



2026 Fall

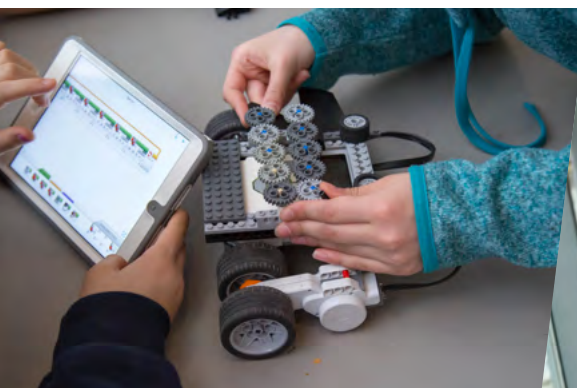
Aquatics & Recreation Programs

Fall Registration

Aquatics August 4, 2026 at noon
Others August 12, 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



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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): Oct 24

18871	Tu	Sep 22-Nov 10	4:30-5:00pm	8
18872	Tu	Sep 22-Nov 10	5:00-5:30pm	8
18873	Tu	Sep 22-Nov 10	5:30-6:00pm	8
18874	Tu	Sep 22-Nov 10	6:00-6:30pm	8
18875	Tu	Sep 22-Nov 10	6:30-7:00pm	8
18876	Tu	Sep 22-Nov 10	7:00-7:30pm	8
18877	Tu	Sep 22-Nov 10	7:30-8:00pm	8
18878	Th	Sep 24-Nov 12	4:30-5:00pm	8
18879	Th	Sep 24-Nov 12	5:00-5:30pm	8
18880	Th	Sep 24-Nov 12	5:30-6:00pm	8
18881	Th	Sep 24-Nov 12	6:00-6:30pm	8
18882	Th	Sep 24-Nov 12	6:30-7:00pm	8
18883	Th	Sep 24-Nov 12	7:00-7:30pm	8
18884	Th	Sep 24-Nov 12	7:30-8:00pm	8
18885	Sa	Sep 19-Nov 14	9:00-9:30am	8
18886	Sa	Sep 19-Nov 14	9:30-10:00am	8
18887	Sa	Sep 19-Nov 14	10:00-10:30am	8
18888	Sa	Sep 19-Nov 14	10:30-11:00am	8
18889	Sa	Sep 19-Nov 14	11:00-11:30am	8
18890	Sa	Sep 19-Nov 14	11:30am-12:00pm	8
18891	Sa	Sep 19-Nov 14	12:00-12:30pm	8
18892	Sa	Sep 19-Nov 14	12:30-1:00pm	8
18896	Su	Nov 1-29	1:00-2:00pm	4
18897	Su	Nov 1-29	2:00-3:00pm	4
18898	Su	Nov 1-29	2:00-4:00pm	4
\$200.00				
18893	Su	Sep 20-Oct 4	1:00-2:00pm	3
18894	Su	Sep 20-Oct 4	2:00-3:00pm	3
18895	Su	Sep 20-Oct 4	2:00-4:00pm	3
\$150.00				

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): Oct 24

18901	Tu	Sep 22-Nov 10	4:30-5:00pm	8
18902	Tu	Sep 22-Nov 10	5:00-5:30pm	8
18903	Tu	Sep 22-Nov 10	5:30-6:00pm	8
18904	Tu	Sep 22-Nov 10	6:00-6:30pm	8
18905	Tu	Sep 22-Nov 10	6:30-7:00pm	8
18906	Tu	Sep 22-Nov 10	7:00-7:30pm	8
18907	Tu	Sep 22-Nov 10	7:30-8:00pm	8
18908	Th	Sep 24-Nov 12	4:30-5:00pm	8
18909	Th	Sep 24-Nov 12	5:00-5:30pm	8
18910	Th	Sep 24-Nov 12	5:30-6:00pm	8
18911	Th	Sep 24-Nov 12	6:00-6:30pm	8
18912	Th	Sep 24-Nov 12	6:30-7:00pm	8
18913	Th	Sep 24-Nov 12	7:00-7:30pm	8
18914	Th	Sep 24-Nov 12	7:30-8:00pm	8
18915	Sa	Sep 19-Nov 14	9:00-9:30am	8
18916	Sa	Sep 19-Nov 14	9:30-10:00am	8
18917	Sa	Sep 19-Nov 14	10:00-10:30am	8
18918	Sa	Sep 19-Nov 14	10:30-11:00am	8
18919	Sa	Sep 19-Nov 14	11:00-11:30am	8
18920	Sa	Sep 19-Nov 14	11:30am-12:00pm	8
18921	Sa	Sep 19-Nov 14	12:00-12:30pm	8
18922	Sa	Sep 19-Nov 14	12:30-1:00pm	8
\$320.00				



Memberships

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

brocku.ca/recreation

Swim Day Passes

\$4.75.....(adult)

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

Family swim pass

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

Preschool

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): Oct 24

18828	Tu	Sep 22-Nov 10	5:00-5:30pm	8
18829	Th	Sep 24-Nov 12	5:00-5:30pm	8
18830	Sa	Sep 19-Nov 14	10:00-10:30am	8
18831	Sa	Sep 19-Nov 14	11:00-11:30am	8
19188	We	Sep 23-Nov 11	10:00-10:30am	8
19189	Fr	Sep 25-Nov 13	10:00-10:30am	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): Oct 24

18833	Tu	Sep 22-Nov 10	4:30-5:00pm	8
18834	Tu	Sep 22-Nov 10	5:30-6:00pm	8
18835	Th	Sep 24-Nov 12	4:30-5:00pm	8
18836	Th	Sep 24-Nov 12	5:30-6:00pm	8
18837	Sa	Sep 19-Nov 14	9:00-9:30am	8
18838	Sa	Sep 19-Nov 14	10:00-10:30am	8
18839	Sa	Sep 19-Nov 14	11:00-11:30am	8
19190	We	Sep 23-Nov 11	10:30-11:00am	8
19191	Fr	Sep 25-Nov 13	10:30-11:00am	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): Oct 24

18841	Tu	Sep 22-Nov 10	4:30-5:00pm	8
18842	Tu	Sep 22-Nov 10	5:30-6:00pm	8
18843	Th	Sep 24-Nov 12	4:30-5:00pm	8
18844	Th	Sep 24-Nov 12	5:30-6:00pm	8
18845	Sa	Sep 19-Nov 14	9:00-9:30am	8
18846	Sa	Sep 19-Nov 14	10:00-10:30am	8
18847	Sa	Sep 19-Nov 14	11:00-11:30am	8
19192	We	Sep 23-Nov 11	10:30-11:00am	8
19193	Fr	Sep 25-Nov 13	10:30-11:00am	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): Oct 24

18849	Tu	Sep 22-Nov 10	5:00-5:30pm	8
18850	Tu	Sep 22-Nov 10	6:00-6:30pm	8
18851	Th	Sep 24-Nov 12	5:00-5:30pm	8
18852	Th	Sep 24-Nov 12	6:00-6:30pm	8
18853	Sa	Sep 19-Nov 14	9:30-10:00am	8
18854	Sa	Sep 19-Nov 14	10:30-11:00am	8
18855	Sa	Sep 19-Nov 14	11:30am-12:00pm	8
\$71.00				

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): Oct 24

18857	Tu	Sep 22-Nov 10	5:00-5:30pm	8
18858	Tu	Sep 22-Nov 10	6:00-6:30pm	8
18859	Th	Sep 24-Nov 12	5:00-5:30pm	8
18860	Th	Sep 24-Nov 12	6:00-6:30pm	8
18861	Sa	Sep 19-Nov 14	9:30-10:00am	8
18862	Sa	Sep 19-Nov 14	10:30-11:00am	8
18863	Sa	Sep 19-Nov 14	11:30am-12:00pm	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): Oct 24

18865	Tu	Sep 22-Nov 10	5:00-5:30pm	8
18866	Th	Sep 24-Nov 12	5:00-5:30pm	8
18867	Sa	Sep 19-Nov 14	9:30-10:00am	8
18868	Sa	Sep 19-Nov 14	10:30-11:00am	8
18869	Sa	Sep 19-Nov 14	11:30am-12:00pm	8
\$71.00				

Child and Youth

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

Exception Date(s): Oct 24

18999	Tu	Sep 22-Nov 10	4:30-5:00pm	8
19000	Tu	Sep 22-Nov 10	5:00-5:30pm	8
19001	Tu	Sep 22-Nov 10	5:30-6:00pm	8
19002	Tu	Sep 22-Nov 10	6:00-6:30pm	8
19003	Tu	Sep 22-Nov 10	6:30-7:00pm	8
19004	Th	Sep 24-Nov 12	4:30-5:00pm	8
19005	Th	Sep 24-Nov 12	5:00-5:30pm	8
19006	Th	Sep 24-Nov 12	5:30-6:00pm	8
19007	Th	Sep 24-Nov 12	6:00-6:30pm	8
19008	Th	Sep 24-Nov 12	6:30-7:00pm	8
19009	Sa	Sep 19-Nov 14	9:00-9:30am	8
19010	Sa	Sep 19-Nov 14	9:30-10:00am	8
19011	Sa	Sep 19-Nov 14	10:00-10:30am	8
19012	Sa	Sep 19-Nov 14	10:30-11:00am	8
19013	Sa	Sep 19-Nov 14	11:00-11:30am	8
19014	Sa	Sep 19-Nov 14	11:30am-12:00pm	8
19015	Sa	Sep 19-Nov 14	12:00-12:30pm	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): Oct 24

19017	Tu	Sep 22-Nov 10	4:30-5:00pm	8
19018	Tu	Sep 22-Nov 10	5:00-5:30pm	8
19019	Tu	Sep 22-Nov 10	5:30-6:00pm	8
19020	Tu	Sep 22-Nov 10	6:00-6:30pm	8
19021	Tu	Sep 22-Nov 10	6:30-7:00pm	8
19022	Th	Sep 24-Nov 12	4:30-5:00pm	8
19023	Th	Sep 24-Nov 12	5:00-5:30pm	8
19024	Th	Sep 24-Nov 12	5:30-6:00pm	8
19025	Th	Sep 24-Nov 12	6:00-6:30pm	8
19026	Th	Sep 24-Nov 12	6:30-7:00pm	8
19027	Sa	Sep 19-Nov 14	9:00-9:30am	8
19028	Sa	Sep 19-Nov 14	9:30-10:00am	8
19029	Sa	Sep 19-Nov 14	10:00-10:30am	8
19030	Sa	Sep 19-Nov 14	10:30-11:00am	8
19031	Sa	Sep 19-Nov 14	11:00-11:30am	8
19032	Sa	Sep 19-Nov 14	11:30am-12:00pm	8
19033	Sa	Sep 19-Nov 14	12:00-12:30pm	8
\$71.00				

Swimmer 3

5-12 yrs

Junior swimmers will dive and enjoy 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.

19035	Tu	Sep 22-Nov 10	5:30-6:15pm	8
19036	Tu	Sep 22-Nov 10	6:15-7:00pm	8
19037	Tu	Sep 22-Nov 10	7:00-7:45pm	8
19038	Th	Sep 24-Nov 12	5:30-6:15pm	8
19039	Th	Sep 24-Nov 12	6:15-7:00pm	8
19040	Th	Sep 24-Nov 12	7:00-7:45pm	8
19041	Sa	Sep 19-Nov 14	9:00-9:45am	8
19042	Sa	Sep 19-Nov 14	9:45-10:30am	8
19043	Sa	Sep 19-Nov 14	10:30-11:15am	8
19044	Sa	Sep 19-Nov 14	11:15am-12:00pm	8
19045	Sa	Sep 19-Nov 14	12:00-12:45pm	8
\$77.00				

Swimmer 4

5-12 yrs

Intermediate swimmers will swim 5 m underwater and lengths of front crawl, back crawl, and whip kick. Their new bag of tricks include breaststroke arms and breathing and 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): Oct 24

19047	Tu	Sep 22-Nov 10	5:30-6:15pm	8
19048	Tu	Sep 22-Nov 10	6:15-7:00pm	8
19049	Tu	Sep 22-Nov 10	7:00-7:45pm	8
19050	Th	Sep 24-Nov 12	5:30-6:15pm	8
19051	Th	Sep 24-Nov 12	6:15-7:00pm	8
19052	Th	Sep 24-Nov 12	7:00-7:45pm	8
19053	Sa	Sep 19-Nov 14	9:00-9:45am	8
19054	Sa	Sep 19-Nov 14	9:45-10:30am	8
19055	Sa	Sep 19-Nov 14	10:30-11:15am	8
19056	Sa	Sep 19-Nov 14	11:15am-12:00pm	8
19057	Sa	Sep 19-Nov 14	12:00-12:45pm	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, 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): Oct 24

19059	Tu	Sep 22-Nov 10	5:30-6:15pm	8
19060	Tu	Sep 22-Nov 10	6:15-7:00pm	8
19061	Tu	Sep 22-Nov 10	7:00-7:45pm	8
19062	Th	Sep 24-Nov 12	5:30-6:15pm	8
19063	Th	Sep 24-Nov 12	6:15-7:00pm	8
19064	Th	Sep 24-Nov 12	7:00-7:45pm	8
19065	Sa	Sep 19-Nov 14	9:45-10:30am	8
19066	Sa	Sep 19-Nov 14	10:30-11:15am	8
19067	Sa	Sep 19-Nov 14	11:15am-12:00pm	8
19068	Sa	Sep 19-Nov 14	12:00-12:45pm	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 - 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): Oct 24

19070	Tu	Sep 22-Nov 10	5:30-6:15pm	8
19071	Tu	Sep 22-Nov 10	6:15-7:00pm	8
19072	Tu	Sep 22-Nov 10	7:00-7:45pm	8
19073	Th	Sep 24-Nov 12	5:30-6:15pm	8
19074	Th	Sep 24-Nov 12	6:15-7:00pm	8
19075	Th	Sep 24-Nov 12	7:00-7:45pm	8
19076	Sa	Sep 19-Nov 14	9:45-10:30am	8
19077	Sa	Sep 19-Nov 14	10:30-11:15am	8
19078	Sa	Sep 19-Nov 14	11:15am-12:00pm	8
19079	Sa	Sep 19-Nov 14	12:00-12:45pm	8
\$77.00				

Youth Fitness Swimmer NEW

Fitness Swimmer is for swimmers who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training, springs and distance swims. Candidates set their own goals to improve overall physical fitness.

19093	Th	Sep 24-Nov 12	4:30-5:30pm	8
\$85.00				

Lifesaving

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

Exception Date(s): Oct 24

18803	Tu	Sep 22-Nov 10	7:00-8:00pm	8
18804	Th	Sep 24-Nov 12	7:00-8:00pm	8
18805	Sa	Sep 19-Nov 14	9:00-10:00am	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 beneficial.

Prerequisite: Swim Patrol is recommended.

Exception Date(s): Oct 24

18800	Tu	Sep 22-Nov 10	6:30-8:00pm	8
18801	Sa	Sep 19-Nov 14	9:00-10:30am	8
\$100.00				

 REGISTER ONLINE

**Aquatics registration begins
August 4, at noon**

Aquatics Clubs & Sports

Junior Lifeguard Club

8-15 yrs

This action packed aquatic challenge is for children who love the water and want more than a traditional lesson. Quick learners, those caught between levels or programs, and youth who thrive in an energetic learning environment are most welcome. JLC was designed for a serious purpose, but the process is fun. The club stresses skill development based on personal best achievements. **Prerequisites:** Swimmer 3 or equivalent, completed Swim to Survive.

Exception Date(s): Oct 12

18814	Mo	Sep 21-Nov 16	7:00-8:30pm	8
\$100.00				

Lifesaving Sport Club

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. **Prerequisites:** 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): Oct 12

7-11 yrs				
18817	Mo	Sep 21-Nov 16	7:00-8:30pm	8
12-16 yrs				
18816	Mo	Sep 21-Nov 16	7:00-8:30pm	8
\$100.00				

Aquatic Sport & Games

8-12 yrs

Aquatic Sports and Games provides opportunities to try out various water sports in an fair and safe aquatic environment. Activities include: water polo, synchronized swimming, springboard diving, lifesaving sport, and more. Emphasize is on fitness, skill development, fair play, and cooperation. This is a water-based camp and most activities are in the water. **Prerequisites:** Swimmer 3 or equivalent. Completed Canadian Swim to Survive Standard: roll into deep water, tread water for one minute, swim 50 meters.

18815	Fr	Sep 25-Nov 13	7:30-9:00pm	8
\$100.00				

Water Polo

8-12 yrs

Learn the basic skills of water polo in this introductory program. Movement skills such as swimming, treading water, passing, and shooting are all taught and developed. Learn the rules and strategy of water polo while improving your fitness, skills, and team-work. **Prerequisite:** Swimmer 4.

Exception Date(s): Oct 24

19086	Sa	Sep 19-Nov 14	12:15-1:00pm	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.)

Exception Date(s): Oct 24

19081	Tu	Sep 22-Nov 10	7:15-8:00pm	8
19082	Sa	Sep 19-Nov 14	12pm-12:45pm	8
\$77.00				



Adult

Adult 1

16+ yrs

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:** Beginner non-swimmer.

Exception Date(s): Nov 22

19194	We	Sep 23-Nov 11	9:00-9:45am	8
19195	We	Sep 23-Nov 11	9:45-10:30am	8
18762	Tu	Sep 22-Nov 10	7:15-8:00pm	8
19197	Fr	Sep 25-Nov 13	9:00-9:45am	8
19196	Fr	Sep 25-Nov 13	9:45-10:30am	8
19209	Su	Nov 1-29	1:00-2:30pm	4
19210	Su	Nov 1-29	2:30-4:00pm	4
\$77.00				
18763	Su	Sep 20-Oct 4	1:00-2:30pm	3
18764	Su	Sep 20-Oct 4	2:30-4:00pm	3
\$68.00				

Teen 2

10-16 yrs

Further improve front and back crawl and work on interval training workouts of 4 X 25 m kicking. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. Support yourself at the surface for 1-2 minutes and show off your handstands in shallow water. **Prerequisite:** Teen 1.

Exception Date(s): Oct 24

19083	Tu	Sep 22-Nov 10	7:15-8:00pm	8
19084	Sa	Sep 19-Nov 14	12pm-12:45pm	8
\$77.00				

Adult 2

16+ yrs

Kick it up a notch with two interval training workouts of 4 X 25 m on your front and back. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. Support yourself on the surface for 1-2 minutes, and show off your handstands in shallow water.

18765	Th	Sep 24-Nov 12	7:15-8:00pm	8
19208	Su	Nov 1-29	1:00-2:30pm	4
\$77.00				
18766	Su	Sep 20-Oct 4	1:45-2:30pm	8
\$68.00				

Adult 3

16+ yrs

Eggbeater, stride entries, and compact jumps will be introduced. Master your front crawl, back crawl, and breaststroke while doing 300 m workouts and 25-50 m sprints. Whew!

18767	Th	Sep 24-Nov 12	7:15-8:00pm	8
19207	Su	Nov 1-29	2:30-4:00pm	4
\$77.00				
18768	Su	Sep 20-Oct 4	2:30-4:00pm	3
\$68.00				

Adult Fitness Swimmer NEW

Fitness Swimmer is for swimmers who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training, springs and distance swims. Candidates set their own goals to improve overall physical fitness

19198	We	Sep 23-Nov 11	9:00-10:00am	8
19199	Fr	Sep 25-Nov 13	9:00-10:00am	8
\$85.00				

First Aid

Basic First Aid with CPR-C and AED

All Ages

Basic First Aid (formerly Emergency First Aid) provides awareness, knowledge, and skills to respond to common first aid emergencies. The course includes scene and primary assessment, CPR-C, AED use, breathing emergencies, circulatory emergencies and the treatment of wounds

18807	Su	Sep 20	8:30am-5:00pm	1
18808	Sa	Oct 24	8:30am-5:00pm	1
18809	Su	Nov 22	8:30am-5:00pm	1
\$24 Canadian First Aid Manual				\$80.00

Intermediate First Aid with CPR-C and AED

All Ages

Intermediate First Aid (formerly Standard First Aid) includes all aspects of Basic First Aid and provides additional comprehensive first aid training. Candidates demonstrate first aid care for anaphylaxis, shock, stroke, amputations, facial injuries, burn injuries, fractures and dislocations, neck or spinal column injuries, seizures, diabetic emergencies, and environmental injury and illness. Includes CPR-C with AED certification for adult, child and infant.

18972	Sa/Su	Sep 12-13	8:30am-5:00pm	2
18973	Sa/Su	Sep 19-20	8:30am-5:00pm	2
18974	Sa/Su	Sep 26-27	8:30am-5:00pm	2
18975	Sa	Sep 26-Oct 3	8:30am-5:00pm	2
18976	Sa/Su	Oct 3-4	8:30am-5:00pm	2
18977	Sa/Su	Oct 17-18	8:30am-5:00pm	2
18978	Sa/Su	Oct 24-25	8:30am-5:00pm	2
18979	Sa/Su	Oct 31-Nov 1	8:30am-5:00pm	2
18980	Sa/Su	Nov 7-8	8:30am-5:00pm	2
18981	Su	Nov 8-15	8:30am-5:00pm	2
18982	Sa/Su	Nov 14-15	8:30am-5:00pm	2
18983	Sa/Su	Nov 21-22	8:30am-5:00pm	2
18984	Sa/Su	Nov 28-29	8:30am-5:00pm	2
18985	Sa/Su	Dec 5-6	8:30am-5:00pm	2
18986	Sa/Su	Dec 12-13	8:30am-5:00pm	2
18987	Sa/Su	Dec 19-20	8:30am-5:00pm	2
\$24 Canadian First Aid Manual				\$125.00



Intermediate First Aid with CPR-C and AED recertification

All Ages

Intermediate or Standard First Aid (SFA) award holders may recertify once with a recertification course not more than three years from the date of issue. Subsequently, award holders must repeat the full Intermediate First Aid course. Thereafter, individuals may renew by alternating recertifications and original courses.

18988	Su	Sep 27	8:30am-5:00pm	1
18989	Sa	Oct 24	8:30am-5:00pm	1
18990	Sa	Nov 21	8:30am-5:00pm	1
\$24 Canadian First Aid Manual				\$80.00

Airway Management

Provides experienced first aiders with specific knowledge and training in the use of oxygen, suction devices, oral airways, and mask/bag-valve-masks. **Prerequisite:** Standard First Aid and CPR-C.

18769	Sa	Oct 24	9:00am-2:00pm	1
\$24 Canadian First Aid Manual				\$75.00

Health Care Provider

All Ages

Covers all CPR skills and theory for adult, child, and infants, including rescue breathing, use of AEDs, and bag-valve-masks. Designed specifically for those who have a duty to respond to medical emergencies as part of their job descriptions as Health Care Providers.

18812	Sa	Nov 21	8:30am-5:00pm	1
\$18 Canadian CPR-HCP Manual				\$80.00

Lifesaving and Lifeguarding Bronze Medallion

13+ yrs

Challenge yourself mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. **Prerequisite:** 13 years of age by the exam date or Bronze Star certification.

18797	We	Sep 23-Oct 28	6:00pm-9:30pm	6
18798	Sa	Sep 19-Oct 31	9:00am-12:30pm	6
18799	Sa/Su	Sep 19-27	9:00am-4:00pm	4
\$58 Canadian Lifesaving Manual				\$140.00

Bronze Cross

Begin the transition from lifesaving to lifeguarding and prepare to be an assistant lifeguard. Strengthen and expand lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. The importance of teamwork and communication in preventing and responding to aquatic emergencies is emphasized. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite: Bronze Medallion and (Basic) Emergency First Aid or Intermediate (Standard) First Aid from a training agency approved by the Ontario government.

18793	We	Sep 23-Oct 28	5:30pm-9:30pm	6
18794	Sa	Sep 19-Oct 31	9:00am-1:00pm	6
18795	Sa/Su	Oct 31-Nov 8	9:00am-4:00pm	4
\$58 Canadian Lifesaving Manual				\$145.00

National Lifeguard

15+ yrs

National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard. The course develops the basic lifeguarding skills, principles and decision-making. **Prerequisites:** Minimum 15 years of age, Bronze Cross, and Intermediate (Standard) First Aid from a training agency approved by the Ontario government.

18820	We	Sep 23-Nov 11	5:00pm-10:00pm	8
18821	Fr-Su	Nov 27-Dec 6	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm	6
\$58 Alert Manual				\$289.00

National Lifeguard recertification

15+ yrs

You are required to recertify your award every two years. Review the required content and skills to prepare yourself for the exam, based on the National Lifeguard Award curriculum that can be found in your Alert text and the Canadian Lifesaving Manual. Please bring your Alert manual, a whistle, barrier devices (gloves and pocket mask) and proof of prerequisite (previous National Lifeguard, does not need to be current).

18822	Sa	Sep 12	9:00am-1:00pm	1
18823	Su	Oct 04	9:00am-1:00pm	1
18824	Su	Nov 15	9:00am-1:00pm	1
18825	Su	Dec 06	9:00am-1:00pm	1
				\$91.00

Leadership

Swim for Life Instructor

15+ yrs

Learn to teach and evaluate basic swim strokes and related skills by acquiring 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 to Swimmer 6 levels, Teen, Adult, and Fitness.

Prerequisite: 15 years of age on or before the last day of the course, Bronze Cross or National Lifeguard certification.

18996	Fr-Su	Sep 25-27	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm
18997	Fr-Su	Oct 30-Nov 1	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm
\$125 Instructor Pack			\$186.00

Lifesaving Instructor

15+ yrs

You will be certified to teach and certify candidates in Canadian Swim Patrol, Bronze Star, Lifesaving Fitness, Basic and Emergency First Aid, and CPR A/B/C. Instructors evaluate skills for Bronze Medallion, Bronze Cross and Distinction, but only Examiners may certify candidates in these awards.

Prerequisite: 15 years of age on or before the last day of the course, Bronze Cross or National Lifeguard certification.

18994	Fr-Su	Oct 2-4	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm
18995	Fr-Su	Nov 13-15	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm
\$125 Instructor Pack			\$186.00

Instructor Recertification

15+ yrs

The new In-Person Recertification Course focuses on the competencies learned in the instructor, coach and examiner courses and provides a refresher to those competencies. The course provides candidates with the 4 points required to complete their instructor, coach, examiner and examiner mentor leadership recertification. This course does not automatically recertify a candidate. Following successful course completion, candidates must complete the recertification process to be recertified. **Prerequisite:** Lifesaving, Swim for Life, National Lifeguard, First Aid, or Aquatic Management Instructor certification.

18992	Su	Sep 20	9:00am-1:00pm
18993	Su	Nov 29	9:00am-1:00pm
			\$91.00

Trainer

The Trainer course is the first step for experienced instructors on the road to become a Trainer in their stream.

19094	Sa/Su	Feb 27/28	8:30am-5:00pm
\$45 Swim and Lifesaving Instructor Award Guide, plus Award Guide for desired Instructor stream			\$165.00

Lifesaving Coach Level 1

15+ yrs

Coach Lifesaving Sport at the community level by focusing on the fundamentals of coaching and Lifesaving Sport skills in the pool or in open water. You will be certified to teach the Society's Lifesaving Sport Fundamentals program.

Prerequisite: Lifesaving Instructor certification.

18818	Sa	Nov 28	8:30am-6:00pm
\$38 Coaching Lifesaving Manual			\$92.00

Examiner

15+ yrs

This is the first of a three step process to becoming an examiner. This course builds on the candidate's experience in evaluating instructor evaluated awards and skills and prepares them for apprentice exams in their chosen stream (Bronze, First Aid, or National Lifeguard). **Prerequisite:** Instructor certification in the chosen stream.

18810	Sa	Nov 14	10:00am-4:00pm
\$ 45 Examiner Handbook, and Award Guide for chosen stream			\$75.00

National Lifeguard Instructor

15+ yrs

Develop an understanding of the principles and practices on which the National Lifeguard program is based and explore teaching approaches and techniques appropriate for National Lifeguard candidates. **Prerequisite:** National Lifeguard (any option), Lifesaving Instructor. Recommended: Bronze Examiner, lifeguarding experience.

18826	Sa/Su	Nov 7-8	8:30am-5:00pm
\$107 National Lifeguard Instructor Pack, and Alert Manual, Canadian Lifesaving Manual, Instructor Manual			\$165.00

Aquatic Supervisor

15+ yrs

The Lifesaving Society training standard for instructors and lifeguards who wish to assume deck-level supervisor responsibilities for overseeing instructional and recreational programs and day-to-day operations at aquatic facilities. Aquatic Supervisor introduces participants to the knowledge, skills, and tools required to effectively guide fellow staff members in the safe delivery of aquatic programs and services, and prepare for effective emergency response. **Prerequisite:** National Lifeguard and Lifesaving Society Swim Instructor or Lifesaving Instructor (does not need to be current).

18775	Fr-Sa	Nov 20-21	Fr 5:00pm-9:00pm, Sa 8:30am-5:00pm
\$38 Aquatic Supervisor Workbook			\$92.00

Aquatic Management Instructor

This course prepares instructors to teach the Aquatic Supervisor and/or Aquatic Manager certifications. Certified Aquatic Management Instructors can teach and certify the courses that the Aquatic Management certifications that they hold. **Prerequisite:** Swim or Lifesaving Instructor, National Lifeguard and Aquatics Supervisor or Aquatic Manager certifications.

19266	Sa/Su	Jan 30/31	8:30am-5:00pm
\$128 Aquatic Management Instructor Pack			\$165.00

First Aid Instructor

The First Aid Instructor course provides candidates with the knowledge and resources to deliver the Lifesaving Society's First Aid awards, up to and including Standard First Aid. **Prerequisites:** 18 years of age, Lifesaving Society Standard First Aid or Standard First Aid from an approved agency.

19268	Fr-Su	Mar 5-7	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm
\$81 First Aid Instructor Pack			\$186.00



Celebrating 20 years

Join the Brock Niagara Penguins as we celebrate 20 years of providing recreational opportunities for youth and young adults with physical disabilities. Discover program information, eligibility, registration, fees, schedules, and more online.

Join the Team. Make a Difference.

The Brock Niagara Penguins is a volunteer-led, non-profit program, and we're always looking for passionate volunteers to help make a difference.

Learn more or volunteer visit
brocku.ca/niagara-penguins
niagarapenguins@brocku.ca



Brock Niagara Masters

18+ yrs

Designed for adults of all skill levels, the Brock Niagara Masters Swimming program offers top-quality coaching from Brock Badger athletes to help you improve fitness, meet community goals, or train for competition. Flexible registration options are available across morning, mid-day, and evening time blocks to perfectly fit your autumn schedule.

Exception Date(s): Oct 12 and Nov 25

19230	M/W/F	Sep 28 -Dec 4	11:30am-1:00pm	28
19228	M/W/F	Sep 28 -Dec 4	6:00-7:30am	28
19229	M/W/F	Sep 28 -Dec 4	M-W 7:00-8:15pm F 6:00-7:30pm	28
\$397.95				

Intro to Competitive Swimming

Building on foundational skills, this program combines structured stroke development and swim fitness with the opportunity to experience regional competitions (Competative option). Over the season, swimmers train three times per week to refine their technique and smoothly transition into age-appropriate competitive groups.

Exception Date(s): Oct 12 and Nov 25

9-14 yrs Competitive				\$552.20
19219	M/W/F	Sep 28 -Dec 4	5:45-7:15pm	28
9-14 yrs Non-Competitive				\$526.00
19212	M/W/F	Sep 28 -Dec 4	5:45-7:15pm	28

Olympic Way

The Olympic Way - Late Start program offers older beginners (born 2011-2014) a supportive pathway to master foundational strokes and introductory endurance twice a week. Running in 8- to 10-week sessions, it effectively prepares swimmers to transition into age-appropriate competitive groups or the Introduction to Competitive Swimming stream.

Exception Date(s): Oct 12 and Nov 25

10 yrs and Under				
19216	M/W	Sep 28 -Dec 2	5:45-7:00pm	18
19217	M/W	Sep 28 -Dec 2	7:00-8:15pm	18
19218	Tu/Th	Sep 29 -Dec 3	4:15-5:30pm	20
11-14 yrs				
19213	M/W	Sep 28 -Dec 2	5:45-7:00pm	18
19214	M/W	Sep 28 -Dec 2	7:00-8:15pm	18
19215	Tu/Th	Sep 29 -Dec 3	4:15-5:30pm	20
\$394.50				

Triathlon

Personalized Triathlon

Take the guesswork out of your autumn training with a comprehensive triathlon program featuring coached pool sessions alongside customized running and cycling workouts. Personally tailored to your fitness level, this stream provides the structure you need to excel across all three disciplines.

Exception Date(s): Oct 12 and Nov 25

Personalized Triathlon				\$600.00
19238	M/W/F	Sep 28 -Dec 4	6:00-7:30 am	28
Triathlon Swim				\$474.75
19237	M/W/F	Sep 28 -Dec 4	6:00-7:30 am	28



Artistic Swimming

Pre-competitive Artistic Swimming

Enjoy a great introduction to a unique and challenging sport and build strong basic team Synchro skills while having fun. Physical and artistic challenges will prepare you to join a competitive team in the future. **Prerequisite:** Swimmer 3 or equivalent.

Exception Date(s): Oct 12

18879	Mo	Sep 21-Nov 16	6:30-8:30pm	8
\$177.00				

Beginner Artistic Swimming

You will learn the foundation of artistic swimming. Master basic basic positions, transitions, and swimming skills that can be connected to create an artistic presentation of your skills. Enjoy a great introduction to a unique and challenging sport and build strong basic Artistic Swimming skills while having fun.

Prerequisite: Swimmer 3 or equivalent.

Exception Date(s): Oct 24

18776	Sa	Sep 19-Nov 14	10:00-10:45am	8
18777	Sa	Sep 19-Nov 14	11:30am-12:15pm	8
\$77.00				

Intermediate Artistic Swimming

Continue building your artistic swimming skills with new positions, transitions, and skills.

Prerequisites: Swimmer 4 and Beginner Artistic Swimming.

Exception Date(s): Oct 24

18778	Sa	Sep 19-Nov 14	10:45-11:30am	8
\$77.00				



Aquatic Fitness

17+ yrs.

A variety of water exercises lead by one of our instructors. Access to these Aquatic Fitness classes is included in Brock Student Ancillary fees! You can just drop in to a scheduled class.

Exception Date: Oct 12 & Oct 14

18770	Tu	Sep 22-Nov 10	7:05-7:55pm	8
18774	Th	Sep 24-Nov 12	7:05-7:55pm	8
18771	Mo/We	Sep 21-Oct 21	11:05-11:55am	8
18772	Mo/We	Oct 26-Nov 18	11:05-11:55am	8
18773	Mo/We	Nov 23-Dec 16	11:05-11:55am	8
\$44.00				

Aqualates **NEW**

17+ yrs.

The fun of Pilates on a paddleboard: Improve core strength and challenge balance. Each session will incorporate mobility work. Swim attire is required

Exception Date: 15-Oct

19092	Th	Sep 24-Oct 22	12:40-1:20pm	4
19091	Th	Oct 29-Nov 19	12:40-1:20pm	4
\$36.00				



Skill Clinics **NEW**

17+ yrs.

Our Skill Clinics provide you with a time for targeted feedback and practice to continue to improve your skills. We will break down the nuances of the movement patterns and provide you with accessory work to help develop and maintain your technique.

Paddle Board Yoga

17+ yrs.

Join this fun yoga class on the water. Put on your swimming gear, hop on a paddleboard and practice balancing poses in the pool. Set to Pop Music.

Exception Date: 15-Oct

19087	Th	Sep 24-Oct 22	11:40-12:20pm	4
19090	Th	Oct 29-Nov 19	11:40-12:20pm	4
\$36.00				

Aqua Cycle HIIT **NEW**

17+ yrs.

Join this high energy fitness class. Workouts will include various exercises and equipment including our aqua steps and aqua spin bikes. Set to Pop Music.

Exception Date: 15-Oct

19088	Th	Sep 24-Oct 22	11:40-12:20pm	4
19089	Th	Oct 29-Nov 19	11:40-12:20pm	4
\$36.00				

NEW



Brock Sport Medicine Sports Injury Management/ Prevention

14+ Yrs.

Practical hands-on training will equip you with the basic skills to assess and manage sports injuries. Training includes on-field emergency care and non-urgent care, return to play criteria, concussion recognition, wound care, stretching techniques, and an introduction to taping and wrapping.

For completion, attendance is required in all sessions.

18747	Tu	Oct. 6	6:00-9:00PM	2
18748	M	Nov. 9	6:00-9:00PM	2
18749	Tu	Jan. 12	6:00-9:00PM	2
18750	M	Feb. 1	6:00-9:00PM	2
\$175				

Sports Injury Taping & Wrapping Workshop

14+ Yrs.

Learn basic taping and wrapping techniques for common soft tissue injuries, including injuries to the ankle, wrist, and shoulder. Students will get personal instruction from Brock's Athletic Therapists, and hands-on practice time. This course is highly recommended for those planning to work in any sport medicine or performance training field

18751	Tu	Oct. 20	6:00-9:00PM	1
18752	Tu	Oct. 27	6:00-9:00PM	1
18753	M	Nov. 23	6:00-9:00PM	1
18754	M	Nov. 30	6:00-9:00PM	1
18755	M	Feb. 22	6:00-9:00PM	1
18756	M	Mar. 1	6:00-9:00PM	1
18757	Tu	Jan. 5	6:00-9:00PM	1
18758	Tu	Jan. 26	6:00-9:00PM	1
\$125				

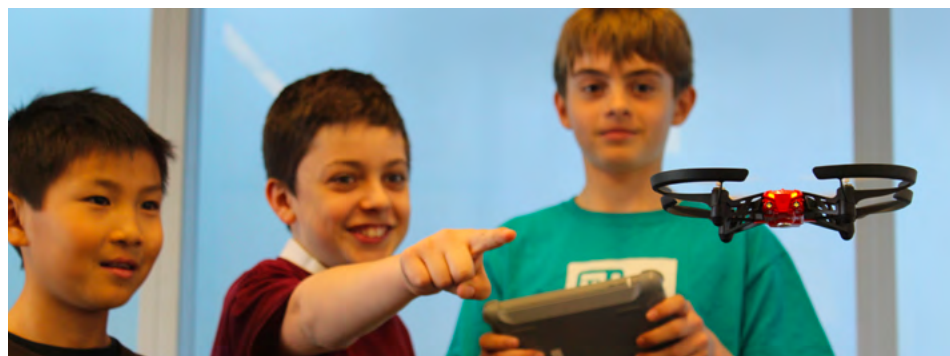


Children's Movement Program

Jump, climb, explore, dance, and play games! This Saturday morning program is based on Brock's movement education program, incorporating problem-solving and decision-making skills. Educational gymnastics, creative dance, and developmental games challenge children to be active and try new skills.

Exception Date: Oct 17

1-2 yrs				
19248	Sa	Sept 19-Nov 14	9:00-9:50 am	8
19249	Sa	Sept 19-Nov 14	10:00-10:50 am	8
19250	Sa	Sept 19-Nov 14	11:00-11:50 am	8
3-4 yrs				
19251	Sa	Sept 19-Nov 14	9:00-9:50 am	8
19252	Sa	Sept 19-Nov 14	10:00-10:50 am	8
19253	Sa	Sept 19-Nov 14	11:00-11:50 am	8
5-7 yrs				
19254	Sa	Sept 19-Nov 14	9:00-9:50 am	8
19255	Sa	Sept 19-Nov 14	10:00-10:50 am	8
6-12 yrs				
19256	Sa	Sept 19-Nov 14	11:00-11:50 am	8
\$90.00				



After School Clubs

After School Tech Club

9-13 yrs

Exception Date: Oct 13

In this tech-themed after-school program, students get hands-on experience with robotics, 3D printing, coding, and video game design. Using Lego Spike robots, engineer the fastest, strongest or smartest creation. In the Makerspace, design and build your own 3D printed project. Using Construct 3, develop a platformer-style video game. You will have fun while Brock student mentors teach new skills in design and technology.

19239	Tu	Sep 15 - Nov 24	6:00-8:00 pm	10
\$260.00				

After School Adventure Club

9-12 yrs

Exception Date: Oct 14

In this adventure-themed after-school program, students will explore the natural world through activities such as high ropes and rock wall climbing, hiking, fire-building and more! Still will get to climb on our 30ft challenge course, explore the Bruce Trail, discover local wildlife and learn some new skills. Come join us for 10 weeks of fresh air!

19240	We	Sep 16 - Nov 25	4:15-5:45pm	10
\$200.00				

PD Day Camp

(drop off is 8:30-9:00am and pick up is 4:00-4:30pm)

Adventure Camp

7-11 yrs

Spend your PD Day at Brock University! Our adventure-themed PD Day Camp is the perfect way to keep kids engaged, energized, and ready to explore! Campers will take part in exciting challenges, team-building activities, games, and hands-on adventures throughout the day, helping them build confidence, problem-solving skills, and teamwork—all while having a blast. No experience is necessary—just a sense of adventure, a great attitude, and a willingness to try new things!

19243	Mo	26-Oct	9:00 am-4:00 pm	1
\$55.00				

Art Camp

7-11 yrs

Spend your PD Day at Brock University! Our art-focused camp keeps kids engaged and creative as they explore a variety of artistic mediums. Campers will build skills, confidence, and have a blast. No experience needed, just enthusiasm!

19242	Fr	27-Nov	9:00 am-4:00 pm	1
\$55.00				



Youth Fitness

Strong Games

Strength development starts here! Push and pull your way through these fun activities. Improve your strength and skills in fun and creative ways.

Exception Date: Oct 13

8-11 yrs				
19096	Tu	Sep 15 to Nov 24	6:00-6:55pm	11
12-14 yrs				
19097	Tu	Sep 15 to Nov 24	7:00-7:55pm	11
\$140.00				

Skills Clinics

NEW

17+ yrs.

Our Skill Clinics provide you with a time for targeted feedback and practice to continue to improve your skills. We will break down the nuances of the movement patterns and provide you with accessory work to help develop and maintain your technique.

Bench Location: The Zone				
19264	Fr	Sep 25-Oct 9	9:00-9:50am	3
Women's Hour Deadlift Location: The Zone				
19265	Fr	Sep 25-Oct 9	1:00-1:50pm	3
Handstands Location: Fitness Studio				
19263	Th	Nov 5-19	1:00-1:50pm	3
\$36.00				



Junior Badgers

Junior Badgers Multi-Sports

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: Oct 12-14

4-6 yrs					
19221	Mo	Sept 28 - Nov 23	5:00-6:00pm	8	
19222	We	Sept 30 - Nov 25	5:00-6:00pm	8	
6-8 yrs					
19223	Mo	Sept 28 - Nov 23	6:00-7:00pm	8	
19224	Tu	Sept 29 - Nov 24	5:00-6:00pm	8	
					\$76.00

Junior Badgers 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: Oct 13

19225	Tu	Sept 29 - Nov 24	6:00-7:00pm	8	
					\$76.00

Junior Badgers Badminton

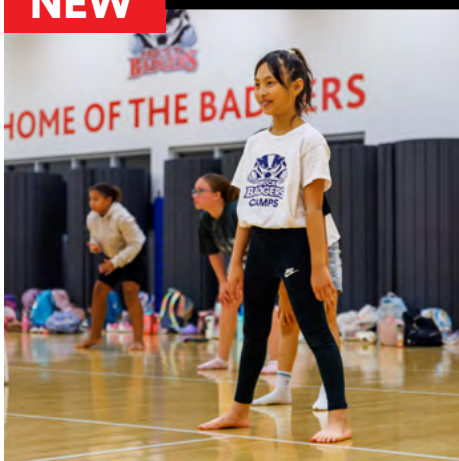
10-13 yrs

This program will focus on teaching the essential movement skills for badminton. 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: Oct 14

19226	We	Sept 30 - Nov 25	6:00-7:00pm	8	
					\$76.00

NEW



Non-Recital Dance

Non-Recital Intro to Dance Parent and Tot

2-4 yrs

Dancers will be introduced to the fundamentals of dance through a variety of styles, including Acro, Ballet, Hip Hop and Jazz, while developing coordination, balance, body awareness and basic movement skills through foundational steps and simple combinations. A parent or guardian aged 18 or older must actively participate. Only one parent or guardian may attend the class and may accompany up to two registered participants.

Exception Date: Oct 14

19258	We	Sept 30 to Nov 25	10:15-11:15am	8	
					\$75.00

Non-Recital Ballet

3-5 yrs

Dancers will be introduced to the fundamentals of ballet through basic positions, steps and posture while developing coordination, balance, control, body awareness and the ability to perform simple movement combinations. Participants are expected to attend independently, and parents or guardians must remain on-site for the duration of the class.

Exception Date: Oct 14

19259	We	Sept 30 to Nov 25	11:25am-12:25pm	8	
					\$85.00

Non-Recital Hip Hop

Dancers will be introduced to the fundamentals of hip hop through basic grooves, footwork and rhythm while developing coordination, strength, musicality and body awareness through simple movement combinations. Participants are expected to attend independently, and parents or guardians must remain on-site for the duration of the class.

Exception Date: Oct 14

6-8 yrs					
19260	We	Sept 30 to Nov 25	4:35-5:35pm	8	
8-10 yrs					
19261	We	Sept 30 to Nov 25	5:45-6:45pm	8	
					\$85.00



Fencing

Fencing Introduction

Learn to sword fight like the Olympians, taught by nationally certified fencing coaches, in an exciting, fun and safe environment. All equipment provided during training. Location: Dance Studio

Exception Date: Oct 12

7-10 yrs				\$95	
19234	Mo	Sept 14-Nov 9	6:00-6:50 pm	8	
11-16 yrs				\$100	
19235	Mo	Sept 14-Nov 9	7:00-7:50 pm	8	
17+ yrs				\$100	
19233	Mo	Sept 14-Nov 9	8:00-8:50 pm	8	

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?

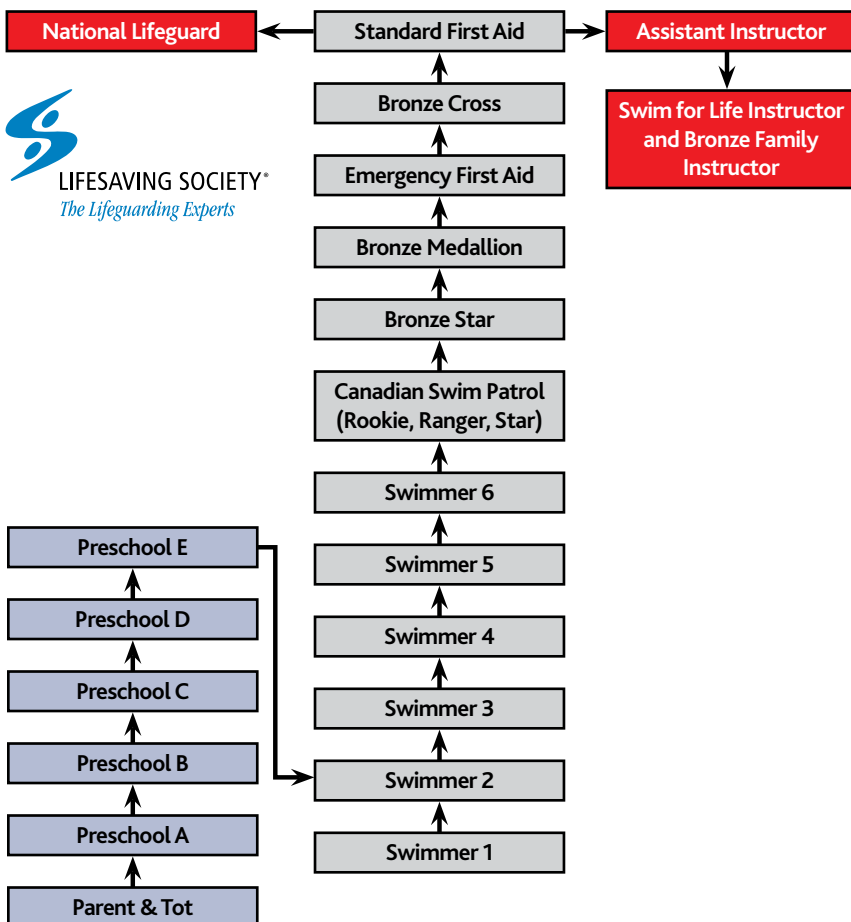
Everyone is affected when the pool is fouled. Tots and those without bowel control must wear snug protective swim diapers. All participants should avoid eating or drinking too much prior to swimming and those not feeling well should stay at home. In the event of a pool closure, participants will be taught 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	Floater
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