

# Registration Opens

## Spring

Tue Mar 12, 2024  
at 12:00pm

## Late Spring

Tue May 7, 2024  
at 12:00pm

## Summer

Tue Jun 4, 2024  
at 12:00pm

## Fall

Tue Aug 13, 2024  
at 12:00pm

# 2024 SPRING Aquatics Program Guide

## Parking is included

in your multi-week swim lessons  
and recreation programming.

[brocku.ca/parking-services/main/faq](https://brocku.ca/parking-services/main/faq)

find us on social @BrockRecreation







## All Ages

### Private Lessons

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

13582	TU MAR 26-MAY 14 4:30-5:00 PM	8
13583	TU MAR 26-MAY 14 5:00-5:30 PM	8
13584	TU MAR 26-MAY 14 5:30-6:00 PM	8
13585	TU MAR 26-MAY 14 6:00-6:30 PM	8
13586	TU MAR 26-MAY 14 6:30-7:00 PM	8
13587	TU MAR 26-MAY 14 7:00-7:30 PM	8
13588	TU MAR 26-MAY 14 7:30-8:00 PM	8
13589	TH MAR 28-MAY 16 4:30-5:00 PM	8
13590	TH MAR 28-MAY 16 5:00-5:30 PM	8
13591	TH MAR 28-MAY 16 5:30-6:00 PM	8
13592	TH MAR 28-MAY 16 6:00-6:30 PM	8
13593	TH MAR 28-MAY 16 6:30-7:00 PM	8
13594	TH MAR 28-MAY 16 7:00-7:30 PM	8
13595	TH MAR 28-MAY 16 7:30-8:00 PM	8
13596	SA MAR 30-MAY 18 9:00-9:30 AM	8
13597	SA MAR 30-MAY 18 9:30-10:00 AM	8
13598	SA MAR 30-MAY 18 10:00-10:30 AM	8
13599	SA MAR 30-MAY 18 10:30-11:00 AM	8
13600	SA MAR 30-MAY 18 11:00-11:30 AM	8
13601	SA MAR 30-MAY 18 11:30-12 PM	8
13602	SA MAR 30-MAY 18 12:00-12:30 PM	8
13603	SA MAR 30-MAY 18 12:30-1:00 PM	8
<b>\$177</b>		

Register online starting  
**March 12 2024 at noon**

### 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).

13605	TU MAR 26-MAY 14 4:30-5:00 PM	8
13606	TU MAR 26-MAY 14 5:00-5:30 PM	8
13607	TU MAR 26-MAY 14 5:30-6:00 PM	8
13608	TU MAR 26-MAY 14 6:00-6:30 PM	8
13609	TU MAR 26-MAY 14 6:30-7:00 PM	8
13610	TU MAR 26-MAY 14 7:00-7:30 PM	8
13611	TU MAR 26-MAY 14 7:30-8:00 PM	8
13612	TH MAR 28-MAY 16 4:30-5:00 PM	8
13613	TH MAR 28-MAY 16 5:00-5:30 PM	8
13614	TH MAR 28-MAY 16 5:30-6:00 PM	8
13615	TH MAR 28-MAY 16 6:00-6:30 PM	8
13616	TH MAR 28-MAY 16 6:30-7:00 PM	8
13617	TH MAR 28-MAY 16 7:00-7:30 PM	8
13618	TH MAR 28-MAY 16 7:30-8:00 PM	8
13619	SA MAR 30-MAY 18 9:00-9:30 AM	8
13620	SA MAR 30-MAY 18 9:30-10:00 AM	8
13621	SA MAR 30-MAY 18 10:00-10:30 AM	8
13622	SA MAR 30-MAY 18 10:30-11:00 AM	8
13623	SA MAR 30-MAY 18 11:00-11:30 AM	8
13624	SA MAR 30-MAY 18 11:30-12 PM	8
13625	SA MAR 30-MAY 18 12:00-12:30 PM	8
13626	SA MAR 30-MAY 18 12:30-1:00 PM	8
<b>\$149</b>		

## Child & 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.

13628	TU MAR 26-MAY 14 5:00-5:30 PM	8
13629	TH MAR 28-MAY 16 5:00-5:30 PM	8
13630	SA MAR 30-MAY 18 10:00-10:30AM	8
13631	SA MAR 30-MAY 18 11:00-11:30 AM	8
<b>\$61</b>		

### 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.

13633	TU MAR 26-MAY 14 4:30-5:00 PM	8
13634	TU MAR 26-MAY 14 5:30-6:00 PM	8
13635	TH MAR 28-MAY 16 4:30-5:00 PM	8
13636	TH MAR 28-MAY 16 5:30-6:00 PM	8
13637	SA MAR 30-MAY 18 9:00-9:30 AM	8
13638	SA MAR 30-MAY 18 10:00-10:30 AM	8
13639	SA MAR 30-MAY 18 11:00-11:30 AM	8
<b>\$70</b>		

## 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.

13641	TU MAR 26-MAY 14 4:30-5:00 PM	8
13642	TU MAR 26-MAY 14 5:30-6:00 PM	8
13643	TH MAR 28-MAY 16 4:30-5:00 PM	8
13644	TH MAR 28-MAY 16 5:30-6:00 PM	8
13645	SA MAR 30-MAY 18 9:00-9:30 AM	8
13646	SA MAR 30-MAY 18 10:00-10:30 AM	8
13647	SA MAR 30-MAY 18 11:00-11:30 AM	8
<b>\$70</b>		

## 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.

13649	TU MAR 26-MAY 14 5:00-5:30 PM	8
13650	TU MAR 26-MAY 14 6:00-6:30 PM	8
13651	TH MAR 28-MAY 16 5:00-5:30 PM	8
13652	TH MAR 28-MAY 16 6:00-6:30 PM	8
13653	SA MAR 30-MAY 18 9:30-10:00 AM	8
13654	SA MAR 30-MAY 18 10:30-11:00 AM	8
13655	SA MAR 30-MAY 18 11:30 -12:00 PM	8
<b>\$70</b>		

## Preschool D (3-4 yrs.)

Advanced preschoolers will learn to solo jump into deeper water and get out by themselves. They'll also learn side roll entries, how to open their eyes underwater, and master a short 5 m swim on their front as well as gliding and kicking on their side.  
Prerequisite: Completed Preschool C.

13657	TU MAR 26-MAY 14 5:00-5:30 PM	8
13658	TU MAR 26-MAY 14 6:00-6:30 PM	8
13659	TH MAR 28-MAY 16 5:00-5:30 PM	8
13660	TH MAR 28-MAY 16 6:00-6:30 PM	8
13661	SA MAR 30-MAY 18 9:30-10:00 AM	8
13662	SA MAR 30-MAY 18 10:30-11:00 AM	8
13663	SA MAR 30-MAY 18 11:30 -12:00 PM	8
<b>\$70</b>		

## 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.

13665	TU MAR 26-MAY 14 5:00-5:30 PM	8
13666	TH MAR 28-MAY 16 5:00-5:30 PM	8
13667	SA MAR 30-MAY 18 9:30-10:00 AM	8
13668	SA MAR 30-MAY 18 10:30-11:00 AM	8
13669	SA MAR 30-MAY 18 11:30 -12:00 PM	8
<b>\$70</b>		



## 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.)

13673	TU MAR 26-MAY 14 4:30-5:00 PM	8
13674	TU MAR 26-MAY 14 5:00-5:30 PM	8
13675	TU MAR 26-MAY 14 5:30-6:00 PM	8
13676	TU MAR 26-MAY 14 6:00-6:30 PM	8
13677	TU MAR 26-MAY 14 6:30-7:00 PM	8
13678	TH MAR 28-MAY 16 4:30-5:00 PM	8
13679	TH MAR 28-MAY 16 5:00-5:30 PM	8
13680	TH MAR 28-MAY 16 5:30-6:00 PM	8
13681	TH MAR 28-MAY 16 6:00-6:30 PM	8
13682	TH MAR 28-MAY 16 6:30-7:00 PM	8
13683	SA MAR 30-MAY 18 9:00-9:30 AM	8
13684	SA MAR 30-MAY 18 9:30-10:00 AM	8
13685	SA MAR 30-MAY 18 10:00-10:30 AM	8
13686	SA MAR 30-MAY 18 10:30-11:00 AM	8
13687	SA MAR 30-MAY 18 11:00-11:30 AM	8
13688	SA MAR 30-MAY 18 11:30 -12:00 PM	8
13689	SA MAR 30-MAY 18 12:00-12:30PM	8
<b>\$70</b>		

## 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: Swimmer 1 or Preschool D or E.

13692	TU MAR 26-MAY 14 4:30-5:00 PM	8
13693	TU MAR 26-MAY 14 5:00-5:30 PM	8
13694	TU MAR 26-MAY 14 5:30-6:00 PM	8
13695	TU MAR 26-MAY 14 6:00-6:30 PM	8
13696	TU MAR 26-MAY 14 6:30-7:00 PM	8
13697	TH MAR 28-MAY 16 4:30-5:00 PM	8
13698	TH MAR 28-MAY 16 5:00-5:30 PM	8
13699	TH MAR 28-MAY 16 5:30-6:00 PM	8
13700	TH MAR 28-MAY 16 6:00-6:30 PM	8
13701	TH MAR 28-MAY 16 6:30-7:00 PM	8
13702	SA MAR 30-MAY 18 9:00-9:30 AM	8
13703	SA MAR 30-MAY 18 9:30-10:00 AM	8
13704	SA MAR 30-MAY 18 10:00-10:30 AM	8
13705	SA MAR 30-MAY 18 10:30-11:00 AM	8
13706	SA MAR 30-MAY 18 11:00-11:30 AM	8
13707	SA MAR 30-MAY 18 11:30 -12:00 PM	8
13708	SA MAR 30-MAY 18 12:00-12:30 PM	8
<b>\$70</b>		

## Swimmer 3 (5-12 yrs.)

Junior swimmers will dive and do 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: Swimmer 2.

13710	TU MAR 26-MAY 14 5:30-6:15 PM	8
13711	TU MAR 26-MAY 14 6:15-7:00 PM	8
13712	TU MAR 26-MAY 14 7:00-7:45 PM	8
13713	TH MAR 28-MAY 16 5:30-6:15 PM	8
13714	TH MAR 28-MAY 16 6:15-7:00 PM	8
13715	TH MAR 28-MAY 16 7:00-7:45 PM	8
13716	SA MAR 30-MAY 18 9:00-9:45 AM	8
13717	SA MAR 30-MAY 18 9:45-10:30 AM	8
13718	SA MAR 30-MAY 18 10:30-11:15 AM	8
13719	SA MAR 30-MAY 18 11:15-12:00 PM	8
13720	SA MAR 30-MAY 18 12:00-12:45 PM	8
<b>\$76</b>		



## Swimmer 4 (5-12 yrs.)

Intermediate swimmers will swim 5 m underwater and lengths of front crawl, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes 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: Swimmer 3.

13722	TU MAR 26-MAY 14 5:30-6:15 PM	8
13723	TU MAR 26-MAY 14 6:15-7:00 PM	8
13724	TU MAR 26-MAY 14 7:00-7:45 PM	8
13725	TH MAR 28-MAY 16 5:30-6:15 PM	8
13726	TH MAR 28-MAY 16 6:15-7:00 PM	8
13727	TH MAR 28-MAY 16 7:00-7:45 PM	8
13728	SA MAR 30-MAY 18 9:00-9:45 AM	8
13729	SA MAR 30-MAY 18 9:45-10:30 AM	8
13730	SA MAR 30-MAY 18 10:30-11:15 AM	8
13731	SA MAR 30-MAY 18 11:15-12:00 PM	8
13732	SA MAR 30-MAY 18 12:00-12:45 PM	8
<b>\$76</b>		

## 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 swims of each, 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: Swimmer 4.

13734	TU MAR 26-MAY 14 5:30-6:15 PM	8
13735	TU MAR 26-MAY 14 6:15-7:00 PM	8
13736	TU MAR 26-MAY 14 7:00-7:45 PM	8
13737	TH MAR 28-MAY 16 5:30-6:15 PM	8
13738	TH MAR 28-MAY 16 6:15-7:00 PM	8
13739	TH MAR 28-MAY 16 7:00-7:45 PM	8
13740	SA MAR 30-MAY 18 9:45-10:30 AM	8
13741	SA MAR 30-MAY 18 10:30-11:15 AM	8
13742	SA MAR 30-MAY 18 11:15-12:00 PM	8
13743	SA MAR 30-MAY 18 12:00-12:45 PM	8
<b>\$76</b>		

## Swimmer 6 (5-12 yrs.)

Advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like 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: Swimmer 5.

13747	TU MAR 26-MAY 14 5:30-6:15 PM	8
13748	TU MAR 26-MAY 14 6:15-7:00 PM	8
13749	TU MAR 26-MAY 14 7:00-7:45 PM	8
13750	TH MAR 28-MAY 16 5:30-6:15 PM	8
13751	TH MAR 28-MAY 16 6:15-7:00 PM	8
13752	TH MAR 28-MAY 16 7:00-7:45 PM	8
13753	SA MAR 30-MAY 18 9:45-10:30 AM	8
13754	SA MAR 30-MAY 18 10:30-11:15 AM	8
13755	SA MAR 30-MAY 18 11:15-12:00 PM	8
13756	SA MAR 30-MAY 18 12:00-12:45 PM	8
<b>\$76</b>		



## Lifesaving (Child & Youth Levels)

### Canadian Swim Patrol (8-12 yrs.)

#### Rookie, Ranger, Star

Swimmers will go beyond learn-to-swim in these three levels. They will improve their swim strokes and prepare for success in the Lifesaving Society's Bronze medal awards. Prerequisite: Swimmer 6

13758	TU MAR 26-MAY 14 7:00-8:00 PM	8
13759	TH MAR 28-MAY 16 7:00-8:00 PM	8
13760	SA MAR 30-MAY 18 9:00-10:00 AM	8
<b>\$81</b>		

### 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 pure fun. The club stresses skill development based on personal best achievements. Prerequisite: Swimmer 2 or equivalent.

13762	M MAR 25-MAY 13 7:15-8:15 PM	8
<b>\$81</b>		

### Lifesaving Sport FUNDamentals (6-15 yrs.)

Improve your strokes with 25 m swims of front crawl, back crawl and whip kick. With 100 m workouts and 25 m sprints, 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 25 meters and tread water for 45 seconds. Prerequisite: Swimmer 3.

13745	M MAR 25-MAY 13 7:15-8:15 PM	8
<b>\$81</b>		



# Competitive Swimming

## Brock Niagara Aquatics Olympic Way (7-13 yrs.)

This activity is part of the Brock Niagara Aquatics competitive program. Enter this exciting world of competitive swimming where coaches teach the techniques of the sport (competitive strokes, starts, and turns) in combination with an introductory fitness program. Prerequisite: LSS Swimmer 5 or equivalent. Registration includes one team t-shirt per school year.

13870	M/W MAR 18-MAY 22 (NO CLASS APR 1 & MAY 20) 5:45-7:00 PM	18
13871	M/W MAR 18-MAY 22 (NO CLASS APR 1 & MAY 20) 7:00-8:15 PM	18
13872	TU/TH MAR 19-MAY 23 4:15-5:30 PM	20
<b>\$300</b>		

## Brock Niagara Masters Swim Team (18 years & older)

This program is for adults who wish to swim for any number of reasons...

- for health and fitness
- for fun and enjoyment of the sport
- to pursue goals in Masters swim meet competitions
- to pursue goals in Triathlon
- for friendship and to meet new people or see familiar faces

Register for one of three class options:

Monday, Wednesday and Friday at 6:30 - 8 AM

Monday, Wednesday and Friday at 11:30 AM - 1 PM

Monday, Wednesday at 7-8:30 PM, Friday at 6 - 7:30 PM

Our Brock Niagara Aquatics Masters program will primarily be staffed by current and/or former Brock Badger student-athletes, and will be under the direction of the Brock Niagara Aquatics Head Coach. This ensures that we are offering a top quality program with continuity across all sections offered.

13864	M/W/F MAR 18-MAY 24 (NO CLASS MAR 29, APR 1 & MAY 20) 6:30-8:00 AM	27
13865	M/W/F MAR 18-MAY 24 (NO CLASS MAR 29, APR 1 & MAY 20) 11:30 AM - 1 PM	27
13866	M/W/F MAR 18-MAY 24 (NO CLASS MAR 29, APR 1 & MAY 20) M/W : 7 - 8:30 PM FR: 6 - 7:30 PM	27
<b>\$350</b>		



## Synchronized Swimming



## Brock Niagara Synchro Pre-Competitive

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: Swim Synchro 3 or equivalent.

13763	M MAR 25-MAY 13 6:30-8:30 PM	8
<b>\$138</b>		

find us on social  
**@BrockRecreation**



# 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.

13765	TU MAR 26-MAY 14 7:15-8:00 PM	8
13766	SA MAR 30-MAY 18 12:00-12:45 PM	8
<b>\$76</b>		

# Adult

## Adult 1

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

13770	TU MAR 26-MAY 14 7:15-8:00 PM	8
<b>\$76</b>		

# Leadership

## Bronze Star (8-12 yrs.)

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

13773	T MAR 26-MAY 14 6:30-8:00 PM	8
13774	SA MAR 30-MAY 18 9:00-10:30 AM	8
<b>\$90</b>	CANADIAN LIFESAVING MANUAL: \$51	



Have your LSS ID# ready at time of registration.

**LIFESAVING SOCIETY**  
*The Lifeguarding Experts*

Course Name  
John Doe  
1 Main Street  
Somewhere, ON

Certification Date  
Ontario  
Province/Territory

**ABC 123**

## Teen 2 (10-16 yrs.)

Work on two interval training workouts of 4 x 25 m kicking and front or back crawl. 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

13767	TU MAR 26-MAY 14 7:15-8:00 PM	8
13768	SA MAR 30-MAY 18 12:00-12:45 PM	8
<b>\$76</b>		

## Adult 2

Kick it up a notch with two interval training workouts of 4x25 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 and Adult 1.

13771	TH MAR 28-MAY 16 7:15-8:00 PM	8
<b>\$76</b>		

## 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.

13776	WE MAR 27-MAY 1 6:00-9:30 PM	6
13777	SA MAR 30-MAY 4 9:00-12:30 PM	6
13778	SA/SU APR 6-7 APR 13-14 9AM-4 PM	4
13786	T-F JUL 2-5 9AM-4PM	4
13787	M-TH JUL 29-AUG 1 9AM-4PM	4
<b>\$126</b>	CANADIAN LIFESAVING MANUAL: \$51	



## Adult 3

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

Prerequisite: 16 years and Adult 2.

13772	TH MAR 28-MAY 16 7:15-8:00 PM	8
<b>\$76</b>		

## 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](http://lifesavingsociety.com)

13781	WE MAR 27-MAY 1 5:30-9:30 PM	6
13782	SA MAR 30-MAY 4 9 AM-1 PM	6
13783	SA/SU MAY 4-5, 11-12 9 AM-4 PM	4
13784	M-TH JUL 8-11 9 AM-4 PM	4
13788	T-F AUG 6-9 9 AM-4 PM	4
<b>\$132</b>	CANADIAN LIFESAVING MANUAL: \$51	

## Bronze Cross Recertification

13785	SU 21-APR 9 AM-1 PM	1
<b>\$75</b>		



## 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](http://lifesavingsociety.com)

13802	W MAR 27-MAY 15 5 - 10 PM	8
13900	FR/SA/SU MAY 3-5 AND MAY 10-12 5-9 PM (FR), 8:30 AM-5 PM (SA/SU)	6
13803	FR/SA/SU JUN 7-9 AND JUN 14-16 5 - 9 PM (FR), 8:30-5 PM (SA/SU)	6
13804	M/T/W/T/F JUL 15-19 8:30AM-5 PM	5
13814	M/T/W/T/F AUG 12-16 8:30AM-5 PM	5
<b>\$280</b>	ALERT MANUAL: \$51	

## 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). National Lifeguard does not need to be current to recertify.

13805	SU 21-APR 9 AM-1 PM	1
13806	SA 25-MAY 9 AM-1 PM	1
13807	SU 16-JUN 9 AM-1 PM	1
13808	FR 19-JUL 8:30 AM-12:30 PM	1
13835	FR 16-AUG 9 AM-1 PM	1
<b>\$88</b>		

## Lifesaving Instructor

The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards. Because the Society's first aid awards are recognized by the Workplace Safety & Insurance Board (WSIB), the Society complies with the WSIB's request that only "first aid instructors" teach WSIB-approved courses. Successful candidates receive two certifications: Lifesaving Instructor and Emergency First Aid Instructor. Prerequisite: Minimum 15 years of age, Bronze Cross.

13810	FR/SA/SU APR 12-14 5-9 PM (F), 8:30 AM-5 PM (SA,SU)	3
13813	FR/SA/SU JUN 7-9 5-9 PM (F), 8:30 AM-5 PM (SA,SU)	3
<b>\$180</b>	INSTRUCTOR PAC: \$98	

## Swim for Life Instructor

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life® and Canadian Swim Patrol programs. Prerequisite: Minimum 15 years of age, Bronze Cross.

13811	FR/SA/SU MAY 10-12 5-9 PM (F), 8:30 AM-5 PM (SA,SU)	3
<b>\$180</b>	INSTRUCTOR PAC: \$98	

## Swim for Life and Lifesaving Instructor (Combined course)

13840	MO-FR JUL 22-26 8:30-5PM	5
<b>\$280</b>	INSTRUCTOR PAC: \$98	

## Examiner

This three-step process includes successful completion of an Examiner course with a current trainer; successful apprenticeship with an experienced examiner in a specific stream (Bronze Examiner, First Aid Examiner or National Lifeguard Examiner); and appointment as an examiner. Prerequisites: Instructor level for the stream you choose.

13845	SA 25-MAY 8:30-5:00PM	1
<b>\$75</b>		

## 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 require to effectively guide fellow staff members in the safe delivery of aquatic programs and services, and to prepare for effective emergency response.

**Prerequisite:** Lifesaving Society Swim Instructor or Lifesaving Instructor and National Lifeguard certifications (need not be current).

13846	FR/SA MAY 31-JUN 1 5:00-10:00 PM SA 8:30-5:00 PM	1
<b>\$92</b>		

**Required references:** Aquatic Supervisor Workbook (\$32), Guide to Ontario Public Pools Regulation (\$53), Alert: Lifeguarding in Action. (from National Lifeguard course).





# First Aid

## Emergency First Aid CPR B - AED (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.

**Note:** Free parking is available in Zones 1 and 2 weeknights starting at 6 p.m. and Saturday/Sunday all day.

13816	SA APR 6 8:30-5:00 PM	1
13817	SA 04-MAY 8:30-5:00 PM	1
13818	SA 01-JUN 8:30-5:00 PM	1
13819	SA 06-JUL 8:30-5:00 PM	1
13820	FR 02-AUG 8:30-5:00 PM	1
<b>\$75</b>	CANADIAN FIRST AID MANUAL 2015 VERSION: \$18	

## Standard First Aid CPR C - AED (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.

Training includes prevention, risk management, recognition and treatment for anaphylaxis including how to use an auto-injector (EpiPen and Twinject).

13822	SA/SU APR 6-7 8:30-5:00 PM	2
13823	SA/SU APR 13-14 8:30-5:00 PM	2
13824	SA/SU APR 20-21 8:30-5:00 PM	2
13825	SA/SU APR 27-28 8:30-5:00 PM	2
13826	SA/SU MAY 4-5 8:30-5:00 PM	2
13827	SA/SU MAY 11-12 8:30-5:00 PM	2
13828	SA/SU MAY 25-26 8:30-5:00 PM	2
13829	SA/SU JUN 1-2 8:30-5:00 PM	2
13830	SA/SU JUN 8-9 8:30-5:00 PM	2
13831	SA/SU JUN 15-16 8:30-5:00 PM	2
13836	FR/SA JUL 12-13 8:30-5:00 PM	2
13837	SA/SU AUG 10-11 8:30-5:00 PM	2
<b>\$120</b>	CANADIAN FIRST AID MANUAL 2020 VERSION: \$18	



## Standard First Aid CPR C - AED Recertification (LSS)

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

13832	SA 13-APR 8:30-5:00 PM	1
13833	SA 11-MAY 8:30-5:00 PM	1
13834	SA 15-JUN 8:30-5:00 PM	1
13842	SA 13-JUL 8:30-5:00 PM	1
13843	SA 10-AUG 8:30-5:00 PM	1
<b>\$80</b>		

## Airway Management

Gain knowledge on the use of oxygen, suction devices, oral airways and bag valve mask (BVM).

13838	SU 28-APR 12:00-5:00PM	1
13841	SA 25-MAY 12:00-5:00PM	1
<b>\$75</b>		

## Pool Attendant

Provides lifesavers with the knowledge and skill to supervise wading pools, splashpads, waterslides and amusement devices. The course identifies the roles and responsibilities of a Pool Attendant and provides training in how the attendant can identify, control and eliminate risks and hazards through facility analysis. Prerequisite: Minimum 14 years of age, Lifesaving Society Standard First Aid or SFA from on these approved agencies. Prior lifesaving training is recommended.

13844	SA 25-MAY 9:00AM-4:30PM	1
<b>\$48</b>		





## Aquatic Fitness

A variety of water exercises lead by one of our instructors. 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.

13897	TU/TH MAR 26-MAY 16 7:10-7:50PM	8
\$48		



## 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 Coordinator at 905-688-5550, x4809 or visit [brocku.ca/recreation](http://brocku.ca/recreation)

### Email

If you choose to provide us with your email address, it 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.



**This week's pool schedule**

[brocku.ca/aquatics](http://brocku.ca/aquatics)

### 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.



## 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](mailto: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.

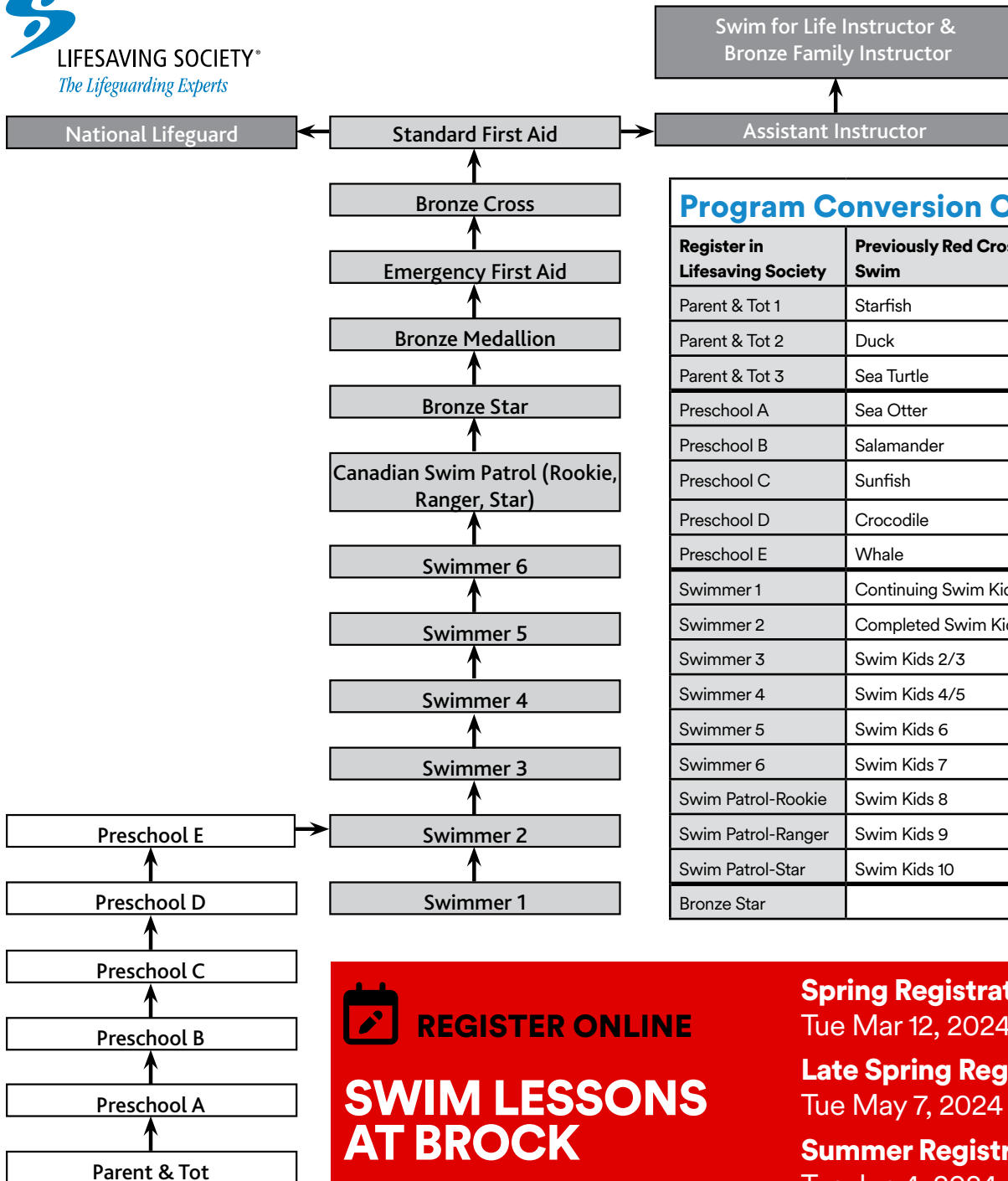
### What happens if there is a pool fouling or the pool is closed during my lesson?

Everyone is affected when the pool is fouled. Tots and those without bowel control must wear snug protective swim diapers. All participants should avoid eating or drinking too much prior to swimming and those not feeling well should stay at home. In the event of a pool closure, participants will be taught water safety on deck and are encouraged to come to the lesson. There will be no make-up classes or refunds due to absenteeism, pool foulings, emergency or maintenance closures.

# Program Flow Chart



LIFESAVING SOCIETY®  
The Lifeguarding Experts



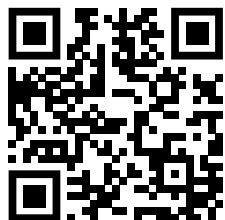
## Program Conversion Chart

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	Floaters
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		



REGISTER ONLINE

**SWIM LESSONS  
AT BROCK**



### Spring Registration

Tue Mar 12, 2024 at 12:00pm

### Late Spring Registration

Tue May 7, 2024 at 12:00pm

### Summer Registration

Tue Jun 4, 2024 at 12:00pm

### Fall Registration

Tue Aug 13, 2024 at 12:00pm

**brocku.ca/aquatics**

905 688 5550 x4060