-863-7473

Martial Arts School

Truth in Function

1617 10th Ave Menominee

www.truthinfunction.com

715-781-9741

Kids and adult Brazilian Jiu Jitsu, Yoga, Kung Fu, Tai Chi

WALKING/TRACK

Area schools for indoor walking, jogging or weightlifting

*Please call for program availability

Beecher-Dunbar-Pembine—715-324-5314

Coleman—920-897-4011

Crivitz—715-854-2721

Marinette—715-735-1400

Peshtigo—715-582-3677

Wausaukee—715-856-5151

Community REC Center (City of Marinette Recreation Department)

2501 Pierce Avenue, Marinette

<https://marinette.recdesk.com/community>

715-732-2006

FREE indoor track

Pine Tree Mall

2800 Roosevelt Rd., Marinette

www.shoppinetreemall.com

715-735-3325

Enjoy the safe, climate-controlled Mall while you walk your way to fitness.

BIKE PATHS, HIKING TRAILS AND CROSS COUNTRY TRAILS

All Trails

www.alltrails.com

City of Peshtigo Parks & Recreation

<http://ci.peshtigo.wi.us>

Bike Route Map

Long Slide Falls

Long Slide Falls Rd., Pembine

You can clamber around on the rocks here to get different views of the falls. Be careful, there are some steep drops, and there are no fences or railings.

Marinette County Outdoor Recreation

<https://www.marinettecounty.com/departments/parks/outdoor-recreation/links/>

ATV, Cross Country Skiing, Snowmobile, Waterfalls

Marinette Cycle - Bike Group

Marinette

Peshtigo Harbor Wildlife Area Trails

Peshtigo

<https://www.marinettecounty.com/departments/land-information/environmental-education/peshtigo-harbor-wildlife-area-trails/>

Riverside Park Trail System

Niagara

<http://is0.gaslightmedia.com/upnorth/ ORIGINAL /fs75-1332290730-80087.pdf>

Groomed Track X-Ski, Packed Narrow Trail, Snowshoe Trail, Plowed Hiking Trail

Step Outside

<https://stepoutside.org/marinette-wi/>

The Real North, Where to Play

<http://www.therealnorth.com/where-to-play/recreation/>

Thunder Mountain Overlook

Cauldron Falls Rd, Crivitz

Scenic hiking/mountain biking trails on varying terrain are clearly marked on trail side maps throughout the park.

SPORTS LEAGUE/GROUPS

City of Peshtigo Parks & Recreation

<http://ci.peshtigo.wi.us>

Men's softball league

City of Marinette Recreation Department

2501 Pierce Ave, Marinette

<https://marinette.recdesk.com/community>

715-732-2006

Dome Lanes

801 University Dr., Marinette

www.domelanes.com

715-735-3650

Adult leagues: bowling, volleyball, horseshoes, beanbag, pool, and darts; Youth leagues: bowling

Marinette Menominee Youth Soccer Association

www.mmysa.org

Marinette Youth Baseball

www.mybi.org

Youth baseball and softball

Peshtigo Youth Baseball and Softball

www.peshtigoyouthbaseball.com

www.peshtigosoftball.com

Silver Sneakers Fitness Program

Multiple locations

www.silversneakers.com

814-397-4769

Free for Silver Sneakers benefit members

<https://fyi.extension.wisc.edu/strongwomenwisconsin/>

715-732-1280

Senior targeted strength building class

Strong Bodies (Strong Women)

600 Pine Street, Peshtigo

LOCAL RUN/WALK OPPORTUNITIES

Search www.active.com for local events and things you love to do

JANUARY

- New Year's Resolution Run (1 mile Run/Walk on January 1st) at the Marinette-Menominee YMCA
More information at www.mmymca.org or on Facebook (Search Marinette Menominee YMCA)

FEBRUARY

- Cupcake 5K Run/Walk (3.1 mile/5K in mid-February) at Marinette High School
More information on Facebook or www.Active.com (Search Cupcake Run Marinette). Proceeds benefitting cancer funding.

MARCH

- Upcoming Event in 2020 Bellin Health Marinette Heart Walk/Run (3.1 mile/5K or walk distance of your choice at the end of March) at the Bellin Health Marinette Clinic
More information on Facebook or www.bellin.org (Search Bellin Health Marinette Heart Walk/Run)

MAY

- Miles 4 Madyson 5K/10K Run/Walk (5K Run/Walk or 10K Run in the middle of May) at LeTourneau Plastics in Oconto. More information on Facebook (Search Miles 4 Madyson) or www.miles4madyson.com Proceeds benefit the Ronald McDonald House and MACC Fund.
- YMCA Glow Run (2 mile Run/Walk in mid-May) at the Marinette-Menominee YMCA
More information at www.mmymca.org or on Facebook (Search Marinette Menominee YMCA)

JUNE

- Marinette Police K9 Unit 5K Run/Walk at Marinette-Menominee YMCA. More information at www.mmymca.org
- Annual Wine Run for Project Give (5K Run or 1 mile Walk at the beginning of June) at the Forgotten Fire Winery in Marinette www.forgottenfirewinery.com More information on Facebook (Search Wine Run for Project Give). Proceeds benefit Project Give.
- Barbara Palzewic Hope Memorial Relay (2-4 Member Team 25 Mile Relay or non-competitive 3.1 mile run/walk) at the Stephenson Sports Complex in Stephenson, MI. More information at <http://www.hopememorialrelay.com> Proceeds benefit local cancer patients and their families.
- Jim Hodge Memorial Run (5K Run/Walk or 10K Run in the middle of June) at the Marinette Menominee YMCA. More information at <https://www.bamc.org/foundation/jim-hodge-memorial-run/> or on Facebook (Search Jim Hodge Memorial Run)
- PTSD Run for Recovery (5K Run or 1 mile Walk at the end of June) at the Crivitz Community Veterans Park. More information on Facebook (Search PTSD Run for Recovery Crivitz) or www.americanlegionpost413.com/
- Leowstrong Bike Ride (Varying distance bike ride, 9-mile family ride to 50 miles at the end of June) starting at Marinette High School. More information at <https://www.bamc.org/foundation/leowstrong/> or on Facebook (Search LeowStrong Bike Ride)

JULY

- Wausaukee Firecracker 5K (5K Fun Run/Walk at the beginning of July) at Steve Stumbris Park in Wausaukee. More information on Facebook (Search Firecracker Fun Run/Walk Wausaukee or Wausaukee Recreation Association) <https://villageofwausaukee.com/recreation>
- Ella Smetana Memorial 5K Run/Walk (5K Run/Walk in the middle of July) at the Marinette Welcome Center. More information at www.active.com or Facebook (Search Ella Smetana Memorial 5K)

AUGUST

- Waterfront 5K/10K Run/Walk (5K Run/Walk or 10K Run in the beginning of August) at Menominee Veterans Park
More information at <https://results.rmaces.live/Tortoise-Hare-Wausau/events/2019/2019-bamc-waterfront-run> or www.bamc.org
- Healthy Youth Coalition of Marinette & Menominee Counties “Color Blast 5k Fun Run” (5K Run/Walk in August) at Marinette High School
More information at www.mmyouth.com or Facebook (Search Color Blast 5k Fun Run Marinette)

SEPTEMBER

- Karen Van Hefty Caring Hearts Walk (Varying distance walk 0.5 miles to 4 miles at Bay Area Medical Center).
More information at www.bamc.org or on Facebook (Search Caring Hearts Walk)
- Peshtigo Fire Tower Run (5K Run/Walk or 10K Run at the end of September) at the Peshtigo Football Field.
More information at www.runsignup.com or Facebook (Search Peshtigo Fire Tower Run). Proceeds benefit groups in Peshtigo.
HYC Color Blast 5K Run starts at Menominee High School <http://mmyouth.com/blog/hyc-color-blast-5k-fun-run-2019/>
Embrace Life Walk for Suicide Prevention www.spnmmc.org

OCTOBER

- YMCA Freaky Friday 3 mile Run/Walk (3 mile Run/Walk at the end of October) at the Marinette-Menominee YMCA or Hennes Park
More information www.mmymca.org or on Facebook (Search Marinette Menominee YMCA)
- Kids Spooktacular Triathlon (Kids Distance Triathlon at the end of October) at River Cities Community Pool
More information at www.rivercitiespool.org

NOVEMBER

- YMCA Turkey Trot 5K Run/Walk (3.1 mile/5K Run/Walk on Thanksgiving Day) at the Marinette-Menominee YMCA
More information www.mmymca.org or on Facebook (Search Marinette Menominee YMCA)
- Wausaukee Turkey Trot (5K Fun Run/Walk on Thanksgiving Day) at Evergreen Park in Wausaukee.
More information on Facebook (Search Turkey Trot Wausaukee or Wausaukee Recreation Association)

DECEMBER

- Da Santa Speedo 5K Run/Walk (3.1 mile/5K Run/Walk in December) at River Cities Community Pool
More information at www.rivercitiespool.org

ACKNOWLEDGEMENTS

This Community Resource Guide was developed for you by:

Marinette County Community Health Improvement Plan

Nutrition & Physical Activity Workgroup

Please contact Marinette County Public Health at 715-732-7670 with any updates to this guide.