A GOOD FOOT FORWARD

INDOOR TRACK GUIDELINES

WATCHFUL. Children under the age of 12 must be accompanied by a parent or guardian at all times and in all areas of the YMCA.

JUST RUN. The indoor track is for runners, joggers and walkers only. Running games such as chase are not allowed on track.

KEEP RIGHT. Please use the right lane when walking. Left lane of indoor track is for running and passing only.

SHOES & SOCKS. Running or walking shoes on track only. Sporting equipment such as balls, jump ropes and weights are not allowed on track.

WALK IT OFF. For the safety of members and guests, please walk in hallways adjacent to track and fitness area. Running is allowed on track only.

COMFORT. Appropriate attire must be worn at all times:
- Apparel worn properly
- Closed-toe athletic shoes
- No barefeet, sandals or flip flops
- Appropriate shorts, tights or pants

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