

# Outdoor Fitness Court

**ADDISON**

# Purpose

The purpose of this presentation is to discuss resident concerns regarding the proposed installation of an Outdoor Fitness Court at Les Lacs Park.

The concerns shared by the group of residents are:

- The location / use is not appropriate
- Greenscape will be lost
- Aesthetics
- Potential to cause crime or nuisance situations
- Materials will deteriorate and require maintenance
- Location by the playground may not be appropriate
- Allocation of funds for the court is a concern
- Will not be well used
- Appeals to a younger age group which is not represented in the area

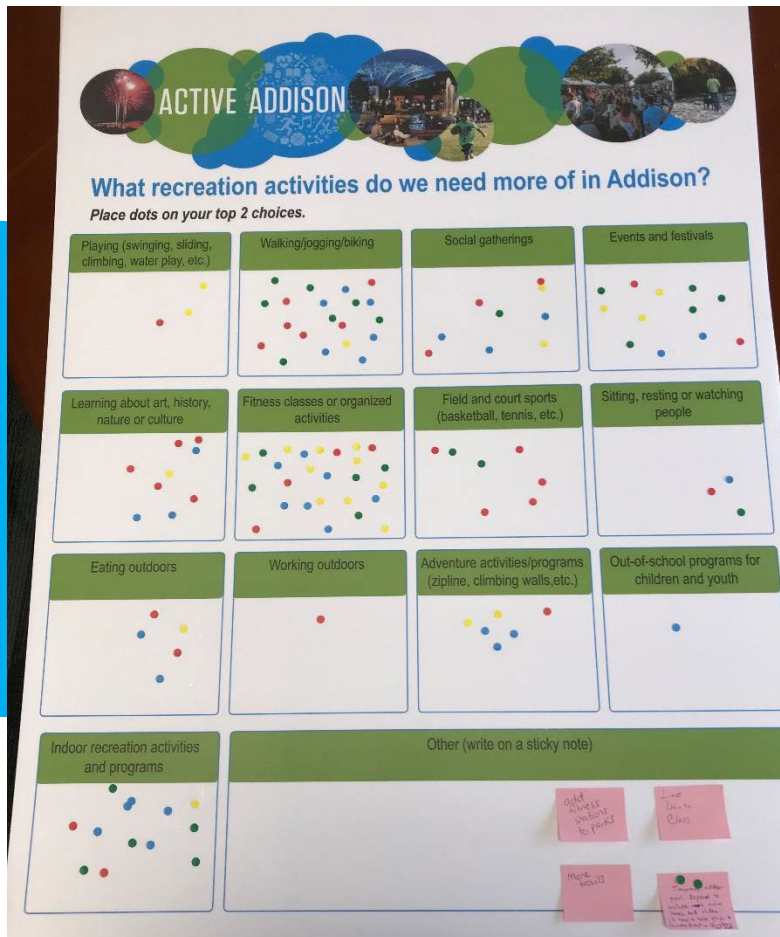
Staff will present background information identifying how the Outdoor Fitness Court and the location were identified for Les Lacs Park in order to help facilitate Council discussion.



# Background – Parks Master Plan

- **April 2019** - The Parks Recreation and Open Space Plan (PROS) was adopted by Council. The adopted plan recommended installation of outdoor fitness equipment in Les Lacs Park. The plan was derived from an extensive public input process which included the following:
  - Special Project Committee - Comprised of 10 Addison residents who provided consistent input, review and direction throughout the process.
  - One-on-One Interviews - Interviews with Council to capture their individual thoughts regarding opportunities for enhancing Addison's Parks and recreation system.
  - Pop-Up Intercepts - Ten intercept events were held in parks and at community facilities. Locations included Les Lacs Park, the Addison Athletic Club, Quorum Business Association meeting, Spruill Park and the Spring Town Meeting, feedback from 215 residents was gathered.
  - Maptionnaire Questionnaire - A seven week online place-based process asked community members to identify and locate their favorite parks and activities as well as opportunities for improvement and new ideas. Over 900 members participated and placed 4,000 digital comment pins on the map.
  - Prioritization Survey - The community was invited to participate in a survey where they were asked to allocate funds between different types of projects and different sites in order to identify funding priorities that represent the desires of the community, 161 responses were received.
  - Draft Plan Review - The draft plan was made available for review by Council, the Special Project Committee and by the community. Feedback was incorporated into the final plan that was presented to Council for adoption. Approximately 50 residents discussed the plan and provided comments.

# Background – Parks Master Plan



During the PROS input process Active Recreation was identified as a top priority of Addison residents .

“Expanding opportunities for exercise and active recreation in Addison’s parks, programs and open space is a key priority for community members, as they seek to improve their health, fitness and overall well-being.” – Page 11 PROS

Example of a public input intercept board that was used at the Addison Athletic Club. One of the write-in Post-it notes was “Provide fitness stations in the parks”. This comment was also made by residents in the Maptionnaire process. These comments aligned with recommendations from MIG, the consultant, for the plan.



# Background – Parks Master Plan

In the PROS plan, goals were established based on public input.  
This excerpt is from page 20 of the plan.



## GOAL 1: RECREATION

Provide parks and indoor and outdoor recreation facilities to support active recreation and community needs.

**Objective 1a.** Provide more recreation facilities to support outdoor exercise, fitness and active recreation in Addison's parks. Consider a variety of sports courts, sports fields, loop trails, and activity spaces.

**Objective 1b.** Distribute a greater variety of recreation facilities throughout Addison to diversify and improve recreation opportunities and access for all residents and employees.

**Objective 1c.** Acquire and develop parks in underserved residential and non-residential areas where parks and open space are not accessible within a 10-minute walk. (See Map 2-1.)

**Objective 1d.** Improve the Athletic Club and surrounding park to support indoor/outdoor programs and events, respond to changing recreation trends and better address community and family needs, including residents of all ages.

**Objective 1e.** Increase collaboration with partners, stakeholders, developers, schools and local businesses to provide a greater variety of facilities and recreation activities in parks.

# Background – Parks Master Plan



In the PROS plan site specific recommendations were made. This excerpt is from page 49 of the plan.

## 5 Les Lacs North/Athletic Club

Les Lacs North Linear Park and the Athletic Club are located in the Les Lacs/Midway Meadows planning area. This area has many families and an active, aging population that would both benefit from a greater variety of recreation opportunities. As such, the recommendations in Les Lacs North/Athletic Club emphasize well-maintained park space and recreational programs to support a broad resident base. With its different types of facilities and the presence of the Athletic Club and community garden, Les Lacs North is the closest Addison has to a true community park. These elements should be sustained, new elements should be added, and this area should be connected to the local trail network to improve bike and pedestrian access. These enhancements will support added recreation programming.

### SUPPORT FITNESS AND GATHERINGS FOR ALL AGES AND ABILITIES

- Update Les Lacs North's play equipment with a universal, inclusive and thematic play area with family-friendly play options and opportunities for

people of all ages and abilities. Provide shaded outdoor fitness stations and challenge elements for older children and teens. Consider rock-climbing structure and zip lines.

- Better accommodate group gatherings by upgrading the existing pavilion with movable tables, lighting and restrooms.
- Increase use by adding sports court lighting and striped tennis and pickleball courts.
- Adapt Athletic Club spaces to respond to changing recreation trends, accommodating needs for social space for older adults and seniors and enhancing indoor/outdoor programming opportunities for all ages.
- Prioritize the Athletic Club improvements to continue to support sports, health, wellness and social opportunities. Invest in racquetball court conversion, gym lighting and track refurbishment, locker room upgrades, pool equipment modernization, lobby and meeting room renovation, improvements to the children's pool, additional reservable meeting room space and dedicated space with programming for children 8+.
- Enhance pedestrian crossings, landscaping and points of entry to ensure safe access.

Provide shaded outdoor fitness stations

# Background – Bond Election



- **June 2019** – Based on recommendations in the PROS plan, Staff presented the Outdoor Fitness Court to the Addison Bond Advisory Committee which consisted of 28 Addison residents / business owners. Based on this information provided by staff, the committee included an outdoor fitness court adjacent to Les Lacs Park & Beltway / Arapaho Connector Trail in the recommended bond projects.
- **August 2019** – Council passed an ordinance calling for a Bond Election. The Propositions included in the ordinance were based on the recommendations in the Bond Committee Report.
- **November 2019** – 825 voters were in favor of Proposition C, which included the addition of an outdoor fitness station at Les Lacs Park.

## Bond Election Webpage Description of Proposition C Projects

### Trail Rehabilitation, Expansion, and Addition of Wayfinding Elements

**Estimated Costs: \$412,725**

- Wayfinding and distance markers on Redding, Arapaho, Les Lacs, White Rock Creek and Beltway Trails
- Refurbish Redding Linear Trail: replace deteriorating wood retaining walls, address ADA issues, and improve drainage
- Extend Redding Linear Trail to future trail along Midway Road
- Add pedestrian way stop at Les Lacs Park and Belt Line Road
- Add shaded outdoor fitness station adjacent to Les Lacs Park

### Bond Election Results

Proposition		Early Voting	Election Day	Total	Percentage
A	For	278	426	704	58.04%
	Against	174	335	509	41.96%
	Total	452	761	1213	
B	For	277	418	695	57.49%
	Against	171	343	514	42.51%
	Total	448	761	1209	
C	For	306	519	825	67.96%
	Against	147	242	389	32.04%
	Total	453	761	1214	
D	For	279	476	755	62.29%
	Against	173	284	457	37.71%
	Total	452	760	1212	
E	For	313	497	810	67.00%
	Against	136	263	399	33.00%
	Total	449	760	1209	

## Trail Rehab, Expansion & Wayfinding

### Trail Expansion

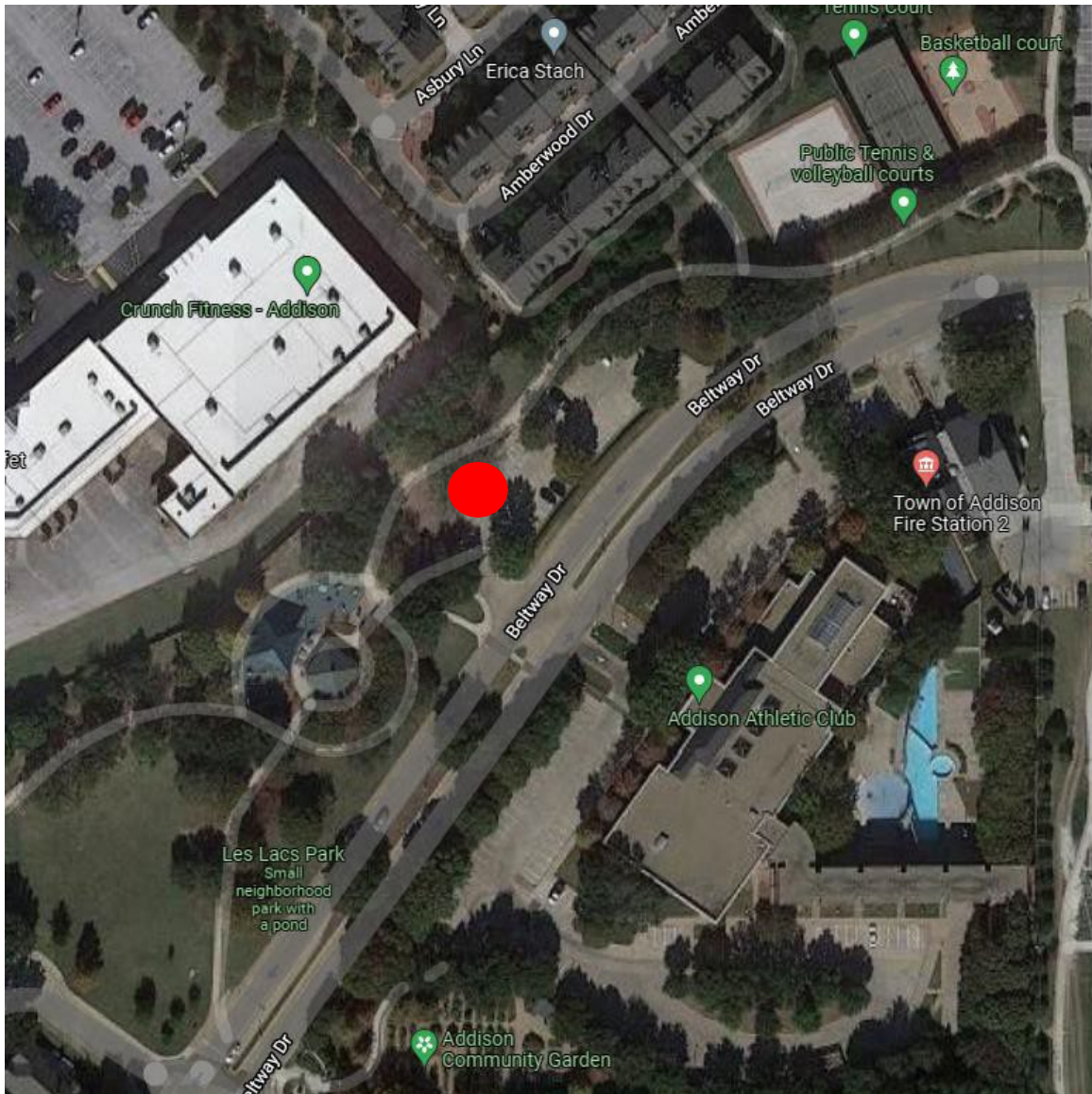
- Connect Redding Trail to Proposed Midway Road Trail
- Add Pedestrian Way Stop Adjacent to Les Lacs Park
- Add Pedestrian Way Stop Adjacent to Belt Line Rd
- Add Shaded Outdoor Fitness Stations Adjacent to Les Lacs Park & Beltway / Arapaho Connector



**Bond Committee Report  
Page 164**



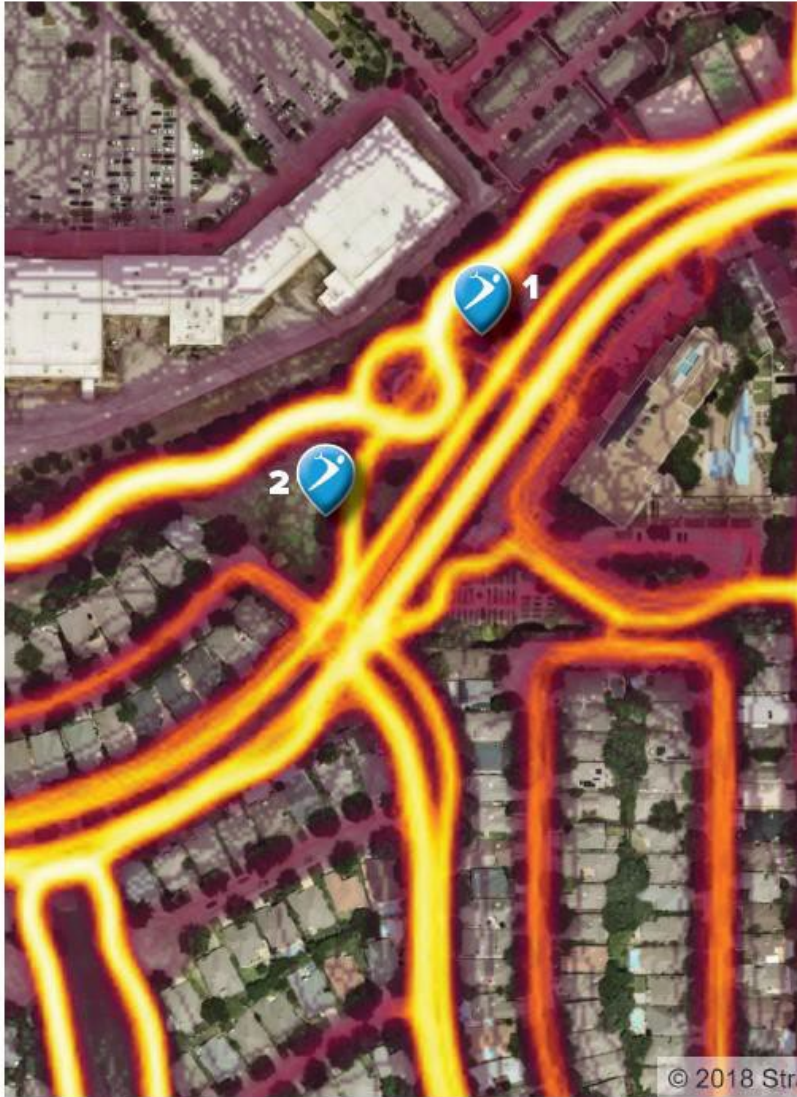
# Background – Site Selection



- **May 2021** – Staff visited area parks with outdoor fitness stations to identify a product that would be durable and offer ample fitness opportunities and identified National Fitness Campaign (NFC) Fitness Court as the preferred product. Factored into the decision, was the NFC app that offers fitness classes social engagement and the ability to offer group classes at the court.
- **June 2021** – Staff identified a shaded location at Les Lacs Park playground that has ample space for an Outdoor Fitness Court. The criteria listed below was used to determine this location:
  - 38' x 37' 8" space for the 1,400 SF concrete pad
  - Accessible to parking and pedestrian paths / trails
  - Shaded
  - Minimal impacts on trees and the landscape
  - Located more central to surrounding commercial development and not residential
  - Easily accessible from AAC to facilitate fitness classes
  - Visible from AAC so that it can be monitored
  - Limited disruption to open space



# Background – Court / Site Selection

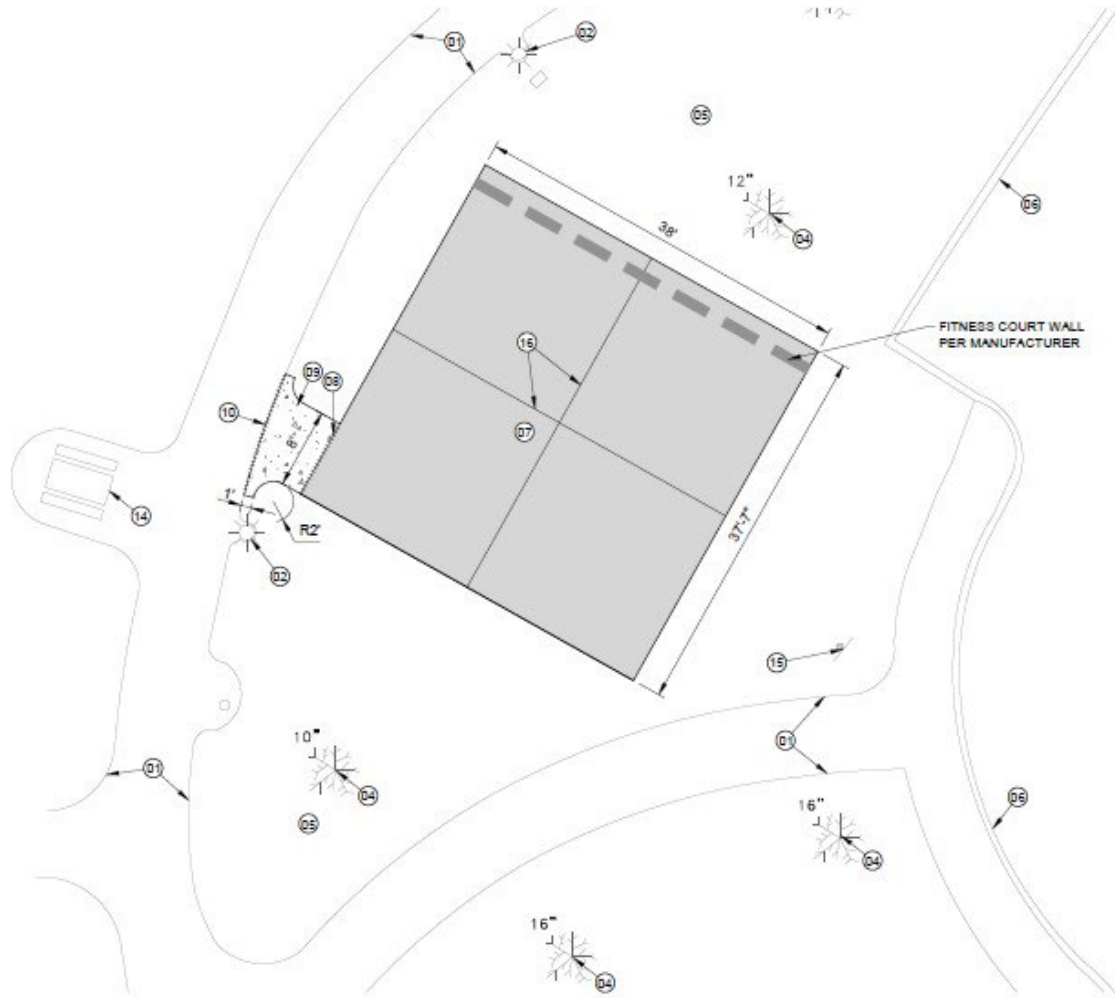


- **July 2021** – Addison Parks & Recreation was offered a \$25,000 grant from Texas Recreation and Park Society (TRAPS) and NFC to apply towards the purchase of outdoor fitness equipment. To apply for the grant the location must be deemed appropriate by the grant committee and meet the following criteria:

- **Iconic Sites** – Visibility plays a key role in bringing power and excitement to the Fitness Court.
- **Accessibility** – To support the campaign’s initiative of world class free fitness for all, the Fitness Court should be placed in a publicly accessible area.
- **Connectivity** – The fitness court is designed as a piece of healthy infrastructure that pairs with city parks, trails and pedestrian infrastructure.

As part of the site selection process an activity analysis map is created to identify areas of high pedestrian traffic. Les Lacs Park had a high level of pedestrian traffic as indicated in the brighter yellow – white colors.

# Background – Site Selection

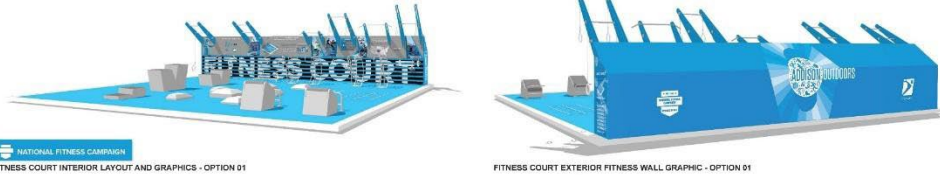




# Background – Public Input

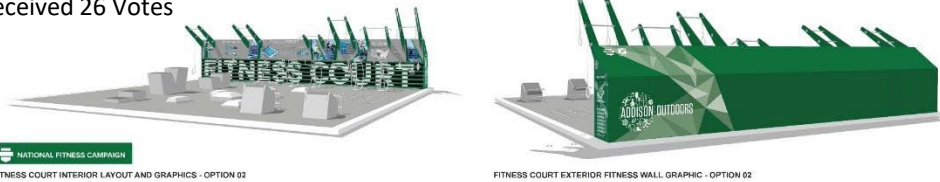


Received 64 Votes



Park Improvements - Fitness Court and Graphic Options

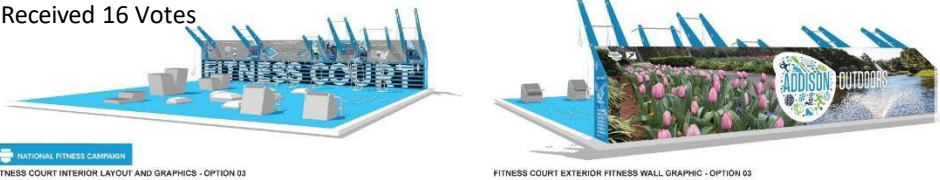
Received 26 Votes



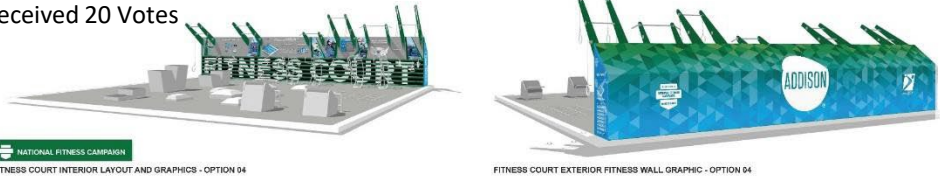
KEY NOTES

- 01 REPLACE DAMAGED PEDESTRIAN CONCRETE (PAVING...)
- 02 30'-0" X 30'-0" FITNESS COURT IN I.C. NOT IN CONTRACT. DEMO EXISTING BENCH AND 10" GALUPEE TREE.
- 03 FITNESS COURT - FITNESS WALL

Received 16 Votes



Received 20 Votes



Redding Trail Park Improvements

Schematic Design

Parkhill

Schrickett  
Rollins

A4

- **August 2021** – A public input meeting was held on Redding Trail Drainage and Trail Improvements in which public input was gathered regarding the community’s preference for graphics and color for the Outdoor Fitness color. The location of the court was also included in the graphics made available to the community.
- **August 2021** – In addition to the public meeting a Fitness Station survey was made available to residents to identify the community’s preference for graphics and color scheme for the Outdoor Fitness Court. The location of the court was also included in the graphics made available to the community. Option A, the Cyan color scheme was favored by 64 residents, a total of 126 residents participated in the survey\*.
- **September 2021-** Council accepted the grant for the fitness equipment and approved the purchase of the equipment.
- **October 2021** – The equipment was purchased and is awaiting installation.

\*One resident did comment on the social media announcement for the court that a none of the above option should have been included.



# Background – Project Announcement

**Town of Addison** September 27

At its September 14 meeting, Addison City Council approved a contract with National Fitness Campaign for an outdoor fitness court in Les Lacs Park. The fitness court is one of the many parks improvements approved by voters in the November 2019 Bond Election.

The new court offers a system built around 7 movements in 7 minutes and is geared towards people of all abilities. Court users may also download an app that offers free workouts created by trainers. Recently, Addison was selected as one of twenty Texas cities to receive a \$25,000 National Fitness Grant. This grant will help offset the cost of the station. Equipment installation is anticipated to begin in February of 2022.



89 13 Comments 7 Shares

Like Comment Share

- **September 2021** – Communications were shared in the Town newsletter and online highlighting that Council approved a contract with NFC for the outdoor fitness court at Les Lacs Park.
- The social media engagement reached 3,477 people and feedback gathered was positive with 94 likes and 18 hearts. Comments made were:
  - Nice!
  - How awesome. This will be a great addition.
  - This is cool! Can't wait to use this.
  - Love this!!! Where exactly will it be located?
  - Wow, this is going to be amazing!
  - Exciting!
  - How Awesome!
  - Sounds great!

# Local Municipalities with Fitness Courts



Because of concerns shared, by the group of residents, staff reached out to DFW municipalities with a NFC Fitness Court and asked questions to gather additional information.

City	Length of Installation	Maintenance Issues	Nuisance Issues	Usage	Use by Age Group	Additional Comments
Balch Springs	Just opened	Facility is new	No	Average for a new facility	All ages but mostly used by residents in their 30-50's	Has had good feedback about graphics on mural wall.
Fate	3 Years 11 Months	Normal Aging and a cushion that was torn by a teenager.	Not to my knowledge. The court is right next to our heavily used basketball court and I am not aware of any disrespect.	Low to Average	We are a young community, so the highest use is those in their 30-40's, which is most of our community.	This is a great benefit to our community that can work out on their schedule, in open air, which with Covid is a good thing. The app has evolved and is useful!
Grapevine	4 years	Only routine maintenance	Occasional teen / tween climbing on equipment but not a common occurrence or something we have problems with.	Low to Average	It appeals to a wide range of uses but most users are middle aged. We do have several seniors that use it as well	I would encourage you to make sure it has shade. Locating it by a sports field and / or walking trails like ours encourages folks to stop by in the middle of a walk a do cardio exercise.
McKinney	2 Years	No, Just follow the maintenance guidelines	No	High	All Age Groups	Court provides outdoors workouts which has been helpful during the pandemic. Allows recreation teams a space for events / classes. This was a great addition to our park system and we are very happy with the free fitness it provides the public.
Midlothian	8 Months	No, it is low maintenance	We have not had any issues with disrespectful or unruly users.	Never crowded but consistent use through out the day	Average age group is 30-50. Middle School Tennis Coach uses it to train students and other fitness groups use it also.	It has been well received. We are happy we added it to our amenities, especially with Covid hanging around.

**In this presentation, staff has shared with Council the concerns from a group of residents and has provided background information regarding:**

- Identification of recreation needs for Les Lacs Park
- Site Selection Process
- Equipment Selection Process
- Public Input gathered regarding aesthetics
- Feedback from other municipalities

**Staff requests Council discussion in order to determine how to move forward with the installation of the purchased equipment.**



**Questions?**