



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TRACK GUIDELINES

Traffic flow should follow this travel pattern:

Monday, Wednesday, Friday, & Saturday: COUNTER CLOCKWISE

Tuesday, Thursday, & Sunday: CLOCKWISE

Walkers must yield to runners.

Runners stay to the inside lane and walkers stay to the outside lane.

Children 16 years and older may use the track without additional supervision, however anyone under 13 must be accompanied by a parent or individual who is 16 years of older.

Clean, appropriate shoes only (ie. No bare feet, spikes, sandals, rollerblades/ skates, etc.)

No leaning or hanging over the railing.

Strollers and Wheelchairs are allowed on track (must be cleaned and free of debris) unless there is a scheduled aerobics class utilizing the track; please see aerobics schedule for details.

Please see Member Service Staff for any additional questions.