



We build strong kids, strong families, strong communities.

# **TRACK HOURS/ POLICY**

**Ages 12 & up only except for the  
following:**

**Family Time /Stroller Time  
parent must be with child.**

**Mon/Tue/Wed/Thurs/Fri 1-6pm**

**Sat/Sun 12-4pm**

**Tuesday/Thursday 9:30-11:30**

**ODD DAYS CLOCKWISE  
EVEN DAYS COUNTER CLOCKWISE**

**WALKERS KEEP TO THE INSIDE LANES  
RUNNERS KEEP TO THE OUTSIDE  
PASSING USE OUTER LANE  
1 LAP = 1/16TH OF A MILE**