



7 COUNTY SERVICE AREA

RECREATION GUIDE

EFFECTIVE

7/7/25

Services subject to change after publication date

ESCANABA

Northern Lights YMCA

2000 N. 30th Street, (906) 789.0005
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 5 p.m.
Sunday: Closed



CLOSED: July 4 and September 1

Present Tribal ID to desk attendant. Age restrictions may apply.



YMCA Aquatics - Pool and Hot Tub

2001 N. Lincoln Road, (906) 789.0005

Pool Schedule: www.nlymca.com/delta/schedules

CLOSED: July 4 & September 1

Present Tribal ID to desk attendant. Age restrictions may apply.



Sullivan's Health & Fitness

1605 Sheridan Road, (906) 217.2011
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. Age restrictions may apply.



GLADSTONE

Gladstone Tribal Fitness Center

2002 Minneapolis Ave., (906) 442.0103

FREE to Sault Tribe members: cardio workout machines, weight lifting equipment, medicine balls, free weights, yoga mats and strength training bands.

Hours: Open 24/7

Present Tribal ID to register for membership during office hours Monday thru Friday, 9 a.m. to 6 p.m. Office CLOSED on July 4 and September 1. Age restrictions may apply.

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: July 4 and September 1

Present Tribal ID to desk attendant. Age restrictions may apply.

MANISTIQUE

Manistique Tribal Fitness Center

5696W US Highway 2, (906) 341.7767

FREE to Sault Tribe members: cardio workout machines, weight lifting equipment, medicine balls, free weights, yoga mats, strength training bands, yoga room, half basketball court and walking track.

Hours: Open 24/7

Present Tribal ID to register for membership during office hours Monday thru Friday, 9 a.m. to 6 p.m. Office CLOSED on July 4 and September 1. Age restrictions may apply.

High School Pool

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

FREE to Sault Tribe members.

Open Swim Hours: CLOSED for the Summer

Present Tribal ID to pool attendant on first visit.

Little Bear West Arena

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

Public Skating FREE to Sault Tribe members.

Public Skating Hours: CLOSED for the Summer

Present Tribal ID at time of use.



City Of Manistique



MUNISING

Alger Parks & Recreation Fuzzy Fitness Center

413 Maple Street, (906) 387.5636

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.

Hours: Open 24/7

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

Age restrictions may apply.



MARQUETTE

NMU Physical Education & Instructional Facility (PEIF)

1401 Presque Isle Avenue, (906) 227.2110

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

CLOSED: July 4 & 5

DELAYED OPENING: July 11 @ 12 p.m.

Pool, sauna, outdoor recreation and holiday hours vary, visit www.nmu.edu/recsports/facility-hours for details.

Present Tribal ID for membership during office hours in Rec Sports Office, Monday thru Friday, 8 a.m. to 4 p.m. Present Tribal ID to desk attendant once active.

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

Present Tribal ID to desk attendant.



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.

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

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

Friday: 5 a.m. to 6 p.m., Saturday: 8 a.m. to 2 p.m.,

Sunday: 10 a.m. to 2 p.m.

CLOSED: July 4 and September 1



Present Tribal ID and register on first visit. Age restrictions may apply.

NEWBERRY/CURTIS

Helen Newberry Joy Hospital & Healthcare Center

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.

Fitness Center 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. Age restrictions may apply.



Yoopers Fitness

13788 M-28, Newberry, (906) 250.9348

FREE to Sault Tribe members (MUST pay upfront and then be reimbursed by completing appropriate paperwork. Office staff can assist with the details): weight training and cardio equipment.

Hours: 24/7

Present Tribal ID to register for membership during office hours Monday and Wednesday 3 p.m. to 6 p.m., Friday 1 p.m. to 3 p.m. and Saturday 9 a.m. to 12 p.m. Age restrictions may apply.



ST. IGNACE

Little Bear East Arena

275 Marquette Street, (906) 643.6081
www.littlebeararena.com/fitnesscenter

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: EMAILED

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, 8 a.m. to 5 p.m.

Age restrictions may apply.



SAULT STE. MARIE

All-In-One Fitness Club

(inside Big Bear Arena)
Two Ice Circle, (906) 635.4935
www.saulttribehealth.com/services

FREE to Sault Tribe members: fitness center, track, 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: Closed
Sunday: 12 p.m. to 5 p.m.

CLOSED: July 4-6, 5 p.m. on August 29, August 30-31 and September 1

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/athletics/norris/hours/

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, check website)

Monday thru Thursday: 6 a.m. to 8 p.m.
Friday: 6 a.m. to 5 p.m.
Saturday and Sunday: 8 a.m. to 5 p.m.

Rock Wall Hours:

By appointment only.

Pool Hours:

CLOSED for the Summer

Holiday hours vary, check website for details.

Present Tribal ID to desk attendant.

Age restrictions may apply.

LSSU Athletic Tickets 2025-26

FREE to Sault Tribe members, limited available. Tickets are disbursed through an application process in the Fall. Applications generally available in August via the newspaper and at www.bigbeararena.com.



LSSU Youth Athletic Camps 2025

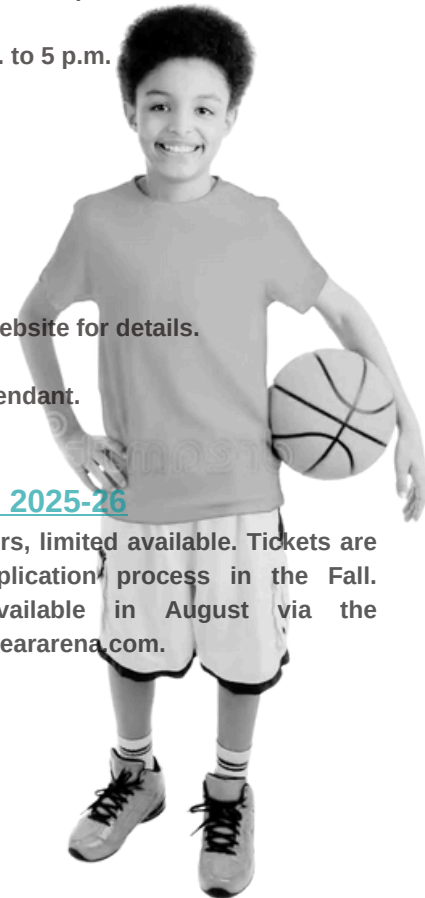
FREE to Sault Tribe members, limited space, must pre-register at www.bigbeararena.com. Camps include:

BASKETBALL

- Little Lakers Basketball Camp (FULL)
- Women's Individual Basketball Camp (COMPLETE)
- Women's Elite Basketball Camp
- Men's Individual Basketball Camp (COMPLETE)
- Men's Elite Basketball Camp (COMPLETE)

VOLLEYBALL

- Middle School Volleyball Camp (FULL)
- High School Volleyball Camp (FULL)
- Elite Volleyball Camp (FULL)



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.



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.

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.saulttribe.com or requested via email at youthdevelopmentfund@saulttribe.net.

Additional criteria and qualifying information is contained with the application.