

Saratoga Springs Branch

Track Rules

- Absolutely no standing on or leaning over railings.
- Throwing of any objects on the track or over railings is not permitted.
- Please stay in the correct lane and follow the daily schedule:

Lane 1 - *Running*

Lane 2 - *Jogging*

Lane 3 - *Walking*

Track Direction

*Counter clockwise on Mondays, Wednesdays,
Fridays and Sundays*

Clockwise on Tuesdays, Thursdays and Saturdays

Thank you for your cooperation!



YMCA of Saratoga

We build strong kids, strong families,
strong communities.