

## MEMBERSHIPS

	Courts & Track	Swim	Walker Sports All Access
The Zone Fitness Centre			✓
50m Swimming Pool		✓	✓
ExpressFit Classes			✓
200m Indoor Track	✓	✓	✓
Outdoor Tennis/ Pickleball Courts	✓		✓
Ian Beddis Gymnasium	✓		✓
Bob Davis Gymnasium	✓		✓
Gym 2	✓		✓
Locker Rooms & Showers	✓	✓	✓
Dry Sauna	✓	✓	✓
Whirlpool		✓	✓
Outdoor Fitness Area	✓		✓

## Add-ons

	Cost
Locker Rental	\$10/mo.
Towel Service	\$10/mo.

Prices include taxes.

## \$ RATES

	Monthly Rates		
	Courts & Track	Swim	Walker Sports All Access
Faculty/Staff	\$32	\$32	\$48
Alumni/Spouse**	\$38	\$38	\$56
Community (18+)	\$43	\$43	\$67
Senior (65+)	\$38	\$38	\$56
Student	Brock Students currently enrolled in a Spring or Summer class have access, paid through their ancillary fees.		
Brock Students	Not enrolled in Spring classes		\$35
Youth*	A parent/guardian must be present at sign-up (May -Aug)		\$150

## HOURS

All Walker Sports Complex facility, Women's only and Zone hours are subject to change and can be found by visiting:

[brocku.ca/recreation/directions-and-hours](http://brocku.ca/recreation/directions-and-hours)

## CONTACT

### Location:

Walker Sports Complex  
Brock University  
1812 Sir Isaac Brock Way  
St. Catharines, ON L2S 3A1

### Contact:

Walker Sports Complex  
905 688 5550 x4060  
recservices@brocku.ca

[brocku.ca/recreation](http://brocku.ca/recreation) or email [recservices@brocku.ca](mailto:recservices@brocku.ca)



# WALKER SPORTS COMPLEX

## MEMBERSHIP GUIDE

[brocku.ca/recreation/membership](http://brocku.ca/recreation/membership)

Pass	Day Pass	10 Punch Pass
Full access day pass (adult 18+ years)	\$12	\$95
Adult swim (15 years and over)	\$4.75	\$40
Child swim (3-14 years)	\$3.75	
Infant swim (0-2 years)	Free	
Family swim pass (2 adults and 3 children)	\$16	

\*(14 - 17 yrs) \*Parent or Guardian must be present at time of sign-up. \$140 (One-time fee: Valid May through August)

\*\*Spouse of Faculty, Staff, or Brock student.

All memberships are pro-rated based on the time of month you join.

All listed membership prices on this page include HST.

## THE ZONE FITNESS CENTRE

All full-access members have access to approximately 15,000 sq. ft. of exercise equipment, 200m indoor track, outdoor fitness training area, ExpressFit exercise classes, and much more!



## FITNESS, FIRST AID AND FUN JOIN OUR BROCK COMMUNITY

We offer aquatic fitness classes, CPR and Lifesaving courses, and open swim times. Memberships get access to the 50-metre pool and dry sauna while improving fitness, safety skills, and overall well-being year-round.

**Stay active and learn Lifesaving skills at the Eleanor Misener Aquatic Centre**

## BROCK SPORT MEDICINE CLINIC

NOW OPEN AT CANADA GAMES PARK

- ✓ Physiotherapy/ Athletic Therapy
- ✓ Massage Therapy
- ✓ Chiropractic
- ✓ Osteopathy
- ✓ Acupuncture
- ✓ Bracing



← **Book today on the app or call 905-323-3958 x11220**  
[brocku.ca/sport-medicine](http://brocku.ca/sport-medicine)

## EXPRESSFIT & POP-UP FITNESS

These are 40min free fitness classes offered to members. They are drop-in and don't require registration. Some examples of classes to look for: Spin, Beginner Weights, Bars & Bands, Core & More.



### Free to Brock Students

Check out [brocku.ca/recreation/expressfit](http://brocku.ca/recreation/expressfit) or [@brockrecreation](https://www.instagram.com/brockrecreation) on Instagram, to view the schedule



### Personal Training Packages

	1 Person	2 Person	30-minute consultation	Custom fitness program
3-week program	\$186		✓	✓
5-week program	\$235		✓	✓
10-week program	\$381	\$227	✓	✓
16-week program	\$573	\$330	✓	✓



## FITNESS SESSIONS THAT PROGRESS WITH YOU!

Programs designed to grow with you, helping you challenge yourself and achieve long-term results. Build strength, gain experience, and reach your fitness goals.

Choose from various Yoga classes like Barre or Hatha. For strength and conditioning, try Small Group Strength & Tone or Calisthenics and see your progress.

starting at: **\$72/8 week sessions**