

Q. 24 - Do you have any other feedback that would help us encourage people to become more active in Strathcona County facilities and spaces?

* All comments are verbatim, with the exception of any personal / identifying information. Comments regarding multiple themes are repeated in under each relevant heading.

Cost / Fees

- additional support for some of the free to attend groups out there such as the Wednesday evening/Friday afternoon knitting group which meets at the library
- I would probably be more encouraged to participate if there was a discount on programs for people who are Millennium card holders. I've seen that in other places where swimming lessons (for example) cost x amount to the public, and then x amount to those that have a membership. I would likely try more classes if they were discounted because I'm already paying for the millennium pass.
- Tax reduction with enrolment or discounts at health vendors in the county with millennium card.
- Drop in Fees are so expensive.
- Lower monthly fees, or a higher discount if you by say a yearly membership outright etc. Allow for individual interviews for cost exemptions. Not income values alone.
- lower fees, especially for those of us helped build and finance the original facilities (rural)
- Lower the costs. . .put out coupons, maybe, that way your revenue would only be impacted by those who chose to use them, but "we" could take part more. . .we are an "affluent" community but the \$ only goes so far. . . Coupons wouldn't have to be for "low income" (and the stigma that might come with that) but available to anyone who might feel the cost is prohibitive. . .
- Better advertising directed at 55+, it's hard to find classes in Rec. brochure. Keep the cost reasonable for seniors. Have better trained older adult instructors. More variety of older adult fitness programs. Focus GARC wellness center programs on older adults and have appropriate equipment.
- Free admission days.
- Wasn't as expensive
- Less expensive sports teams - prices are getting high for kids to become involved in Sherwood Park teams
- Free days might give those the push they need.
- The costs are a challenge but it most likely always will be given the overhead cost to run facilities.
- Cost...when kids are so active in sports, all of your money goes quickly. We spend over \$5000 on sports per year with 2 kids. I would love to have a millennium pass for us but it's not in the budget.
- Offer residents of county better pricing as a lot of classes filled by edmontonians
- Offer more samples of programs for maybe a loonie a try? You guys do a really great job of offering a variety of programs and services - kudos to you all!
- Free passes for Strathcona County Staff.
- cost is an issue

- They should let seniors use Millennium place for free.
- very low cost or free drop in lessons-open lessons on Sat/sun crosscountry skiing/swimming/running/canoeing, etc (low or no cost)
- do not make it expensive/
- They need to make it more affordable.
- Nice to have discounts for taxpayers
- Seniors on fixed incomes cost of some of the activities is an issue.
- make them more desirable and cost friendly
- gov't should give tax breaks to encourage being more active
- more incentive to encourage people to go out, such as tax deduction for e.g.
- A break on property taxes for active individuals.
- Maintaining cost
- advertising more for seniors programs or reducing fees for seniors

Marketing

- promos / advertising
- Maybe more advertisements in the local paper? There are many good features available that people may just be unaware of.
- for members, bring a friend free day
- Lower the costs. . .put out coupons, maybe, that way your revenue would only be impacted by those who chose to use them, but "we" could take part more. . .we are an "affluent" community but the \$ only goes so far. . . Coupons wouldn't have to be for "low income" (and the stigma that might come with that) but available to anyone who might feel the cost is prohibitive. . .
- Perhaps some kind of promo? Buy so many child or adult registrations and get one free.
- More advertisement for things like the play days etc.
- Advertise
- posters and signs, decorations around the city
- Giving various exciting promotions for the facilities would be nice as that would definitely encourage individuals to get active. Furthermore, promoting wellness and health through the Sherwood Park News and around the county would be nice as it would help to spread the work of good health and wellbeing. Maybe having a weekly column or page in the Sherwood Park News which completely dedicated to wellbeing and showing various activities that individuals can do to stay fit and healthy, working out tips and techniques, etc.. would be great as it would spark interest in individuals to become active and to head over to one of the Strathcona County Facilities :) I know that would definitely push me even more :) It's a great way to encourage people to become more active!
- Continue to push information on what is available. Often, when talking to people, they don't realize how much is available for use.
- Offer more samples of programs for maybe a loonie a try? You guys do a really great job of offering a variety of programs and services - kudos to you all!
- More try it days, bring a friend options

- promotions
- Maybe a What's Happening Today website? With all drop-in times, field availability, etc. for each day.
- Advertise more often
- they need to get the word out what Strathcona has to offer need a welcome program with info on what we have to offer
- Get people involved in twitter or Facebook to learn about the facilities we have Don't know how we can keep people interested in these activities and facilities since most are now under 45.
- we need to have adds out so people know what's here
- being able to get email alerts on classes, etc
- advertise more, participation, corporate challenge
- More advertisements are needed. We were not aware of a lot of things since we didn't get much information. We have community boards but they're not always utilized enough.
- people should get awareness
- Advertise more, upcoming events, they always tell of events that already happened. When you get used to a certain kind of entertainment, they change it and you become not interested
- get the parks guides but more booklets or newsletters
- Put out some flyers to inform the public.
- maybe more health adds more adds to let people know what we have
- Just advertise more often, to find this information, I have to look in the newspaper
- get adds out so people know what's out there
- more active promotion by the county itself. people using the library for study space rather than a coffee shop
- More publicity with the events going on.

Programming times / options

- A trial class to determine whether I would enjoy a fitness class before I sign up for it.
- More postpartum (mama and baby) fitness classes offered. (Mama and baby yoga, baby wearing dancing)
- Would love to see more yoga classes. Beginner in particular
- More yoga at different levels
- More varied rec programming that is not necessarily sport oriented- archery spaces, fun water play games (mount royal has great creative canoe game nights) and more active spaces on the south end of Sherwood Park
- Have more classes for evenings and weekends and have childcare available.
- classes in rural county for kids and adults. weekend kids programs. my daughter doesn't make the age requirement yet for the one in my area for Sport ball. but I can in Sherwood Park or Edmonton but would prefer in my area. Collingwood Cove area.
- Start with more evening and weekend programs for children whose parents are working. If you want people to be more active, it has to start when they are young!

- maybe offer a free one time lesson. Let them come in to take a free pickleball lesson because once they take the lesson they will be addicted to the game. Make use of players who are willing to come in for free and teach their sport and don't make them pay for teaching.
- Parent and child classes (for above 5yrs)
- The yoga room at Millennium isn't the most relaxing because we hear the equipment from the gym upstairs as well as cars outside and other classes all round us.
- more swimming and ice facilities
- Better advertising directed at 55+, it's hard to find classes in Rec. brochure. Keep the cost reasonable for seniors. Have better trained older adult instructors. More variety of older adult fitness programs. Focus GARC wellness center programs on older adults and have appropriate equipment.
- For my kids. I would appreciate more swimming class offered to children, as it is difficult to get enrolled because the ones currently available fill up fast.
- More non-competitive programs for all ages to participate so not to feel intimidated - i.e. shinny based ringette
- Always have things like the fun factory open during any drop in fitness classes
- More advertising such as in local papers (other than the current inserts)
- I would like to see the evening aquafit class move back to an hour, especially when the pool is empty prior to the beginning of the class. I also feel that starting early would get more people involved, especially those who work the next day.
- Would like to see more deep water aquasize classes during the day and not at 8:00 am. Traffic is too busy then
- Wider variety of program times especially during the day. Access to senior programs with a variety of activities without needing a millennium card. Rural delivery of more programs or rural transportation.
- Change the start time for Aquasize at KLC from 7:30 am to 8:00am
- Have more programs for disable youth in the area.
- more drop for teens
- more adult classes for cross country skiing and social programs
- we should have self-defense class
- classes for seniors about balanced nutrition
- get more things for us to do 55 +
- advertising more for seniors programs or reducing fees for seniors
- some soft activities for seniors.

Outdoors

- More bike and walking trails.
- Take down the restrictions on bike/walking paths or somehow make them more friendly to bikes/strollers. Look at the new construction at the Heritage Hills soccer/ball/skating park. Try

walking these trails with 1 kid on a bike and 1 in a stroller and maybe 1 on a trike and cross the road.

- Connections between walking/biking trails and facilities to encourage non-automobile transport. It's highly intimidating walking anywhere in Sherwood Park, 70 km/hr speed limits ensure dangerous drivers abound. Either pedestrian/bike traffic overpasses on busy roads, or ensuring safe connections between existing roads (traffic calming, signal lights, etc). More connections between paths - I would like to ride between Heritage Hills and the Ordze Road station for example, and this isn't possible, not enough trails. A bike trail to Edmonton would be good, I know its in the works, keep it up there!
- Sidewalks along Wye Road to increase walkability!!
- More outdoor walking trails for people and dogs such as at Glen Allen and Broadmoor Lake Park
- Train their dogs to pick up their "business". How many people are fined each year for not picking up their pets' feces? In spring the walks and paths are absolutely disgusting. The sidewalk on Jim Common Drive in spring reek! Maybe some of the special constables could take time from giving tickets for rolling stops (no I did not receive a ticket) and issue fines for not bagging their pet whoppers.
- I wish that Strathcona County had bike lanes along Baseline and along Wye Road, heading into Edmonton.
- Open snowmobile trails/corridors.
- outdoor pickle ball courts
- Bathrooms at the soccer fields, especially for the little ones. (Fort Sask has them).
- Sherwood park has a great bike trail system. I would like to see it extended further east allowing access to these trails for residents living east of Hwy 21. A narrow bike path alongside wye road (not on shoulder) would be much appreciated!
- Plants trees
- Existing Off leash area is huge success. Should have drinking water avail. for dogs. Also, a new area is needed in the NE corner of Sherwood Park. This could be the first facility to open in the Bremner area.
- would love to see more trails for use of bikes and teen targeted programs in rural area.
- In the winter time, the walking trails should be shoveled more often.
- I am impressed with the trail system, bike lanes on the henday from sherwood park to Edmonton
- more activities in parks for winter activities
- It would be nice if the paved walking trails are clear more often (snow removal) Flooding on the walking trails make things difficult for the people to walk in summer
- encouraging group walk.
- bike rental outlets

Facilities

- NEED TO FOCUS ON UPDATING OLDER FACILITIES. GOOD GARC STILL HAS A CHANCE TO GET RENO'D BUT WOULD LIKE TO SEE THE BUSIER SHERWOOD PARK ARENA GET SOME ATTENTION.

- Other than GARCS, which needs a facelift, other facilities seem to be well used by residents!!
- I love Ardrossan Rec center, the open concept and layout is awesome and definitely my favorite gym to workout at even though it is a little far!
- More up to date facilities. I go into Edmonton because COE facilities have so much and aren't packed
- Indoor soccer field
- we need a new multi-use facility on the Southside of Sherwood park.
- I think county residents are active. I use the Millennium gym facilities and that facility is always busy. Let's not start overcrowding it !
- I think Millennium Place is a great facility. Love the indoor track, great workout spaces and great staff. I am not sure how to encourage others to exercise and keep active. I am happy with the indoor facilities we have
- Always have things like the Fun Factory open during any drop in fitness classes
- An indoor turf field would attract people from not only Strathcona county, but from surrounding areas as the only facility available is Commonwealth.
- more group settings, for physical activity
- Swimming pool near the Strathcona curling center
- Millennium is the best facility for all retirees/cheaper fares
- we can build more pool facilities.
- Facilities build based on the number of people that can use. Like Ardrossan Rec center there are not enough people there to use the facility.
- nice to have another swimming rec area other than Millennium
- maybe build another facility
- seniors residences that have exercise areas
- janitorial services improved at Millennium Place, both hockey and aquatic areas not cleaned properly or enough
- would like to see a pool with more water slides

No / great job already

- There are lots to do here. We love it. It's why we moved here :)
- no
- Offer more samples of programs for maybe a loonie a try? You guys do a really great job of offering a variety of programs and services - kudos to you all!
- You are doing a good job organizing the facilities and programs.
- Facilities and program options are many and varied. Overall quality of facilities and programs are excellent.

- No

Accessibility

- Make it easy and accessible. If it is hard to park, hard to get a spot, hard to do any part of the process people will not do it.
- change the bus service to regular schedules so kids can take advantage of facilities in the evenings and on weekends.
- Direct bussing/shuttles to Millennium Place?
- better transit, better bike racks
- not all places are accessible to all residents-more difficult to access some places-things could be done more for older people
- Most of the activities are for people living in Sherwood Park. Having it accessible to rural residents.
- means of transport can be improved for seniors
- transportation for people with severe disabilities to go to the pool and other facilities
- Transportation for senior.
- Its very hard to get around, without a car, if they could bring a transit like system to bring people to the recreation centre's, that would be beneficial

Other

- Focus on community's to invite people to engage in their community. Forming playground groups or walking groups around the community
- Maybe offer more non-physical health classes, like meditation
- More help for people to get started. I have always been a fitness person, but I talk to people on a regular basis that just don't know how to get started.
- better registration system
- Millennium Place is getting a very bad reputation for drugs/steroids. I think the MAJOR contributing factor to the steroid issue at MP is the number of "personal trainers" who operate a business out of the facility. They don't have proper insurance or credentials and when they are approached by MP staff and asked if they are training clients, they lie and say they are just training friends. This issue is rampant and I think the only people who should train clients out of Strathcona Facilities are staff (i.e. Fit techs, instructors who have contracts to teach at facility and have show proof of credentials). If you have any doubt regarding the severity of the issue, contact EPS ALERT team.
- No.
- When designing facilities be more realistic about the transportation being used to get to the facilities and don't lump them all in the same area for example the new swimming pool in Emerald Hills is close to a high school and lots of the people going to that school are going to use the parking lot meant for the pool and busing is not realistic it would also be nice if Ardrossan could have a pool so people in rural area didn't have to come into the park to go swimming

- I think for registered programs, county residents should be provided first right of refusal. So many non-residents register for our aquatics programs and makes it really difficult to get spaces in the classes.
- No
- when I retire I will pay more attention for me, my adult children use the facilities every day
- Better advertising directed at 55+, it's hard to find classes in Rec. brochure. Keep the cost reasonable for seniors. Have better trained older adult instructors. More variety of older adult fitness programs. Focus GARC wellness center programs on older adults and have appropriate equipment.
- Better planning for a fast growing community.
- MORE FUN FACTORY HOURS
- There are a lot of opportunities, if people want to become active. People just need to find the time.
- Maybe a challenge with another community with similar demographics
- "Skip a workout, donate to charity". Every time the person misses a scheduled class, they automatically donate \$ to a charity in Strathcona county. Of course this is voluntary. I believe there are alarm clocks/smart phone apps that use a similar premise.
- I was always very hesitant to go to the gym and leave my kids in childcare at the facility. I finally went for it and the ladies who have run the fun factory are amazing. It feels like they really enjoy their jobs and enjoy spending time with the kids. Especially at Ardrossan.
- Limit swimming lessons to people that live in the county first then open up to others.
- Off the couch and get active....nobody can do it for them to begin with. People need to take actions themselves.
- child care should be included in the millennium card
- We're a little too old to use most of the facilities.
- It is not the county responsibility to tell people what to do. The facilities are there for people to use and they will use them if they need to . No need for the county to put effort into this
- people just have to get out there and do it
- just continue with the facilities and programs and people will use them
- it is within the individual person. papers have all the happenings in the county listed
- so because of non-participation, so I don't know what would be needed
- can't make myself do it so I can't make others go
- Make the people know what is available most of the people don't know what we have in the county.
- they are already doing a good job
- when I have went to enroll I have problem getting signing up and walk in never works I get told to use web site
- avoid usage of punch cards and replace with electronic tracking method

- I often drive by parks and they are not being used...where are the kids?
- getting people involved is the trick
- my adult children don't do organized events. maybe not a great appeal for age 20 to 30 or singles adults
- put down cell and other electronics and get outside
- People don't have the time and it all costs money.
- the county just has to keep doing a good job
- the millennium card should be kept simple and continue to offer lots of options
- if they can't make the time then they are too lazy
- my daughter uses them a lot with her little guys they go to Millennium, they go to the park she is just naturally active and goes to the gym
- Having enough activities for people to do and participate in.
- tell them to get off their ass
- It is not the county's job to encourage people to do more exercise.
- I know that some of the children's programs are pretty full but I don't know what they could do about that grandchildren would love to participate but they are always full
- continue with newsletters, advertising, targeting seniors, obesity in children, partnership with Jumpstart
- Don't know/ no stated
- keep small town feeling like outdoor night at movies, yr. Olympics, sport tournaments for families
- we have a lot to offer, people just have to act on it and participate
- there are already a lot of choices
- plenty of opportunities/if people want to go it is up to them
- we have a hall out there that has just reopened it would be nice to see some 55+programs the hall is antler lake
- every person is different and it is up to the person to select what they want to do
- same as question 23
- get people to get their weight down/dieting keep people fit
- as far as you know they are doing a good job
- Lower the taxes
- send them all out to our square dance club-no smoking, no drinking good cardio work out
- Responsibilities, honesty to the person themselves.
- people expect someone else to promote things. bowling alleys would keep seniors busy. committees for seniors to get out and give back