

Brock

**Winter 2012
Swim Lesson Guide**

winter '12

Registration begins Monday, December 12, 5 p.m.
(Classes begin the week of January 9, 2012)
Spring 2012 registration starts March 19, 2012

905 688 5550, x4060 | brocku.ca/recreation-services

Lessons for Children

Activity	Age	Description
One-on-One	2 & up	Private lessons are available for any learn to swim level.
Parent & Tot	2-3	Structured in-water interaction between parent and child stresses the importance of play in developing water positive attitudes and skills. Lifesaving Society Water Smart® tips are given to keep your child safe in an aquatic setting. Designed for two or three year olds. Parent participation is required.
Parent & Tot AquaFit	10 mth-2	See page 10 for details.
Preschool A	3-4	These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll try floats on their front and back, and glides on their back while wearing a Personal Floatation Device. They'll learn to get their face wet and blow bubbles underwater. Prerequisite: three or four years.
Preschool B	3-4	These preschoolers learn to jump into chest deep water by themselves, and get in and out wearing a Personal Floatation Device. They'll submerge and exhale underwater. While wearing a Personal Floatation Device they'll glide on their front and back. Prerequisite: three or four years, and completed Preschool A.
Preschool C	3-4	These youngsters will try both jumping and side rolls into deep water while wearing a Personal Floatation Device. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. Prerequisite: three or four years, and completed Preschool B.
Preschool D	3-4	Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do side roll entries and open their eyes underwater. They'll master a short (3-5 m) swim on their front as well as gliding and kicking on their side. Prerequisite: three or four years, and completed Preschool C.
Preschool E	3-4	These youngsters get more adventuresome with a forward roll entry wearing a PFD and holding their breath underwater for up to 10 seconds. They'll work on longer front and back crawl swims, interval training and get a giggle out of whip kick. Prerequisite: three or four years, and completed Preschool D.
Swimmer 1	5-12	These beginners will become comfortable jumping into water with and without a Personal Floatation Device. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. Prerequisite: five years, beginner, non-swimmer, or Preschool A, B or C.
Swimmer 2	5-12	These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a Personal Floatation Device. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10-15 m on their front and back, and be introduced to flutter kick interval training (4 x 9-12 m). Prerequisite: five years, Swimmer 1 or Preschool D or E.
Swimmer 3	5-12	These junior swimmers will dive and do in-water front somersaults. Their new bag of tricks includes handstands and completion of the Canadian Swim to Survive® Standard. They'll work on 10-15m of front crawl, back crawl and whip kick. Flutter kick interval training increases to 4 x 25 m. Prerequisite: five years, Swimmer 2.
Swimmer 4	5-12	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. Prerequisite: five years, Swimmer 3.
Swimmer 5	5-12	These swimmers will master shallow dives, cannonball entries, eggbeater kick, and in-water backward somersaults. They'll refine their front and back crawl over 49 m swims of each, and breaststroke over 15-25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 49 m front or back crawl; and 4 x 10-15 m breaststroke. Prerequisite: five years, Swimmer 4.
Swimmer 6	5-12	These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength in breaststroke sprints over 25 m. They'll swim lengths of front crawl, back crawl, and will complete a 300 m workout. Prerequisite: five years, Swimmer 5.
Canadian Swim Patrol (Rookie, Ranger, Star)	5-12	The Lifesaving Society's three-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment. Prerequisite: five years, Swimmer 6.
LSS Junior Lifeguard Club	8-15	The Junior Lifeguard Club offers an action-packed aquatic challenge for those special children who love the water and who want more than 'lessons'. Quick learners, those caught between levels or programs, and youth who thrive in an energetic learning environment are most welcome. The Junior Lifeguard Club has been designed by the Lifesaving Society for a serious purpose - but the process is pure fun. The Club stresses skill development based on personal best achievement. Prerequisite: eight to 15 years of age, can swim at least 25 metres continuously and tread water for two minutes.
LSS Lifesaving Sport Fundamentals	8-12	The Lifesaving Sport Fundamentals program offers a recreational introduction to lifesaving sport skills. In addition, the program teaches team building, fair play, ethics in sport and personal responsibility. Lifesaving Sport competition opportunities are available through TeleGames and regional and provincial competitions. The Lifesaving Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation. Prerequisite: eight to 12 years of age, Swimmer 3.

Dates, times, fees – Child, teen

Day	Dates	Time	No Lesson
One-on-One			Lesson fee: \$136 (Sat), \$153 (Tue/Thu)
Saturday	Jan 14-Mar 3	9-9:30 am, 9:30-10 am, 10-10:30 am, 10:30-11 am, 11-11:30 am, 11:30 am-12 pm, 12-12:30 pm, 12:30-1 pm	
Tuesday	Jan 10-Mar 6	4:30-5 pm, 5-5:30 pm, 5:30-6 pm, 6-6:30 pm, 6:30-7 pm, 7-7:30 pm, 7:30-8 pm	
Thursday	Jan 12-Mar 8	4:30-5 pm, 5-5:30 pm, 5:30-6 pm, 6-6:30 pm, 6:30-7 pm, 7-7:30 pm, 7:30-8 pm	
Parent & Tot (Age Group: 2-3)			Lesson fee: \$40 (Sat), \$45 (Tue/Wed/Thu)
Saturday	Jan 14-Mar 3	10-10:30 am, 11-11:30 am	
Tuesday	Jan 10-Mar 6	5-5:30 pm	
Wednesday	Jan 11-Mar 7	9:15-9:45 am	
Thursday	Jan 12-Mar 8	5-5:30 pm	
Preschool A or B (Age Group: 3-4)			Lesson fee: \$46 (Sat), \$54 (Tue/Wed/Thu)
Saturday	Jan 14-Mar 3	9-9:30 am, 10-10:30 am, 11-11:30 am, 12-12:30 pm	
Tuesday	Jan 10-Mar 6	4:30-5 pm, 5:30-6 pm	
Wednesday	Jan 11-Mar 7	9:15-9:45 am	
Thursday	Jan 12-Mar 8	4:30-5 pm, 5:30-6 pm	
Preschool C, D or E (Age Group: 3-4)			Lesson fee: \$46 (Sat), \$54 (Tue/Wed/Thu)
Saturday	Jan 14-Mar 3	9:30-10 am, 10:30-11 am, 11:30-12 pm, 12:30-1 pm	
Tuesday	Jan 10-Mar 6	5-5:30 pm, 6-6:30 pm	
Wednesday	Jan 11-Mar 7	9:15-9:45 am	
Thursday	Jan 12-Mar 8	5-5:30 pm, 6-6:30 pm	
Swimmer 1 or 2 (Age Group: 5-12)			Lesson fee: \$46 (Sat), \$54 (Tue/Thu)
Saturday	Jan 14-Mar 3	9-9:30 am, 9:30-10 am, 10-10:30 am, 10:30-11 am, 11-11:30 am, 11:30 am-12 pm, 12-12:30 pm, 12:30-1 pm	
Tuesday	Jan 10-Mar 6	4:30-5 pm, 5-5:30 pm, 5:30-6 pm, 6-6:30 pm, 6:30-7 pm	
Thursday	Jan 12-Mar 8	4:30-5 pm, 5-5:30 pm, 5:30-6 pm, 6-6:30 pm, 6:30-7 pm	
Swimmer 3 or 4 (Age Group: 5-12)			Lesson fee: \$52 (Sat), \$58 (Tue/Thu)
Saturday	Jan 14-Mar 3	9-9:45 am, 9:45-10:30 am, 10:30-11:15 am, 11:15 am-12 pm, 12-12:45 pm	
Tuesday	Jan 10-Mar 6	5:30-6:15 pm, 6:15-7 pm, 7-7:45 pm	
Thursday	Jan 12-Mar 8	5:30-6:15 pm, 6:15-7 pm, 7-7:45 pm	
Swimmer 5 or 6 (Age Group: 5-12)			Lesson fee: \$52 (Sat), \$58 (Tue/Thu)
Saturday	Jan 14-Mar 3	9:45-10:30 am, 10:30-11:15 am, 11:15 am-12 pm, 12-12:45 pm	
Tuesday	Jan 10-Mar 6	5:30-6:15 pm, 6:15-7 pm, 7-7:45 pm	
Thursday	Jan 12-Mar 8	5:30-6:15 pm, 6:15-7 pm, 7-7:45 pm	
Canadian Swim Patrol (Rookie, Ranger or Star)			Lesson fee: \$53 (Sat), \$59 (Tue)
Saturday	Jan 14-Mar 3	9-10 am	
Tuesday	Jan 10-Mar 6	7-8 pm	
Junior Lifeguard Club (Lifesaving Society Society)			Lesson fee: \$59 (includes t-shirt, whistle & water bottle)
Thursday	Jan 12-Mar 8	7-8 pm	
JUNIOR LIFEGUARD CAMPS			
Winter Camp Tue-Fri	Jan 3-6	9 am-5 pm	Camp fee: \$136 (includes t-shirt, whistle & water bottle)
March Break Mar 12-16	Mar 12-16	9 am-5 pm	Camp fee: \$170 (includes t-shirt, whistle & water bottle)
Lifesaving Sport Fundamentals			Lesson fee: \$59
Thursday	Jan 12-Mar 8	7-8 pm	

Teen, Snorkelling, Diving, Synchro, Competitive

Activity	Age	Description
Teen 1, 2 or 3	10-16	This program is for older children/teens who have not yet learned the basics of swimming.
Snorkelling	5-12	Snorkeling is one of the easiest, fun and most popular ways for your child to enjoy the underwater beauty of our lakes, streams and oceans. You can even have fun snorkeling in a swimming pool. Our snorkeling classes are designed to give youngsters a better understanding of the aquatic environment. Our staff will ensure your child's safety through fun and games while introducing various snorkeling skills. Each child must provide their own quality mask and snorkel. Prerequisite: Swimmer 4
Learn-to-Dive Level 1	5-12	Dive Ontario's Learn to Dive program is a nationally recognized award for all age groups. The purpose of the program is to teach progressive diving skills, poise, confidence and safety to participants. The program has four skill levels; each with Bronze, Silver, Gold and Merit components. Prerequisite: Swimmer 4
Learn-to-Dive Levels 2-4	5-12	Prerequisite: previous Dive level.
Brock Niagara Diving Competitive Team	5+	Divers who have satisfied the requirements of the Recreational program or have had parallel training in another sport (e.g. gymnastics) and who aspire to dive at a higher level may be invited to join the Competitive Dive Team. They will be working on a dive list in order to compete throughout the season. Our goal is to help each diver attain his or her level of success whether it be at the Regional, Provincial, National or International Level. Regional and Provincial divers generally practice 2-3 days per week, plus dryland, while divers at the National level generally train 4 days or more per week. Prerequisite: Learn to Dive experience and permission from coaching staff.
Swim Synchro Level 1	5-12	This creative, routine based synchro orientation program is designed to develop basic synchro skills while increasing existing swimming skills. The Swim Synchro! Program is comprised of 6 levels including core planning for each level. The program is designed so that there is success at every level! With topics like, 'Ariana's Underwater Challenge' and 'WOW! Swimmers are sure to enjoy all of the 9 topics covered in each level. Also, swimmers will have a chance to earn fun 'Ariana' badges! Prerequisite: Swimmer 4
Swim Synchro Level 2	5-12	Begin to put together foot first entries with music appreciation, travelling, transitions and a creative routine. The skills include hand stands, tub position, a 360° cookie turn, egg beater and creative arms. Prerequisite: Swim Synchro Level 1.
Swim Synchro Level 3	5-12	Add to your repertoire of skills with tub turns, sailboat and back pike somersault. Use creative arm movements, sculling and more eggbeater all choreographed in a Level Three routine. Prerequisite Swim Synchro 2.
Brock Niagara Synchro Pre-Competitive <i>Includes Trillium awards</i>	5+	Brock Niagara's Synchro's Recreational program is a great introduction to a unique and challenging sport. The focus of the program is to build strong basic Synchro skills in a team environment while having fun. The program provides physical and artistic challenges, preparing the swimmer for participation on a competitive team in the future. The Recreational team will learn a choreographed routine for presentation at our year end water show and Recreational Meets. Prerequisite: Swim Synchro 2 or equivalent
Olympic Way Mini-Squad	6-7	Part of the Brock Niagara Aquatics competitive program Swimmers, six to seven, are invited to learn the FUNdamentals of competitive swimming skills. An experienced coach works with small numbers to ensure individual instruction for this younger age group. Similar to Junior Squad, a shorter, fast-paced lesson focuses on teaching competitive stroke technique, starts, and turns. Prerequisite: completed LSS Swimmer 4 or equivalent, or able to swim 25 m (one length) front crawl and 25 m back crawl. Must be safe and comfortable in deep water.
Olympic Way Junior-Squad	8-12	Part of the Brock Niagara Aquatics competitive program Young people are invited to enter the exciting world of competitive swimming. Experienced coaches present the techniques of the sport – competitive strokes, starts, and turns – in combination with an introductory fitness program. Prerequisite: LSS Swimmer 5 or equivalent.
Teen Competitive Skills	13+	Part of the Brock Niagara Aquatics competitive program A recreational training program for teens interested in improving their fitness or competitive swimming skills. Emphasis is on skill development in conjunction with a fitness program. Perfect for the high school athlete searching for skill improvement, swimming basics for triathlon, or simply looking for a fitness activity. Prerequisite: LSS Swimmer 5 or equivalent, Olympic Way, high school or summer swim team experience or equivalent background.
Brock Niagara Aquatics	8+	Competitive swimming team (brocku.ca/brockswimming) A year-round competitive swim club for swimmers of all ages and ability levels ranging from novice to international level including varsity athletes and swimmers with a disability. For more information, contact the club at 905-688-5550, x3244/4060 or at brockswimming@brocku.ca
Brock Niagara Penguins		Penguins offers a swim program on Thursdays and a gym program focusing on wheelchair basketball on Saturdays. Practices run from September to June. All swimmers must be comfortable in the water, but do not need to know how to swim. All swimmers will be given the opportunity to compete in a swim meet each session. Athletes on the wheelchair basketball team will be registered with the OWSA and able to play in tournaments, clinics and games (here and away) throughout the wheelchair basketball season. For detailed information, dates or to register please visit niagarapenguins.org or email niagarapenguins@brocku.ca or call (905) 359-6283.

Dates, times, fees – Specialty courses

Day	Dates	Time	No Lesson
Teen 1, 2 or 3 (Learn-to-Swim for ages 10-16)			Lesson fee: \$52 (Sat), \$58 (Tue/Thu)
Saturday	Jan 14-Mar 3	12-12:45 pm	
Tuesday	Jan 10-Mar 6	7:15-8 pm	
Thursday	Jan 12-Mar 8	7:15-8 pm	
Snorkelling			Lesson fee: \$52 (Participant must supply mask and snorkel.)
Saturday	Jan 14-Mar 3	12-12:45 pm	
Learn-to-Dive Level 1			Lesson fee: \$52 (Sat), \$58 (Tue)
Saturday	Jan 14-Mar 3	9-9:45 am	
Tuesday	Jan 10-Mar 6	5:30-6:15 pm	
Learn-to-Dive Level 2			Lesson fee: \$52 (Sat), \$58 (Thu)
Saturday	Jan 14-Mar 3	9:45-10:30 am	
Thursday	Jan 12-Mar 8	5:30-6:15 pm	
Learn-to-Dive Level 3 or 4			Lesson fee: \$52
Saturday	Jan 14-Mar 3	10:30-11:15 am	
Brock Niagara Diving Competitive Team - Tier 1 & 2			Fee: \$212
Tuesday & Thursday & Saturday & Sunday	Jan 14-Mar 3	6:15-8 pm (Tuesday & Thursday) 11:15 am-1 pm (Saturday) 9:30-11:30 am (Sunday) Additional practices TBA	Jan. 8
Brock Niagara Diving Competitive Team - Tier 3 & 4			Lesson fee: \$135
Thursday & Saturday	Jan 14-Mar 3	6:15-8 pm (Thursday) 11:15 am-1 pm (Saturday) Additional practices TBA	
Swim Synchro Level 1			Lesson fee: \$52
Saturday	Jan 14-Mar 3	9-9:45 am	
Swim Synchro Level 2			Lesson fee: \$52
Saturday	Jan 14-Mar 3	9:45-10:30 am	
Swim Synchro Level 3			Lesson fee: \$52
Saturday	Jan 14-Mar 3	10:30-11:15 am	
Brock Niagara Synchro Pre-Competitive			Lesson fee: \$79
Monday	Jan 9-Mar 5	6:30-8:30 pm	Feb 20
Olympic Way Mini-Squad			Lesson fee: \$81 (includes one team t-shirt per school year)
Monday & Wednesday	Jan 9-Mar 7	5:45-6:30 pm or 6:30-7:15 pm	Feb 20
Olympic Way Junior-Squad			Lesson fee: \$121 (Mon & Wed), \$128 (Tue & Thu) (includes one team t-shirt per school year)
Monday & Wednesday	Jan 9-Mar 7	5:45-7 pm	Feb 20
Tuesday & Thursday	Jan 10-Mar 8	4:15-5:30 pm	
Teen Competitive Skills			Lesson fee: \$158
Monday & Wednesday & Friday	Jan 9-Mar 9	7-8:30 pm (Monday & Wednesday) 4:45-6 pm (Friday)	Feb 20
Brock Niagara Penguins - Swim only			Lesson fee: \$75/Brock Student: \$70
Thursday	Jan 12-Mar 8	4:15-5:30 pm	
Brock Niagara Penguins - Wheelchair Basketball Team - 1 year commitment (Season runs September to June and includes practices, clinics, games and tournaments.)			1 year fee: \$150/Brock Student: \$145
Saturday	Jan 14-Mar 3	12-2 p.m. (Gym 2)	

Leadership Courses

Activity	Age	Description
LSS Bronze Star	8-12	Bronze Star is designed to deliver high-performance training for skilled pre-teens. It is excellent preparation for success in Bronze Medallion. Candidates develop problem-solving and decision-making skills individually and with partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Ability is the only prerequisite. Prior training in our Canadian Swim Patrol is an advantage. Prerequisite: able to swim at least 100 m continuously.
LSS Bronze Medallion	13+	Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgement, knowledge, skill and fitness. Rescuers learn tows and carries, as well as defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 metre timed swim. Prerequisite: 13 years of age by the exam date or Bronze Star completed.
LSS Bronze Cross	13+	Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities and the qualifications needed to become an assistant lifeguard. Bronze Cross highlights the differences between lifesaving and lifeguarding, the principles of emergency procedures, and teamwork. Bronze Cross is the prerequisite for all advanced training awards in lifeguarding and instructing. Prerequisite: Bronze Medallion, LSS Emergency First Aid/CPR B or Canadian Red Cross or St. John's Ambulance or Canadian Ski Patrol First Aid certification.
LSS Bronze Cross Recertification	13+	A current Bronze Cross is required to be an Assistant Lifeguard in Ontario (16 yrs.). Bronze Cross is a required prerequisite for NLS, Assistant Instructor and Lifesaving Society Instructor.
LSS National Lifeguard	16+	National Lifeguard Service (NLS) is the only nationally recognized lifeguard certification program. NLS certification is valid in all provinces and is recognized as the legal certification for lifeguarding throughout the country. NLS training consists of core material plus content specific to the working pool environment. Prerequisites: 16 years of age by the exam date, a Bronze Cross certification and LSS Standard First Aid/CPR C or Canadian Red Cross/CPR C or St. John's Ambulance/CPR C or Canadian Ski Patrol First Aid/CPR C certification.
LSS National Lifeguard Recertification	16+	Ontario Health Regulations require lifeguards to recertify every two years. Participants must bring proof of certification.
LSS Assistant Instructor	14+	Through classroom learning and in-water practice, the Lifesaving Society Assistant Instructor Course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching and will master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. Candidates are required to complete 20 hours of apprentice teaching. Prerequisite: 14 years of age by the end of the course, and Bronze Cross (or higher) certification.
LSS Swim for Life Instructor & Bronze Family Instructor	16+	The Lifesaving Society Swim for Life Instructor Course focuses on teaching and evaluating basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current lifesaving swim instructors are certified to teach and evaluate Parent and Tot, Pre-school A-E, Swimmer 1-6, Teen, Adult, and Fitness. Current Lifesaving Instructors are certified to teach and evaluate all items and certify candidates in Canadian Swim Patrol, Bronze Star, Lifesaving Fitness, Basic and Emergency First Aid, and CPR A/B/C. Instructors evaluate some items in Bronze Medallion, Bronze Cross and Distinction, but only Examiners may certify candidates in these awards. Prerequisite: must be 16 years of age on or before last day of course, have Br. Cross or NLS and LSS Assistant Instructor or Red Cross AWSI or YMCA Assistant Instructor.
LSS First Aid Instructor		This course prepares instructors to teach first aid courses up to and including Standard First Aid and CPR A, B and C. Prerequisite: current Standard First Aid (or Aquatic Emergency Care certification), current Lifesaving Instructor certification, and Advanced Instructor certification.
LSS Aquatic Supervisor Training		For deck-level supervisory staff, this 10-hour course provides the knowledge and skills (beyond National Lifeguard certification) to manage a safe aquatic environment. Prerequisite: National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certification; and 100 hours experience as a lifeguard and/or instructor.

Dates, times, fees - Lifesaving, advanced courses

Day	Dates	Time	Exam Date	No Lesson
LSS Bronze Star Lesson fee: \$60 (Sat), \$68 (Tue) - (Canadian Lifesaving Manual \$43)				
Saturday	Jan 14-Mar 3	9-10 am		
Tuesday	Jan 10-Mar 6	7-8 pm		
LSS Bronze Medallion Lesson fee: \$100 (Canadian Lifesaving Manual \$43)				
Saturday	Jan 14-Mar 3	10:30 am-2 pm	Mar 10, 10:30 am-1 pm	
Monday	Jan 9-Mar 5	6-9 pm	Mar 19, 6-9 pm	Feb 20
Weekend Course (Sat & Sun)	Jan 14-15 & 21-22	9 am-4 pm		
LSS Bronze Cross Lesson fee: \$108 (Canadian Lifesaving Manual \$43)				
Saturday	Jan 14-Mar 3	10:30 am-2 pm	Mar 10, 10:30 am-1 pm	
Monday	Jan 9-Mar 5	6-9 pm	Mar 19, 6-9 pm	Feb 20
Weekend Course (Sat & Sun)	Feb 11-12 & 18-19	9 am-4 pm		
LSS Bronze Cross Recertification Lesson fee: \$55 (Canadian Lifesaving Manual \$43)				
Monday	Feb 13-Mar 5	6-9 pm	Mar 19, 6-9 pm	Feb 20
LSS National Lifeguard Lesson fee: \$236 (Alert Manual \$43)				
Wednesday	Jan 11-Mar 7	5-10 pm	Mar 7, 5-10 pm	
March Break Course	Mar 9-14	6-10 pm (Fri), 9 am-5 pm (Sat-Wed)	Mar 14	
LSS National Lifeguard Recertification Lesson fee: \$71 (Alert Manual \$43)				
Friday	Feb 24	8:30 am-5 pm		
Saturday	Mar 17	8:30 am-5 pm		
Sunday	Mar 18	8:30 am-5 pm		
LSS Assistant Instructor Lesson fee: \$132 (LSS Instructor Pac \$75)				
Wednesday	Jan 11-Mar 7	6-9 pm		
LSS Swim for Life Instructor & Bronze Family Instructor Lesson fee: \$224 (LSS Instructor Pac \$75)				
Friday, Saturday & Sunday	Jan 27-29 & Feb 3-5	6-10 pm (Fri), 8:30 am-5 pm (Sat & Sun)		
LSS First Aid Instructor Lesson fee: \$130 (LSS Instructor Pac \$75)				
Sunday	Jan 22	8 am-5 pm		
LSS Aquatic Supervisor Training Lesson fee: \$88 (Ontario Guide to Pool Regulations \$43)				
Thursday & Friday	Jan 5 & 6	9 am-5 pm (Thu), 9 am-1 pm (Fri)		

Refund policy

Unless otherwise specified, refunds for programs already in progress will be issued within the first 2 weeks of the start date. A \$15 administrative fee will be deducted. After 2 weeks, refunds may be issued due to extreme circumstances (injury, accident, relocation outside the Niagara Region). Written documentation may be required.

Refunds for certification programs will only be issued when the Welcome Desk receives notice of cancellation at least 5 business days prior to the course start date. This is due to financial commitments to the instructor, the certification governing body, and the 100% attendance requirement.

We reserve the right to cancel any program that does not have sufficient registration. Participants will receive a full refund and notification prior to the beginning of the course. It is your responsibility when registering to ensure that the phone number, email address, and mailing address we have in our system is current.

First Aid Courses

Activity	Age	Description
LSS Emergency First Aid CPR B	All ages	Emergency First Aid/CPR B is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, CPR, choking, respiratory and circulatory injuries such as heart attack and stroke, and how to deal with external bleeding. Emergency First Aid is recognized by the Workplace Safety and Insurance Board.
LSS Emergency First Aid CPR B Recertification	All ages	Required every two years to be current. Participants must bring proof of certification.
LSS Standard First Aid CPR C & Anaphylaxis Rescuer	All ages	Standard First Aid/CPR C provides comprehensive training covering all aspects of first aid and CPR (adult, child, infant). This course is for those who want an in-depth understanding of first aid such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. Standard First Aid is recognized by the Workplace Safety and Insurance Board. Anaphylaxis Rescuer teaches the prevention, risk management, recognition and treatment for anaphylaxis including how to use an auto-injector (EpiPen and Twinject).
LSS Standard First Aid CPR C Recertification	All ages	Workplace Safety and Insurance Board and Public Health Regulations require this award to be recertified every 3 years; however, for purposes of Lifesaving Society courses which require a current Standard First Aid/CPR C, this award must be recertified every 2 years. Participants must bring proof of certification. Standard First Aid recertification procedure <i>Current Standard First Aid (SFA) award holders may recertify their Lifesaving Society SFA certification just once on a Lifesaving Society SFA Recertification Course not more than three years from the Standard First Aid date of issue. To renew SFA certifications subsequently, award holders must repeat the full SFA Course. Thereafter, individuals may renew by alternating recertifications and original courses. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a Lifesaving Society recertification course. They may recertify only with the original certifying agency.</i>
LSS AED Recertification	All ages	Required every 2 years to be current. Participants must bring proof of certification.

Protecting your information

Personal information is collected under the authority of The Brock University Act, 1966, and in accordance with the Freedom of Information and Protection of Privacy Act (FIPPA) for the administration of the University and its programs and services. For details on the use and disclosure of this information call the Department of Recreation Services at 905-688-5550, x4060 or visit brocku.ca/recreation-services.

Photography rule

For the protection of all guests at the Walker Complex, the use of photographic equipment, including cell phones with photographic capabilities, is strictly prohibited in the locker rooms. Use of photographic equipment in other areas of the Walker Complex requires departmental and participant permission.

Risks involved in activity

Participating in physical activity has many inherent risks including, but not limited to, personal injury. Prior to registering for a membership or program, it is recommended that you consult your physician if you have any medical concerns. The Department of Recreation Services requires all members and program participants to read and sign a release of liability, waiver of claims and indemnity agreement at the time of registration.

Dates, times, fees – First Aid

Day	Dates	Time
LSS Emergency First Aid CPR B		Lesson fee: \$56 (Canadian First Aid Manual \$15)
Monday & Wednesday	Feb 6 & 8	6-10 pm
Tuesday & Thursday	Mar 6 & 8	6-10 pm
LSS Emergency First Aid CPR B Recertification		Lesson fee: \$44 (Canadian First Aid Manual \$15)
Tuesday	Jan 17	5-10 pm
Saturday	Mar 24	9 am-2 pm
LSS Standard First Aid CPR C Anaphylaxis Rescuer		Lesson fee: \$70 (Canadian First Aid Manual \$15)
Saturday & Sunday	Jan 7 & 8	9 am-5 pm
Saturday & Sunday	Jan 14 & 15	9 am-5 pm
Monday & Wednesday & Sunday	Jan 16, 18, 22	6-10 pm (Mon & Wed), 9-4:30 pm (Sun)
Saturday & Sunday	Jan 21 & 22	9 am-5 pm
Saturday & Sunday	Jan 28 & 29	9 am-5 pm
Saturday & Sunday	Feb 4 & 5	9 am-5 pm
Saturday & Sunday	Feb 11 & 12	9 am-5 pm
Thursday & Saturday & Tuesday	Feb 16, 18 & 21	6-10 pm (Tue & Thu), 9 am-4:30 pm (Sat)
Saturday & Sunday	Feb 18 & 19	9 am-5 pm
Saturday & Sunday	Feb 25 & 26	9 am-5 pm
Saturday & Sunday	Mar 3 & 4	9 am-5 pm
Saturday & Sunday	Mar 10 & 11	9 am-5 pm
Monday & Wednesday & Friday	Mar 12, 14 & 16	5:30-10 pm
Saturday & Sunday	Mar 17 & 18	9 am-5 pm
Saturday & Sunday	Mar 24 & 25	9 am-5 pm
LSS Standard First Aid CPR C Recertification		Lesson fee: \$53 (Canadian First Aid Manual \$15)
Saturday	Jan 14	9 am-4 pm
Saturday	Feb 4	9 am-4 pm
Saturday	Mar 24	9 am-4 pm
LSS AED Recertification		Lesson fee: \$43 (Canadian First Aid Manual \$15)
Saturday	Feb 4	9 am-12 pm



Workout while you wait! Five-use facility punch pass

These five-use punch passes are available to adults who accompany children to swimming lessons and allow you access to the Zone Fitness Centre, 200 metre track and tennis courts (seasonal). Save time by arriving dressed and ready to workout. Share your card with your spouse or another parent. Only \$15 for five workouts. Find out what you've been missing!



Lessons for Adults

Activity	Description
LSS Adult 1	You'll work towards a 10–15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9–12 m interval training. Prerequisite: 16 years, beginner non-swimmer.
LSS Adult 2	Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10–15 m. You'll be supporting yourself at the surface for 1–2 minutes, and showing off your handstands in shallow water. Prerequisite: 16 years.
LSS Adult 3	No sweat (or at least none anyone can see). You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25–49 m. You'll master your front crawl, back crawl and breaststroke. Whew! Prerequisite: 16 years.
AquaFit	These fitness classes are accompanied by music. No swimming ability is needed. Workouts are available in either the shallow or deep end (floatation belts available). Added resistance and buoyancy in the water makes this type of exercise ideal for everyone from students to seniors. Workouts improve cardiovascular health in addition to increasing flexibility, muscular strength and toning.
Parent & Tot AquaFit	Parent and tot combines music, movement, play, bonding and exercise for toddlers aged 10 months through two years of age. Parents will spend time engaging in a total body exercise program with their child through games and activities using basic moves that focus on developing your child's fine and gross motor coordination, language acquisition, shape and colour recognition and social interaction. A baby boat is used for children to rest on while parents engage in more optimal physical conditioning. No swimming ability is required, just a love for baby and the water!
Brock Niagara Masters	Master swimmers meet 3 times per week for training and competitive opportunities. Workouts are planned by our coaches who are available for your assistance. The Masters regular season runs September to June. We accept registrations for the entire year or for each session. Masters swimmers must be 18 years of age or older. Regular schedule is pre-empted or adjusted for special events and holidays (TBA). For information, contact Margie Lizzotti at 905-688-5550, x3555/4060 or mlizzotti@brocku.ca

Dates, times, fees – Adult, AquaFit

Day	Dates	Time	No Lesson
LSS Adult 1			*Lesson fee: \$60
Tuesday	Jan 10-Mar 6	7:15-8 pm	
LSS Adult 2			*Lesson fee: \$60
Thursday	Jan 12-Mar 8	7:15-8 pm	
LSS Adult 3			*Lesson fee: \$60
Thursday	Jan 12-Mar 8	7:15-8 pm	
AquaFit - Brock Student class			No charge (Show the lifeguard your Brock student I.D.)
Tuesday & Thursday	Jan 10-Mar 8	12:10-12:50 pm	Feb 21 & 23
AquaFit - Morning classes			*Lesson fee: \$38
Tuesday & Thursday	Jan 10-Mar 8	8:10-8:50 am	Feb 23
AquaFit - Lunch hour classes			*Lesson fee: \$64.75
Monday, Wednesday & Friday	Jan 9-Mar 9	12:10-12:50 pm	Feb 20 & 24
AquaFit - Evening classes			*Lesson fee: \$38
Tuesday & Thursday	Jan 10-Mar 8	7:15-8 pm	
AquaFit - Parent & Tot			*Lesson fee: \$56.50
Wednesday	Jan 12-Mar 8	9:15-9:45 am	
Brock Niagara Masters			*Lesson fee: \$547.75 per year or \$165 per term
Monday & Wednesday & Friday	Jan 9-Mar 9	7-8:30 pm (Mon & Wed) & 6-7:30 pm (Fri)	Feb 20

*HST is included in this fee.

Program conversion chart

If your child...	Lifesaving Society	Red Cross	YMCA
• is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	AquaTots 3	L'il Dippers
• is 3 to 5 years and just starting out on his or her own...	Preschool A	Sea Turtle	Bobber, continuing L'il Dippers
• can get in and out alone; jump into chest deep water; jump into chest deep water assisted; float and glide in a PDF on front and back; blow bubbles and get face wet...	Preschool B	Salamander	Completed L'il Dippers and Bobbers
• can get in and out alone; jump into chest deep water; submerge and exhale underwater; float on front and back assisted for 3-5 seconds...	Preschool C	Sunfish	Continuing L'il Dippers: Floaters
• can jump into deep water wearing a PFD; recover objects from the bottom; hold his/her breath under water; float and guide on front and back...	Preschool D	Crocodile	Continuing L'il Dippers: Floaters
• can do solo jumps into deep water and get out unassisted; swim front crawl 3-5m; flutter kick on front, back and side...	Preschool E	Whale	Continuing L'il Dippers: Floaters
• is 5 to 12 years and just starting out...	Swimmer 1	Continuing Swim Kids 1	Continuing L'il Dippers: Floaters/ Learn to Swim I: Otter
• can jump into the water with and without a PFD; open eyes, hold your breath, open your eyes and exhale underwater, float, kick and glide on your front and back	Swimmer 2	Completed Swim Kids 1	Completed L'il Dippers: Divers/Learn to Swim II: Seal
• can jump into deeper water; rollsideways into water wearing a PFD; support self at the surface without an aid; do whipkick in the vertical position; swim 10-15m on front and back...	Swimmer 3	Swim Kids 2/3	Completed Learn to Swim IV: Swimmer
• can complete the Canadian Swim to Survive Standard; roll - tread (1 minute); swim 50m; handstands and kneeling dives; whip kick on his/her back...	Swimmer 4	Swim Kids 4/5	Star 1 completed
• can dive ; swim underwater; tread water for 2 minutes; 25m of front and back crawl; whip kick on his/her front; breaststroke arms with breathing; interval training of 4 x 25m	Swimmer 5	Swim Kids 6	Star 2 completed
• can do shallow dives and cannonballs; stationary eggbeater kick; 50m of front and back crawl; breaststroke for 15-25m; sprint 25m; interval training of 4 x 50m	Swimmer 6	Swim Kids 7	Star 3 completed
• can do stride entries and compact jumps; eggbeater kick and scissor kick; sprint breaststroke over 25m; workout of 300m	Swim Patrol - Rookie	Swim Kids 8	Star 4 completed
• has successfully completed Rookie	Swim Patrol - Ranger	Swim Kids 9	Star 5 completed
• has successfully completed Ranger	Swim Patrol - Star	Swim Kids 10	Star 6 completed
• has successfully completed Star	Bronze Star		Master Swimmer

Child Admittance Procedure for Fun Swims

1. Children under the age of six years may not be admitted to the swimming pool unless they are accompanied in the water by a parent or guardian (within arms reach) who is at least 12 years of age and who is responsible for their direct supervision, with a maximum of two children for each parent or guardian (2:1).
2. Children 6-9 years, who are non-swimmers must be accompanied by a parent or guardian in the water (within arms reach), who is at least 12 years of age and responsible for their direct supervision. The ratio of non-swimmers to parent or guardian may be a maximum of four bathers to one parent or guardian (4:1).
3. Children 6-9 years who are swimmers (able to demonstrate comfort in the water and pass the facility swim test) may be admitted to the swimming pool unaccompanied. Parents/guardians must remain at the aquatic centre either in the pool gallery or on deck.

Program Flow Chart

