

Alfond Youth & Community Center's Peter G. Alfond PATHWAY TO WELLNESS

*Youth under age 12 must have adult supervision (18+). Anyone using the track must be an active Member OR be a Registered Guest. Masks are required at all times per DECD guidelines.

Masks Required

OPEN INDOOR TRACK*

Mon-Fri 5am-8pm Sat & Sun 7am-5pm

M/W/F/Su - Clockwise T/Th/Sa - Counter Clockwise

FREE to AYCC Members

*Community Member rates:

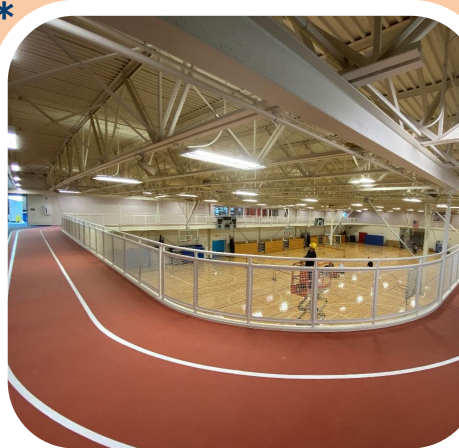
Youth (0-17) \$4.00 / Adults (18-54) \$8.00 / Seniors (55+) \$5.00

Community Member Hours*

• Mon-Fri 5:30am-7:30am

• Sat & Sun 7:00am-8:00am

*Community Members must register at the Welcome Center as a Guest.



AYCC INDOOR TRACK POLICIES

Access:

- The indoor Track is available for use by Teen, Student, Adult, Senior, & Family Members, 12 & older, during normal business hours. Youth Members may access the track as part of a supervised AYCC Program OR be accompanied by an adult (18+). Anyone walking the track must be an active Member or be a Registered Guest.
- Youth under age 12 must have adult supervision (18+) at all times. Anyone walking the track must be an active Member or be a Registered Guest.
- The indoor Track is available for free to all community members* during our Community Walking program hours.

*Community Members must complete Guest Registration and are limited to use of the track during these scheduled hours for Free. Other hours are available at a drop-in rate of \$5.00/per person.

General Rules & Safety:

- Masks are required at all times, per Governor Mills' mandate.
- Please follow the directional guidelines for everyone's safety.
- The indoor track is for runners, joggers and walkers only. Please do not use the track as a spectator of gymnasium activities.
- Strollers and wheelchairs are allowed.
- Appropriate attire must be worn at all times:
 - Footwear: Closed toe athletic shoes on track only, please do not use street shoes on the indoor track. Bare feet, Sandals/Flip Flops, Cleats, and Spikes are not permitted.
 - Apparel: Please wear appropriate athletic attire at all times, full back shirt
- Use caution when entering and exiting track. Walkers use inside lane allowing faster walkers or joggers to pass on the outside lane.
- Food & Beverage: Only water in spill proof container permitted on track. Food is not permitted on track area.

Additional Information:

Distance 12 laps = 1 Mile.