Contacts

Dial 905-688-5550, then "1" and the extension listed below.

Walker Sports Complex

Welcome Desk - recservices@brocku.ca
General inquiries and registration x4060

Facilities - gymbookings@brocku.ca
Equipment requests, facility availability, court reservations
Central Equipment Room (Cage) x3377

Aquatics - bookings - poolbookings@brocku.ca
Aquatic programs x4060

Fitness - recservices@brocku.ca
The Zone x3009

Intramurals - Intramurals@brocku.ca
Intramurals (Room WC104) x3742

Drop-in Recreation

For daily information on drop-in recreation spaces and activities
brocku.ca/recreation/memberships

Equipment

The equipment listed below can be obtained by visiting the Central Equipment Room on the lower level of the Walker Sports Complex.

To borrow (with proper ID)
Basketballs, volleyballs, footballs, soccer balls, frisbees, ping pong nets. Note: On-campus use only.

To rent (with proper ID)
Ping pong/Pickleball paddles (up to 4), tennis/badminton racquet.

To Purchase
Lock, ping pong ball, tennis ball/badminton birdie, pickleball paddles.

All rules, policies and refunds can be found on our website **brocku.ca/recreation**

Find us on social
@BrockRecreation

Brock Niagara Penguins

Para Sport opportunities are available at recreational and competitive levels. Sports available: Boccia, Para Swim, Wheelchair Basketball and more.
brocku.ca/niagara-penguins

Aquatics

Adult 1

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. **Exception Dates: Jan 17**

19367	TU	JAN 12-MAR 2	7:15PM-8:00PM	8
19635	W	JAN 13-MAR 3	9:00AM-9:45AM	8
19636	W	JAN 13-MAR 3	9:45AM-10:30AM	8
19368	TH	JAN 14-MAR 4	7:15PM-8:00PM	8
19637	F	JAN 15-MAR 5	9:00AM-9:45AM	8
19638	F	JAN 15-MAR 5	9:45AM-10:30AM	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
				$77.00

Adult 2

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. **Exception Dates: Jan 17**

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
				$77.00

Adult 3

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. **Exception Dates: Jan 17**

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
				$77.00

Brock Student Swim Lessons

Exception Dates: Feb 15, 17

19391	M	JAN 11-FEB 1	12:00PM-12:30PM	4
19392	M	JAN 11-FEB 1	12:30PM-1:00PM	4
19393	M	FEB 8-MAR 8	12:00PM-12:30PM	4
19394	M	FEB 8-MAR 8	12:30PM-1:00PM	4
19387	TU	JAN 12-FEB 2	4:30PM-5:00PM	4
19388	TU	FEB 9-MAR 2	4:30PM-5:00PM	4
19395	W	JAN 13-FEB 3	12:00PM-12:30PM	4
19396	W	JAN 13-FEB 3	12:30PM-1:00PM	4
19397	W	FEB 10-MAR 10	12:00PM-12:30PM	4
19398	W	FEB 10-MAR 10	12:30PM-1:00PM	4
19389	TH	JAN 14-FEB 4	4:30PM-5:00PM	4
19390	TH	FEB 11-MAR 4	4:30PM-5:00PM	4
				$36.00

Skill Clinics

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.

BUTTERFLY				**$36.00**
19203	F	JAN 8-22	9:30AM-10:20AM	3
STARTS AND TURNS				**$36.00**
19204	F	JAN 29-FEB 12	9:30AM-10:20AM	3
PACING AND ENDURANCE				**$36.00**
19205	F	FEB 26-MAR 12	9:30AM-10:20AM	3



Personal Training

If you are interested in Personal Training, please see our website **brocku.ca/recreation**

Aquatic Fitness

Aquatic Fitness 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 Dates: Feb 15, 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 12	11:05AM-11:55AM	8
19381	M/W	MAR 15-APR 7	11:05AM-11:55AM	8
				$44.00

Aqualates The fun of Pilates on a paddleboard: Improve core strength and challenge balance. Each session will incorporate mobility work. Swim attire is required **Exception Dates: 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
				$36.00

Paddle Board Yoga 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 Dates: 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
				$36.00

Aqua Cycle HIIT 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 Dates: 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
				$36.00

Adult Fitness Swimmer

19640	W	JAN 15-MAR 5	9:00AM-10:00AM	8
19639	F	JAN 13-MAR 3	9:00AM-10:00AM	8
				$85.00

Expressfit & Pop-Up fitness Free to Brock Students

These are 40-min free fitness classes offered to students. They are drop-in and don't require registration. Some examples of classes to look for: Spin, Beginner Weights, Full Body Strength, Core & More. Check out **brocku.ca/recreation/expressfit** or **@BrockRecreation** on Instagram, to view the schedule

Expressfit schedule

For an up-to-date schedule of classes please scan the QR Code.

Registered Fitness

Try It Free Jan 18-22

Exception Dates: Reading Week

Code	Day	Date	Time	Classes	Cost
Gentle Hatha Yoga Improve flexibility, balance, and mental focus by gradually moving deeper into postures and holding them longer.					
19707	M	Jan 25 - Mar 22	5:10pm	8	**$72**
Beginner Yoga This is great for beginners or those ready to ease back into their Yoga journey. Reset with these mobility & strengthening poses.					
19711	Tu	Jan 26 - Mar 23	1:10pm	8	**$72**
Yogalates Pilates meets Yoga in this fusion class that will build core strength & postural awareness.					
19783	W	Jan 27 - Mar 24	12:10pm	8	**$72**
MMA for Self Defense Mixed martial arts athlete and coach Cody will help you gain confidence and develop skills to protect yourself in various situations.					
19708	W	Jan 27 - Mar 24	3:10pm	8	**$72**
Candlelight Yin Yoga Yin Yoga encourages you to slow down, reset and relax in a calm candlelit environment. Focus on your breath while holding poses for a longer period of a time.					
19709	W	Jan 27 - Mar 24	5:10pm	8	**$72**
Strength Training for Hypermobility Small Group Training that will Increase your strength in a periodized program with a focus on stability and good movement patterns.					
19713	Th	Jan 28 - Mar 25	6:10pm	8	**$72**
Yoga Flow Improve flexibility, balance, and mental focus by gradually moving deeper into postures and holding them longer.					
19710	Th	Jan 28 - Mar 25	7:10pm	8	**$72**

Brock University Sports and Recreation



2027 Winter

Student Recreation Program Guide

NEW!

Get in the game with Brock Intramurals!

More games. More competition. More ways to play. Choose from new 10-week leagues or flexible 7-week seasons that fit your schedule.



brocku.ca/recreation

Winter Leagues

E-Entry Fee, PB-Performance Bond, BB-Behaviour Bond

Registration closes Wed Jan 6, 2027
10 week leagues begin week of Jan 10

Day	Time	Wks	Cost
Coed 6's Volleyball			
M & W	5-10PM	10	$265 ($235E + $30PB)
Women's 6's Volleyball			
SU	12-8PM	10	$265 ($235E + $30PB)
Men's 6's Volleyball			
SU	12-8PM	10	$265 ($235E + $30PB)
Coed Basketball			
TU	5-10PM	10	$265 ($235E + $30PB)
Open Basketball			
F	12-6PM	10	$315($235E + $30PB + $50BB)
Open Doubles Pickleball			
W	5-10PM	10	$105 ($85E + $20PB)
Mixed Doubles Badminton			
TH	5-10PM	10	$105 ($85E + $20PB)
Women's Doubles Badminton			
TH	5-10PM	10	$105 ($85E + $20PB)
Men's Doubles Badminton			
TH	5-10PM	10	$105 ($85E + $20PB)
Coed Indoor Ultimate Frisbee			
TH	4-10PM	10	$265 ($235E + $30PB)
Women's Indoor Soccer			
W	5-10PM	9	$242 ($212E + $30PB)
Men's Indoor Soccer			
SU	12-8PM	10	$315($235E + $30PB + $50BB)
Men's Ball Hockey			
M	5-10PM	10	$315($235E + $30PB + $50BB)
Singles Table Tennis			
TH	5-10PM	10	$60 ($40E + $20PB)

Winter Tournaments

Code	Date	Time	Registration Opens	Registration Closes	Cost Per Team
Indoor Pickleball Doubles Tournament - Open Division					
19271	JAN 22	12-5PM	NOV 16	JAN 19	**$30**
Indoor Pickleball Doubles Tournament - Coed Division					
19270	JAN 22	12-5PM	NOV 16	JAN 19	**$30**
Coed 6's Volleyball Tournament - Rec Division					
19273	FEB 5	12-5PM	JAN 4	FEB 2	**$75**
Coed 6's Volleyball Tournament - Comp Division					
19272	FEB 5	12-5PM	JAN 4	FEB 2	**$75**
Snow Flag Football Tournament - Rec Division					
19267	FEB 27	10AM-6PM	FEB 1	FEB 24	**$100**
Snow Flag Football Tournament - Comp Division					
19269	FEB 27	10AM-6PM	FEB 1	FEB 24	**$100**

Flex Leagues

Flex League C

Flex C registration closes Wed Jan 27 , 2027
7 week leagues begin week of Feb 2

Day	Time	Wks	Cost
Coed Dodgeball			
TU	5-10 PM	7	$195 ($165E + $30 PB)
Coed Innertube Water Polo			
TU & TH	8-10 PM	7	$175 ($145 E + $30 PB)
Coed Soccer Baseball			
TH	7-10 PM	7	$195 ($165E + $30 PB)

Become an Intramural Official

All of the intramural leagues rely on Brock students to officiate. If you play and understand any of the sports offered, why not become an official? More information can be found online at **brocku.ca/recreation/officials**



Ice Hockey

Registration: Fri Jan 01 - Wed Jan 20, 2027
League begins week of Jan 31

Day	Time	Cost Per Team
Coed Ice Hockey		
SU - TH	LATE	$1350 ($1150E + $100PB + $100BB)
Hockey takes place at Canada Games Park on Sunday afternoons and Sunday-Thursday late nights.		

Free Agents Free agents (individuals), who are not part of a team, may register online or at the Welcome Desk. Registration cost for free agents is $30 (7 week), $44 (10 week) per sport except Ice Hockey ($105).

Captains If you need assistance with creating your team on IMLeagues after you have registered and paid, please stop by the Intramural Office (WC104), Monday to Thursday, 12-4PM

Drop-in Open Rec

Drop in, stay active, and have fun whenever it fits your schedule. Scan the QR code for the latest schedule.

New: Women's Only Sport Drop-In. A welcoming space for all who identify as women to play, connect, and stay active. All skill levels welcome.

Starts Jan 3 | Su: 10 am to 12 pm | Tu: 7 to 9 pm

Gym 2 - Check the Recreation Drop-In Calendar for schedule updates.

Get certified.

First Aid and CPR

Basic emergency training and CPR certification and recertification.

Lifeguard training

Various advanced courses for lifesaving and safe supervision.

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

brocku.ca/recreation/certifications



Fencing

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.

No Class: Feb 15

Code	Day	Date	Time	Days
Introduction to Fencing				
19780	M	JAN 11-MAR 08	8:00-8:50PM	8
				$80

follow us for more **@BrockRecreation**