CITY OF NORTH ST. PAUL
PARKS AND RECREATION COMMISSION
REGULAR MEETING AGENDA
June 24, 2020
6:30 PM

Due to the Governor's Emergency Declaration, the Mayor has determined that in-person meetings during this pandemic are not practical or safe. All meetings of the City Council and other City-governed boards and commissions will be held by telephone or other electronic means until further notice. (Minn. Stat. 13D.021)

Our upcoming meeting on June 24th will be held via Zoom. Zoom is an online platform that allows attendees to 'join' the meeting via video or telephone. The June 24th meeting can be accessed at: https://wsbeng.zoom.us/j/202923657?pwd=K01YK1dCYU8xRzFYYzlVUU9vOGozQT09 Password: 327964 from a PC, Mac, tablet, iPhone or Android device, or by phone at Dial in (phone) info:1-929-205-6099 Meeting ID: 202 923 657, Password: 327964

. The Parks and Recreation commission meeting will be 'open to the public' to listen in, but will be muted from contributing at all times with the exception of the open to the public forum.

Please join the meeting early to test your audio and video settings. If you join via a device and your audio is not working, you may need to use the dial-in phone number option in order to be heard.

I. CALL TO ORDER

II. ROLL CALL

Lloyd Grachek, Chair
Laura Greenlee-Karp, Vice Chair
Larry Amsden
Tim Cole
Heather Haas
Ingrid Koller
Sue Springborn
Nancy Thorsen
Sarah Zahradka

Ex-Officio: **Open**

Council Liaison: **Candy Petersen**

Staff: **Jill Officer**
Keith Stachowski

III. ADOPT AGENDA

IV. APPROVAL OF MINUTES

A. Approve the May 27, 2020 regular meeting minutes

V. MEETING OPEN TO THE PUBLIC

Note: This is a courtesy extended to persons wishing to address the Commission concerning issues that are not on the agenda. This discussion will be limited to 15 minutes.

VI. PUBLIC HEARINGS

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS

A. **Review/Discussion/Recommendation:** Silver Lake Pickle Ball Discussion
B. **Review/Discussion/Recommendation:** Silver Lake Splash
C. **Review/Discussion/Recommendation:** Hause Park Tennis Courts Bids
D. **Review/Discussion/Recommendation:** Social Media Discussion
E. **Review/Discussion/Recommendation:** Rotary Park Wayfinding Signage
F. **Review/Discussion/Recommendation:** Silver Lake Weed Treatment
G. **Review/Discussion/Recommendation:** Outdoor Park Trail Exercise Equipment
H. **Review/Discussion/Recommendation:** Polar Park Concept Plan
I. **Review/Discussion/Recommendation:** Food truck / Summer Concert / Star Watch update
J. **Review/Discussion/Recommendation:** Future Parks and Recreation Meeting Discussion
K. **Review/Discussion/Recommendation:** 2020 PRC Goals
L. **Review/Discussion/Recommendation:** 2020 Park Improvement Plan Update

VIII. REPORTS FROM STAFF

A. **Review/Discussion:** Budget Update – April
B. **Review/Discussion:** Open

IX. REPORTS FROM COMMISSIONERS & PARK LIAISONS

A. **Review/Discussion:**

X. ADJOURNMENT

Next meeting: July 22, 2020 – Hause Park

CITY OF NORTH ST. PAUL
PARKS AND RECREATION COMMISSION
MEETING MINUTES

May 27, 2020
6:30 PM

The May 27th, 2020 meeting was held via Zoom and complied with all requirements of Minnesota State Statute 13D.021.

Due to the Governor's Emergency Declaration, the Mayor has determined that in-person meetings during this pandemic are not practical or safe. All meetings of the City Council and other City-governed boards and commissions will be held by telephone or other electronic means until further notice. (Minn. Stat. 13D.021)

I. CALL TO ORDER

Chair Lloyd Grachek called the meeting to order at 6:30 p.m.

II. ROLL CALL

Lloyd Grachek, Chair
Laura Greenlee-Karp, Vice Chair (absent)
Larry Amsden
Tim Cole
Heather Haas
Ingrid Koller
Sue Springborn
Nancy Thorsen
Sarah Zahradka

Ex-Officio: **Open**

Council Liaison: **Candy Petersen- (absent)**

Staff: **Jill Officer**
Keith Stachowski
Debra Gustafson

III. ADOPT AGENDA

On motion by Commissioner Koller, seconded by Commissioner Thorsen with all present voting aye, motion carried to adopt the agenda.

IV. APPROVAL OF MINUTES

A. Approve the April 22, 2020 regular meeting minutes

On motion by Commissioner Zahradka, seconded by Commissioner Haas with all present voting aye, motion carried to approve the April 22nd meeting minutes.

V. MEETING OPEN TO THE PUBLIC

Note: This is a courtesy extended to persons wishing to address the Commission concerning issues that are not on the agenda. This discussion will be limited to 15 minutes.

VI. PUBLIC HEARINGS

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS

A. Outdoor Park Trail Exercise Equipment- current wood equipment by trail. Commissioner Zahradka states it is a good time putting outdoor gym equipment there as people are less comfortable going back into a gym. Commisioner Cole adds that a percentage should be ADA compliant. Commissioner Koller recommends the equipment be in a group setting rather than spread out. Commissioner Amdsen requested getting quotes on equipment. Debra Gustafson confirmed the money from the park dedication fund could be used toward the equipment.

On motion by Commissioner Zahradka to begin the process of updating the old exercise equipment at Casey Lake Park to new outdoor exercise equipment. Commissioner Haas seconds motion, all present saying aye. Motion carried to proceed with updating the outdoor equipment.

B. Previously discussed option of dog park in equipment area- Several reasons were presented that a different location would better be suited for this. Some residents in the Casey Lake area did not want a dog park by Casey Lake, there are several dog parks in neighboring cities, a location in an area where there are no yards would be more beneficial, or use areas such as hockey rinks/ball fields that are not in use as dog parks.

C. Hause Park Tennis Court Resurfacing Quotes- Keith Stachowski presented quotes to resurface the tennis courts for tennis and pickle ball. Group discussed how this will help with the need for outdoor activity and people not wanting to go back into the gym. Also suggested to talk to area residents about noise and hours of operation.

Commissioner Cole makes a recommendation to resurface the Hause tennis courts, Commissioner Thorsen seconds the motion with all present saying aye. Commissioner Springborn was absent at the time of vote.

D. Future Park and Recreation Meeting Discussion- PRC meetings to be held via zoom and the next month's meeting location will be determined based on safety guidelines.

E. Silver Lake Beach- Opening date and Lifeguard schedule –people are already swimming. Lifeguards are not scheduled at this time, days and times are still under discussion. Commissioner Koller recommended "no fishing" signage in beach area.

F. 2020 Polar Explorers Program Planning –take home kits are available for June and July

G. PRC goals for 2020 –Keith requests committee members to walk through parks and see where they need improvements.

H. Summer Concert Update- June concert date is canceled, waiting on July and August. Phase II of shutdown only allows for drive in events.

I. Silver Lake Tennis Court Bench Purchase –Keith S. presented pricing for possibly (2) benches. Commissioner Koller suggests holding off on purchasing until we gather feedback on location.

VIII. REPORTS FROM STAFF

A. Reopening of Park Play Equipment- the city of North St Paul officially reopened all city Park Equipment on Saturday May 16th

B. Silver Lake 19th Ave Trail- The Trail along the South Shore of Silver Lake paving project was completed May 8, 2020

C.Silver Lake Tennis Court Project completed- The Silver Lake Tennis court resurfacing project was completed May 18, 2020

D.Casey Lake Building Protective wall covering -North St. Paul Public Work Staff is installing protective wall sheeting, window and door trim around the entire main room at the Casey Lake Building. Barn door installed in kitchen. Acoustic tiles still on order.

E. Silver Lake Improvement Association Earth Day clean-up event- Silver Lake Improvement Association coordinated the Silver Lake Earth day Clean-up event April 18-21, 2020. Email from coordinator estimated 70 participants.

F. Star Watch –presenter is open to doing full presentation all outdoors.

ADJOURNMENT

On motion by Commissioner Cole, seconded by Commissioner Haas with all present voting aye, motion carried to adjourn.

Meeting adjourned at 8:17 pm.

Next meeting: June 24, 2020 – online meeting format via Zoom.

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
A. Silver Lake Tennis / Pickle Ball court usage Discussion

ACTIONS TO BE CONSIDERED

Discuss the possibility of setting a schedule for Pickle Ball hours

FACTS

ATTACHMENTS

Shoreview pickle ball Club

White Bear Lake Pickle Ball

Roseville pickle ball

City of Shoreview Club

Comment(s): We are happy to welcome you to the fastest growing sport for adults in the Country. Pickleball is fun and easy to learn with a variety of play options available for everyone at any skill level. The choice is yours in the Shoreview Area Pickleball Club. Join our club and give it a try... you will be happy you did! When you join the SAPC, you receive exclusive benefits for your membership: dedicated court time, free training for beginners, and email updates on gatherings and club news. Members have the option to purchase a club t-shirt for an additional fee at the Parks and Recreation office. Membership is good from 2018 calendar year. Membership fee is used for basic expenses like balls, paddles, nets and print materials.

Bobby Theisen Park (6 dedicated pickleball courts)
* Monday - Friday.....8:00 - 11:00 A.M.
* For experienced players

** Tuesday, Thursday & Sunday .....6:00 - 8:00 P.M.
** For all skill level players

Commons Park (6 pickleball courts striped on tennis courts)
*** Monday, Wednesday & Friday .....8:30 - 11:00 A.M.
*** For beginner and social playersMembership is good from 2018 calendar year. Members receive dedicated court times listed below, free training for beginners, and email updates on gatherings and club news.

Bobby Theisen Park (6 dedicated pickleball courts)
* Monday - Friday.....8:00 - 11:00 A.M.
* For experienced players

** Tuesday, Thursday & Sunday .....6:00 - 8:00 P.M.
** For all skill level players

Commons Park (6 pickleball courts striped on tennis courts)
*** Monday, Wednesday & Friday .....8:30 - 11:00 A.M.
*** For beginner and social players

2019 PICKLEBALL SCHEDULE *updated 5/2019*

Indoor Pickleball

The Armory, 2228 Fourth Street, White Bear Lake

Tuesday	9-11 am
Wednesday	5-7 pm
Thursday	9-11 am
Saturday	9-11 am
Sunday	3-5 pm

ALL PICKLEBALL IS OUTSIDE

Outdoor Pickleball

Sunrise Park Middle School, 2399 Cedar Avenue, White Bear Lake

Monday	5-7 pm	Started
Tuesday	5-7 pm	

North Campus, 5045 Division Ave - Tennis Courts (Bald Eagle Avenue Court)

Wednesday	5-7 pm	Started
Saturday	9-11 am	
Sunday	5-7 pm	

Sunrise Park Middle School, 2399 Cedar Avenue, WBL
North Campus, 5045 Division Avenue, WBL

PICKLEBALL COURTS OUTDOOR

Evergreen Park

1810 West County Road B

(corner of Fairview Ave and Co. Road B)

Pickleball Priority Play Schedule

Mon, Wed, Fri, Sat
9a-11:30a

Mon, Tues, Thur
6p-8p

- Four courts are striped for pickleball in yellow on the Two tennis courts
- Equipment (nets, paddles) available in the green equipment box at the courts. Balls will be supplied at start of season, players will be expected to bring their own pickleballs
- Players are responsible for setting up and taking down their own nets and securing all equipment in the box when they are done
- Players need to call our office (651-792-7006) to get the combination to the lock by providing their contact information—no fee for using the equipment.
- A Basic Rules Sheet will be provided in the box
- Lights are available to use until 10pm
- Portable restroom is available
- Drinking fountain available at the park shelter
- Outside of Priority Pickleball Times, courts are available on a first-come, first-served basis for tennis or pickleball
- Portable chairs MUST be “court-friendly”. Warm weather situations can lead to legs leaving permanent gouges.

ROSEVILLE
Parks & Recreation Department

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
B. Silver Lake Splash 2021

ACTIONS TO BE CONSIDERED

Discuss 2020 donations made to Silver Lake Splash Event

FACTS

ATTACHMENTS

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
C. Hause Park Tennis Court resurfacing Quotes

ACTIONS TO BE CONSIDERED

Review and Discuss Tennis Court Quotes for Hause Park

FACTS

Attached are quotes for resurfacing Hause Park Tennis Court

ATTACHMENTS

Tennis West Quote

The Court Doctor Quote

Upper Midwest Athletics Quote

Tennis Court Doctor

• tenniscourtdoctor@hotmail.com •

April 15, 2020

North Saint Paul – House Park Tennis Court Resurfacing

c/o Keith Stachowski - Parks & Recreation Coordinator

THE TENNIS COURT DOCTOR WILL FURNISH ALL MATERIALS, LABOR, AND APPLY OVER 35 YEARS WORTH OF RESURFACING EXPERIENCE TO DO THE FOLLOWING WORK ON THE SINGLE TENNIS COURT LOCATED AT HOUSE PARK (2616 4 TH AVE. EAST):

WE INSTALL 100% FULL ACRYLIC TENNIS COURT SURFACES

WE WILL NOT USE EMULSIONS OR BLENDED RESURFACER COATS

TENNIS COURT INSPECTION & PREPARATION:

A. ***POWER WASH COMPLETE SURFACE WITH SURFACE CLEANERS***
   - *OWNER TO PROVIDE WATER*

B. ***CLEAN & SEAL STRUCTURAL CRACKS***
   - *ACRYLIC FILLER*

ACRYLIC TENNIS COURT SURFACING SYSTEM INSTALLATION:

A. ***APPLY TWO SAND-FILLED 100% ACRYLIC RESURFACER COATS OVER THE COURT SURFACE***
   - *SPECIFICALLY DESIGNED TO BOND THE ACRYLIC COLOR COATING SYSTEM TO THE EXISTING SURFACE*

B. ***APPLY TWO ACRYLIC FINISH COLOR COATS OVER THE COURT SURFACE***
   - *COLOR TO BE SELECTED BY OWNER*

C. ***TAPE & HAND PAINT PLAYING LINES TO REGULATION***
   - *1 - USTA TENNIS COURTS*

BASE BID: **$7,900.00**

- *ALTERNATE 1 – INSTALL ARMOR CRACK REPAIR SYSTEM: ADD $22.00 PER LF*
- *ALTERNATE 2 – REPLACE EXISTING NET POSTS: ADD $2,400.00*

SIGNATURE: _____ DATE: _____

- EXPIRATION – Proposals will remain valid for no more than 15 days unless signed/dated and returned.
- Existing structural cracks will re-open as hair line cracks due to asphalt shifting resulting from fluctuations in climate.
- The last company to resurface the court used inferior emulsion material for the base coat which peels over time and has resulted in the existing surface damage. The above proposal represents a cost-effective approach at confronting the existing surface damage. That said, the existing surface may "reflect through" or "bubble under" the new color coating.

CORDIALLY,

RICHARD A. KUNZ
The Tennis Court Doctor

Phone: (763) 545-7946 • Mobile: (612) 501-8264
Website: TennisCourtDoctor.com

Quotation

To: City of **North St. Paul**
2400 Margaret St.
No. St. Paul, Mn. 55109

Attn: Keith Stachowski
o.) 612-747-2447
e.) keith.stachowski@northstpaul.org

From: **Finley Bros. Inc**.
d.b.a. **Tennis West**
P O Box 677
Hopkins, Mn. 55343
o.) 612-363-3004

Re: "Resurfacing": a (1) acrylic/asphalt tennis court
at Hause Park Approx. 44' x 118'

Description of work : (as part of base bid)

Double Pressure wash courts. Treat for sap, mildew, moss and mold.
Grade turf at perimeter to allow for drainage.
Remove loose & delaminating acrylics. Manually scrape in three (3) directions.
Router cracks over 1/ 2 inch. (approx. 320 ln. ft.)
Clean and treat with a defoliant.
Fill with proprietary crack filler. Re -level and skin patch.
Note: do to the nature of structural cracks, there permanent repair can not be guaranteed. Structural cracks will reflect.
Patch bird bath areas: max. one (1) application.
Apply slurry coat(s) to ease rough aged asphalt. 1,200 sq. ft. +/-
Apply a SS-1H wash coat to promote adhesion and penetrate voids.
Apply a (1) binder/filler coat (skin patch at cracks) . Black
Apply a (1) filler/texture coat. Black
Apply a (1) colored texture coat. Green
Apply a (1) colored finish coat. Green
Stripe: 1 tennis court and 2 pickleball courts
(Laykold Color Surface System Products.)

Total Base Bid ..... $ 8,000.00

Add Alt. Bid for two part urethane Laykold Crack Filler System
For 320 ln. ft. of structural cracks. Add ..... $ 3,200.00

Respectfully submitted,
(3-31-20)

Raymond S. Finley
c.) 612-363-3004
e.) rayfinley@qwestoffice.net

Estimate accepted: _____ Date: _____

Serving Minnesota, Wisconsin, Iowa, Nebraska, North Dakota, and South Dakota

3017 161st Ave NW, Andover, MN 55304
763-753-1127 – Phone
763-753-3619 – Fax
eric@umathleticconstruction.com

MN Contractors No. IR722325
IA Contractors No. C090307

March 27, 2020

City of North St. Paul
2400 Margaret St
North St. Paul, MN 55109

Attn: Keith Stachowski
651-747-2447
Keith.stachowski@northstpaul.org

We propose the following:

Hause Park 2630 3rd Ave E
Single Tennis Court

Base Bid – Tennis Court Color Coat System

1. Saw and remove existing hot pour rubber from cracks, dispose of off site
2. **Hydro blast** and rinse surface to remove loose paint and dirt, dispose of off site
3. Machine rout all existing cracks and clean with compressed air – **Approx. 325 LF**
4. Fill with crack patch binder to level of existing surface with multiple applications and grind smooth
5. Fill birdbaths deeper than 1/8" with crack patch binder to level of existing courts
6. Apply two coats of sand filled acrylic emulsion resurfacer
    a. 8-10 lbs. silica sand added per gallon of concentrate material
    b. Coverage: .05-.07 gallons per square yard per coat
7. Apply two coats of latex acrylic paint
    a. Color to be selected by owner
    b. 6 lbs. silica sand added per gallon of concentrate material
    c. Coverage: .05 gallons per square yard per coat
8. Reline to USTA standards **Base Bid $9,500**

Alternate 1 – Armor Crack Repair System

All specifications above will remain the same and these will be added after step #4 in the base bid

1. Furnish and install Armor Crack Repair System to all prepared cracks – **Approx. 325 LF**
2. Apply a black acrylic resurfacer blending coat over entire Armor surface according to manufacturer's specifications
    a. All cracks shall be covered and masked by the filler
3. Proceed to step #5 in base bid **ADD $6,500**

Alternate 2 – Net Posts and Tie Down Anchors

1. Remove net posts, tie downs, concrete footings and dispose of off site
2. Furnish and install new DTP-37 net posts and 1-5/8" tie downs
    a. 4000PSI concrete net posts 18"x60" and tie downs 12"x36" **ADD $2,500**

Notes:
Standard 1-year material and workmanship warranty on acrylic color coating
No warranty on crack repairs from reappearing due to our climate and bituminous movement

Thank you,

Eric Hicks
Upper Midwest Athletic Construction, Inc.

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
D. Social Media Discussion

ACTIONS TO BE CONSIDERED

Set guideline moving forward with Social media regarding the Parks and Recreation Commission and Meet Kari Erpenbach the city newly hired Communications consultant

FACTS

ATTACHMENTS

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
E. Rotary Park Wayfinding Signage

ACTIONS TO BE CONSIDERED

Contribution of Park Funds toward a Kiosk Sign to be located at Rotary Park trail head.

FACTS

Rotary Club has reached out to the City regarding installing a kiosk sign at the Rotary Park trail head. Rotary has raised $3,000 to go toward the project. Several years back WSB estimated the cost of a Kiosk sign would be approximately $7,000 to create and install. Staff has reached out to the Gateway trail association to see if they would be interested in contributing to the project as well. Attached are several pages from the City's adopted wayfinding plan which refer to a kiosk sign at Rotary Park.

ATTACHMENTS

Page from the adopted Wayfinding Plan.
Email from Rotary Club.

From: Joseph V. Miller
To: Debra Gustafson; Scott Duddeck
Subject: Rotary Park
Date: Tuesday, June 9, 2020 10:58:47 AM

Caution: This email originated outside our organization; please use caution.

Good morning Debra,
Looking forward to 2020-21, on the Grant request I submitted, I showed Gateway Trail Association and the DNR as partners in the kiosk project. Have either of them come forward with funding they would like to share for the project. Of the $7000 needed (per the info you provided) I can get $1000 in a Grant and $3000 from our Club. That leaves us needing $3000 dollars. Also, would the City of NSP want to contribute?
Thanks!
Joe Miller
Rotary
651-492-1598

Sent via the Samsung Galaxy S9, an AT&T 5G Evolution capable smartphone

COMPREHENSIVE SIGN SYSTEM

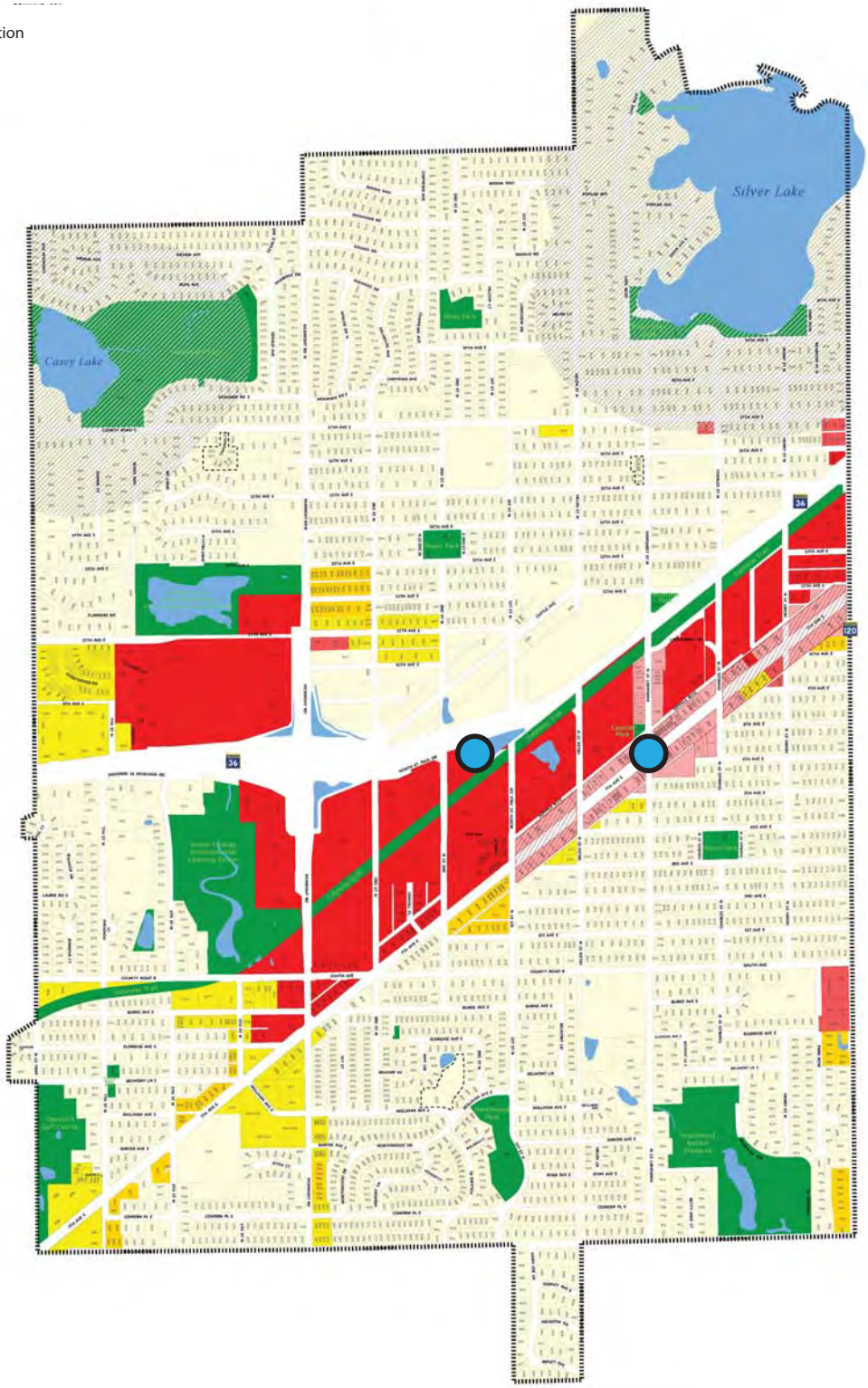
Wayfinding systems assist motorists and pedestrians to major destination points within an urban environment. The plan consists of a large variety of vehicular and pedestrian signs, maps, monuments and gateways and informational kiosks. The plan establishes the sign routes, signs, and sign locations that comprise wayfinding systems. Analysis of transportation data, including traffic counts, parking loads, and route studies, is required for the development of destination criteria, sign vocabulary, route plans, and sign-message schedules.

Wayfinding Signage Plan
North St. Paul, Minnesota

SECTION 5: KIOSK SIGNS

KIOSK SIGNS - MAP

Final Location



KIOSK SIGNS - DESIGN

The purpose of the kioks signs are to provide a pedestrian-friendly central location for information on community events and other annoucements. The kiosks help establish the design tone for the downtown corridor and are intended to show location maps of the City with destinations of interest to residents and visitors on one side. It is the intent to use these signs to promote merchants and services with a removable location key that can be changed out annually as the community evolves and businesses move into the community. On the other side of the kiosk, options for content could include community events or the history of the City. The kiosk signs are proposed to be located at the intersection of Margaret Street and 7th Street as well as Rotary Park. The kiosk sign showcases a City area key that matches up with a color coordinated list of businesses and amenities in the lower section of the directory. The main map shown will showcase the downtown area.

Please note: the kiosk map shown below is an example and does not represent North St. Paul's downtown. This map will be designed in the future.

PHASING & COST ESTIMATES

City Staff has received multiple quotes from various vendors as well as WSB & Associates who have worked with several local municipalities who have completed wayfinding signage systems. Listed below are cost estimate ranges for each phase. Please note that the estimates are based on 2016 pricing and do not reflect inflation.

Phase 1 (2016)

City Entrance Signs: $200 - $520 per sign x (10): Total: $2,000 - $5,200
Casey Lake Park Monument Sign: Double Sided Externally Lit Electronic Reader Board: $30,000 - $45,000
Parking Lot Signs: $550 per sign x (5): Total: $2,750

TOTAL PHASE 1: Approx. $34,750 - 52,950

Phase 2 (2017)

Gateway Sign - Welcome Overpass Sign: (TBD)
Kiosk Signs: $7,000 per kiosk x (2): Total: $14,000
Parking Directional Signs: $250 - $500 per sign x (2): Total: $500 - $1,000
Interactive GIS Mapping and Printed Downtown Retail Maps: (TBD)

TOTAL PHASE 2: Approx. $14,500 - 15,000 +TBD

Phase 3 (2018)

Downtown Directional Signs (Primary): Double Sided: $2,500 per sign x (4): Total: $10,000
Margaret Street Monument Sign: Single Sided Externally Lit Electronic Reader Board: $22,000 - $30,000

TOTAL PHASE 3: Approx. $32,000-$40,000

Phase 4 (2019)

Remaining Directional Signs (Primary and Secondary): Single Sided: $1,500 per sign x (5): Total: $7,500
Secondary Directional Signs: $850 per sign x (13): Total $11,050

TOTAL PHASE 4: Approx. $18,550

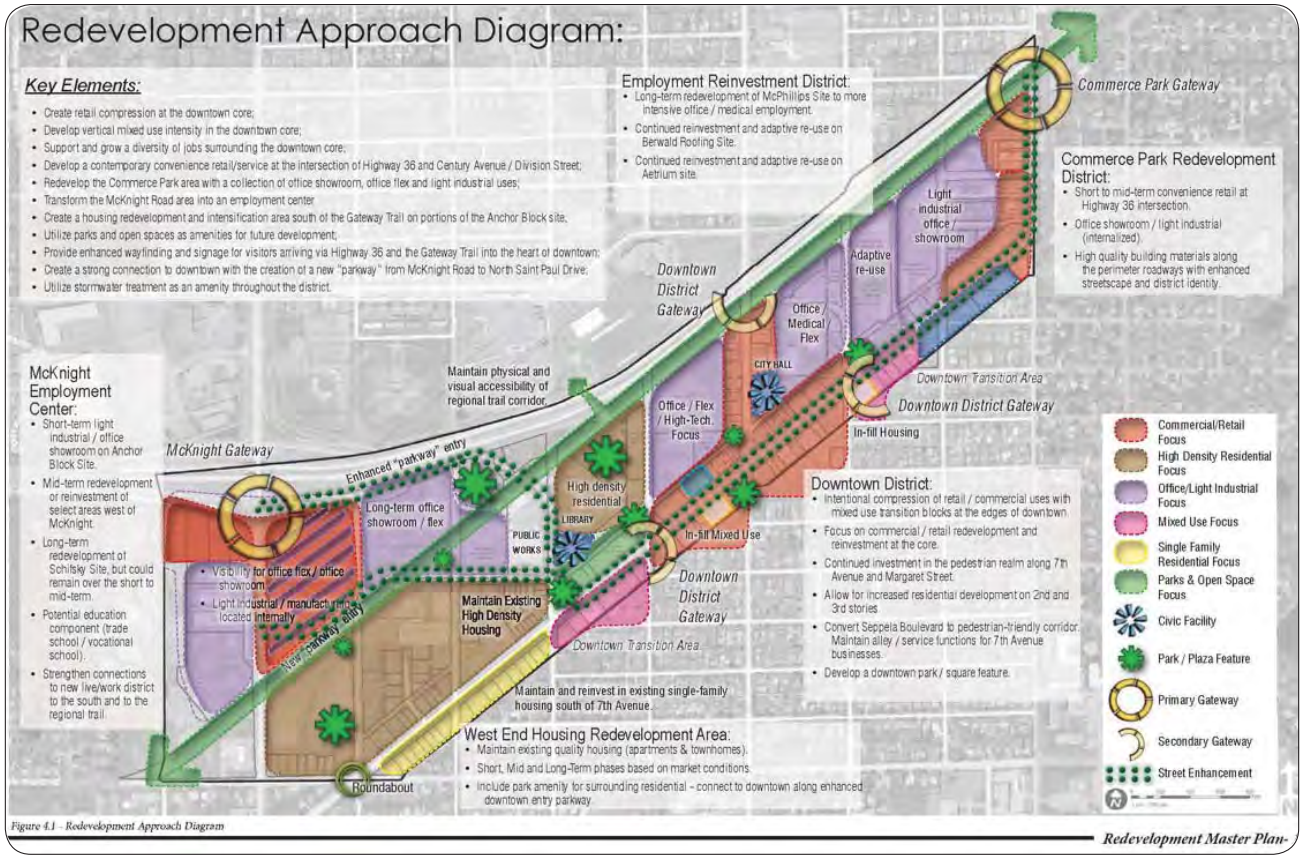
Phase 5 (2020)

McKnight Monument Sign: Single Sided Externally Lit: $8,000-$12,000

TOTAL PHASE 5: Approx. $8,000-$12,000

North St. Paul Redevelopment Master Plan Map

The map below describes the redevelopment approach from the adopted Redevelopment Master Plan 2013. The Wayfinding Committee utilized this map in regards to the placement of the recommended primary and secondary gateways within the City.



Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS

F. Silver Lake Weed Treatment

ACTIONS TO BE CONSIDERED

Treat Silver Lake and Casey Lakes for Submerged weeds, snails, swimmer's itch and floating vegetation

FACTS

At the April 2019 PRC meeting the commission discussed the possibility of treating Silver and Casey Lakes. Which later was approved to treat Silver Lake in two location Dorothy Park and Silver lake Beach area.

ATTACHMENTS

2020 Lake treatment Quotes

2019 Map Silver lake treatment area

Silver Lake info email

Lake Improvement CONSULTING LLC
13787 40th Street N.
Stillwater, MN 55082
952-944-2565
(fax) 651-439-9998
www.lakeimprovementconsulting.com
paul@lakeimprovementconsulting.com

City of North St. Paul
c/o Keith Stachowski, Parks and Rec Coordinator
2400 Margaret St. N.
North St. Paul, MN 55109

June 13, 2020

Dear Mr. Stachowski,

Please see the information below for specifics on treating public areas on both Silver Lake and Casey Lake Park for the City of North St. Paul for the 2020 season. There is no change in pricing from last year.

Area/Location	Targeted Weed(s)	Approximate Treatment Size	Cost per Treatment
Swimming Beach Area – Silver Lake APPROVED AND TREATED IN 2019	Submerged weeds, snails/swimmer's itch, and floating leaf vegetation	300 shoreline feet x 150 feet lakeward (approximately 1 acre)	$800
Dorothy Park Canoe Area – Silver Lake APPROVED AND TREATED IN 2019	Floating leaf vegetation only	30 shoreline feet x 150 feet lakeward (approximately .2 acres)	$200
Fishing Pier – Silver Lake	Floating leaf vegetation only	100 shoreline feet x 200 feet lakeward (approximately .5 acres)	$275
Fishing Pier at Casey Lake Park	Submerged weeds and floating leaf vegetation	50 shoreline feet x 100 feet lakeward (approximately .1 acres)	$185

Permit Costs:
The MN DNR charges a fee for submitting a permit application. The cost for these permits will range from $35 - $100 payable to the DNR, depending on the treatment areas. (The permit cost is $35 per permit area.) Lake Improvement will pay the DNR fees on behalf of the City, and then add the reimbursement cost onto the invoice after treatment is administered.

Additional Treatment Specifics:

- Treatment to follow specifications of MN DNR permit or permits.
- Select product determined at the time of treatment by applicator.
- Addition of a surfactant in order to facilitate penetration of the herbicide to the plants.
- Timing of application will occur when treatment and weather conditions are appropriate, and will be communicated and coordinated with the MN DNR and a designated member of the City of North St. Paul and/or a designated member of Silver Lake Improvement Association.
- All products we use are registered with the Environmental Protection Agency (EPA) and meet the approval of the MN Department of Natural Resources (DNR).
- Appropriate posting of treatment areas as required by the MN Department of Agriculture and MN Department of Natural Resources.

Lake Improvement CONSULTING LLC
13787 40th Street N.
Stillwater, MN 55082
952-944-2565
(fax) 651-439-9998
www.lakeimprovementconsulting.com
paul@lakeimprovementconsulting.com

Permit Specifics/Association Responsibilities:

- Lake Improvement will assist the City of North St. Paul in applying for and obtaining the appropriate MN DNR permits.
- After treatment completion a designated member of SLIA will remove any signs or buoys after the removal date indicated on the sign.

Company Specifics:

- Lake Improvement will consult with the City of North St. Paul and/or SLIA regarding treatments as needed throughout the season.
- Lake Improvement is licensed and insured. Copies of certificates of insurance will be furnished upon request. *Any additional insurance requests that involve cost will be deferred to the requesting company.*

Billing:

- Invoice will be sent 14 days after completion of treatment.

Lake Improvement Consulting specializes in the treatment of submerged weeds, algae, invasive weeds, and emergent weeds. We treat corporate ponds, private ponds, lakes, and golf courses. We treat shoreline and also conduct offshore treatment of invasive species. We feel as though our experience significantly contributes to good use of time and resources, and will result in an effective treatment.

Thank you for considering Lake Improvement Consulting and for allowing us the opportunity to provide this quotation for you.

Let us know if you have further questions or need additional information.

Sincerely,

Katie Kaari
Owner/Administrator
Lake Improvement Consulting

Sincerely,

Paul Kaari
Owner/Licensed Aquatic Applicator
Lake Improvement Consulting

City of North St. Paul - Silver Lake

City Beach – treatment of submerged vegetation and lily pads

City of North St. Paul – Dorothea Park – treatment of floating leaf vegetation

From:	Katie Kaari
To:	Keith Stachowski; Kristen Rieser; Joyce Germscheid
Subject:	Silver Lake - Info. on lake treatments
Date:	Saturday, June 13, 2020 9:51:20 AM
Attachments:	2020 Silver Lake Offshore Treatment Areas.pdf 2019 Map of City of NSP Treatment Area.pdf

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Caution: This email originated outside our organization; please use caution.

Hello Keith, Kristen, and Joyce,

After speaking with Keith from the city of NSP the other day, I thought it would be a good idea to send out a brief email clarifying the two different treatment protocols that the City of North St. Paul financially supports.

1. Aquatic Invasive Species Control/Offshore Treatment

- Early season treatment of both curly-leaf pondweed (CLP) and Eurasian watermilfoil (EWM), non-native invasive species.
- The targeted treatment areas are determined early spring based on growth, and then approved and permitted by the DNR
- In 2019, we treated 3 offshore areas totaling 5.54 acres (2 areas for EWM totaling 3.79 acres and 1 area for CLP 1.75 acres). See attached map.
- In 2020, we treated 5 offshore areas totaling 6.52 acres targeting both CLP and EWM. See attached map.
- In 2018, treatment was not warranted.
- Permits are submitted to the Invasive Species Department of the DNR. There is no cost associated with these permits.

2. Public Areas

- Last year, the City of NSP requested pricing for the following:
    - * Silver Lake swimming beach area - submersed weeds and floating weed vegetation
    - * Dorothy Park Canoe Area- floating leaf vegetation only
    - Silver Lake fishing pier - floating leaf vegetation only
    - Casey Lake Park fishing pier - submersed weeds and floating leaf vegetation
- * In 2019, the City approved treatment of the swimming beach area and Dorothy Park. See attached map for what we treated.
    - NOTE: *Pricing for the beach area was provided to target 320 shoreline feet x 150 feet lakeward. The permit was issued to treat a significantly larger area of 900 shoreline feet x 145 feet lakeward.* See attached map of treatment areas.
- We will submit pricing to Keith for the same areas for approval this year
- Regular permits are submitted to the Aquatic Plant Management/Fisheries Department of the DNR. We obtained necessary signatures, and submitted the permits to the DNR on behalf of the City (similar to what we do for the shoreline treatments on Silver Lake). There is a $35 permit fee per treatment area, which is not included in the cost of treatment. We paid the $70 permit fee. (NOTE: We forgot to add this cost to the City's invoice last year, so we absorbed that cost.)

3. Shoreline Treatments

- Lake Improvement also administers shoreline treatments to participating homeowners on Silver Lake. This treatment occurs around the docks and shoreline areas in order to enhance recreational use.
- Treatments target submersed vegetation (both native and non-native weeds), algae, and floating leaf vegetation (in some cases)
- These costs are paid by participating homeowners.

Keith and I discussed a little bit about funding as he is considering adding it to the budget as a line item so that it does not require annual approval from Parks and Rec Commission or the City Council. We concluded that Keith will partner with SLIA and other appropriate agencies (e.g., DNR, VBWD, etc.) to help get a process in place for this. As the applicator, we are not involved in any of the financial discussions or decisions, but we certainly can collaborate on providing input as needed on plant growth and the treatment process, as well as providing pricing and costs to treat. We also discussed that weed and algae treatments are part of the annual maintenance of a lake, especially when the lake is used so much recreationally. He will look to the aforementioned groups to help collaborate on making decisions about necessity of treatment.

Keith mentioned that it would be beneficial to have a member of SLIA attend the board meeting on June 24th in order to answer any questions and provide additional information as needed. If we are available, we would be happy to attend the meeting if needed.

We appreciate collaborating with SLIA and the City of NSP to find the best solutions for Silver Lake!

Please let me know if you have any questions.

Sincerely,
Katie Kaari
Administrator/Owner

business 952-944-2565
fax 651-439-9998
email: katie@lakeimprovementconsulting.com
website: www.lakeimprovementconsulting.com

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
G. Outdoor Park Trail Exercise Equipment

ACTIONS TO BE CONSIDERED

Discuss Types of Outdoor Equipment to replace equipment at Casey Lake Park

FACTS

Form a subcommittee to review equipment options

ATTACHMENTS

Landscape Structure PDF

Xccent Catalog PDF

Xccent price list PDF

Gametime PDF

Greenfields PDF

Xccent™ FITNESS

XCCENTFITNESS.COM

REAL. OUTDOOR. FITNESS.

XCCENT FITNESS, 5240 257TH STREET, WYOMING, MN 55092 | 651.462.9200 | 800.933.4748

Xccent™ FITNESS

WHO WE ARE

Xccent Fitness is a USA manufacturer of high-quality outdoor fitness equipment designed for teens through active aging adults. The entire line of fitness products provides outstanding fitness benefits to all people of various fitness levels to utilize on their own time and at their own pace, while socializing and enjoying the great outdoors.

PROUDLY MADE IN USA

XCCENTFITNESS.COM

ACTIVE™ OUTDOOR FITNESS

Fitness Philosophy

Our busy lifestyles don't allow much free-time, and our fresh air is limited to brief moments running between house, car, work, school, store, and home. Traditional fitness centers require costly monthly dues and keep us indoors. Exercising outdoors has many physiological and psychological benefits, while greatly reducing tension and stress.

Xccent Fitness offers over 30 different pieces of outdoor fitness equipment for teens and adults and includes ADA accessible equipment.

Xccent Fitness offers real outdoor fitness opportunities to everyone.

Active Outdoor Fitness starts on page 12.

MOTION™ WELLNESS SYSTEMS

Senior Fitness Philosophy

Aging is a natural process causing physical, psychological, and social changes. As we age, we lose physical abilities that affect our daily living activities. Xccent Fitness strives to make living environments attractive and fun where seniors can enjoy life, exercise, and socialize.

The design of Motion Wellness Systems is based upon fall assessment and fall reduction of seniors, while enhancing physical and cognitive skills and providing a great social setting. Among adults 65 and older, falls are the leading cause of injury. This system helps build and improve individuals' confidence, balance, and strength needed to reduce falls and improves everyday life activities, such as: navigating stairs, reaching for items in a cupboard, or simply getting up out of a chair.

Motion Wellness Systems is not just a piece of fitness equipment, it's a means to improve quality of life as we age.

Motion Wellness Systems start on page 6.

QUALITY IN EVERYTHING

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Motion Wellness Systems 6
Platinum System 8
Standalone Stations 10

Active Outdoor Fitness
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Lower Body 13
Core Body 14
Stretch & Flex 15
Upper Body 16
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Packages 20

Warranty 22
Color Options 23

Our Story

Xccent Fitness formed in 2010 with a simple mission of designing and manufacturing outdoor fitness equipment with industry leading technology and quality. Xccent, Inc. has manufactured outdoor commercial playgrounds for over 30 years and utilizes the same process to manufacture outdoor fitness equipment made to withstand harsh environments. The demand for equipment quickly grew, and Xccent fitness expanded the line to over 30 pieces covering upper, core and lower body strength, cardio, stretching, and balance. In 2012, Xccent Fitness designed and manufactured industry-leading Motion Wellness Systems equipment for seniors, which is a perfect fit for senior communities to help reduce falls and increase strength and balance while socializing. All Xccent Fitness equipment is designed and manufactured in Wyoming, Minnesota, USA.

The Xccent Fitness Difference — Believe in Better

Xccent equipment is made in the USA with USA made steel. Xccent, Inc. is a certified IPEMA lab and earned ISO-9001 certification. Our equipment is designed and manufactured to meet or exceed ASTM F3101-15 requirements and other industry standards. Our custom built 10-stage prep and powder coating process is unique to the recreation industry. Metal components are sealed and rinsed with reverse osmosis water treatment system. This critical process protects metal components against corrosion under the coating. Xccent's vinyl coating on hand grips and foot plates offers some of the best slip-resistance and traction control coating in the recreation market, while still being comfortable to use.

PROUDLY MADE IN USA

True to Form

While outdoor fitness equipment typically brings to mind images of simple circuit stations and "boxy" looking equipment, Xccent Fitness believes great outdoor equipment needs aesthetic appeal to engage users and be as beautiful as the outdoors itself.

Our patented Arch Design (U.S. Patent No. US D660,993 S) is aesthetically pleasing, blending in naturally with the landscape while engaging users. Secondly, the arch design improves function by enclosing all moving parts with no-pinch, no-crush, or no-shear points protecting both users and observers.

Xccent Fitness has redefined industry standards not only in industrial design, but also through a series of industry firsts by the use of a patent pending Torsion Axle System (U.S. Application No. US 61 835,133). The Torsion Axle System is unique in several ways: provides minimal resistance increasing fitness benefits; prevents pinch, she ar, crush points; the internal polymer stopping mechanism is designed to eliminate steel-on-steel friction, which reduces noise and prevents bearing failures.

MOTION™ WELLNESS SYSTEMS

Age is more than a number — it's an opportunity to serve a growing population. Motion Wellness Systems are more than a fitness concept, it is a way to improve quality of life and daily life function abilities for the aging population.

The design of Motion Wellness Systems is based upon fall assessment and fall reduction of seniors, while enhancing physical and cognitive skills and providing a great social setting. Among adults 65 and older, falls are the leading cause of injury. The systems not only helps build and improve confidence, balance, and strength, needed to reduce falls, they also help perform everyday life activities, such as: walking up and down stairs, reaching for an item in a cupboard, or simply getting up out of a chair.

"Motion Wellness Systems accessories contribute to a senior's motion, strength, posture, balance, and coordination, while reducing the risk of falls and increasing overall fitness abilities[1]."

PLATINUM
System

ROPE COURSE
Station

[1]Motion Wellness Systems White Paper, Carole B. Lewis, PT, DPT, GCS, GTC,CCOEE, MPA, MSG, PhD, FAPTA Editor-in-Chief, Topics in Geriatric Rehabilitation Adjunct Professor, George Washington University Department of Geriatrics, College of Medicine 5343 43rd St. NW Washington, DC 20015

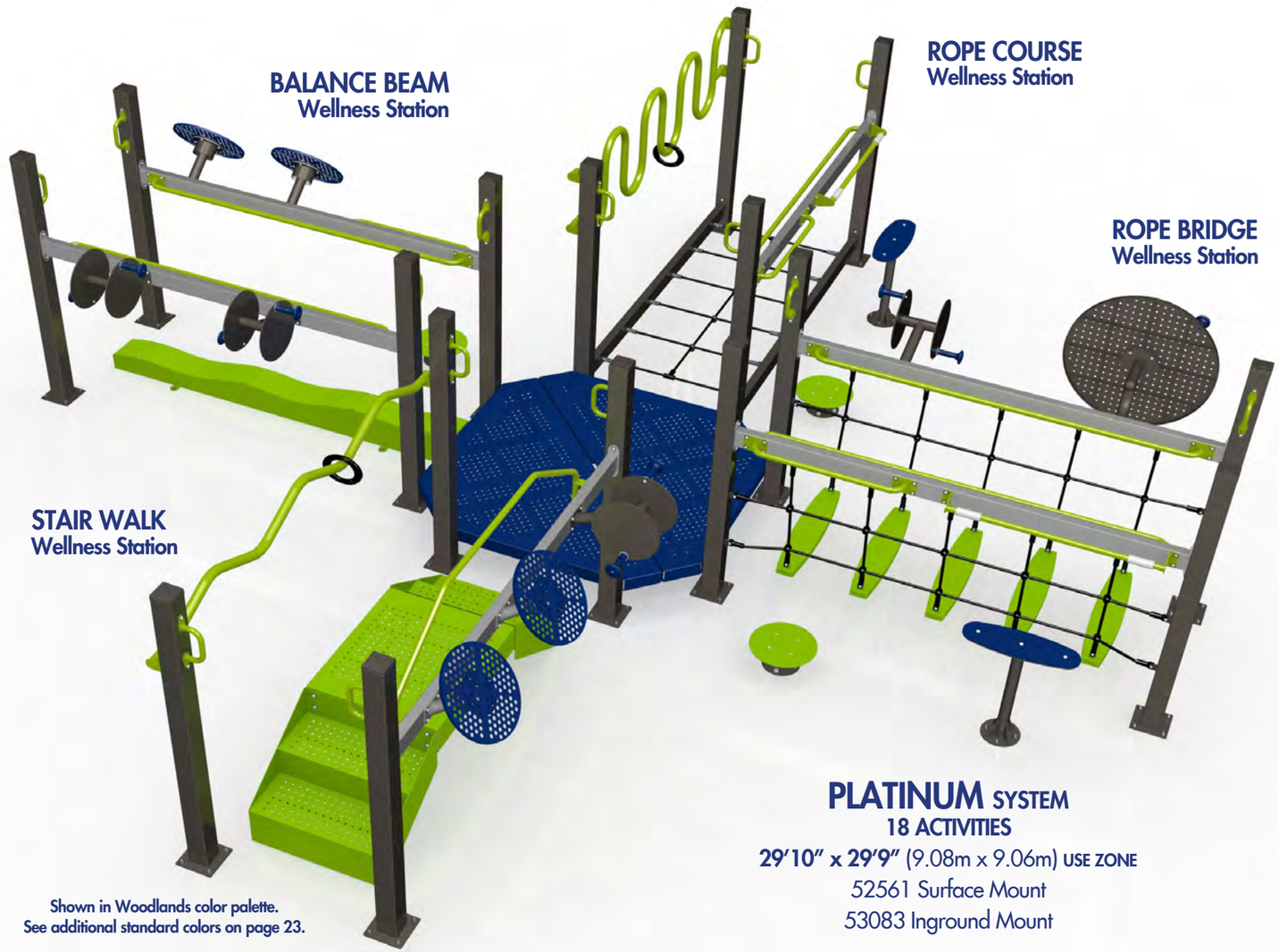
MARKETS WE SERVE

- Naturally Occurring Retirement Communities (NORC)
- Independent Senior Living Communities
- Assisted-Living Facilities
- Parks & Recreation
- Municipalities
- Hospitals
- Rehabilitation Centers & Clinics
- Community Centers

MOTION™ WELLNESS SYSTEMS

'On the opening day of our Wellness Plaza, senior adults surrounded us with hugs of appreciation: 'Thanks for remembering us!' and 'I can really use this!' Xccent's Motion Wellness system is first class, not only in its safety features, but also in the company's passion for its purpose. The thirty businesses who partnered with the City to make this wonderful Plaza possible are more than thrilled with the Plaza and its continuous appeal. We are excited about Phase II of our plan, and of course Xccent will be a part of it. Thank-you; thank-you; thank-you!"

Kim Zabbia, First Lady & Plaza Co-Coordinator
City of Ponchatoula, Louisiana

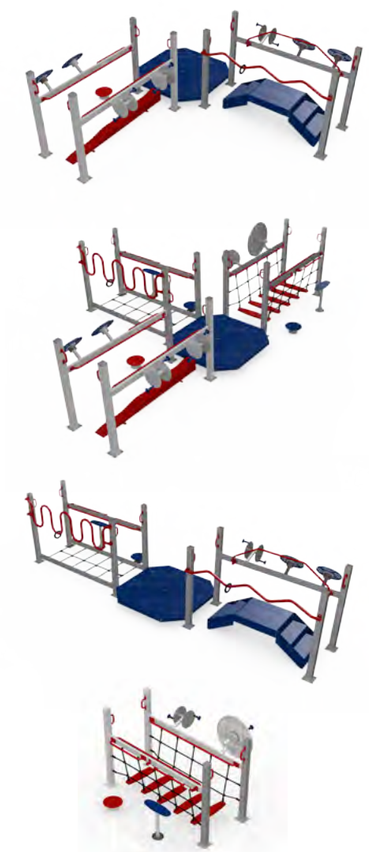


Shown in Woodlands color palette.
See additional standard colors on page 23.

PLATINUM SYSTEM
18 ACTIVITIES
29'10" x 29'9" (9.08m x 9.06m) **USE ZONE**
52561 Surface Mount
53083 Inground Mount

Build Your Own Wellness System

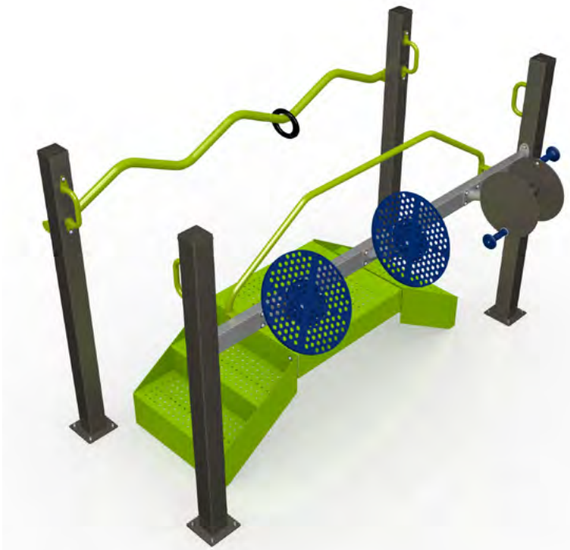
Create a Motion Wellness System to fit your space, budget, and exercise needs by choosing any combination of the following stations: Stair Walk, Balance Beam, Rope Bridge, and Rope Course. Build a customized system that works for you!



See standalone stations on pgs 10-11.

Build Your Own Design — with Standalone Stations

Stations may be purchased as standalone events or connected with other stations, creating an ultimate senior fitness system.



shown in Woodlands color palette

Stair Walk Wellness Station – 4 ACTIVITIES

15'9" x 11'2" (4.80m x 3.40m) **USE ZONE**

SURFACE MOUNT: 52568 Standalone

INGROUND MOUNT: 53085 Standalone

Walking up and down stairs is one of the best kept secrets in preventive medicine. Too often, many elderly people stop climbing stairs too soon, which can increase the probability of a fall.

The Stair Walk Wellness Station will build confidence and ability to walk up and down stairs by improving balance and grip strength. This station also offers events that promote cognitive exercises, hand-eye coordination, upper-body flexibility, and enhance relaxation and mediation.

1. Fitness Steps
2. Zig Zag Pipe with Hand Ring
3. Hand Bike
4. Tai Chi Wheels

Rope Bridge Wellness Station – 5 ACTIVITIES

15'9" x 11'2" (4.80m x 3.40m) **USE ZONE**

SURFACE MOUNT: 52567 Standalone

INGROUND MOUNT: 53084 Standalone

The Rope Bridge Wellness Station makes exercise fun and brings you back to the playground while enhancing the skills needed to reduce falls. The bridge walk may appear challenging, but it is the best assessment to understand one's susceptibility to falling.

The Rope Bridge walking pads are designed within inches of the surfacing to ensure a safe product. This station also offers events that promote further balance, upper-body flexibility, and enhance relaxation and mediation.

1. Rope Bridge Walk
2. Sitting Hand Throttle Bar
3. Balance and Hip Twist
4. Shoulder Wheel
5. Hand Bike

shown in Patriot color palette

Balance Beam Wellness Station – 5 ACTIVITIES

15'9" x 11'2" (4.80m x 3.40m) **USE ZONE**

SURFACE MOUNT: 53122 Standalone — 52569 Add-On

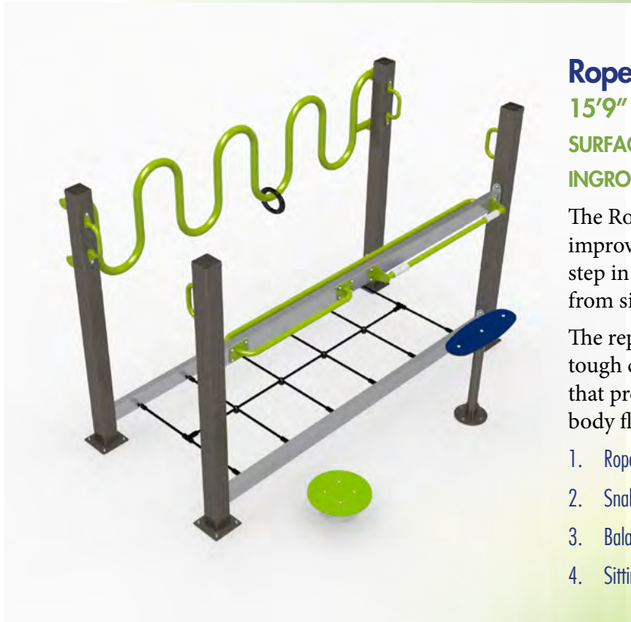
INGROUND MOUNT: 53086 Standalone — 53127 Add-On

People who have trouble maintaining their balance have an increased risk for falling. This can be a particularly dangerous situation for older adults.

The Balance Beam Wellness Station improves overall upper and lower body strength, and gives confidence to walk in areas or conditions that may be more difficult to navigate. This station also offers events that promote flexibility and enhance relaxation and meditation.

1. Balance Beam
2. Hand Bike (2x)
3. Tai Chi Wheels
4. Balance and Hip Twist

shown in Sunrise color palette



shown in Woodlands color palette

Rope Course Wellness Station – 4 ACTIVITIES

15'9" x 11'2" (4.80m x 3.40m) **USE ZONE**

SURFACE MOUNT: 52570 Standalone

INGROUND MOUNT: 53087 Standalone

The Rope Course Wellness Station is the ultimate exercise for improving eye-foot coordination by challenging individuals to step in between each rope square from moving front to back and from side to side.

The repetitive process improves mobility and balance to navigate tough conditions and reduce falls. This station also offers events that promote cognitive exercises, hand-eye coordination, upper-body flexibility, and enhance relaxation and mediation.

1. Rope Net Floor
2. Snake Pipe with Hand Ring
3. Balance and Hip Twist
4. Sitting Hand Throttle Bar

CARDIO FITNESS

DOUBLE AIR STRIDER

AIR SKIER

Air Skier

Cardio + Core Body

Striding motion improves hip and lower-body flexibility, while toning legs and glutes. Provides a great low-impact, cardio workout by duplicating the motions of cross-country skiing.
Inground Mount 50145 — Surface Mount 50144
Number of Users: 1
Dimensions: 85″L x 29″W x 69″H or (216cm x 74cm x 176cm)

DOUBLE AIR STRIDER

SINGLE AIR STRIDER

Air Strider

Cardio + Core Body + Lower Body

Striding motion improves hip and lower-body flexibility, while toning legs and glutes. Provides a great no-impact, cardio workout.
Double Air Strider: Inground Mount 48948 — Surface Mount 48949
Number of Users: 2
Dimensions: 106″L x 82″W x 50″H or (270cm x 209cm x 127cm)
Single Air Strider: Inground Mount 45233 — Surface Mount 44649
Number of Users: 1
Dimensions: 106″L x 44″W x 50″H or (270cm x 112cm x 127cm)

AIR STRIDER/ DOUBLE HIP SWING COMBO

Air Strider Double Hip Swing Combo

Cardio + Core Body + Lower Body

Striding motion improves hip and lower-body flexibility, while toning legs and glutes. Provides a great no-impact, cardio workout. The pendulum motion of the Hip Swing improves lower-back and waist flexibility. Tones core and oblique muscles.
Single: Inground Mount 48960 — Surface Mount 48961
Number of Users: 3
Dimensions: 106″L x 68″W x 50″H or (270cm x 173cm x 127cm)
Double: Inground Mount 48968 — Surface Mount 48969
Number of Users: 4
Dimensions: 106″L x 104″W x 50″H or (270cm x 265cm x 127cm)

ELLIPTICAL

Elliptical

Cardio + Lower Body + Upper Body + Core Body

Genuine elliptical motion creates optimum low-impact cardio workout, improving full-body flexibility while toning arms, obliques, waist, hips, glutes, quads, and calves.
Inground Mount 45234 — Surface Mount 44989
Number of Users: 1
Dimensions: 78″L x 29″W x 65″H or (198cm x 74cm x 165cm)

RECUMBENT BIKE

Recumbent Bike

Cardio + Lower Body + Core Body

The recumbent bike strengthens and tones legs and hips, while providing an effective, low-impact cardio workout.
Inground Mount 53050 — Surface Mount 53049
Number of Users: 1
Dimensions: 53″L x 28″W x 36″H or (92cm x 72cm x 135cm)

ACTIVE™ OUTDOOR FITNESS

LOWER BODY FITNESS

ARM & LEG PRESS COMBO

Arm & Leg Press Combo

Lower Body + Upper Body

A unique bodyweight resistance unit that allows lower and upper body workout. Change resistance by changing your body positioning. Torsion axle pivot prevents pinch and crush points.
Inground Mount 50471 — Surface Mount 50472
Number of Users: 1
Dimensions: 36″L x 40″W x 93″H or (92cm x 102cm x 237cm)

BALANCE BEAM

Balance Beam

Lower Body + Traditional Fitness

An enjoyable way of testing and improving balance and agility, which is an important aspect of motor development.
Inground Mount 50479 — Surface Mount 50478
Number of Users: 2
Dimensions: 94″L x 12″W x 10″H or (239cm x 31cm x 26cm)

STEP & BALANCE/ DOUBLE HIP TWIST

Step Balance Double Hip Twist Combo

Cardio + Core Body + Lower Body + Stretch and Flexibility

Stair stepping strengthens and tones legs, hips, hamstrings, calves, and glutes while improving overall balance and coordination. Standing or seated rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques.
Inground Mount 48962 — Surface Mount 48963
Number of Users: 4
Dimensions: 124″L x 65″W x 48″H or (315cm x 165cm x 122cm)

STEP & BALANCE/ DOUBLE HAND BIKE

Step Balance Double Hand Bike Combo

Cardio + Upper Body + Lower Body

Stair stepping strengthens and tones legs, hips, hamstrings, calves, and glutes while improving overall balance and coordination. The wheelchair accessible Hand Bike exercise is great for engaging shoulders, upper body and abdomen. Increase intensity by increasing speed.
Inground Mount 48942 — Surface Mount 48943
Number of Users: 4
Dimensions: 124″L x 53″W x 61″H or (315cm x 135cm x 155cm)

PLYOMETRIC BOXES

Plyometric Box — 12″ • 18″ • 24″

Lower Body + Stretch and Flexibility

Use in multiple exercise options: box jumps, dips, and push-ups, while enhancing balance abilities. Available in three different heights; one box per part number.
Inground Mount 12″–52933; 18″–52935; 24″–52937
Surface Mount 12″–52932; 18″–52934; 24″–52936
Number of Users: 1 per box
Dimensions: 20″L x 20″W x height varies (52cm x 52cm x height varies)

ARM & LEG PRESS COMBO

CORE BODY FITNESS

KNEE RAISE & DIP COMBO

Knee Raise Dip Combo

Core Body + Upper Body + Stretch and Flexibility + Traditional Fitness

Abdominal workout and back stretch. Perform knee raise on one side and dips, stretching and pull-ups on the other side.
Inground Mount 50421 — Surface Mount 50422
Number of Users: 2
Dimensions: 58"L x 47"W x 96"H or (148cm x 120cm x 244cm)

TORSO BENCH

Torso Bench

Core Body + Stretch and Flexibility + Traditional Fitness

Combo sit-up and back stretch bench strengthens and tones all core, torso, trunk and back muscles.
Inground Mount 45228 — Surface Mount 44556
Number of Users: 1
Dimensions: 97"L x 20"W x 32"H or (247cm x 51cm x 82cm)

SINGLE & DOUBLE LOWER BACK TRAINER

Lower Back Trainer (Short or Tall)

Core Body + Lower Body

The back extension equipment strengthens the lower erector spine muscles of the lower back, as well as the gluteus and hamstring areas. Short model is designed for a person with a maximum height of 5'6" and tall model is for a person with a maximum height of 6'4".
Short Inground Mount 50488 – Surface Mount 50464
Number of Users: 1
Tall Inground Mount 50490 – Surface Mount 50489
Number of Users: 1
Double Tall Inground Mount 50467 – Surface Mount 50466
Number of Users: 2
Short Dimensions: 27"L x 18"W x 32"H or (69cm x 46cm x82cm)
Tall Dimensions: 27"L x 18"W x 35"H or (69cm x 46cm x 89cm)

DOUBLE HIP TWIST

Double Hip Twist

Core Body + Stretch and Flexibility

Standing or seated rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques.
Inground Mount 45226 – Surface Mount 44305
Number of Users: 2
Dimensions: 106"L x 38"W x 48"H or (270cm x 97cm x 122cm)

DOUBLE HIP SWING

Double Hip Swing

Core Body

The pendulum motion of the Hip Swing improves lower-back and waist flexibility. Tones core and oblique muscles.
Inground Mount 45232 — Surface Mount 44628
Number of Users: 2
Dimensions: 106"L x 33"W x 48"H or (270cm x 84cm x 122cm)

HIP SWING STRETCH

Hip Swing Stretch Combo

Core Body + Stretch and Flexibility

The pendulum motion of the Hip Swing improves lower-back and waist flexibility. Tones core and oblique muscles. Stretch station allows users to stretch legs and arms.
Inground Mount 48964 — Surface Mount 48965
Number of Users: 3
Dimensions: 106"L x 22"W x 48"H or (270cm x 56cm x 122cm)

DOUBLE HIP TWIST & STRETCH COMBO

Double Hip Twist Stretch Combo

Core Body + Stretch and Flexibility

Standing or seated rotating motion improves lower back and waist flexibility. Tones abs, waist, and obliques. Stretch station allows users to stretch legs and arms.
Inground Mount 48944 – Surface Mount 48945
Number of Users: 4
Dimensions: 106"L x 38"W x 48"H or (270cm x 97cm x 122cm)

STANDING HIP TWIST & STRETCH

Standing Hip Twist Stretch Combo

Core Body + Stretch and Flexibility

Standing or seated rotating motion improves lower back and waist flexibility. Tones abs, waist, and obliques. Stretch station allows users to stretch legs and arms.
Inground Mount 48950 – Surface Mount 48951
Number of Users: 3
Dimensions: 106"L x 26"W x 48"H or (270cm x 66cm x 122cm)

SITTING HIP TWIST & STRETCH

Sitting Hip Twist Stretch Combo

Core Body + Stretch and Flexibility

Seated rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques. Stretch station allows users to stretch legs and arms.
Inground Mount 48976 — Surface Mount 48977
Number of Users: 3
Dimensions: 106"L x 32"W x 48"H or (270cm x 82cm x 122cm)

STEP & BALANCE/ STRETCH COMBO

Step Balance Stretch Combo

Cardio + Lower Body + Stretch and Flexibility

Stair stepping strengthens and tones legs, hips, hamstrings, calves, and glutes while improving overall balance and coordination. Stretch station allows users to stretch legs and arms.
Inground Mount 48958 — Surface Mount 48959
Number of Users: 4
Dimensions: 124"L x 40"W x 48"H or (315cm x 102cm x 122cm)

DOUBLE STRETCH

Double Stretch

Stretch and Flexibility

The Double Stretch station allows users to stretch legs and arms. Many different angles and heights available on each side of the station.
Inground Mount 45231 — Surface Mount 44605
Number of Users: 4
Dimensions: 106"L x 13"W x 48"H or (270cm x 33cm x 122cm)

STRETCH & FLEX FITNESS

FITNESS UPPER BODY

STEP & BALANCE/
SITTING HIP TWIST

Step Balance Sitting Hip Twist Combo

Cardio + Lower Body + Core Body + Stretch and Flexibility

Stair stepping strengthens and tones legs, hips, hamstrings, calves, and glutes while improving overall balance and coordination. Seated rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques.

Inground Mount 50715 — Surface Mount 50714
Number of Users: 3
Dimensions: 124"L x 65"W x 48"H or (315cm x 165cm x 122cm)

COMPOUND
PUSH UP

Compound Push-Up

Upper Body

Multi-height push-up motion creates an upper body exercise that tones arms, chest, shoulders and back.

Inground Mount 48940 — Surface Mount 48941
Number of Users: 2
Dimensions: 97"L x 32"W x 41"H or (247cm x 52cm x 105cm)

TAI CHI/
DOUBLE HAND
BIKE COMBO

Tai Chi Double Hand Bike Combo

Upper Body + Stretch and Flexibility

Wheelchair accessible on both events. The textured Tai Chi wheels stimulate blood flow and circulation by gently massaging the palms. This exercise may also be used as a standing meditation. The Hand Bike exercise is great for engaging shoulders, upper body and abdomen. Increase intensity by increasing speed.

Inground Mount 48978 — Surface Mount 48979
Number of Users: 3
Dimensions: 106"L x 32"W x 61"H or (270cm x 82cm x 155cm)

PULL-UP DIP
COMBO STATION

Pull-Up Dip Combo Station

Upper Body + Stretch and Flexibility + Traditional Fitness

Multi-height pull-up, chin-up, and stretch with a suspending dip station that strengthens and tones, arms, chest, shoulders, and back. Multi-use station.

Inground Mount 48954 — Surface Mount 48955
Number of Users: 2
Dimensions: 53"L x 37"W x 96"H or (135cm x 94cm x 244cm)

STANDING HIP
TWIST & DOUBLE
HAND BIKE

Standing Hip Twist Double Hand Bike Combo

Core Body + Upper Body + Stretch and Flexibility

Standing rotating motion improves lower back and waist flexibility. Tones abs, waist and obliques. The wheelchair accessible Hand Bike exercise is great for engaging shoulders, upper body and abdomen. Increase intensity by increasing speed.

Inground Mount 48952 — Surface Mount 48953
Number of Users: 3
Dimensions: 106"L x 38"W x 61"H or (270cm x 97cm x 155cm)

PARALLEL BARS

Parallel Bars

Upper Body + Traditional Fitness

Parallel Bars used as support for a wide variety of stretching exercises as well as upper body and leg strengthening movements.

Inground Mount 50476 — Surface Mount 50475
Number of Users: 2
Dimensions: 82"L x 32"W x 42"H or (209cm x 82cm x 107cm)

WAVE LADDER

Wave Ladder

Upper Body + Traditional Fitness

The Wave Ladder helps improve agility and upper body strength. Overhead exercise promotes grip strength while toning arms, chest, shoulders, and back.

Inground Mount 48972 — Surface Mount 48973
Number of Users: 2
Dimensions: 101"L x 53"W x 137"H or (257cm x 135cm x 348cm)

SINGLE PUSH
UP BARS

Single Push-Up

Upper Body + Traditional Fitness

Classic push-up motion creates an upper body exercise that is suitable for multiple strength levels, Tones arms, chest, shoulders and back.

Inground Mount 48974 — Surface Mount 48975
Number of Users: 2
Dimensions: 101"L x 37"W x 32"H or (257cm x 94cm x 82cm)

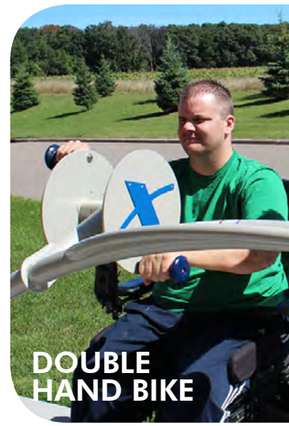
HORIZONTAL
LADDER

Horizontal Ladder

Upper Body + Traditional Fitness

The Horizontal Ladder helps improve agility and upper body strength. Overhead exercise promotes grip strength while toning arms, chest, shoulders, and back.

Inground Mount 48970 — Surface Mount 48971
Number of Users: 2
Dimensions: 101"L x 53"W x 134"H or (257cm x 135cm 341cm)



ACTIVE™ OUTDOOR FITNESS

	CARDIO	CORE	LOWER	UPPER	STRETCH
ELLIPTICAL	●	○	○	○	
AIR SKIER	●	○			
RECUMBENT BIKE	●	○	○		
AIR STRIDER	●	○	○		
AIR STRIDER/DOUBLE HIP SWING COMBO	●	○	○		
ARM & LEG PRESS COMBO			●	●	
PULL-UP DIP STATION				●	○
KNEE RAISE & DIP COMBO		●		●	●
DOUBLE HIP SWING		●			
TORSO BENCH		●			○
COMPOUND PUSH UP				●	
PLYOMETRIC BOXES		○	●		●
HORIZONTAL LADDER				●	
WAVE LADDER				●	
PARALLEL BARS				●	
DOUBLE & SINGLE LOWER BACK TRAINER		●			
SINGLE PUSH UP BARS				●	
HIP SWING STRETCH		○			●
STANDING HIP TWIST & DOUBLE HAND BIKE		●		○	○
TAI CHI/ DOUBLE HAND BIKE COMBO				●	○
SITTING HIP TWIST & STRETCH		○			●
STEP & BALANCE/DOUBLE HIP TWIST	○	●	○		○
STEP & BALANCE/SITTING HIP TWIST	○	●	●		●
STEP & BALANCE/DOUBLE HAND BIKE	○		●	●	
STANDING HIP TWIST & STRETCH		●			○
DOUBLE HIP TWIST & STRETCH COMBO		●			○
DOUBLE HIP TWIST		●			○
STEP & BALANCE/STRETCH COMBO	○	●	○		●
DOUBLE STRETCH					●
BALANCE BEAM			●		

● PRIMARY BENEFIT
○ SECONDARY BENEFIT

ELLIPTICAL

AIR SKIER

RECUMBENT BIKE

ARM & LEG PRESS COMBO

PULL-UP DIP STATION

KNEE RAISE & DIP COMBO

HORIZONTAL LADDER

WAVE LADDER

PARALLEL BARS

DOUBLE LOWER BACK TRAINER

SINGLE LOWER BACK TRAINER

SINGLE PUSH UP BARS

DOUBLE HIP SWING

HIP SWING STRETCH

DOUBLE AIR STRIDER

SINGLE AIR STRIDER

AIR STRIDER/ DOUBLE HIP SWING COMBO

TORSO BENCH

COMPOUND PUSH UP

PLYOMETRIC BOXES

STEP & BALANCE/ DOUBLE HAND BIKE

STANDING HIP TWIST & DOUBLE HAND BIKE

TAI CHI/ DOUBLE HAND BIKE COMBO

STEP & BALANCE/ DOUBLE HIP TWIST

STEP & BALANCE/ SITTING HIP TWIST

STEP & BALANCE/ STRETCH COMBO

STANDING HIP TWIST & STRETCH

DOUBLE HIP TWIST & STRETCH COMBO

DOUBLE HIP TWIST

SITTING HIP TWIST & STRETCH

DOUBLE STRETCH

BALANCE BEAM

SINGLE INFORMATION SIGN

SIGNS

INFORMATION

Large Information Sign

Accommodates instructions for up to 12 units on one sign. Custom logos and text may also be added for additional charges. Sign is free when purchasing one of our custom designed packages.

Single Unit Information Sign

Usage instructions designed to accompany an individual unit.

Large: Inground Mount 50498 – Surface Mount 50497
Dimensions: 41"L x 23"W x 41"H or
(104cm x 59cm x 104cm)

Single: Inground Mount 50508 – Surface Mount 50507
Dimensions: 12"L x 12"W x 38"H or
(31cm x 31cm x 97cm)

LARGE INFORMATION SIGN

ACTIVE™ OUTDOOR FITNESS

FITNESS PACKAGES

PREMIER PACKAGE

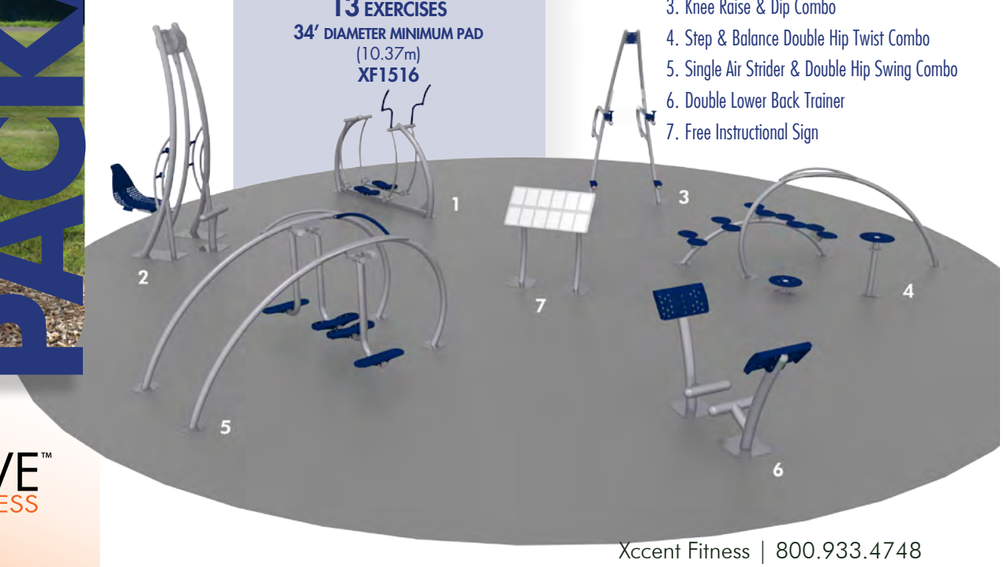
22 EXERCISES
44′ DIAMETER MINIMUM PAD
(13.41m)
XF1518

1. Air Skier
2. Single Air Strider & Double Hip Swing Combo
3. Pull-Up & Dip Combo
4. Leg & Arm Press Combo
5. Elliptical
6. Torso Bench
7. Compound Push-Up
8. Knee Raise & Dip Combo
9. Double Lower Back Trainer
10. Step & Balance Double Hip Twist Combo
11. Tai Chi & Double Hand Bike Combo
12. Free Instructional sign

BASIC PACKAGE

13 EXERCISES
34′ DIAMETER MINIMUM PAD
(10.37m)
XF1516

1. Air Skier
2. Leg & Arm Press Combo
3. Knee Raise & Dip Combo
4. Step & Balance Double Hip Twist Combo
5. Single Air Strider & Double Hip Swing Combo
6. Double Lower Back Trainer
7. Free Instructional Sign



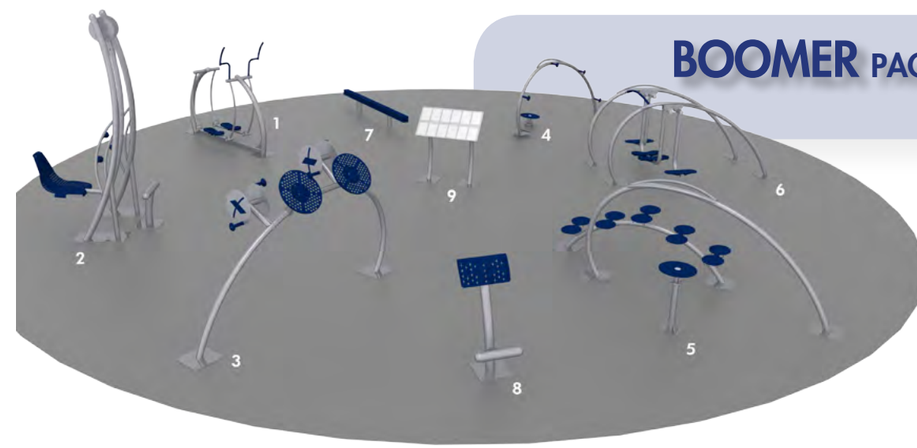
ADVANCE PACKAGE

17 EXERCISES
46′ DIAMETER MINIMUM PAD
(14.06m)
XF1517

1. Elliptical
2. Leg & Arm Press Combo
3. Pull-Up & Dip Combo
4. Double Air Strider & Double Hip Swing Combo
5. Step & Balance Double Hip Twist Combo
6. Double Lower Back Trainer
7. Knee Raise & Dip Combo
8. Compound Push-Up
9. Free Instructional Sign

BOOMER PACKAGE

17 EXERCISES
40′ DIAMETER MINIMUM PAD
(12.20m)
XF1514

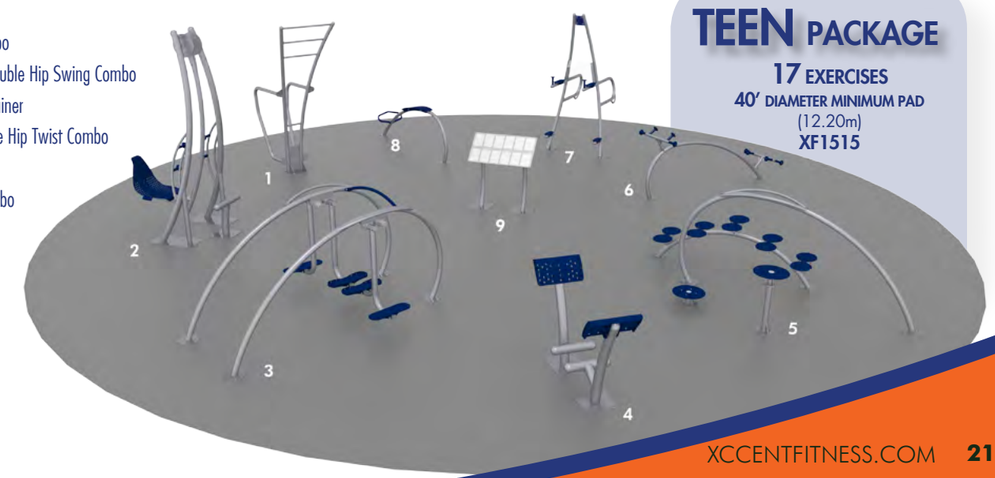


1. Air Skier
2. Leg & Arm Press Combo
3. Tai Chi & Double Hand Bike Combo
4. Standing Hip Twist & Stretch Combo
5. Step & Balance Sitting Hip Twist Combo
6. Single Air Strider Double Hip Swing Combo
7. Balance Beam
8. Single Lower Back Trainer
9. Free Instructional Sign

TEEN PACKAGE

17 EXERCISES
40′ DIAMETER MINIMUM PAD
(12.20m)
XF1515

1. Pull Up & Dip Combo
2. Arm & Leg Press Combo
3. Single Air Strider & Double Hip Swing Combo
4. Double Lower Back Trainer
5. Step & Balance Double Hip Twist Combo
6. Compound Push Up
7. Knee Raise & Dip Combo
8. Torso Bench
9. Free Instructional Sign



ACTIVE™ OUTDOOR FITNESS

WARRANTY

LIMITED WARRANTY: Xccent Fitness warrants its products to the original customer to be free from structural failure due to defect in materials or workmanship during normal use and installation in accordance with our published specifications. This warranty will commence on the date of the Xccent Fitness invoice and terminate at the end of the period stated below.

This Warranty is valid ONLY if the products are installed properly and in conformance of the specifications, installation guides, Xccent Fitness design layout, and properly maintained in accordance with the maintenance schedule provided within the installation instructions.

Xccent Fitness reserves the right to accept or reject any claim in whole or in part. Xccent Fitness will not accept the return of any product without prior written approval.

WARRANTY EXCLUSIONS: This Warranty does not cover: cosmetic defects, such as scratches, dents, marring, or fading; damage due to incorrect installation, vandalism, misuse, accident, wear and tear from normal use, exposure to extreme weather; immersion in salt or chlorine water, unauthorized repair or modification, abnormal use, lack of maintenance, or other cause not within Xccent Fitness' control.

This warranty does not cover damages due to "Acts of God", such as hail, flooding, lightning, tornadoes, sandstorms, earthquakes, windstorms. For complete warranty information, please visit Xccentfitness.com or contact your local authorized Xccent Fitness representative.

For complete warranty information, please visit XccentFitness.com or contact your local authorized Xccent Fitness representative

INSTALLATION: Xccent Fitness shall provide warranty repair or replacement parts free of charge, but will not be responsible for cost of freight, labor or provision of labor for removal of defective parts and installation of replacement parts. Replacement parts shall be guaranteed for the remainder of the original warranty period.

LIMITED WARRANTY TIME PERIODS on Xccent Fitness Active Outdoor Fitness and Motion Wellness Systems products.

100-YEAR LIMITED WARRANTY: Stainless steel fasteners, steel posts and caps, steel arches and stainless steel fasteners, against structural failure due to corrosion or manufacturing defects and against structural failure due to material or manufacturing defects.

15-YEAR LIMITED WARRANTY: On all steel components (except 100-year steel posts and arches), vinyl coated decks, ramps, beams, stairs and seating surfaces against structural failure due to material or manufacturing defects.

7-YEAR LIMITED WARRANTY: Site furnishings against structural failure due to materials or workmanship.

5-YEAR LIMITED WARRANTY: On all PVC handholds, foot pads, ropes, plastic components against structural failure due to material or manufacturing defects.

3-YEAR LIMITED WARRANTY: On bumpers, urethane handles, mechanical torsion systems, bearings, or other moving parts against structural failure due to material or manufacturing defects.

TERMS & CONDITIONS

The following terms and conditions govern any transaction with Xccent Fitness. Accompanying Xccent Fitness quotations, acknowledgements and/or invoices and the following terms and conditions comprise the entire agreement between each party and supersede all written and oral communications. Xccent Fitness fulfillment of an order does not constitute acceptance of any additional terms and conditions and does not serve to modify or amend these terms and conditions.

QUOTATIONS: Contact Xccent Fitness for current pricing. All quotations are firm for 30 days. Xccent Fitness reserves the right to adjust pricing and freight costs to reflect market fluctuations. Unless noted, prices do not include delivery and installation charges.

SHIPPING AND HANDLING: All Xccent Fitness product are shipped FOB Factory. Title and risk of loss to all goods sold by Xccent Fitness transfer at this shipping point. Weights shown are approximate and may vary. Freight and handling charges are additional and are not included in the price of the equipment (unless otherwise noted). Transit time is dependent upon your location. Most products are heavy and delivered on large pallets. Equipment (such as a forklift) will be required to unload the shipment.

SHIPMENT LOSS OR DAMAGE CLAIMS: Visible or concealed damage during the shipment of product is the freight carrier's responsibility. A signed Bill of Lading is Xccent Fitness's receipt from the freight carrier that the shipment was complete and arrived in good condition. Before signing, shipments must be inspected immediately and visible damage must be indicated on the freight carrier's delivery receipt. Loss or damage claims must be filed within 10 days of receipt of shipment. Failure to note any damage or discrepancies on the Bill of Lading may impair the customer's right to recover damages from the freight carrier.

STORAGE OF EQUIPMENT: It is the sole responsibility of the customer to provide for storage and protection of the equipment upon receipt. Xccent Fitness does not offer a storage option. Fees may occur on any order that is not accepted on or after the estimated ship date.

INSTALLATION AND ASSEMBLY: Unless noted, all equipment is shipped unassembled. Installation charges are additional and are not included in the price of the equipment. Installation instructions are included with each shipment. Xccent Fitness assumes no responsibility for the condition of the factory-applied finishes which are damaged or altered during installation or storage. If needed, touch-up painting shall be the responsibility of the installer. No corrections or alterations are to be made to our products without permission. Any back charges must be pre-approved before any product corrections are performed.

PAYMENT TERMS: Orders may require a deposit unless otherwise arranged. Customers shall pay all invoiced amounts within the number of days stated on the invoice. Xccent Fitness may charge interest on all late payments at a rate of 1.5% per month. All product warranties will be void if associated invoice is not paid in full.

TAXES: Unless noted, Xccent Fitness will not include sales, use and excise taxes, and any other similar taxes, duties and charges. Customer shall be responsible for all such charges, costs and taxes except when an appropriate tax exempt certificate has been provided.

CANCELLATIONS AND RETURNS: Any cancellation or return must have proper written acceptance and authorization in advance. All cancellations and returns are subject to a restocking charge plus freight and handling. Applicable delivery insurance will be the responsibility of the party returning the equipment. Custom products and used/damaged parts are not eligible for return.

SPECIFICATIONS: Product specifications are available and correct at the time of publication. Product improvements are ongoing and we reserve the right to update or discontinue specifications without notice.

UNAVOIDABLE DELAYS: Xccent Fitness shall not be liable or responsible for any failure or delay when caused by or results from circumstances beyond our reasonable control including, but not limited to, power outages, acts of God, natural disasters, labor disputes, carrier delays, or delay in obtaining supplies/materials.

WARRANTY • TERMS & CONDITIONS

The warranty stated above is valid only if the equipment was installed in conformance with the instructions furnished by Xccent Fitness, using only Xccent Fitness-supplied parts and does not include vandalism, cosmetic issues or wear and tear from normal use. Xccent Fitness reserves the right to make design revisions without notice to address safety and/or material considerations.

Visit our website at xccentplay.com to view our full line of attractive, durable outdoor site furniture!

ACTIVE OUTDOOR FITNESS Standard Colors

X-TUFF COATING HAND & FOOT PADS COLORS

Champagne/ Blue

Black/Lime/ Blue

www.xccentfitness.com

MOTION WELLNESS SYSTEMS Standard Colors

Woodlands
Slate/Lime/Blue

Sunrise
Silver/Orange/Blue

Patriot
Silver/Red/Blue

Additional 5% charge for non-standard color combinations on both Active Outdoor Fitness and Motion Wellness Systems.

Xccent™ FITNESS

ACTIVE™ OUTDOOR FITNESS

MOTION™ WELLNESS SYSTEMS

5240 257th St • Wyoming, MN 55092

www.xccentfitness.com

info@xccentfitness.com

651.462.9200

800.933.4748

PROUDLY MADE IN USA

REAL. OUTDOOR. FITNESS.

2020
Commerical Price List

ACTIVE OUTDOOR FITNESS	Unit name	SKU	Commercial Price
Standard colors: Champagne/Blue or Black/Lime/Blue. Custom colors apply 5% upcharge.			
Available as Inground or Surface Mount.			
	Air Skier	SM - 50144	$ 3,267
		IG - 50145	$ 3,449
	Elliptical	SM - 44989	$ 3,461
		IG - 45234	$ 3,509
	Arm & Leg Press Combo	SM - 50471	$ 3,388
		IG - 50472	$ 3,570
	Compound Push-Up	SM - 48941	$ 1,848
		IG - 48940	$ 1,942
	Single Push-Up	SM - 48975	$ 1,276
		IG - 48974	$ 1,430
	Parallel Bars	SM - 50475	$ 1,364
		IG - 50476	$ 1,540

2020
Commerical Price List

	Knee Raise Dip Combo	SM - 50422	$ 2,807
		IG - 50421	$ 2,904
	Pull-Up Dip Combo	SM - 48955	$ 2,160
		IG - 48954	$ 2,208
	Torso Bench	SM - 44556	$ 1,476
		IG - 45228	$ 1,573
	Single Lower Back Trainer (Short)	SM - 50464	$ 1,101
		IG - 50488	$ 1,150
	Single Lower Back Trainer (Tall)	SM - 50489	$ 1,131
		IG - 50490	$ 1,180
	Double Lower Back Trainer	SM - 50466	$ 2,021
		IG - 50467	$ 2,118
	Single Air Strider	SM - 44649	$ 2,650
		IG - 45233	$ 2,844

2020
Commerical Price List

	Double Air Strider	SM - 48949	$ 4,368
		IG - 48948	$ 4,659
	Single Air Strider Double Hip Swing Combo	SM - 48961	$ 3,678
		IG - 48960	$ 3,872
	Double Air Strider Double Hip Swing Combo	SM - 48969	$ 4,852
		IG - 48968	$ 5,143
	Double Stretch	SM - 44605	$ 1,476
		IG - 45231	$ 1,573
	Standing Hip Twist Stretch Combo	SM - 48951	$ 1,851
		IG - 48950	$ 1,997
	Standing Hip Twist Double Hand Bike Combo	SM - 48953	$ 2,275
		IG - 48952	$ 2,420
	Double Hip Twist	SM - 44305	$ 2,045
		IG - 45226	$ 2,239
	Double Hip Twist Stretch Combo	SM - 48945	$ 2,136
		IG - 48944	$ 2,329

2020
Commerical Price List

	Sitting Hip Twist Stretch Combo	SM - 48977	$ 2,384
		IG - 48976	$ 2,481
	Hip Swing Stretch Combo	SM - 48965	$ 2,353
		IG - 48964	$ 2,450
	Double Hip Swing	SM - 44628	$ 2,626
		IG - 45232	$ 2,723
	Step & Balance Stretch Combo	SM - 48959	$ 2,589
		IG - 48958	$ 2,783
	Step & Balance Double Hand Bike Combo	SM - 48943	$ 3,255
		IG - 48942	$ 3,449
	Step & Balance Double Hip Twist Combo	SM - 48963	$ 2,735
		IG - 48962	$ 3,025
	Step & Balance Sitting Hip Twist Combo	SM - 50714	$ 2,481
		IG - 50715	$ 2,723

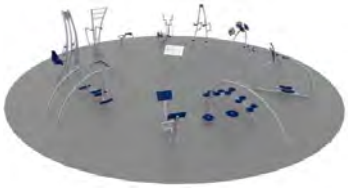
2020
Commerical Price List

	Tai Chi Double Hand Bike Combo	SM - 48979	$ 3,291
		IG - 48978	$ 3,388
	Horizontal Ladder	SM - 48971	$ 2,589
		IG - 48970	$ 2,783
	Wave Ladder	SM - 48973	$ 2,741
		I - 48972	$ 2,934
	8' Balance Beam	SM - 50478	$ 962
		IG - 50479	$ 1,059
	Recumbent Bike	SM - 53049	$ 1,954
		IG - 53050	$ 2,003
	Plyometric Boxes	SM 12" - 52933	$ 351
		SM 18" - 52935	$ 369
		SM 24" - 52937	$ 387
		IG 12" - 52932	$ 399
		IG 18" - 52934	$ 417
		IG 24" - 52936	$ 436

2020
Commerical Price List

	Large Information Sign	SM - 51839	$ 908
		IG - 52020	$ 1,029
	Single Information Sign	SM - 50507	$ 303
		IG - 50508	$ 363

Packages:

ACTIVE OUTDOOR FITNESS	**Package name**	**SKU**	**Retail**
	Basic 6 units 13 exercise stations	Basic-SM	$ 17,896
		Basic-IG	$ 18,937
	Advance 8 units 17 exercise stations	Advance-SM	$ 23,271
		Advance-IG	$ 24,417
	**Premier** 11 units 22 exercise stations	Premier-SM	$ 30,132
		Premier-IG	$ 31,556
	Teen 8 units 17 exercise stations	Teen-SM	$ 20,113
		Teen-IG	$ 21,211
	Boomer 8 units 17 exercise stations	Boomer-SM	$ 20,050
		Boomer-IG	$ 21,236

2020
Commerical Price List

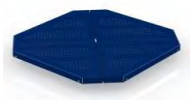
MOTION WELLNESS SYSTEMS	Unit name	SKU	Retail Price
Standard colors: Patriot, Woodlands, Sunrise. Custom color options apply 5% upcharge.			
Available as Inground or Surface Mount.			
	Platinum Wellness System	SM - 52561	$ 28,737.50
		IG - 53083	$ 29,705.50

Standalone Options for Smaller Spaces:

MOTION WELLNESS SYSTEMS	Unit name	SKU	Commercial Price
	Rope Bridge Station	SM - 52567	$ 7,865
		IG - 53084	$ 8,349
	Stair Walk Station	SM - 52568	$ 6,958
		IG - 53085	$ 7,200
	Balance Beam Station	STANDALONE SM - 53122	$ 7,139
		ADD ON SM - 52569	
		STANDALONE IG - 53086	$ 7,381
		ADD ON SM - 52569	
	Rope Course	SM - 52570	$ 6,353
		IG - 53087	$ 6,595

2020
Commerical Price List

Build your own Platinum Wellness System! Select standalone options to link together. Can choose 2-4 systems.

	Center Deck for custom 4 Station System	SM - 53079	$ 1,845
		IG - 53090	$ 1,906
	Center Deck w/ 2 posts for custom 3 Station System	SM - 53078	$ 2,329
		IG - 53089	$ 2,511
	Center Deck w/ 4 posts for custom 2 Station System	SM - 53077	$ 2,844
		IG - 53088	$ 3,146

*** All prices are in US $, FOB FRIDLEY MN, USA.**
*** Prices do not include freight, installation, surfacing and applicable tax and duty.**
*** Prices are for Xccent standard color theme (Silver and Blue).**
*** Apply 5% up-charge for any other custom color combination.**
*** Quantity volume discount may apply.**
*** All orders require 50% down payment with order.**

IG = In-ground - post to be inserted into sona tube or concrete footings.

SM = Surface Mount - Unit to be secured to concrete pad with wedge anchors. It is recommended to use steel mash or mix fiberglass mash when forming the concrete pad

Packages' concrete pads sizes to allow 6 feet between stations and ADA wheelchair accessibilty

* minimum depth required from weight perspective. Frost-line depth requirements may be different based on location

OUTDOOR FITNESS GUIDE

GameTime®

A PLAYCORE Company

THRIVE 4
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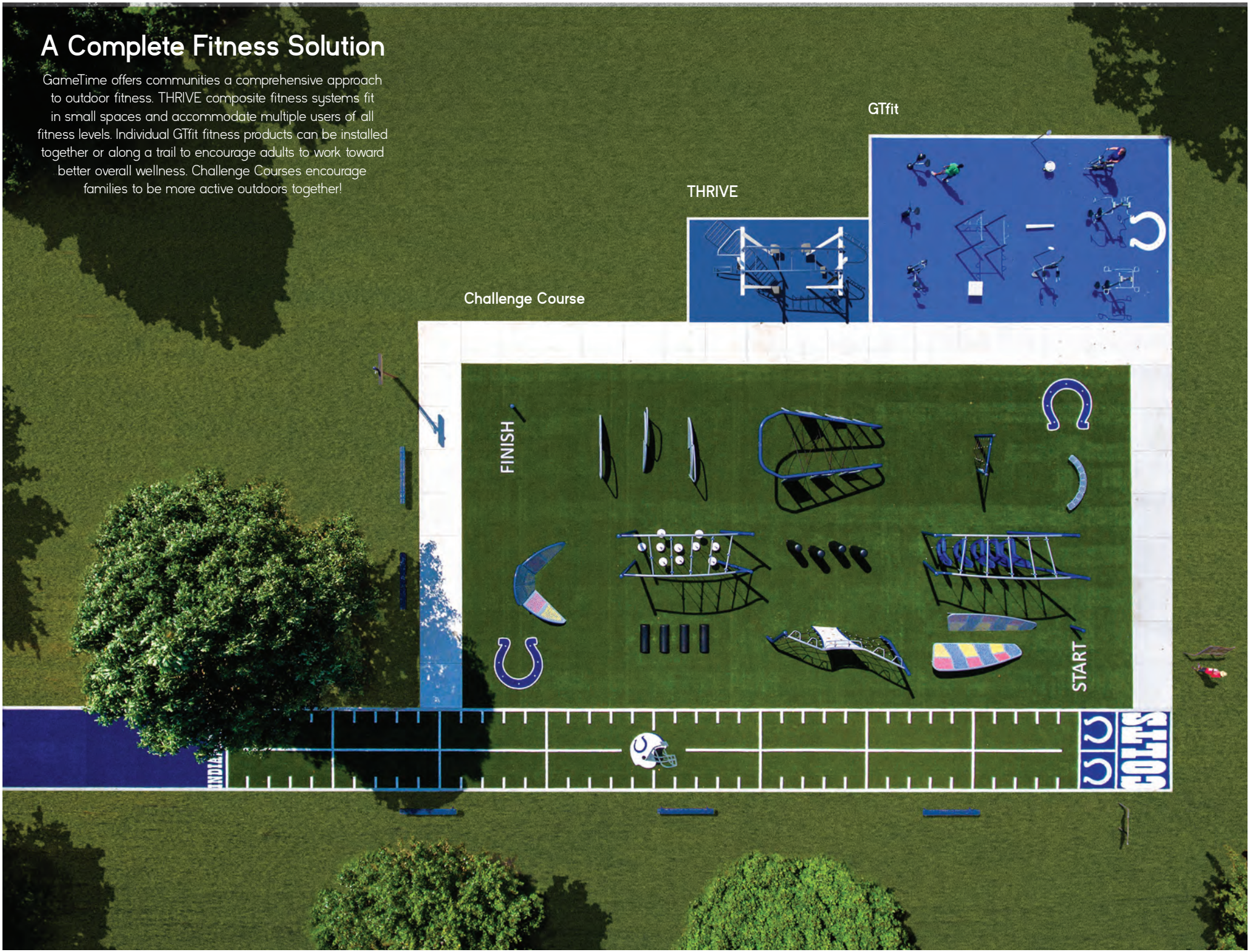
Fitness destinations for every generation.

Visit **gametime.com/fitness** to learn how our outdoor fitness solutions can benefit everyone in your community.

- Increases enjoyment and frequency of exercise
- Includes instructional signs and videos
- Durable design withstands the elements
- Encourages multi-generational and inclusive fitness
- Appeals to people who prefer exercising outdoors
- Promotes socialization and motivation

A Complete Fitness Solution

GameTime offers communities a comprehensive approach to outdoor fitness. THRIVE composite fitness systems fit in small spaces and accommodate multiple users of all fitness levels. Individual GTfit fitness products can be installed together or along a trail to encourage adults to work toward better overall wellness. Challenge Courses encourage families to be more active outdoors together!



THRIVE
OUTDOOR FITNESS BY GAMETIME

Compact, composite functional training systems

ADAPTIVE OPTIONS for solo or group training

Ages 13+

GTFIT
OUTDOOR FITNESS BY GAMETIME

Industry-leading outdoor gym and calisthenic park solutions

ADVANCED, **INCLUSIVE** and **THERAPEUTIC** options

Ages 13+

CHALLENGE COURSE
OUTDOOR FITNESS BY GAMETIME

Fun, social and competitive obstacle course fitness

YOUTH Ages 5-12
PRO Ages 13+

You were meant to THRIVE!

Improve community wellness with high-quality composite fitness structures from GameTime. THRIVE fitness systems accommodate multiple users at once, reducing wait times and providing a wide range of training options at every station. THRIVE makes it fun and easy for people of all fitness levels to spend more time outdoors training for sports, races or everyday life.

THRIVE model number corresponds to the approximate square footage required for installation (i.e. THRIVE 250 only requires approximately 250 square feet to install.)

"The [THRIVE] equipment is top-notch. I don't think we could have done better. The equipment gets used every day by a diverse group of students, staff, faculty and retirees. We are looking to add additional pieces in the future due to the popularity of the equipment."

TODD HAMMONDS, ASSOC. DIRECTOR OF ATHLETICS AND RECREATION FACILITIES - UNIVERSITY OF CALIFORNIA SANTA CRUZ

"For more than a decade I've led an outdoor Boot Camp and trained elite athletes. I'm continually looking for ways to help people progress in their fitness goals, become a better version of themselves and THRIVE in every area of their lives."

YANCY CULP, ELITE OCR TRAINER AND FOUNDER OF YANCY CAMPS

"THRIVE is great for any level of athlete. There are a lot of ways you can use THRIVE to train for a race, improve overall fitness or be more active with friends and family."

JULIE WHITE, SPARTAN RACE CHAMPION

Virginia Tech University

Blacksburg, Virginia

As part of an all-new and comprehensive outdoor recreation space at Virginia Tech University, THRIVE 900 provides students and faculty with a wide range of fitness and training opportunities in a compact space. With 20 fitness stations, there's plenty of room for multiple users at once, and each of the stations offer variable options for all fitness levels. Improve campus or community quality of life with THRIVE!

THRIVE 250

#14911 **$10,421**

ASTM Use Zone: 21' x 19' (6.4m x 5.8m)
Ages: 13 and up

Training Stations:
Step-Up Platforms (12" and 18")
Swedish Ladder
Decline Sit-Up Bench
Variable Pull-Up Station

TRAINING 5 STATIONS

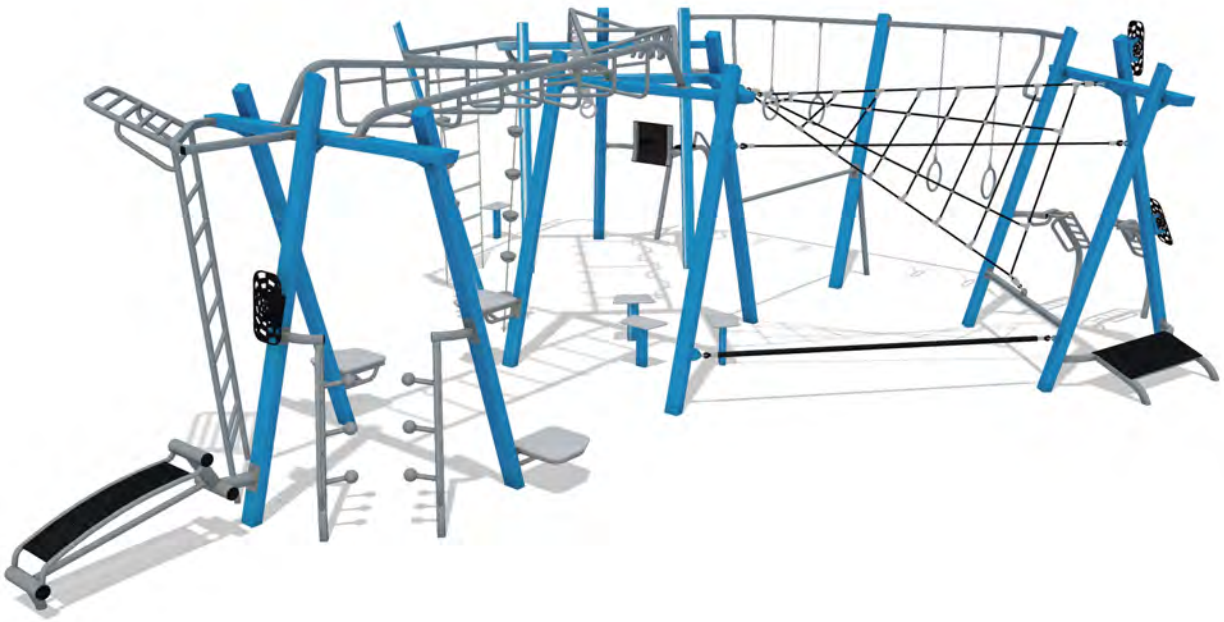
THRIVE 450

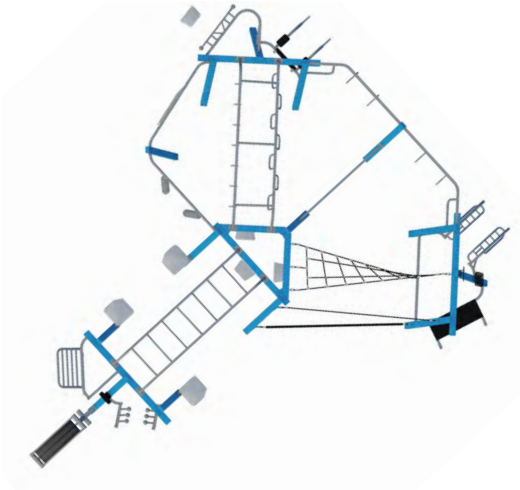
#14912 **$21,210**

ASTM Use Zone: 32' x 19' (9.8m x 5.8m)
Ages: 13 and up

Training Stations:
Step-Up Platforms (12", 18", and 24")
Variable Pull-Up Station
Variable Push-Up Station
Variable Press
Variable Monkey Bars
Swedish Ladder
Decline Sit-Up Bench
Knee-Lift Dip Station

TRAINING 10 STATIONS





THRIVE 9000

#14913 **$47,053**

ASTM Use Zone: 37' x 42' (11.3m x 12.8m)
Ages: 13 and up

Training Stations:

Step-Up Platforms (12", 18", and 24")
Cardio Step Ball Slam Station
Variable Pull-Up Station
Variable Push-Up Station
Variable Press
Variable Monkey Bars
Variable Row Station
Inverted Cargo Climb
Gymnast Bar
Gymnast Rings
Variable Overhead Rings and Lateral Traverse
Swedish Ladder
Balance Rope
Decline Sit-Up Bench
Knee-Lift Dip Station
Medicine Ball Throw Station
Chain Ladder
Dual Chain Pods

TRAINING 20 STATIONS

Included with Every THRIVE System:

Included is a collection of hand-picked gym essentials from Power Systems (valued at over $300) to enhance your THRIVE experience and to provide additional tools for group training sessions. Each kit includes:

1 Power Systems Premium 10lb Slam Ball

2 15lb Kevlar Sand Discs

1 Power 30' Training Rope

1 Power Systems Power Force 8lb Medicine Ball

3 Versa Loop Resistance Bands

4 Elements of a Well-Rounded Fitness Program

Muscle Fitness

Balance/ Flexibility

Core Fitness

Aerobic Fitness

GTfit provides all four elements of a well-rounded fitness program and each station features options for beginner and advanced users, alike. Choose products from different fitness elements to create a multi-discipline workout area for users of all fitness levels. Incorporating all four elements into your fitness park also ensures multiple users can participate at once, reducing wait times and creating a circuit-style workout.

Demonstrate Your Leadership

Select GTfit products from all four elements to create a well-rounded outdoor fitness space and to qualify for National Demonstration Site designation. Learn more at **gametime.com/nds**.

Products with this symbol are universally-designed and inclusive.

This symbol signifies the product is designed with therapeutic properties.

Products with this symbol require impact attenuating surfacing to comply with ASTM F3101-15.

"Incorporating all four elements of fitness is critical for overall health and well-being. GTfit products provide a functional way to integrate all four elements into a well-balanced fitness program. They are durable, well-made and can be installed in almost any public space to introduce a solution for community wellness."

DR. GARY LIGOURI, PHD, COLLEGE OF HEALTH SERVICES DEAN - UNIVERSITY OF RHODE ISLAND

"The City of Ocala, Florida has long been a pioneer in providing opportunities for our citizens to lead active, healthy lives. The GTfit Fitness Park at Jervey Gantt Health Trail is an example of how Ocala is continually moving fitness forward to create a better way of life for our families."

JULIE JOHNSON, PARK OPERATIONS DIVISION HEAD - CITY OF OCALA, FLORIDA

"Our CrossFit gym is so pumped about being able to use this outdoor equipment day in and day out. From pull-ups to more advanced gymnastics moves, we are able to challenge our fittest athletes and accommodate our beginners. GTfit hits it out of the park."

MIKE ALLEY, OWNER - GETBUILT CHATTANOOGA CROSSFIT

Ken Malloy Regional Park

Los Angeles, California

The fitness area at Ken Malloy Regional Park features a full range of GTfit equipment for users of all abilities and fitness levels. From beginners to advanced athletes, the park offers opportunities for adults to train alone or in a group setting outdoors. Help your community achieve its health and wellness goals with GTfit!

Muscle Fitness

GTfit products help users build endurance and strength. Whether you are training for a sporting event or trying to achieve a greater level of functional fitness, these products are designed to strengthen the primary muscle groups that help users perform challenging tasks.

Roman Chair Squat
#13566i $1,556
Use Zone: 7'8" x 10'6" (2.3m x 3.2m)

Leg Extension
#13563i $2,767
Use Zone: 8'2" x 9'9" (2.5m x 3m)

Leg Press
#13559i $4,008
Use Zone: 7'8" x 10'10" (2.3m x 3.3m)

Accessible Chest Press
#13271i $5,284
Use Zone: 9'10" x 12'7" (3m x 3.8m)

Chest Press
#13555i $3,807
Use Zone: 9'10" x 10'8" (3m x 3.3m)

Accessible Lat Pull Down
#13272i $5,302
Use Zone: 9'10" x 10'6" (3m x 3.2m)

Lat Pull Down
#13556i $3,948
Use Zone: 9'9" x 10'9" (3m x 3.3m)

Accessible Vertical Press
#13274i $5,281
Use Zone: 9'10" x 12'7" (3m x 3.8m)

Vertical Press
#13557i $3,931
Use Zone: 9'10" x 10'8" (3m x 3.3m)

Adult Climbing Wall
#13196 9' Wall (Shown) $3,673
#13197 10' Wall $3,993
Use Zone: 10'11" x 9'7" (3.3m x 2.9m)

Trapeze Rack
#13198 Trapeze Rack $5,129
Use Zone: 17'8" x 14' (5.4m x 4.3m)
#13199 Add-A-Bay $3,769
Use Zone: 14' x 18' (4.3m x 5.5m)

Fitness Rack
#13189 $7,189
Use Zone: 18'5" x 14'5" (5.6m x 4.4m)

NEW!

Overhead Ladder
#13591 $3,922
Use Zone: 17' x 9'5" (5.2m x 2.9)

Horizontal Chin-Up
#13586i $1,379
Use Zone: 10'5" x 11'5" (3.2m x 3.5m)

Accessible Chin-Up
#13584i $1,357
Use Zone: 6'10" x 6'10" (2.1m x 2.1m)

Chin-Up
#13585i Chin-Up Combo $2,160
Use Zone: 10'11" x 6'10" (3.3m x 2.1m)
#13582i Chin-Up High (Shown) $1,372
Use Zone: 6'11" x 6'10" (2.1m x 2.1m)
#13583i Chin-Up Low $1,365
Use Zone: 6'11" x 6'10" (2.1m x 2.1m)

Joint Use Chin-Up Station
#13575 $1,137
Use Zone: 16'10" x 6'4" (5.1m x 1.9m)

Push-Up
#13589i Push Up Combo (Shown) $1,668
Use Zone: 10'11" x 12'4" (3.3m x 3.8m)
#13587i Push Up High $1,017
Use Zone: 6'11" x 12'4" (2.1m x 3.8m)
#13588i Push Up Low $999
Use Zone: 6'11" x 12'4" (2.1m x 3.8m)

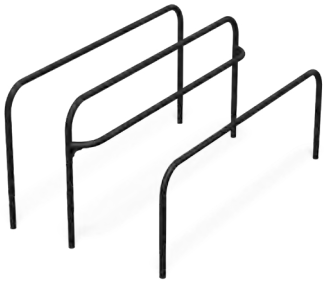
Push-Up Station
#13571 $778
Use Zone: 12'3" x 12'4" (3.7m x 3.8m)

Combination Hub
#13590i $4,094
Use Zone: 21'4" x 11'3" (6.5m x 3.4m)

Bench Dip Station
#13580 $1,400
Use Zone: 10'6" x 11'1" (3.2m x 3.4m)

Assisted Horizontal Chin-Up
#13577 $1,774
Use Zone: 14'1" x 9'10" (4.3m x 3m)

Vault Bar Station
#13567 $418
Use Zone: 8'3" x 15'6" (2.5m x 4.7m)



Parallel Bars
#13572 Parallel Bars $739
Use Zone: 16' x 8' (4.9m x 2.4m)
#15504 Accessible (Shown) $1,353
Use Zone: 14' x 10'8" (4.2m x 3.3m)

Core Fitness

A strong core stabilizes your body during movement, whether you are exercising or playing with your children or grandchildren. Add these products to enhance core fitness and support overall health and wellness.

Body Curl Station
#13579 $1,536
Use Zone: 7'5" x 13'10" (2.2m x 4.2m)

Sit-Up Station
#13570 $1,251
Use Zone: 7'11" x 14'6" (2.4m x 4.4m)

Plyometric Boxes

#13275	**6"**	**$495**
#13276	**1'**	**$527**
#13277	**1'6"**	**$561**
#13278	**2'**	**$589**

Use Zone: 8'5" x 8'5" (2.6m x 2.6m)

Sit-Up/Back Extension
#13561i $3,988
Use Zone: 11' x 11'10" (3.4m x 3.6m)

Captain's Chair
#13560i $3,181
Use Zone: 8'6" x 10'7" (2.6m x 3.2m)

Aerobic Fitness

Aerobic workouts keep heart and lungs functioning at optimum levels. Not only is this important when you are exercising, it's essential to enhancing your every day life! GTfit products provide an excellent aerobic workout with very low impact – perfect for users of all fitness levels.

Accessible Hand Cycle
#14925i $4,399
Use Zone: 11'7" x 11'10" (3.5m x 3.6m)

Hand Cycle
#14924i $4,499
Use Zone: 11'7" x 12'3" (3.5m x 3.7m)

Recumbent Cycle
#14922i $4,299
Use Zone: 11'10" x 12'4" (3.6m x 3.8m)

Cardio Walker
#13562i $4,008
Use Zone: 10'7" x 11'3" (3.2m x 3.4m)

Log Hop Station
#13573 $1,223
Use Zone: 12'4" x 12'4" (3.7m x 3.7m)

Hurdle Station
#13576 $418
Use Zone: 10'2" x 17'2" (3.1m x 5.2m)

High Jump Station
#13578 $732
Use Zone: 8'4" x 14'10" (2.5m x 4.5m)

Step-Up Station
#13569 $1,365
Use Zone: 13'9" x 15'2" (4.2m x 4.6m)

Balance/ Flexibility

Studies show that one of the leading causes of injuries is a lack of balance and flexibility, particularly as we grow older. GTfit includes products specially designed to enhance your balance and flexibility. This is a key element in enhancing overall fitness, and is important to help prevent injury from inadvertent falls.

Knee Lift Station
#13574 $556
Use Zone: 14'7" x 7'7" (4.4m x 2.3m)

Accessible Shoulder Rotator
#13558i $3,790
Use Zone: 10'3' x 14'8" (3.1m x 4.5m)

Balance Beam Station
#13581 $459
Use Zone: 22' x 7' (6.7m x 2.1m)

Balance Plank
#13279 $284
Use Zone: 10'5" x 7' (3.2m x 2.1m)

Balance Board Station
#13280 $497
Use Zone: 7'5" x 12'11" (2.3m x 4m)

Step Around Station
#14903 $1,914
Use Zone: 12'4" x 12'4" (3.7m x 3.7m)

Assisted Balance Walk
#14900 $1,598
Use Zone: 12'2" x 8'10" (3.7m x 2.7m)

Assisted Functional Trainer
#14902 $2,267
Use Zone: 10'2" x 12'3" (3.1m x 3.7m)

Assisted Step Trainer
#14901 $2,988
Use Zone: 12'2" x 8'10" (3.7m x 2.7m)

Skill Trainer
#14904 $2,571
Use Zone: 12' x 11'5" (3.7m x 3.5m)

PHYSICIANS ONLINE
MÉDECINS EN LIGNE

Meet. Compete. Repeat.®

Meet

Challenge Course is a social fitness experience that people of all ages can enjoy. It's an innovative option for fitness enthusiasts, as well as families who want to be more active together.

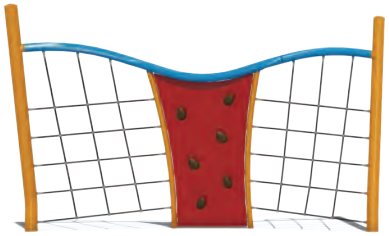
Compete

Challenge your friends and family in a timed obstacle course or 40-yard dash, or challenge yourself to achieve your personal fitness goals.

Repeat

Challenge Course leverages the benefits of outdoor exercise in a fun, exciting way that encourages people to come back time and time again.

Youth
Ages 5-12



Challenge Course Youth is perfect for schools or other youth organizations. We've scaled the size of the obstacles to be developmentally appropriate for children ages 5-12. Choose the model that fits your available space, and create opportunities for children to start their journey toward a healthier lifestyle.

Pro
Ages 13+

Challenge Course Pro configurations are designed for users ages 13+ and include obstacles and activities that promote a well-rounded fitness routine. Choose the model that fits your available space, and then select options like timing systems or a 40-yard dash, to create the perfect fitness destination for your community to accept the challenge!

"The GameTime Challenge Course has provided our school with challenging, fun, accessible, low maintenance – and above all – safe physical activity options outside of normal Physical Education."

CHRISTIAN WARREN, LEAD PHYSICAL EDUCATION TEACHER - CHARLOTTE/MECKLENBURG SCHOOL SYSTEM

"Outdoor Adult Fitness Parks can play a vital role in motivating people of all ages and levels of fitness toward achieving a healthier, more active and more productive life."

DR. MICHAEL SUK, CHAIRMAN OF ORTHOPAEDIC SURGERY - GEISINGER HEALTH SYSTEM DANVILLE, PA

"This is like America Ninja Warrior meets the NFL Combine. Children and families really love it, and studies show healthy and active students are more alert in the classroom, which supports the importance of providing children with resources like the challenge courses."

RILEY FIELDS, DIRECTOR OF COMMUNITY RELATIONS, CAROLINA PANTHERS

Schaper Park

Golden Valley, Minnesota

With a two-lane 40-yard dash, professional grade synthetic turf and precision timing systems, the Challenge Course at Schaper Park is an exciting community destination for better health and wellness. Eleven obstacles make up the course and are designed to enhance a user's balance, strength and agility in an environment that keeps people coming back again and again.

PLAYGROUND
PAUL'S PALS

NEW! Design Your Own Course

Strength

NEW!

Travel Wall

#13666 Pro (shown) $16,699
ASTM Use Zone: 23'11" x 20'4" (7.3m x 6.2m)
Recommended Ages: 13 and up
Fall Height: 8' (2.4m)

#13667 Youth $10,399
ASTM Use Zone: 26'1" x 16'2" (8m x 4.9m)
Recommended Ages: 5 to 12
Fall Height: 6' (1.8m)

NEW!

Climb the Ladder

#13664 Pro (shown) $4,459
ASTM Use Zone: 22'11" x 16'3" (7m x 5m)
Recommended Ages: 13 and up
Fall Height: 10' (3m)

#13665 Youth $3,299
ASTM Use Zone: 22'11" x 16'3" (7m x 5m)
Recommended Ages: 5 to 12
Fall Height: 8' (2.4m)

Floating Boards

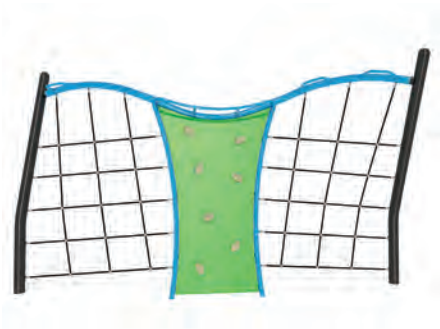
#13656 Pro (shown) $14,105
ASTM Use Zone: 24' x 11'10" (7.3m x 3.6m)
Recommended Ages: 13 and up
Fall Height: 10' (3m)

#13657 Youth $11,568
ASTM Use Zone: 28'5" x 17'8" (8.7m x 5.4m)
Recommended Ages: 5 to 12
Fall Height: 10' (3m)

Sway Steps

#13658 Pro (shown) $18,874
ASTM Use Zone: 24' x 11'8" (7.3m x 3.6m)
Recommended Ages: 13 and up
Fall Height: 10' (3m)

#13659 Youth $15,329
ASTM Use Zone: 28'5" x 17'8" (8.7m x 5.4m)
Recommended Ages: 5 to 12
Fall Height: 10' (3m)



Traverse Wall

#13603 Pro (shown) $11,780
ASTM Use Zone: 16'5" x 5'9" (5m x 1.8m)
Recommended Ages: 13 and up
Fall Height: 10' (3m)

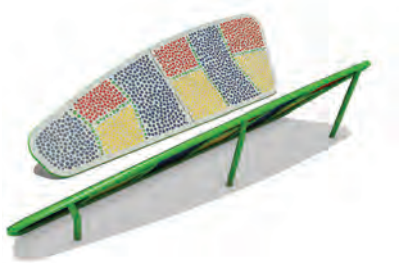
#13617 Youth (photo) $7,766
ASTM Use Zone: 24'4" x 16'3" (7.4m x 5m)
Recommended Ages: 5 to 12
Fall Height: 8' (2.4m)

Design Tips

Select products from all three categories to create a well-rounded Challenge Course.

Select Youth or Pro obstacles. **Do not mix Youth and Pro models on your course.**

Speed & Agility



Ninja Steps

#13653 Pro (shown) $13,102
ASTM Use Zone: 17'6" x 13'3" (5.3m x 4m)
Recommended Ages: 13 and up
Fall Height: 4' (1.2m)

#13654 Youth $8,628
ASTM Use Zone: 23'4" x 19'2" (7.1m x 5.8m)
Recommended Ages: 5 to 12
Fall Height: 4' (1.2m)

Agility Pods

#13662 Pro $3,410
ASTM Use Zone: 15'7" x 9'8" (4.8m x 3m)
Recommended Ages: 13 and up
Fall Height: 4' (1.2m)

#13663 Youth $3,410
ASTM Use Zone: 21'7" x 15'8" (6.6m x 4.8m)
Recommended Ages: 5 to 12
Fall Height: 4' (1.2m)

Sold in sets of 7 as shown above.

Agility Trainers

#13608 Pro $3,080
ASTM Use Zone: 7'4" x 7'4" (2.3m x 2.3m)
Recommended Ages: 13 and up
Fall Height: 4' (1.2m)

#13608 Youth $3,080
ASTM Use Zone: 13'4" x 13'4" (4.1m x 4.1m)
Recommended Ages: 5 to 12
Fall Height: 4' (1.2m)

Sold individually.

Vault Walls

#13655 Pro $3,295
ASTM Use Zone: 14'11" x 6'3" (4.6m x 1.9m)
Recommended Ages: 13 and up
Fall Height: 6' (1.8m)

#13655 Youth $3,295
ASTM Use Zone: 20'11" x 12'3" (6.4m x 3.7)
Recommended Ages: 5 to 12
Fall Height: 6' (1.8m)

Sold individually.

Balance

U-Turn Ramp

#13652 Pro $8,750
ASTM Use Zone: 17'6" x 13'3" (5.3m x 4m)
Recommended Ages: 13 and up
Fall Height: 5' (1.5m)

#13652 Youth $8,750
ASTM Use Zone: 23'6" x 19'3" (7.2m x 5.9m)
Recommended Ages: 5 to 12
Fall Height: 5' (1.5m)

Balance Walk

#13615 Pro $2,517
ASTM Use Zone: 13'8" x 8'7" (4.2m x 2.6m)
Recommended Ages: 13 and up
Fall Height: 4' (1.2m)

#13615 Youth $2,517
ASTM Use Zone: 19'8" x 14'7" (6m x 4.4m)
Recommended Ages: 5 to 12
Fall Height: 4' (1.2m)

Up & Over

#13619 Pro $5,247
ASTM Use Zone: 11'5" x 9'5" (3.5m x 2.9m)
Recommended Ages: 13 and up
Fall Height: 8' (2.4m)

#13614 Youth $3,862
ASTM Use Zone: 17'5" x 14'9" (5.3m x 4.5m)
Recommended Ages: 5 to 12
Fall Height: 7' (2.1m)

Corridor

#13660 Pro $15,802
ASTM Use Zone: 24'8" x 16'10" (7.5m x 5.1m)
Recommended Ages: 13 and up
Fall Height: 10' (3m)

#13661 Youth $12,390
ASTM Use Zone: 26' x 20'10" (7.9m x 6.4m)
Recommended Ages: 5 to 12
Fall Height: 10' (3m)

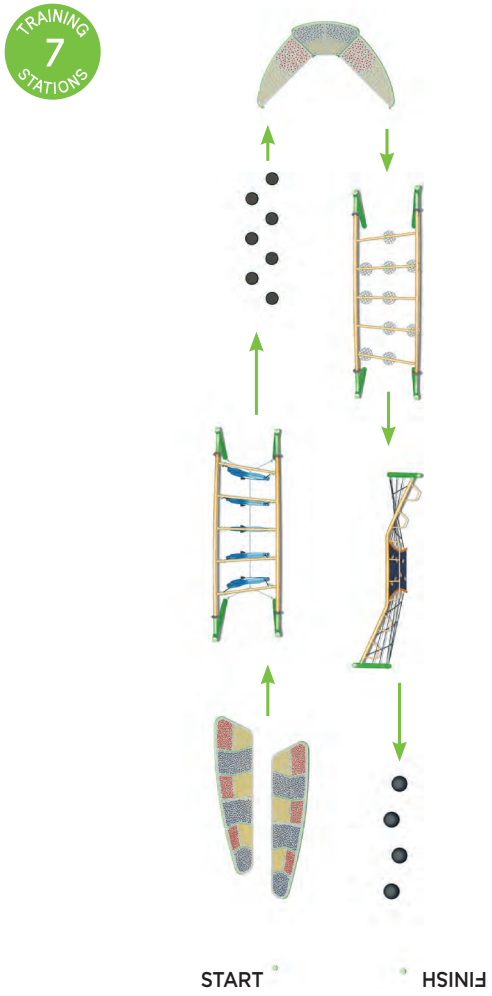
3000 SERIES

Youth 3000
#13645 **$61,437**

ASTM Use Zone: 33' x 81' (10.1m x 24.7m)
Ages: 5 to 12

Pro 3000
#13642 **$75,076**

ASTM Use Zone: 30' x 89' (9.1m x 27.1m)
Ages: 13 and up



4000 SERIES

Youth 4000
#13646 **$69,605**

ASTM Use Zone: 51' x 66' (15.4m x 20.1m)
Ages: 5 to 12

Pro 4000
#13643 **$79,658**

ASTM Use Zone: 43' x 74' (13.1m x 22.6m)
Ages: 13 and up

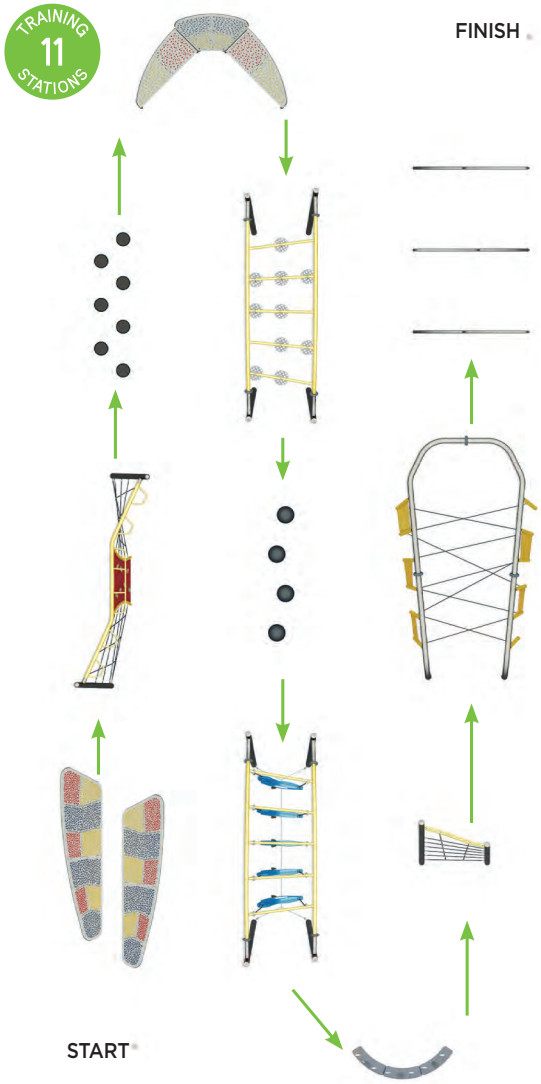
5000 SERIES

Youth 5000
#13647 **$87,837**

ASTM Use Zone: 52' x 88' (15.9m x 26.8m)
Ages: 5 to 12

Pro 5000
#13644 **$104,049**

ASTM Use Zone: 49' x 94' (14.9m x 28.7m)
Ages: 13 and up



Turf
Professional-grade, synthetic turf. Logo and branding options available.

Site Surfacing

Poured Rubber
Highly accessible. Available with custom graphics (not available for 40-yard dash).

Wood Fiber
Affordable course surfacing option (not available for 40-yard dash).

GTIMPAX™ A PLAYCORE Company

1. Choose Your Course
Select the Challenge Course model that fits your space. Model numbers correspond to the approximate square footage required (i.e. 3000 series requires 3,000 square feet)

2. Youth or Pro
Select the series that is appropriate for your users. Challenge Course Youth is designed to meet playground equipment standards for users ages 5-12. Challenge Course Pro is designed for older users, ages 13 and up.

3. Select Surfacing
GameTime offers three surfacing options for your Challenge Course: GTImpax synthetic turf, poured in place rubber or engineered wood fiber (EWF).

4. Level Up
Choose accessories like timing systems or a 40 Yard Dash to complete your course!

40-Yard Dash

Add a double lane 40-yard dash with precision timing system for fun and friendly competition. It's perfect for all ages and 100% accessible.

Double Lane **Call for Price***
*Price is for scoreboard and timing system only. Synthetic turf sold separately.

Pro-Level Timing Systems

GameTime offers a turnkey approach to designing and installing your Challenge Course with professional-grade timing systems.

Call for Price

Instructional Signs

Add an instructional sign that illustrates how to navigate the course, describes the use of each challenge and outlines its benefits.

Signs can be customized with city seals, school logos or corporate branding to make your community Challenge Course a unique destination.

#13628	**Standard Sign**	**$1,817**
#13629	**Custom Sign**	**$2,117**

Warranties

Limited 1-Year Warranty
Timing systems (requires use of GTImpax surfacing).

Limited 2-Year Warranty
Rubber components, with the exclusion of cosmetic damages or defects.

Limited 5-Year Warranty
Cable nets, rotationally-molded plastic components, with the exclusion of cosmetic damages or defects.

Limited 10-Year Warranty
HPL instructional signs, steel posts, stainless steel posts, welds, bars and metal accessories, excluding cosmetic damages or defects.

Lifetime Warranty
Uprights and hardware, excluding cosmetic damages or defects.

Color Options

METAL

Yellow, Butterscotch, Orange, Red, Burgundy, Royal Purple, Periwinkle, Sky Blue, Blue, Spring Green, Light Green, Green, Dark Green, Brown, Beige, Bronze, Starlight, Champagne, White, Metallic, Black

PLASTIC

Yellow, Orange, Red, Royal Purple, Periwinkle, Sky Blue, Blue, Dark Blue, Spring Green, Light Green, Green, Brown, Beige, Champagne

POLYETHYLENE (HDPE)

Yellow, Orange, Red, Royal Purple, Sky Blue, Blue, Spring Green, Green, Beige, Black, Gray

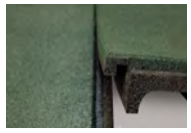
2 COLOR POLYETHYLENE (HDPE)

Red/White, Sky Blue/White, Blue/Beige, Spring Green/White, Green/White, Green/Beige, Beige/Green, Black/White, Gray/Black

Surfacing Options

Turf

Poured Rubber


Interlocking Tiles

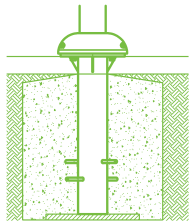
Wood Fiber

GTIMPAX™ A PLAYCORE Company

Per ASTM F3101-15: 9.1.4 Fitness equipment where intended use requires the user's feet leave contact with the ground requires impact attenuating surfacing. GameTime recommends safety surfacing with any outdoor fitness product installation.

THRIVE & GTfit Installation Options

Surface Mount (S)


In-ground (I)

All THRIVE and GTfit products shown with in-ground mounting option. Other mounting options may be available.

800.235.2440
gametime.com/fitness

GameTime®

A PLAYCORE Company

Greenfields Outdoor Fitness
Promoting Wellness & Fighting Obesity One Community at a Time.

7 UNITS | 18 USERS

2020 SMALL SAMPLE PACKAGE

ACCESSIBLE

Layout is for presentation purposes only - NOT INTENDED FOR

Greenfields Outdoor Fitness
Promoting Wellness & Fighting Obesity One Community at a Time.

7 UNITS | 18 USERS

2020 SMALL SAMPLE PACKAGE

UNITS

SGR2005-1-22	4-Person Pendulum, Abs & Dips Station
SGR2005-1-42	2-Person Back & Arms Combo
SGR2005-1-48A-W	2-Person Accessible Chest Press
SGR2005-1-48C	2-Person Combo Lat Pull & Vertical Press
SGR2005-1-71	3-Person Static Combo
SGR2005-1-91	Rowing Machine
SGR2005-1-104N	4-Person Leg Press
SGR2005-1-105	Customized Announcement Sign

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most popular exercise machines. While only incorporating 7 units, the Small Package accommodates 18 people and covers all major muscle groups. The Small Package is an excellent option for places such as small parks and street corners, transforming excess space into a valuable community amenity.

Available options:

- Announcement sign customization - layout, text and graphics 100% customizable on both sides
- Shade
- Site amenities

PACKAGE SPECS	
Units	7
Users	18
Required Dimensions	*46' x 25'*

2020 SMALL SAMPLE PACKAGE

7 UNITS | 18 USERS

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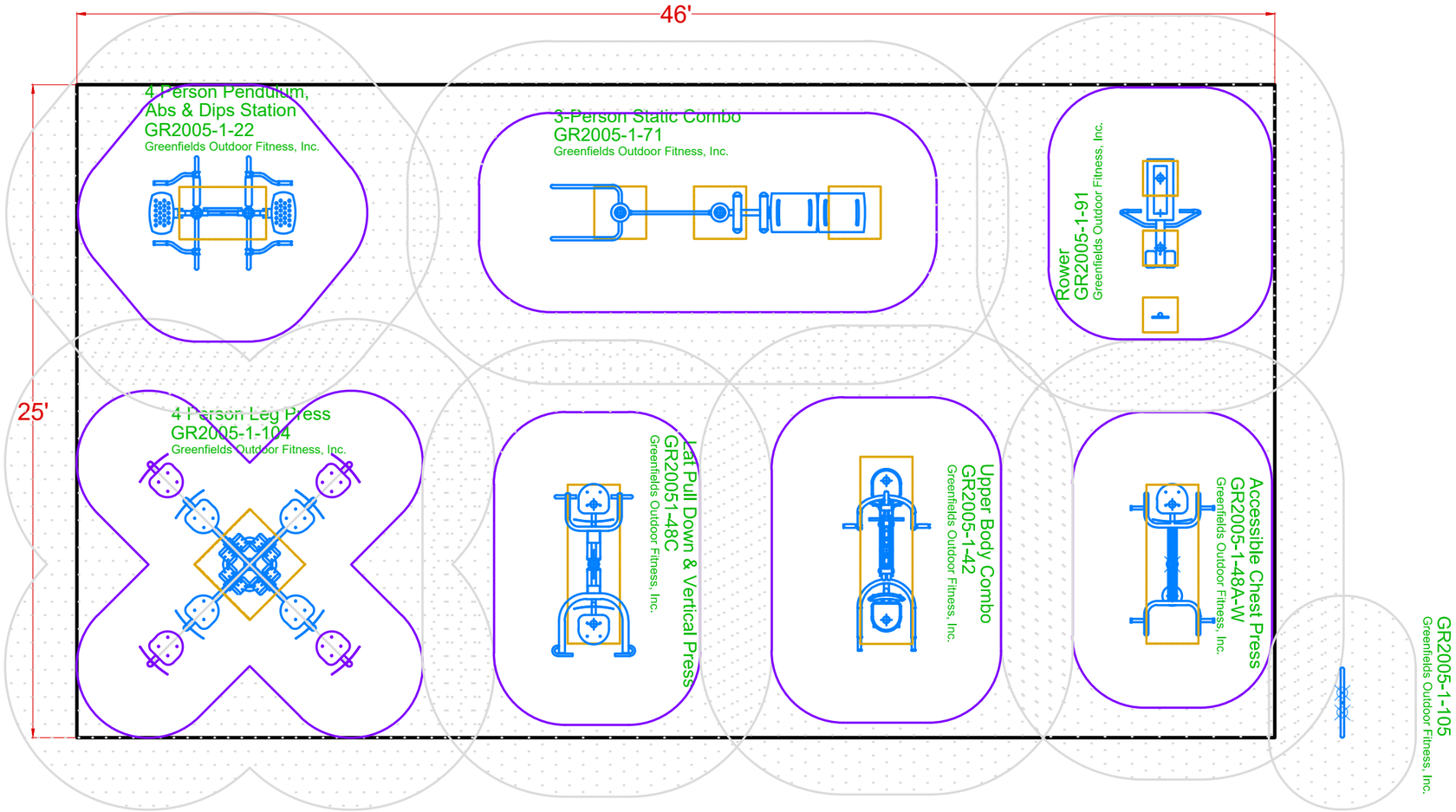
2020 SMALL SAMPLE PACKAGE

7 UNITS | 18 USERS

4-PERSON PENDULUM, ABS & DIPS STATION	2-PERSON BACK & ARMS COMBO	2-PERSON ACCESSIBLE CHEST PRESS	2-PERSON COMBO LAT PULL & VERTICAL PRESS	3-PERSON STATIC COMBO	ROWING MACHINE	4-PERSON LEG PRESS	CUSTOMIZED ANNOUNCEMENT SIGN
SGR2005-1-22	SGR2005-1-42	SGR2005-1-48A-W	SGR2005-1-48C	SGR2005-1-71	SGR2005-1-91	SGR2005-1-104N	SGR2005-1-105



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preferred method of installation is surface mount.
In-ground direct bury option is available upon request.

2020 SMALL SAMPLE PACKAGE

7 UNITS **18 USERS**

UNIT LIST

SGR2005-1-22	4-Person Pendulum, Abs & Dips Station
SGR2005-1-42	2-Person Back & Arms Combo
SGR2005-1-48A-W	2-Person Accessible Chest Press
SGR2005-1-48C	2-Person Combo Lat Pull & Vertical Press
SGR2005-1-71	3-Person Static Combo
SGR2005-1-91	Rowing Machine
SGR2005-1-104N	4-Person Leg Press
SGR2005-1-105	Customized Announcement Sign

These 7 units may serve up to 18 people at a time.

Please be advised that the use of DG (Decomposed Granite) increases the normal wear & tear of all footrests and other platforms used by the users.

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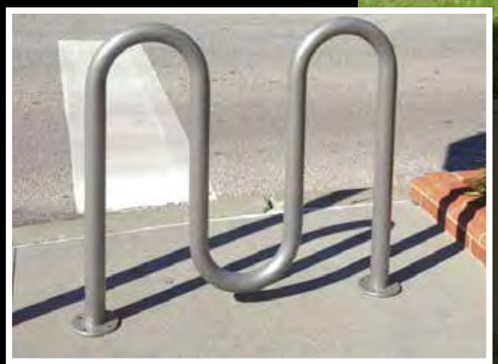
Greenfields Outdoor Fitness
Promoting Wellness & Fighting Obesity One Community at a Time

ENHANCE YOUR PACKAGE!

Benches

Trash receptacles



Bike racks

SHADE OPTIONS

s
unique needs

Shade canopy

Shade sails

Multi-level shade

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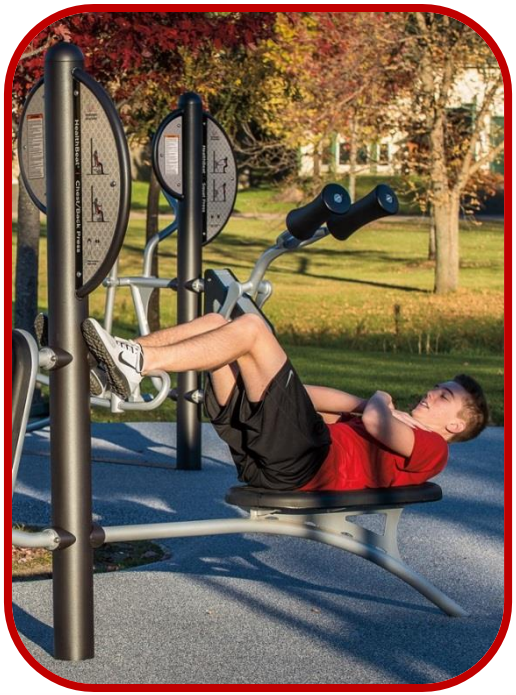
HealthBeat® Ab Crunch Leg Lift



Sensory Systems Engaged	Motor Skills		Muscles Used
Vestibular Proprioception Tactile	Cardiovascular Coordination Motor Planning Lower Body Strength	Flexibility Motor Planning Core Body Strength	**Ab Crunch and Leg Lift** * Upper Rectus Abdominus * Lower Rectus Abdominus

The HealthBeat® Ab Crunch and Leg Lift works both the upper and lower abdominals, and provides two different activities in one fitness station. The seat is wide enough for a wheelchair transfer for those who have some trunk and upper body strength.

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HealthBeat® Assisted Row Push-Up

Sensory Systems Engaged	Motor Skills		Muscles Used	
Vestibular Proprioception Tactile	Coordination Motor Planning Upper Body Strength Lower Body Strength	Flexibility Core Body Strength Cardiovascular	Assisted Row: *Latissimus Dorsi *Triceps *Biceps	Push Up: *Pectoralis Major *Triceps

The HealthBeat® Assisted Row and Push Up is a combination of bars that provides a great upper-body workout which exercises multiple muscles with several activities in one station. Bars of multiple heights accommodate users of all fitness levels as well as those who might need to exercise from their wheelchair.

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HealthBeat® Balance Steps

Sensory Systems Engaged	Motor Skills		Muscles Used
Proprioception Tactile	Coordination Motor Planning Upper Body Strength Lower Body Strength	Flexibility Core Body Strength Balance	**Muscle Groups:** *Quadriceps *Hamstrings *Calves *Tibialis Anterior *Core Trunk Muscles

The HealthBeat® Balance Steps promote flexibility and balance as the individual steps across these steps. It can also be used as a step aerobics station as part of a fitness circuit.

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HealthBeat® Cardio Stepper

Sensory Systems Engaged	Motor Skills		Muscles Used
Proprioception Tactile	Coordination Motor Planning Lower Body Strength Endurance	Flexibility Core Body Strength Cardiovascular	**Lower Body Muscles:** *Quadriceps *Hamstrings *Calves *Tibialis Anterior *Core Trunk Muscles

The HealthBeat® Cardio Stepper provides a cardiovascular/step aerobic workout. It includes a knob at the base that allows users to change the level of resistance to find the "just right" workout speed.

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landscape structures

HealthBeat® Chest Back Press

Sensory Systems Engaged	Motor Skills		Muscles Used	
Proprioception Tactile	Cardiovascular Motor Planning Upper Body Strength Lower Body Strength	Coordination Core Body Strength Flexibility	**Chest press:** *Latissimus Dorsi *Triceps *Biceps	**Push-Up:** *Pectoralis Major *Triceps

The HealthBeat® Chest and Back Press allows for upper body muscle strengthening and builds endurance in the arms, chest and back. The design allows for wheelchair roll up access or transfer ensuring all can work on upper body strength.

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HealthBeat® Elliptical

Sensory Systems Engaged	Motor Skills		Muscles Used	
Proprioception Vestibular Tactile	Coordination Motor Planning Upper Body Strength Endurance Eye-Hand Coordination	Flexibility Core Body Strength Cardiovascular Lower Body Strength	**Elliptical Muscles:** *Core Trunk Muscles *Quadriceps *Gluteus Maximus *Pectoralis Major *Rhomboids	*Calves *Hamstrings *Triceps *Biceps

The HealthBeat® Elliptical engages the lower body, upper body and core muscles while also encouraging muscle coordination. The design of the elliptical allows all these muscles to engage without joint impact. Users can change the level of resistance by turning the knob on the base.

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HealthBeat® Hand Cycler

Sensory Systems Engaged	Motor Skills		Muscles Used	
Proprioception Visual Tactile	Cardiovascular Endurance	Eye-Hand Coordination Upper Body Strength	**Hand Cycler Rotations:** Deltoid Rhomboids Latissimus Dorsi	 Pectoralis Major Triceps Biceps

The HealthBeat® Cycler builds upper body strength, coordination and endurance for everyone regardless of age.
The knob on the cycler allows the user to increase the tension to find their "just right" workout tension.
The design can be used while standing or seated in a wheelchair.

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HealthBeat® Mobility

Sensory Systems Engaged	Motor Skills		Muscles Used
Proprioception Tactile Vestibular	Coordination Motor Planning Upper Body Strength Lower Body Strength	Flexibility Core Body Strength Balance	**Muscle Groups:** *Quadriceps *Hamstrings *Calves *Core Trunk Muscles

The HealthBeat® Mobility promotes flexibility and balance skills. It challenges the balance areas of the brain and nervous system. It is a great element to use to work on rehab goals after illness and injury.

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HealthBeat® Parallel Bars

Sensory Systems Engaged	Motor Skills		Muscles Used	
Vestibular Proprioception Tactile	Coordination Motor Planning Upper Body Strength	Endurance Core Body Strength	**Upper Body Muscles:** *Pectoralis Major *Deltoids *Rhomboids *Triceps	**Lower Body Muscle:** *Quadriceps *Hamstrings *Calves *Tibialis Anterior *Core Trunk Muscles

The HealthBeat® Parallel Bars include two sets of parallel bars one of which is wheelchair-accessible. This combination provides all users with a variety of ways to build upper body strength (dips) and work on rehab goals after illness and injury.

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HealthBeat® Plyometrics

Sensory Systems Engaged	Motor Skills		Muscles Used
Vestibular Proprioception Tactile	Coordination Motor Planning Lower Body Strength Endurance	Flexibility Core Body Strength Cardiovascular	**Plyometrics:** *Quadriceps *Hamstrings *Gluteus

The HealthBeat® Plyometrics increase muscle power and help develop strength for explosive motions such as jumping and running. This circuit can be used as part of specific rehabilitation programs after injury.

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HealthBeat® Pull-Up Dip

Sensory Systems Engaged	Motor Skills		Muscles Used	
Proprioception Vestibular Tactile	Coordination Motor Planning Upper Body Strength	Flexibility Core Body Strength Endurance	**Pull-Up:** *Latissimus Dorsi *Biceps	**Dip:** *Pectoralis *Triceps

The HealthBeat® Pull Up and Dip provides multiple ways to effectively do upper body strength exercises. It provides users of different abilities a way to use their own body weight to build strength and endurance. Those using wheelchairs can roll right up to work on pull ups and do dips as well.

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HealthBeat® Squat Press

Sensory Systems Engaged	Motor Skills		Muscles Used	
Vestibular Proprioception Tactile	Coordination Motor Planning Upper Body Strength Lower Body Strength	Flexibility Core Body Strength Endurance	**Squat Press:** * Latissimus Dorsi * Triceps * Biceps * Pectoralis Major	**Wheelchair chest press:** * Quadriceps * Hamstrings * Gluteus * Hip Flexors (iliopsoas)

The HealthBeat® Squat Press is used to develop leg and hip strength and endurance. It can also be used by someone in a wheelchair as a chest press allowing them to work on upper body strength while seated in their wheelchair.

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HealthBeat® Stretch

Sensory Systems Engaged	Motor Skills		Muscles Used	
Vestibular Proprioception Tactile	Coordination Motor Planning Upper Body Strength	Flexibility Core Body Strength Lower Body Strength	**Upper Body Stretch:** *Upper Back *Shoulders *Arms	**Trunk Stretch:** *Upper Back *Core Trunk Muscles *Shoulders *Arms

The HealthBeat® Stretch allows for stretching of upper body muscles as well as the often difficult to target core muscles. It helps to maintain flexibility and range of motion. Those using a wheelchair can easily roll up and do Stretches to maintain flexibility throughout their body.

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HealthBeat® Tai Chi Wheels

Sensory Systems Engaged	Motor Skills		Muscles Used
Proprioception Tactile	Coordination Motor Planning Upper Body Strength	Flexibility Core Body Strength	**Tai Chi Rotations:** * Deltoid * Rotator Cuff Muscles * Trapezius To a lesser degree back and chest muscles

The HealthBeat® Tai Chi Wheels promote flexibility and enhance relaxation and meditation. This evenly tones muscles without strain. The design can be used while standing or seated in a wheelchair.

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Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS

H. Polar Park Concept Plan

ACTIONS TO BE CONSIDERED

Review Polar Park Concept Draft

FACTS

Review and comment on the draft polar park concept plan.

ATTACHMENT

Polar Park Concept Map

Polar Park Concept

North St. Paul, Minnesota

October 3, 2019 | WSB Project number: 014672-000

0' 20' 40' 80' 160'

Scale in Feet

wsb

K:\014672-000\Cad\Exhibits

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
I. Hause Park Food truck Night / July Music in the Parks / Star Watch Event

ACTION TO BE CONSIDERED

Recommendation regarding the upcoming food truck night, Music in the Park Star Watch event

FACTS

- The PRC is planning to host a Food Truck night at Hause Park on Wednesday, July 22th
  Local Band "Any Day Now" has offered to play at the event.

- The PRC is Hosting the second 2020 Music in the parks concert on July 23
  Matt & Laurel will be performing

- Due to COVID-19 National Night Out has been moved to October 6, 2020
  2020 Star Watch with Mike Lynch will need to be rescheduled

ATTACHMENTS

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS

J. Future Park and Recreation Meeting Discussion

ACTIONS TO BE CONSIDERED

Locations of Future Parks and Recreation Monthly meetings

FACTS

With the treat of COVID-19 adjustments may need to be made to safely hold PRC meeting

ATTACHMENTS

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
K. PRC Goal for 2020

ACTIONS TO BE CONSIDERED

To discuss goals and strategy for 2020 PRC goals

FACTS

- Update the Park Improvement Plan.
- Complete playground project at Polar Parks.
- Research new signage options for the Parks.
- Research path options at Northwood Park, to increase connectivity and access from the playground to the street and discuss construction of a new building at Northwood Park
- Research amenity options for Southwood Nature Preserve.
- Review options for Hause Park and McKnight Tennis Court Area
- Research options for a dog park

ATTACHMENTS

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VII. COMMISSION BUSINESS ACTION ITEMS & RECOMMENDATIONS
L. 2020 Parks Improvement Plan update

ACTIONS TO BE CONSIDERED

To discuss the updates made to the 2019 Park Plan

FACTS

Review current Park Improvement Parks, implement comments from Commission members

ATTACHMENTS

Agenda Information Memorandum
North St. Paul Parks and Recreation Commission
June 24, 2020

VIII. REPORTS FROM STAFF

A. BUDGET: MARCH UPDATE
FACTS
From the January 1, 2020 budget report to May 31, 2020, listed below are the Park Fund expenditures and revenues:

Park Fund Expenditures (May): $ 1,425.00 (Park Rental Refunds)

Park Fund Revenue (May): $355.00

- Park Rental Fees $0.00 (May)
- Donations $30.00 (Utility Billing)
  $325.00 Janie's playground Paver and Tree Donation

Fund Balance as of 5/31/2020: $243,214.90

The unclaimed Park Fund balance is (Fund Balance – Approved/Recommended Expenditures): $219,648.36

Budget expenditures that have been approved for 2018:
$11,310.00 Polar Park Updates ($14,000 Budget so far $2,690 has been spent)

Budget Expenditures that have been approved for 2019:
$11,580.00 Silver Lake Tennis Courts ($55,500 budget, $43,920 spent)
$ 796.00 Park Plan for Polar Park **(**$2000 budget, $1,204.00 spent)
$ 111.65 Eagle Scout Donation ($300 budget, 188.35 spent)
$12,487.65

Budget Expenditures for 2020:
$ 6,300.00 Southwood Nature Preserve ($6,500 budget , 200.00 Herbicide Treatment)
$ 2,000.00 Youth Recreation Programming
$ 2,000.00 Movie in Park
$ 2,000.00 Concerts in Park
$ 000.00 Egg Hunt
$ 500.00 Star Watch
$ 400.00 Trick or Treat Trail
$ 200.00 Fire and Ice
$ 200.00 Food Truck Night
$ 00.00 Park Clean Up
$13,600.00

Park Dedication Fund Balance: $121,841.01