



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING HEALTHY FAMILIES

FAMILY TRACK TIMES

Take a run or walk together as a family on the indoor track!
Please ensure that your children are safe by keeping them within arm's reach of a parent or guardian at all times.
Children must be at least 5 years of age to participate.

Family Track Times:

Monday–Friday: 6:30–8:30 AM

Mondays/Wednesdays/Fridays: 5:00–7:00 PM

Saturdays: 11:00–12:00 PM & 2:00–3:00 PM

Sundays: 1:00–2:00 PM & 4:00–5:00 PM

The other times are for the enjoyment of those 10 & up. Children 10–13 must be with a parent at all times. Please help us keep the track clean by not wearing your street shoes on the track.

Walkers are to stay on the inside lane. Enjoy!

