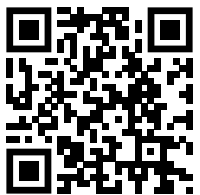


Brock
University

FALL 2024
brocku.ca/recreation



find us on social @BrockRecreation



Recreation Program Guide

Brock Sports and Recreation

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Welcome!

Brock Sports and Recreation welcomes all Brock students to make use of the facilities of the Walker Sports Complex, including the Zone Fitness Centre, the 50 m pool and whirlpool, the 200 m indoor recreational track, 3 large gymnasias, outdoor tennis and basketball courts, and fields. There are a wide variety of recreation programs including one of the largest university intramural programs in the province that provide access to sport and activities for the beginner to the more advanced and competitive! In addition, there is a large breadth of weekly activities in fitness, aquatics and wellness programming.

Being active, involved and connected with others, plays a large role in your experience as a student, helping to keep you healthy, active and organized. Make time for yourself in your schedule!

Hours of operation

September 3, 2024 - April 26, 2025

Holidays and University study breaks, have different hours.

| | |
|---|-------------|
| Monday to Friday..... | 7am-11pm |
| Saturday | 8am-8pm |
| Sunday..... | 8am-9pm |
| Sunday, September 8 (Closed in a.m. for staff training) | 12 noon-9pm |
| Monday, October 14 (Thanksgiving)..... | Closed |
| Tuesday-Friday, October 15-18 (Fall Reading Week) | 7am-9pm |
| Saturday, October 19 | 8am-5pm |
| Sunday, October 20..... | 8am-9pm |

Note:

- **No check-ins** will be allowed within one-half hour of closing time.
- **Activity Areas close 10 minutes prior to facility closing times**, to allow you time to get to the locker room and vacate the facilities. Activity Areas include the Zone Fitness Centre, gymnasias, studios, pool, etc.

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

Mon – 9-10 AM • Wed – 4-5 PM • Fri – 1-2 PM • Sat -8-9 AM

Special events

| | |
|--|------------------------------|
| Friday, Oct. 18 - Convocation (Ian Beddis and Bob Davis gyms closed, track closed) | |
| Sunday, November 3 | Fall Preview Day |
| December 7-19 (Exams)..... | (Ian Beddis/Bob Davis/track) |
| December 24 (12 noon)- December 26..... | Closed |
| December 27-31..... | 10am - 3pm |
| January 1, 2025 | Closed |

Brock Recreation Newsletter Sign up at brocku.ca/recreation to receive a copy of our regularly published newsletter that includes program and facility information.

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



Facilities

All patrons of the Walker Sports Complex are required to treat each other and the staff of the Walker Sports Complex with respect, in adherence with Brock University's Respectful Work and Learning Environment Policy.

brocku.ca/vp-academic/review-of-the-respectful-work-and-learning-environment-policy

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

Identification Required

All who use the facilities of the Walker Sport Complex must have a current valid photo ID available that is either as a Brock Student Card or Walker Sports Complex membership card. Your ID must be presented at the Equipment Room (Cage) each time you use the facilities. The card must be shown upon request of university officials. Please report the loss of your ID card immediately to the Brock Card Office (students) or the Walker Complex Welcome Desk (members).

Special Information regarding facility use Apparel

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

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

Closed toe and heel, non-marking 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.

Knapsacks, gym bags, jackets, keys and other personal items are not allowed in activity areas (gymnasias, the Zone, pool, etc.). Please lock your personal items in a locker.

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 Safety personnel.

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..... | 9-10am |
| Wednesday..... | 4-5pm |
| Friday..... | 1-2pm |
| Saturday..... | 8-9am |

Pool

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

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 certification. 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.

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 and locker/shower rooms and a gender non-specific change room with individual changing stalls, change tables (adult and baby) and washrooms. Parents with children of a different gender, over the age of 3, must use the family change room. Day lockers are for day use only, and must be cleared before the end of each day. Rental lockers are available at the Welcome desk.

Photography/ Videography/Music

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.

No personal/portable speakers are allowed in the Walker Sports Complex facilities.

Lost and found

Items of value are sent to the Campus Safety office (x4300). Student ID cards are sent to the Brock 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 personal business in any facilities operated as 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

Participants must provide a valid/current photo ID identifying themselves to the league official prior to start of EACH intramural game. Remember, no ID, no play!

Fall Outdoor Registration

Friday September 6 - Wednesday September 11, 2024.

Intramural Fees

Entry fee

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. Note, 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. In addition, space that could have been used for another game is wasted.

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.



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

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-PM.

Fall Indoor Registration

**Fri Sep 13 to
Wed Sep 18, 2024.**

Tournaments

| Tournament | Date | Registration Opens | Registration Closes | Cost Per Team |
|---|--------------|--------------------|---------------------|---------------|
| Beach Volleyball Tournament (4's)* | Fri, Sep. 27 | Fri, Sep. 20 | Wed, Sep. 25 | \$60 |
| Beach Volleyball Tournament (2's)* | Fri, Sep. 27 | Fri, Sep. 20 | Wed, Sep. 25 | \$30 |
| Corn Hole Tournament | Fri, Oct. 4 | Fri, Sep. 27 | Wed, Oct. 2 | \$30 |
| Disc Golf | Fri, Oct. 25 | Fri, Oct. 11 | Wed, Oct. 23 | \$20 |
| Snow Flag Football | Sat, Feb. 10 | Fri, Feb. 2 | Wed, Feb. 7 | \$60 |

*CGP - Canada Games Park

Fall Outdoor Leagues Registration: Fri. Sep. 6 - Wed. Sep. 11, 2024. League begins week of Sept. 15, 2024.

| League | Day | Time | Cost Per Team |
|--------------------------------------|-----|------------|--------------------------------------|
| Coed Slowpitch (off campus) | Sun | 10 AM-4 PM | \$155 (\$125 E + \$30 PB) |
| Coed Flag Football | Wed | 2-6 PM | \$155 (\$125 E + \$30 PB) |
| Mens Flag Football | Tue | 2-6 PM | \$155 (\$125 E + \$30 PB) |
| Coed Outdoor Ultimate Frisbee | Wed | 2-6 PM | \$155 (\$125 E + \$30 PB) |
| Coed Soccer Baseball | Thu | 2-6 PM | \$155 (\$125 E + \$30 PB) |
| Coed Lacrosse | Thu | 2-6 PM | \$155 (\$125 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 | \$155 (\$125 E + \$30 PB) |
| Men's Outdoor Soccer | Mon | 2-6 PM | \$155 (\$125 E + \$30 PB) |
| | Thu | 2-6 PM | \$255 (\$125 E + \$30 PB + \$100 BB) |
| Women's Outdoor Soccer | Mon | 2-6 PM | \$155 (\$125 E + \$30 PB) |

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, visit brocku.ca/recreation and go to the Sport Club section.

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



Intramurals

Fall Indoor Leagues

Registration: Fri. Sep. 13 - Wed. Sep. 18, 2024. Leagues begin week of Sep. 22, 2024.

| League | Day | Time | Cost Per Team |
|---------------------------------|-----|---------|---------------------------|
| Men's Ball Hockey | Mon | 7-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed Ball Hockey | Tue | 7-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed Dodgeball | Sun | 7-10 PM | \$155 (\$125 E + \$30 PB) |
| Men's Afternoon Basketball @CGP | Fri | 12-6 PM | \$155 (\$125 E + \$30 PB) |
| Coed Handball | Wed | 7-10 PM | \$155 (\$125 E + \$30 PB) |
| | Thu | 7-10 PM | \$155 (\$125 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 | \$155 (\$125 E + \$30 PB) |

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

Ice Hockey Fall/Winter Leagues

Registration: Fri. Nov. 1 - Thu. Nov. 7, 2024. Leagues begin week of Nov. 17, 2024.

| League | Day | Time | Cost Per Team |
|------------------------------|-----|---------|---------------------------|
| Women's Basketball | Sun | 12-8 PM | \$155 (\$125 E + \$30 PB) |
| | Tue | 5-10 PM | \$155 (\$125 E + \$30 PB) |
| Men's Basketball | Sun | 12-8 PM | \$155 (\$125 E + \$30 PB) |
| | Tue | 5-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed Basketball | Mon | 5-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed Indoor Soccer | Sun | 12-8 PM | \$155 (\$125 E + \$30 PB) |
| | Mon | 7-10 PM | \$155 (\$125 E + \$30 PB) |
| | Thu | 7-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed Indoor Ultimate Frisbee | Thu | 5-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed Tchoukball | Mon | 5-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed Mystery Intramurals | Wed | 5-10 PM | \$155 (\$125 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 | \$155 (\$125 E + \$30 PB) |

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

Ice Hockey

Registration: Mon. Sep. 23 - Tue. Sep. 24, 2024. League begins week of Sep. 29, 2024.

| League | Day | Time | Cost Per Team |
|--------------------|---------|------|--|
| Men's Ice Hockey | Sun-Thu | Late | \$1,730 (\$1,600 E + \$30 PB + \$100 BB) |
| Women's Ice Hockey | Mon | Late | \$1,630 (\$1,600 E + \$30 PB) |

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

Coed Ice Hockey

Registration: Fri. Jan. 17 - Thu. Jan. 23, 2025. League begins the week of Feb. 2, 2025. 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 (\$850 E + \$30 PB) |

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

Winter Leagues

Registration: Fri. Jan. 24 - Thu. Jan. 30, 2025. League begins week of Feb. 9, 2025.

| League | Day | Time | Cost Per Team |
|---------------------------|-----|---------|--------------------------------------|
| Inner Tube Water Polo | Tue | 8-10 PM | \$140 (\$110 E + \$30 PB) |
| | Thu | 8-10 PM | \$140 (\$110 E + \$30 PB) |
| Coed Soccer Baseball | Thu | 5-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed Dodgeball | Tue | 5-10 PM | \$155 (\$125 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 | \$255 (\$125 E + \$30 PB + \$100 BB) |
| | Mon | 7-10 PM | \$255 (\$125 E + \$30 PB + \$100 BB) |
| | Tue | 7-10 PM | \$255 (\$125 E + \$30 PB + \$100 BB) |
| Women's Indoor Soccer | Wed | 7-10 PM | \$155 (\$125 E + \$30 PB) |
| | Thu | 7-10 PM | \$155 (\$125 E + \$30 PB) |
| Coed 6's Volleyball | Sun | 12-8 PM | \$155 (\$125 E + \$30 PB) |
| | Mon | 5-10 PM | \$155 (\$125 E + \$30 PB) |
| | Wed | 5-10 PM | \$155 (\$125 E + \$30 PB) |
| Men's 6's Volleyball | Sun | 12-8 PM | \$155 (\$125 E + \$30 PB) |
| Women's 6's Volleyball | Sun | 12-8 PM | \$155 (\$125 E + \$30 PB) |
| 3-on-3 Basketball | Fri | 12-6 PM | \$110 (\$80 E + \$30 PB) |

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 and Pop Up Classes Free for Brock Students

For more information visit brocku.ca/recreation/expressfit



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, Beginner Weights, Bars & Bands, Core & More. Check out brocku.ca/recreation/expressfit or [@brockrecreation](https://www.instagram.com/brockrecreation) on Instagram, to view the schedule

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

Free Pop-Up Expressfit Classes

| Class | Description | Date | Time |
|-------------------------------------|--|--------|---------|
| Super Full Moon Outdoor Yoga | Embrace this super moon with moon salutations and other calming moon poses. This class is outdoors in the courtyard. | Sep 17 | 8:10 PM |
| New Moon Outdoor Yoga | Celebrate the new moon with salutations and other calming moon poses. This class is outdoors in the courtyard. | Oct 2 | 8:10 PM |
| Rihanna Spin | Spin and sing to your favourite Rihanna songs. | Oct 7 | 1:10 PM |
| Halloween Spin | Halloween themed spin with songs of candy, ghosts and ghouls. | Oct 31 | 6:10 PM |
| Glow Fencing | Want to try fencing? Try this class while you glow! Wear light colours to glow. | Oct 31 | 7:10 PM |
| Beyonce Spin | Spin and sing to your favourite Beyonce songs. | Nov 18 | 1:10 PM |

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) | \$166 |
| 5-session package (30-minute consultation and custom fitness program) | \$215 |
| 10-session package (30-minute consultation and custom fitness program) | \$361 |
| 16-session package (30-minute consultation and custom fitness program) | \$553 |

| 2 PERSON Personal Training | Student Fee |
|---|------------------|
| 10-session package (30-minute consultation and custom fitness program) | \$217 Per Person |
| 16-session package (30-minute consultation and custom fitness program) | \$300 Per Person |

8-Session Activities/Programs

Try it Week Sep 23-27 Drop in & try a class before registering. Schedule is subject to change.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|------------------------------|---|---------------------------------|
| Cardio Kickboxing 12:10 PM Outdoor Hatha Yoga 7:10 PM Astanga Yoga 8:10 PM | Glow Zumba 8:10 PM | Yogalates 12:10 PM MMA for Self Defense 3:10 PM Salsa Dancing 8:10 PM | Beginner Yoga 5:10 PM |

Please refer to brocku.ca/recreation or on Instagram [@BrockRecreation](https://www.instagram.com/BrockRecreation)

| Class | Code | Description | Day | Date | Time | Fee |
|--|-------|---|-----|-----------------|----------|------|
| Cardio Kickboxing | 14549 | This HIIT style kickboxing class will leave you sweating and feeling strong. | Mo | Sept 30- Nov 25 | 12:10 PM | \$72 |
| Astanga Yoga | 14543 | Incorporate a series of poses swiftly completed in combination with deep controlled breathing. | Mo | Sept 30- Nov 25 | 8:10 PM | \$72 |
| Small Group Strength & Tone | 14552 | Have fitness goals, but not sure where to start? A personal trainer will guide you through a progressive strength program. | Tu | Oct 1- Nov 26 | 11:10 AM | \$72 |
| Glow Zumba | 14550 | This glowing fitness dance party gets you moving in a fun choreographed way. Wear light colours to glow! | Tu | Oct 1- Nov 26 | 8:10 PM | \$72 |
| Yogalates | 14545 | Pilates meets Yoga in this fusion class that will build core strength and postural awareness. | We | Oct 2- Nov 27 | 12:10 PM | \$72 |
| MMA for Self Defense | 14551 | Gain confidence and develop skills to protect yourself in any situation. | We | Oct 2- Nov 27 | 3:10 PM | \$72 |
| Beginner Yoga | 14542 | Great for beginners or those ready to ease back into their Yoga journey. Reset with these mobility and strengthening poses. | Th | Oct 3- Nov 28 | 5:10 PM | \$72 |

No sessions Oct. 14-18. Class descriptions available at brocku.ca/recreation

5-Session Activities/Programs

| Class | Code | Description | Day | Date | Time | Fee |
|---------------------------|-------|--|-----|---------------|---------|------|
| Outdoor Hatha Yoga | 14544 | Enjoy the outdoors while improving focus, flexibility and balance with longer stretches. | Mo | Sept 30-Nov 7 | 7:10 PM | \$42 |



Walker Sports Complex

It's yours to use!

THE ZONE FITNESS CENTRE
3 LARGE GYMNASIA
INDOOR TRACK
50 METRE POOL

PLUS OUTDOOR TENNIS, BASKETBALL COURTS AND FIELDS
For more information visit brocku.ca/recreation

free to students

Youth and Family Fitness Class descriptions available at brocku.ca/recreation

| Program | Description | Code | Ages | Day | Dates | Time | Sessions | Fee |
|--|--|-------|------------|-----|---------------|--------------|----------|-------|
| Youth Fitness Carnival Games | Carnival fitness games put the fun back into fitness! Move in creative and fun ways! | 14554 | Ages 9-13 | Tu | Sep 3-Oct 8 | 6:15-7:45 PM | 6 | \$120 |
| Youth Hero Fitness Games | Hero games and fitness play that is fun and will get your youth moving! Build confidence and movement awareness. | 14555 | Ages 9-13 | Tu | Oct 22-Dec 3 | 6:15-7:45 PM | 7 | \$140 |
| Youth Strength & Agility Training | Each session breaks down the movement patterns to improve technique and confidence while completing strength training exercises. | 14557 | Ages 12-16 | We | Sep 4- Oct 9 | 6:15-7:45 PM | 6 | \$120 |
| Youth Strength & Power Training | Each session will emphasize strength training improvements and focus on coordination, agility and reaction games. | 14556 | Ages 12-16 | We | Oct 23-Dec 4 | 6:15-7:45 PM | 7 | \$140 |
| Kids Club Fitness Circuits | Fitness meets fun with these fitness games and circuits. Learn new exercises and try new fitness equipment! | 14558 | Ages 9-13 | Fr | Sep 6- Oct 11 | 6:15-7:45 PM | 6 | \$120 |
| Kids Club Agility Fitness | Get moving with fitness and teamwork agility challenges. Push, pull, pivot and jump your way through these agility fitness games and challenges. | 14559 | Ages 9-13 | Fr | Oct 25- Dec 6 | 6:15-7:45 PM | 7 | \$140 |



**GET INVOLVED.
GET ACTIVE**

Intramurals are ideal for recreational and competitive athletes. A variety of popular men's, women's and co-ed sports are offered throughout the Fall, Winter and Spring semesters. Put together a team or sign up as an individual.



brocku.ca/recreation/intramurals/leagues



**Open Swim
& Aquatic Fitness**



**Check the
weekly pool schedule.**

brocku.ca/recreation/aquatics

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 and CPR-B (LSS) | 14585 | Sa | Sep 14 | 8:30 AM-5 PM | \$75 |
| | 14586 | Sa | Oct 5 | 8:30 AM-5 PM | |
| | 14587 | Sa | Nov 2 | 8:30 AM-5 PM | |
| Standard First Aid and CPR-C (LSS) | 14598 | Sa-Su | Sep 14-15 | 8:30 AM-5 PM | \$120 |
| | 14599 | Sa-Su | Sep 21-22 | 8:30 AM-5 PM | |
| | 14600 | Sa-Su | Sep 28-29 | 8:30 AM-5 PM | |
| | 14619 | Sa | Sep 28-Oct 5 | 8:30 AM-5 PM | |
| | 14601 | Sa-Su | Oct 5-6 | 8:30 AM-5 PM | |
| | 14602 | Sa-Su | Oct 19-20 | 8:30 AM-5 PM | |
| | 14603 | Sa-Su | Oct 26-27 | 8:30 AM-5 PM | |
| | 14604 | Sa-Su | Nov 2-3 | 8:30 AM-5 PM | |
| | 14605 | Sa-Su | Nov 9-10 | 8:30 AM-5 PM | |
| | 14606 | Sa-Su | Nov 16-17 | 8:30 AM-5 PM | |
| | 14620 | Su | Nov 17-24 | 8:30 AM-5 PM | |
| | 14607 | Sa-Su | Nov 23-24 | 8:30 AM-5 PM | |
| | 14608 | Sa-Su | Nov 30-Dec 1 | 8:30 AM-5 PM | |
| | 14609 | Sa-Su | Dec 7-8 | 8:30 AM-5 PM | |
| 14618 | Sa-Su | Dec 14-15 | 8:30 AM-5 PM | | |
| Standard First Aid and CPR-C recertification (LSS) | 14610 | Sa | Sep 21 | 8:30 AM-5 PM | \$80 |
| | 14611 | Su | Oct 27 | 8:30 AM-5 PM | |
| | 14612 | Sa | Nov 23 | 8:30 AM-5 PM | |
| Airway Management | 14565 | Su | Oct 20 | 9 AM-2 PM | \$75 |
| Health Care Provider | 14623 | Su | Oct 27 | 8:30 AM-5 PM | \$80 |

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



5 -Session Activities Pop Up Fitness Programs

More programs may be added,
for more information visit
brocku.ca/recreation/fitness-program



Aquatic Leadership

| Certification | Code | Day(s) | Date | Time | Fee |
|---|-------|--------|------------------|----------------------------------|-------|
| Bronze Medallion | 14578 | We | Sep 18-Oct 23 | 6 pm-9:30 PM | \$135 |
| | 14579 | Sa | Sep 21-Nov 2 | 9 AM-12:30 PM (no class Oct 26) | |
| | 14580 | Sa-Su | Sep 21-22, 28-29 | 9 AM-4 PM | |
| Bronze Cross | 14573 | We | Sep 18-Oct 23 | 5:30 PM-9:30 PM | \$140 |
| | 14574 | Sa | Sep 21-Nov 2 | 9 AM-1 PM (no class Oct 26) | |
| | 14575 | Sa-Su | Nov 2-3, 9-10 | 9 AM-4 PM | |
| National Lifeguard | 14590 | We | Sep 18-Nov 6 | 5 PM-10 PM | \$289 |
| | 14591 | Fr-Su | Nov 8-10, 15-17 | Fr 5 PM-9 PM, Sa-Su 8:30 AM-5 PM | |
| National Lifeguard recertification | 14592 | Su | Sep 15 | 9 AM-1 PM | \$91 |
| | 14593 | Su | Oct 6 | 9 AM-1 PM | |
| | 14594 | Su | Nov 10 | 9 AM-1 PM | |
| | 14595 | Su | Dec 8 | 9 AM-1 PM | |
| Swim for Life Instructor | 14616 | Fr-Su | Sep 20-22 | Fr 5 PM-9 PM, Sa-Su 8:30 Am-5 PM | \$186 |
| | 14617 | Fr-Su | Nov 8-10 | Fr 5 PM-9 PM, Sa-Su 8:30 AM-5 PM | |
| Lifesaving Instructor | 14614 | Fr-Su | Oct 4-6 | Fr 5 PM-9 PM, Sa-Su 8:30 AM-5 PM | \$186 |
| | 14615 | Fr-Su | Nov 15-17 | Fr 5 PM-9 PM, Sa-Su 8:30 Am-5 PM | |
| Examiner | 14588 | Sa | Nov 30 | 8:30 AM-5 PM | \$75 |
| National Lifeguard Instructor | 14596 | Sa-Su | Nov 2-3 | 8:30 AM-5 PM | \$165 |
| Aquatic Supervisor | 14569 | Fr-Sa | Oct 25-26 | Fr 5 PM-9 PM, Sa-Su 8:30 AM-5 PM | \$92 |

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

Aquatic Fitness

| Program | Code | Day(s) | Dates | Time | Days | 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 into a scheduled class. | 14567 | Tu, Th | Sep 17-Nov 14 (no class Oct 31, Nov 12) | 7:05-7:55PM | 16 | \$80 |
| | 14568 | Mo, We | Sep 16-Oct 9 | 11:05-11:55 AM | 8 | \$40 |
| | 14624 | Mo, We | Oct 21-Nov 13 | 11:05-11:55 AM | 8 | \$40 |
| | 14625 | Mo, We | Nov 18-Dec 12 | 11:05-11:55 AM | 8 | \$40 |
| 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 | 4:30-5 PM | 4 | \$30 |
| | 14571 | Th | Sep 19-Oct 10 | 4:30-5 PM | 4 | \$30 |
| | 14626 | Tu | Oct 22-Nov 12 | 4:30-5 PM | 4 | \$30 |
| | 14627 | Th | Oct 24-Nov 14 | 4:30-5 PM | 4 | \$30 |
| | 14628 | Mo | Sep 16-Oct 7 | 12-12:30 PM | 4 | \$30 |
| | 14629 | We | Sep 18-Oct 9 | 12-12:30 PM | 4 | \$30 |
| | 14630 | Mo | Oct 21-Nov 11 | 12-12:30 PM | 4 | \$30 |
| | 14631 | We | Oct 23-Nov 13 | 12-12:30 PM | 4 | \$30 |
| | 14632 | Mo | Sep 16-Oct 7 | 12:30-1 PM | 4 | \$30 |
| | 14633 | We | Sep 18-Oct 9 | 12:30-1 PM | 4 | \$30 |
| | 14634 | Mo | Oct 21-Nov 11 | 12:30-1 PM | 4 | \$30 |
| 14635 | We | Oct 23-Nov 13 | 12:30-1 PM | 4 | \$30 | |



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 will be provided during training. No class Oct 14

| Program | Code | Day(s) | Dates | Time | Fee |
|-----------------------|-------|--------|--------------|--------------|-----------------------------|
| Brock Students | 15154 | Tu, Th | Sep 10-Oct 3 | 6:00-7:30 PM | \$50 |
| Adults | 15153 | Mo | Sep 9-Nov. 4 | 8:00-9:00 PM | \$85 members/\$85 Community |
| Youth 11-15 | 15156 | Mo | Sep 9-Nov. 4 | 7:00-8:00 PM | \$85 |
| Child 7-10 | 15155 | Mo | Sep 9-Nov. 4 | 6:00-7:00 PM | \$85 |

Dance Studio

Brock Student Climbs

| Class | Code | Day | Date | Time |
|--|-------|-----|--------|--------|
| Student Climbs - No Fee for Brock Students Available only to students registered in Fall/Winter classes 2024/25. 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 | We | Sep 4 | 1-4 PM |
| | 12628 | Tu | Sep 10 | 5-7 PM |
| | 12629 | Th | Sep 19 | 3-5 PM |
| | 12631 | We | Oct 2 | 4-6 PM |
| | 12631 | Mo | Oct 7 | 3-5 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 Lego Spike 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 | | | | |



Children's 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 Online

brocku.ca/recreation/registration

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

Over the phone at x4060 (905-688-5550). Payments are accepted by VISA and Mastercard

Inquiries/Cancellations/Refunds

Need assistance? Contact the Walker Sports Complex Welcome Desk - 905-688-5550 x4060, recservices@brocku.ca

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.

Confirmation of registration

When registering online, you can print a copy of 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 includes 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 a 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 Associate 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 if attending classes or other activities on campus.

Closures will be announced on brocku.ca and 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

1. CHECK IN!

All participants are required to check in at the Equipment Room Cage each and every time you visit.

2. SHOW YOUR ID*

All participants are to present a valid University Brock student photo ID card or Walker Sports Complex card.

3. WEAR YOUR WRISTBAND

All participants are required to wear an indentifying wrist band - placed on their wrist to identify that you have access to the facility.

*Each participant gets two free administrative data base searches if a card is forgotten/lost. After this, a \$2 fee will be charged for every search.

Note: A new Walker Sports Complex replacement card fee is \$20. Student cards can be requested to be replaced through the Brock Card 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 (rent or purchase one), and remove it each evening. Day lockers are for day use only, and must be cleared before the end of each day.

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 required when you 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 closes for annual maintenance (pool drained and maintenance completed) August 19 - September 6, 2024..

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

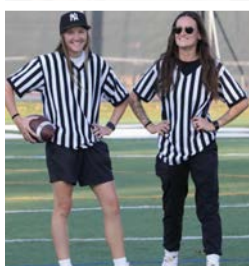
The Zone x3009
Fitness/programs x3093
Intramurals..... x3742

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.



2024/25

Student Jobs Available

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

brocku.ca/recreation/student-jobs

ANNUAL STEEL BLADE CLASSIC



FAN FEST + HOCKEY GAME

FRIDAY
SEP 20 2024

AT THE **Meridian Centre**

FOR TICKET INFORMATION
VISIT **GOBADGERS.CA**



MEN'S + WOMEN'S BASKETBALL GAMES

FRIDAY
JAN 17 2025

AT THE **Meridian Centre**

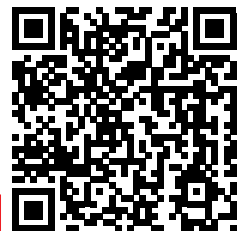


Check out
gobadgers.ca or follow us
@BrockBadgers on Instagram
for Fall and Winter
sport schedules



Varsity Game Attendance

ATTEND ANY OUTDOOR VARSITY GAME FOR FREE!
Basketball, Hockey and Volleyball games are ticketed but you can claim your free regular season ticket, as a Brock student!



Visit **gobadgers.ca**

Brock University Undergraduate/Graduate Student Access

All students who are currently registered in courses have access to the Zone Fitness Centre, ExpressFit classes, the 200 m track, gymnasias, 50 m pool, whirlpool, dry saunas, outdoor tennis and basketball courts, fields, and locker rooms. Present your Brock student ID card at the Cage (Central Equipment Room) each time you arrive to use the facilities and you will be provided with an identifying wristband to wear. Day lockers are available or you can rent a locker for a term.

Non-student memberships are available for options and pricing
visit **brocku.ca/recreation**