FIT TOGETHER RESOURCE GUIDE

BEACHES
The following beaches are staffed with a lifeguard from Memorial Day to Labor Day:
- Bantam Lake Sandy Beach – Morris, CT
- Burr Pond – Torrington, CT
- Highland Lake – Winsted, CT

FARMERS MARKETS
- Litchfield Farmers Market: Sat 10-1
- Torrington Farmers Market: Tues 3-6, Sat 10-1

GOLF/DISC COURSE
- Alvord Park Disc Golf – Torrington, CT
- Fairview Farm Golf Club – Harwinton, CT
- Norbrook Farm Disc Golf – Colebrook, CT
- Stonybrook – Litchfield, CT
- Torrington Country Club – Torrington, CT

HIGH SCHOOL TRACKS
- Lewis Mills High School – Burlington, CT
- Litchfield High School – Litchfield, CT
- Region 7 High School – Winsted, CT
- Torrington High School – Torrington, CT

LOCAL FARMS
For pick-your-own, picnics & hiking:
- Angevine Farm – Warren CT
- Bunnell Farm – Litchfield, CT
- Deeply Rooted – Harwinton, CT
- March Farms – Bethlehem, CT

PLAYGROUNDS
- Borzani Park – Torrington, CT
- Brodie Park – New Hartford, CT
- Litchfield Playground – Litchfield, CT
- Munro Playground – Winsted, CT
- Torrington Middle School – Torrington CT – Nature trail and outdoor fitness area

POOLS
- Besse Memorial Park and Pool – Torrington, CT
- Camp Chase YMCA – Burlington, CT

PARKS
- Mt Tom State Park – Washington, CT
  Swimming, hiking trails
- Topsmead State Forest – Litchfield, CT
  Cross-country skiing, snowshoeing, hiking trails
- Lake McDonough – Barkhamsted, CT
  Picnic areas, hiking trails
- Black Rock State Park, Watertown, CT
  Swimming, hiking trails
- Kent Falls State Park – Kent, CT
  Hiking trails, picnic
- Riverwalk on the Appalachian Trail – Kent/Cornwall, CT
  Hiking trails
- Cathedral Pines – Cornwall, CT – Hiking trails
- Macedonia Brook State Park – Kent, CT
  Hiking trails, picnic
- Haystack Mountain – Norfolk, CT
- Dennis Hill Park – Winchester, CT
- People State Forest – Barkhamsted, CT – Hiking
- Foothills BMX – Biking
- Sue Grossman Stillwater Greenway
  Winsted/Torrington, CT – Walking, biking, linear fitness trail
- White Memorial Preserve Litchfield CT
  Hiking trails, biking, picnicking and museum
- Harwinton Conservation and Recreation Area – Harwinton, CT – Hiking trails
- John A. Minetto State Park – Torrington, CT – Hiking
- Norbrook Farm – Colebrook, CT – Hiking trails

FITNESS FACILITIES
- YMCA in Torrington
- YMCA in Canaan
- YMCA in Winsted
- Club 24 in Torrington
- Energy Fitness in Torrington
- Odyssey Group Fitness in Torrington
- Pine Woods Raquet Club in Torrington
- Planet Fitness in Torrington
- Sanctuary Power Yoga in Torrington

RENTALS
- Collinsville Canoe Kayak – Collinsville, CT

RECREATIONAL SPORTS
- Courtside Sports Center – Harwinton, CT
- R & B Sports World – Winsted, CT
- Torrington Pal (Police Activity League) – Torrington, CT

SKATEBOARD PARKS
- Torrington Skatepark – Torrington, CT
- Skatepark Canton – Canton, CT
- Winsted Skatepark – Winsted, CT

SKATING
- International Skating Center – Simsbury, CT
- Veterans Skating Rink – West Hartford, CT
- Roller Magic – Waterbury, CT
- Besse Pond – Torrington, CT

SKIING/SLEDDING
- Mohawk Mountain – Cornwall, CT
- Ski Sundown – New Hartford, CT
- Sledding at Riverside Ave. Park – Torrington, CT

YOUTH TEAM SPORTS
- Torrington Warriors: Football & Cheer
- Torrington Youth Soccer
- Winsted Youth Baseball & Softball
- Winsted Youth Soccer Association

NUTRITION PROGRAMS
- Community Health and Wellness – Torrington CT
  www.chwctorr.org
- Charlotte Hungerford Hospital Outpatient Nutrition Services
  www.charlottehungerford.org
- Fit Together Families – Healthy Weight and Your Child
  www.fittogethernwct.org
- WIC Program – Torrington, CT
  Find WIC on Facebook
- Weight Watchers: Local chapters in Litchfield County