

Brock
University

Aquatics programs.

2024
**Brock Sports
and Recreation**

Registration opens Tuesday August 13 at noon



find us on social **@BrockRecreation**

brocku.ca/aquatics

All Ages

Private Lessons

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

14736	TU	SEP 17-NOV 5	4:30PM-5PM	8
14737	TU	SEP 17-NOV 5	5PM-5:30PM	8
14738	TU	SEP 17-NOV 5	5:30PM-6PM	8
14739	TU	SEP 17-NOV 5	6PM-6:30PM	8
14740	TU	SEP 17-NOV 5	6:30PM-7PM	8
14741	TU	SEP 17-NOV 5	7PM-7:30PM	8
14742	TU	SEP 17-NOV 5	7:30PM-8PM	8
14743	TH	SEP 19-NOV 14	4:30PM-5PM	8
14744	TH	SEP 19-NOV 14	5PM-5:30PM	8
14745	TH	SEP 19-NOV 14	5:30PM-6PM	8
14746	TH	SEP 19-NOV 14	6PM-6:30PM	8
14747	TH	SEP 19-NOV 14	6:30PM-7PM	8
14748	TH	SEP 19-NOV 14	7PM-7:30PM	8
14749	TH	SEP 19-NOV 14	7:30PM-8PM	8
14750	SA	SEP 21-NOV 16	9AM-9:30AM	8
14751	SA	SEP 21-NOV 16	9:30AM-10AM	8
14752	SA	SEP 21-NOV 16	10AM-10:30AM	8
14753	SA	SEP 21-NOV 16	10:30AM-11AM	8
14754	SA	SEP 21-NOV 16	11AM-11:30AM	8
14755	SA	SEP 21-NOV 16	11:30AM-12PM	8
14756	SA	SEP 21-NOV 16	12PM-12:30PM	8
14757	SA	SEP 21-NOV 16	12:30PM-1PM	8
\$185.00				

Semi-Private Lessons

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 of the second child. The parent of the second child must then phone in to complete the registration (905-688-5550 x4060).

14759	TU	SEP 17-NOV 5	4:30PM-5PM	8
14760	TU	SEP 17-NOV 5	5PM-5:30PM	8
14761	TU	SEP 17-NOV 5	5:30PM-6PM	8
14762	TU	SEP 17-NOV 5	6PM-6:30PM	8
14763	TU	SEP 17-NOV 5	6:30PM-7PM	8
14764	TU	SEP 17-NOV 5	7PM-7:30PM	8
14765	TU	SEP 17-NOV 5	7:30PM-8PM	8
14766	TH	SEP 19-NOV 14	4:30PM-5PM	8
14767	TH	SEP 19-NOV 14	5PM-5:30PM	8
14768	TH	SEP 19-NOV 14	5:30PM-6PM	8
14769	TH	SEP 19-NOV 14	6PM-6:30PM	8
14770	TH	SEP 19-NOV 14	6:30PM-7PM	8
14771	TH	SEP 19-NOV 14	7PM-7:30PM	8
14772	TH	SEP 19-NOV 14	7:30PM-8PM	8
14773	SA	SEP 21-NOV 16	9AM-9:30AM	8
14774	SA	SEP 21-NOV 16	9:30AM-10AM	8
14775	SA	SEP 21-NOV 16	10AM-10:30AM	8
14776	SA	SEP 21-NOV 16	10:30AM-11AM	8
14777	SA	SEP 21-NOV 16	11AM-11:30AM	8
14778	SA	SEP 21-NOV 16	11:30AM-12PM	8
14779	SA	SEP 21-NOV 16	12PM-12:30PM	8
14780	SA	SEP 21-NOV 16	12:30PM-1PM	8
\$156.00				



Child and Youth

Parent and Tot (2-3 yrs.)

Structured in-water interaction between parent/guardian and child stresses the importance of play in developing water-positive attitudes and skills. Lifesaving Society Water Smart® tips are given to keep your child safe in an aquatic setting. Parent/guardian participation is required. A swim diaper must be worn by children who are not toilet trained.

14693	TU	SEP 17-NOV 5	5PM-5:30PM	8
14694	TH	SEP 19-NOV 14	5PM-5:30PM	8
14695	SA	SEP 21-NOV 16	10AM-10:30AM	8
14696	SA	SEP 21-NOV 16	11AM-11:30AM	8
\$70.00				

Preschool A (3-4 yrs.)

Parent/guardian is encouraged to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

14698	TU	SEP 17-NOV 5	4:30PM-5PM	8
14699	TU	SEP 17-NOV 5	5:30PM-6PM	8
14700	TH	SEP 19-NOV 14	4:30PM-5PM	8
14701	TH	SEP 19-NOV 14	5:30PM-6PM	8
14702	SA	SEP 21-NOV 16	9AM-9:30AM	8
14703	SA	SEP 21-NOV 16	10AM-10:30AM	8
14704	SA	SEP 21-NOV 16	11AM-11:30AM	8
\$70.00				



Strong confident swimmers
make strong confident kids



Free parking with swimming lessons



brocku.ca/aquatics

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.

14706	TU	SEP 17-NOV 5	4:30PM-5PM	8
14707	TU	SEP 17-NOV 5	5:30PM-6PM	8
14708	TH	SEP 19-NOV 14	4:30PM-5PM	8
14709	TH	SEP 19-NOV 14	5:30PM-6PM	8
14710	SA	SEP 21-NOV 16	9AM-9:30AM	8
14711	SA	SEP 21-NOV 16	10AM-10:30AM	8
14712	SA	SEP 21-NOV 16	11AM-11:30AM	8
\$70.00				

Preschool C (3-4 yrs.)

Preschoolers will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back. Prerequisite: Completed Preschool B.

14714	TU	SEP 17-NOV 5	5PM-5:30PM	8
14715	TU	SEP 17-NOV 5	6PM-6:30PM	8
14716	TH	SEP 19-NOV 14	5PM-5:30PM	8
14717	TH	SEP 19-NOV 14	6PM-6:30PM	8
14718	SA	SEP 21-NOV 16	9:30AM-10AM	8
14719	SA	SEP 21-NOV 16	10:30AM-11AM	8
14720	SA	SEP 21-NOV 16	11:30AM-12PM	8
\$70.00				

Preschool D (3-4yrs.)

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.

14722	TU	SEP 17-NOV 5	5PM-5:30PM	8
14723	TU	SEP 17-NOV 5	6PM-6:30PM	8
14724	TH	SEP 19-NOV 14	5PM-5:30PM	8
14725	TH	SEP 19-NOV 14	6PM-6:30PM	8
14726	SA	SEP 21-NOV 16	9:30AM-10AM	8
14727	SA	SEP 21-NOV 16	10:30AM-11AM	8
14728	SA	SEP 21-NOV 16	11:30AM-12PM	8
\$70.00				

Preschool E (3-4 yrs.)

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

14730	TU	SEP 17-NOV 5	5PM-5:30PM	8
14731	TH	SEP 19-NOV 14	5PM-5:30PM	8
14732	SA	SEP 21-NOV 16	9:30AM-10AM	8
14733	SA	SEP 21-NOV 16	10:30AM-11AM	8
14734	SA	SEP 21-NOV 16	11:30AM-12PM	8
\$70.00				

Swimmer 1 (5-12 yrs.)

Beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back. Prerequisite: Beginner (5-12 yrs.)

14851	TU	SEP 17-NOV 5	4:30PM-5PM	8
14852	TU	SEP 17-NOV 5	5PM-5:30PM	8
14853	TU	SEP 17-NOV 5	5:30PM-6PM	8
14854	TU	SEP 17-NOV 5	6PM-6:30PM	8
14855	TU	SEP 17-NOV 5	6:30PM-7PM	8
14856	TH	SEP 19-NOV 14	4:30PM-5PM	8
14857	TH	SEP 19-NOV 14	5PM-5:30PM	8
14858	TH	SEP 19-NOV 14	5:30PM-6PM	8
14859	TH	SEP 19-NOV 14	6PM-6:30PM	8
14860	TH	SEP 19-NOV 14	6:30PM-7PM	8
14861	SA	SEP 21-NOV 16	9AM-9:30AM	8
14862	SA	SEP 21-NOV 16	9:30AM-10AM	8
14863	SA	SEP 21-NOV 16	10AM-10:30AM	8
14864	SA	SEP 21-NOV 16	10:30AM-11AM	8
14865	SA	SEP 21-NOV 16	11AM-11:30AM	8
14866	SA	SEP 21-NOV 16	11:30AM-12PM	8
14867	SA	SEP 21-NOV 16	12PM-12:30PM	8
\$70.00				



Swimmer 2 (5-12 yrs.)

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

14869	TU	SEP 17-NOV 5	4:30PM-5PM	8
14870	TU	SEP 17-NOV 5	5PM-5:30PM	8
14871	TU	SEP 17-NOV 5	5:30PM-6PM	8
14872	TU	SEP 17-NOV 5	6PM-6:30PM	8
14873	TU	SEP 17-NOV 5	6:30PM-7PM	8
14874	TH	SEP 19-NOV 14	4:30PM-5PM	8
14875	TH	SEP 19-NOV 14	5PM-5:30PM	8
14876	TH	SEP 19-NOV 14	5:30PM-6PM	8
14877	TH	SEP 19-NOV 14	6PM-6:30PM	8
14878	TH	SEP 19-NOV 14	6:30PM-7PM	8
14879	SA	SEP 21-NOV 16	9AM-9:30AM	8
14880	SA	SEP 21-NOV 16	9:30AM-10AM	8
14881	SA	SEP 21-NOV 16	10AM-10:30AM	8
14882	SA	SEP 21-NOV 16	10:30AM-11AM	8
14883	SA	SEP 21-NOV 16	11AM-11:30AM	8
14884	SA	SEP 21-NOV 16	11:30AM-12PM	8
14885	SA	SEP 21-NOV 16	12PM-12:30PM	8
\$70.00				

Swimmer 3 (5-12 yrs.)

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

14887	TU	SEP 17-NOV 5	5:30PM-6:15PM	8
14888	TU	SEP 17-NOV 5	6:15PM-7PM	8
14889	TU	SEP 17-NOV 5	7PM-7:45PM	8
14890	TH	SEP 19-NOV 14	5:30PM-6:15PM	8
14891	TH	SEP 19-NOV 14	6:15PM-7PM	8
14892	TH	SEP 19-NOV 14	7PM-7:45PM	8
14893	SA	SEP 21-NOV 16	9AM-9:45AM	8
14894	SA	SEP 21-NOV 16	9:45AM-10:30AM	8
14895	SA	SEP 21-NOV 16	10:30AM-11:15AM	8
14896	SA	SEP 21-NOV 16	11:15AM-12PM	8
14897	SA	SEP 21-NOV 16	12PM-12:45PM	8
\$76.00				



Swimmer 4 (5-12 yrs.)

Intermediate swimmers will swim 5 m underwater and lengths of front crawl, back crawl, and whip kick. Their new bag of tricks include breaststroke arms and breathing and the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training. Prerequisite: Completed Swimmer 3.

14899	TU	SEP 17-NOV 5	5:30PM-6:15PM	8
14900	TU	SEP 17-NOV 5	6:15PM-7PM	8
14901	TU	SEP 17-NOV 5	7PM-7:45PM	8
14902	TH	SEP 19-NOV 14	5:30PM-6:15PM	8
14903	TH	SEP 19-NOV 14	6:15PM-7PM	8
14904	TH	SEP 19-NOV 14	7PM-7:45PM	8
14905	SA	SEP 21-NOV 16	9AM-9:45AM	8
14906	SA	SEP 21-NOV 16	9:45AM-10:30AM	8
14907	SA	SEP 21-NOV 16	10:30AM-11:15AM	8
14908	SA	SEP 21-NOV 16	11:15AM-12PM	8
14909	SA	SEP 21-NOV 16	12PM-12:45PM	8
\$76.00				

Swimmer 5 (5-12 yrs.)

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

14911	TU	SEP 17-NOV 5	5:30PM-6:15PM	8
14912	TU	SEP 17-NOV 5	6:15PM-7PM	8
14913	TU	SEP 17-NOV 5	7PM-7:45PM	8
14914	TH	SEP 19-NOV 14	5:30PM-6:15PM	8
14915	TH	SEP 19-NOV 14	6:15PM-7PM	8
14916	TH	SEP 19-NOV 14	7PM-7:45PM	8
14917	SA	SEP 21-NOV 16	9:45AM-10:30AM	8
14918	SA	SEP 21-NOV 16	10:30AM-11:15AM	8
14919	SA	SEP 21-NOV 16	11:15AM-12PM	8
14920	SA	SEP 21-NOV 16	12PM-12:45PM	8
\$76.00				

Swimmer 6 (5-12 yrs.)

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

14922	TU	SEP 17-NOV 5	5:30PM-6:15PM	8
14923	TU	SEP 17-NOV 5	6:15PM-7PM	8
14924	TU	SEP 17-NOV 5	7PM-7:45PM	8
14925	TH	SEP 19-NOV 14	5:30PM-6:15PM	8
14926	TH	SEP 19-NOV 14	6:15PM-7PM	8
14927	TH	SEP 19-NOV 14	7PM-7:45PM	8
14928	SA	SEP 21-NOV 16	9:45AM-10:30AM	8
14929	SA	SEP 21-NOV 16	10:30AM-11:15AM	8
14930	SA	SEP 21-NOV 16	11:15AM-12PM	8
14931	SA	SEP 21-NOV 16	12PM-12:45PM	8
\$76.00				

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

14672	TU	SEP 17-NOV 5	7PM-8PM	8
14673	TH	SEP 19-NOV 14	7PM-8PM	8
14674	SA	SEP 21-NOV 16	9AM-10AM	8
\$81.00				

Bronze Star

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

14582	TU	SEP 17-NOV 5	6:30PM-8PM	8
14583	SA	SEP 21-NOV 16	9AM-10:30AM	8
\$91.00				

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.

14681	MO	SEP 16-NOV 18	7:15PM-8:15PM	8
\$81.00				

Lifesaving Sport Fundamentals (6-15 yrs.)

Improve your strokes with 25m swims of front crawl, back crawl, and whip kick. With 100m workouts and 25m springs, fitness levels should increase. Touch and go turns will also be introduced. Hitting a target with a rope, movement with flippers, securing a rescue tube to a manikin, and treading water while supporting an object are some of the sport skills to be enjoyed. Participants should be comfortable in the deep end, able to swim 25m and tread water for 45 seconds. Prerequisite: Swimmer 3.

14683	MO	SEP 16-NOV 18	7:15PM-8:15PM	8
\$81.00				



Teen

Teen 1 (10-16 yrs.)

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

14933	TU	SEP 17-NOV 5	7:15PM-8PM	8
14934	SA	SEP 21-NOV 16	12PM-12:45PM	8
\$76.00				

Teen 2 (10-16 yrs.)

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

14935	TU	SEP 17-NOV 5	7:15PM-8PM	8
14936	SA	SEP 21-NOV 16	12PM-12:45PM	8
\$76.00				

Adult

Adult 1 (16+ yrs.)

Work towards a 10-15 m front and back swim, jump entries from the side of the pool and recovering an object from the bottom of the pool in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training. Prerequisite: 16 years, beginner non-swimmer. Prerequisite: Beginner (16+ yrs.)

14637	TU	SEP 17-NOV 5	7:15PM-8PM	8
\$76.00				

Adult 2 (16+ yrs.)

Kick it up a notch with two interval training workouts of 4 X 25 m on your front and back. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. Support yourself on the surface for 1-2 minutes, and show off your handstands in shallow water. Prerequisite: 16 years.

14638	TH	SEP 19-NOV 14	7:15PM-8PM	8
\$76.00				

Adult 3 (16+ yrs.)

Eggbeater, stride entries, and compact jumps will be introduced. Master your front crawl, back crawl, and breaststroke while doing 300 m workouts and 25-50 m sprints. Whew! Prerequisites: 16 years.

14639	TH	SEP 19-NOV 14	7:15PM-8PM	8
\$76.00				



Synchronized 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.

14656	MO	SEP 16-NOV 18	6:30PM-8:30PM	8
\$177				



Free parking with swimming lessons



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.

14567	TU, TH	SEP 17-NOV 14 (NO CLASS OCT 31, NOV 12)	7:05PM-7:55PM	16
14568	MO, WE	SEP 16-OCT 9	11:05AM-11:55AM	8
14624	MO, WE	OCT 21-NOV 13	11:05AM-11:55AM	8
14625	MO, WE	NOV 18-DEC 12	11:05AM-11:55AM	8
\$80.00				



Brock Student Swim Lessons

Learn the basics of swimming and work towards functional swimming skills. This includes floats, glides, basic kicks and strokes.

14570	TU	SEP 17-OCT 8	4:30PM-5PM	4
14571	TH	SEP 19-OCT 10	4:30PM-5PM	4
14626	TU	OCT 22-NOV 12	4:30PM-5PM	4
14627	TH	OCT 24-NOV 14	4:30PM-5PM	4
14628	MO	SEP 16-OCT 7	12PM-12:30PM	4
14629	WE	SEP 18-OCT 9	12PM-12:30PM	4
14630	MO	OCT 21-NOV 11	12PM-12:30PM	4
14631	WE	OCT 23-NOV 13	12PM-12:30PM	4
14632	MO	SEP 16-OCT 7	12:30PM-1PM	4
14633	WE	SEP 18-OCT 9	12:30PM-1PM	4
14634	MO	OCT 21-NOV 11	12:30PM-1PM	4
14635	WE	OCT 23-NOV 13	12:30PM-1PM	4
\$30.00				

Free parking with swimming lessons



brocku.ca/aquatics



Brock Niagara Aquatics Competitive Swimming Team

A year-round club for swimmers of all ages and ability levels ranging from novice to international including varsity athletes and swimmers with a disability. For more information, contact the club at 905-688-5550, x3244, brockswimming@brocku.ca or visit brocku.ca/brock-swimming



BROCK NIAGARA AQUATICS Olympic Way

program is where we welcome 11 and under swimmers to learn the fundamentals of competitive swimming.

Enter this exciting world of competitive swimming where coaches present the techniques of the sport (competitive strokes, starts, and turns) in combination with an introductory fitness program. Prerequisite: LSS Swimmer 5 or equivalent.



Brock Niagara Penguins

A program for youth and young adults with a disability. For program information, eligibility, registration forms, fees, dates and times, visit brocku.ca/niagara-penguins or contact niagarapenguins@brocku.ca

15077	MO, WE	SEP 23 - DEC 4	5:45PM - 7PM	11
15078	MO, WE	SEP 23 - DEC 4	7PM - 8:15PM	11
15079	TU, TH	SEP 24 - DEC 3	4:15PM - 5:30PM	11
\$341.25				



Brock Niagara Masters Swim Team

For those 18 years and older, 3 times per week, lead by a coach. For more information, contact brockswimming@brocku.ca

15140	M/W/F	SEP 23 - DEC 4	6AM - 7:30AM	11	\$378
15141	M/W/F	SEP 23 - DEC 4	11:30AM - 1PM	11	\$378
15142	M/W/F	SEP 23 - DEC 4	M/W 7PM-8:30PM F 6PM-7:30PM	11	\$378
15144	M/W/F	SEP 23 - MAY 21	6AM - 7:30AM	32	\$1,020
15145	M/W/F	SEP 23 - MAY 23	11:30AM - 1PM	32	\$1,020
15146	M/W/F	SEP 23 - MAY 23	M/W 7PM-8:30PM F 6PM-7:30PM	32	\$1,020 "



First Aid

Emergency First Aid and CPR-B (LSS)

Learn first aid principles and emergency treatment of injuries including victim assessment, CPR, choking, respiratory and circulatory injuries, such as heart attack and stroke, and how to deal with external bleeding. Emergency First Aid is recognized by the Workplace Safety and Insurance Board.

14585	SA	SEP 14	8:30AM-5PM	1
14586	SA	OCT 5	8:30AM-5PM	1
14587	SA	NOV 2	8:30AM-5PM	1
\$75.00		\$20 CANADIAN FIRST AID MANUAL		

Standard First Aid and CPR-C (LSS)

Training is provided on all aspects of first aid and CPR (adult, child, infant) and is designed for those who want an in-depth understanding of first aid such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns and medical emergencies. WSIB recognition.

14598	SA-SU	SEP 14-15	8:30AM-5PM	1
14599	SA-SU	SEP 21-22	8:30AM-5PM	1
14600	SA-SU	SEP 28-29	8:30AM-5PM	1
14619	SA	SEP 28-OCT 5	8:30AM-5PM	1
14601	SA-SU	OCT 5-6	8:30AM-5PM	1
14602	SA-SU	OCT 19-20	8:30AM-5PM	1
14603	SA-SU	OCT 26-27	8:30AM-5PM	1
14604	SA-SU	NOV 2-3	8:30AM-5PM	1
14605	SA-SU	NOV 9-10	8:30AM-5PM	1
14606	SA-SU	NOV 16-17	8:30AM-5PM	1
14620	SU	NOV 17-24	8:30AM-5PM	1
14607	SA-SU	NOV 23-24	8:30AM-5PM	1
14608	SA-SU	NOV 30-DEC 1	8:30AM-5PM	1
14609	SA-SU	DEC 7-8	8:30AM-5PM	1
14618	SA-SU	DEC 14-15	8:30AM-5PM	1
\$120.00		\$20 CANADIAN FIRST AID MANUAL		

*SFA 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 MORE INFORMATION PLEASE CONTACT
JULIE FENNELL, HEALTH PROMOTION EDUCATOR:
JFENNELL@BROCKU.CA.

Learn the skills
Help save a life.
ASIST Workshops



Standard First Aid and CPR-C recertification (LSS)

*Recertification is required every three years. Participants must bring proof of certification.

14610	SA	SEP 21	8:30AM-5PM	1
14611	SU	OCT 27	8:30AM-5PM	1
14612	SA	NOV 23	8:30AM-5PM	1
\$80.00		\$20 CANADIAN FIRST AID MANUAL		

Airway Management

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

14565	SU	OCT 20	9AM-2PM	1
\$75.00		\$20 CANADIAN FIRST AID MANUAL		

Health Care Provider

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

14623	SU	OCT 27	8:30AM-5PM	1
\$80.00		\$14 CANADIAN CPR-HCP MANUAL		

Free parking with swimming lessons



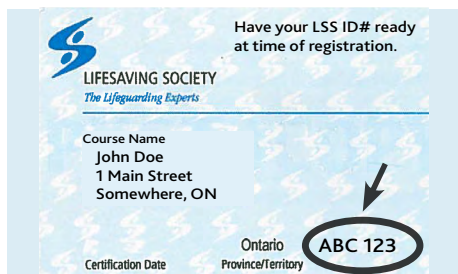
brocku.ca/aquatics

Leadership

Bronze Medallion

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.

14578	WE	SEP 18-OCT 23	6:00PM-9:30PM	6
14579	SA	SEP 21-NOV 2	9AM-12:30PM (NO CLASS OCT 26)	6
14580	SA-SU	SEP 21-22, 28-29	9AM-4PM	4
\$135.00		\$54 CANADIAN LIFESAVING MANUAL		



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 Lifesaving Society Emergency First Aid or Standard First Aid, or EFA or SFA from a training agency approved by the Ontario government. The list of approved agencies can be found at lifesavingsociety.com

14573	WE	SEP 18-OCT 23	5:30PM-9:30PM	6
14574	SA	SEP 21-NOV 2	9AM-1PM (NO CLASS OCT 26)	6
14575	SA-SU	NOV 2-3, 9-10	9AM-4PM	4
\$140.00		\$54 CANADIAN LIFESAVING MANUAL		



National Lifeguard

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 Lifesaving Society Standard First Aid, or SFA from a training agency approved by the Ontario government. The list of approved agencies can be found at lifesavingsociety.com

14590	WE	SEP 18-NOV 6	5PM-10:00PM	8
14591	FR-SU	NOV 8-10, 15-17	FR 5PM-9PM, SA-SU 8:30AM-5PM	6
\$289.00		\$54 ALERT MANUAL		

National Lifeguard Recertification

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).

14592	SU	SEP 15	9AM-1PM	1
14593	SU	OCT 6	9AM-1PM	1
14594	SU	NOV 10	9AM-1PM	1
14595	SU	DEC 8	9AM-1PM	1
\$91.00				

Swim for Life Instructor

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.

14616	FR-SU	SEP 20-22	FR 5PM-9PM, SA-SU 8:30AM-5PM	3
14617	FR-SU	NOV 8-10	FR 5PM-9PM, SA-SU 8:30AM-5PM	3
\$186.00		\$107 INSTRUCTOR PACK		

Lifesaving Instructor

You will be certified to teach and certify candidates in Canadian Swim Patrol, Bronze Star, Lifesaving Fitness, Basic and Emergency First Aid, and CPR A/B/C. Instructors evaluate skills for Bronze Medallion, Bronze Cross and Distinction, but only Examiners may certify candidates in these awards. Prerequisite: 15 years of age on or before the last day of the course, Bronze Cross or National Lifeguard certification.

14614	FR-SU	OCT 4-6	FR 5PM-9PM, SA-SU 8:30AM-5PM	1
14615	FR-SU	NOV 15-17	FR 5PM-9PM, SA-SU 8:30AM-5PM	1
\$186.00		\$107 INSTRUCTOR PACK		

Free parking with swimming lessons





Examiner

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.

14588	SA	NOV 30	10:00AM-4PM	1
\$75.00		\$ 41 EXAMINER HANDBOOK, AND AWARD GUIDE FOR CHOSEN STREAM		

National Lifeguard Instructor

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

14596	SA-SU	NOV 2-3	8:30AM-5PM	2
\$165.00		\$97 NATIONAL LIFEGUARD INSTRUCTOR PACK, AND ALERT MANUAL, CANADIAN LIFESAVING MANUAL, INSTRUCTOR MANUAL		

Aquatic Supervisor

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

14569	FR-SA	OCT 25-26	FR 5PM-9PM, SA-SU 8:30AM-5PM	2
\$92.00		\$35 AQUATIC SUPERVISOR WORKBOOK, \$59 GUIDE TO ONTARIO PUBLIC POOLS REGULATION, \$54 ALERT MANUAL		



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Free parking with swimming lessons



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Refund policy for Swim Program

Unless otherwise specified, refunds for programs already in progress will be issued within the first two weeks of the start date. A \$15 administrative fee will be deducted. After two weeks or two classes, refunds may be issued due to extreme circumstances (injury, accident, 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 receives notice of cancellation at least five business days prior to the course start date (recservices@brocku.ca). This is due to financial commitments to the instructor, the certification governing body, and 100% attendance requirement.

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. It is your responsibility when registering to ensure that the phone number, email address, and mailing address we have in our system is current.

Report cards available online

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 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.

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.

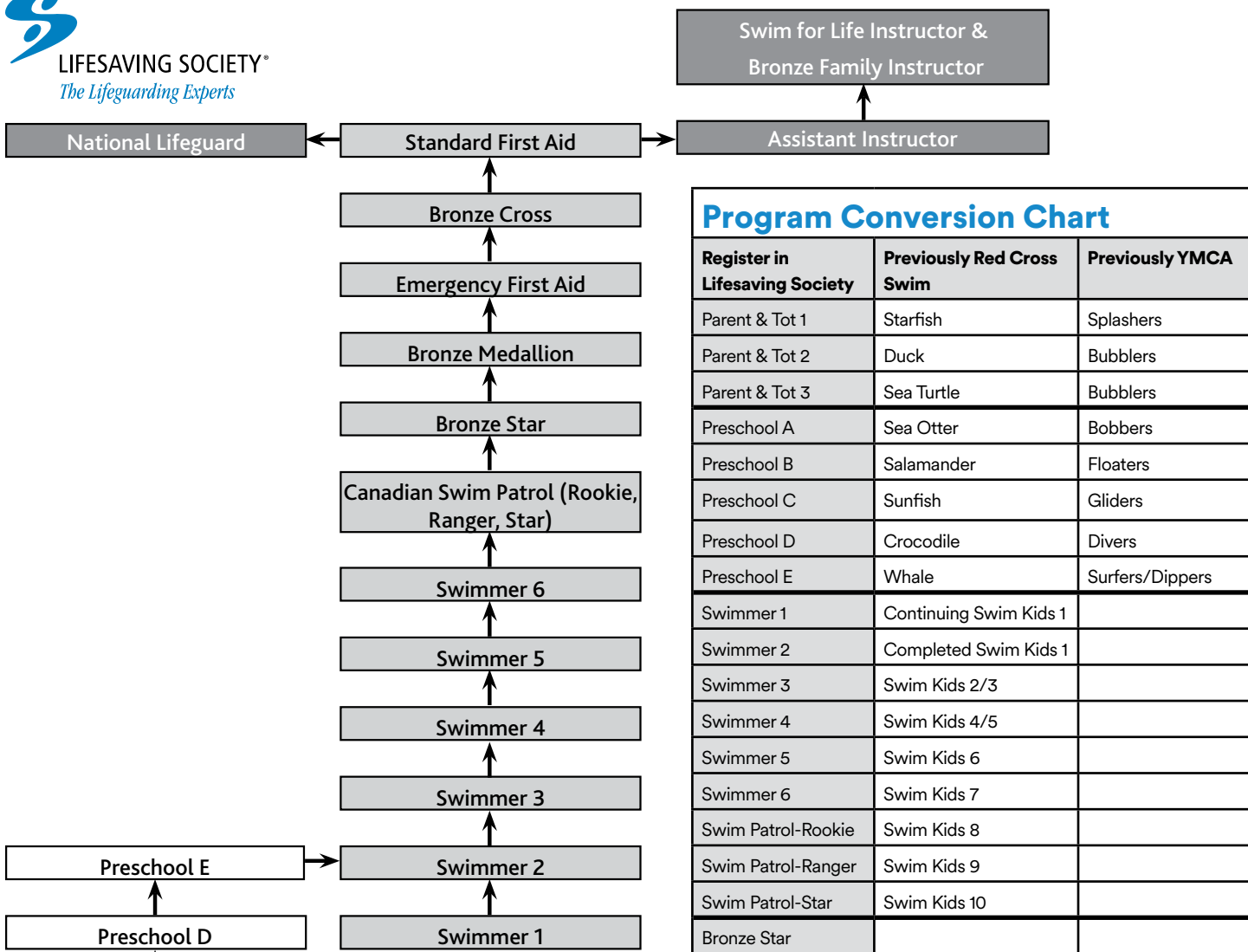
Child Fun Swim Admittance

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.

Program Flow Chart



LIFESAVING SOCIETY®
The Lifeguarding Experts



Program Conversion Chart		
Register in Lifesaving Society	Previously Red Cross Swim	Previously YMCA
Parent & Tot 1	Starfish	Splashers
Parent & Tot 2	Duck	Bubblers
Parent & Tot 3	Sea Turtle	Bubblers
Preschool A	Sea Otter	Bobbers
Preschool B	Salamander	Floater
Preschool C	Sunfish	Gliders
Preschool D	Crocodile	Divers
Preschool E	Whale	Surfers/Dippers
Swimmer 1	Continuing Swim Kids 1	
Swimmer 2	Completed Swim Kids 1	
Swimmer 3	Swim Kids 2/3	
Swimmer 4	Swim Kids 4/5	
Swimmer 5	Swim Kids 6	
Swimmer 6	Swim Kids 7	
Swim Patrol-Rookie	Swim Kids 8	
Swim Patrol-Ranger	Swim Kids 9	
Swim Patrol-Star	Swim Kids 10	
Bronze Star		

Free parking with swimming lessons

**Fall Single Private Lesson Registration Opens
Tue Nov 8 2024 at 12:00pm**

**Winter Swim Registration Opens
Tue Nov 26 2024 at 12:00pm**

**Spring Swim Lesson Registration Opens
Tue Mar 4 2025 at 12:00pm**

**brocku.ca/aquatics
905 688 5550 x4060**

Parking Included for swimming lessons.

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Sports Complex**

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Brock students, faculty, staff, alumni and the community.

THE ZONE FITNESS CENTRE

Walker Sports Complex
Fall Hours

3 LARGE
GYMNASIA

Mon-Fri: 7 am – 11 pm

INDOOR TRACK

Sat : 8 am – 8 pm

50 METER POOL

Sun: 8 am – 9 pm

Women Only Hours at the Zone

PLUS OUTDOOR
TENNIS
BASKETBALL COURTS
AND FIELDS

Mon: 9 – 10 am

Wed: 4 – 5 pm

Fri: 1-2 pm

Sat: 8-9 am



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