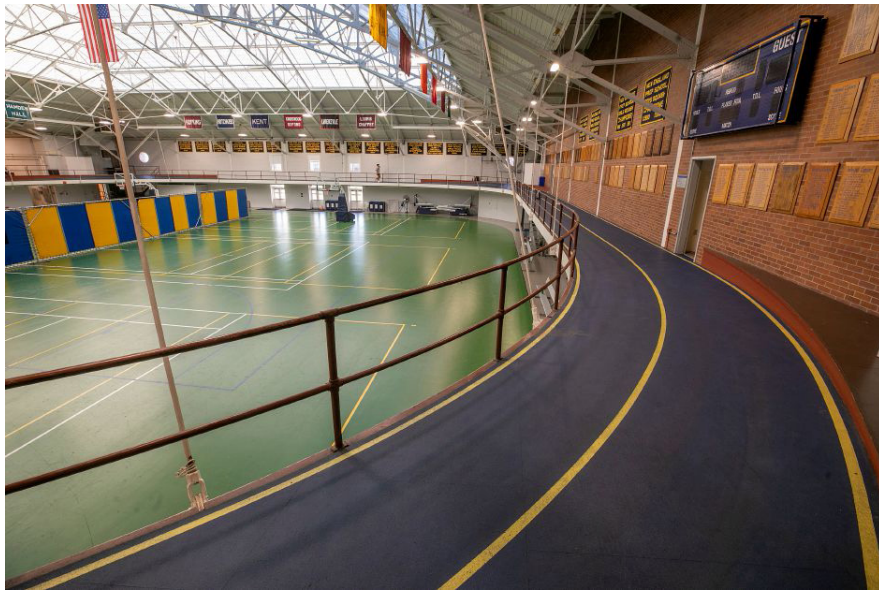


Choate Rosemary Hall, Wallingford YMCA Come Together for Free Indoor Walking Initiative

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By Nicole Zappone, Record-Journal staff

WALLINGFORD — Frigid winter temperatures can make outdoor recreation challenging. With that in mind, and winter just around the corner, Choate Rosemary Hall and the Wallingford YMCA are teaming up to promote healthy lifestyles by offering free use of Choate's indoor walking track at the Worthington Johnson Athletic Center.



Beginning on Monday through March 15, the indoor track will be open to allow Wallingford residents the opportunity to exercise during the winter months. The track will be open Monday through Friday from 7-11 a.m.

“The track was previously opened to the public just before COVID, and when the pandemic happened, it was no longer open to the public,” said Sean Doherty, executive director of the Wallingford Family YMCA. “This is the first time it has been opened to the public since the pandemic is now in our rear-view mirror.”

The Choate Rosemary Hall outdoor track is also available year-round without the need for registration. It is open from dawn to dusk.

“The process to gain access to the indoor track is easy,” Doherty said. “During the four hours, there are 20 slots per hour available, and registration is to be done on the YMCA website.”

Doherty said when Wallingford residents arrive at Choate, they must bring a photo ID as it's required for admittance. Residents can use the track more than once, registering every time to attend.

The outdoor track entrance is through the fitness center on campus just off North Elm Street. Walkers will go upstairs, check in with YMCA staff at the fitness center, and then be directed to the track.

“By once again offering our indoor track to the community, we hope Wallingford residents will come inside, out of the winter weather, and continue to exercise,” Choate spokesperson Alison Cady said. “This is a great way for the community to keep up with their New Year's resolutions and commitment to a healthier lifestyle.”

The outdoor track is a raised track, according to Doherty, which overlooks basketball courts.

“The Y is excited to expand our partnership with Choate Rosemary Hall by helping implement this initiative for the community,” Doherty said. “Healthy living and social responsibility are two of our core focus areas, all centered on a positive community impact, which also aligns with those of Choate Rosemary Hall.”

Cady said Choate has had a long-standing relationship with the Wallingford Family YMCA. The Y’s learning community child care center is at Choate, which also helps facilitate the fitness center and at times hosts the YMCA swim team at the pool.

“Choate Rosemary Hall just donated to the YMCA’s replacement of the gym floor in the hopes of helping them with the repair so they can keep their facility open,” Cady said.

To sign up to use the track, visit the Wallingford Family YMCA website at www.wallingfordymca.org/community-walk.

About Choate Rosemary Hall

Located in Wallingford, Choate Rosemary Hall is a co-ed independent secondary school enrolling boarding and day students in grades nine through post-graduate from around the world. For more information, visit www.choate.edu.

About the Wallingford Family YMCA

The YMCA is one of Wallingford’s leading nonprofits, strengthening the community through youth development, healthy living and social responsibility. For more information about the YMCA, visit www.wallingfordymca.org.

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