

The Ackers Park

Proposed Landscape Improvements

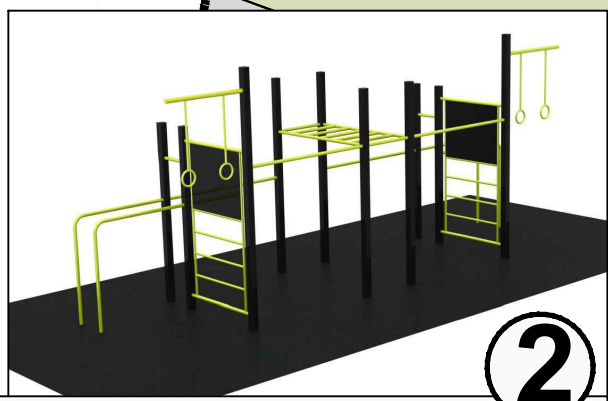
Ackers Park (Golden Hillock Sports Ground) has received new funding to create a range of improved facilities for the whole community. Planned upgrades include:

- An improved play area with inclusive equipment, colourful markings, and new picnic benches
- A new outdoor gym with accessible equipment for all abilities
- A dedicated calisthenics zone for advanced fitness
- Better landscaping, more seating, and additional litter bins

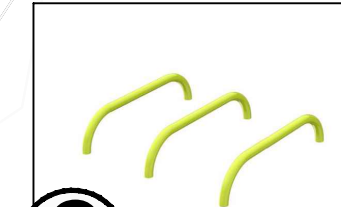
These changes are designed to make The Ackers Park a welcoming, active hub for everyone.



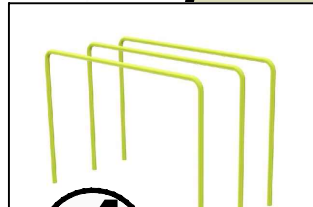
1 PLYOMETRIC BOXES



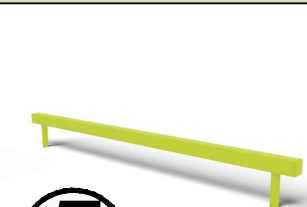
CALISTHENICS RIG



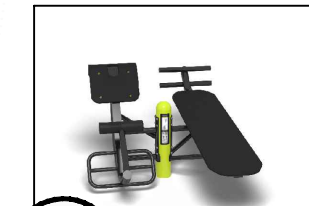
3 LOW PARALLETTE BARS



4 HIGH PARALLETTE BARS



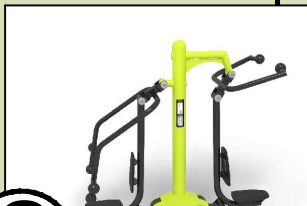
5 BALANCE BEAM



6 HYPEREXTENSION / SIT UP BENCH





7
INCLUSIVE CHEST
PRESS

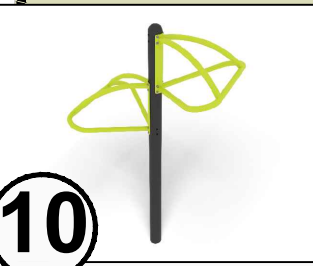


8 CHEST PRESS /
LATERAL PULL DOWN



9  PULL UP / ASSISTED PULL UP

10  PULL UP / INCLUSIVE PULL UP



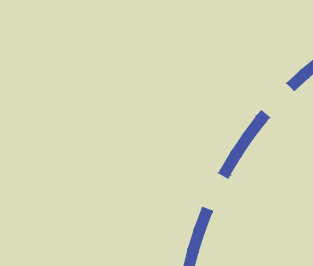
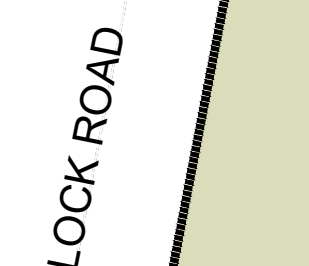
10 PULL UP /
INCLUSIVE PULL UP



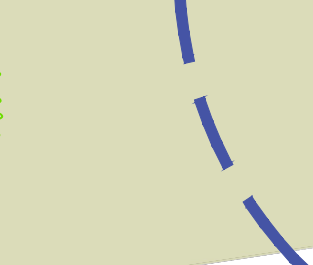
11 DOUBLE LEG PRESS



12 INCLUSIVE HAND BIKE / CYCLE



1



5

