

Q. 23 - Are there any specific NEW programs or services that you would like to see offered in order to increase the likelihood that you would participate in recreation and cultural activities?

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

Preschool

- I think wave free days at Millennium would be nice for families with little ones. More programs for 2-4 year old range at millennium so going to the gym is easier, not a big fan of the child care so I would prefer them being in a class.
- More toddler age programs on weekends, we both work full time.
- Yoga classes in rural county. Possibly a yoga or work out class I could take with my daughter. (2 years old) in the rural county.
- More 3-4 year old preschool programs
- more options for toddler friendly programs (
- It would be great for the County to offer "learn to play hockey" sessions. This is a gap in current programming between the County and hockey associations. We want our kids (ages 4-8) to learn to play hockey so they can play with friends, not to join a team of any kind. Being able to register for a couple of sessions of "learn to play" would be ideal. Beginner and intermediate levels are recommended.
- I'm not sure if there is one offered, but a gymnastics program for toddlers (18 mos to 2.5 years) would be fantastic. I find there are a lot of preschool programs but not as much variety for toddlers.

Aquatic

- For my daughter with special needs, it would be great if there was a special disabled time slot at KLC or MP like ACT pool in Edmonton. Also, she has aged out of Adaptive Aquatics, the age range should be extended to 18 years.
- Aqua Zumba looks really good. More please!
- More swimming classes available as I have tried over and over to get my children booked with no success so far.
- Swimming pool and hot tub facilities at Ardrossan Rec. Center
- I hope there will be more aqua fitness available at the Emerald Hills pool.
- Swimming spaces. A dog park.
- aquasize but requires transportation and a companion to assist
- My grandson has a hard time getting swimming lessons

Fitness

- Evening boot camp. Saturday morning is great but sometimes not easy to make. Having a bootcamp at 7:30 on a week night would be ideal.
- Over 40 fitness program so that I don't feel the need to TRY and keep up with the 30 year olds lol
- I'd like to see more fitness programs offer - like pre/post natal yoga. Or yoga for families, where it's geared towards parents and kids.
- More mom and baby classes that are drop in that you don't have to register for that are a minimal fee or included in our monthly membership.
- adult sport classes. Women's basketball class (not drop in). There are lots of exercise type classes but not many sport type classes for women.
- More bootcamp/crossfit/strength training/cardio classeS
- More dance fitness classes offered in evenings and weekends
- Walking and exercise programs for you and your well behaved dog
- Pilates equipment classes
- Triathlon is becoming a very popular sport in Sherwood Park. It would be great to see more training features geared toward this kind of activity (ie: spin classes that you can bring your own bike to, pool times that are not 9pm or later, etc).
- Hot yoga
- If there were Sherwood Park indoor soccer and volleyball, and beach volleyball men's / co-ed leagues, I would be interested in joining
- more yoga added to the membership
- Small group fitness classes. Maybe no more than 6 people to get personal attention
- Trail running program
- More evening drop in. Could it be done in rooms at other facilities. KLC, Ect?
- Bellyfit classes, adult dance
- Please lengthen drop-in classes back to 1 hour
- program standards/ consistency in fitness programs - same program can be very different depending on instructor
- weight loss classes - full support with coach, etc.
- Yoga classes in rural county. possibly a yoga or work out class I could take with my daughter. (2 years old) in the rural county.
- more weekend options for adult drop in. Mornings don't always work for the working class.
- Fitness classes that the whole family can do together - at a reasonable drop-in cost.
- Nothing that isn't already offered in the community. It seems we have an overabundance of same types of fitness progams with slight differences throughout the County.

- Tai Chi
- more fitness classes offered at Millennium
- More options for barre classes, drop in water bootcamp, etc. it would also be nice to see more drop in classes offered in the evenings rather than just during the day.
- dance/exercise classes (such as Zumba) for youth and parents to participate in together
- fitness class that offers a variety of sports/activities so you can become familiar with different things before committing to one.
- More high intensity/interval workout drop in classes. Preferably mornings.
- Drop in soccer or ultimate frisbee
- Pole dancing classes
- Yoga
- It would be fantastic to run programs at MP to introduce women specifically how to use the weights area of the Wellness Centre.
- More yoga and Zumba and drop in boot camps on a regular schedule ie not just once a week. Also make them between 7:15 to 9 pm - not during the workday and not after school or at supper time.
- drop in hockey over the summer and winter
- Would like to see the return of classes at GARC
- Drop in Barre classes as part of the Millennium pass. I currently use a private studio but as a senior I find it very expensive.
- More programs so you don't have to be on a waitlist
- Drop in adult indoor soccer
- Drop in sports for women.
- adult sports for those of us currently out of shape
- Drop in Badminton! Except for the gymnasium in Millennium, there are very few options for drop-in badminton in Edmonton in general
- Beginner yoga
- Zumba at Ardrossan
- More options for "almost seniors". My mom is 63 (widow) and in good physical shape but doesn't relate to the "seniors" programs just yet. Maybe more ladies specific classes also.
- Outdoor Bootcamp
- Winter adult hockey league
- Adult basketball league
- Larger rooms for classes like zumba
- Bocce at Sap. More recreation drop in golf at Broadmoor at a reasonable price

- Hot Yoga would be a nice addition
- Adult hockey for beginner or novice level players, like a "fun league"
- Beginner sports leagues for adults. (like Edmonton social club) hockey, soccer, volleyball, badminton, basketball, etc
- buddy system to get more motivated, have freebie classes presented by trainers, info sessions - diet exercise. special events for yearly pass members
- Parent and child yoga class. So parents can go with their kids!!! Same class.
- Adult basketball
- afternoon drop in programs
- More options for barre classes, drop in water bootcamp, etc. it would also be nice to see more drop in classes offered in the evenings rather than just during the day.
- Recreation for young adults (20-35) so that those without families can socialize with peers and enjoy rec opportunities in the community
- Winter Lacrosse Program
- More opportunities for youth to get together to play a game of basketball or soccer during school breaks.
- Evening pilates classes, Saturday afternoon and Sunday childcare or activity group for children.
- buddy system to get more motivated, have freebie classes presented by trainers, info sessions - diet exercise special events for yearly pass members
- Ball Hockey year round for youth and adult. Not a gymnasium but a proper field with stands for fans to watch.
- dance based fitness programs need to be introduced

Youth

- Outdoor cross country running and archery for kids aged 10 and up. A balance class for seniors (only offered in Edmonton at the Lions centre as the instructor moved from here). Once/week drop-in would be very beneficial for seniors. Muscle strengthening course for seniors and people with disabilities.
- dance/exercise classes (such as Zumba) for youth and parents to participate in together
- archery, painting for 11-15 year olds
- more printmaking classes or opportunities, teen pottery on a different night from friday
- More drop in programs at ARC or Millennium for age groups 6-10 years of age for soccer, ball hockey, etc. Similar to the sports offered in Sportsball.
- Better preteen choices that are not childish.
- Lacrosse camps for kids

- The tween and even older teen age group is hard to find things for. Eg drop in volleyball is only for adults. Timing of some programs only works if you go to school in Sherwood park eg bronze cross starts right after school. My kids go to school in Edmonton and can't be back in time.
- Drop in low cost or free rec/culture/art for teens.
- arts and fitness program suitable and only designed for teens

Older Adult

- Outdoor cross country running and archery for kids aged 10 and up. A balance class for seniors (only offered in Edmonton at the Lions centre as the instructor moved from here). Once/week drop-in would be very beneficial for seniors. Muscle strengthening course for seniors and people with disabilities.
- More options for "almost seniors". My mom is 63 (widow) and in good physical shape but doesn't relate to the "seniors" programs just yet. Maybe more ladies specific classes also.
- considering the baby boomers are most likely the majority, it would be great that wellness focused on this group as well. Saying that I see the older adult courses, but these are pretty geriatric
- Yes, more fitness classes for people over 50
- Regardless of where we live today, our demographic is aging. I would like to see the county focus on seniors programming that meets a broader range of programming to meet physical, social, emotional and intellectual needs. The above are key to developing and maintaining whole person health and recreational activities are highly important to developing and sustaining health regardless of age.
- +50 programs as we are getting an older population.
- Expand the arts and cultural programming daytime. Look at what is offered at senior's centers in Edmonton-why do we have to go there to participate??
- Combine recreation or fitness & social activates to combat isolation especially for seniors but also would benefit others. Could be optionally accommodating time constraints.
- older people that belong to senior group can stay active
- more things for people over 65
- Place to just swim laps and after relax in sauna. something for older people for their landscaping for free and for their knowledge-also for younger people
- good exercise program for seniors

Outdoor

- outdoor skating on Broadmoor lake, canoes to rent or paddle boats on Broadmoor lake in the summer,
- Boat rentals
- A learn to cross country ski or brush up on basics course (maybe there already is one?). Or a group session each week....

- Stand up paddle board lessons
- More outdoor fitness equipment in a variety of areas throughout Strathcona County.
- Singing for fun, Rural book club, Rural outdoor group activities at SWC
- Cycling, bmx race track
- orienteering programs
- Another off-leash dog area would be great on the north end of sherwood park.
- place to just swim laps and after relax in sauna/something for older people for their landscaping for free and for their knowledge-also for younger people
- geocaching and munzee using smart phone

Culture

- More to do with museums and heritage/historic sites.
- Expand the arts and cultural programming daytime. Look at what is offered at seniors centres in Edmonton-why do we have to go there to participate??
- more printmaking classes or opportunities, teen pottery on a different night from friday
- Recreation dance classes for kids
- adult quilting, adult sewing, adult pottery, book clubs, adult knitting groups
- would like to see a musical theatre program for 4-5 year olds.
- possibly greater variety of arts and craft classes
- couples dance classes from starter to intermediate would be nice.
- Pottery/painting classes in Ardrossan.
- music lessons
- more art courses for kids in summer such as art journaling/pottery/different types of mixed media classes.
- More pottery options

Other

- An overall healthy lifestyle learning program
- I think wave free days at Millennium would be nice for families with little ones. More programs for 2-4 year old range at millennium so going to the gym is easier, not a big fan of the child care so I would prefer them being in a class.
- I guess more staff engagement, not just behind a desk
- more knitting groups, maybe a semi-annual social event for adults (there are for seniors & teens, but nothing for the 30-50 crowd)

- More home schooling programs with varying times.
- I think you already offer a great variety of programs
- I would love to see more childcare services offered at Millennium Place.
- No
- Singing for fun, Rural book club, Rural outdoor group activities at SWC
- Bussing directly to the facilities - without having to go through each stop. It can take longer on the bus than it would to walk 5-10 km.
- Include child care in with your fees or class registration. Or allow for a yearly fee to child care.
- It would be great for the County to offer "learn to play hockey" sessions. This is a gap in current programming between the County and hockey associations. We want our kids (ages 4-8) to learn to play hockey so they can play with friends, not to join a team of any kind. Being able to register for a couple of sessions of "learn to play" would be ideal. Beginner and intermediate levels are recommended.
- Can't think of anything right now.
- Specific age group activities.. i.e. ladies 35-45, 46-55
- increased childcare options
- fundraising for programs in need, volunteering groups
- More ice
- Indoor tennis
- I would like to see a full size indoor soccer field to enhance soccer in our province. AB is the only province that does not have this and it limits our soccer players.
- As above.
- We need a new multi-use facility on the Southside of Sherwood Park.
- Have educational shows, educational movies, computer classes for all ages, nutrition courses, not sure if outdoor exercise is offered.
- More weekend classes for kids
- Lego Programs
- NO
- Futsol
- Evening pilates classes, Saturday afternoon and Sunday childcare or activity group for children.
- TRAMPOLINE/ ROCK CLIMBING/ZIP LINE
- adult quilting, adult sewing, adult pottery, book clubs, adult knitting groups
- I will need to make the time for me
- buddy system to get more motivated, have freebie classes presented by trainers, info sessions - diet exercise special events for yearly pass members

- Any type of free/discounted programs for people who receive disability pensions and can't work but are home all day.
- More library programs in the evenings and on the weekend.
- No
- I attend many cultural activities, and also volunteer. More spaces for mobility challenged people. Also vision challenged people.
- Not that I can think of.
- would like to see more transitional programs from rehab to independent programs/self-guided programs
- on the road to good community living
- more of them they are in general very busy
- pretty happy with what we have
- hunting class
- I think we are very spoiled the way it is
- they are doing a good job
- if more are needed maybe taxes would be raised
- We could use another swimming pool,
- 2 more sheets of ice at millennium place
- there should be a swimming pool in Glen Allen rec center, instead of by the school
- Having an indoor soccer fields.
- ice rinks for hockey
- any additions to festival place and community center would be wonderful
- Squash courts
- I am waiting for the new pool in emerald hills
- a swimming pool in Ardrossan
- a swimming (indoor) pool in Ardrossan
- Olympic swimming pool and indoor ice rinks
- pool at ardrossan
- swimming pools
- We could use another pool-indoor
- more pools
- More hockey rinks
- attend museum and volunteer

- larger swimming pool
- nice to have more indoor seating for a professional game (1500) seats or more
- more racket courts
- More hockey rinks and swimming facilities
- better food and more rinks
- more squash courts particularly at millennium place also racquetball
- indoor soccer field
- another indoor soccer center
- A trampoline houses, building full of trampolines
- More spray parks
- adding a pool to ardrossan center and a teen area
- more swimming pools needed
- pool in ardrossan
- swimming pool in ardrossan
- another aquatic center
- another lap swimming pool for lessons, it hard to get the kids booked or into lessons they fill up to fast
- I would see a new pool in ardrossan
- more pool areas for the public for classes
- more local art museums
- except for a pool in the ardrossan center
- hot yoga
- more gymnasiums
- Glen Allen shd be bigger and better
- another center with a pool
- upgrade the pool over at broadmoor lake behind festival place
- upgrade the arena and shell and have more rinks
- Arena
- swimming pool in Ardrossan
- 50 meter pool
- A swimming pool in Ardrossan.
- more swimming pools
- I will love to see an indoor templing, and a rock climbing facility.

- waiting for Emerald center to be built
- gun range we need one here I have to drive far to use gun range
- Glen allen improvement
- real big renovation done at glen allen rec centre
- Snow mobile trails. I have been trying to ask for this for 12 years.
- I believe there should be more safe and secure well-lit skateboard parks and BMX parks for youth. There's never enough activities for youth to attend for free or minimal cost.
- more trails paved or unpaved or make existing trails longer, and only 1 snowshoe trail but 6 cross country ones, so more snowshoe trails
- In the older neighborhoods they do not have the same space for the trails and you have to drive or walk to them
- better skating rinks mostly outdoor
- Walking paths and bike paths out in the county
- I will love to have a big lake where we could fish.
- a bike share for the walkways and a bike trail that goes across petroleum way to Edmonton, an overhead walkway across baseline road east of clover bar road, there are to paths that end at a fence and you can't get across join north & south
- spray park/
- a little more green park space similiar to Hawrelak park
- finding out about them, perhaps advertising them through school notices that go home with the children
- another swimming pool, extending the bike paths further east
- more tree areas for bird watching
- more beach sand courts for volleyball, more picnic tables
- just the spray park to be changed
- more places to play hockey
- more ice space
- I would like to more horse places to ride new trails
- outdoor pool
- atv place to ride
- off leash area in town
- another off leash dog park
- convenience is needed