

Media Release



Date: September 21, 2020

Walkers Welcome at the PMC by Registration Starting September 28th

The City of Pembroke is offering walking around the promenade at the Pembroke Memorial Centre (PMC) starting September 28th from 10:00 a.m. to 2:00 p.m. Walking will be permitted Monday, Wednesday, and Friday from 10:00 a.m. – 2:00 p.m. To come and walk you must register ahead of time with the Recreation Department at 613-735-6821 ext. 1501 or recreation@pembroke.ca. Walkers may register for a one hour time slot. If there are time slots available at the end of your booked walking time you may register for an additional slot. We are limited to 25 walkers at a time.

Walking will look a little different this year. Walkers will be asked to wear masks at all times, stay to the right of the promenade unless to pass another walker, maintain a 6ft. distance between all walkers, and walk a “horseshoe” pattern as to not enter the activity room. At this time running, stair climbing, and other various physical activities are not permitted. This will ensure the safety and wellbeing of all participants.

“It is great that we are able to offer this service to members of our community once again,” said recreation programmer Sarah Frederick. “To make this a success we are going to rely on the cooperation and patience of our walkers.”

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