

The Detroit News

Cool indoor recreation: There's plenty to do to beat wet weather blues.

Melody Baetens / The Detroit News (3-17-11)

Spring officially starts on Sunday and that means warmer weather, eventually.

It also means a healthy dose of rain to kick-start all that spring greening. So, while some people may have cabin fever and are looking to get moving, outside may not yet be the place.

Fortunately, Michigan is packed with a variety of indoor recreation activities.

For the intense, adventurous types, there are skate parks and rock-climbing walls where good physical fitness is a requirement. Those who just want to run around and have some fun could try laser tag or an indoor water park.

Laser Tag



Laser tag is played in a huge room filled with ramps, overlooks and hiding places. The only lights are black lights, so players wear dark clothing so they won't be seen.

Each player is given a vest and a phaser. Each has a receptor that can tell if another person's phaser has tagged you with a harmless light beam. Usually, when a player is tagged his vest will vibrate a bit and he won't be able to shoot for a few seconds.

"It's like playing flashlight tag, capture the flag, tag and hide-and-seek all at once," says Laser Edge owner Dave Jackson. "It's competitive (yet) it creates a sense of teamwork."

A round of laser tag lasts about 20 minutes and scoring is based on how many times you've been tagged, how many people you've tagged, and the accuracy of your shots.

Jackson says he's seen his customers getting younger and younger over the last 13 years he's owned Laser Edge.

"I've had five- and six-year-olds coming," says Jackson, who recommends that players be at least eight years old. "I've also seen more females than I did 13 years ago. It used to be a 20-percent female and now it's like 40 percent."

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