


# Free Indoor Community Walking Schedule 2009

Location	Days and Time(s)	Start Date	End Date
Livermore Falls High School Gym 897-3428	Monday-Friday 6:30am – 7:15am	Beginning of School Year	End of School Year
Jay High School Gym 578-2400	Monday-Friday 6:00am – 7:30am <i>Call in advance</i>	Beginning of School Year	End of School Year
UMF Health & Fitness Center 778-7495	First Saturday of the Month 10:00am – 4:00pm	Year Round	Year Round
Farmington Community Center 778-3464	Monday-Friday 8:30am – 10:00am	October 1 <sup>st</sup>	June 1 <sup>st</sup>
Mt. Blue High School Indoor Walking Route & Mt Blue Middle School 778-4307 & 778-3735	Monday-Friday 6:00am – 7:00am	October 14 <sup>th</sup>	End of School Year
Cape Cod Hill School Gym New Sharon 778-3031	Monday-Friday 7:10am – 8:00am	Beginning of School Year	End of School Year
Wilton Academy Hill School Gym 645-4488	Monday-Friday 7:30am – 8:15am	Beginning of School Year	End of School Year
Strong School Gym 684-3521	Mon-Fri 6:30 – 7:00am Mon-Fri 7:30pm – 9:00pm (except/ school dance or game)	Beginning of School Year	End of School Year
Phillips Middle School Gym <i>Call for availability</i> 639-2909	Monday-Friday 6:00am – 7:00am 6:00pm to 7:00pm some days	Beginning of School Year	End of School Year
Kingfield School Gym <i>Call for availability</i> 265-4132	Mon-Fri 6:00am – 7:20am 3:00pm – 7:00pm some days	Beginning of School Year	End of School Year
Mt. Abram High School Gym <i>Call for availability</i> 678-2701	Monday- Friday <i>Morning walkers</i> 7:00am – 8:00am <i>check in at office</i> March through May 4:30 – 8:00pm	December 1 <sup>st</sup>	June 1 <sup>st</sup>
Anti-Gravity Complex Carrabassett Valley 237-5566	Monday-Friday 6:00am – 9:30am	Year Round	Year Round
Stratton School Gym 246-2283	Monday-Friday 6:15am – 7:15am	Beginning of School Year	End of School Year
Rangeley Lakes Regional School  <i>Call for availability</i> 864-3312	Monday-Friday 6:00am – 7:00am	Beginning of School Year	End of School Year

Facilities listed above are available on the days and times indicated, excluding school vacations and storm days. All walkers should bring their walking shoes with them to change into once they arrive at the school. This will keep the floors clean and safe to walk on.

If you would like more information please contact the Healthy Community Coalition at (800)525-3136. For outdoor walking opportunities in your area visit

[www.thecommunityconnector.org](http://www.thecommunityconnector.org) .

