



Tilden Community Center
310 River Street
Hastings, Minnesota 55033
Office 651-480-7670

Welcome to the 2018-19 Hastings Community Education

Indoor Walking Program

The Program is held in the Hastings Senior High School Field House, 200 General Sieben Drive. For your convenience, a map of the location of the walking track is on the reverse side of this letter. This climate-controlled facility is open for the walking program from 6:30 am - 10:00 pm, Monday through Friday, and from 8:00 am - 3:00 pm on Saturdays. **The program is NOT open on Sundays.**

“Walk for Your Heart” begins September 4 through July 2019.
(Approximately 6.5 laps around is equal to 1 mile.)

For the safety of all participants, students and employees in the building, we appreciate your cooperation in following program guidelines and rules.

Guidelines for 2018-19:

Between the hours of 6:30 am-2:30 pm, if you intend to walk the track **Monday-Friday DAYTIME**, please be aware of this policy. Safety is of the highest priority for our students and staff and we are continuing to use the *Raptor Technology Scanning System*, district-wide. **Bring your driver's license/photo I.D. to Community Education** for a brief background scan. Simply show your customized Walk Pass and your Raptor Scan Badge to the high school reception staff member on **DAYS WHEN YOU ARE WALKING**. The high school site WILL NOT be able to make the badge for you and you will be directed to obtain one at the Tilden Community Center, 310 River St, Hastings – prior to your walk.

- **NEW Walking Passes** may be purchased at Cub Food's Service Desk or at the Hastings Community Education office in Tilden Community Center.
- To receive your WALK PASS and Raptor Scan Badge you will need to **bring your license or photo I.D. to the Tilden Community Center and the entire process will take 5 minutes to process.**

PROGRAM RULES:

1. Please use the South entrance into the Hastings High School. All other doors may be locked.
2. Wear appropriate footwear, not street shoes.
3. Walk Directions: **CLOCKWISE (Monday, Wednesday, Friday)** **COUNTER CLOCKWISE (Tuesday, Thursday, Saturday)**
4. **Jogging** is permitted on the second floor upper deck only. As a courtesy to walkers, joggers are asked to use the inside lane next to the guard rail. Please pass walkers in a single file using the inside single lane.
5. Infants secured in strollers are allowed. When walking with a **stroller**, please be courteous to other walkers as to not interfere with their exercise.
6. If the Hastings Public Schools are closed due to **inclement weather**, or if Hastings High School is closed for any other reason, the building will also be closed to the walking program.
7. On weekdays **when school is not in session**, but the building is open, the track will close at 8:00 pm rather than 10:00 pm.

Hastings High School will be CLOSED TO WALKERS on the following dates:

- | | | |
|---|---------------------------|--------------------|
| ● November 22, 23 & 24, 2018 | ● January 1, 2019 | ● Apr 19, 22, 2019 |
| ● December 24, 25 & 31, 2018 | ● February 18, 23, 2019 | ● May 27, 2019 |
| (Walk only between 6 am-2:30 pm, Dec 26-28) | ● March 2, 7, 9, 14, 2019 | ● June 6 & 7, 2019 |

PLEASE NOTE: No walking on Saturdays, if holiday is a Friday or Monday. Plus, due to unforeseen occurrences, walking may not be available dates other than those noted during the year. Registrants will be notified via email and signs will be posted on-site as soon as we have been made aware of the closure.