

Recreation for Adults and Children

- [Fitness/Health Facilities](#)
- [Team Sports](#)
- [Nature Area and Parks](#)

For a brochure containing information on Ann Arbor parks and recreation facilities and classes, contact the Ann Arbor Parks and Recreation Department or visit their web site below. This contains information about parks and recreational facilities that are open to the general public:

[Ann Arbor Parks and Recreation Department](#) [1]

100 N. Fifth Avenue
Ann Arbor, MI
734.994.2780

Fitness/Health Facilities

A good way to relieve the stress of work and school and to remain physically active during the winter months is to join a gym or health club! The Ann Arbor area has many gyms and other work-out facilities both on and off campus.

University of Michigan Recreational Facilities

U-M offers a wide range of recreational activities for students, faculty and staff. U-M facilities offer weights, cardiovascular training machines, racquetball, basketball, volleyball, badminton, swimming pools, running tracks, fitness classes and much more.

Membership at the facilities listed below is free for enrolled students. Faculty and staff can purchase a membership for a discounted price. For more detailed information about locations, hours and fees, and other services offered please contact the [U-M Department of Recreational Sports](#) [2] at 734.763.0050. Or, contact a specific location below:

Central Campus Recreational
Building (CCRB)
401 Washtenaw Ave
734.763.3084

North Campus Recreational
Building (NCRB)
2375 Hubbard Rd
734.763.4560

Intramural Sports Building (IM
Building)
606 E Hoover Ave
734.763.3562

Other Not-For-Profit Facilities in Ann Arbor

[Meri Lou Murray Recreation Center](#) [3] (Washtenaw County) [Ann Arbor YMCA](#) [4]

2960 Washtenaw
Ann Arbor, MI
734.971.6355

400 W. Washington Street
Ann Arbor, MI
734.996.9622

Private Facilities

For a full listing of recreational activities and facilities in the Ann Arbor area, please visit [Arborweb](#) [5].

Team Sports

For additional information about clubs, programs and centers, visit [Arborweb](#) [5].

[U-M Club Sports Program](#) [6]

606 E Hoover (IM Building)
Ann Arbor, MI
734.763.3562

Adults only. Clubs are required to have primarily student membership; non-students often can take part. They offer 41 club sports.

[Parks and Recreation Department](#) [1]

(Washtenaw County)
2230 Platt Road
Ann Arbor, MI
734.971.6337

Offers a wide range of activities for adult and children.

[Recreation and Education \(Ann Arbor Public Schools\)](#) [7]

1530 Eisenhower Place
Ann Arbor, MI
734.994.2300

Offers team and individual sports for adults and children.

Nature Areas and Parks

In Ann Arbor

Enjoy the many neighborhood, city, and riverfront parks in Ann Arbor. There is no cost to visit an Ann Arbor park. Highlight recommended parks are:

Gallup Park - On the Huron River, which runs through Ann Arbor. City's most popular park. Rent canoes, paddle boats, kayaks and bikes there. Great for picnics by the river.

Island Park - On the Huron River, across from Maiden Lane. Footbridges and a Greek Revival picnic shelter.

Fuller Recreation Area - Across from Island Park and north of the U-M Medical Center. Outdoor swimming pool. Play areas for children.

Nichols Arboretum - Large U-M-owned nature area next to the river and just east of the U-M.

Medical Center - Beautiful peony garden in June. Great for walks year-round. Free.

[Mattaei Botanical Gardens \(U-M\)](#) [8] - 300-acre site that includes a variety of outdoor display gardens, a

conservatory, and miles of nature trails. Admission to the outdoor gardens and nature trails is free; there is a fee for admission to the conservatory (free to enrolled students).

1800 North Dixboro Road
Ann Arbor, MI
734.998.7061

Beyond Ann Arbor

Michigan offers a large number of parks and natural scenery. For just some of the sites Michigan has to offer, see below:

[Metroparks](#) ^[9]

(several locations)
Huron-Clinton
Metroparks
800.477.2757

Metroparks large park/recreational areas in Washtenaw, Livingston, Oakland, Wayne, and Macomb counties. There are three within close driving distance to Ann Arbor.

[State Parks](#) ^[10]

The State of Michigan maintains a large number of state-run parks, forests and trails. To see a map and description of parks for all counties in Michigan, please visit the site above. Remember Ann Arbor is located in Washtenaw County.

Source URL: <https://internationalcenter.umich.edu/resources/life/recreation>

Links

[1] <https://www.a2gov.org/departments/parks-recreation/Pages/default.aspx>

[2] <https://recsports.umich.edu/>

[3] <https://www.washtenaw.org/497/Meri-Lou-Murray-Recreation-Center>

[4] <https://www.annarborymca.org/>

[5] <https://annarborobserver.com/cg/t0401.html>

[6] <https://recsports.umich.edu/clubs/>

[7] <http://www.a2schools.org/reced>

[8] <http://www.lsa.umich.edu/mbg/>

[9] <https://www.metroparks.com/>

[10] <https://www.michigan.gov/dnr/>