



BIG DIPPER ICE ARENA WALKING/JOGGING/SHOWER SCHEDULE

January 2– May 1, 2009
459-1104 / 459-1076



MONDAY through FRIDAY.....6:00 A.M. - 5:30 P.M.
SUNDAY.....11:00 A.M. - 6:00 P.M.

**There is no fee for walking/jogging – Walking is subject to availability
please observe schedule changes**

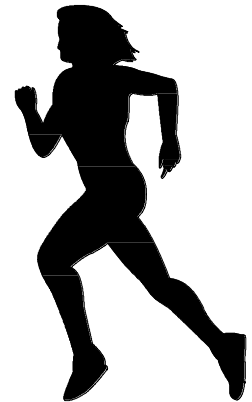
JOGGING DIRECTION:

Monday/Wednesday/Friday/Sunday
Counter Clockwise

Tuesday/Thursday
Clockwise

DISTANCE:

Seven and one half laps equal one mile - full loop.
Four and a quarter laps equal one mile - double-back loop.



1. You must jog a double-back loop whenever the exercise room is in use.
2. **Please NO walking or jogging:**
 - On Saturdays.
 - During paid gate events.
 - During hockey tournaments.
 - When the concession stands are open.
 - During spectator events.
3. Pedestrians have the right of way.
4. You are responsible for your personal belongings. Coin operated lockers are available in dressing rooms for .50¢. Lockers are for day use only.
5. Shoes and shirt required at all times while in the facility.
6. **Children under the age of 12 years old Must be accompanied and supervised by an adult at all times while in the building.**
7. Dressing Rooms/Showers are available; inquire at skate room for availability.
 Yellow Room - Women Green Room - Men
 Locker rooms unavailable after 5:00 P.M.

SCHEDULE CHANGE

***Schedule subject to change without notice.**

All attempts will be made to post schedule changes one week prior to any changes.