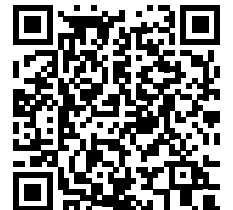
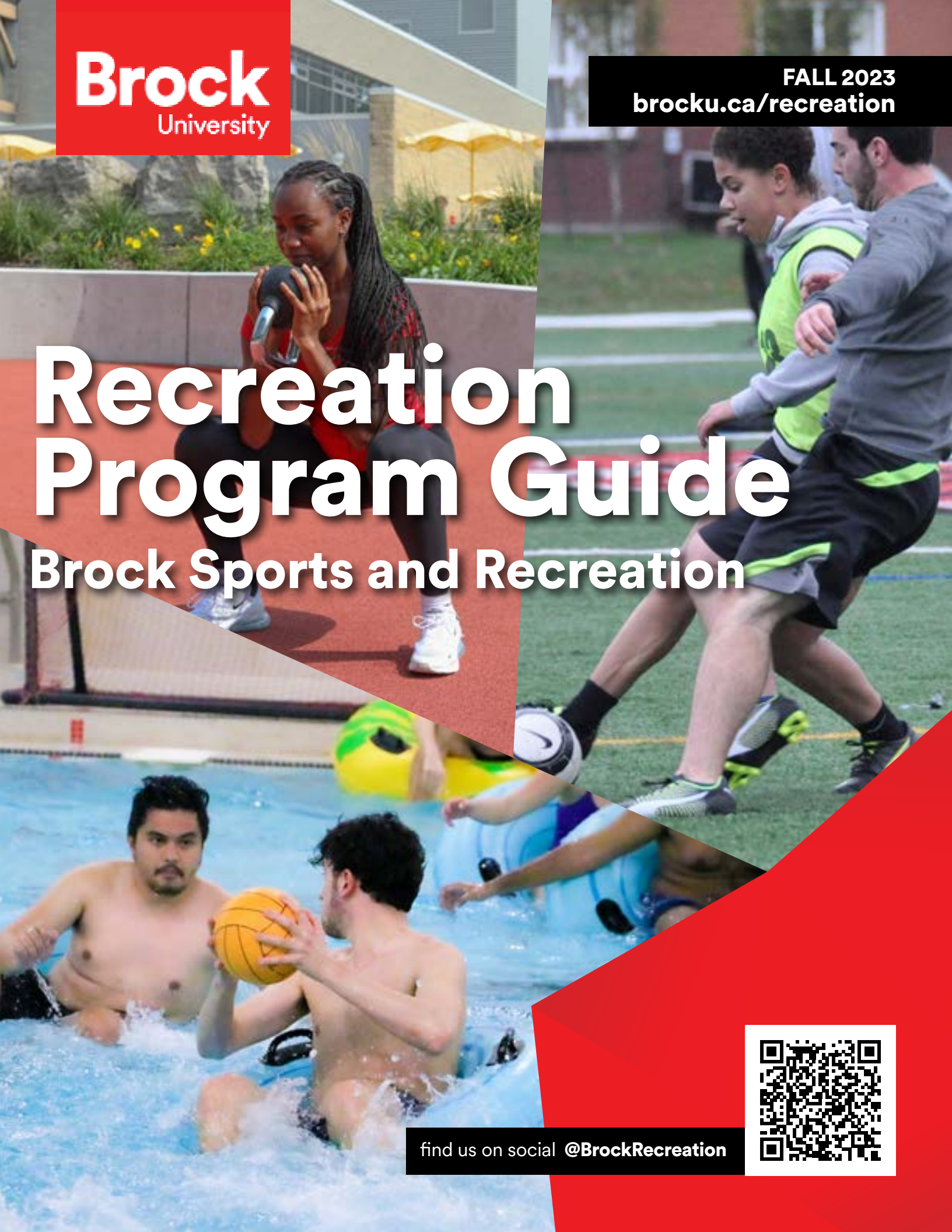


Recreation Program Guide

Brock Sports and Recreation



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Memberships

Visit brocku.ca/recreation/memberships for an updated list of options and pricing.

Day passes

\$10/day.....(must be 18 years old)

Swim day pass

\$4.75(adult)

\$3.75(child - under 15 years)

Family swim pass

\$18(up to 2 adults, 3 children)

get your
membership today



Welcome!

Brock Sports and Recreation invites Brock students to utilize the Walker Sports Complex facilities such as the Zone Fitness Centre, 50 m pool, 200 m indoor recreational track, 3 large gymnasiums, and outdoor tennis and basketball courts. The facility offers various programs including a huge intramural program for recreational and competitive athletes, weekly fitness, aquatics, and wellness programming, and competitive sport clubs who compete with other Ontario universities. Over 500 student leaders are involved in many roles, offering on-campus job opportunities and experiences. Staying active, involved, and connected with others enhances the student experience and keeps you healthy, active, and organized. Don't forget to make time for yourself in your schedule!

Hours of operation

September 5, 2023 - April 26, 2024

Holidays and University break weeks have different hours.

Monday to Friday	7 am-11 pm
Saturday	8 am-8 pm
Sunday	8 am-9 pm
Sunday, September 10 (Closed in a.m. for staff training)	12 noon-9 pm
Monday, October 9 (Thanksgiving)	Closed
Tuesday-Friday, October 10-13 (Fall Reading Week)	7 am-9 pm
Saturday, October 14	8 am-5 pm
Sunday, October 15	8 am-9 pm

Hours are subject to change with notice.

For holiday hours, changes to regularly scheduled hours of operation, and service area hours, please visit brocku.ca/recreation/facilities for details.

Women's Hour at the Zone

Women's only hours and programs provide a safe, comfortable, inclusive and fun atmosphere for anyone at Brock University who identifies as a woman (women includes all cis and trans individuals who identify as a woman).

Monday - 9-10 am • Wednesday - 4-5 pm • Friday - 1-2 pm

Note:

- No check-ins will be allowed within one-half hour of closing time.
- You will be required to clear activity areas 10 minutes prior to closing to allow time to shower and retrieve personal belongings.

Special events - Check brocku.ca/recreation for special event and holiday hours.

Friday, Oct. 13-Convocation (Ian Beddis and Bob Davis gyms closed, track closed)	
December 23-26	Closed
January 1, 2024	Closed
February 19 (Family Day)	Closed
Feb. 20-23 (Winter Reading Week)	7 am-9 pm

Brock Recreation Newsletter

A regular newsletter is published by Brock Recreation that includes program and facility information. Sign up at brocku.ca/recreation to receive a copy.

Facilities for All

All patrons of the Walker Sports Complex are required to behave respectfully, in adherence with Brock University's Respectful Work and Learning Environment Policy.

The Brock University Walker Sports Complex facilities are used for academic classes, student varsity and recreational use, university events and community programming.

Apparel

Athletic shoes and clean workout clothing (including tops and bottoms) must be worn when using the facilities in the Walker Sports Complex, including on the tennis courts, basketball courts and alumni field.

Clothing must not have protruding metal that can cut equipment or other patrons (i.e. zippers, belts)

Closed toe and heel athletic shoes must be worn at all times in all land-based activity areas of the Walker Sports Complex

Aquatic apparel must be worn in the swimming pool and family shower.

Personal items are not allowed in activity areas. Please lock your personal items in a locker.



Canada Games Park

Please visit canadagamespark.ca for information regarding the facilities.

The Zone Fitness Centre

Participants should ensure that they are able to set weights on the floor (not drop them). The use of chalk is prohibited in the Zone. Spitting, foul language, grunting and monopolizing equipment is not acceptable conduct and may result in the loss of privileges.

Women's Only Hours at the Zone take place at the following times:

Monday - 9-10 am
Wednesday - 4-5 pm
Friday - 1-2 pm

Pool

Clean aquatic attire must be worn while using the aquatic centre. Street shoes are not permitted on deck. No glass is allowed at the pool.

Fair play code

- Demonstrate respect for all individuals.
- Respect the facility you are participating in.
- Share equipment, space and facilities willingly.
- Maintain self-control at all times.
- Always attempt to contribute to the betterment of your experience at Brock University's Walker Sports Complex.

Risks involved in activity

Participating in physical activity has many inherent risks including, but not limited to, personal injury. Prior to registering for a membership or program, it is recommended that you consult your physician if you have any medical concerns. Brock University requires all members and program participants to read and sign a release of liability, waiver of claims and indemnity agreement at the time of registration.

All Brock University Recreation staff have First Aid/CPR/AED training. Public access AED's (automatic external defibrillators) are located by the entrance to the locker rooms and in the hallway by Ian Beddis Court 4.

Injuries/Safety

Please report any injuries, safety concerns or equipment issues to the Central Equipment Room staff or ask for assistance.

Security cameras

The Walker Sports Complex is monitored by surveillance cameras that record 24 hours per day. Recordings are reviewed when it is deemed necessary by Campus Security.

Accessibility

Brock University strives to make facilities, programs and services accessible to everyone.

Persons who have a disability are welcome to be accompanied by a support person (who will be admitted at no charge). Service animals are welcome to accompany their person at the Walker Sports Complex. Information regarding service animals on campus is available at brocku.ca/human-rights/accessibility/service-animals

Locker rooms, washrooms

The Walker Sports Complex facilities include: male and female washrooms, locker/shower rooms and a gender non-specific change room with individual changing stalls and washrooms.

Photography/Videography

For the protection of all guests at the Walker Sports Complex, the use of photographic equipment, including cellphones with photographic capabilities, is strictly prohibited in the locker rooms. Use of photographic equipment in other areas of the Walker Sports Complex requires departmental and participant permission.

Lost and found

Items of value are sent to the Campus Security office (x4300). Student ID cards are sent to the One Card office (x4772). All other items will be held at the Central Equipment Room for two weeks (x3377).

Conducting personal business

Conducting or soliciting for any form of business in any facility operated by the Walker Sports Complex (including the fields, etc.) is strictly prohibited.

Intramurals

Who can participate?

Full-time and part-time students with a valid Brock University ID card and non-students who purchase a Brock University Intramural membership, or a Walker Sports Complex membership are eligible to participate. Brock University varsity athletes should check varsity athletic handbook for eligibility rules.

How to enter (two ways)

As a team

1. Register and pay for your team on the dates indicated for the league at the Walker Sports Complex Welcome Desk or online at brocku.ca/recreation
2. After you've paid your fee, register your team on our online scheduling system at IMLeagues.com/brocku using your Brock student email.
3. Following registration closing, check the web page at IMLeagues.com/brocku for the schedule.
4. Get all team members to join your team on IMLeagues.

As a free agent (individual)

1. Sign up at the Walker Sports Complex Welcome Desk or online at brocku.ca/recreation and pay the individual registration fee. You must sign up before the registration deadline for your league.
2. After registering and paying make an account with IMLeagues at IMLeagues.com/brocku and join the "individuals" team.
3. Following registration closing, check the web page at IMLeagues.com/brocku for the schedule.

ID at intramural games

You must show your current Brock University ID card or, if you are an intramural member, photo ID to the official at each intramural game you play. Remember, no ID, no play!



Team Name Players choose their own team name. Please make sure it contributes to the inclusive, respectful and positive environment that the intramural program provides. If your team name is found to be inappropriate, you will be asked to change it. Please refer to Brock's respectful work and learning policy.

Intramural Rules Be sure to read the rules of the league you have signed up for before it begins. All rules can be found online brocku.ca/recreation/intramurals/rules

Intramural Fees

Entry fee

Your entry fee helps to offset some of the costs to administer the league. These costs include equipment purchase and replacement, facility costs (in some cases), officials, convenors, and promotional costs. All teams entering a league must pay a non-refundable entry fee plus a refundable bond fee. Ice hockey fees are higher due to the cost of ice rental.

Note:

1. All fees must be paid when registering.
2. All fees are non-refundable unless the league does not run.
3. If you do not make an account with IMLeagues, you will not be able to view the schedule or be eligible to play.

Performance bond

Each team participating in an intramural league must pay a performance bond.

WHY? Defaults cause frustrations for everyone involved, especially for the team that misses their scheduled games because the opposition failed to field enough players. The officials and the convenor must be paid even though no game is played. As well, space is wasted that could have been used for another game.

What happens with the bond?

- If your team defaults one game, you will lose one-half of the bond.
- If your team defaults a second game, you will lose the full bond, and will be removed from the league.

Behaviour bond

Some leagues require a behaviour bond. The bond is meant to prevent unacceptable behaviour during the intramural sports season. If your team competes fairly with respect for your opponents, officials and staff, the bond will be returned to your team in full. If your team, a member of your team, coach/manager, or spectators of your team, display unacceptable behaviour, your team will lose part or all of the behaviour bond. Decisions regarding the bond and the team's status in the league will be handled by the Intramural staff on a case-by-case basis.

Bond refunds

Bond refunds will be credited to your team captain's student account through the Finance Office. If the funds are required to reimburse your teammates, please request this online at brocku.ca/finance/students/request-a-refund

Number of games

We try our very best to schedule an equal number of regular season games for each team; however, due to the number of entries, byes may occur. Games may be cancelled due to circumstances beyond our control (weather, holidays, etc.). We will make an effort to reschedule; however, some games may be cancelled.

FAIR PLAY is for everyone

Failure to abide by our FAIR PLAY CODE will result in a review of the incident and possibly the removal of individuals and privileges. Each team will provide a spirit of competition (SOC) score at the end of each game. For more information, please visit our website.

Intramurals, Tournaments

Free Agents/Individuals

Fees quoted are per team. Free agents (individuals), who are not part of a team, may register online or at the Welcome Desk. Registration cost for free agents is \$18 per sport except Ice Hockey (\$125) and Coed Ice Hockey (\$65).

Captains

If you need assistance with creating your team on IMLeagues after you have registered and paid, please stop by the Intramural Office (WC215), Monday to Thursday, 12-4pm.

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

Tournaments

Tournament	Date	Registration Opens	Registration Closes	Cost Per Team
Spikeball	Sat, Sept. 30	Fri, Sept. 22	Wed, Sept. 27	\$40
Disc Golf	Sat, Oct. 28	Fri, Oct. 20	Wed, Oct. 25	\$20
Snow Flag Football	Sat, Feb. 10	Fri, Feb. 2	Wed, Feb. 7	\$50
March Madness 3-on-3 Basketball	Month of March	Fri, Feb. 9	Wed, Feb. 28	\$40

Fall Outdoor Leagues

Registration: Friday Sept. 8 - Wednesday Sept. 13, 2023. League begins week of Sept. 17, 2023.

League	Day	Time	Cost Per Team
Coed Slowpitch (off campus)	Sun	10 AM-4 PM	\$150 (\$120 E + \$30 PB)
Coed Flag Football	Wed	2-6 PM	\$150 (\$120 E + \$30 PB)
Mens Flag Football	Tue	2-6 PM	\$150 (\$120 E + \$30 PB)
Coed Outdoor Ultimate Frisbee	Wed	2-6 PM	\$150 (\$120 E + \$30 PB)
Coed Soccer Baseball	Thu	2-6 PM	\$150 (\$120 E + \$30 PB)
Coed 4's Beach Volleyball @CGP	Mon	2-6 PM	\$110 (\$80 E + \$30 PB)
Open 2's Beach Volleyball @CGP	Mon	2-6 PM	\$70 (\$50 E + \$20 PB)
Coed Lacrosse	Thu	2-6 PM	\$150 (\$120 E + \$30 PB)
Single's Tennis	Any	Any	\$38 (\$18 E + \$20 PB)
Spikeball (2 v 2)	Tue	2-6 PM	\$56 (\$36 E + \$20 PB)
Coed Outdoor Soccer	Sun	10 AM - 8 PM	\$150 (\$120 E + \$30 PB)
	Thu	2-6 PM	\$150 (\$120 E + \$30 PB)
Men's Outdoor Soccer	Mon	2-6 PM	\$250 (\$120 E + \$30 PB + \$100 BB)
Women's Outdoor Soccer	Mon	2-6 PM	\$150 (\$120 E + \$30 PB)

CGP - Canada Games Park

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

Try out for one of Brock Sports and Recreation competitive clubs and represent Brock University in various leagues.

For try-out dates, go to brocku.ca/recreation and go to the Sport Club section.

- Ball Hockey
- Cheer
- Cricket
- Dance Pak
- Equestrian
- W Flag Football
- Powerlifting
- Ringette
- M Ultimate
- W Ultimate



Intramurals

Fall Indoor Leagues

Registration: Friday Sept. 15 - Wednesday Sept. 20, 2023. Leagues begin week of Sept. 24, 2023.

League	Day	Time	Cost Per Team
Men's Ball Hockey	Mon	7-10 PM	\$150 (\$120 E + \$30 PB)
Coed Ball Hockey	Tue	7-10 PM	\$150 (\$120 E + \$30 PB)
Coed Dodgeball	Sun	7-10 PM	\$150 (\$120 E + \$30 PB)
Men's Afternoon Basketball @CGP	Fri	12-6 PM	\$150 (\$120 E + \$30 PB)
Coed Handball	Wed	7-10 PM	\$150 (\$120 E + \$30 PB)
	Thu	7-10 PM	\$150 (\$120 E + \$30 PB)
Singles Badminton	Thu	7-10 PM	\$38 (\$18 E + \$20 PB)
Women's 4's Volleyball	Mon	5-10 PM	\$110 (\$80 E + \$30 PB)
	Thu	5-10 PM	\$110 (\$80 E + \$30 PB)
Men's 4's Volleyball	Mon	5-10 PM	\$110 (\$80 E + \$30 PB)
	Thu	5-10 PM	\$110 (\$80 E + \$30 PB)
Coed 4's Volleyball	Sun	12-8 PM	\$110 (\$80 E + \$30 PB)
	Tue	5-10 PM	\$110 (\$80 E + \$30 PB)
Coed Inner Tube Water Polo	Tue	8-10 PM	\$140 (\$110 E + \$30 PB)
	Thu	8-10 PM	\$140 (\$110 E + \$30 PB)
EXTREME Intramurals	Wed	5-10 PM	\$150 (\$120 E + \$30 PB)

Ice Hockey

Registration: Monday Sept. 25 - Tuesday Sept. 26, 2023. League begins week of Oct. 1, 2023.

Hockey takes place at Canada Games Park on Sunday afternoons and Sunday-Thursday late night.

League	Day	Time	Cost Per Team
Men's Ice Hockey	Sun-Thu	late	\$1,580 (\$1,450 E + \$30 PB + \$100 BB)
Women's Ice Hockey	Mon	late	\$1,480 (\$1,450 E + \$30 PB)

Fall/Winter Leagues

Registration: Friday Nov. 3 - Thursday Nov. 9, 2023. Leagues begin week of Nov. 19, 2023.

League	Day	Time	Cost Per Team
Women's Basketball	Sun	12-8 PM	\$150 (\$120 E + \$30 PB)
	Tue	5-10 PM	\$150 (\$120 E + \$30 PB)
Men's Basketball	Sun	12-8 PM	\$150 (\$120 E + \$30 PB)
	Tue	5-10 PM	\$150 (\$120 E + \$30 PB)
Coed Basketball	Mon	5-10 PM	\$150 (\$120 E + \$30 PB)
Coed Indoor Soccer	Sun	12-8 PM	\$150 (\$120 E + \$30 PB)
	Mon	7-10 PM	\$150 (\$120 E + \$30 PB)
	Thu	7-10 PM	\$150 (\$120 E + \$30 PB)
Coed Indoor Ultimate Frisbee	Thu	5-10 PM	\$150 (\$120 E + \$30 PB)
Coed Tchoukball	Mon	5-10 PM	\$150 (\$120 E + \$30 PB)
Coed Mystery Intramurals	Wed	5-10 PM	\$150 (\$120 E + \$30 PB)
Coed Water Volleyball	Tue	8-10 PM	\$140 (\$110 E + \$30 PB)
Coed 4's Volleyball @CGP	Fri	12-6 PM	\$110 (\$80 E + \$30 PB)
Doubles Pickleball	Wed	5-10 PM	\$56 (\$36 E + \$20 PB)
Cricket	Tue	7-10 PM	\$150 (\$120 E + \$30 PB)

CGP - Canada Games Park

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

Coed Ice Hockey

Registration: Friday Jan. 19 - Wednesday Jan. 24, 2024. League begins the week of Feb. 4, 2024.
Hockey takes place at Canada Games Park on Sunday afternoons and Sunday-Thursday late nights.

League	Day	Time	Cost Per Team
Coed Ice Hockey	Any	Late	\$680 (\$650 E + \$30 PB)

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

Winter Leagues

Registration: Friday Jan. 26 - Thursday Feb. 1, 2024. League begins week of Feb. 11, 2024.

League	Day	Time	Cost Per Team
Aquatic Intramurals	Thu	8-10 PM	\$140 (\$110 E + \$30 PB)
Inner Tube Water Polo	Tue	8-10 PM	\$140 (\$110 E + \$30 PB)
Coed Soccer Baseball	Thu	5-10 PM	\$150 (\$120 E + \$30 PB)
Coed Dodgeball	Tue	5-10 PM	\$150 (\$120 E + \$30 PB)
Men's Doubles Badminton	Tue	5-10 PM	\$56 (\$36 E + \$20 PB)
Women's Doubles Badminton	Tue	5-10 PM	\$56 (\$36 E + \$20 PB)
Mixed Doubles Badminton	Tue	5-10 PM	\$56 (\$36 E + \$20 PB)
Single's Table Tennis	Tue	5-10 PM	\$38 (\$18 E + \$20 PB)
Men's Indoor Soccer	Sun	12-8 PM	\$250 (\$120 E + \$30 PB + \$100 BB)
	Mon	7-10 PM	\$250 (\$120 E + \$30 PB + \$100 BB)
	Tue	7-10 PM	\$250 (\$120 E + \$30 PB + \$100 BB)
Women's Indoor Soccer	Wed	7-10 PM	\$150 (\$120 E + \$30 PB)
	Thu	7-10 PM	\$150 (\$120 E + \$30 PB)
Coed 6's Volleyball	Sun	12-8 PM	\$150 (\$120 E + \$30 PB)
	Mon	5-10 PM	\$150 (\$120 E + \$30 PB)
	Wed	5-10 PM	\$150 (\$120 E + \$30 PB)
Men's 6's Volleyball	Sun	12-8 PM	\$150 (\$120 E + \$30 PB)
Women's 6's Volleyball	Sun	12-8 PM	\$150 (\$120 E + \$30 PB)
	Fri	12-8 PM	\$150 (\$120 E + \$30 PB)
Adaptive Intramurals* @CGP For more information on the Adaptive League visit brocku.ca/recreation	Fri	12-8 PM	\$150 (\$120 E + \$30 PB)

CGP - Canada Games Park

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

Free Agents/Individuals

Fees quoted are per team. Free agents (individuals), who are not part of a team, may register online or at the Welcome Desk. Registration cost for free agents is \$18 per sport except Ice Hockey (\$125) and Coed Ice Hockey (\$65).

Captains

If you need assistance with creating your team on IMLeagues after you have registered and paid, please stop by the Intramural Office (WC215), Monday to Thursday, 12-4pm.



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

Expressfit & Pop-Up fitness - “Free” to Brock Students

Expressfit Classes



These are 40min free fitness classes offered to students. They are drop-in and don't require registration. Some examples of classes to look for: Spin, Belly Dancing, Beginner Weights, Bars & Bands, Core & More. Check out brocku.ca/recreation/expressfit or [@brockrecreation](https://www.instagram.com/brockrecreation) on IG, to view the schedule

Check out all the great programs that are **free to Brock Students**

Pop Up Fitness Programs

Class	Description	Date	Time
Taylor Swift Spin	Spin and sing along to your favourite Taylor Swift songs.	Sept. 18	1:10 PM (SS)
Music Trivia Spin	There will be spinning, singing and trivia! To be eligible for trivia, you must never stop spinning; however, the intensity will decrease when completing the trivia challenges. Meet new people as you spin and work together to solve the music trivia challenges.	Sept. 25	1:10 PM (SS)
Full Moon Outdoor Yoga	Embrace the full moon with moon salutations and other calming moon poses. This class is outdoors (will move inside in inclement weather)	Sept. 29	7:10 PM (OC)
Full Moon Outdoor Yoga	Embrace the full moon with moon salutations and other calming moon poses. This class is outdoors (will move inside in inclement weather)	Oct. 24	8:10 PM (OC)
Harry Potter Yoga	Travel to Hogwarts with this story telling Harry Potter themed yoga. Cast incantations while completing beginner yoga poses. Wands will be available to use during the class (in limited supply).	Oct. 31	1:10 PM (FS)
Halloween Music Trivia Spin	There will be spinning, singing and spooky Halloween music/movie trivia! To be eligible for trivia, you must never stop spinning; however, the intensity will decrease when completing the trivia challenges. Meet new people as you spin and work together to solve the music trivia challenges.	Oct. 31	2:10 PM (SS)
Glow Fencing	Give fencing a try while you glow! Wear light colours to glow	Oct. 31	7:10 PM (FS)
60 Second Fitness Challenges	Can you complete the fun fitness challenges in the time frame? Meet new people, try new challenges and have fun while you move. Please wear sneakers or running shoes.	Nov. 16	1:10 PM (FS)
Boy Band Spin	Spin and sing along to your favourite boy band songs.	Nov. 20	1:10 PM (SS)
Music Trivia Spin	There will be spinning, singing and trivia! To be eligible for trivia, you must never stop spinning; however, the intensity will decrease when completing the trivia challenges. Meet new people as you spin and work together to solve the music trivia challenges.	Nov. 27	1:10 PM (SS)

SS-Spin Studio, FS-Fitness Studio, OC-Outdoor Courtyard, PD-Pool Deck

Personal Training

Our certified personal trainers are ready to help you get moving toward your fitness goals. Choose the package that suits your needs and receive individualized programming to make the most of your workouts! Each session is a maximum of one hour.

- Cancellation of scheduled sessions must be made 12 hours in advance, if you do not cancel within 12 hours you will be charged for that session.
- Register online at brocku.ca/recreation or in person at the Walker Sports Complex Welcome Desk.
- You are required to complete a personal training form that is available on our website. You will also be required to complete a PAR-Q form.

PACKAGE	Student Fee
3-session package (30-minute consultation and custom fitness program)	\$131
5-session package (30-minute consultation and custom fitness program)	\$180
10-session package (30-minute consultation and custom fitness program)	\$306
16-session package (30-minute consultation and custom fitness program)	\$473

2 Person Personal Training	Fee
10-session package (30-minute consultation and custom fitness program)	\$197 Per Person
16-session package (30-minute consultation and custom fitness program)	\$300 Per Person

8-Session Activities/Programs

Try It Week Sept. 11-16 Drop in & try a class before registering.

Mon Sept 11	Tue Sept 12	Wed Sept 13	Thu Sept 14	Fri Sept 15	Sat Sept 16
Yoga Fusion 12:10-12:50 PM (FS) Slow Flow Yoga 6:10-6:50 PM (FS) Outdoor Slow Flow Yoga 7:10-7:50 PM (OC)	Fitness Kickboxing 12:10-12:50 PM (FS) Hatha Yoga 4:10-4:50 PM (FS) Hatha in the Woods 5:10-5:50 PM Glow Zumba 5:10-5:50 PM (FS)	Breaking Down the Big Lifts 9:10-9:50 AM (FS) Yoga Restore & Relax 12:10-12:50 PM (FS) Outdoor Salsa 6:10-6:50 PM (OC)	Zumba & Weights 5:10-5:50 PM (FS) Ashtanga Yoga 6:10-6:50 PM (FS) Candlelight Yin Yoga 7:10-7:50 PM (FS)	Fitness Kickboxing & Yoga 12:10-12:50 PM (FS)	Rise & Shine Yoga 10:10-10:50 AM (FS)

Schedule is subject to change. Please refer to brocku.ca/recreation or on Instagram @BrockRecreation

Class	Code	Description	Day	Date	Time	Fee
Ashtanga Yoga	12332	Yoga poses completed swiftly in combination with deep controlled breathing.	Thu	Sept. 21-Nov. 16	6:10-6:50 PM (FS)	\$70
Breaking Down the Big Lifts	12341	Learn the basics of the big lifts, how to advance your technique to get you hitting those goals safely.	Wed	Sept. 20-Nov. 15	9:10-9:50 PM (FS)	\$70
Candlelight Yin Yoga	12325	This candlelight slower-paced yoga emphasizes long, deep, non-weight bearing stretches to improve flexibility.	Thu	Sept. 21-Nov. 16	7:10-7:50 PM (FS)	\$70
Fitness Kickboxing	12342	This is a HIT style workout, featuring kickboxing techniques and hand pads. (Use our hand pads or bring your own.)	Tue	Sept. 19-Nov. 14	12:10-12:50 PM (FS)	\$70
Fitness Kickboxing & Yoga	12333	Get in your cardio workout, learn kickboxing techniques then cool down and reset with a yoga flow that will leave you feeling refreshed.	Fri	Sept. 22-Nov. 17	12:10-12:50 PM (FS)	\$70
Glow Zumba	12340	All the Zumba fitness fun, with black lights and glow sticks.	Tue	Sept. 19-Nov. 14	5:10 - 5:50 PM (FS)	\$70
Hatha Yoga	12326	Improve flexibility, balance, and mental focus by gradually moving into deeper postures for longer stretches.	Tue	Sept. 19-Nov. 14	4:10-4:50 PM (FS)	\$70
Rise and Shine Yoga	12328	Sun Salutations and heart opening poses will promote an overall body awareness experience.	Sat	Sept. 23-Nov. 18	10:10-10:50 AM (FS)	\$70
Slow Flow Yoga	12334	Focus on your breath and find stillness in this slow-paced tranquil Yoga session.	Mon	Sept. 18-Nov. 13	6:10-6:50 PM (FS)	\$70
Small Group Sculpt	12345	Learn the foundational movement patterns and perfect your form.	Mon	Sept. 18-Nov. 13	4:10-4:50 PM (FS)	\$70
Small Group Sculpt	12344	Learn the foundational movement patterns and perfect your form.	Tue	Sept. 19-Nov. 14	9:10-9:50 AM (FS)	\$70
Small Group Sculpt	12666	Learn the foundational movement patterns and perfect your form.	Wed	Sept. 20-Nov. 15	4:10-4:50 PM (FS)	\$70
Women's Hour: Grow Your Glutes	12346	Strengthen those glutes with focused exercises that progress weekly.	Wed	Sept. 20-Nov. 15	4:10-4:50 PM (in The Zone)	\$70
Yoga Fusion	12330	Traditional Yoga fused with Barre, Yoga Sculpt and Pilates.	Mon	Sept. 18-Nov. 13	12:10-12:50 PM (FS)	\$70
Zumba & Weights	12337	Resistance training meets Zumba; Join the dance party fusion that will put the fun back in fitness!	Thu	Sept. 21-Nov. 16	5:10-5:50 PM (FS)	\$70

No classes Reading Week Oct. 9-13

SS-Spin Studio, FS-Fitness Studio, OC-Outdoor Courtyard, PD-Pool Deck

Questions? Email recservices@brocku.ca

brocku.ca/recreation

5 -Session Activities No classes Reading Week Oct. 9-13

Class	Code	Description	Day	Date	Time	Fee
Outdoor Slow Flow Yoga	12329	Soak up the free air, focus on your breath and find stillness in this slow-paced outdoor Yoga session.	Mon	Sept. 18-Oct. 23	7:10-7:50 PM (OC)	\$35
TRX Circuit	12347	Push, pull, pike your way through this full body, body weight workout.	Mon	Nov. 6-Dec. 4	11:10-11:50 AM (in The Zone)	\$35
Hatha Yoga in the Woods	12327	Embrace the sounds of the woods while you improve your balance and mental focus by moving into deeper poses and longer stretches. Meet at the Tennis Courts.	Tue	Sept. 19-Oct. 24	5:10-5:50 PM	\$35
Keiser Functional Trainer Circuit	12348	Let us take the planning out of your workout! Learn different exercises when using the Keiser system and how to progress your workouts with proper technique. Max of 6 participants.	Tue	Nov. 7-Dec. 5	11:10-11:50 AM (in The Zone)	\$35
Yoga Restore & Relax	12331	Breathe, stretch, relax! Enjoy relaxation techniques; foot and facial massage to leave you feeling at ease.	Wed	Sept. 20-Oct. 25	12:10-12:50 PM (FS)	\$35
Outdoor Salsa Dancing	12338	Get your body moving with this fun Salsa dance class (no experience necessary). Partner not required.	Wed	Sept. 20-Oct. 25	6:10-6:50 PM (OC)	\$35
Tropical Yoga	12335	Warm up and wind down with Yoga flow by the pool. Slow down in a warm tropical environment, focusing on posture and breathwork. (Swim suits are not required.)	Wed	Nov. 8-Dec. 6	12:10-12:50 PM (PD)	\$35
Cardio Drum Fitness	12339	Drum that stress away! Use drumsticks to hit a stability ball with choreographed moves to get you moving and having fun! Coordination or dance skills not required.	Thu	Nov. 9-Dec. 7	12:10-12:50 PM (FS)	\$35
Women's Hour, Keiser Functional Trainer Circuit	12349	Let us take the planning out of your workout! Learn different exercises when using the Keiser system and how to progress your workouts with proper technique.	Fri	Nov. 10-Dec. 8	1:10-1:50 PM (in The Zone)	\$35

SS-Spin Studio, FS-Fitness Studio, OC-Outdoor Courtyard, PD-Pool Deck

Youth and Family Fitness No sessions Oct. 9-13. Class descriptions available at brocku.ca/recreation

Program	Code	Ages	Day	Dates	Time	Fee
Female Strength Training	12663	Ages 12-16	Mon	Sept. 11-Oct. 30	7:15-8:40 PM	\$140
Female Agility & Strength	12664	Ages 12-16	Mon	Nov. 6-Dec 11	7:15-8:40 PM	\$120
Youth Strength Training Games	12659	Ages 8-12	Tue	Sept. 12-Oct. 24	6:15-7:45 PM	\$120
Youth Strength Circuit Training	12660	Ages 8-12	Tue	Nov. 7- Dec 12	6:15-7:45 PM	\$120
Youth Strength Training	12661	Ages 12-16	Wed	Sept. 13- Nov. 1	5:15-6:45 PM	\$140
Youth Agility & Strength	12662	Ages 12-16	Wed	Nov. 8- Dec 13	5:15-6:45 PM	\$120
Family Friday Fitness	12164	1 Adult & 1 Youth Ages 8-13	Fri	Sept. 15- Nov. 3	5:15- 6 PM	\$112
Family Friday Fitness	12665	1 Adult & 1 Youth Ages 8-13	Fri	Nov. 10- Dec 8	5:15- 6 PM	\$80
Kids Fitness Club	12649	Ages 8-13	Fri	Sept. 15- Nov. 3	6:15-7:45 PM	\$140
Kids Fitness Club	12658	Ages 8-13	Fri	Nov. 10-Dec 8	6:15-7:45 PM	\$100

First Aid

Manuals are required for many courses and may be purchased at the Welcome Desk.

Class	Code	Day	Date	Time	Fee
Emergency First Aid CPR B - AED (LSS)	12275	Sat	Sept. 16	8:30 AM-5 PM	\$75
	12276	Sat	Oct. 21	8:30 AM-5 PM	
	12277	Sat	Nov. 18	8:30 AM-5 PM	
Standard First Aid CPR C - AED (LSS)	12279	Sat - Sun	Sept. 16 - 17	8:30 AM-5 PM	\$120
	12280	Sat - Sun	Sept. 23 - 24	8:30 AM-5 PM	
	12281	Sat - Sun	Sept. 30 - Oct. 1	8:30 AM-5 PM	
	12282	Sat - Sun	Oct. 14 - 15	8:30 AM-5 PM	
	12283	Sat - Sun	Oct. 21 -22	8:30 AM-5 PM	
	12284	Sat - Sun	Oct. 28 - 29	8:30 AM-5 PM	
	12285	Sat - Sun	Nov. 4 - 5	8:30 AM-5 PM	
	12286	Sat - Sun	Nov. 11 - 12	8:30 AM-5 PM	
	12287	Sat - Sun	Nov. 18 - 19	8:30 AM-5 PM	
	12288	Sat - Sun	Nov. 25 - 26	8:30 AM-5 PM	
	12289	Sat - Sun	Dec. 2 - 3	8:30 AM-5 PM	
12290	Sat - Sun	Dec. 9- 10	8:30 AM-5 PM		
Standard First Aid CPR C - AED Recertification (LSS)	12291	Sat	Sept. 23	8:30 AM-5 PM	\$80
	12292	Sat	Oct. 28	8:30 AM-5 PM	
	12293	Sat	Nov. 25	8:30 AM-5 PM	
Airway Management	12316	Sun	Sept. 24	12-5 PM	\$75
	12317	Sun	Nov. 19	12-5 PM	
Health Care Provider	12321	Sat	Oct. 28	8:30 AM-5 PM	\$75

*Standard First Aid recertification procedure

Current Standard First Aid (SFA) award holders may recertify once with a Lifesaving Society SFA recertification course not more than three years from the date of issue. Subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating recertifications and original courses. Holders of Standard First Aid certificates from other agencies may not recertify with a Lifesaving Society course. It must be with the original certifying agency.

For detailed course descriptions and to register, please visit brocku.ca/recreation/certifications

Certifications, Workshops

Class	Code	Day	Date	Time	Fee
Personal Training Specialist, canfitpro	11909	Sat	Nov. 4-5 & 11-12	Sat. 12-7 PM, Sun. 10 AM - 5 PM	\$1,199
Sports Injury Management/Prevention	12669	Tue	Nov. 14 & 21	6-9 PM	\$105
Sports Injury and Taping	12667	Tue	Nov. 28	6-9 PM	\$68
	12668	Wed	Nov. 29	6-9 PM	\$68



Pop Up Fitness Programs

More programs may be added, check the website or Instagram for updates



Aquatic Leadership

Certification	Code	Day(s)	Date	Time	Fee
Bronze Medallion	12303	Wed	Sept. 20- Oct. 25	6 -9:30 PM	\$126
	12304	Sat	Sept. 23 - Nov. 4 No Class Oct. 28	9 AM-12:30 PM	
	12305	Sat - Sun	Sept. 23 - 24, Sept. 30 -Oct. 1	9 AM-1 PM	
Bronze Cross	12307	Wed	Sept. 20- Oct. 25	5:30-9:30 PM	\$132
	12308	Sat	Sept. 23 - Nov. 4 No Class Oct. 28	9 AM-1 PM	
	12309	Sat -Sun	Nov. 4-5, 11-12	9 AM-4 PM	
Bronze Cross Recertification	12310	Sun	Sept. 24	8:30 AM-12:30 PM	\$75
National Lifeguard	12295	Wed	Sept. 20 - Nov. 8	5-10 PM	\$280
	12296	Fri, Sat, Sun	Dec. 1-3 & 8-10	5-9 PM (F), 8:30-5 PM (Sa,Su)	
National Lifeguard Recertification	12297	Sun	Sept. 17	9 AM-1 PM	\$88
	12298	Sun	Oct. 22	9 AM-1 PM	
	12299	Sun	Nov. 19	9 AM-1 PM	
	12300	Sun	Dec. 10	9 AM-1 PM	
National Lifeguard Instructor	12318	Sat - Sun	Oct. 21-22	8:30 AM-5 PM (Sa, Su)	\$165
Lifesaving Instructor	12312	Fri - Sun	Oct. 20 - 22	5-9 PM (F), 8:30 AM -5 PM (Sa,Su)	\$180
Lifesaving Instructor	12314	Fri - Sun	Dec. 8 - 10	5-9 PM (F), 8:30 AM -5 PM (Sa,Su)	\$180
Swim for Life Instructor	12313	Fri - Sun	Sept. 22 - 24	5-9 PM (F), 8:30 AM -5 PM (Sa,Su)	\$180
Swim for Life Instructor	12315	Fri - Sun	Nov. 17 - 19	5-9 PM (F), 8:30 AM -5 PM (Sa,Su)	\$180
Examiner	12319	Sat	Nov. 25	8:30 AM-2:00 PM	\$75
Aquatic Supervisor	12320	Fri - Sat	Oct. 27-28	6-9 PM (F), 9 AM-4:30 PM (Sa)	\$92

For detailed course descriptions and to register, please visit brocku.ca/recreation

Fitness, Swim

Program	Code	Day(s)	Dates	Time	Fee
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.	12623	Tue & Thu	Sept 19 – Nov 14	7:10-7:50 PM	Free to Brock Students \$48 Non-students
Brock Student Swim Lessons - Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. You will roll into deep water, tread water for one minute and swim 50 metres. This includes floats, glides, basic kicks and strokes.	12624	Tue	Sept 19 –Oct 17 No Class Oct 10	4:15-5 PM	\$36
	12625	Thu	Sept 21 –Oct 19 No Class Oct 12	4:15-5 PM	\$36
Masters Swimming - For those 18 years and older swim 3 times per week, lead by a coach.	12633	Mon, Wed, Fri	Sept. 25-Dec 4, No practices Oct. 2 & 9	6:30-8 AM	\$350
	12634	Mon, Wed, Fri	Sept. 25-Dec 4, No practices Oct. 2 & 10	11:30 AM-1 PM	\$350
	12635	Mon, Wed, Fri	Sept. 25-Dec 4, No practices Oct. 2 & 11	7-8:30 PM, Fri 6-7:30 PM	\$350



Para Sports

With the Brock Niagara Penguins organization, several Para Sport opportunities are available at recreational and competitive levels. Sports available: Boccia, Para Ice Hockey, Para Swim, Sitting Volleyball, Wheelchair Basketball and Wheelchair Racing.

Registration information is available at

brocku.ca/niagara-penguins

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.

Program	Code	Day(s)	Dates	Time	Fee
Brock Students	12639	Tue/Thu	Sept. 12-28	6-7:30 PM	\$50
Adults	12638	Mon	Sept. 11-Nov. 6	8:30-9:30 PM	\$85 members/\$85 Community
Youth 11-15	12640	Mon	Sept. 11-Nov. 6	7:30-8:30 PM	\$85
Child 7-10	12641	Mon	Sept. 11-Nov. 6	6:30-7:30 PM	\$85

Brock Student Climbs

Class	Code	Day	Date	Time
Student Climbs - No Fee for Brock Students Available only to registered students in Fall/Winter classes 2023/24. Reach new heights and see the campus from a new perspective, under the expert guidance and instruction of certified instructors. Equipment will be provided. Bring closed toed shoes and a sense of adventure! Note: All climbers must sign a waiver. *Registration required.	12627	Wed	Sept. 6	1-4 PM
	12628	Tue	Sept. 12	5-7 PM
	12629	Thu	Sept. 21	3-5 PM
	12630	Mon	Sept. 25	3-5 PM
	12631	Wed	Oct. 4	4-6 PM

After School Program (Grades 3-8)

In this tech-themed after-school program, students get hands-on experience with robotics, 3D printing, coding, and video game design. Using EV3 Lego Mindstorms robotics, 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. For detailed information, please call 905-688-5550, x3120 or visit brocku.ca/kids



Childrens movement program

A Saturday morning activity based program for children aged "walking" to 12 years

Fall and Winter Programs

brocku.ca/kids

Swimming lessons for all ages

Fall, Winter, Spring and Summer lessons

Watch for registration dates

brocku.ca/aquatics



Contacts, Registration, Refunds

Register early

Classes can fill quickly and often require a minimum number of participants to run. Please register early. Classes with low enrolment may be cancelled.

Register online!

Visit brocku.ca/recreation for instructions on how to register and set up your account if you don't have one.

Register in person

Visit the Welcome Desk located in the lobby of the Walker Sports Complex. Payments are accepted by cash, cheque, VISA, Mastercard, or Debit.

Confirmation of registration

When registering online, you will be emailed your receipt. If registering in person or by phone, an official receipt will be emailed to you for confirmation. Check your receipt for course information. Please ensure that we have your most up-to-date contact information in our system. If you do not have access to email, please request a printed copy of your receipt when you are at Brock University.

HST

If applicable, prices listed in this guide include HST.

Refund policy

Unless specified, refunds for memberships or programs already in progress will be issued within the first two weeks, or first two classes. A \$15 administrative fee will be deducted for all cancellations. After two weeks, or two classes, refunds may be issued due to extreme circumstances (injury, accident, permanent relocation outside the Niagara Region). Written documentation may be required.

Refunds for certification programs will only be issued when the Walker Sports Complex Welcome Desk staff receive notice of cancellation at least five business days prior to the course start date. This is due to financial commitments to the instructor, the certification governing body, and 100% attendance requirement. A \$15 administrative fee will be deducted for all cancellations.

We reserve the right to cancel any program that does not have sufficient registration. Participants will receive a full refund and notification prior to the beginning of the course. Please ensure that the phone number, email address, and mailing address you have in the registration system is current when you register.

Returns or exchanges on clothing and merchandise can be made within two weeks of the purchase date. An original receipt must be presented, and the tag must be intact. A refund will not be issued for items that have been worn, washed or stained.

Collecting your information

Brock University protects your privacy and your Personal Information. Personal Information requested 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"). The information will be used to provide you with the services you requested, which includes collecting and processing fees, and responding to your inquiries. This information will also be used to assess participant needs for future programming, and to provide you with information regarding related programs.

Direct any questions about this collection to the Director of Brock Recreation, Brock University, at (905) 688-5550, x3574 or visit brocku.ca/recreation.

Inclement Weather

Brock University will close due to severe weather when normal operation would pose a significant danger to students, staff, faculty and the community in attending classes or other activities on campus.

Closures will be announced at brocku.ca and on local radio stations. If the university should close partway through the day, every effort will be made by our staff to contact program participants by email or telephone.



Is there a
program
you'd like
to see
offered?

Send an email to
recservices@brocku.ca

General Information



How to use the Walker Sports Complex

Check in at the Cage each time you visit with your Brock University student ID or membership card. You will have an identifying wristband placed on your wrist. This lets the staff know that you have access to facilities. If you forget your ID card, you have 2 “free look-ups”. After this, the look up fee is \$2/entry. If you require a new Walker Sports Complex card, the replacement cost is \$20. Student cards must be replaced through the OneCard office.

Lockers

Your belongings, including knapsacks, gym bags, extra shoes, coats, etc. must be stored in a locker while you are using the Walker Sports Complex. Day lockers are available in the locker rooms, and in the hallway. Bring your own lock (or rent or purchase one), and remove it each evening.

Locker rentals (for a term) begin the first Friday of each term.

If staff must clean out your locker, because it has not been cleared by the expiry date, a \$5 administration fee will be charged to retrieve your belongings. Items that are cleared from lockers are kept for 2 weeks.



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 for on-campus use only.

To rent (with proper ID)

Ping pong paddles (up to 4)\$3
Tennis/badminton racquet\$3

To purchase

Lock \$12
Ping pong ball \$3 for 2
Tennis ball/badminton birdie\$3
Swim diaper for babies.....\$3

Facility maintenance and special event bookings

On occasion, certain facilities may not be available due to maintenance or special events. Brock Recreation will provide notice whenever possible. Memberships will not be extended.

The 50 m pool requires annual maintenance (pool drained and maintenance completed) in late August to early September.

Orientation to The Zone:

A personal trainer will guide you around The Zone, focusing on how to adjust the equipment, what muscles it targets and give you workout tips. This is great if you are new to The Zone. Tours are available September 5-8 at 9am and 1 pm. Please wait at the Walker Sports Complex Welcome Desk. If you would like to arrange an orientation at a later date, please email agregory@brocku.ca

Contacts

Dial 905 688 5550, then “1” and the extension listed below.

Walker Sports Complex

Welcome Desk

General inquiries and registration
recservices@brocku.ca x4060

Facilities

Cage - Central Equipment Room
Equipment requests, facility availability,
Court reservations x3377
Facility bookings . gymbookings@brocku.ca

Aquatics

Pool bookings poolbookings@brocku.ca
Aquatic programs x4060

Fitness

The Zone x3009
Fitness/programs..... x3093

Intramurals

Intramurals..... x3742

Drop-in Recreation

For daily information on drop-in recreation spaces and activities, **visit brocku.ca/recreation** facilities-memberships and check the on-line recreation drop-in calendars. Basketball, volleyball, dance, badminton, cricket and lane swimming are normally in the calendars each week. The fields can be used for frisbee, soccer, flag football and spikeball. Table tennis is available at most times in the hallways of the Walker Sports Complex.

For the online weekly pool schedule visit brocku.ca/aquatics



2023/24

Student Jobs Available

- Lifeguards
- Aquatics Instructors
- Zone Personal Trainers
- Fitness Instructors
- Intramural Officials
- Children's Movement Program volunteers

brocku.ca/recreation/student-jobs

get **fit**
get **active**
get your **tickets!**

Brock Students have access to amazing sport and recreation facilities, fitness classes and varsity game attendance!

Facilities include:

15,000 sq ft Zone Fitness Centre

3 large gyms

3 studios for dance and fitness

50 m pool with diving boards, 5 m Tower, Tarzan Ropes and whirlpool

Indoor 200 m track, outdoor track at Canada Games Park

Outdoor fields and tennis courts

Classes include Express Fit classes, Pop-Up classes and aquatic fitness classes



Varsity game attendance

Attend any outdoor varsity game for free – just show up!

Basketball, Hockey and Volleyball are ticketed games – but you can claim your free student ticket!

Visit gobadgers.ca



Check out gobadgers.ca or follow us @**BrockBadgers** on Instagram for Fall and Winter sport schedules



2024/25

Student Jobs

- PALS Instructors
- Youth University Instructors
- Camp Instructors
- Lifeguards
- Aquatics Instructors
- Zone Personal Trainers
- Fitness Instructors
- Central Equipment Room
- Welcome Desk
- Intramural Staff
- Game day staff
- Children's movement program staff



Applications available
Dec. 1, 2023 - Jan. 31, 2024

brocku.ca/recreation/student-jobs