

Recreation & Wellness Programming Survey

Total Submissions: **93**

Date range: **Aug 05, 2024-Aug 31, 2024**

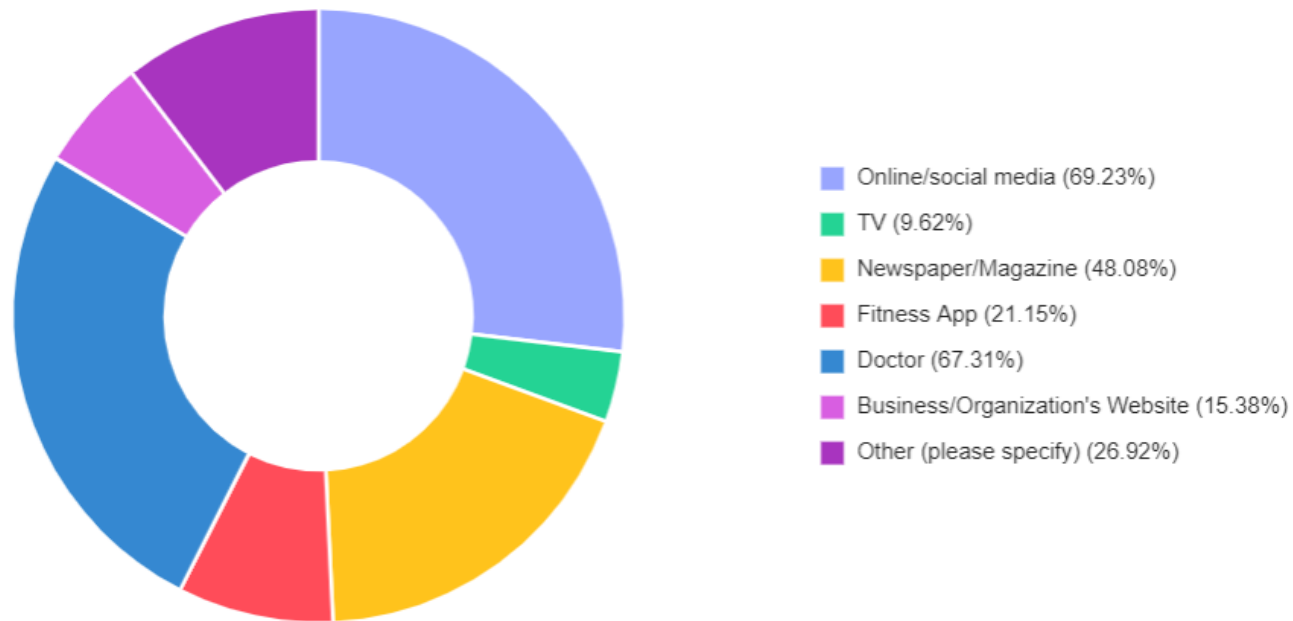
Total Question Responses: **789**

Q1: How do you define Recreation & Wellness?

1. Activities and environment that supports physical and emotional wellbeing
2. Recreation: Relaxation, regeneration, and renewal through engagement with the body. I am uncomfortable, including wellness as a coequal in the definition of this project. Recreation certainly has implications for wellness, but wellness is enormous, and it's inclusion in this project definition could easily lead to diluting the impact our work has on the primary issue of recreation.
3. not sure why defining wellness is important for this process. Recreation: for me personally, it's about being outdoors. As a parent, it's about having a wide range of activities available - and accessible - to area youth. Particularly afterschool activities that they can get to independently. And for the community, it's about having a diverse range of affordable, accessible activities to do in your spare time with other community members (or solo).
4. Spaces that encourage sports, play, exercise and movement within the community. With access to all abilities
5. Both attend to our bodies and minds, and both generally involve physical activity. Recreating helps us to cultivate our mental and physical wellness.
6. Active outdoors activities- running, cross-country skiing, biking, walking, canoeing.. Indoor recreation, including basketball. Organized one activities, such as yoga and Pilates.
7. Ability to move your body and take time for your physical and mental wellbeing.
8. Space and activities and support physical and mental health as well as build community and connection.
9. Mental health and community
10. Diverse opportunities for movement and socialization that are inclusive of all abilities and disabilities.
11. Activities done for personal enjoyment and wellbeing
12. Physical assertion for betterment of body and mind health
13. Being active
14. mind+body+ soul. Wellness is holistic.
15. Indoor and outdoor exercise as well as mental health programs
16. Activities sit are play-based and keep us healthy, both physically and mentally
17. Recreation can be a hobby, sport, outdoor activity, indoor activity that supports enjoyment and individual or group well being. Wellnes is upported by activities that support mental and phisical health. activites
18. Movement, nutrition, mental health, and social opportunities
19. Exercise and well being through body and mind
20. Activities/Exercise that bring joy and wellbeing
21. Rec fields, athletics
22. Activities that further the physical and mental well-being of people of a variety of ages, capabilities, interests and income levels.
23. Recreation: opportunities for fun with others and by yourself. Wellness: a pervasive sense of capacity and well-being in mind, body, emotions, and spirit
24. Wellness is a lifestyle and recreation brings you joy when you're not sleeping or working
25. Healthy communities
26. Activities that move your body for fun
27. Opportunities for fun physical activity and community spaces to relax such as spa or calming yoga classes and lounge areas.
28. Pickleball courts, lovely walks in Hubbard Park, with my well behaved off leash dog. Freedom in the outdoors while respecting others
29. "Wellness" to me means a state of physical, mental, and emotional health. "Recreation" to me means "play" and an opportunity to maintain one's state of health.
30. Recreation is activities that helps keep you healthy, physically and mentally. Wellness is the state of maintaining as high a level of health as is possible and searching out what brings you joy.
31. Activities and events outside my home that have a positive impact on my physical and emotional health.
32. Physical movement and good diet.
33. Recreation and Wellness are the fundamental ingredients to keep us all healthy, along with diet.
34. Exercise and eating well.
35. Essentially, they are human activities important to a good life.
36. Activities for all ages that help us all maintain a healthy lifestyle.
37. ?
38. Important to maintain a healthy active lifestyle

- 39. Access to a variety of physical activities
- 40. Recreation and wellness are key to maintaining both physical and mental health. Healthier citizens make for a stronger community.
- 41. Recreation is a way to exercise be it indoors or outdoors. Wellness is a process of taking care of one's self mentally and physically. So recreation can contribute to wellness.
- 42. Easy, affordable access to high-quality, clean amenities
- 43. Regular physical fitness
- 44. opportunities to develop healthy lifestyle habits as preventative medicine
- 45. Activities that support physical and mental health
- 46. Ability to experience multiple forms of exercise, adventure and health.
- 47. Making sure people in Montpelier, neighbors in surrounding towns and visitors have individual, group and community opportunities to move their bodies and engage their minds.
- 48. What one does to support their physical and mental health wellness and enjoyment

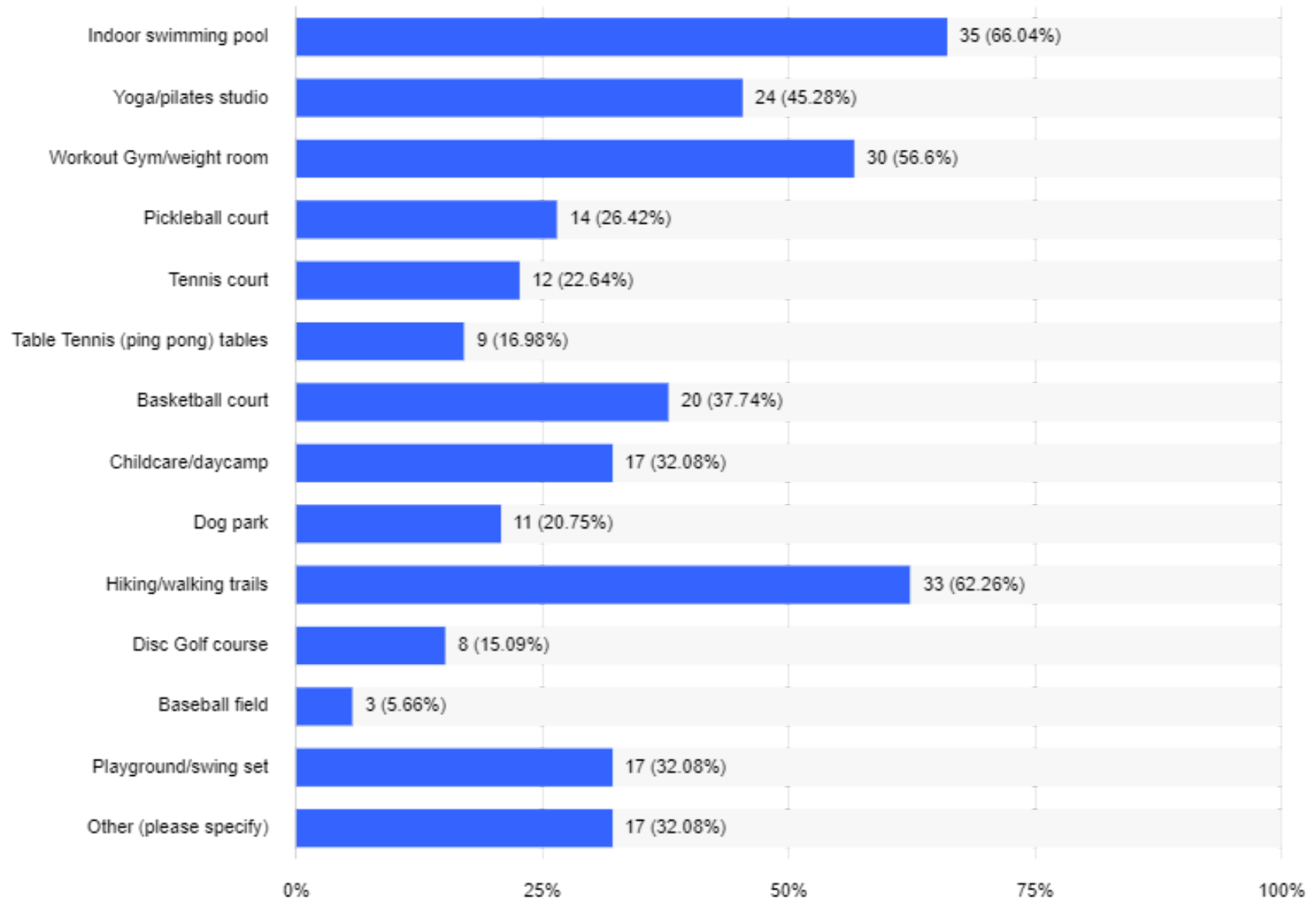
Q2: Where do you get wellness information from today?



Q3: If you chose "Other", please describe where you currently get wellness information.

- 1. Classes
- 2. Talking to friends and neighbors
- 3. Science-based podcast YouTube's. Huberman, Attia, walker and moreBooks on wellbess
- 4. City, friends in the community, medical proffesionals and clubs
- 5. Independent research and practice
- 6. NPR and Vermont Public
- 7. newspaper, friends
- 8. Fitness coach
- 9. Online searches and websites

Q4: What specific fitness programs and amenities would enhance your experience at a recreation and wellness center?



Q5: What are your expectations from a recreation and wellness center?

1. A public center should have physical and financial access for all and be safe and clean.
2. Community gathering spaces; filling in gaps that other organizations, schools, etc don't currently offer
3. I don't particularly want Montpelier to put effort into creating a recreation and wellness center. I would like to see it create a center or centers of recreation whose planning includes intelligent consideration of the relevant wellness issues without getting bogged down in all of the enormous but irrelevant issues the topic that wellness could bring to the table.
4. Affordable options for community members - and activities that youth can access independently in the afterschool hours.
5. I would hope at a minimum it would have indoor spaces such as fitness areas, basketball courts and indoor pool
6. My hope would be that such a center would be a place for people throughout Montpelier, of all ages, to enjoy physical activity and exercise in all seasons. The types of activity prioritized by the center should focus on group activities--exercise that takes place as a group or sports that involve more than one person.
7. To serve the needs of all ages to the best of its ability
8. Ideally, it should be within walking distance
9. Principal focus should be for elementary, middle school and high school students. Secondary emphasis on adult activities, such as basketball and racquetball. Instruction, training, coaches. The recreation center should be in the downtown and not on the outskirts of the city
10. Large enough and well maintained. A pool, walking area, rock wall, and indoor playground.
11. I would hope that it would offer a range of activities, serving everyone from young kids and families to seniors. I would love for it to also be a social/community hub. A place you can go and expect to see people you know and engage in helathful activities together.
12. A welcoming place that offers a variety of fitness and wellness classes, extensive fitness facility and studios, 12 + lane indoor pool
13. Walking distance, open after working hours and weekend - at least Saturday
14. A community hub to be able to attend fitness classes and try new sports.
15. Wide variety program availability (for various ages, physical abilities, and programming time slots)
16. That they offer activities that I find engaging and opportunities for usage without a wait
17. Places to be active in the way I want, along with programs/classes/sport leagues

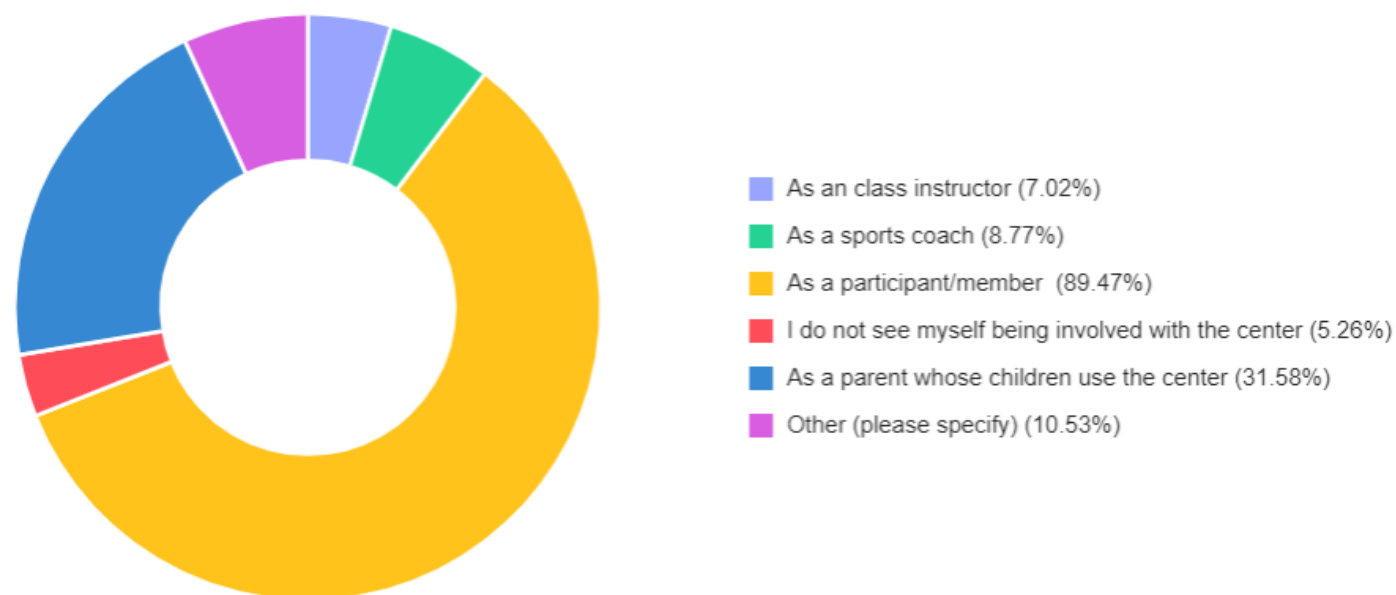
18. Community focus. All ages affordability
19. Novelty/trying new things, connection & engagement with community, clear information so accessing is straightforward, opening events/open houses, friendly available staff, learning how to use equipment (i literally dont use the gym out of anxiety about "how" to use it
20. Affordable and varied offerings
21. Would love a large pool to lap swim in. But we can't afford it.
22. Variety of low cost activities that meet the needs of both youth and adults
23. I'm not sure we need one
24. A community space with access to a variety of movement and socializing opportunities
25. Provide group classes at accessible times
26. Regular fitness and activity classes
27. Opportunities to be more active and try something new
28. That it provide flexible space for people to be physically active. It does NOT necessarily mean specialized facilities for every sport, and it doesn't even have to be a building. Above all, it needs to be centrally located and readily reachable by all ages and those without cars, and affordable for the community as a whole.
29. Inclusive and ADA compliant, centrally located, with a wealth of diverse offerings for all ages including an indoor (pref saltwater) pool
30. Bolstered activities for youth and teens
31. Access to equipment (treadmills, ellipticals), and classes
32. Group classes or activities, locker rooms, lounge areas, maybe gym equipment, spa facilities like steam room, hot tub, sauna. The spa zones are SO important in a place like ours with such a long winter season.
33. Pickleball courts, stretching mats. Sauna, steam room
34. Classes (e.g., yoga, strength training); perhaps talks on topics such as "Getting Quality Sleep"
35. I want a rec and wellness center that has consistent hours from early in the morning until later at night. I also want it to have multiple types of activitie
36. Acitivities for kids and adults that are easily accessible and low cost.
37. swimming year round
38. Providing a range of indoor recreational options for us during the winter months.
39. Opportunities to stay fit.
40. Too many to list!
41. A variety of venues that offer many different opportunities for recreation
42. availability, modern, welcoming, lots of space, options
43. Reasonable prices and a variety of options for different activities
44. Good facilities and numerous offerings/classes/
45. Clean, affordable, accessible
46. Access to a swimming pool and gym before and after work.
47. I think Montpelier desperately needs a municipal indoor swimming pool. I love our town, but it is the one thing that is really missing.
48. Accessibility- physical and financial
49. Close by, with many options
50. It's safe, clean, welcoming and able to bring community together for individuals and families.
51. Space for classes. Clean and accessible. I would like it downtown so that children could walk there.
52. A sense of belonging, community and choice to promote my physical and mental health wellness

Q6: What specific services or programs not listed above would you like to see offered at a recreation and wellness center?

1. Pool
2. selected this one b/c could only select 1 option; community space for classes, activities seems top priority; teens would love a gym/workout space and climbing wall - but could that be offered after school hours at a school?; also comparing to amenities already offered in the area (e.g. GMCF has an indoor pool - can we make that more accessible/affordble vs creating a new pool?)
3. Accessibility by bike, indoor pool, yoga studio, sauna, showers, lockers. Some of these were on your list above, but you allowed only one choice.
4. See above answer
5. Fencing, tae kwon do (which the rec department already offers), mindfulness and meditation classes
6. Indoor track would be great, as well as space to rent out for birthday parties over the winter.
7. A cafe/ healthy convenience store kind of thing.
8. Nutrition, personal training, weight loss program, aqua aerobics (not just during the work day! Working adults want to take these classes too!)
9. Roller skating/ice skating rink or ribbon, public restrooms, public drinking fountains, splash pad, cooking classes
10. Fitness classes
11. Track
12. Turkish baths
13. more ways to connect with community & body / size friendly equipment and activities (inclusive, welcoming, clear info)
14. I want housing at Country Club Road
15. Dance classes
16. Zumba!
17. Dance & Zumba
18. Skatepark, the current one is abissmal
19. Place to sit and chat and get a juice or smoothie or salad. Meeting rooms?

20. Male mentors
21. you could offer creative/art class type offerings for wellness as well as the spa options I mentioned.
22. Steam, sauna. For cold climates it's essential. Look at the Canadians and europeans, they know how to do winter, why can't VT get it right
23. Fitness classes
24. Hula hoop class
25. Events
26. Horseshoes, cornhole, shuffleboard...
27. Indoor tennis
28. Wellness consultation.
29. Indoor "track" or ability to walk for fitness.
30. Massage/pt
31. Multi-purpose fields for kids' soccer/lacrosse/ultimate frisbee/flag football. Supporting cross-country skiing with trails. Fire-pit for gathering, reservable grills and pavilions for events. Areas that can accomodate music and dance. And importantly, restrooms that aren't terrifying.
32. Indoor walking/ running track

Q7: How do you see yourself being involved with the services being provided at a center?



Q8: Are there any specific health challenges or conditions particular to the Montpelier community you'd like a center to address?

1. Access for low income and transportation challenged citizens
2. one ongoing challenge for Montpelier has been lack of downtown restrooms for visitors as well as the unhoused - could it be combined? are those purposes compatable?
3. It would be interesting to try to create activities that would integrate the homeless population into the Montpelier recreation community.
4. Not sure I can speak to "health" challenges BUT a unique feature of Montpelier - as compared to most of the surrounding communities - is that our youth attend school downtown. They can go directly from school to afterschool activities independently without needing a ride from parents. I specifically chose Montpelier as a community for that reason, rather than a U32 community. It makes a difference for me and for my kids when their sports practice happens at the Country Club instead of at one of the MHS practice fields, for example. We as a family prioritize the options that kids can walk or bike to safely.
5. We have an aging community, but also one that includes many families. The center should prioritize easy pedestrian access to downtown, since that is a place that can be reached via public transport. This will make it more accessible to both kids afterschool and older people who can no longer drive. It will also appeal to the environmental consciousness of Montpelier residents, many of whom have made a conscious choice to minimize car use either through not owning a car or trying to use it only when necessary.
6. We have such a long winter to deal with, and we have a dearth of opportunities for children, teens, and families in this area.
7. No.
8. This area desperately needs more indoor AND outdoor access to lap swimming. No reserving lanes, or if you do and have 3 no shows you lose the right to reserve a lane for 6 months. The only gym that has a pool in this area is extremely expensive and only has 6 lanes. Impossible to swim there.
9. Please make sure that there are offerings for those who have mobility challenges.
10. I hope it is inclusive, affordable, and in downtown ie. walkable
11. Pretentiousness is certainly a challenge in Montpelier; people want all the dog feces picked up in the park with one time use plastic bags at the same time we want all City assets to be net zero by 2030. Can't walk your dog without it being leashed forcing people to drive far away to get that health benefit. lol
12. Transportation

13. Programming needs to be affordable for low income people
14. No
15. We're an older community.
16. Lack of a downtown, walkable, accessible, inexpensive option for multiple workout types
17. Homeless population, food laundering and harm reduction programs
18. Seasonal depression during winter, lack of community "third spaces" to go which can help combat loneliness.
19. Many of Montpelier's residents are seniors and their desires and needs should be taken into account.
20. Health talks would be interesting
21. When will Bill Frasier pass the torch?
22. Aging population considerations
23. Community center, gathering place (restaurant & bar), speakers, films, concerts, etc.
24. n/a
25. Large # of elderly and homeless
26. Gripping. It's endemic, and we need to stop entertaining all the griping and make something nice happen with this rec center concept.
Don't let perfect become the enemy of good.
27. wheel chair accessible

Q9: What additional features (e.g., nutrition counseling, workshops, events) would you like to see?

1. Sliding scale
2. Spaces to have community events
3. It would be great to have workshops on different sports, for adults who want to learn a new sport.
4. I'd like open gym space available for different groups - teens playing basketball after school, baby and toddler meetups.
5. I think it would be great to have an event space. We are really lacking places to hold larger gatherings (100+ people)
6. Nutrition, personal training, weight loss program, aqua aerobics (not just during the work day! Working adults want to take these classes too!)
7. Engage Fat Babe Vermont to really include bigger bodies.
8. Nutrition counseling,
9. Workshop and classes on nutrition, cooking classes, cuisine from different cultures
10. Cooking classes
11. Can't think of any
12. lots of workshops! and learning experiences!
13. lets define the foundational pieces first
14. Art classes
15. Try a speed dating event but its speed dating various activities offered (Zumba, pickle ball, HIT)
16. Kids lacrosse, there is no feeder program in Montpelier
17. Workshops, brown bag lunch and learn, art classes
18. Community fridge, cupboard, kitchen
19. Workshops on wellness. Maybe in partnership with the coop
20. nutrition classes can be somewhat less fun to attend than say a cooking class where you actually learn to cook healthy or vegan food.
Maybe you can have community meals once a week and have people sign up for a "cooking class" to make the meals. This would be good for even teens or young people who don't know how to cook for themselves.
21. Sauana, steam
22. See above.
23. Armchair travel
24. Indoor basketball with multiple gyms that has many open gym hours and designated Adult open gym hours at night during the week and during the weekend. For me, this is super important. I have a group of 20-30 adults who are desperate for more indoor basketball options in the area we live. We currently have to drive 20-30 minutes to find options.
25. None
26. Workshops for parents and students on social media literacy / awareness
27. Workshops for kids, events for kids, field days
28. Workshops
29. Nutrition counseling
30. Masters swimming
31. Health screenings
32. Birding walks
33. Keep it simple to start. Community needs and interests will evolve- we can prototype new offerings as they do with the right flexibility for the spaces.
34. Would love to se information about nutrition and wellness- physician and mental health; support groups, workshops- meditation/ creative arts and other sports such as tai chi, karate etc

Q10: What would you consider to be the ideal location for a recreation and wellness center in Montpelier?

1. Country club road is too far away.
2. walking distance from schools/downtown
3. Downtown Montpelier including some of the first floor spaces we are probably going to have to repurpose because of flooding

4. Recreational spaces, (e.g. yoga studios, workout rooms, volleyball courts), might be a good choice for flood prone, first floor rooms since they could be easier to clean and bring back into operation after a flood event.
5. I would like to see Montpelier leverage existing assets in our community and the region. The pool building at the Montpelier Rec Fields is a bikeable/walkable location with a structure that already exists and is only used about 10 weeks out of the year. Look at renovating the Barre St building for gym and studio use. Look at a public-private partnership with GMCF, which is already a thriving multipurpose community center for our community that has an indoor pool.
6. I don't think it has to be downtown. At the elks lodge propert would be an excellent choice!
7. Downtown. It would be so great if we could renovate the existing building to meet community needs. Please look into the possibility of purchasing and using the old RK Miles site. Might there be other opportunities down on Stonecutters Way, as well? What is the new empty building at the very end of the street (with all the windows) going to be used for?
8. I think we need to take advantage of space with parking, rather than a central location downtown. We shouldn't let the perfect be the enemy of the good here. However, I do feel strongly that we should not be mixing purposes between taking care of homeless and providing rec facilities within the same site. This is too risky for children and families.
9. Downtown, or with the walking distance.
10. A downtown location is crucial and my opinion for a wellness and recreation center. As I noted above, the primary focus of such a setter should be on the youth of the city.
11. College greens
12. I think it makes sense to utilize the space at the golf course for this purpose.
13. Easily accessible from down town. Near the college? Not at the elk club property unless there's a tram or shuttle bus that goes to/from downtown to the property every 15-30 mins.
14. The old PCAVT/Elks club. Plenty of parking. Plenty of outdoor space. Building that could be a starting point for a new structure.
15. Downtown or very close so all people can walk or bike to it, and public transportation for people coming from neighborhoods too far to walk
16. Somewhere where folks could access by car and bike
17. If one had to be built it would make sense for it to be up at the golf course
18. Walkable or available by affordable regular public transportation
19. i am unsure
20. Put it on Northfield St where the motel is
21. Downtown and easy to walk to or take public transit
22. A place with ample parking
23. Free parking and walkable from main strest
24. Rec fields
25. Either the current location or another one central to downtown.
26. Downtown
27. Within walking distance of town-college green
28. Downtown
29. Walking distance to downtown
30. Where it is
31. A center that is within walking distance of downtown Montpelier would be ideal. Could a small center (sans swimming pool) be located at the former site of RabbleRouser, assuming that site could be expanded?
32. The high school once the students go to U32
33. Downtown makes sense for the general population, but open to anywhere.
34. The existing rec center, or at the rec field, or a new location like the former RK Miles site. Definitely not Country Club becuase it is too far away.
35. Put an L on idea :)
36. The former Elks Club property.
37. Former elks club property
38. The former Elks Club property.
39. Former Elks Club property with continuous buses running to the downtown and the schools.
40. Downtown at existing facility or nearby
41. within walking distance from downtown
42. Near the pool/baseball fields or at the Elks Club property
43. Ideally, it would be centrally-located and easily walkable, with particular accessibility for senior citizens
44. Former elks
45. Elks Club
46. Anywhere a pool can be located.
47. In the center of town.
48. I think there can be more than one center. One within walking distance (MSAC and rec center) and another for out of town activities, i.e elks club
49. A place accessible by bicycle and with plenty of parking for those who drive. Country Club seems like a solid option.
50. Downtown so that it is safely walkable for children. You did not offer comments for the next question. Although a rec center would be lovely for this community. I do not think at this time with infrastructure issues and concerns about housing that this community can afford a new rec center!
51. Would love to see it more downtown- could have satellite centers that would house different activities if not able to have it in one spot. Muti use rooms. If not able to have down town- would like to see reliable, frequent free transportation

Q11: On a scale of 1 to 10, with 1 being "Not interested at all" and 10 being "This sounds awesome," how important is building this center to you?

