



Community Health Partnership
Of Marinette County

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

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
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
www.theyogaloftmarinette.com
715-923-1744

Tri-Force Martial Arts (Martial Arts School)

1712 Dunlap Ave, Marinette
906-863-7473

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-and-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

Strong Bodies (Strong Women)

600 Pine Street, Peshtigo

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

715-732-1280

Senior targeted strength building class

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.

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)

Bellin Health Marinette 5K Heart Run/Walk and Kids Run – Run/Walk and Kids Run (5K Run/Walk, 1 mile Walk, and Kids Run on Saturday, May 2nd 2020) at the Bellin Health Marinette Clinic. More information at www.runsignup.com and Facebook (Search Bellin Health Marinette 5K Heart Run/Walk)

Newcap Hike for Hunger (2 mile Walk starting at City Park in Marinette held in early May). More information at www.newcap.org or on Facebook (Search Newcap Hike for Hunger). Proceeds go towards Newcap's Food Pantries

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.rmraces.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.