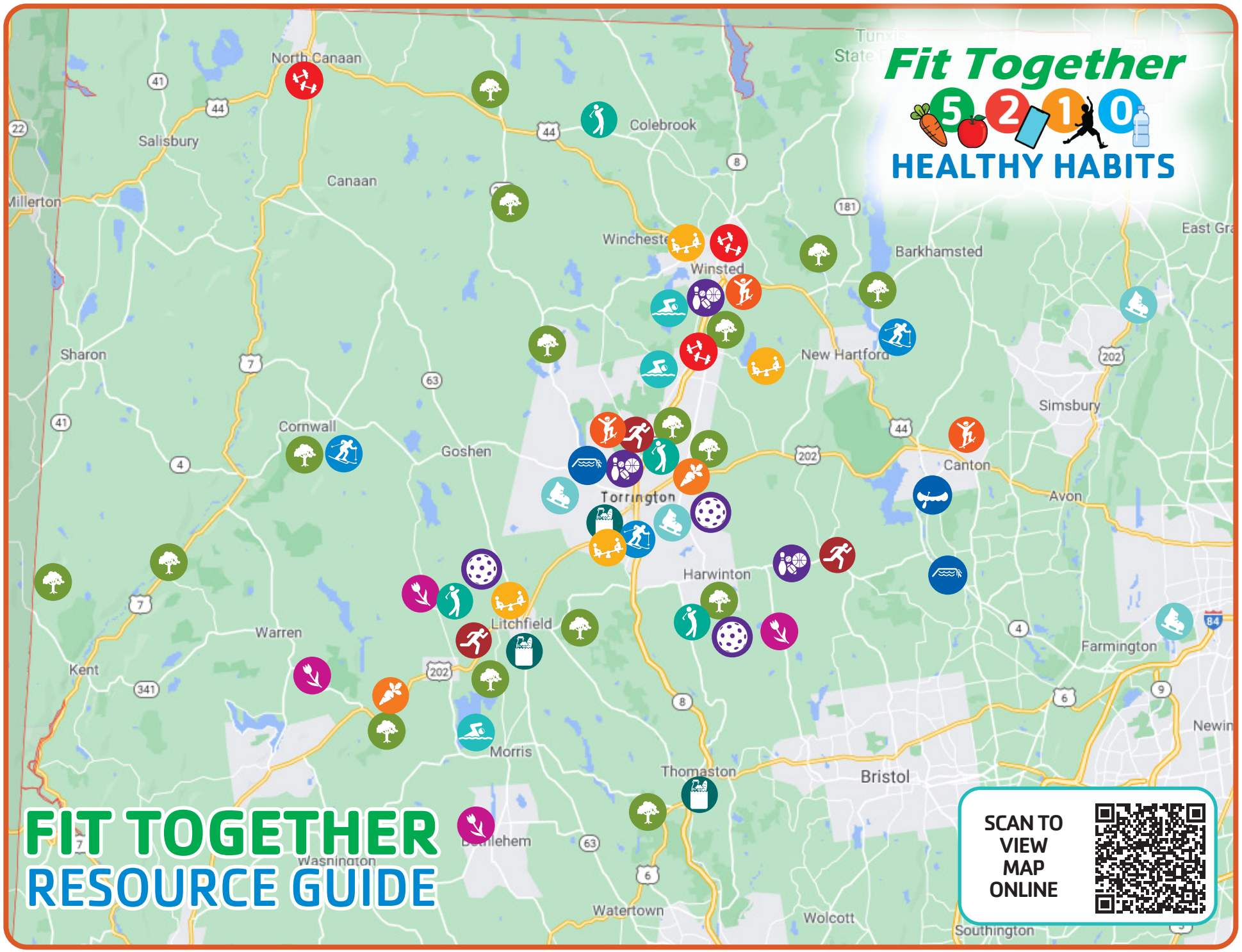
Fit Together
5 2 1 0
HEALTHY HABITS
North Canaan
Salisbury
Canaan
Colebrook
Winsted
Barkhamsted
New Hartford
Sharon
Cornwall
Goshen
Torrington
Canton
Simsbury
Avon
Harwinton
Litchfield
Warren
Kent
Morris
Thomaston
Bristol
Farmington
Watertown
Wolcott
Southington
FIT TOGETHER
RESOURCE GUIDE
SCAN TO VIEW MAP ONLINE

FIT TOGETHER RESOURCE GUIDE

Fit Together 5 2 1 0 HEALTHY HABITS

HOW MANY CAN YOU ☑ ?

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
- ☐ Region 20 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

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

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, picnic and museum
- ☐ Harwinton Conservation and Recreation Area -
  Harwinton, CT - Hiking & Biking trails
- ☐ John A. Minetto State Park - Torrington, CT - Hiking
- ☐ Norbrook Farm- Colebrook, CT - Hiking & Biking trails
- ☐ Nassahegan Trails - Burlington - Hiking & Biking 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

YOUTH TEAM SPORTS

- ☐ Litchfield Lacrosse
- ☐ HYSA Harwinton Youth Sports
- ☐ Spartan Lacrosse League - Burlington
- ☐ Torrington Warriors: Football & Cheer
- ☐ Torrington Youth Soccer
- ☐ Winsted Youth Baseball & Softball
- ☐ Winsted Youth Soccer Association

PICKLEBALL

- ☐ Community Courts - Litchfield/Bantam
- ☐ Durand street Courts - Torrinton
- ☐ HYSA Basketball Courts - Harwinton
- ☐ Rowley Street Courts - Winsted
- ☐ Torrington Armory
- ☐ Pickleball lessons - Torrington YMCA

POOLS

- ☐ Besse Memorial Park and Pool - Torrington, CT
  Torrington Parks and Rec: 860-489-2274
- ☐ Camp Chase YMCA - Burlington, CT

RECREATIONAL SPORTS

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

RENTALS

- ☐ Collinsville Canoe Kayak - Collinsville, CT

NUTRITION PROGRAMS

- ☐ Community Health and Wellness - Torrington
  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 - Find WIC on Facebook
- ☐ Weight Watchers: Local chapters in Litchfield County