

EASTSIDE NEIGHBORHOOD PARK IMPROVEMENT PLAN

Play and Fitness Plan Detail



YOUTH FITNESS ZONE FOR CHILDREN AGE 5-12

SHADED OBSTACLE COURSE A multi-occupant obstacle course includes vertical and lateral climbing activities, beams to promote balance and flexibility, features to improve strength, cognitive, agility and coordination.



Twisted Ladder View

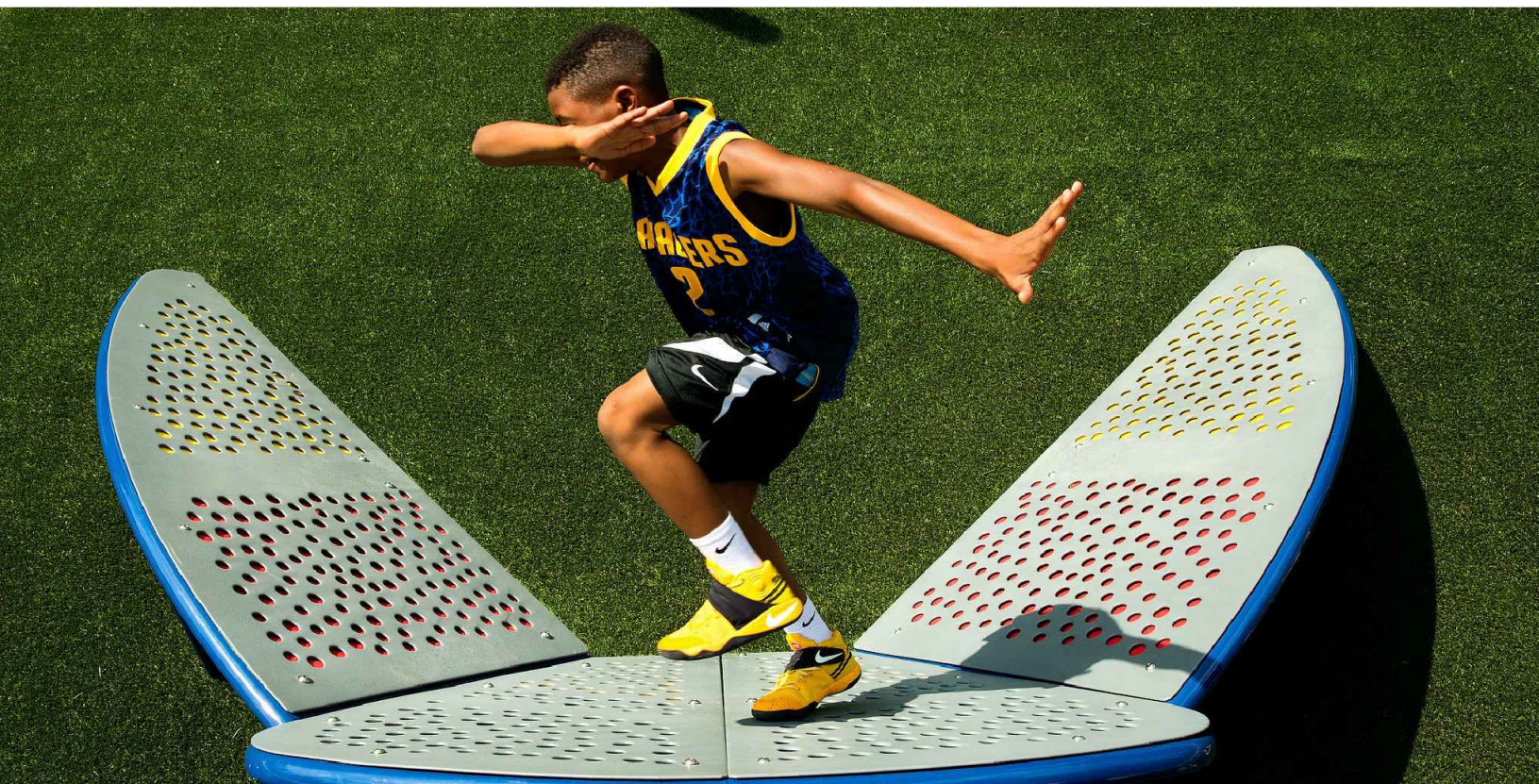


Ledge Climber View



Twisted Ladder View

5-12 YEARS ADDED PLAY ACTIVITIES



TURN RAMP - Balance and agility training



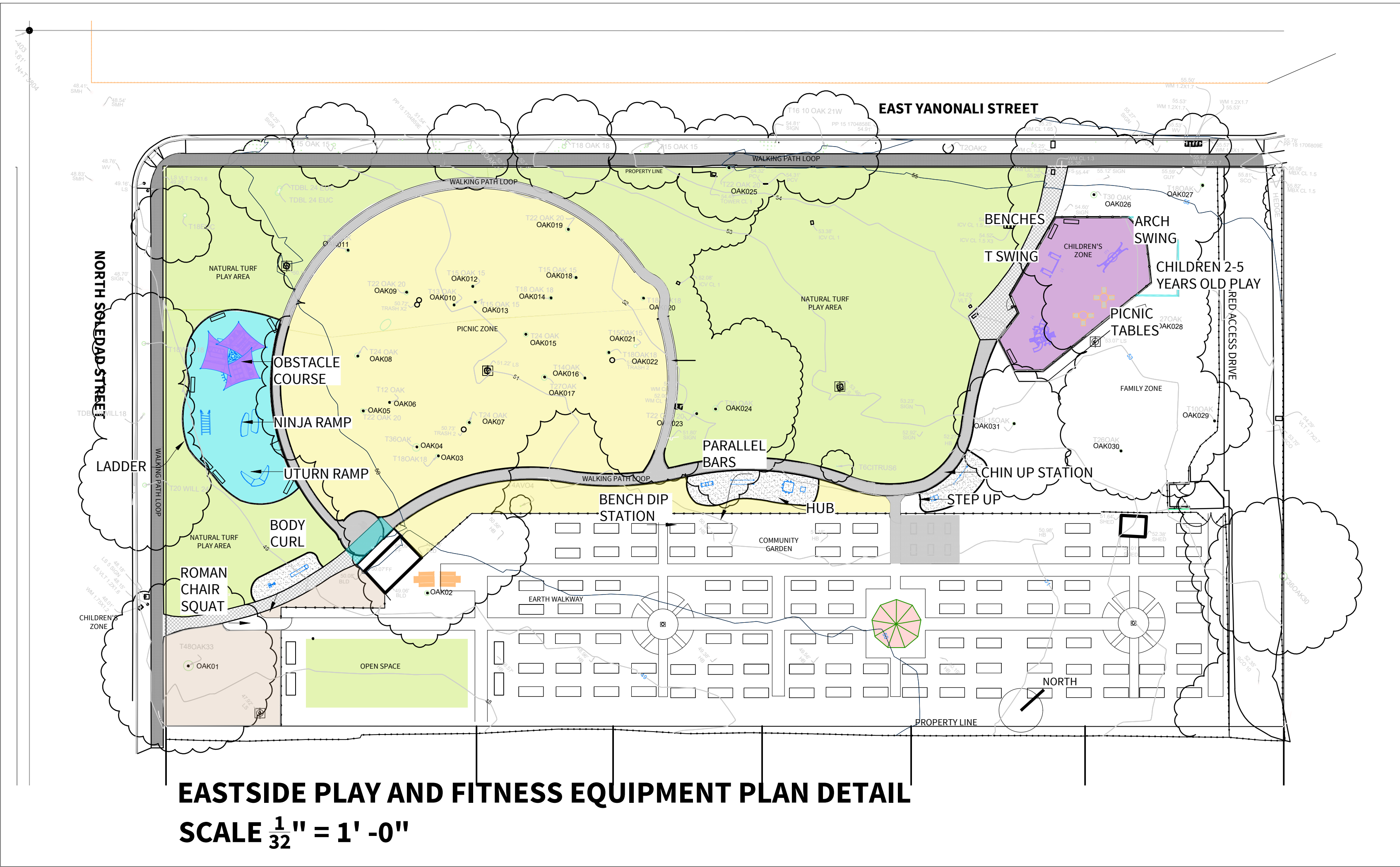
TURN RAMP



NINJA STEPS - Balance, speed, agility training



CLIMB THE LADDER - Grip and upper body strength

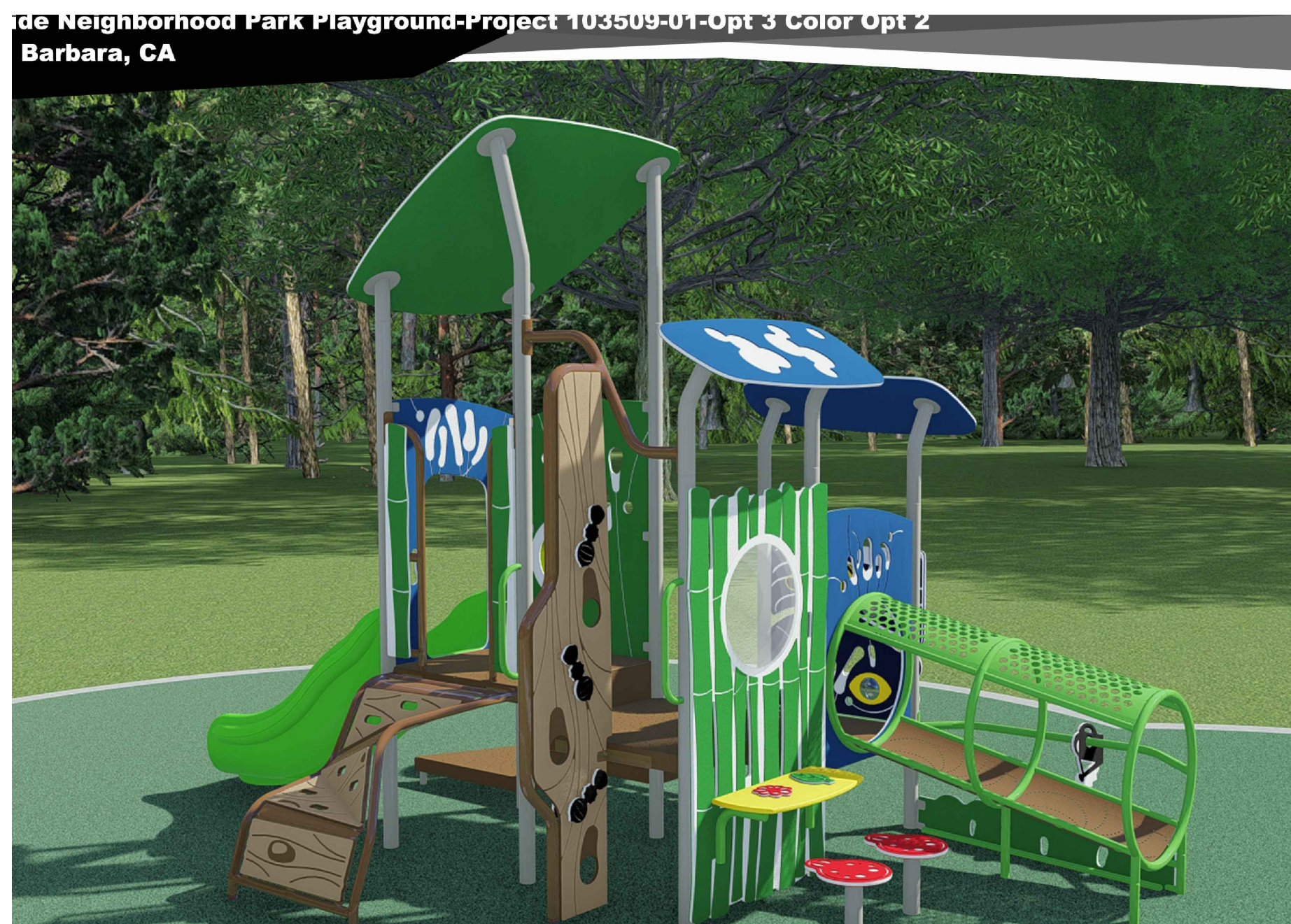


CHILDREN'S ZONE - PLAYGROUND FOR CHILDREN AGES 2- 5 YEARS OLD

CHILDREN'S ZONE - MULTIPLE PLAY FEATURE FOR CHILDREN 2-5 YEARS OLD



Playground includes Play System, Arch Swing which accommodates up to five children Children, belt swing, picnic tables, benches, low fence and gate, on safety surfacing.



Playground Multiple Play System: Age appropriate play system includes slides, climbers, climbing tunnel, table and seats for two, accessible platform, and decorative roofs.



Children's Zone Play Equipment - includes play system, two swings, benches and picnic table

FITNESS PATH -

STEP UP FITNESS STATION



Aerobic, strengthening, flexibility training

ROMAN CHAIR SQUAT



Aerobic, strengthening

FITNESS HUB



Push ups, chin ups, horizontal row, multiple-exercise station

BODY CURL STATION



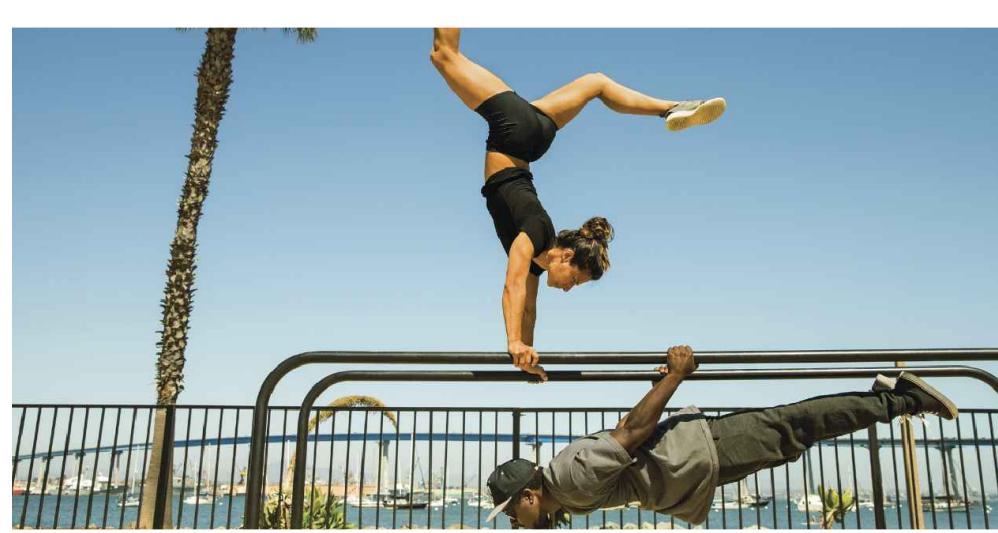
Strengthening, situp, leg lifts

BENCH DIP STATION



Strengthening, upper body, aerobic

PARALLEL BARS



Balance, strength, agility

CHIN-UP STATION



Strength, multiple-exercise adaptable

PLAYGROUND COLOR OPTION

