Victoria Celebrates Legacy Playground and Outdoor Fitness Circuit at Beacon Hill Park

Date: Wednesday, December 5, 2012

VICTORIA, BC – This afternoon, the community gathered to officially open the new and improved Cook Street Playground and the new adult Outdoor Fitness Circuit at Beacon Hill Park. These two park amenities encourage active living outdoors.

“I am thrilled to celebrate the newly designed Cook Street Playground which will provide active enjoyment to families for generations to come. It is a wonderful legacy to help mark our community’s 150th anniversary,” said Mayor Fortin. “Today we also unveil Victoria’s first outdoor fitness circuit, providing residents and visitors access to exercise equipment in our beautiful and historic Beacon Hill Park.”

The new fitness circuit, located next to the playground, was made possible by a community recreation grant through the Ministry of Community, Sport and Cultural Development. With this new amenity, parents now have the opportunity to work out next to their children, and walkers and runners can augment their outdoor exercise routines on the nine-piece outdoor fitness circuit. The new circuit consists of three exercise stations (or pods) and can accommodate up to 15 people at a time.

“This new playground and outdoor fitness circuit is the perfect combination for families to stay active while enjoying time at the park,” said Bill Bennett, Minister of Community, Sport and Cultural Development. “The B.C. government is committed to working with local governments to help fund important recreation projects in our communities that support healthier, more active lifestyles.”

The equipment is designed for ages 15 and up and includes low impact cardio cross-trainers, an abdominal body flexer, a recumbent bike/sit-up bench, a leg-lift station, a chin and pull-up bar, as well as core and upper body training.

The aging playground was re-designed in accordance to national safety standards and with input from local children and parents to better meet the needs of the community and to celebrate Victoria’s 150th anniversary.

Designed for children ages 18 months to 12 years, the new play equipment includes two age-appropriate play structures for imaginative and exploratory play, new swings, spinners, net climbers, log play features, and a new dinosaur and eggs that make the sandbox their home. The playground’s new 25-metre cable ride extends almost the full length of the playground. Additional amenities include new seating areas with benches and picnic tables, a drinking fountain and bike racks. The new play equipment is funded by the City of Victoria, with grants from the Ronald McDonald House Charities and KidSport Greater Victoria.
“KidSport Greater Victoria is pleased to make this donation in celebration of its 10th year of providing sports registration fees for children of less than fortunate families,” said General Manager Patti Hunter. “This year, we have funded over 800 kids in a Season of Sport. Assisting in the purchase of play equipment for the park is one more way we can live up to our motto of "So All Kids Can Play".

The City of Victoria plans to spend a total of $240,000 on outdoor fitness circuits in City parks. The Ministry’s generous grant of $192,000 will fund 80% of the City’s outdoor fitness circuit program, with the City of Victoria paying for the remaining 20%. The Community Recreation Grant program invests in local government capital projects that make communities, healthier, more active places in which to live.

The new Outdoor Fitness Circuit at Beacon Hill Park is the first of its kind at a City of Victoria park. A second outdoor fitness circuit will be installed at Central Park early in the New Year. Other outdoor fitness circuits will be determined at a later date.

For more information, visit: [www.victoria.ca](http://www.victoria.ca)

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