

Indoor Walking

Get active in Somerset County

The gyms at these locations are available for winter walking October 31, 25 - March 31, 26 to follow school and adult ed calendar. Walkers are asked to please change into a clean pair of indoor shoes and sign in before using the facility.

Canaan Elementary School	Mon-Fri: 5:00pm - 7:00pm
Margaret Chase Smith School	Mon-Fri: 6:15am-7:15am
Millstream Elementary	Mon-Fri: 6:00am-7:00am
Skowhegan Area HS *entrance through Adult Education	Mon-Thurs: 5:00pm-7:00pm
Athens Community School	Mon-Fri: 7:00am - 8:00am
Main Street Middle School	Mon-Fri: 7:00am-7:45am
Madison Junior Senior HS	Mon-Fri: 6:30am-7:30am
Carrabec High School	Mon, Wed, Fri: 6:05am-6:45am
Embden Community Center	Wed, Sat: 9:15am-12:00pm
Mercer Community Center *Wed: Pickleball from 1:00pm-3:00pm	Tues: 8:00am-6:00pm Wed: 8:00am-2:00pm Thurs: 8:00am-4:00pm
Starks Community Center	Mon: 10:00am-2:00pm Wed: 3:00pm-7:00pm
Skowhegan Community Center	Mon, Wed, Fri: 6:00am-10:00am Tues, Thurs: 6:00am-9:00am
Somerset Elementary School *no walking when school is closed	Tues, Thurs: 6:00am - 7:00am
Forest Hills Consolidated School *starting December 9, 2025	Mon-Fri: 6am-7:00am
Fairfield Community Center	Mon, Wed, Fri: 8:00am - 10:30am

For more information, please call Somerset Public Health at 474-7473.



"Any person choosing to be involved in this program does so at his or her own risk. SPH strongly recommends that if you have a medical condition, or have not seen a health care provider in the past year you should do so before starting, or increasing your physical activity."