

**WINTER EXERCISE OPTIONS 2015-2016**

If you are looking for great winter time exercise options for you and your entire family, check out the following choices! Be sure to vary your exercise to keep fitness fun and to reap great cardiovascular benefits! The listing below is not an endorsement, but a reference list of locations where you can get moving!

**INDOOR SWIMMING**

**Agency Description of Offering\_\_\_\_\_\_\_**

**Crossroads Natatorium** For current class schedule and fees, call the

2525 Lake Avenue Natatorium at 484-4153 x6 and listen to the pre-

Entrance to pool, off Beacon St. recorded message. 484-4153 x6

**Helen B. Brown Natatorium** Open to the public for lap and recreational swimming

South Side High School and classes. Visit [natatorium.fwcs.k12.in.us](http://www.natatorium.fwcs.k12.in.us)

3301 S. Calhoun Street for schedule. Adult: $3.50 or 20 visits, $50;

467-2660 Child or Senior (over 65): $3 or 20 visits for $45

**NACS Natatorium** Open swim hours Monday-Saturday. Check pool

Carroll High School schedule on website: [www.nacs.k12.in.us](http://www.nacs.k12.in.us) Click

3903 Carroll Road on the natatorium link for schedules, classes & fees

637-0340

**Southwest Allen Natatorium** Open swim hours vary. Check pool schedule, classes

Summit Middle School & fees by going to: [www.sacs.k12.in.us](http://www.sacs.k12.in.us) and clicking

4509 Homestead Road “Departments” then, “Natatorium” or call 431-2585

431-2585 .

**ICE SKATING**

**Agency Description of Offering\_\_\_\_\_\_\_\_**

**Headwaters Ice Skating Rink** Open Skating M-Th.1-8 pm, Fri.12 noon-10 pm, Sat.

Clinton and Superior Streets 11 am-10 pm, Sun. 12- 8 pm Fees: 13 and

422-7625 younger $3, 14 and older, $5. Skate Rental $2

 Kids 13 and under skate FREE every Wednesday

 Opens Nov. 22, 2014. Extended holiday hours

 December 19- January 10, 2015

**SEE MORE LOCATIONS ON REVERSE SIDE**

 **ICE SKATING,** continued

**Sportone/Parkview Icehouse** Managed by Canlan Ice Sports. Open skating

3869 Ice Way (off N. Wells St., near Coliseum) T-Fri. 1- 3 pm; Fridays 8-10 pm; & Sat. and

387-6614 Sun. 1-3 pm Skate rental & classes available.

 Weekdays: $5; Weekends, $7 Under 4 years of

 Age, Free; Skate Rental: $3 Check events calendar

 at [www.icesports.com/fortwayne](http://www.icesports.com/fortwayne)

**Lakeside Park**  A portable ice rink installed atop the asphalt of 1401 Lake Ave. the park’s basketball court. Free.

260-427-6400

**ROLLER SKATING**

**Agency Description of Offering\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Roller Dome Skate Centers** Open skate times vary. Call locations for schedules

North: 444 W. Coliseum Blvd. 483-6303 of open skates & classes or see Skate Centers website

South: 4540 Bluffton Rd. 747-3919 at: [www.rollerdomenorth.com](http://www.rollerdomenorth.com)

**Bell’s Roller Skating Rink** Open skate times vary**.** Call rink for schedule.

7009 Indiana 930

749-8214

**OTHER WINTER TIME OPTIONS**

**The Plex**

**Indoor Adult Soccer & Flag Football**

1807 E. Coliseum Blvd.

[www.plexsports.com](http://www.plexsports.com)

496-9999

**Cross Country Skiing**

If more than 4” of accumulated snow is on the ground, these are great outdoor options!

Check their website for more details at: [www.allencountyparks.org](http://www.allencountyparks.org)

 **Metea County Park Fox Island County Park**

 8401 Union Chapel Rd. 7324 Yohne Rd.

 449-3777 449-3180

**Winter Running Group**

**Three Rivers Running Company**

4039 N. Clinton Street

496-8000

5:30 PM Wednesday Nights, year round—all ages, all abilities

**Winter Walking**

Don’t forget great winter walking options on any of the 80 miles of local multiuse trails! Visit www.fortwayneparks.org and click on “TRAILS” to learn more! Or, go to [www.mapmywalk.com](http://www.mapmywalk.com) to design your own walking route!

*Stay active this winter! Take the whole family to any of the locations above for fitness fun!*