

INDOOR WALKING PROGRAMS

Stay out of the Cortland cold!
Walk for free, and get fit!

Appleby Elementary School

24 Albro Road, Marathon, NY
Monday through Friday 5:00pm to 8:00pm
Year-round
Must sign a liability/policy waiver

Barry Elementary School:

20 Raymond Avenue, Cortland, NY
Senior citizens and their family/caregiver
Tues, Wed, & Thursdays 4:30pm to 6:00pm
December – April; No school = No walking
Must sign-in with volunteers

Cincinnatus Elementary School:

2809 Cincinnatus Road, Cincinnatus, NY
Any day school is in session 3:30pm to 6:30pm
January – March

Homer Junior High School:

58 Clinton Street, Homer, NY
Any day school is in session 4:00pm to 9:00pm
October – March

JM McDonald Sports Complex:

4292 Fairgrounds Drive, Cortland, NY
Monday through Friday 7:00am to 4:00pm
Year-round
Must sign a waiver

McGraw Elementary School:

50 West Academy Street, McGraw, NY
Any day school is in session 5:00pm to 7:00pm

For more information contact: Seven Valleys Health Coalition
10 Kennedy Parkway Cortland, NY 13045
607-756-4198