Brock University



2027 Winter

Aquatics
& Recreation Programs

Winter Registration
Aquatics Nov 24, 2026 at noon
Recreation Dec 2, 2026 at noon

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

SWIM FOR LIFE® LIFESAVING SOCIETY







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.

19475	Tu	Jan 12-Mar 2	4:30pm-5:00pm	8
19476	Tu	Jan 12-Mar 2	5:00pm-5:30pm	8
19477	Tu	Jan 12-Mar 2	5:30pm-6:00pm	8
19478	Tu	Jan 12-Mar 2	6:00pm-6:30pm	8
19479	Tu	Jan 12-Mar 2	6:30pm-7:00pm	8
19480	Tu	Jan 12-Mar 2	7:00pm-7:30pm	8
19481	Tu	Jan 12-Mar 2	7:30pm-8:00pm	8
19482	Th	Jan 14-Mar 4	4:30pm-5:00pm	8
19483	Th	Jan 14-Mar 4	5:00pm-5:30pm	8
19484	Th	Jan 14-Mar 4	5:30pm-6:00pm	8
19485	Th	Jan 14-Mar 4	6:00pm-6:30pm	8
19486	Th	Jan 14-Mar 4	6:30pm-7:00pm	8
19487	Th	Jan 14-Mar 4	7:00pm-7:30pm	8
19488	Th	Jan 14-Mar 4	7:30pm-8:00pm	8
19489	Sa	Jan 16-Mar 6	9:00am-9:30am	8
19490	Sa	Jan 16-Mar 6	9:30am-10:00am	8
19491	Sa	Jan 16-Mar 6	10:00am-10:30am	8
19492	Sa	Jan 16-Mar 6	10:30am-11:00am	8
19493	Sa	Jan 16-Mar 6	11:00am-11:30am	8
19494	Sa	Jan 16-Mar 6	11:30am-12:00pm	8
19495	Sa	Jan 16-Mar 6	12:00pm-12:30pm	8
19496	Sa	Jan 16-Mar 6	12:30pm-1:00pm	8
19497	Su	Jan 10-Feb 7	1:00pm-2:00pm	4
19489	Su	Jan 10-Feb 7	2:00pm-3:00pm	4
19499	Su	Jan 10-Feb 7	3:00pm-4:00pm	4
19500	Su	Feb 21-Mar 14	1:00pm-2:00pm	4
19501	Su	Feb 21-Mar 14	2:00pm-3:00pm	4
19502	Su	Feb 21-Mar 14	3:00pm-4:00pm	4
				$205

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.

19504	Tu	Jan 12-Mar 2	4:30pm-5:00pm	8
19505	Tu	Jan 12-Mar 2	5:00pm-5:30pm	8
19506	Tu	Jan 12-Mar 2	5:30pm-6:00pm	8
19507	Tu	Jan 12-Mar 2	6:00pm-6:30pm	8
19508	Tu	Jan 12-Mar 2	6:30pm-7:00pm	8
19509	Tu	Jan 12-Mar 2	7:00pm-7:30pm	8
19510	Tu	Jan 12-Mar 2	7:30pm-8:00pm	8
19511	Th	Jan 14-Mar 4	4:30pm-5:00pm	8
19512	Th	Jan 14-Mar 4	5:00pm-5:30pm	8
19513	Th	Jan 14-Mar 4	5:30pm-6:00pm	8
19514	Th	Jan 14-Mar 4	6:00pm-6:30pm	8
19515	Th	Jan 14-Mar 4	6:30pm-7:00pm	8
19516	Th	Jan 14-Mar 4	7:00pm-7:30pm	8
19517	Th	Jan 14-Mar 4	7:30pm-8:00pm	8
19518	Sa	Jan 16-Mar 6	9:00am-9:30am	8
19519	Sa	Jan 16-Mar 6	9:30am-10:00am	8
19520	Sa	Jan 16-Mar 6	10:00am-10:30am	8
19521	Sa	Jan 16-Mar 6	10:30am-11:00am	8
19522	Sa	Jan 16-Mar 6	11:00am-11:30am	8
19523	Sa	Jan 16-Mar 6	11:30am-12:00pm	8
19524	Sa	Jan 16-Mar 6	12:00pm-12:30pm	8
19525	Sa	Jan 16-Mar 6	12:30pm-1:00pm	8
				$320



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.

19430	Tu	Jan 12-Mar 2	5:00pm-5:30pm	8
19431	Th	Jan 14-Mar 4	5:00pm-5:30pm	8
19432	Sa	Jan 16-Mar 6	10:00am-10:30am	8
19433	Sa	Jan 16-Mar 6	11:00am-11:30am	8
19623	W	Jan 13-Mar 3	10:00am-10:30am	8
19624	F	Jan 15-Mar 5	10:00am-10:30am	8
				$71

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.

19437	Tu	Jan 12-Mar 2	4:30pm-5:00pm	8
19438	Tu	Jan 12-Mar 2	5:30pm-6:00pm	8
19439	Th	Jan 14-Mar 4	4:30pm-5:00pm	8
19440	Th	Jan 14-Mar 4	5:30pm-6:00pm	8
19441	Sa	Jan 16-Mar 6	9:00am-9:30am	8
19442	Sa	Jan 16-Mar 6	10:00am-10:30am	8
19443	Sa	Jan 16-Mar 6	11:00am-11:30am	8
19625	W	Jan 13-Mar 3	10:30am-11:00am	8
19626	F	Jan 15-Mar 5	10:30am-11:00am	8
				$71

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.

19445	Tu	Jan 12-Mar 2	4:30pm-5:00pm	8
19446	Tu	Jan 12-Mar 2	5:30pm-6:00pm	8
19447	Th	Jan 14-Mar 4	4:30pm-5:00pm	8
19448	Th	Jan 14-Mar 4	5:30pm-6:00pm	8
19449	Sa	Jan 16-Mar 6	9:00am-9:30am	8
19450	Sa	Jan 16-Mar 6	10:00am-10:30am	8
19451	Sa	Jan 16-Mar 6	11:00am-11:30am	8
19627	W	Jan 13-Mar 3	10:30am-11:00am	8
19628	F	Jan 15-Mar 5	10:30am-11:00am	8
				$71

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.

19453	Tu	Jan 12-Mar 2	5:00pm-5:30pm	8
19454	Tu	Jan 12-Mar 2	6:00pm-6:30pm	8
19455	Th	Jan 14-Mar 4	5:00pm-5:30pm	8
19456	Th	Jan 14-Mar 4	6:00pm-6:30pm	8
19457	Sa	Jan 16-Mar 6	9:30am-10:00am	8
19458	Sa	Jan 16-Mar 6	10:30am-11:00am	8
19459	Sa	Jan 16-Mar 6	11:30am-12:00pm	8
				$71

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.

19461	Tu	Jan 12-Mar 2	5:00pm-5:30pm	8
19462	Tu	Jan 12-Mar 2	6:00pm-6:30pm	8
19463	Th	Jan 14-Mar 4	5:00pm-5:30pm	8
19464	Th	Jan 14-Mar 4	6:00pm-6:30pm	8
19465	Sa	Jan 16-Mar 6	9:30am-10:00am	8
19466	Sa	Jan 16-Mar 6	10:30am-11:00am	8
19467	Sa	Jan 16-Mar 6	11:30am-12:00pm	8
				$71

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.

19469	Tu	Jan 12-Mar 2	5:00pm-5:30pm	8
19470	Th	Jan 14-Mar 4	5:00pm-5:30pm	8
19471	Sa	Jan 16-Mar 6	9:30am-10:00am	8
19472	Sa	Jan 16-Mar 6	10:30am-11:00am	8
19473	Sa	Jan 16-Mar 6	11:30am-12:00pm	8
				$71





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 skills.

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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 and date that works for you.

brocku.ca/recreation/certifications

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 (5-12 yrs.)

19533	Tu	Jan 12-Mar 2	4:30pm-5:00pm	8
19534	Tu	Jan 12-Mar 2	5:00pm-5:30pm	8
19535	Tu	Jan 12-Mar 2	5:30pm-6:00pm	8
19536	Tu	Jan 12-Mar 2	6:00pm-6:30pm	8
19537	Tu	Jan 12-Mar 2	6:30pm-7:00pm	8
19538	Th	Jan 14-Mar 4	4:30pm-5:00pm	8
19539	Th	Jan 14-Mar 4	5:00pm-5:30pm	8
19540	Th	Jan 14-Mar 4	5:30pm-6:00pm	8
19541	Th	Jan 14-Mar 4	6:00pm-6:30pm	8
19542	Th	Jan 14-Mar 4	6:30pm-7:00pm	8
19543	Sa	Jan 16-Mar 6	9:00am-9:30am	8
19544	Sa	Jan 16-Mar 6	9:30am-10:00am	8
19545	Sa	Jan 16-Mar 6	10:00am-10:30am	8
19546	Sa	Jan 16-Mar 6	10:30am-11:00am	8
19547	Sa	Jan 16-Mar 6	11:00am-11:30am	8
19548	Sa	Jan 16-Mar 6	11:30am-12:00pm	8
19549	Sa	Jan 16-Mar 6	12:00pm-12:30pm	8
				$71

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.

19551	Tu	Jan 12-Mar 2	4:30pm-5:00pm	8
19552	Tu	Jan 12-Mar 2	5:00pm-5:30pm	8
19553	Tu	Jan 12-Mar 2	5:30pm-6:00pm	8
19554	Tu	Jan 12-Mar 2	6:00pm-6:30pm	8
19555	Tu	Jan 12-Mar 2	6:30pm-7:00pm	8
19556	Th	Jan 14-Mar 4	4:30pm-5:00pm	8
19557	Th	Jan 14-Mar 4	5:00pm-5:30pm	8
19558	Th	Jan 14-Mar 4	5:30pm-6:00pm	8
19559	Th	Jan 14-Mar 4	6:00pm-6:30pm	8
19560	Th	Jan 14-Mar 4	6:30pm-7:00pm	8
19561	Sa	Jan 16-Mar 6	9:00am-9:30am	8
19562	Sa	Jan 16-Mar 6	9:30am-10:00am	8
19563	Sa	Jan 16-Mar 6	10:00am-10:30am	8
19564	Sa	Jan 16-Mar 6	10:30am-11:00am	8
19565	Sa	Jan 16-Mar 6	11:00am-11:30am	8
19566	Sa	Jan 16-Mar 6	11:30am-12:00pm	8
19567	Sa	Jan 16-Mar 6	12:00pm-12:30pm	8
				$71

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.

19569	Tu	Jan 12-Mar 2	5:30pm-6:15pm	8
19570	Tu	Jan 12-Mar 2	6:15pm-7pm	8
19571	Tu	Jan 12-Mar 2	7pm-7:45pm	8
19572	Th	Jan 14-Mar 4	5:30pm-6:15pm	8
19573	Th	Jan 14-Mar 4	6:15pm-7pm	8
19574	Th	Jan 14-Mar 4	7pm-7:45pm	8
19575	Sa	Jan 16-Mar 6	9am-9:45am	8
19576	Sa	Jan 16-Mar 6	9:45am-10:30am	8
19577	Sa	Jan 16-Mar 6	10:30am-11:15am	8
19578	Sa	Jan 16-Mar 6	11:15am-12:00pm	8
19579	Sa	Jan 16-Mar 6	12:00pm-12:45pm	8
				$77

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.

19581	Tu	Jan 12-Mar 2	5:30pm-6:15pm	8
19582	Tu	Jan 12-Mar 2	6:15pm-7pm	8
19583	Tu	Jan 12-Mar 2	7pm-7:45pm	8
19584	Th	Jan 14-Mar 4	5:30pm-6:15pm	8
19585	Th	Jan 14-Mar 4	6:15pm-7pm	8
19586	Th	Jan 14-Mar 4	7pm-7:45pm	8
19587	Sa	Jan 16-Mar 6	9am-9:45am	8
19588	Sa	Jan 16-Mar 6	9:45am-10:30am	8
19589	Sa	Jan 16-Mar 6	10:30am-11:15am	8
19590	Sa	Jan 16-Mar 6	11:15am-12:00pm	8
195891	Sa	Jan 16-Mar 6	12:00pm-12:45pm	8
				$77



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.

19593	Tu	Jan 12-Mar 2	5:30pm-6:15pm	8
19594	Tu	Jan 12-Mar 2	6:15pm-7pm	8
19595	Tu	Jan 12-Mar 2	7pm-7:45pm	8
19596	Th	Jan 14-Mar 4	5:30pm-6:15pm	8
19597	Th	Jan 14-Mar 4	6:15pm-7pm	8
19598	Th	Jan 14-Mar 4	7pm-7:45pm	8
19599	Sa	Jan 16-Mar 6	9:45am-10:30am	8
19600	Sa	Jan 16-Mar 6	10:30am-11:15am	8
19601	Sa	Jan 16-Mar 6	11:15am-12:00pm	8
19602	Sa	Jan 16-Mar 6	12:00pm-12:45pm	8
				$77

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.

19604	Tu	Jan 12-Mar 2	5:30pm-6:15pm	8
19605	Tu	Jan 12-Mar 2	6:15pm-7pm	8
19606	Tu	Jan 12-Mar 2	7pm-7:45pm	8
19607	Th	Jan 14-Mar 4	5:30pm-6:15pm	8
19608	Th	Jan 14-Mar 4	6:15pm-7pm	8
19609	Th	Jan 14-Mar 4	7pm-7:45pm	8
19610	Sa	Jan 16-Mar 6	9:45am-10:30am	8
19611	Sa	Jan 16-Mar 6	10:30am-11:15am	8
19612	Sa	Jan 16-Mar 6	11:15am-12:00pm	8
19613	Sa	Jan 16-Mar 6	12:00pm-12:45pm	8
				$77

Youth Fitness Swimmer 8-17 yrs

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.

19645	Th	Jan 14-Mar 4	4:30pm-5:30pm	8
				$85

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

19412	Tu	Jan 12-Mar 2	7:00pm-8:00pm	8
19413	Th	Jan 14-Mar 4	7:00pm-8:00pm	8
19414	Sa	Jan 16-Mar 6	9:00am-10:00am	8
				$85

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.

19409	Tu	Jan 12-Mar 2	6:30pm-8:00pm	8
19410	Sa	Jan 16-Mar 6	9:00am-10:30am	8
				$105

Clubs and Sport

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: Feb 15

19644	M	Jan 11-Mar 8	7:00pm-8:30pm	8
				$100

Lifesaving Sport Club 7-11 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: Feb 15

7-11 yrs				
19420	M	Jan 11-Mar 8	7:00pm-8:30pm	8
12-16 yrs				
19419	M	Jan 11-Mar 8	7:00pm-8:30pm	8
				$100

Aquatic Sport and Games 8-12 yrs

Aquatic Sports and Games provides opportunities to try out various water sports in a 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 program and most activities are in the water. Prerequisite: Swimmer 3 or equivalent. Completed Canadian Swim to Survive Standard: roll into deep water, tread water for one minute, swim 50 meters.

19383	F	Jan 15-Mar 5	7:30pm-9:00pm	8
				$100

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.

19619	Sa	Jan 16-Mar 6	12:15pm-1:00pm	8
				$77



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: 16 years, beginner non-swimmer.

19367	Tu	Jan 12-Mar 2	7:15pm-8:00pm	8
19368	Th	Jan 14-Mar 4	7:15pm-8:00pm	8
19369	Su	Jan 10-Feb 7	1:00pm-2:30pm	4
19370	Su	Jan 10-Feb 7	2:30pm-4:00pm	4
19631	Su	Feb 21-Mar 14	1:00pm-2:30pm	4
19632	Su	Feb 21-Mar 14	2:30pm-4:00pm	4
19635	W	Jan 13-Mar 3	9:00am-9:45am	8
19636	W	Jan 13-Mar 3	9:45am-10:30am	8
19637	F	Jan 15-Mar 5	9:00am-9:45am	8
19638	F	Jan 15-Mar 5	9:45am-10:30am	8
				$77

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. Prerequisite: 16 years.

19371	Th	Jan 14-Mar 4	7:15pm-8:00pm	8
19372	Su	Jan 10-Feb 7	1:00pm-2:30pm	4
19633	Su	Feb 21-Mar 14	1:00pm-2:30pm	4
				$77

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! Prerequisites: 16 years.

19373	Th	Jan 14-Mar 4	7:15pm-8:00pm	8
19374	Su	Jan 10-Feb 7	2:30pm-4:00pm	4
19634	Su	Feb 21-Mar 14	2:30pm-4:00pm	4
				$77

Adult Fitness Swimmer 17+ yrs.

19639	W	Jan 13-Mar 3	9:00am-10:00am	8
19640	F	Jan 15-Mar 5	9:00am-10:00am	8
				$85

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.)

19615	Tu	Jan 12-Mar 2	7:15pm-8:00pm	8
19616	Sa	Jan 16-Mar 6	12pm-12:45pm	8
				$77

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.

19617	Tu	Jan 12-Mar 2	7:15pm-8:00pm	8
19618	Sa	Jan 16-Mar 6	12pm-12:45pm	8
				$77



First Aid

Basic First Aid with CPR-C and AED **All Ages**

Basic 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

19647	Su	Jan 16	8:30am-5:00pm	1
19648	Su	Feb 7	8:30am-5:00pm	1
19649	W	Mar 17	8:30am-5:00pm	1
$24 Canadian First Aid Manual				**$80**

Intermediate First Aid with CPR-C and AED **All Ages**

Intermediate 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.

19651	Sa/Su	Jan 9-10	8:30am-5:00pm	2
19652	Sa/Su	Jan 16-17	8:30am-5:00pm	2
19653	Sa/Su	Jan 23-24	8:30am-5:00pm	2
19654	Sa	Jan 23-30	8:30am-5:00pm	2
19655	Sa/Su	Jan 30-31	8:30am-5:00pm	2
19656	Sa/Su	Feb 6-7	8:30am-5:00pm	2
19657	Sa/Su	Feb 20-21	8:30am-5:00pm	2
19660	Sa/Su	Feb 21-28	8:30am-5:00pm	2
19658	Su	Feb 27-28	8:30am-5:00pm	2
19659	Sa/Su	Mar 6-7	8:30am-5:00pm	2
19661	Sa/Su	Mar 13-14	8:30am-5:00pm	2
19662	Sa/Su	Mar 20-21	8:30am-5:00pm	2
19664	Sa/Su	Apr 3-4	8:30am-5:00pm	2
19665	Sa/Su	Apr 10-11	8:30am-5:00pm	2
19666	Sa/Su	Apr 17-18	8:30am-5:00pm	2
19663	Sa/Su	Apr 24-25	8:30am-5:00pm	2
$24 Canadian First Aid Manual				**$125**

Intermediate First Aid with CPR-C and AED recertification

All Ages

Intermediate 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.

19667	Su	Jan 24	8:30am-5:00pm	1
19668	Sa	Feb 20	8:30am-5:00pm	1
19669	Sa	Mar 20	8:30am-5:00pm	1
$24 Canadian First Aid Manual				**$80**

CPR-HCP/BLC & AED with Airway Management **All Ages**

CPR-Health Care Provider/Basic Life Support covers all aspects of CPR skill and theory for adult, child, and infant victims, including rescue breathing and the use of a bag-valve-mask. This program is designed for those who, as part of their job as Health Care Providers, have a duty to respond to medical emergencies. Prerequisites: Intermdiate First Aid.

Airway Management provides senior and experienced first-aiders with specific knowledge and training in the use of oxygen, suction devices, oral airways, and masks/bag-valve-masks.

19416	Su	Feb 7	9:00am-3:30pm	1
$18 Canadian CPR-HCP Manual, $24 Canadian First Aid Manual				**$90**

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.

19405	W	Jan 20-Feb 24	6:00pm-9:30pm	6
19406	Sa	Jan 16-Feb 20	9:00am-12:30pm	6
19407	Sa/Su	Jan 23-31	9:00am-4:00pm	4
19408	Sa-Tu	Mar 13-16	9:00am-4:00pm	4
$58 Canadian Lifesaving Manual				**$140**

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 First Aid or Intermediate First Aid from a training agency approved by the Ontario government.

19400	W	Jan 20-Feb 24	5:30pm-9:30pm	6
19401	Sa	Jan 16-Feb 20	9:00am-1:00pm	6
19402	Sa/Su	Feb 20-28	9:00am-4:00pm	4
19403	Th-Su	Mar 18-21	9:00am-4:00pm	4
$58 Canadian Lifesaving Manual				**$145**

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 First Aid from a training agency approved by the Ontario government.

19422	W	Jan 20-Mar 10	5:00pm-10:00pm	8
19423	F-Su	Feb 20-28	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm	6
19424	Sa-W	Mar 13-17	8:30am-5:00pm	5
$58 Alert Manual				**$289**

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).

19425	Sa	Jan 10	9:00am-1:00pm	1
19426	Su	Feb 7	9:00am-1:00pm	1
19427	Su	Mar 7	9:00am-1:00pm	1
19428	Sa	Mar 20	9:00am-1:00pm	1
				$91



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.

19530	F-Su	Jan 22-24	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm	3
19531	F-Su	Feb 26-28	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm	3
$125 Instructor Pack				**$186**

Lifesaving Instructor 15+ yrs

You will be certified to teach and certify candidates in Canadian Swim Patrol, Bronze Star, Lifesaving Fitness. 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.

19528	F-Su	Feb 5-7	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm	3
19529	F-Su	Mar 5-7	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm	3
$125 Instructor Pack				**$186**

Instructor Recertification 15+ yrs

19527	Su	Jan 10	9:00am-1:00pm	1
19732	Su	Mar 14	9:00am-1:00pm	1
				$91

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.

19415	Su	Feb 7	10:00am-4:00pm	1
$ 45 Examiner Handbook, and Award Guide for chosen stream				**$75**

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 Sociery Swim Instructor or Lifesaving Instructor (does not need to be current).

19384	F/Sa	Mar 19-20	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm	2
$40 Aquatic Supervisor Workbook				**$92**

Aquatic Managment 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	2
$128 Aquatic Management Instructor Pack				**$165**

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	2
$45 Swim and Lifesaving Instructor Award Guide, plus Award Guide for desired Instructor stream				**$165**

First Aid Instructor

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

19268	F-Su	Mar 5-7	Fr 5:00pm-9:00pm, Sa-Su 8:30am-5:00pm	3
$81 First Aid Instructor Pack				**$186**



BROCK NIAGARA Penguins PARASPORTS

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 Aquatics

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: Feb 15

19717	M_W_F	Jan 6 - Mar 12	11:30AM-1:00PM	28
19718	M_W_F	Jan 6 - Mar 12	6:00 AM-7:30AM	28
19719	M_W_F	Jan 6 - Mar 12	M-W 7:00-8:15PM F 6:00-7:30 PM	28
				$397.95

BNA- Intro to Competitive Swimming (Competitive) 9-14 yrs

Building on foundational skills, this program combines structured stroke development and swim fitness with the opportunity to experience regional competitions. Over 8- to 10-week sessions, swimmers train three times per week to refine their technique and smoothly transition into age-appropriate competitive groups.

Exception Date: Feb 15

19721	M_W_F	Jan 6 - Mar 12	5:45-7:15 PM	28
				$552.20

Intro to Competitive Swimming

9-12 yrs

The Brock Niagara Introduction to Competitive Swimming program is a structured pre-competitive stream running in 8- to 10-week sessions designed to build endurance and technique over three weekly practices. It serves as the perfect bridge for swimmers looking to gain confidence, experience regional swim meets, and successfully transition into age-appropriate competitive groups.

Exception Date: Feb 15

19722	M_W_F	Jan 6 - Mar 12	5:45-7:15 PM	28
				$526.00

Olympic Way 10 yrs and Under

The 'Olympic Way' program offers young swimmers (born 2016 or later) a supportive environment to perfect foundational competitive strokes and build introductory endurance twice a week. Running in 8- to 10-week cycles, it serves as the entry-level Grassroots stream to prepare athletes for advancement into the club's competitive pathways. **Exception Date: Feb 15**

19726	M-W	Jan 6 - Mar 12	5:45-7 PM	18
19727	M-W	Jan 6 - Mar 12	7:00-8:15 PM	18
19728	Tu-Th	Jan 6 - Mar 12	4:15-5:30 PM	20
				$394.50

Olympic Way Late Start 11-14 yrs

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: Feb 15**

19723	M-W	Jan 6 - Mar 12	5:45-7 PM	18
19724	M-W	Jan 6 - Mar 12	7:00-8:15 PM	18
19725	Tu-Th	Jan 6 - Mar 12	4:15-5:30 PM	20
				$394.50

BNA Triathlon Personalized Multi-Sport Training

14+ yrs

Take the guesswork out of your autumn training with a comprehensive multi-sport 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: Feb 15**

19730	M_W_F	Jan 6 - Mar 12	6:00 AM-7:30AM	28
				$600.00

BNA Triathlon Swim

14+ yrs

Dive into autumn with a structured pool program designed specifically to enhance your triathlon swim mechanics, pacing, and endurance. Led by coaches, this stream focuses exclusively on maximizing your efficiency and confidence in the water. **Exception Date: Feb 15**

19731	M_W_F	Jan 6 - Mar 12	6:00 AM-7:30AM	28
				$474.75



Artistic Swimming

6-17+ yrs

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: Feb 15**

19641	M	Jan 11-Mar 8	6:30pm-8:30pm	8
				$177

Beginner Artistic Swimming

6-17+ yrs

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.

19385	Sa	Jan 16-Mar 6	10:00am-10:45am	8
19386	Sa	Jan 16-Mar 6	11:30am-12:15pm	8
				$77

Intermediate Artistic Swimming

6-17+ yrs

Continue building your artistic swimming skills with new positions, transitions, and skills. Prerequisite: Swimmer 4 and Beginner Artistic Swimming.

19417	Sa	Jan 16-Mar 6	10:45am-11:30am	8
				$77



Aquatic Fitness & Skills

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: Feb 15 and 18

19377	Tu	Jan 12-Mar 2	7:05pm-7:55pm	8
19379	Th	Jan 14-Mar 4	7:05pm-7:55pm	8
19387	M/W	Jan 11-Feb 3	11:05am-11:55am	8
19380	M/W	Feb 8-Mar 10	11:05am-11:55am	8
19381	M/W	Mar 15-Apr 7	11:05am-11:55am	8
				$44

Aqualates 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: Feb 18

19688	Th	Jan 14-Feb 4	12:40pm-1:20pm	4
19689	Th	Feb 11-Mar 11	12:40pm-1:20pm	4
19691	Th	Mar 18-Apr 8	12:40pm-1:20pm	4
				$36

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: Feb 18

19435	Th	Jan 14-Feb 4	11:40am-12:20pm	4
19692	Th	Feb 11-Mar 11	11:40am-12:20pm	4
19693	Th	Mar 18-Apr 8	11:40am-12:20pm	4
				$36

Aqua Cycle HIIT 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: Feb 18

19376	Th	Jan 14-Feb 4	11:40am-12:20pm	4
19700	Th	Feb 11-Mar 11	11:40am-12:20pm	4
19701	Th	Mar 18-Apr 8	11:40am-12:20pm	4
				$36

REGISTER ONLINE

Aquatics registration begins November 24, at noon



Brock Sport Medicine

Sports Injury Management/ Prevention 14+ Yrs.

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.

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



NEW



NEW

Skill Clinics

Basic 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

Butterfly				
19203	F	Jan 8-22	9:30am-10:20am	3
Starts and Turns				
19204	F	Jan 29-Feb 12	9:30am-10:20am	3
Pacing and Endurance				
19205	F	Feb 26-Mar 12	9:30am-10:20am	3
				$36

Learn to Skate

This small-group class introduces participants to the fundamentals of skating through fun games, guided activities, and beginner-friendly instruction. Children will practice balance, moving on the ice, and develop confidence in a supportive environment.

Parent & Tot		**3-4 yrs.**		**$132**
19855	Su	Jan 10- Feb 28	2:10 - 3:00pm	8
Preschool		**3-5 yrs.**		**$132**
19856	Su	Jan 10- Feb 28	2:10 - 3:00pm	8
19857	Su	Jan 10- Feb 28	3:10 - 4:00pm	8
Youth		**6-12 yrs.**		**$132**
19858	Su	Jan 10- Feb 28	3:10 - 4:00pm	8



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: Feb 20, 27**

(1-2 yrs.)				**$90.00**
19671	Sa	Jan 9-Mar 13	9-9:50 am	8
19672	Sa	Jan 9-Mar 13	10-10:50 am	8
19673	Sa	Jan 9-Mar 13	11-11:50 am	8
(3-4 yrs.)				**$90.00**
19674	Sa	Jan 9-Mar 13	9-9:50 am	8
19675	Sa	Jan 9-Mar 13	10-10:50 am	8
19676	Sa	Jan 9-Mar 13	11-11:50 am	8
(5-7 yrs.)				**$90.00**
19677	Sa	Jan 9-Mar 13	9-9:50 am	8
19678	Sa	Jan 9-Mar 13	10-10:50 am	8
(6-12 yrs.)				**$90.00**
19679	Sa	Jan 9-Mar 13	11-11:50 am	8

After School Clubs

After School Robotics Club 9-13 yrs.

Students dive into robotics using Lego Spike Prime kits in this 10-week after-school program! Students will build robots in a collaborative environment learning about coding, building and teamwork. They will also have a chance to visit the Makerspace to round out their robots. Each week offers hands-on fun, teamwork, and tech skills led by Brock student mentors.

19685	Tu	Jan 19 - Mar 30 (no club Feb 16)	6-8 pm	10
				$260.00

After School Art Club 8-11 yrs.

In this 10-week art-themed club, students explore painting, sculpture, digital art, and more! Guided by Brock student mentors, they'll experiment with new techniques, build creativity, and create original pieces for their own portfolio, all while having fun and expressing themselves each week.

19684	W	Jan 20 - Mar 31 (no club Feb 17)	6-8 pm	10
				$260.00

PD Day Camp

Tech Camp

Spend your PD Day at Brock University! Our tech-focused camp keeps kids engaged and active while exploring real-world technology hands-on. Campers will build skills, confidence, and teamwork, all while having a blast. No experience needed, just curiosity and enthusiasm!

19246	F	15-Jan	9 am-4 pm	1
(drop off is 8:30-9:00am and pick up is 4:00-4:30pm)				**$55.00**

NEW



Fitness

Strong Games for Girls 8-14 yrs

Strong girls, big energy! Push, pull, jump, and challenge yourself with fun activities designed to help girls build strength, grow confidence and discover what they're capable of. Try new things and show yourself what you can do!

Exception date: Feb 15 , Mar 15

Jan 11	Mar 29	6:00-6:55 pm	10
			$128

Strong Games: Gladiator Training

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

Exception date: Feb 16 , Mar 16

7-10 yrs			
Jan 12	Mar 30	6:00-6:55 pm	10
11-14 yrs			
Jan 12	Mar 30	7:00-7:55 pm	10
			$128

March Break Camps

All camps are for children ages 7-13 years.Please note drop off is between 8:30-9:00am and pick up is between 4:00-4:30pm. No extended care is available during PD Day and March Break.

Sports School

Campers will enjoy a variety of sports and activities throughout the week, both indoors and outdoors. They'll make new friends, build teamwork skills, compete, collaborate and stay active. With plenty of games and challenges, campers will head home tired, happy and ready for more!

19740	M-F	Mar 15-19	9 am-4 pm	5	**$285.00**

Single Day Camps

Tech Camp

Campers will explore technology and create projects inspired by themed topics. They'll learn 3D design, video animation and stop-motion filmmaking. Let your camper explore, create and bring their ideas to life through hands-on technology activities!

19741	M	15-Mar	9 am-4 pm	1	**$57.00**

Robotics Camp

Campers will explore robotics through hands-on activities inspired by the weekly theme. They'll discover how robots are used in different settings and work in teams to build robots that complete fun challenges. Let your camper develop problem-solving skills, teamwork and creativity while learning through robotics!

19738	Tu	16-Mar	9 am-4 pm	1	**$57.00**

Science Camp

Campers will explore science through hands-on activities and experiments inspired by the weekly theme. They'll discover new concepts, ask questions and investigate how the world works. Let your camper spark their curiosity, experiment with new ideas and experience the excitement of science on a university campus!

19739	W	17-Mar	9 am-4 pm	1	**$57.00**

Adventure Camp

Campers will embark on a themed adventure across Brock University's campus, completing exciting missions and solving problems along the way. They'll explore new places, tackle challenges and work together to reach their goals. Let your camper build teamwork, problem-solving skills and confidence through fun, hands-on adventure-based activities!

19736	Th	18-Mar	9 am-4 pm	1	**$57.00**

Art Camp

Campers will explore their creative side through hands-on art activities inspired by the weekly theme. They'll experiment with different materials and mediums to create unique works of art, from canvas paintings to sculptures and more. Let your camper express their imagination, discover new techniques and enjoy a creative day of fun this March Break!

19737	F	19-Mar	9 am-4 pm	1	**$57.00**



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: Feb 15, 16

4-6 yrs.				
19695	M	Jan 11-Mar 8	5:00pm-6:00pm	8
6-8 yrs.				
19697	Tu	Jan 12-Mar 9	5:00pm-6:00pm	8
				$76

Junior Badgers Volleyball

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: Feb 15**

10-13 yrs.				
19699	M	Jan 11-Mar 8	6:00pm-7:00pm	8
				$76

Junior Badgers Badminton

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: Feb 16**

10-13 yrs.				
19694	Tu	Jan 12-Mar 9	6:00pm-7:00pm	8
				$76

NEW



Non-Recital Dance

Non-Recital Intro to Dance Parent and Tot 2-5 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: Feb 17

19706	W	Jan 13-Mar 10	10:00-11:00am	8
				$75

Non-Recital Intro to Dance 5+ 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.

Exception date: Feb 17

19776	W	Jan 13-Mar 10	11:00am-12:00pm	8
				$85

Non-Recital Ballet 3-6 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: Feb 17

19703	W	Jan 13-Mar 10	4:30-5:30pm	8
				$85

Non-Recital Jazz 6-10 yrs.

Dancers will be introduced to the fundamentals of jazz through basic technique, rhythm, and movement patterns while developing coordination, flexibility, strength, musicality, and body awareness through age-appropriate combinations and exercises. Participants are expected to attend independently, and parents or guardians must remain on-site for the duration of the class.

Exception date: Feb 17

19704	W	Jan 13-Mar 10	5:30-6:30pm	8
				$85

Non-Recital Hip Hop 6-10 yrs.

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: Feb 17

19703	W	Jan 13-Mar 10	4:30-5:30pm	8
				$85



Fencing

Introduction to Fencing 7-10 yrs.

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.

Exception date: Feb 15

7-10 yrs.				**$95**
19781	M	Jan 11-Mar 08	6:00-6:50pm	8
11-16 yrs.				**$100**
19782	M	Jan 11-Mar 08	7:00-7:50pm	8
17+ yrs.				**$100**
19780	M	Jan 11-Mar 08	8:00-8:50pm	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?

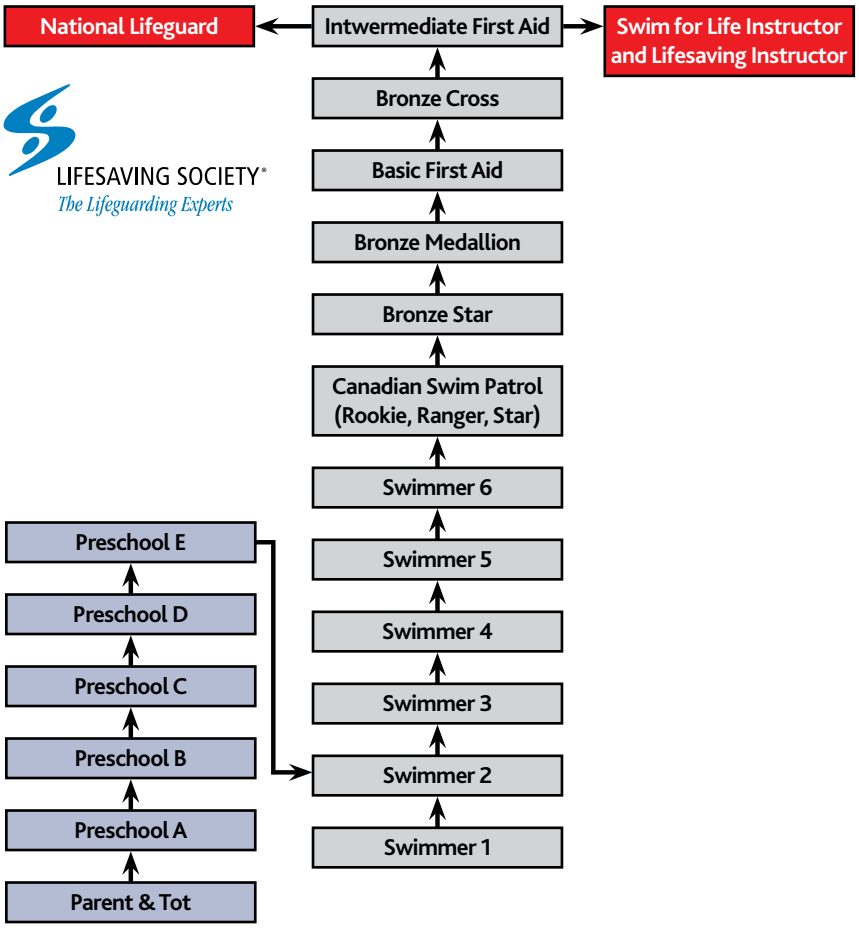
Everyone is affected when the pool is fouled. Tots and those without bowel control must wear snug protective swim diapers. All participants should avoid eating or drinking too much prior to swimming and those not feeling well should stay at home. In the event of a pool closure, participants will be taught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