

Alder Street Recreation Centre Walking Track

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
6:30-8 a.m.	Walk or Run	Walk or Run	Walk or Run	Walk or Run	Walk or Run	Walk or Run
8-10 a.m.	Seniors' Walk	Nordic Walking - registered program	Seniors' Walk	Seniors' Walk	Seniors' Walk	Seniors' Walk
10 a.m. to 12 noon	Stroller Time Parent & Tots	Stroller Time Parent & Tots	Stroller Time Parent & Tots	Stroller Time Parent & Tots	Stroller Time Parent & Tots	Stroller Time Parent & Tots
12 noon to 10 p.m.	Walk or Run	Walk or Run	Walk or Run	Walk or Run	Walk or Run	Walk or Run

\$1 per hour, or check out one of our Recreation Passes!

General Information and Fees

- The walking track is not to be used for viewing events on the surface below
- Water or sports drinks only may be consumed while using the track; no hot beverages, please
- During walk/run times, please follow the directional arrows
- Please ensure that shoes are clean and dry before using the track; indoor shoes preferred
- Walking track closes nightly at 10 p.m.
- Maximum allowed on track is 40 people; when busy, please remain in single file
- Parents should supervise children at all times



DID YOU KNOW?

8.50 laps around the track equals 1 mile (1 mile = 1.6 km)

The inside edge of the track equals 615 feet around, or 187 metres

The outside edge of the track equals 619 feet around, or 188 metres