



Walking Track Fees

	<u>Per Visit</u>	<u>Monthly Pass</u>	<u>Annual Pass</u>
Youth (5-16 yrs)	\$1.00	\$15.00	\$150.00
Seniors (50+ yrs)	\$1.00	\$15.00	\$150.00
Adults (17- 49 yrs)	\$2.00	\$25.00	\$250.00
Family *	\$5.00	\$40.00	\$350.00

Cash only for daily and monthly passes, please.

***Family** is defined as immediate family in your household (maximum 2 adults and your children)

Support Persons are admitted free to the walking track while assisting a person with a disability.



Walking Track Hours

Walking

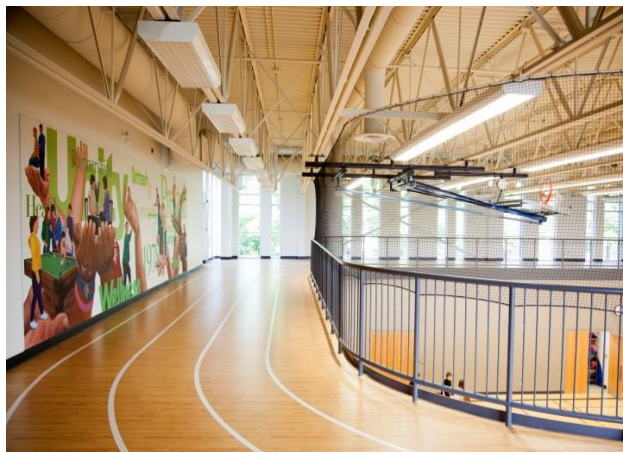
Monday	8:30 am – 8:00 pm
Tuesday	8:30 am – 8:00 pm
Wednesday	8:30 am – 8:00 pm
Thursday	8:30 am – 8:00 pm
Friday	8:30 am – 4:00 pm
Saturday (Winter only)	9:00am–2:00pm

Jogging Hours

(Outside lane only)

Monday	6:00 – 8:00pm
Wednesday	6:00 – 8:00pm

Hours may change based on group requests or special events.



LANGS WALKING TRACK

1145 Concession Rd
Cambridge ON N3H 4L5
519-653-1470
www.langs.org



Welcome to Langs Walking Track.

- Our indoor four lane walking track has a cushioned sports flooring.
- There is access to washrooms, change rooms and showers in our new facility.
- A limited number of lockers are available. Please bring your own lock.

Lane Distances

Kilometres

Lane 1	13 laps = 1 km
Lane 2	12 laps = 1 km
Lane 3	11.5 laps = 1 km
Lane 4	11 laps = 1 km

Miles

Lane 1	20 laps = 1 mile
Lane 2	19 laps = 1 mile
Lane 3	18 laps = 1 mile
Lane 4	17 laps = 1 mile



Welcome to the
Walking Track

Lane 4 Walking poles
Lane 3 Walking
Lane 2 Walking
Lane 1 Assisted devices

Track Direction
 Monday, Wednesday, Friday
 Tuesday, Thursday

Lane	1	2	3	4
1 km=	13	12	11.5	11 (Laps)
1 mile=	20	19	18	17 (Laps)

WALKING ONLY!

Walking Track Rules

- Patrons must check in with the Reception desk on the first floor before using the track. You will give your payment to the receptionist and will receive walking track identification to wear during your visit. You must also fill out a Sign In / Sign Out sheet and sign a waiver.
- Participants 18 years of age and younger require the signature of a parent or guardian.
- Children under the age of 14 years must be accompanied by a parent or guardian 19 years of age or older at all times. Only four youth per parent or guardian will be permitted on the track at one time.
- Appropriate and clean indoor footwear must be worn.
- NO spiked footwear including track shoes, golf shoes, baseball cleats, etc.
- NO inline skates, skateboards, bicycles or rollershoes.
- Wheels on strollers, wheelchairs, walkers, etc. must be clean and dry.
- Please stay within your lane so you don't interfere with other track users. Strollers stay single file. Do not walk more than two abreast. Always pass carefully on the right. Be aware of others on the track.
- Lane 1 (Inside lane) – Slower walkers, strollers, wheelchairs and people using assistive devices
Lane 2 – Walking
Lane 3 - Walking
Lane 4 (Outside lane) – Walkers using walking poles. Poles must have covers on the ends.

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Walking Track Rules cont'd

- No pets are permitted (Service animals excepted)
- NO equipment, including but not limited to, weights, sticks, balls, pucks, mats, skipping ropes, which may interfere with the safety of any walker while on the track surface.
- No food, gum or drinks with the exception of non-breakable water bottles on the track. No spitting, spouting or splashing of water.
- Absolutely no climbing on, over or leaning against the railings.
- Please keep noise at a low level for the respect of other track & gym users.
- Warm up/cool down/stretching must take place in the corners of the concourse. Lanes must remain unobstructed.
- Please refrain from wearing any perfumes, colognes and other highly scented products.
- Staff have the authority to restrict public access to the track at any time if the facility occupancy load is met or if it is believed that public safety could be jeopardized.
- There shall be no unauthorized use of the walking track.
- Any inappropriate behaviour will not be tolerated. This includes but is not limited to obscene language, gestures or any action that will cause damage to the facility, or any action that will cause harm or a disturbance to others.
- We reserve the right to ban track privileges from those who do not adhere to the rules.

In case of emergency, contact the Reception desk or another staff member.