

**FOR IMMEDIATE RELEASE**

## **Outdoor training: parc Paul-Gérin-Lajoie gets a new active space**

**Vaudreuil-Dorion, July 3, 2025** – The Ville de Vaudreuil-Dorion is proud to announce the installation of new outdoor training modules accessible to all, at parc Paul-Gérin-Lajoie. From now on, citizens can enjoy these modern outdoor facilities, designed to encourage physical activity in an inclusive and friendly environment.

This project is the result of the 3rd edition of the City's participatory budget, held in 2023. This initiative enables citizens to put forward concrete ideas for improving their living environment. Three similar proposals, submitted by Marc Chalifoux, Olivier Charbonneau and Martine Desrosiers, were grouped together to form a common project: the installation of workout structures with fixed bars. This new facility encourages healthy lifestyles, social interaction and free physical activity for all ages.

"This project is a perfect illustration of what participatory budgeting is all about: a citizen's idea, a mobilization, a vote, then a concrete realization. Thanks to the involvement of our citizens, we are improving our offer of public facilities while encouraging physical activity. It's a collective success story," says Mayor Guy Pilon.

### **Why a 2025 installation?**

Although selected in 2023, the project was delayed due to other ongoing work in the park. As site preparation could not be completed before winter, work resumed in the spring and the concrete was poured in May 2025, enabling the project to become a reality.

It should be noted that while the participatory budget provided for an envelope of \$65,000, the City invested a total of \$150,000 to offer a high-quality, sustainable and accessible facility.

### **A modern, accessible training space**

The equipment includes two intergenerational circuits offering 32 exercises divided into two programs: one for seniors, the other for those aged 13 and over. Each circuit includes high- and low-intensity variations. A free mobile app provides access to over 200 exercises adapted to different levels, with wheelchair options. QR codes on the panels provide access to explanatory videos.

### **Equipment installed :**

- Parallel bars
- Triple push-up bars
- Triple pull-up bars

- Callisthenics structure
- Set of 3 short benches and one long bench
- Set of 6 hurdles
- Bar repellents

This project is in line with the "Be an active and healthy community / Get moving" aspiration of the Strategic planning 2020-2025.

### **Park improvements**

In parallel, the City has also made several improvements to parc Paul-Gérin-Lajoie:

- Installation of a 26' x 26' shelter near the volleyball courts (scheduled for the week of July 14)
- Addition of a refreshment bar and replacement of the outdoor shower
- Installation of two volleyball courts, including sports furniture (bleachers and players' benches)
- Installation of permanent lighting for all sports facilities
- Placement of peat moss and seeding in the trenching areas where electrical work was carried out

The City invites users to respect the temporary boundaries in place to allow the vegetation to recover properly.

The park is now accessible to all, and lit until 11 p.m. in the evening.