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While in the past playgrounds were usually intended only for children, today we can observe more public places, sports and leisure areas designed for all ages, including adults and the elderly. Traditional playgrounds are equipped with recreational equipment aimed at the youngest users: swings, slides and merry-go-rounds, while universal playgrounds also have equipment attractive to adults, such as a basketball court or chess. These facilities allow families to spend time together, develop physical coordination, strength, self-esteem flexibility and social skills, and provide recreation and enjoyment.

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