

Recreation Program Survey 2025 – Survey Results

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Presentation to Middlesex Centre Council | August 6, 2025



About the 2025 Recreation Program Survey

Survey Structure

- Composed of 11 questions.
- Gathered feedback on improving current programs, ideas for new ones, and preferred communication methods.
- Collected input on dementia friendly spaces as part of our Dementia Friendly Community efforts.

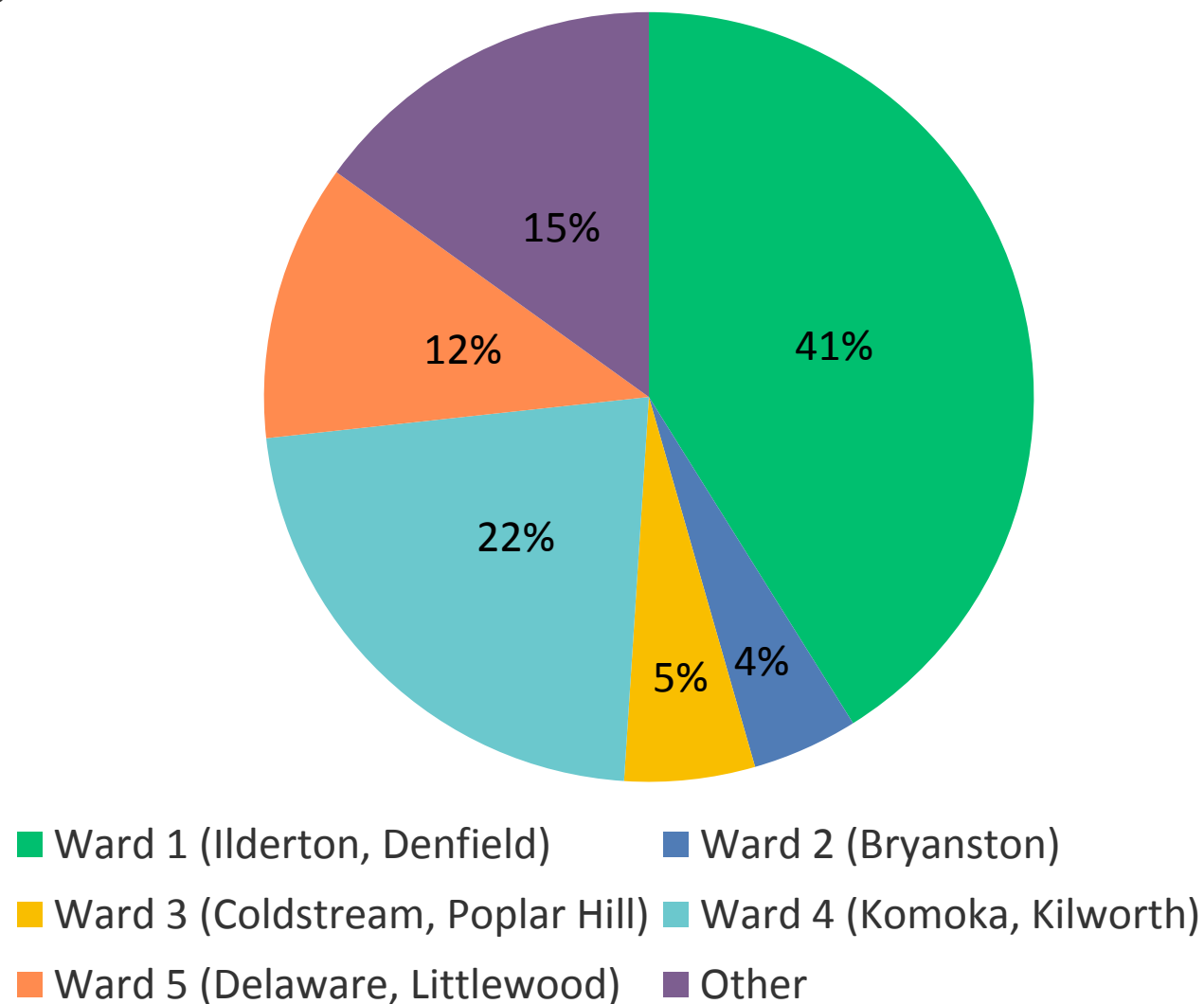
Survey Details

- 292 Total Responses.
- Collected responses from March 18 to April 15, 2025.

THANK YOU to everyone that completed the survey!

Where do respondents live?

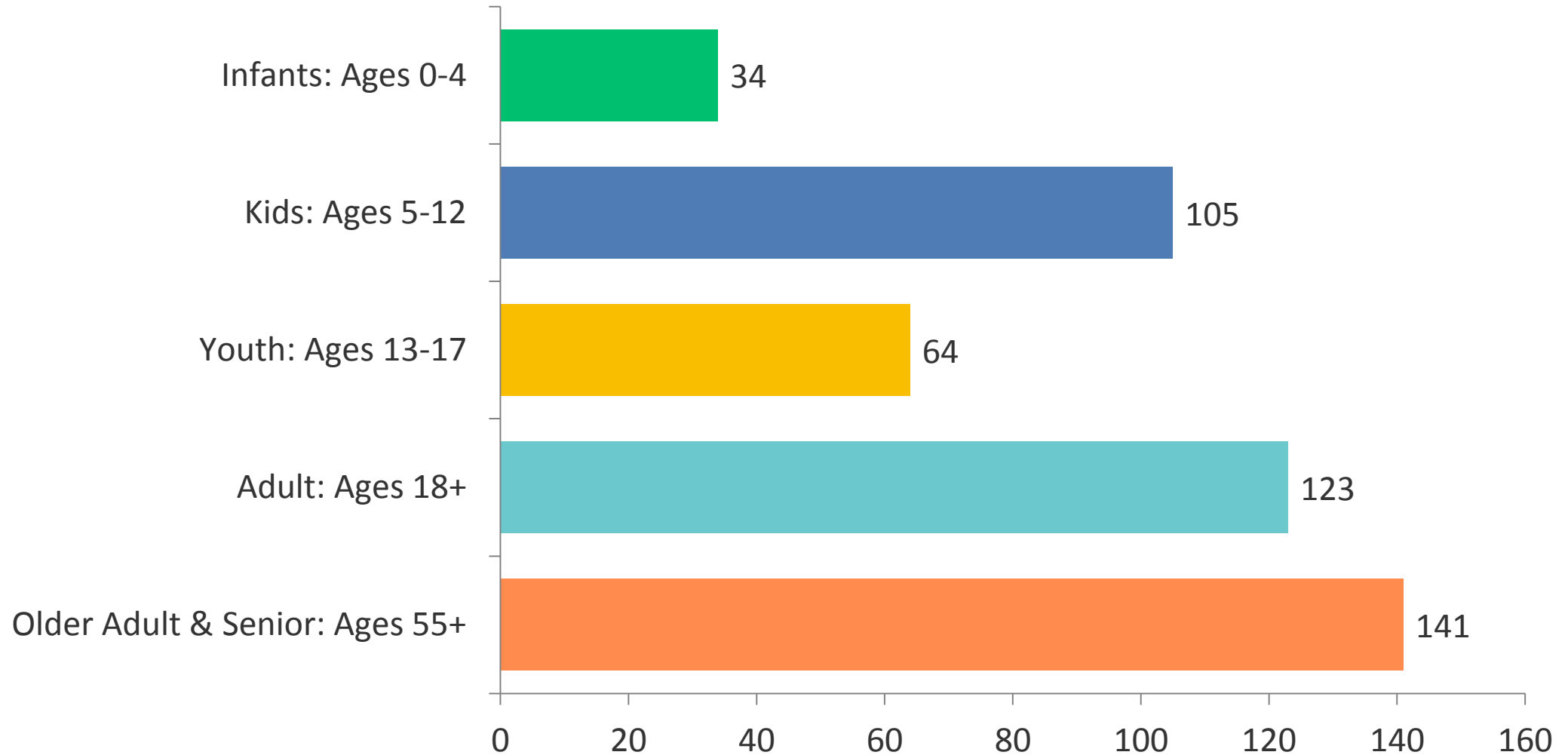
Answered: 292 Skipped: 0



“Other” responses included London, Lucan, Parkhill, Mt. Brydges and Strathroy.

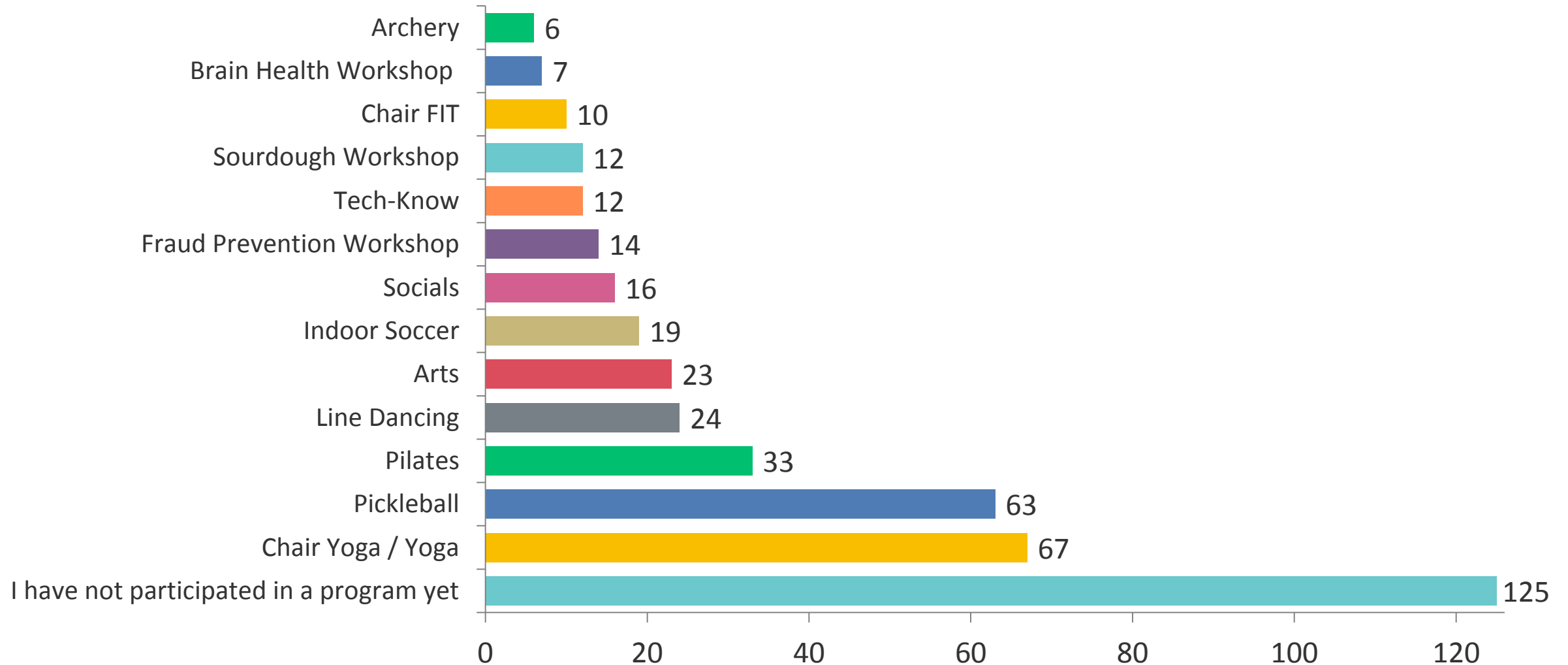
What Programming Age Groups Are You Interested In?

Answered: 292 Skipped: 0



What Middlesex Centre programs have you participated in, if any?

Answered: 292 Skipped: 0



How can we improve current programs?

Answered: 96 Skipped: 196

- Themes seen in the comments include:
 - **More Options to Participate: 47 comments**
 - "I would like to participate but timing has been tricky. More evening options for us working folk would be great."*
 - "More workout classes please!"*
 - "More classes, would love to do Pilates/barre more than once a week in town."*
 - **General Positive Feedback: 17 comments**
 - "I have participated only in the fraud prevention workshop and pickleball. Both were well done."*
 - "My suggestion was implemented - splitting archery into 2 age groups."*
 - "I am currently taking the 12-week Tai Chi classes in Komoka. They are excellent and I highly recommend them."*
 - **Expand Programs to New Locations: 13 comments**
 - "More time slots, more locations and more registration spots."*
 - "Would like to see an intermediate yoga and Pilates class offer during the day hours during the weekdays in Delaware. "*
 - "It would be great if we could do chair yoga mid morning twice a week but not back to back days. Even if it is in different locations."*

Do you think that our programming spaces are welcoming for people living with dementia?

Answered: 292 Skipped: 0

- Answers Included:
 - **Yes: 15%**
 - **No: 3%**
 - **I Don't Know: 47%**
 - **I have not participated in a program yet: 34%**

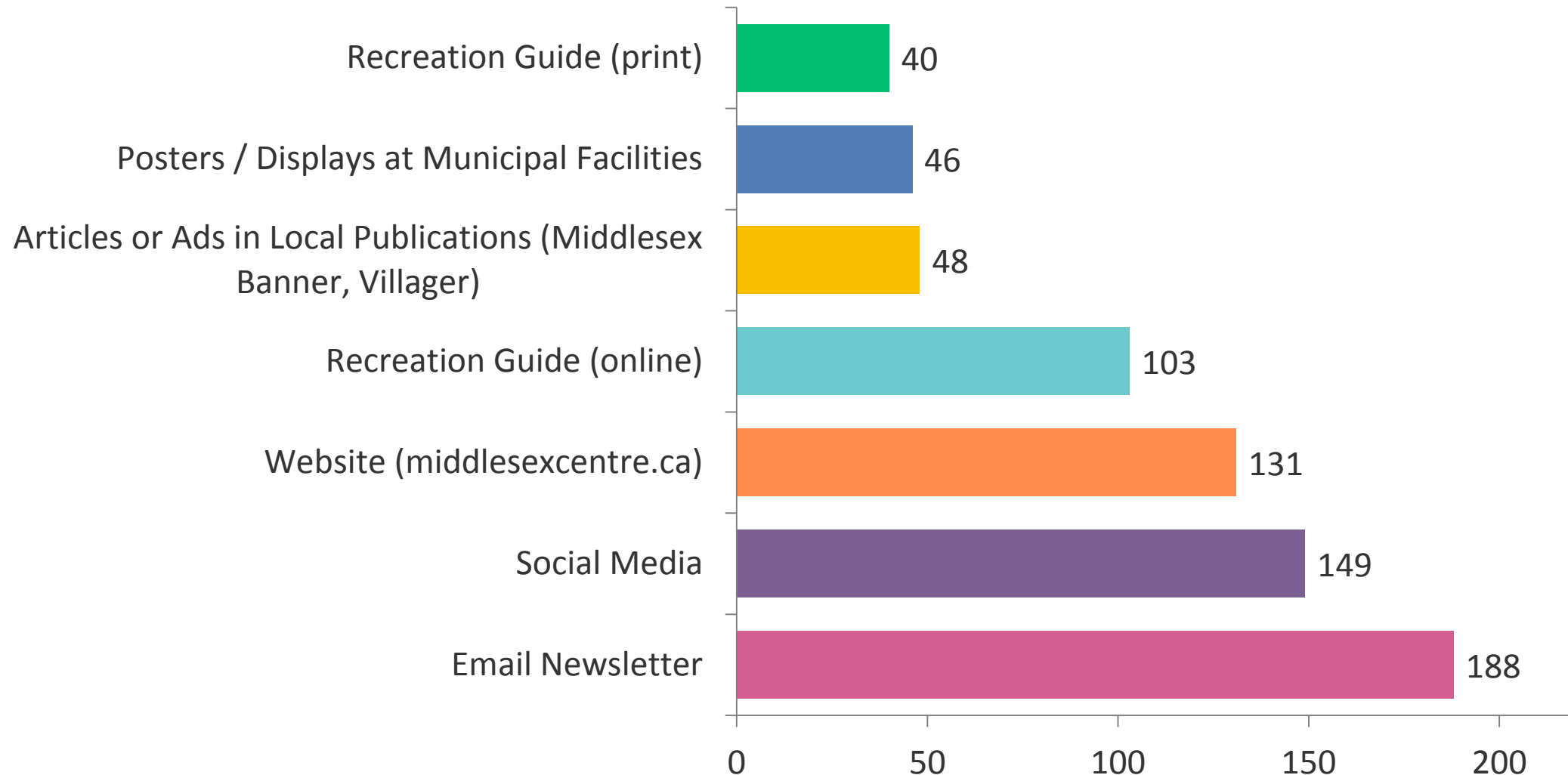
If you answered "No", what improvements can we make?

Answered: 20 Skipped: 272

- Themes seen in the comments included:
 - **Increasing Signage at Community Centre's**
 - **Reducing Noise at Community Centre's**
 - **Having Support Staff On-Site**

How do you prefer to learn about Middlesex Centre recreation programs?

Answered: 292 Skipped: 0



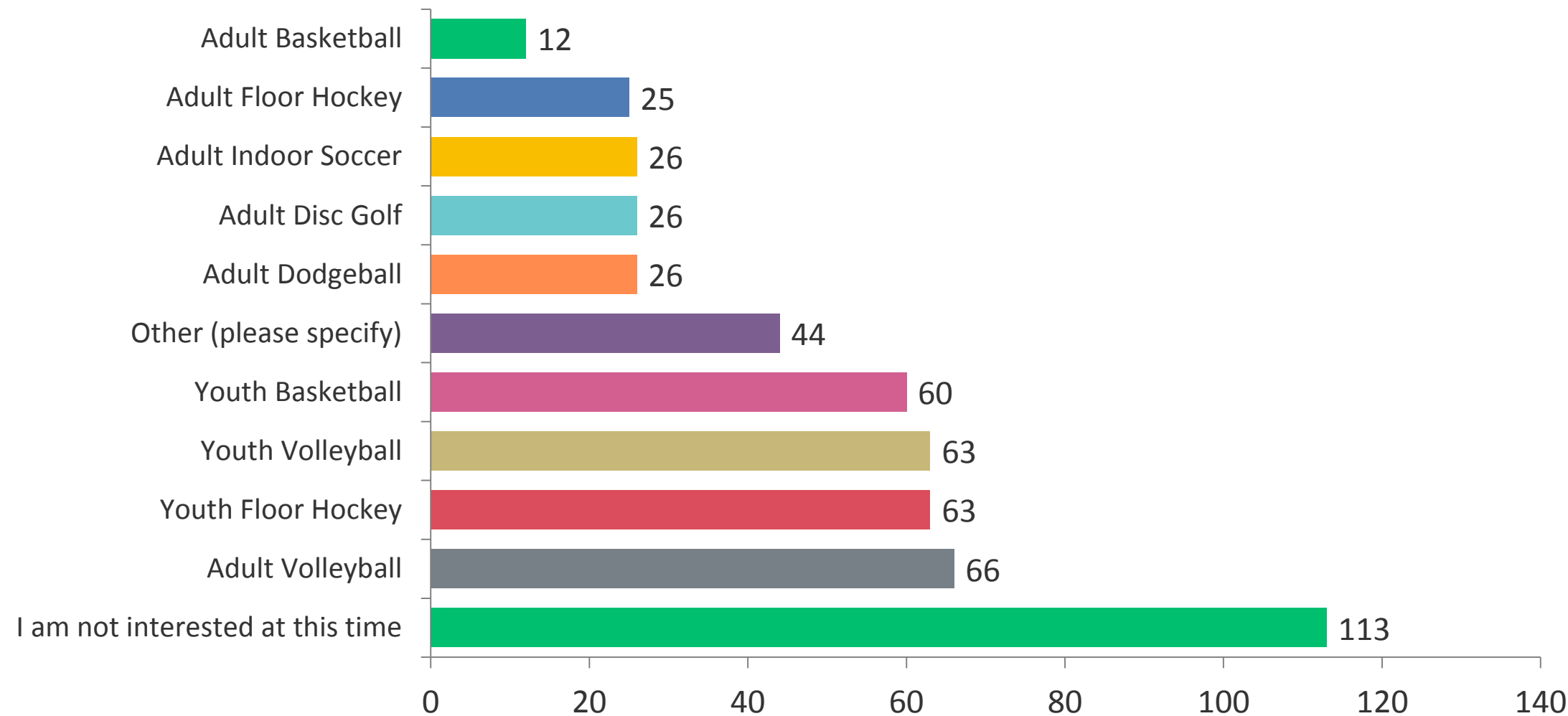
What program(s) would you like to see Middlesex Centre introduce?

Answered: 292 Skipped: 0

- Themes seen in the comments include:
 - **Fitness Programs: 48 comments**
 - “An exercise class for 55 plus would be nice. (Cardio, strength and stretches)”*
 - “More fitness at the community center, more hours and include fitness classes for all ages”*
 - Program Recommendations Included:** Pilates, yoga, dance, aerobics and more.
 - **Kids & Youth Programs: 29 comments**
 - “Continued youth programming in the Komoka area for students with a variety of interests.”*
 - “Summer camps for our kids, outdoor drop-in fitness classes or stroller / mom programs”*
 - Program Recommendations Included:** summer camps, multi-sport, visual arts, cooking and more.
 - **Pickleball Programs: 26 comments**
 - “Pickleball or badminton in Ilderton would be wonderful”*
 - “More variety of pickleball, beginner, intermediate, advance etc.”*
 - General Recommendations Include:** Expand Pickleball offerings to new locations, offer different Pickleball playing level sessions, offer indoor programs in Ilderton or Bryanston and more.

Would you or members of your household be interested if sports leagues were offered by the Municipality of Middlesex Centre?

Answered: 292 Skipped: 0



“Other” responses included Pickleball, Badminton and Lacrosse.

Most of our recreational programs operate at a cost between \$6.00 and \$10.00 per class. If we were to bring in a very specialized program, how much would you be willing to pay?

Answered: 292 Skipped: 0

- Results include:
 - **Lowest Recommended Cost per Class: \$2.00**
 - **Highest Recommended Cost per Class: \$100.00**
 - **Average Recommended Cost per Class: \$14.88**
 - **Median Recommended Cost per Class: \$12.00**



Major Take Aways

- Overall, comments were positive, with many expressing appreciation for Middlesex Centre's recreational programming.
- There is a strong interest in expanding recreational offerings across the Municipality, especially in fitness-related programs.
- Residents in Wards 1 and 2 emphasized a need for more sports programs in the north end of the Municipality. Pickleball and Badminton were frequently requested additions.
- Some residents feel that municipal facilities are not being used to their full potential.
- Suggested areas of improvement:
 - Adjusting program times to better accommodate different schedules
 - Providing more equipment
 - Enhancing communication and promotion of available programs



Next Steps

- **Instructor Recruitment:** The Community Services Department has implemented an ongoing instructor recruitment process to encourage those interested in becoming an instructor to submit an expression of interest form at any time. Interest forms are available online at www.middlesexcentre.ca/rec-programs, or a paper version can be requested at the Komoka Wellness Centre.
- **Partnership Opportunities:** Middlesex Centre is open to working with local businesses and groups that can help deliver high-quality programming. Those interested can reach out to recreation@middlesexcentre.ca for more information.
- **Fall 2025 Programs:** Registration for programs taking place from September to December 2025, will open on Friday, **August 8th, at 7:00 a.m.** online at www.middlesexcentre.ca/rec-programs.

