



2026 Summer

Aquatics & Community Programs

Summer Registration
June 2, 2026 at noon

Parking included!

Complimentary parking is available to recreation participants by validating parking through the online system.



Programs available for all ages and skill levels!

brocku.ca/recreation



Contents

- Private Lessons 1
- Semi-Private Lessons 1
- Child and Youth.....2
- Lifesaving (Child & Youth Levels).....4
- Aquatic Sports and Clubs4
- Teen 5
- Adult 5
- Junior Badger.....6
- NEW** Community Sport Leagues6
- Policies & Procedures..... 7
- Program Flow Chart 7

Memberships

for an updated list of options and pricing visit our website.

Swim Day Passes

- \$4.75.....(adult)
- \$3.75.....(child - under 15 years)

Family swim pass

\$16.... (up to 2 adults, 3 children)

Visit brocku.ca/recreation

Private Lessons

All Ages

Swimmer and instructor will work together to achieve the skills and endurance required for the Lifesaving Society swim level.

Exception Date(s): Jul 1

18692	MO-FR	JUN 29-JUL 3	9:00-10:00AM	4
18693	MO-FR	JUN 29-JUL 3	10:00-11:00AM	4
18694	MO-FR	JUN 29-JUL 3	11:00-12:00PM	4
18535	MO-TH	JUL 6-9	9:00-10:00AM	4
18536	MO-TH	JUL 6-9	10:00-11:00AM	4
18537	MO-TH	JUL 6-9	11:00-12:00PM	4
18544	MO-TH	JUL 13-16	9:00-10:00AM	4
18545	MO-TH	JUL 13-16	10:00-11:00AM	4
18546	MO-TH	JUL 13-16	11:00-12:00PM	4
18547	MO-TH	JUL 20-23	9:00-10:00AM	4
18548	MO-TH	JUL 20-23	10:00-11:00AM	4
18549	MO-TH	JUL 20-23	11:00-12:00PM	4
18550	MO-TH	JUL 27-30	9:00-10:00AM	4
18551	MO-TH	JUL 27-30	10:00-11:00AM	4
18552	MO-TH	JUL 27-30	11:00-12:00PM	4
18553	TU-FR	AUG 4-7	9:00-10:00AM	4
18554	TU-FR	AUG 4-7	10:00-11:00AM	4
18555	TU-FR	AUG 4-7	11:00-12:00PM	4
18556	MO-TH	AUG 10-13	9:00-10:00AM	4
18557	MO-TH	AUG 10-13	10:00-11:00AM	4
18558	MO-TH	AUG 10-13	11:00-12:00PM	4
18559	MO-TH	AUG 17-20	9:00-10:00AM	4
18560	MO-TH	AUG 17-20	10:00-11:00AM	4
18561	MO-TH	AUG 17-20	11:00-12:00PM	4
18538	TU	JUN 30-AUG 18	4:30-5:00PM	8
18539	TU	JUN 30-AUG 18	5:00-5:30PM	8
18540	TU	JUN 30-AUG 18	5:30-6:00PM	8
18562	TU	JUL 30-AUG 18	6:00-6:30PM	8
18541	TH	JUL 2-AUG 20	4:30-5:00PM	8
18542	TH	JUL 2-AUG 20	5:00-5:30PM	8
18543	TH	JUL 2-AUG 20	5:30-6:00PM	8
18563	TH	JUL 2-AUG 20	6:00-6:30PM	8
				\$200.00

Semi-Private Lessons

All Ages

Students of a similar age and skill level (no more than one level apart, i.e., Swimmer 1 and 2) can register together. Register your child and provide the name and level of the second child.

Exception Date(s): Jul 1

18695	MO-FR	JUN 29-JUL 3	9:00-10:00AM	4
18696	MO-FR	JUN 29-JUL 3	10:00-11:00AM	4
18697	MO-FR	JUN 29-JUL 3	11:00-12:00PM	4
18565	MO-TH	JUL 6-9	9:00-10:00AM	4
18566	MO-TH	JUL 6-9	10:00-11:00AM	4
18567	MO-TH	JUL 6-9	11:00-12:00PM	4
18574	MO-TH	JUL 13-16	9:00-10:00AM	4
18575	MO-TH	JUL 13-16	10:00-11:00AM	4
18576	MO-TH	JUL 13-16	11:00-12:00PM	4
18577	MO-TH	JUL 20-23	9:00-10:00AM	4
18578	MO-TH	JUL 20-23	10:00-11:00AM	4
18579	MO-TH	JUL 20-23	11:00-12:00PM	4
18580	MO-TH	JUL 27-30	9:00-10:00AM	4
18581	MO-TH	JUL 27-30	10:00-11:00AM	4
18582	MO-TH	JUL 27-30	11:00-12:00PM	4
18583	TU-FR	AUG 4-7	9:00-10:00AM	4
18584	TU-FR	AUG 4-7	10:00-11:00AM	4
18585	TU-FR	AUG 4-7	11:00-12:00PM	4
18586	MO-TH	AUG 10-13	9:00-10:00AM	4
18587	MO-TH	AUG 10-13	10:00-11:00AM	4
18588	MO-TH	AUG 10-13	11:00-12:00PM	4
18589	MO-TH	AUG 17-20	9:00-10:00AM	4
18590	MO-TH	AUG 17-20	10:00-11:00AM	4
18591	MO-TH	AUG 17-20	11:00-12:00PM	4
18568	TU	JUL 30-AUG 18	4:30-5:00PM	8
18569	TU	JUL 30-AUG 18	5:00-5:30PM	8
18570	TU	JUL 30-AUG 18	5:30-6:00PM	8
18592	TU	JUL 30-AUG 18	6:00-6:30PM	8
18571	TH	JUL 2-AUG 20	4:30-5:00PM	8
18572	TH	JUL 2-AUG 20	5:00-5:30PM	8
18573	TH	JUL 2-AUG 20	5:30-6:00PM	8
18593	TH	JUL 2-AUG 20	6:00-6:30PM	8
				\$320.00



Child and Youth

Parent and Tot

2-3 yrs.

Structured in-water interaction between parent/guardian 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. Parent/guardian participation is required. A swim diaper must be worn by children who are not toilet trained.

Exception Date(s): Jul 1

18698	MO-FR	JUN 29-JUL 3	10:00-11:00AM	4
18457	MO-TH	JUL 6-9	10:00-11:00AM	4
18460	MO-TH	JUL 13-16	10:00-11:00AM	4
18461	MO-TH	JUL 20-23	10:00-11:00AM	4
18462	MO-TH	JUL 27-30	10:00-11:00AM	4
18463	TU-FR	AUG 4-7	10:00-11:00AM	4
18464	MO-TH	AUG 10-13	10:00-11:00AM	4
18465	MO-TH	AUG 17-20	10:00-11:00AM	4
18458	TU	JUL 30-AUG 18	5:30-6:00PM	8
18459	TH	JUL 2-AUG 20	5:30-6:00PM	8
				\$71.00

Preschool A

3-4 yrs.

Parent/guardian is encouraged to participate until their child lets them know they can do it themselves. 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 float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

Exception Date(s): Jul 1

18699	MO-FR	JUN 29-JUL 3	9:00-10:00AM	4
18700	MO-FR	JUN 29-JUL 3	11:00-12:00PM	4
18467	MO-TH	JUL 6-9	9:00-10:00AM	4
18468	MO-TH	JUL 6-9	11:00-12:00PM	4
18473	MO-TH	JUL 13-16	9:00-10:00AM	4
18474	MO-TH	JUL 13-16	11:00-12:00PM	4
18475	MO-TH	JUL 20-23	9:00-10:00AM	4
18476	MO-TH	JUL 20-23	11:00-12:00PM	4
18477	MO-TH	JUL 27-30	9:00-10:00AM	4
18478	MO-TH	JUL 27-30	11:00-12:00PM	4
18479	TU-FR	AUG 4-7	9:00-10:00AM	4
18480	TU-FR	AUG 4-7	11:00-12:00PM	4
18481	MO-TH	AUG 10-13	9:00-10:00AM	4
18482	MO-TH	AUG 10-13	11:00-12:00PM	4
18483	MO-TH	AUG 17-20	9:00-10:00AM	4
18484	MO-TH	AUG 17-20	11:00-12:00PM	4
18469	TU	JUL 30-AUG 18	4:30-5:00PM	8
18470	TU	JUL 30-AUG 18	6:00-6:30PM	8
18471	TH	JUL 2-AUG 20	4:30-5:00PM	8
18472	TH	JUL 2-AUG 20	6:00-6:30PM	8
				\$71.00

Preschool B

3-4 yrs.

Preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket they'll glide on their front and back. Prerequisite: Completed Preschool A.

Exception Date(s): Jul 1

18703	MO-FR	JUN 29-JUL 3	9:00-10:00AM	4
18704	MO-FR	JUN 29-JUL 3	11:00-12:00PM	4
18486	MO-TH	JUL 6-9	9:00-10:00AM	4
18487	MO-TH	JUL 6-9	11:00-12:00PM	4
18492	MO-TH	JUL 13-16	9:00-10:00AM	4
18493	MO-TH	JUL 13-16	11:00-12:00PM	4
18494	MO-TH	JUL 20-23	9:00-10:00AM	4
18495	MO-TH	JUL 20-23	11:00-12:00PM	4
18496	MO-TH	JUL 27-30	9:00-10:00AM	4
18497	MO-TH	JUL 27-30	11:00-12:00PM	4
18498	TU-FR	AUG 4-7	9:00-10:00AM	4
18499	TU-FR	AUG 4-7	11:00-12:00PM	4
18500	MO-TH	AUG 10-13	9:00-10:00AM	4
18501	MO-TH	AUG 10-13	11:00-12:00PM	4
18502	MO-TH	AUG 17-20	9:00-10:00AM	4
18503	MO-TH	AUG 17-20	11:00-12:00PM	4
18488	TU	JUL 30-AUG 18	4:30-5:00PM	8
18489	TU	JUL 30-AUG 18	6:00-6:30PM	8
18490	TH	JUL 2-AUG 20	4:30-5:00PM	8
18491	TH	JUL 2-AUG 20	6:00-6:30PM	8
				\$71.00

Preschool C

3-4 yrs.

Preschoolers will try both jumping and a sideways entry into deep water while wearing a lifejacket. 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: Completed Preschool B.

Exception Date(s): Jul 1

18705	MO-FR	JUN 29-JUL 3	9:00-10:00AM	4
18505	MO-TH	JUL 6-9	9:00-10:00AM	4
18508	MO-TH	JUL 13-16	9:00-10:00AM	4
18509	MO-TH	JUL 20-23	9:00-10:00AM	4
18510	MO-TH	JUL 27-30	9:00-10:00AM	4
18511	TU-FR	AUG 4-7	9:00-10:00AM	4
18512	MO-TH	AUG 10-13	9:00-10:00AM	4
18513	MO-TH	AUG 17-20	9:00-10:00AM	4
18506	TU	JUL 30-AUG 18	5:00-5:30PM	8
18507	TH	JUL 2-AUG 20	5:00-5:30PM	8
				\$71.00

Stay ready. Stay certified. Stay confident.

Whether you're starting fresh or renewing your credentials, our First Aid & CPR courses give you the essential skills to act when it matters most. Looking to go further? Our Lifeguard training programs offer advanced lifesaving techniques and supervision skills that open doors and build real-world.



First Aid and CPR

Basic emergency training and CPR certification and recertification.



Lifeguard training

Various advanced courses for lifesaving and safe supervision.



Visit us online to find a course date that works for you.

brocku.ca/recreation/certifications

Preschool D

3-4 yrs.

Advanced preschoolers will learn to solo jump into deeper water and get out by themselves. They'll also learn side roll entries, how to open their eyes underwater, and master a short 5 m swim on their front as well as gliding and kicking on their side. Prerequisite: Completed Preschool C.

Exception Date(s): Jul 1

18706	MO-FR	JUN 29-JUL 3	10:00-11:00AM	4
18515	MO-TH	JUL 6-9	10:00-11:00AM	4
18518	MO-TH	JUL 13-16	10:00-11:00AM	4
18519	MO-TH	JUL 20-23	10:00-11:00AM	4
18520	MO-TH	JUL 27-30	10:00-11:00AM	4
18521	TU-FR	AUG 4-7	10:00-11:00AM	4
18522	MO-TH	AUG 10-13	10:00-11:00AM	4
18523	MO-TH	AUG 17-20	10:00-11:00AM	4
18516	TU	JUL 30-AUG 18	5:00-5:30PM	8
18517	TH	JUL 2-AUG 20	5:00-5:30PM	8
				\$71.00

Preschool E

3-4 yrs.

Preschoolers get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick. Prerequisite: Completed Preschool D.

Exception Date(s): Jul 1

18707	MO-FR	JUN 29-JUL 3	10:00-11:00AM	4
18525	MO-TH	JUL 6-9	10:00-11:00AM	4
18528	MO-TH	JUL 13-16	10:00-11:00AM	4
18529	MO-TH	JUL 20-23	10:00-11:00AM	4
18530	MO-TH	JUL 27-30	10:00-11:00AM	4
18531	TU-FR	AUG 4-7	10:00-11:00AM	4
18532	MO-TH	AUG 10-13	10:00-11:00AM	4
18533	MO-TH	AUG 17-20	10:00-11:00AM	4
18526	TU	JUL 30-AUG 18	5:00-5:30PM	8
18527	TH	JUL 2-AUG 20	5:00-5:30PM	8
				\$71.00



Swimmer 1

5-12 yrs.

Beginners will become comfortable jumping into water with and without a lifejacket. 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: Beginner (5-12 yrs.)

Exception Date(s): Jul 1

18709	MO-FR	JUN 29-JUL 3	9:00-10:00AM	4
18710	MO-FR	JUN 29-JUL 3	10:00-11:00AM	4
18711	MO-FR	JUN 29-JUL 3	11:00-12:00PM	4
18595	MO-TH	JUL 6-9	9:00-10:00AM	4
18596	MO-TH	JUL 6-9	10:00-11:00AM	4
18615	MO-TH	JUL 6-9	11:00-12:00PM	4
18603	MO-TH	JUL 13-16	9:00-10:00AM	4
18604	MO-TH	JUL 13-16	10:00-11:00AM	4
18616	MO-TH	JUL 13-16	11:00-12:00PM	4
18605	MO-TH	JUL 20-23	9:00-10:00AM	4
18606	MO-TH	JUL 20-23	10:00-11:00AM	4
18617	MO-TH	JUL 20-23	11:00-12:00PM	4
18607	MO-TH	JUL 27-30	9:00-10:00AM	4
18608	MO-TH	JUL 27-30	10:00-11:00AM	4
18618	MO-TH	JUL 27-30	11:00-12:00PM	4
18609	TU-FR	AUG 4-7	9:00-10:00AM	4
18610	TU-FR	AUG 4-7	10:00-11:00AM	4
18619	TU-FR	AUG 4-7	11:00-12:00PM	4
18611	MO-TH	AUG 10-13	9:00-10:00AM	4
18612	MO-TH	AUG 10-13	10:00-11:00AM	4
18620	MO-TH	AUG 10-13	11:00-12:00PM	4
18613	MO-TH	AUG 17-20	9:00-10:00AM	4
18614	MO-TH	AUG 17-20	10:00-11:00AM	4
18621	MO-TH	AUG 17-20	11:00-12:00PM	4
18597	TU	JUL 30-AUG 18	4:30-5:00PM	8
18598	TU	JUL 30-AUG 18	5:30-6:00PM	8
18599	TU	JUL 30-AUG 18	6:00-6:30PM	8
18600	TH	JUL 2-AUG 20	4:30-5:00PM	8
18601	TH	JUL 2-AUG 20	5:30-6:00PM	8
18602	TH	JUL 2-AUG 20	6:00-6:30PM	8
				\$71.00

Swimmer 2

5-12 yrs.

Advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m). Prerequisite: Completed Swimmer 1 or Preschool D or E.

Exception Date(s): Jul 1

18712	MO-FR	JUN 29-JUL 3	9:00-10:00AM	4
18713	MO-FR	JUN 29-JUL 3	10:00-11:00AM	4
18714	MO-FR	JUN 29-JUL 3	11:00-12:00PM	4
18623	MO-TH	JUL 6-9	9:00-10:00AM	4
18624	MO-TH	JUL 6-9	10:00-11:00AM	4
18643	MO-TH	JUL 6-9	11:00-12:00PM	4
18631	MO-TH	JUL 13-16	9:00-10:00AM	4
18632	MO-TH	JUL 13-16	10:00-11:00AM	4
18644	MO-TH	JUL 13-16	11:00-12:00PM	4
18633	MO-TH	JUL 20-23	9:00-10:00AM	4
18634	MO-TH	JUL 20-23	10:00-11:00AM	4
18645	MO-TH	JUL 20-23	11:00-12:00PM	4
18635	MO-TH	JUL 27-30	9:00-10:00AM	4
18636	MO-TH	JUL 27-30	10:00-11:00AM	4
18646	MO-TH	JUL 27-30	11:00-12:00PM	4
18637	TU-FR	AUG 4-7	9:00-10:00AM	4
18638	TU-FR	AUG 4-7	10:00-11:00AM	4
18647	TU-FR	AUG 4-7	11:00-12:00PM	4
18639	MO-TH	AUG 10-13	9:00-10:00AM	4
18640	MO-TH	AUG 10-13	10:00-11:00AM	4
18648	MO-TH	AUG 10-13	11:00-12:00PM	4
18641	MO-TH	AUG 17-20	9:00-10:00AM	4
18642	MO-TH	AUG 17-20	10:00-11:00AM	4
18649	MO-TH	AUG 17-20	11:00-12:00PM	4
18625	TU	JUL 30-AUG 18	4:30-5:00PM	8
18626	TU	JUL 30-AUG 18	5:30-6:00PM	8
18627	TU	JUL 30-AUG 18	6:00-6:30PM	8
18628	TH	JUL 2-AUG 20	4:30-5:00PM	8
18629	TH	JUL 2-AUG 20	5:30-6:00PM	8
18630	TH	JUL 2-AUG 20	6:00-6:30PM	8
				\$71.00

REGISTER ONLINE

2026 SUMMER LESSONS

Registration begins **Tuesday, June 2, at noon**



Lifesaving (Child & Youth Levels)

Canadian Swim Patrol

8-12 yrs.

Swimmers will go beyond learn-to-swim in these three levels. They will improve their swim strokes and prepare for success in the Society's Bronze medal awards. Prerequisite: Completed Swimmer 6

18451	MO-TH	JUL 13-16	9:00-11:00AM	4
18452	MO-TH	AUG 10-13	9:00-11:00AM	4
18450	TU	JUL 30-AUG 18	4:30-5:30PM	8
				\$85.00

Bronze Star

8-12 yrs.

In this high-performance training geared to skilled pre-teens, prepare for success in Bronze Medallion by developing problem-solving and decision-making skills, and learn lifesaving skills needed to be a lifeguard. Ability is the only prerequisite. Prior training in our Canadian Swim Patrol is beneficial. Prerequisite: Swim Patrol recommended.

18446	MO-TH	JUL 20-23	9:00-12:00PM	4
18448	MO-TH	AUG 17-20	9:00-12:00PM	4
18447	TH	JUL 2-AUG 20	4:30-5:45PM	8
				\$100.00

Aquatic Sports and Clubs

Lifesaving Sport Club

7-11 yrs. & 12-16 yrs.

The Brock Niagara Lifesaving Club will introduce you to Lifesaving Sport while actively engaging you in physical activity, team building and lifesaving skills. You will continue to develop swimming strokes, endurance, and speed. Lifesaving line throws, carries and tows with manikins, swimming with fins, and obstacle swimming, are just some of the exciting skills and events in Lifesaving Sport. The focus of the club is personal development and individual performance, and you will have an opportunity to showcase your skills at a local meet. Prerequisite: Swimmer 3 or equivalent. Completed the Canadian Swim to Survive Standard: roll into deep water, tread water for one minute, swim 50 meters.

Exception Date(s): Jul 1, Aug 3

18454	MO/WE	JUN 29-AUG 19	6:00-7:30PM	12
				7-11 YRS. - \$175.00
18455	MO/WE	JUN 29-AUG 19	6:00-7:30PM	12
				12-16 YRS. - \$175.00

Swimmer 3

5-12 yrs.

Junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m. Prerequisite: Completed Swimmer 2.

Exception Date(s): Jul 1

18715	MO-FR	JUN 29-JUL 3	9:00-10:30AM	4
18651	MO-TH	JUL 6-9	9:00-10:30AM	4
18654	MO-TH	JUL 13-16	9:00-10:30AM	4
18655	MO-TH	JUL 20-23	9:00-10:30AM	4
18656	MO-TH	JUL 27-30	9:00-10:30AM	4
18657	TU-FR	AUG 4-7	9:00-10:30AM	4
18658	MO-TH	AUG 10-13	9:00-10:30AM	4
18659	MO-TH	AUG 17-20	9:00-10:30AM	4
18652	TU	JUL 30-AUG 18	4:30-5:15PM	8
18653	TH	JUL 2-AUG 20	4:30-5:15PM	8
				\$77.00

Swimmer 4

5-12 yrs.

Intermediate swimmers will swim 5 m underwater and lengths of front crawl, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. 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: Completed Swimmer 3.

Exception Date(s): Jul 1

18716	Mo-Fr	Jun 29-Jul 3	9:00-10:30am	4
18661	Mo-Th	Jul 6-9	9:00-10:30am	4
18664	Mo-Th	Jul 13-16	9:00-10:30am	4
18665	Mo-Th	Jul 20-23	9:00-10:30am	4
18666	Mo-Th	Jul 27-30	9:00-10:30am	4
18667	Tu-Fr	Aug 4-7	9:00-10:30am	4
18668	Mo-Th	Aug 10-13	9:00-10:30am	4
18669	Mo-Th	Aug 17-20	9:00-10:30am	4
18662	Tu	Jul 30-Aug 18	4:30-5:15pm	8
18663	Th	Jul 2-Aug 20	4:30-5:15pm	8
				\$77.00

Swimmer 5

5-12 yrs.

Swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl and 4 x 15 m breaststroke. Prerequisite: Completed Swimmer 4.

Exception Date(s): Jul 1

18717	MO-FR	JUN 29-JUL 3	10:30-12:00PM	4
18671	MO-TH	JUL 6-9	10:30-12:00PM	4
18674	MO-TH	JUL 13-16	10:30-12:00PM	4
18675	MO-TH	JUL 20-23	10:30-12:00PM	4
18676	MO-TH	JUL 27-30	10:30-12:00PM	4
18677	TU-FR	AUG 4-7	10:30-12:00PM	4
18678	MO-TH	AUG 10-13	10:30-12:00PM	4
18679	MO-TH	AUG 17-20	10:30-12:00PM	4
18672	TU	JUL 30-AUG 18	5:15-6:00PM	8
18673	TH	JUL 2-AUG 20	5:15-6:00PM	8
				\$77.00

Swimmer 6

5-12 yrs.

Advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. Strength in breaststroke sprints over 25 m, swim lengths of front and back crawl, and completion of a 300 m workout will be achieved. Prerequisite: Completed Swimmer 5.

Exception Date(s): Jul 1

18718	MO-FR	JUN 29-JUL 3	10:30-12:00PM	4
18681	MO-TH	JUL 6-9	10:30-12:00PM	4
18684	MO-TH	JUL 13-16	10:30-12:00PM	4
18685	MO-TH	JUL 20-23	10:30-12:00PM	4
18686	MO-TH	JUL 27-30	10:30-12:00PM	4
18687	TU-FR	AUG 4-7	10:30-12:00PM	4
18688	MO-TH	AUG 10-13	10:30-12:00PM	4
18689	MO-TH	AUG 17-20	10:30-12:00PM	4
18682	TU	JUN 30-AUG 18	5:15-6:00PM	8
18683	TH	JUL 2-AUG 20	5:15-6:00PM	8
				\$77.00



Teen

Teen 1

10-16 yrs.

Learn how to swim in a class with your peers! In each level you will work towards progressive skill techniques, front crawl, back crawl, breaststroke, fitness and interval training. Prerequisite: Beginner (10-16 yrs.)

18691	TH	JUL 2-AUG 20	5:00-5:45PM	8
				\$77.00

Adult

Work towards a 10-15 m front and back swim, jump entries from the side of the pool and recovering an object from the bottom of the pool 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. Prerequisite: Beginner (16+ yrs)

Adult 1

16+

Exception Date(s): Aug 3

18440	TU	JUL 30-AUG 18	5:30-6:15PM	8
				\$77.00
18441	MO	JUN 29-AUG 17	6:00-6:45PM	7
18442	WE	JUL 8-AUG 19	6:45-7:30PM	7
				\$67.50



Adult 2

16+

Exception Date(s): Aug 3

18443	MO	JUN 29-AUG 17	6:45-7:30PM	7
18444	WE	JUL 8-AUG 19	6:00-6:45PM	7
				\$67.50



BROCK
Niagara Aquatics

Intro to Competitive Swimming & Olympic Way

The Brock Niagara Aquatics 'Olympic Way' ICS summer program is where we welcome 14 and under swimmers to learn the fundamentals of competitive swimming, while working on fitness skills in a schedule that is closer to competitive swimming.

18719	M-W-F	JUN 1-JUN 29	6:00-7:30PM	12
				\$263

Brock Niagara Masters

This program is for adults who wish to swim for any number of reasons:

- For health and fitness
- For fun and enjoyment of the sport
- To pursue goals in Masters swim meet competitions
- To pursue goals in Triathlon
- For friendship and to meet new people or see familiar faces

18722	M-W-F	JUN 1-JUL 24	6:00-7:30AM	23
18723	M-W-F	JUN 1-JUL 24	6:00-7:30PM	23
				\$378

Brock Niagara Triathlon

This dynamic program is designed for athletes looking to train across all three disciplines of triathlon with expert guidance and structured support. Led by a dedicated Triathlon Coach, participants will benefit from professionally programmed bike and run workouts, tailored to build strength, speed, and stamina. These sessions will be monitored and adjusted to meet individual and group progress goals. Complementing the land-based training, our Swimming Coach will lead three coached swim sessions per week: Monday, Wednesday, and Friday @ 6:00-7:30 AM Held at our top-tier aquatic facility, these swim workouts will focus on technique, endurance, and race-specific preparation. Whether you're training for your first sprint triathlon or aiming to crush your next Ironman, this program offers a comprehensive, supportive environment to help you reach your goals"

18731	M-W-F	JUN 1-JUL 25	6:00-7:30AM	23
				\$475

brocku.ca/brock-swimming



Celebrating 20 years

A program for youth and young adults with physical disabilities in a recreational setting. For program information, eligibility, registration forms, fees, dates and times visit

brocku.ca/niagara-penguins or contact niagarapenguins@brocku.ca



Junior Badger

Multi-Sports

4-6 yrs. & 6-8 yrs.

This program will focus on teaching the essential movement skills for a variety of sports. Participants will develop the basic abilities needed to play the various games, with technical skills taught through both instruction and gameplay. Required Equipment: Clean indoor running shoes.

Exception Date(s): 03-Aug

18423	TU	JUL 7 - AUG 25	6:00-7:00PM	8
4-6 YRS. - \$76.00				
18424	M	JUL 6 - AUG 24	6:00-7:00PM	7
6-8 YRS. - \$66.50				

Badminton

10-13 yrs.

This program will focus on teaching the essential movement skills for a variety of sports. Participants will develop the basic abilities needed to play the various games, with technical skills taught through both instruction and gameplay. Required Equipment: Clean indoor running shoes.

18426	TU	JUL 7 - AUG 25	7:00-8:00PM	8
\$76.00				

Volleyball

10-13 yrs.

This program will focus on teaching the essential movement skills for volleyball. Participants will develop the basic abilities needed to play the game, with technical skills taught through both instruction and gameplay. Required Equipment: Clean indoor running shoes.

Exception Date(s): 03-Aug

18425	M	JULY 8-AUG 26	7:00-8:00PM	7
\$66.50				



NEW

Community Sport Leagues

Stay active, meet new people and enjoy some friendly competition with our Community Sport Leagues! Whether you're looking for a fun recreational experience or a more competitive challenge, our leagues offer something for everyone.

Our programs are open to adults in the community who want to stay active in a welcoming, organized and high-energy environment.

For more league information like rules and Frequent Asked Questions visit brocku.ca/recreation/intramurals/adult-leagues

Indoor 2's Pickleball (Team)

18+

18729	TU	JULY 7 - AUG 25	7:00-9:00PM	8
\$192.00				

Coed Volleyball (Team)

18+

18728	W	JULY 8-AUG 26	7:00-10:00PM	8
\$525.00				

Coed Volleyball (Individual)

18+

18727	W	JULY 8-AUG 26	7:00-10:00PM	8
\$70.00				

REGISTER ONLINE

**Join as a team
or an individual!**

**Leagues start
Tuesday July 7, 2026**



Policies & Procedures

Protecting your information

Personal information is collected under the authority of The Brock University Act, 1964, 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 Walker Sports Complex Welcome Desk Supervisor at 905-688-5550, x4809 or visit brocku.ca/recreation

Email

Your email address will be used strictly for business purposes (issuing receipts, notification of facility closures, program registration dates and advertising upcoming programs)

Photography rule

For the protection of all guests at the Walker Sports Complex, the use of photographic equipment, including cell phones with photographic capabilities, is strictly prohibited in the locker rooms and pool area.

Use of photographic equipment in other areas of the Walker Sports 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 Brock student/pool membership or program, it is recommended that you consult your physician if you have any medical concerns. Brock University requires all Brock student/members and program participants to read and sign a release of liability, waiver of claims and indemnity agreement at the time of registration.

Child Fun Swim Admittance

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.

What happens if there is a pool fouling or the pool is closed during my lesson?

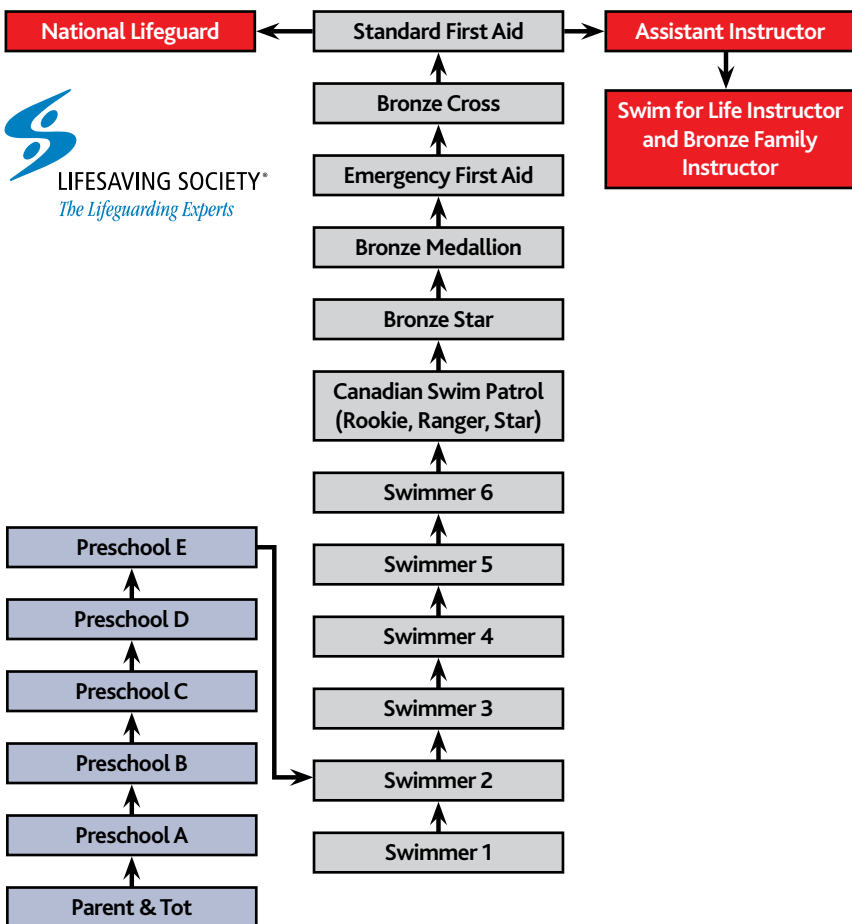
Everyone is affected when the pool is fouled. Tots and those without bowel control must wear snug protective swim diapers. All participants should avoid eating or drinking too much prior to swimming and those not feeling well should stay at home. In the event of a pool closure, participants will be taught water safety on deck and are encouraged to come to the lesson. There will be no make-up classes or refunds due to absenteeism, pool foulings, emergency or maintenance closures.

Refund policy for programs.

Refunds for in-progress programs are available within two weeks of the start date, minus a \$15 fee. After that, refunds are only processed for serious reasons (e.g., injury, relocation) with documentation.

Certification program refunds require at least five business days' notice before the start date. – Requests for certification program refunds must be received 5 business days prior to the start date.

Program Flow Chart



Program Conversion Chart

Register in Lifesaving Society	Previously YMCA
Parent & Tot 1	Splashers
Parent & Tot 2	Bubblers
Parent & Tot 3	Bubblers
Preschool A	Bobbers
Preschool B	Floaters
Preschool C	Gliders
Preschool D	Divers
Preschool E	Surfers/Dippers
Swimmer 1	Otter
Swimmer 2	Seal
Swimmer 3	Dolphin Swimmer
Swimmer 4	Star 1
Swimmer 5	Star 2
Swimmer 6	Star 3
Swim Patrol-Rookie	Star 4
Swim Patrol-Ranger	Star 5
Swim Patrol-Star	Star 6
Bronze Star	Master Swimmer