

Get
Active!

Join **Tracks** and Walk with Nature

Location: Mission Creek Regional Park and Greenway
Schedule: 2 walks per week (Mondays, Wednesdays)

Spring Session: This is a free 9-week beginner walking program. Motivate yourself and join our walking leader in Mission Creek Regional Park. As a member of the **Tracks Walking Club** you will receive a walking journal, walking lessons & seminars and motivational tips to keep you moving! **Tracks** is a registered Hearts in Motion Walking Club with the Heart & Stroke Foundation. *Starts April 2nd and ends: May 30th • Duration: Starting with a 15 minute walk and increasing the duration at each outing by 15 minutes, until the participants reach 60-90 minutes over the 9 week program.*

Fall Session: This is a free 5-week beginner walking program. Start new or continue from the Spring program. *Starts September 10th and ends October 10th • Duration: Starting with a 15 minute walk and increasing the duration at each outing by 15 minutes, until the participants reach 60 minutes over the 5 week program. The goal is to participate in the Kokanee Run/Walk on October 13th.*

