



## **SHARED USE TRAILS AGENDA**

Tuesday, September 10, 2019, 4:00 pm  
Committee Room

Pages

1. ROLL CALL
2. DECLARATION OF CONFLICT OF INTEREST
3. MINUTES OF THE PREVIOUS MEETINGS
  - 3.1 11 June 2019
4. PUBLIC PRESENTATION
5. INTRODUCTION AND CONSIDERATION OF CORPORATE REPORTS
  - 5.1 Report from the Director of Recreation & Culture
6. PRESENTATION OF COMMITTEE REPORTS
7. NEW BUSINESS
  - 7.1 Group Reports
8. UNFINISHED BUSINESS
9. CORRESPONDENCE
10. PUBLIC QUESTION PERIOD
11. ADDENDUM
12. CLOSED SESSION
13. SCHEDULING OF NEXT MEETING
14. ADJOURNMENT

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**SHARED USE TRAILS  
MEETING MINUTES**

Tuesday, June 11, 2019  
4:00 pm  
Council Chambers

**Present:** M. Reckahn, Penokean Hills Field Naturalists  
K. Meeking, EL Mountain Bike Club  
Ron Rye, ATV Club

**Resources:** D. Brandow, Recording Secretary  
Teresa Dunlop, Director Recreation & Culture  
A. Ewald, Resource, Denison Environmental  
J. Johnston, Resource, Friends of Algoma East  
T. MacDonald, Resource, Algoma Public Health  
B. Ralph, Resource  
D. Gagnon, CAO City of Elliot Lake  
R. Seguin, EL ATV Club

**Regrets:** D. Hewitt, Rio Algoma

**Guests:** B. Donaldson, APH  
T. Turner, Council  
E. Pearce, Council  
C. Berube, Fire Ranger Heritage Centre Interpreter

**1. ROLL CALL**

The meeting was called to order by the Chair at 4pm.

**2. DECLARATION OF CONFLICT OF INTEREST**

None

**3. MINUTES OF THE PREVIOUS MEETINGS**

**3.1 14 May 2019**

**Res#: 9/19**

Moved By: R. Rye

Seconded By: K. Meeking

That the minutes be received as read.

Adequate changed to Inadequate in the Elliot Lake Mountain Bike Club report

**Carried**

**4. PUBLIC PRESENTATION**

**4.1 Tick Talk by Brett Donaldson, Public Health Inspector, APH**

See attached Handout

Tick season is now until winter

## LYME DISEASE SIGNS AND SYMPTOMS CAN INCLUDE:

- FEVER
- HEADACHE
- MUSCLE AND JOINT PAINS
- SPASMS
- NUMBNESS OR TINGLING
- FACIAL PARALYSIS
- FATIGUE
- SWOLLEN GLANDS
- EXPANDING SKIN RASH  
Remember – many people never get or see a rash.



NOTE: SYMPTOMS OF LYME DISEASE TYPICALLY OCCUR 1-2 WEEKS AFTER A BITE (BUT MAY APPEAR AS EARLY AS 3 DAYS OR AS LONG AS ONE MONTH AFTER A TICK BITE). HOWEVER, IF LYME INFECTION IS NOT RECOGNIZED AND TREATED, SYMPTOMS MAY OCCUR WEEKS TO MONTHS AFTER THE ORIGINAL BITE.



## TREATING LYME DISEASE

See a health care professional as early as possible if:

- you have symptoms or
- you feel unwell in the weeks following a bite and
- you have been in an area where ticks may live and no bite is evident

Tell the health care professional about your tick bite or where you were. If you were bitten and saved the tick, bring it to your medical appointment for submission to the local public health unit by your physician or take it to public health yourself.

The earlier treatment is received the better. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

### MORE INFORMATION

- [ONTARIO.CA/LYME](http://ONTARIO.CA/LYME)
- PUBLIC HEALTH ONTARIO – [bit.ly/1MeqfJ](http://bit.ly/1MeqfJ)
- PUBLIC HEALTH AGENCY OF CANADA – [bit.ly/1Dr7r1D6](http://bit.ly/1Dr7r1D6)

[ontario.ca/lyme](http://ontario.ca/lyme)



# TICKS AND LYME DISEASE

## HOW TO PREVENT TICK BITES WHEN WORKING OR ENJOYING THE OUTDOORS

Ticks that carry Lyme disease live in woodlands, tall grasses and bushes. Protect yourself:

- Wear light-coloured clothing. It makes ticks easier to spot.
- Wear closed footwear and socks, a long sleeved shirt tucked into long pants. Tuck your pants into your socks.
- Use a tick repellent that has DEET or Icaridin on clothes and exposed skin (be sure to follow the manufacturer's directions).



- Search your clothes and body for ticks at least once a day, paying special attention to the groin, navel, armpits, scalp and behind ears and knees. Use a mirror to check the back of your body or have someone else check for you. Don't forget to tick-check your children.
- Take a shower as soon as you can after being outdoors to more easily find and wash off any ticks crawling on you.
- Ticks thrive in wet environments. Before washing outdoor clothing, put them in a dryer on high heat for 60 minutes to kill any ticks.

ontario.ca/lyme



## HOW TO REMOVE A TICK

1. Use fine-tipped tweezers to grasp the tick as close to your skin as possible. Do not use your fingers.
2. Pull the tick straight out, gently but firmly. Don't squeeze it. Squeezing the tick can cause Lyme bacteria to be accidentally introduced into your body.
3. After removing the tick, place it in a screw-top bottle and take it to your doctor or local health unit for tick identification and possible testing. Submitting a tick is to assist with the provincial surveillance program and decisions to diagnose or treat for Lyme disease should not be delayed by the wait for test results.
4. Thoroughly cleanse the bite site with rubbing alcohol and/or soap and water.



**NOTE: DO NOT BURN THE TICK OR USE NAIL POLISH, PETROLEUM JELLY OR ANOTHER SUBSTANCE. THESE METHODS MAY INJECT LYME DISEASE BACTERIA INTO THE SKIN.**

**If you have pets:**

- Talk with your veterinarian about appropriate tick prevention for your pet.
- Check your pet regularly for ticks if they spend time outdoors (steps for removing a tick for your pet are the same as the steps you would follow for yourself).



Ontario



## **5. INTRODUCTION AND CONSIDERATION OF CORPORATE REPORTS**

### **5.1 Report from the Director of Recreation & Culture**

Slide show of the development of the interpretive trail at the Fire Ranger Heritage Centre presented by C. Berube, Fire Ranger Heritage Centre Interpreter

Goals: Widening, filling in holes & clearing up the interpretive trail

Add signage

Concerns: steep slope

Solution: install handrail, steps or both

## **6. PRESENTATION OF COMMITTEE REPORTS**

## **7. NEW BUSINESS**

### **7.1 Group Reports**

#### **ATV Club**

We did a membership ride to Spragge and had lunch at Annette's diner on HWY 17. Approximately 15 members participated in a poker run in Little Rapids. The month of May was not a good month for riding or repairs. We did manage to repair the wash out on May Loop. It took 3 days, a total of 54 man hours and 11 hours with the back hoe. The club has approximately 85 members thus far.

3 groups are coming to the area for a guided ride from:

- USA
- Alberta
- Guelph, ON

Thank you,

Rolly Séguin

D. Gagnon reported that \$40,000 for the rock truck, \$15,000 for the trail work and \$25,000 for the groomer has been approved

## **Coueurs de Bois Hiking Club**

We continue to hike 4 times a week starting from the upper parking lot at 10 am on Mondays, Tuesdays, Thursday and Saturday.

Our club cleared the Semi White Creek trail in Mississauga park at the beginning of May and also cleared the Interpretive trail at the Ranger Station. Jackie continues to work with the group on the trail and certain efforts to highlight hazards on the trail will continue.

## **Report of Elliot Lake Mountain Bike Club**

On Thursday, 16 May 2019, the club did a walk through of the Jack Rabbit Trail to inspect its condition after the winter.

We found that the trail is, for the most part, in bad condition;

- trail signage is good at the trail head and then rapidly disappears after a few hundred meters in
- the existing signage is not adequate, should be able to see the next trail marker in both directions from any marker
- a good part of the trail is under water from winter run off
- considerable amount of dead fall across the trail

We also found that the existing trail maps are not accurate:

- the Elliot Lake Pocket Map shows the trail system well but the topography is not detailed enough to navigate by
- the Explore Elliot Lake Trail Guide topography bares no resemblance to the ground we were walking on
- the government 1/50,000 topographical map is accurate for topography but the trail system is not well represented

The club is planning on doing trail maintenance on the Jack Rabbit Trail Thursday of next week, clear the dead fall, put up more trail markers and generally inspect the condition of the ground.

Respectfully,

Dennis Meeking

Secretary

Elliot Lake Mountain Bike Club

## **PENOKEAN HILLS FIELD NATURALISTS**

Not much happening now. We still continue with our Saturday walks. Our last members meeting was May and that is also our Annual General Meeting. There are outings planned over the summer but for most of them there has not been set a date. July 3rd we will be driving to Desbarats to tour the Kensington Conservancy. We end the summer break on August 24 with a pot luck supper at Westview Park. We will be back to our regular monthly meetings in September.

- 8. UNFINISHED BUSINESS**
- 9. CORRESPONDENCE**
- 10. PUBLIC QUESTION PERIOD**
- 11. ADDENDUM**
- 12. CLOSED SESSION**
- 13. SCHEDULING OF NEXT MEETING**

The next scheduled Shared Used Trails meeting is 10 Sept 2019 at 4pm

- 14. ADJOURNMENT**

**Res#: 10/19**

Moved By: K. Meeking

**Carried**



**Green Job Initiative**  
By  
**TERESA DUNLOP**  
**Director of Recreation & Culture**

10 September 2019



# SUMMER WORK EXPERIENCE

## GREEN JOBS INITIATIVE

FIRE RANGER HERITAGE CENTER  
INTERPRETERS PRESENTLY AT  
WORK ON THE TRAIL DEVELOPMENT  
OF AN INTERPRETIVE WALK.

**THANKS TO:**



COUREURS  
DE BOIS



## **City of Elliot Lake: Fire Ranger Heritage Centre - Green Job Initiative**

The Canadian Parks and Recreation Association (CPRA) has secured Government of Canada funding via Employment and Social Development Canada to support a “green jobs” program for youth. Officially entitled the Summer Work Experience Green Jobs Initiative, the program provided direct financial support (via wage subsidies) to Elliot Lake for two summer student positions entitled “Fire Ranger Heritage Center Interpreters”.

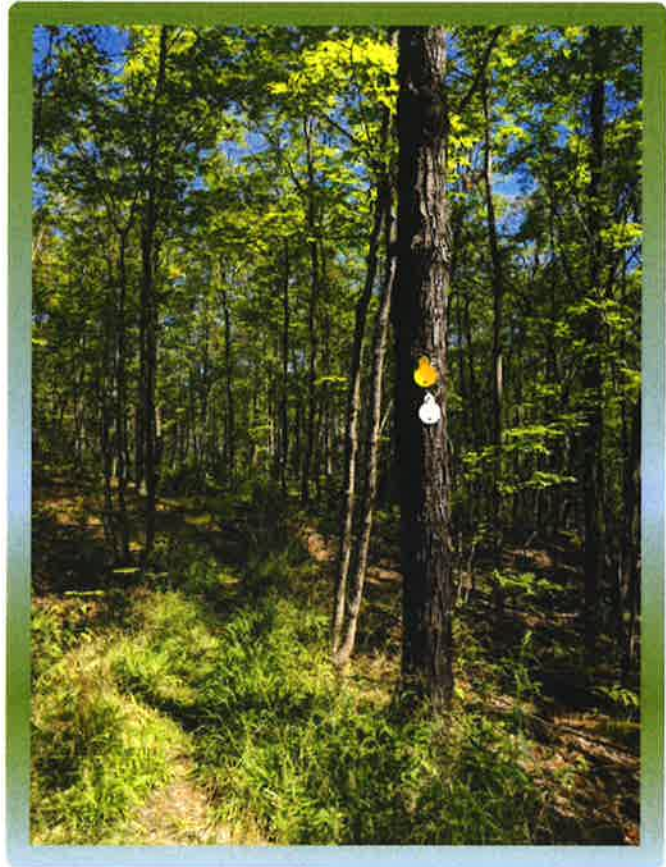


The Department of Recreation and Culture hired Kayleigh and Christian as this summer's Fire Ranger Heritage Centre Interpreters for a period of 16 weeks from May 6 to August 23, 2019.





**The students were tasked with creating an interpretive walking trail at the Fire Tower. With the direction of 3 members of the Coureurs de Bois Outdoor Club as well as members of the Penoquean Hills Field Naturalists and the assistance of the ATV Club, Kayleigh and Christian researched, mapped out, and developed an easy walking trail.**



**Kayleigh and Christian also compiled a brochure on the local flora and fauna that appears on the trail (see Appendix A). Each plant has been staked and identified ready for next summers' Stage 2 of this project. Next summer our Interpreters will be able to share their new knowledge with visitors from around the world, as well as Elliot Lake's youngest generation. They will work to engage youth and visitors in conversation about conservation, leave no trace hiking skills, and**



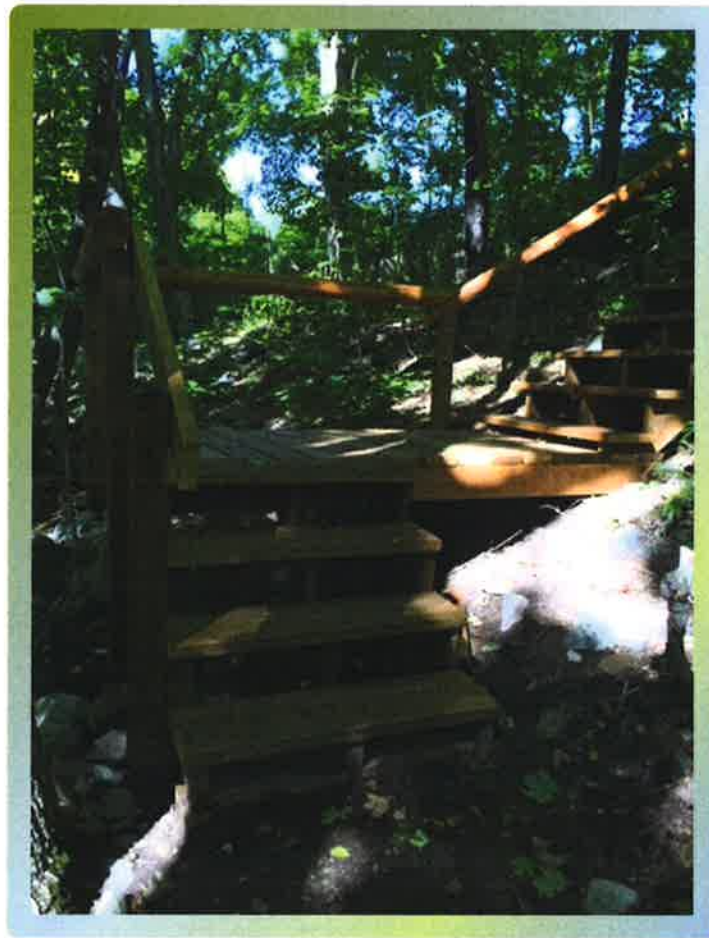


Kayleigh's note on her work experience:

In early May I was offered a position in the Recreation and Culture department for the City of Elliot Lake. I was thrilled to learn I would be taking on the job as a Fire Ranger Interpreter. This position offered me a variety of professional experiences and ultimately allowed me to develop a wide range of skills. This past summer I was responsible for blazing a new educational interpretive nature walk designed for children and the elderly. Creating the nature trail required detailed planning and organization such as, mapping out the trail, researching and locating flora in the area, and acquiring materials to perform the tasks. This position also required intense physical labor, clearing trees, and undergrowth, laying gravel, building accessible stairs, and leveling steep gradients. In addition, this job required a great deal of adaptability, as changes in the weather conditions made changes in planning strategies as necessity, as well a great deal of grit and determination. My work experience as a Fire Ranger Interpreter has made me a detail oriented, creative, efficient, and determined worker with strong problem-solving skills, capable of undertaking complex projects requiring planning and organizational skills."



**City Council has outlined in the strategic plan that the City would like to encourage ecotourism, trail maintenance, resource management, and healthy lifestyles. Elliot Lake is a community which is perfectly suited to build up the next generation of environmental leaders. It is our hope that this program will not only benefit the youth we hire, but also encourage a green culture within our community.**





# APPENDIX

## A



# Flora

Located throughout the trail

## Red Elderberry



Red elderberry (*Sambucus racemosa*) Native to Europe, Northern temperate Asia and North America. It grows in riparian areas as well as woodlands and other moist areas. It is a tree like shrub that grows 2 - 6 meters in height with soft stems. The inflorescence is composed of 5 to 7 small leaflets, which measure up to 16 cm long each, lance shaped to narrowly oval. When crushed the leaves create a strong odor behind. Red Elderberry has been used for Medicine, Sustenance and decoration. Although it can be dangerous to consume if not prepared properly.

## What is the Trans Canada trail?

Canadians from all regions and all walks of life are helping to build the Trans Canada Trail. When it's finished, the Trail will cross every province and territory, link all 13 provincial and territorial capital cities (as well as almost 1,000 other Canadian communities), and connect our three oceans. It will thread its way through the nation's culture, history and geography.



Trans Canada Trail  
Eliot Lake, ON



Walk the  
Trans Canada  
Trail

located by the Cupula  
Up at the Firetower



Canada Mayflower (*Maianthemum canadense*) is a dominant understory perennial flowering plant, native to the sub-boreal conifer forests in Canada and the northern United States, from Yukon and British Columbia east to Newfoundland and south to Nebraska and Pennsylvania. It can be found growing under both evergreen and deciduous trees. It grows between 10 - 25 cm in height and has 1 to 3 leaves as well as small white star shaped flowers above the leaves. The flowers are produced around late spring to early summer and have tepals and four stamens. They sometimes have small berries containing 1 or 2 seeds, these berries become a translucent red colour when they are ripe. The berries are mottled red in early summer and turn deep red in mid-summer. Seed is produced infrequently and most plants in a location are vegetative clones, the plants spreading by their rhizomes, which are shallow, trailing, and white. Leaves are alternate, stalkless, oval, and slightly notched at base. They are not oppressed to the stem. The plant appears in two forms, either two or three leaves growing with a fruiting stem, or a single leaf rising from the ground with no fruiting structures.

"Some hikers notice little except the rocks at their feet and the trees in their path, However, if you do start to look around, you may be surprised at how interesting and beautiful the flora really is. "

Elliott Lake is a proud supporter of the Trans Canada trail and home to one of the Country's Trans Canada Trail pavillions.



Twin Flower (*Linnaea borealis*) are native to Forested areas, meadows and near lakes and rivers. It grows between 20 to 40 cm although the curve in its stalk makes appear smaller in stature than it truly is. The leaves grow up to 15 mm long and have a small notch in their almost circular shape, these flowers are similar to bearberries and are differentiated using the small notch. The bells on Twin Flowers are small and pink, only growing 9 - 16 mm. The bells grow in pairs often matching the shape of a "Y".



## Wild Sarsaparilla



Wild sarsaparilla (*Aralia nudicaulis*) are native to northern and eastern North America. It can reach a height of 30-60 cm with creeping underground stems. During the spring the underground stems produce compound leaves that are large and finely toothed. Small white flowers, typically in threes, are the same height as the leaves. The roots have been used to substitute true

Sarsaparilla in herbal medicine. It can sometimes be mistaken for poison ivy because of its three leaflets, the way to tell the difference is the smell and subtle physical difference as Wild sarsaparilla lacks a woody smell and fine teeth along the edges of the leaves.

## Yarrow



Yarrow (*Achillea millefolium*) Native to temperate regions of the northern hemisphere. Yarrow is an erect, herbaceous, perennial plant that can produce multiple stems. The stems can grow between 0.2 - 1 m in height. Leaves are found evenly distributed on the stem with the larger ones being at the bottom of the stem. The leaves are 5 - 20 cm long and appear on the stem in a spirally way. The color of the flowers on yarrow vary between yellow, white, red and pink and they do not fade overtime.



## Wood Fern



Wood Ferns (*Dryopteris*) Native to Eastern Asia, The America's, Europe, Africa and the pacific islands. Most ferns have stout, creeping rootstocks that form a crown, with a vase like circle of large divided leaves or fronds. Wood Ferns are often used a decorative plant in public spaces and homes.







**Yellow birch (*Betula alleghaniensis*)**

Native to North America, the yellow birch is an important lumber species that grows to reach 18-24 m in height and a trunk with a diameter of 0.61-0.91 m making it the largest North American species of birch. Yellow birch trees have a remarkably long lifespan of 150 years, but some may even reach 300 years. The bark on the tree is a shiny yellow-bronze that peels off in fine strips. The bark typically has small black marks. The twigs of the tree release a slight smell of wintergreen oil when scraped, yellow birch trees are one of the only two species of north American birch to do this the other being the sweet birch. The leaves are oval shaped with a pointed tip and often have a slightly heart shaped base, they grow to be about 5.1-12.7 cm long. The leaves have finely serrated edges and are dark green on the upper side while being lighter in colour on the bottom. Yellow birch is considered the most important lumber species in North America and is the most important

hardware



**Star flower (*Trientalis borealis*)**

Native to North America, the Star Flower blooms between May and June. They grow to be about 8 inches tall and has 5 - 9 leaves at the top of the stalk. The flowers themselves extend from the center of the stalk and are made up of 5 - 9 petals that form a star shape



**White violets (*Viola canadensis*)** are native to North America, the white violet has white blooms with yellow bases and sometimes purple streaks.

The leaves are heart shaped with coarse round teeth. This plants root was once used as a bladder pain reliever. This flower is actually considered endangered in Illinois,

*Minnesota and New York*



**Spirea (*Spiraea*)** are native to temperate parts of the Northern Hemisphere, Spirea is a genus of about 80-100 subspecies with the greatest diversity in Eastern Asia. Spirea plants are hardy, deciduous-leaved shrubs. The leaves are simple and short stalked, and are arranged in a spiraling, alternate fashion. In most species, the leaves are narrowly oval shaped and about 2.5-10 cm long. The leaf margins are usually toothed, occasionally cut or lobed, and rarely smooth. The many flowers of Spirea plants are usually clustered together. The flower petals are usually white, pink, or reddish in colour. The Spirea plant is often used as an ornamental plant.



**Pixie cup (*Cladonia*)** Pixie cups or cup lichen is a genus of moss-like lichen. They are distinguishable from other forms of lichen due to their cup shaped tips. Pixie cups are the primary source of food for caribou and are also used to create antibiotic

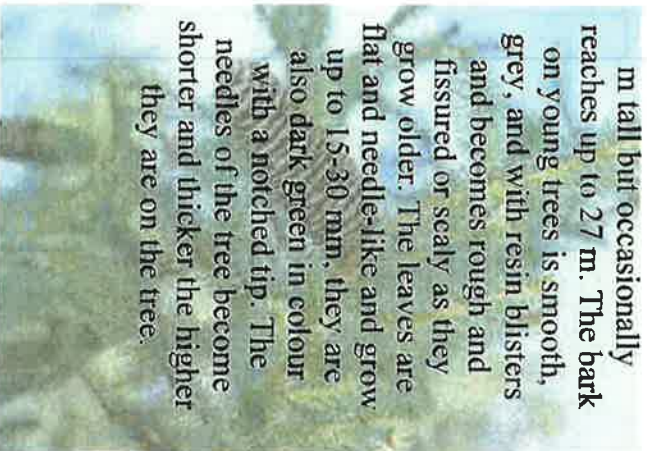
*creams*





**Balsam fir (*Abies balsamea*)**  
Native to North America, most commonly found in eastern and central Canada, it is celebrated for its rich green needles and it is notably the most fragrant of all Christmas tree varieties.

Balsam fir is a small to medium sized evergreen tree that typically reaches 14-20 m tall but occasionally reaches up to 27 m. The bark on young trees is smooth, grey, and with resin blisters and becomes rough and fissured or scaly as they grow older. The leaves are flat and needle-like and grow up to 15-30 mm, they are also dark green in colour with a notched tip. The needles of the tree become shorter and thicker the higher they are on the tree.



**Speckled alder (*Alnus incana*)** Native to cooler parts of the Northern Hemisphere, the speckled alder is small to medium sized tree at about 15-20 m tall with smooth grey bark. The usual lifespan of Speckled alders is about 60-100 years. The leaves are a matte green, ovoid and about 5-11 cm long. The Speckled alder has a shallow root system. The wood somewhat resembles the Black alder but is slightly paler and has little economic value.



**Spruce (*Picea*)** Native to the northern temperate and boreal regions of Earth, Spruces are large trees that grow between 20-60 m tall when mature. Spruce trees can be distinguished from other pine trees by their needles, which are four sided and attached singly to small peg-like structures. The needles shed when they are 4-10 years of age, this leaves the branches rough. Spruces are used as food for larvae of some butterfly and moth species.



**Willow (*Salix alba*)** Native to cold and temperate regions of the Northern Hemisphere, most species are known as willows, but some narrow-leaved shrub species are also called osiers and some broader-leaved species are referred to as

sallow. Some willows are low growing or creeping shrubs; for example, the dwarf willow

which rarely grows past 6 cm in height. Willows all have abundantly watery bark sap, which is heavily charged with salicylic acid. The roots of willows are usually extremely tough and large. The leaves commonly elongated, but may also be oval, frequently with serrated edges.



**Summer Quarterly Report**  
**By**  
**TERESA DUNLOP**  
**Director of Recreation & Culture**

**10 September 2019**

## Special Events

- Bobby Alexander Roast on April 18<sup>th</sup> had **150** attendees
- Police Week brought in **200** visitors on May 22<sup>nd</sup>
- The Uranium Heritage Days began with Decommissioned Mine Tours - June 25<sup>th</sup> & June 27<sup>th</sup> hosting **44** participants.

## Ruben Yli-Juuti Centre

A survey of all our Aqua-fit Classes was conducted for 2 weeks in May – see attached.

- 8,712** total bodies in the water!
- 1162** paid admissions to the facility (including the fitness room)
- 71** total memberships sold
- 15** private rentals & **7** school rentals
- 87** children enrolled in group swim lessons
- 70** children receiving private/semi-private swim lessons
- 7** participants in the Bronze Cross/Medallion Course on June 1-3 & 7-9

There were 29  
memberships sold  
in May....that's  
almost 1 per day!

## Spruce and Spine Waterfronts open on June 29<sup>th</sup>

Throughout the first 2 days, Spine Beach saw **88** people and Spruce Beach saw **421**!

## Theatre at Collins Hall

		Participants
Bob Cates: "Comedy in Motion"	April 1 <sup>st</sup>	120
Exceptional Puppeteers: "What a Wonderful World"	April 3 <sup>rd</sup>	201
North Shore Parents for Dance	April 6 <sup>th</sup>	250
Exceptional Puppeteers: "What a Wonderful World"	May 3 <sup>rd</sup>	85
Exceptional Puppeteers: "What a Wonderful World"	May 5 <sup>th</sup>	115
Stomp'n' Tom Connors: "Stories & Songs"	May 9 <sup>th</sup>	274
A Night with Conway	May 28 <sup>th</sup>	125
"For Love of Music" Concert	June 1 <sup>st</sup>	150
Studio Dance Arts - LIVE 2019!	June 8 <sup>th</sup>	348
Stage Door Players Variety Show / Festival	June 30 <sup>th</sup>	300
		<b>1,968</b>

There was a total of **13** rehearsal dates for the above shows, with a total of **330** performers in attendance.



## Collins Hall

PARTICIPACTION and Algoma Public Health helped to host the “Every Step Counts Challenge” –see attached flyer.

### WINNERS



#### Dinner for Two

Pier 17 – Louise Anderson walked to Blind River  
Laurentian Lodge – Andrea Leddy reached the lodge  
Dunlop Lodge – Jeff Corminer hiked to Dunlop

#### Algoma Public Health Gift Bags went to:

Shirley  
Nancy  
Ray Rochon

- 280** average # of “walkers” per month participated in the Walking Program
- 140** athletes participated in various youth sports for April and May (June closed for the summer.)
- 21** community rentals & **4** private rentals



## Tourist Trailer / Fire Tower / Trailhead Information Centres

The Fire Tower Lookout Station stepped up to the plate to showcase some of our museum artifacts visitors - **572** to be exact!

**794** people have visited the Welcome Centre at both the Collins Hall and the Tourist Information trailer at Westview Park.

## Westview Park and Trailer Park

**54** Park rentals in May and June

**44** Total campsite rentals in May and June.

There was an average stay of **2.45** days in May and **4.12** days in June.

Most campers were very thankful for the later hours and convenience of having the Welcome Centre Trailer right at the park!

## Summer Day Camp

Two separate programs were offered to accommodate age appropriate activities. The 5-7-year-old program was located at Rio Den Arena, and the 8-12-year-old program was at the Collins Hall.

**20** Punch Cards were sold in June.

## Ball Diamonds

Baseball season opened and leagues of all ages began practicing and started season play.

**315** total hours were used in May and June;

122 hours at Parsons Park and

108 hours at Burley II Field.

## Aquafit Survey

## TOTALS

Circle the class(es) you attend:

Morning Aquafit

Evening Aquafit

Deep Water Aquafit

Arthritis Program

Silver Dolphins

On average, how many days per week do attend these classes?

1 or less

2-3

4 or more

44.6%

55.4%

Please circle your satisfaction for the following:

(1 being very poor and 5 being excellent):

	Very Poor	Poor	Adequate	Well	Excellent
Instructor	1	2	3	4	4.6 5
Variety of Routine	1	2	3	4	5
Type of Music	1	2	3	4	4.1 5
Intensity of Exercises	1	2	3	4	4.3 5
Pool Temperature	1	2	3	3.5 4	5
Overall Workout	1	2	3	4	4.3 5

What do you enjoy most from the class(es)?

Good exercise! (x11)

Enjoy meeting people & socializing (x7)

Instructors are informative (x5)

Great class! (x3)

What improvements can you suggest for the class(es)?

Different exercises & more use of equipment (x16)

Music too loud (x8)

Shorter cool-down period (x5)

Pool is too cold (x3)

Other comments about the classes?

"Grateful" "Affordable" "Friendly" "Fun" "Challenging" "Refreshed"

"It's improving my lifestyle" "Very helpful" "Love it all!"