



DoverWALKS

Dover Walks

Promoting healthy lifestyles to our residents, including mature adults, mom's with strollers, and walkers of all ages. Our goal is to promote walking to increase your physical activity, remove barriers of weather & cost, promote walking as a family activity, and build community pride.

This FREE* program for City residents and Seniors is a great way to get healthy, join friends for a walk, or make new friends along the way. Join us today! The **John W. Pitts Recreation Center** features a 1/13th mile indoor walking track. So get your sneakers and meet us for a walk.

Typical hours are Monday – Friday, 7 am – Noon. For complete details give us a call at 736-7050 or come on over and sign up!

**Free – those under 60 and living outside of the City of Dover limits will be charged a nominal fee.*