



ALFOND YOUTH & COMMUNITY CENTER



INDOOR TRACK

Members

Included in AYCC Membership

Mon-Fri 5:00 am-9:00 pm

Sat & Sun 7:00 am-7:00 pm

Community

Free during these times:

Mon-Fri 5:00-8:00 am

Sat & Sun 7:00-9:00 am

To access the track at other times, a daily guest fee applies:

Adults (18-54) \$8

Seniors (55+) \$5

Youth (0-17) \$4

- Ages 12 & under must have adult supervision or be part of a supervised program.
- Guests must complete Guest & Liability Waiver prior to using the facility.
- The track is for runners, joggers, and walkers only. Gym spectators must be continuously moving.
- Use caution when entering & exiting track.
 - walking - inside lane
 - running, jogging - outside lane
- Track Directions
 - M/W/F/Su - clockwise
 - T/Th/Sa - counter-clockwise
- Walkers and single strollers are allowed.
- Please wear clean, closed toed athletic shoes. Sandals are not allowed.
- Appropriate apparel is required: shirt, shorts/pants, and shoes.
- Food is not permitted.
- Beverages are allowed in spill-proof containers.



12 laps = 1 mile

BELONG BELIEVE ACHIEVE