



Move More, Milton!

Be active, more often



New!

Walking/Jogging Track



Open August 2, 10:00 a.m.

**Milton Sports Centre
605 Santa Maria Blvd.
2nd Floor, Rink C**

The Town of Milton is pleased to introduce a walking/jogging track at the Milton Sports Centre, added this year as part of the Centre's expansion. The track offers an ideal venue for engaging in one of the easiest ways to stay active; just 30 minutes of brisk walking or jogging each day may help improve your mental and physical health. Walk or jog to your heart's content! (1 km = five laps.)

Hours of Operation:

Monday - Friday: 6:00 am – 10:00 pm
Saturday, Sunday: 8:00 am - 8:00 pm

Preparing to visit?

- Wear proper running shoes or walking shoes.
- Dress for a cooler-than-normal room temperature.
- Leave pets at home. (Service animals are welcome.)

While at the track...

- Change rooms and showers are available for pass holders.
- Children under 14 years of age must be accompanied by an adult.
- Strollers are welcome.
- Nordic walking poles are not permitted.

Try it for free!

Free trial period: Tuesday, August 2 – Sunday, September 4.

Access card: \$5.00 per year (fees in effect starting Tuesday, September 6).

905-875-5393, ext. 2601

www.MoveMoreMilton.ca

