Opening of a New Exercise Area in Centennial Park
in Dollard-des-Ormeaux

Dollard-des-Ormeaux, June 30, 2022 – The city of Dollard-des-Ormeaux is happy to announce that **Centennial Park's new exercise area will open on July 4, 2022.** It is the first of its kind in Dollard-des-Ormeaux, developed in partnership between the City and Hydro-Quebec's Integrated Enhancement Program (IEP), which aims to improve the quality of life of communities hosting new power transmission facilities.

The area will have **outdoor exercise equipment with easy-to-follow modules suitable for all fitness levels.** It has 3 different exercise sections, a few picnic tables, and a nice grassy area. It can accommodate about 40 people at a time.

As it is located just behind the Civic Centre, users will be able to take advantage of the various services available in the building during their training (toilets, water fountains, food). Similarly, our sports groups will only need to walk a few steps to supplement their training on the ice or in the pool with outdoor weight-training exercises. **The area will be accessible free of charge for anyone aged 14 and up.**

Marie-Claude Durand, Chief - *Affaires régionales et relations avec les collectivités,* shares that "Hydro-Québec is proud to contribute, through its IPE, to the creation of a new exercise area in Centennial Park. This initiative, focused on the well-being of residents and families, reflects our commitment to supporting and improving community living environments."

"I'm thrilled to introduce the community to this one-of-a-kind initiative in Dollard-des-Ormeaux," states Mayor Alex Bottausci. "It's exciting because it reconciles the concept of active living and nature."

The City is pleased to offer a space that will encourage its residents to stay active in a natural setting.

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