

# Lunchtime Walkers



Do you lead a busy lifestyle and are trying to find time to get some exercise in? Are you looking for something to break up your day and re-energize yourself for the afternoon? If so, join us at our new Lunchtime Walkers program! A great opportunity for those who work in the area, seniors who don't want to walk alone and parents with strollers, we will take a walk around Freshwater Pond. Check out the different walking paths [here](#). Short, medium and long distance paths allows for options for those of all ages and abilities. Join us for a portion of the program or the entire time. We will leave from our meeting spot at 12:10 PM. The program will still be held in marginal weather, however severe weather will cancel the program. Parking is available on North Main Street, Church Street and in the public lot behind the CHC at 5 North Main Street. Participants should wear a face mask, comfortable clothes and shoes and bring a water bottle.

**Dates:** Thursdays, October 1 – 29, 2020

**Time:** 12:00 – 1:00 PM

**Location:** Freshwater Pond (see [map](#) for meeting location)

**Fee:** FREE

**Activity Number:** 3605.0301.101

Enfield Recreation | 19 North Main Street  
860.253.6420 | [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)

## REGISTRATION

- Open to residents and non-residents.
- Register [online](#), by printing, completing and bringing the [registration form](#), or in person upon arrival.
- Registration is open and ongoing.

Please see COVID-19 policies on page 2.

## **PORGRAM POLICIES RELATED TO COVID-19**

- **If you or anyone in your household does not feel well for ANY REASON, please do not attend the program.**
- **Please notify us if you or someone in your household tests positive for COVID-19 on the day (s) you attend the program or in the 14 days immediately following.**
- **Masks MUST be worn by participants at all times during the program when social distancing is not possible.**
- **All participants are required to register prior to their first session and must sign in at each session attended.**
- **Participants must complete a personal health screening before arriving to each session of the program. If you are not feeling well or are experiencing any symptoms of COVID-19, please do not attend.**
- **Hand sanitizer will be available for participants to use at the beginning of the program.**
- **Participants must follow the instructor's directions to keep socially distanced throughout the program.**
- **Personal items, such as water bottles, will not be shared during the program.**
- **Our Facebook page will be updated should the program be cancelled due to severe weather.**
- **Policies are subject to change based on new local, State or Federal regulations.**