



Public Buildings & Parks Committee Agenda

May 17, 2022 at 4:00 PM

Public Buildings & Parks Committee

Keely Paul, Chair
Ben Hunt
Bob Rosen

Staff Liason

Scot Lahrmer, Village Manager
Wes Brown, Zoning and Project
Administrator

MINUTES

1. Approval of minutes: April 4, 2022

TOPICS OF DISCUSSION

1. Presentation from resident Jeff Zipkin and Cory Christopher of the Cincinnati Nature Center regarding Prairie and Butterfly Gardens at Amberley Green
2. Purchase of Playcore fitness station

ADJOURNMENT

Amberley Village Council

Public Buildings & Parks Committee -- Meeting Minutes

April 4, 2022 at 4:30PM



Attendance

Committee

Keely Paul, Chair
Ben Hunt
Bob Rosen

Staff Liaisons

Scot Lahrmer, Village Manager
Wes Brown, Zoning and Project

Guests

AV Council
✂ Tom Muething, Mayor
AV WeTHRIVE! Health & Wellness
Committee
✂ Cherie Logan
✂ Phil Logan

Prior Minutes

The minutes from the previous meeting on March 8, 2022 were unanimously accepted without corrections.

Handouts

Agenda and past Meeting Minutes
Amberley Village Code 98.05 -98.11, regarding Village Owned Tennis Courts
Amberley Village Resolution 2012-27
Photo of the Rules Signage at the Tennis Courts

Pickleball at the Municipal Tennis Courts

The Health and Wellness Committee wants to do a trial of Pickup Pickleball on the 2 pickleball lined courts at the municipal courts. The current rules do not allow reserving space, and courts must be yielded on the hour if there is a line. Pickup Pickleball needs the pickleball lined courts, and pickup is longer than single or partner play, so they are requesting 1.5 hours.

- ✂ 2 of the 4 municipal park courts are lined for pickleball
 - The lined courts are not compliant with all pickleball regulations
- ✂ It is unusual for there to be a line
- ✂ AV Code 98.09 defines current time restrictions
- ✂ Pickup sports allow for a rotation of players, which needs more time to give individuals adequate play time
- ✂ There is a private tennis league that uses the municipal park courts
 - They normally play in the mornings

Pickup Pickleball will be promoted in the Village e-News. It is open to everyone, and the goal is to promote Health and Wellness and to offer an opportunity for people to learn more about pickleball and improve their skills.

Bob motioned to recommend that the Health & Wellness Pickup Pickleball be allowed to reserve the 2 pickleball lined courts once a week for 1.5 hours for a trial period of May – August 2022. Ben seconded. The motion was approved unanimously.

The committee will review the program after the 2022 summer.

Old Business

Amberley Green Paths

Ballpark price for repairs or updating

CTC gave Scot a ballpark price of \$750K to do a complete overlay of paths

Follow Ups

🗒 None

Adjourned

5:01PM

Prepared by: Keely Paul, Committee Chair

Bench Dip

Isometric Hold in Dip Position

Grasp the dip bars and hold in a most comfortable for you, lower yourself to the ground, keep your legs straight and feet on the ground.

Difficulty: 1
Muscles Used: Triceps, Shoulders, Core



Bench Dip Negative

Grasp the dip bars and hold in a most comfortable for you, lower yourself to the ground, keep your legs straight and feet on the ground.

Difficulty: 1
Muscles Used: Triceps, Shoulders, Core



Bench Dip With Legs

Grasp the dip bars and hold in a most comfortable for you, lower yourself to the ground, keep your legs straight and feet on the ground.

Difficulty: 1
Muscles Used: Triceps, Shoulders, Core



Bench Dip With Flared Knees

Grasp the dip bars and hold in a most comfortable for you, lower yourself to the ground, keep your legs straight and feet on the ground.

Difficulty: 1
Muscles Used: Triceps, Shoulders, Core



Stretched Legs Dip (Low Bar)

Grasp the low dip bars, lower yourself to the ground, keep your legs straight and feet on the ground.

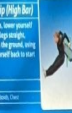
Difficulty: 1
Muscles Used: Triceps, Shoulders, Core



Stretched Legs Dip (High Bar)

Grasp the high dip bars, lower yourself to the ground, keep your legs straight and feet on the ground.

Difficulty: 1
Muscles Used: Triceps, Shoulders, Core



Bench Dip With Legs Crossed

Grasp the low dip bars, lower yourself to the ground, keep your legs straight and feet on the ground.

Difficulty: 1
Muscles Used: Triceps, Shoulders, Core



Bench Dip With Leg Lifts

Grasp the high dip bars, lower yourself to the ground, keep your legs straight and feet on the ground.

Difficulty: 1
Muscles Used: Triceps, Shoulders, Core



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Joint Use Chin-Up

Reach

Stand directly under the joint use chin-up bar with your feet hip-width apart and arms hanging straight down. Try to touch the bar with your fingertips. If you cannot reach the bar, use a step to get up to the bar.



Negative Pull-Up

Stand under the joint use chin-up bar with your feet hip-width apart and arms hanging straight down. Try to touch the bar with your fingertips. If you cannot reach the bar, use a step to get up to the bar.



Chin-Up Hang

Stand under the joint use chin-up bar with your feet hip-width apart and arms hanging straight down. Try to touch the bar with your fingertips. If you cannot reach the bar, use a step to get up to the bar.



Jump Negative Chin-Ups

Stand under the joint use chin-up bar with your feet hip-width apart and arms hanging straight down. Try to touch the bar with your fingertips. If you cannot reach the bar, use a step to get up to the bar.



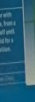
Jump Chin-Ups

Stand under the joint use chin-up bar with your feet hip-width apart and arms hanging straight down. Try to touch the bar with your fingertips. If you cannot reach the bar, use a step to get up to the bar.



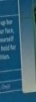
Chin-Ups

Stand under the joint use chin-up bar with your feet hip-width apart and arms hanging straight down. Try to touch the bar with your fingertips. If you cannot reach the bar, use a step to get up to the bar.



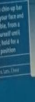
Pull-Ups

Stand under the joint use chin-up bar with your feet hip-width apart and arms hanging straight down. Try to touch the bar with your fingertips. If you cannot reach the bar, use a step to get up to the bar.



Wide Grip Chin-Up

Stand under the joint use chin-up bar with your feet hip-width apart and arms hanging straight down. Try to touch the bar with your fingertips. If you cannot reach the bar, use a step to get up to the bar.



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Push-Up Bar

Leg Assist Negative Push-Up

Grasp the high push-up bar with both hands shoulder width apart, place right foot in front of the left, bend on ground with back and hips aligned, bend arms and lower chest to bar, use bent leg to return to start.

Difficulty: 1

Muscles Used: Shoulders, Chest, Triceps, Hamstrings, Glutes, Quads



Leg Assist Static Hold

Grasp the high push-up bar with both hands shoulder width apart, place right foot in front of the left, keep heels on the ground with back and hips aligned, bend arms and lower chest to the bar, hold for a count of 5.

Difficulty: 1

Muscles Used: Shoulders, Chest, Triceps, Hamstrings, Glutes



Static Hold (High Bar)

Grasp the high push-up bar with both hands shoulder width apart, keep arms straight, place heels on the ground with back and hips aligned, hold for a count of 20.

Difficulty: 2

Muscles Used: Shoulders, Chest, Triceps



Static Hold With Lift Leg

Grasp the high push-up bar with hands shoulder width apart, keep arms straight, place left foot on ground with back and hips aligned, raise right leg behind you, hold for a count of 5, repeat with left leg.

Difficulty: 2

Muscles Used: Shoulders, Chest, Triceps



Push-Up (High Bar)

Grasp the high push-up bar with hands slightly wider than shoulder width apart, place heels on the ground with back and hips aligned, lower your chest to the bar and return to start position.

Difficulty: 3

Muscles Used: Shoulders, Chest, Triceps



Push-Up (Low Bar)

Grasp the low push-up bar with both hands shoulder width apart, keeping arms straight, place heels on the ground with back and hips aligned, lower your chest to the bar, return to start position.

Difficulty: 3

Muscles Used: Shoulders, Chest, Triceps



Push-Up (Hands Together)

Grasp the low push-up bar with thumbs touching, keep arms straight, place heels on the ground with back and hips aligned, lower your chest to the bar, return to start position.

Difficulty: 4

Muscles Used: Shoulders, Chest, Triceps



Side Push-Up

Grasp low push bar with hands shoulder width apart, keep arms straight, place heels on ground, turn body, raise right arm into air, keep left hand grasping bar, lower left arm lower toward bar, return to start and repeat using right arm.

Difficulty: 4

Muscles Used: Shoulders, Chest, Triceps



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Sit-Up Bench

Hamstring Stretch

Sit on the sit-up bench with your right foot on the ground, keep left leg straight on the bench, bend at the waist leaning forward toward your knee. Hold for 15 seconds or 30. Return to start position and repeat with left foot on the ground.

Difficulty: 1

Proctor Book: 100, 100gare



Static Body Curls

Sit on the sit-up bench with knees bent and your feet under the support bar. Place hands on your thighs, using your core to lift your back off the bench. Hold for a count of 1, return to start position.

Difficulty: 1

Proctor Book: 100, 100gare



Negative Body Curls

Sit on the sit-up bench with knees bent and your feet under the support bar. Place hands on your thighs, lower yourself until your back is just off the bench, using your core to lower yourself to start position.

Difficulty: 1

Proctor Book: 100, 100gare



Body Curls With Assist

Use the sit-up bench with knees bent and your feet under the support bar. Place hands on your thighs, using your core to lift your back off the bench, return to start position.

Difficulty: 1

Proctor Book: 100, 100gare



Body Curls

Sit on the sit-up bench with knees bent and your feet under the support bar. Place hands on your thighs, using your core to lift your back off the bench, return to start position.

Difficulty: 1

Proctor Book: 100, 100gare



Rotation Body Curls

Sit on the sit-up bench with knees bent and your feet under the support bar. Place hands behind head, curl up turning left shoulder toward right knee, return to start and repeat turning right shoulder toward left knee.

Difficulty: 1

Proctor Book: 100, 100gare



Body Curls (No Support)

Sit on the sit-up bench with knees bent and your feet under the support bar. Place hands behind head, curl up until your back is off the bench, return to start position.

Difficulty: 2

Proctor Book: 100, 100gare



Rotation Body Curls (No Support)

Sit on the sit-up bench with knees bent and your feet under the support bar. Place hands behind head, curl up turning left shoulder toward right knee, return to start and repeat turning right shoulder toward left knee.

Difficulty: 2

Proctor Book: 100, 100gare



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Features and Benefits:

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- Utilizes our exclusive advanced variable resistance mechanism for smooth resistance throughout the range of motion
- The resistance mechanism is fully enclosed to protect from the elements and eliminates crush and shear...

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Use Zone: 12'9" X 9'10"
Age Group: 13+ Years

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Sit-Up/Back Extension

Users perform crunches and sit-ups on one side of the station by placing knees over the cross-bar, feet under the foot stops, lying back on the body plate and raising themselves up using their abdominal muscles.

Back extensions are performed by placing thighs against the front cushions on the other side of the station and raising your body using the lower back muscles. Also available in surface mount version (#13561S).

Model Number: 13561i

\$4,630

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- An affordable way to add a core strength element to your outdoor fitness park
- Constructed of durable, recyclable materials and backed by the industry's leading warranty

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[Product Flyer \[/pdf/Sit-Up-Back-Extension-13561i\]](#)

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SPECIFICATIONS

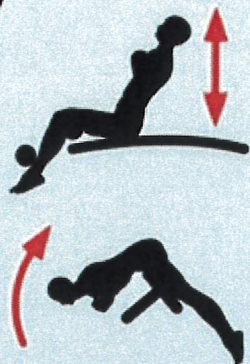
Model:	13561i
Age:	13+ Years
Use Zone:	5'10" x 11'
Fall Height:	4'

ADA ACCESSIBILITY

Accessible

Elevated

Ground Level

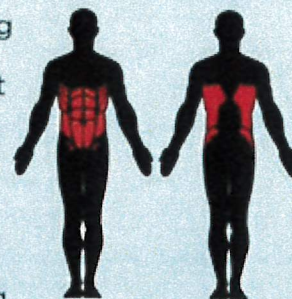


SIT-UP:

1. Sit on sit-up bench with knees bent and feet under the support bar.
2. Place arms across chest, lean back until your back is just off the bench
3. Return slowly to starting position and repeat.

BACK EXTENSION:

1. Stand with thighs resting against pads and calves in front of lower support bar.
2. Place arms across chest and lean forward as far as comfortable, keeping head and spine aligned.
3. Return slowly to starting position and repeat.



A PLAYCORE Company

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WARNING

GTFit fitness equipment is designed for users 13 years of age and above. Keep children under the age of 13 from using fitness equipment at all times. Consult your physician before starting an exercise program and use fitness equipment for intended use only.

Prior to using GTFit equipment inspect and do not use any equipment that appears damaged, inoperable or is missing parts. Do not climb on fitness equipment, keep clear of moving parts and be aware of others using the equipment.

Prior to using GTFit fitness equipment remove helmets, clothing with drawstrings or accessories around the neck. Do not attach straps, bands or similar items to equipment.

Fitness equipment and surfacing placed in direct sunlight may reach temperatures high enough to cause serious contact burn injuries to bare skin. Users should check for and avoid hot surfaces before using fitness equipment.

Fitness equipment that allows feet to leave the ground during exercise requires protective surfacing within the training envelope. Installation over a hard surface such as concrete, asphalt, or packed earth may result in serious injury or death from falls.

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