



South Windsor Parks and Recreation

Outdoor Fitness Center

HOURS OF OPERATION

Daily: Dawn – Dusk

Year-round

The fitness space is designed for the community's enjoyment. For your safety, we ask you to comply with the following:

1. You assume all risk and responsibility for use of the exercise equipment at this facility.
2. Shirts and shoes must be worn at all times. No sandals or flip-flops.
3. You must be at least 13 years old to utilize the equipment. Parents/Guardians: To avoid injuries, do not let your underage children use the equipment.
4. Consult your physician prior to starting any physical fitness training program.
5. During exercise, please pay attention to how your body feels. If pain or discomfort occurs, **STOP THE EXERCISE IMMEDIATELY.**
6. South Windsor Parks and Recreation does not provide any supervision for the use of the equipment.
7. Please remember you are in a park, please be aware of your surroundings as athletics and other activities will be occurring near this space.
8. No food, alcohol, glass containers, smoking or horseplay is permitted in this facility.
9. Perform exercises according to the instructions on the equipment.
10. Please watch for your belongings. We are not responsible for lost or stolen items.
11. Keep a safe distance from the exercise equipment when in use by others.
12. If you notice the equipment having loose parts, breaks, cracks or other conditions needing attention, please do not use the equipment and call (860)648-6355.
13. If there is an emergency, **call 911.**

The Town of South Windsor Parks and Recreation Department shall not be liable for any personal injury to any person resulting from use of the equipment at this facility.