

Brock
University



2025 WINTER
**Aquatics
Program Guide**

**Brock Sports
and Recreation**

Parking is included

in your multi-week swim lessons and recreational programming visit:

brocku.ca/parking-services/main/faq

brocku.ca/aquatics

**Registration
Opens**

Winter
Tue Nov 26, 2024
at 12:00pm

Spring
Tue Mar 4, 2025
at 12:00pm



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.

15294	TU	JAN 14-MAR 4	4:30-5PM	8
15295	TU	JAN 14-MAR 4	5-5:30PM	8
15296	TU	JAN 14-MAR 4	5:30-6PM	8
15297	TU	JAN 14-MAR 4	6-6:30PM	8
15298	TU	JAN 14-MAR 4	6:30-7PM	8
15299	TU	JAN 14-MAR 4	7-7:30PM	8
15300	TU	JAN 14-MAR 4	7:30-8PM	8
15301	TH	JAN 16-MAR 6	4:30-5PM	8
15302	TH	JAN 16-MAR 6	5-5:30PM	8
15303	TH	JAN 16-MAR 6	5:30-6PM	8
15304	TH	JAN 16-MAR 6	6-6:30PM	8
15305	TH	JAN 16-MAR 6	6:30-7PM	8
15306	TH	JAN 16-MAR 6	7-7:30PM	8
15307	TH	JAN 16-MAR 6	7:30-8PM	8
15308	SA	JAN 18-MAR 8	9-9:30AM	8
15309	SA	JAN 18-MAR 8	9:30-10AM	8
15310	SA	JAN 18-MAR 8	10-10:30AM	8
15311	SA	JAN 18-MAR 8	10:30-11AM	8
15312	SA	JAN 18-MAR 8	11-11:30AM	8
15313	SA	JAN 18-MAR 8	11:30AM-12PM	8
15314	SA	JAN 18-MAR 8	12-12:30PM	8
15315	SA	JAN 18-MAR 8	12:30-1PM	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 and level of the second child.

15317	TU	JAN 14-MAR 4	4:30-5PM	8
15318	TU	JAN 14-MAR 4	5-5:30PM	8
15319	TU	JAN 14-MAR 4	5:30-6PM	8
15320	TU	JAN 14-MAR 4	6-6:30PM	8
15321	TU	JAN 14-MAR 4	6:30-7PM	8
15322	TU	JAN 14-MAR 4	7-7:30PM	8
15323	TU	JAN 14-MAR 4	7:30-8PM	8
15324	TH	JAN 16-MAR 6	4:30-5PM	8
15325	TH	JAN 16-MAR 6	5-5:30PM	8
15326	TH	JAN 16-MAR 6	5:30-6PM	8
15327	TH	JAN 16-MAR 6	6-6:30PM	8
15328	TH	JAN 16-MAR 6	6:30-7PM	8
15329	TH	JAN 16-MAR 6	7-7:30PM	8
15330	TH	JAN 16-MAR 6	7:30-8PM	8
15331	SA	JAN 18-MAR 8	9-9:30AM	8
15332	SA	JAN 18-MAR 8	9:30-10AM	8
15333	SA	JAN 18-MAR 8	10-10:30AM	8
15334	SA	JAN 18-MAR 8	10:30-11AM	8
15335	SA	JAN 18-MAR 8	11-11:30AM	8
15336	SA	JAN 18-MAR 8	11:30AM-12PM	8
15337	SA	JAN 18-MAR 8	12-12:30PM	8
15338	SA	JAN 18-MAR 8	12:30-1PM	8
\$312.00				



Computer

Technology

Arts and Science

Kids and Family Programs

School Overnight Trips

and more

At Youth University, we prepare young minds to be innovative leaders for the 21st century.

visit
brocku.ca/youth-university



Child and Youth

Parent and Tot (2-3 yrs.)

Structured in-water interaction between parent/guardian and child introduces 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.

15250	TU	JAN 14-MAR 4	5-5:30PM	8
15251	TH	JAN 16-MAR 6	5-5:30PM	8
15252	SA	JAN 18-MAR 8	10-10:30AM	8
15253	SA	JAN 18-MAR 8	11-11:30AM	8
\$70.00				

Preschool A (3-4 yrs.)

A parent/guardian is encouraged to participate until their child lets them know they can do it alone. 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.

15256	TU	JAN 14-MAR 4	4:30-5PM	8
15257	TU	JAN 14-MAR 4	5:30-6PM	8
15258	TH	JAN 16-MAR 6	4:30-5PM	8
15259	TH	JAN 16-MAR 6	5:30-6PM	8
15260	SA	JAN 18-MAR 8	9-9:30AM	8
15261	SA	JAN 18-MAR 8	10-10:30AM	8
15262	SA	JAN 18-MAR 8	11-11:30AM	8
\$70.00				

Preschool B (3-4 yrs.)

Preschoolers learn to jump into chest-deep water by themselves, and get in and 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.

15264	TU	JAN 14-MAR 4	4:30-5PM	8
15265	TU	JAN 14-MAR 4	5:30-6PM	8
15266	TH	JAN 16-MAR 6	4:30-5PM	8
15267	TH	JAN 16-MAR 6	5:30-6PM	8
15268	SA	JAN 18-MAR 8	9-9:30AM	8
15269	SA	JAN 18-MAR 8	10-10:30AM	8
15270	SA	JAN 18-MAR 8	11-11:30AM	8
\$70.00				

Preschool C (3-4 yrs.)

Preschoolers will try both jumping and sideways entries 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.

15272	TU	JAN 14-MAR 4	5-5:30PM	8
15273	TU	JAN 14-MAR 4	6-6:30PM	8
15274	TH	JAN 16-MAR 6	5-5:30PM	8
15275	TH	JAN 16-MAR 6	6-6:30PM	8
15276	SA	JAN 18-MAR 8	9:30-10AM	8
15277	SA	JAN 18-MAR 8	10:30-11AM	8
15278	SA	JAN 18-MAR 8	11:30-12PM	8
\$70.00				

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.

15280	TU	JAN 14-MAR 4	5-5:30PM	8
15281	TU	JAN 14-MAR 4	6-6:30PM	8
15282	TH	JAN 16-MAR 6	5-5:30PM	8
15283	TH	JAN 16-MAR 6	6-6:30PM	8
15284	SA	JAN 18-MAR 8	9:30-10AM	8
15285	SA	JAN 18-MAR 8	10:30-11AM	8
15286	SA	JAN 18-MAR 8	11:30-12PM	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 seconds. 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.

15288	TU	JAN 14-MAR 4	5-5:30PM	8
15289	TH	JAN 16-MAR 6	5-5:30PM	8
15290	SA	JAN 18-MAR 8	9:30-10AM	8
15291	SA	JAN 18-MAR 8	10:30-11AM	8
15292	SA	JAN 18-MAR 8	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.)

15358	TU	JAN 14-MAR 4	4:30-5PM	8
15359	TU	JAN 14-MAR 4	5-5:30PM	8
15360	TU	JAN 14-MAR 4	5:30-6PM	8
15361	TU	JAN 14-MAR 4	6-6:30PM	8
15632	TU	JAN 14-MAR 4	6:30-7PM	8
15363	TH	JAN 16-MAR 6	4:30-5PM	8
15364	TH	JAN 16-MAR 6	5-5:30PM	8
15365	TH	JAN 16-MAR 6	5:30-6PM	8
15366	TH	JAN 16-MAR 6	6-6:30PM	8
15367	TH	JAN 16-MAR 6	6:30-7PM	8
15368	SA	JAN 18-MAR 8	9-9:30AM	8
15369	SA	JAN 18-MAR 8	9:30-10AM	8
15370	SA	JAN 18-MAR 8	10-10:30AM	8
15371	SA	JAN 18-MAR 8	10:30-11AM	8
15372	SA	JAN 18-MAR 8	11-11:30AM	8
15373	SA	JAN 18-MAR 8	11:30-12PM	8
15374	SA	JAN 18-MAR 8	12-12:30PM	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.

15376	TU	JAN 14-MAR 4	4:30-5PM	8
15377	TU	JAN 14-MAR 4	5-5:30PM	8
15378	TU	JAN 14-MAR 4	5:30-6PM	8
15379	TU	JAN 14-MAR 4	6-6:30PM	8
15380	TU	JAN 14-MAR 4	6:30-7PM	8
15381	TH	JAN 16-MAR 6	4:30-5PM	8
15382	TH	JAN 16-MAR 6	5-5:30PM	8
15383	TH	JAN 16-MAR 6	5:30-6PM	8
15384	TH	JAN 16-MAR 6	6-6:30PM	8
15385	TH	JAN 16-MAR 6	6:30-7PM	8
15386	SA	JAN 18-MAR 8	9-9:30AM	8
15387	SA	JAN 18-MAR 8	9:30-10AM	8
15388	SA	JAN 18-MAR 8	10-10:30AM	8
15389	SA	JAN 18-MAR 8	10:30-11AM	8
15390	SA	JAN 18-MAR 8	11-11:30AM	8
15391	SA	JAN 18-MAR 8	11:30AM-12PM	8
15392	SA	JAN 18-MAR 8	12-12:30PM	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.

15394	TU	JAN 14-MAR 4	5:30-6:15PM	8
15395	TU	JAN 14-MAR 4	6:15-7PM	8
15396	TU	JAN 14-MAR 4	7-7:45PM	8
15397	TH	JAN 16-MAR 6	5:30-6:15PM	8
15398	TH	JAN 16-MAR 6	6:15-7PM	8
15399	TH	JAN 16-MAR 6	7-7:45PM	8
15400	SA	JAN 18-MAR 8	9-9:45AM	8
15401	SA	JAN 18-MAR 8	9:45-10:30AM	8
15402	SA	JAN 18-MAR 8	10:30-11:15AM	8
15403	SA	JAN 18-MAR 8	11:15AM-12PM	8
15404	SA	JAN 18-MAR 8	12-12:45PM	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.

15406	TU	JAN 14-MAR 4	5:30-6:15PM	8
15407	TU	JAN 14-MAR 4	6:15-7PM	8
15408	TU	JAN 14-MAR 4	7-7:45PM	8
15409	TH	JAN 16-MAR 6	5:30-6:15PM	8
15410	TH	JAN 16-MAR 6	6:15-7PM	8
15411	TH	JAN 16-MAR 6	7-7:45PM	8
15412	SA	JAN 18-MAR 8	9-9:45AM	8
15413	SA	JAN 18-MAR 8	9:45-10:30AM	8
15414	SA	JAN 18-MAR 8	10:30-11:15AM	8
15415	SA	JAN 18-MAR 8	11:15AM-12PM	8
15416	SA	JAN 18-MAR 8	12-12:45PM	8
\$76.00				

Swimmer 5 (5-12 yrs.)

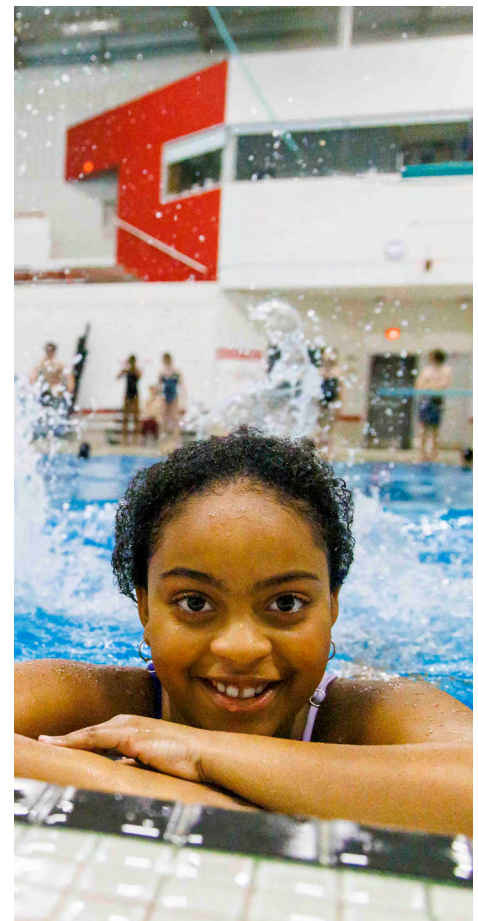
Swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl and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

15418	TU	JAN 14-MAR 4	5:30-6:15PM	8
15419	TU	JAN 14-MAR 4	6:15-7PM	8
15420	TU	JAN 14-MAR 4	7-7:45PM	8
15421	TH	JAN 16-MAR 6	5:30-6:15PM	8
15422	TH	JAN 16-MAR 6	6:15-7PM	8
15423	TH	JAN 16-MAR 6	7-7:45PM	8
15424	SA	JAN 18-MAR 8	9:45-10:30AM	8
15425	SA	JAN 18-MAR 8	10:30-11:15AM	8
15426	SA	JAN 18-MAR 8	11:15AM-12PM	8
15427	SA	JAN 18-MAR 8	12-12:45PM	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.

15429	TU	JAN 14-MAR 4	5:30-6:15PM	8
15430	TU	JAN 14-MAR 4	6:15-7PM	8
15431	TU	JAN 14-MAR 4	7-7:45PM	8
15432	TH	JAN 16-MAR 6	5:30-6:15PM	8
15433	TH	JAN 16-MAR 6	6:15-7PM	8
15434	TH	JAN 16-MAR 6	7-7:45PM	8
15435	SA	JAN 18-MAR 8	9:45-10:30AM	8
15436	SA	JAN 18-MAR 8	10:30-11:15AM	8
15437	SA	JAN 18-MAR 8	11:15AM-12PM	8
15438	SA	JAN 18-MAR 8	12-12:45PM	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

15227	TU	JAN 14-MAR 4	7-8PM	8
15228	TH	JAN 16-MAR 6	7-8PM	8
15229	SA	JAN 18-MAR 8	9-10AM	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 beneficial. Prerequisite: Swim Patrol is recommended.

15224	TU	JAN 14-MAR 4	6:30-8PM	8
15225	SA	JAN 18-MAR 8	9-10:30AM	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.

15238	MO	JAN 13-MAR 17 (NO CLASS FEB 17, MAR 10)	7:15-8:30PM	8
\$85.00				

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.

15240	MO	JAN 13-MAR 17 (NO CLASS FEB 17, MAR 10)	7:15-8:30PM	8
\$85.00				



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.)

15440	TU	JAN 14-MAR 4	7:15-8PM	8
15441	SA	JAN 18-MAR 8	12-12:45PM	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.

15442	TU	JAN 14-MAR 4	7:15-8PM	8
15443	SA	JAN 18-MAR 8	12-12:45PM	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.

15202	TU	JAN 16-MAR 6 JAN 16-MAR 6	7:15-8PM	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.

15203	TH	JAN 16-MAR 6	7:15-8PM	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.

15204	TH	JAN 16-MAR 6	7:15-8PM	8
\$76.00				



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: Swimmer 3 or equivalent.

15210	MO	JAN 13-MAR 17 (NO CLASS FEB 17, MAR 10)	6:30-8:30PM	8
\$138.00				



The Penguins offer both Recreational and Competitive ParaSport Programs for Athletes with a Physical Disability.

We offer both recreational programs as well as competitive Programs tailored towards children, youth and adults who are seeking fun and inclusive play or competition.

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.

15206	TU	JAN 14-MAR 4	7:05-7:55PM	8
15462	TH	JAN 16-MAR 6	7:05-7:55PM	8
15207	MO/WE	JAN 13-FEB 5	11:05-11:55AM	8
15463	MO/WE	FEB 10-MAR 12 (NO CLASS FEB 17, 19)	11:05-11:55AM	8
15464	MO/WE	MAR 17-APR 9	11:05-11:55AM	8
\$40.00				

Brock Student Swim Lessons

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

15211	TU	JAN 14-FEB 4	4:30-5PM	4
15212	TH	JAN 16-FEB 6	4:30-5PM	4
15467	TU	FEB 11-MAR 4	4:30-5PM	4
15468	TH	FEB 13-MAR 6	4:30-5PM	4
15469	MO	JAN 13-FEB 3	12-12:30PM	4
15473	WE	JAN 15-FEB 5	12-12:30PM	4
15470	MO	FEB 10-MAR 10 (NO CLASS FEB 17)	12-12:30PM	4
15475	WE	FEB 12-MAR 12 (NO CLASS FEB 19)	12-12:30PM	4
15471	MO	JAN 13-FEB 3	12:30-1PM	4
15474	WE	JAN 15-FEB 5	12:30-1PM	4
15472	MO	FEB 10-MAR 10 (NO CLASS FEB 17)	12:30-1PM	4
15476	WE	FEB 12-MAR 12 (NO CLASS FEB 19)	12:30-1PM	4
\$30.00				



**Registration opens:
November 18th**

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

Olympic way

15445	MO, WE	JAN 20-APR 2	5:45-7PM
15446	MO, WE	JAN 20-APR 2	7-8:15PM
15447	TU, TH	JAN 21-APR 1	4:15-5:30PM

Masters

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.

14651	MO, WE, FR	JAN 6-MAR 12	6-7:30AM
14652	MO, WE, FR	JAN 6-MAR 12	11:30-1PM
14653	MO, WE	JAN 6-MAR 12	6-7:30PM



**This week's
pool schedule**

brocku.ca/aquatics



Lifeguard training

Various advanced courses for lifesaving and safe supervision.



We also offer First Aid/CPR courses most weekends through out the year!

brocku.ca/aquatics

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.

15231	SA	JAN 11	8:30AM-5PM	1
15232	SA	FEB 1	8:30AM-5PM	1
15233	WE	MAR 12	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.

15340	SA/SU	JAN 11-12	8:30AM-5PM	2
15341	SA/SU	JAN 18-19	8:30AM-5PM	2
15342	SU	JAN 19-26	8:30AM-5PM	2
15343	SA/SU	JAN 25-26	8:30AM-5PM	2
15344	SA/SU	FEB 1-2	8:30AM-5PM	2
15345	SA/SU	FEB 8-9	8:30AM-5PM	2
15346	SA/SU	FEB 22-23	8:30AM-5PM	2
15347	SA/SU	MAR 1-2	8:30AM-5PM	2
15348	SA/SU	MAR 8-9	8:30AM-5PM	2
15349	SA	MAR 8-15	8:30AM-5PM	2
15457	SA/SU	MAR 15-16	8:30AM-5PM	2
15458	SA/SU	MAR 22-23	8:30AM-5PM	2
\$120.00	\$20 CANADIAN FIRST AID MANUAL			

Standard First Aid and CPR-C recertification (LSS)

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

15350	SA	JAN 25	8:30AM-5PM	1
15351	SA	FEB 22	8:30AM-5PM	1
15352	SA	MAR 22	8:30AM-5PM	1
\$80.00	\$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.

Airway Management

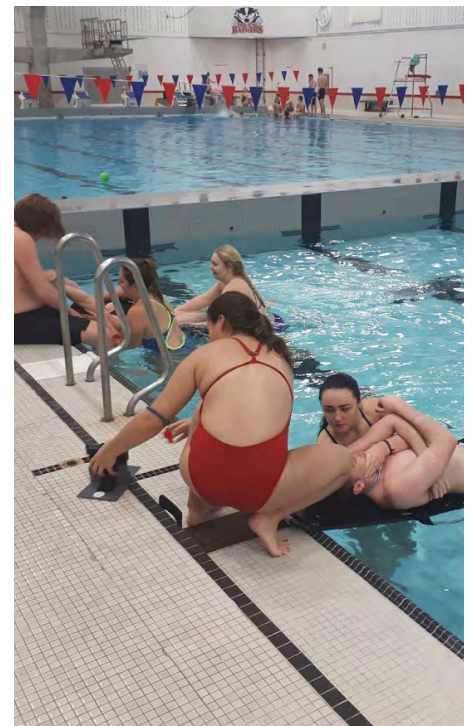
Provides experienced first aiders with specific knowledge and training in the use of oxygen, suction devices, oral airways, and mask/bag-valve-masks. Prerequisite: Standard First Aid and CPR-C.

15205	SU	FEB 2	12-5PM	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.

15236	SU	MAR 2	8:30AM-5PM	1
\$80.00	\$14 CANADIAN CPR-HCP MANUAL			



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.

15220	WE	JAN 15-FEB 19	6-9:30PM	6
15221	SA	JAN 18-FEB 22	9-12:30AM	6
15222	SA/SU	JAN 18-26	9AM-4PM	4
15223	SA-TU	MAR 8-11	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

15214	WE	JAN 15-FEB 19	5:30-9:30PM	6
15215	SA	JAN 18-FEB 22	9AM-1PM	6
15216	SA/SU	FEB 1-9	9AM-4PM	4
15217	TH-SU	MAR 13-16	9AM-4PM	4
\$140.00 \$54 CANADIAN LIFESAVING MANUAL				

Pool Attendant

The Pool Attendant course provides lifesavers with the knowledge and skills to supervise wading pools, splashpads, waterslides, and amusement devices. The roles and responsibilities of Pool Attendants and ways to identify, control, and eliminate hazards and risk are taught. Prerequisites: 14 years, Standard First Aid (from approved agency). Prior lifesaving experience is recommended.

15254	SA	MAR 15	9AM-4:30PM	
\$75.00				



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

15242	WE	JAN 15-MAR 5	5PM-10PM	8
15243	FR-SU	FEB 21-MAR 2	FR 5-9PM SU/SU 8:30AM-5PM	6
15244	SA-WE	MAR 8-12	8:30AM-5PM	5
\$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).

15245	SU	JAN 19	9AM-1PM	1
15246	SU	FEB 23	9AM-1PM	1
15247	SU	MAR 2	9AM-1PM	1
15248	SU	MAR 23	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.

15355	FR-SU	JAN 17-19	FR 5PM-9PM, SU/ SU 8:30-5PM	3
15356	FR-SU	MAR 7-9	FR 5PM-9PM, SU/ SU 8:30-5PM	3
\$186.00 \$107 INSTRUCTOR PACK				



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LIFESAVING SOCIETY®
The Lifeguarding Experts

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.

15354	FR-SU	FEB 7-9	FR 5PM-9PM, SU/ SU 8:30-5PM	3
15359	FR-SU	MAR 14-16	FR 5PM-9PM, SU/ SU 8:30-5PM	3
\$186.00 \$107 INSTRUCTOR PACK				

Instructor Recertification

The new In-Person Recertification Course focuses on the competencies learned in the instructor, coach and examiner courses and provides a refresher to those competencies. The course provides candidates with the 4 points required to complete their instructor, coach, examiner and examiner mentor leadership recertification. This course does not automatically recertify a candidate. Following successful course completion, candidates must complete the recertification process to be recertified. Prerequisite: Lifesaving, Swim for Life, National Lifeguard, First Aid, or Aquatic Management Instructor certification.

15465	SU	JAN 26	9AM-1PM	1
15466	SU	MAR 16	9AM-1PM	1
\$91.00				

First Aid Instructor

The First Aid Instructor course provides candidates with the knowledge and resources to deliver the Lifesaving Society's First Aid awards, up to and including Standard First Aid. Prerequisites: 16 years of age, Lifesaving Society Standard First Aid or Standard First Aid from an approved agency. Candidates should also purchase the First Aid Instructor Resource Download from the Lifesaving Society.

15235	FR-SU	MAR 21-23	FR 5PM-9PM, SU/ SU 8:30-5PM	3
\$186.00		\$30 INSTRUCTOR MANUAL, \$30 FIRST AID AWARD GUIDE		

Aquatic Management Instructor

This course prepares instructors to teach the Aquatic Supervisor and/or Aquatic Manager certifications. Certified Aquatic Management Instructors can teach and certify the courses for the Aquatic Management certifications that they hold. Prerequisite: Swim or Lifesaving Instructor, National Lifeguard and Aquatics Supervisor or Aquatic Manager certifications.

15208	SA/SU	FEB 8-9	8:30AM-5PM	2
\$158.00		\$114 AQUATIC MANAGEMENT INSTRUCTOR PACK		

Examiner

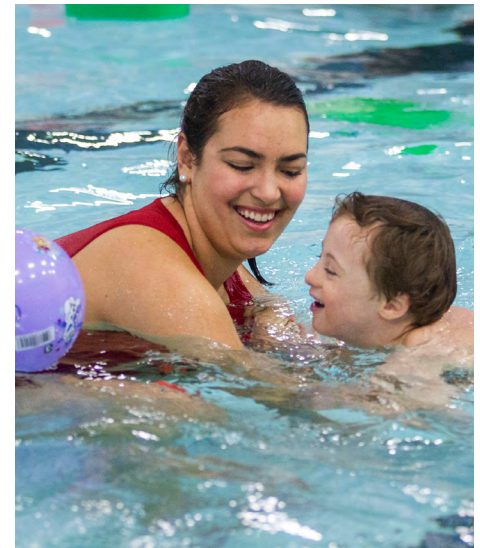
This is the first of a three step process to becoming an examiner. This course builds on the candidate's experience in evaluating instructor evaluated awards and skills and prepares them for apprentice exams in their chosen stream (Bronze, First Aid, or National Lifeguard). Prerequisite: Instructor certification in the chosen stream.

15234	SA	MAR 1	10AM-4PM	1
\$75.00		\$ 41 Examiner Handbook, and Award Guide for chosen stream		

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).

15209	FR-SA	MAR 21-22	FR 5PM-9PM, SA 8:30AM-5PM	2
\$92.00		\$35 AQUATIC SUPERVISOR WORKBOOK, \$59 GUIDE TO ONTARIO PUBLIC POOLS REGULATION, \$54 ALERT MANUAL		



Registration Opens

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

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





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

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.

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.

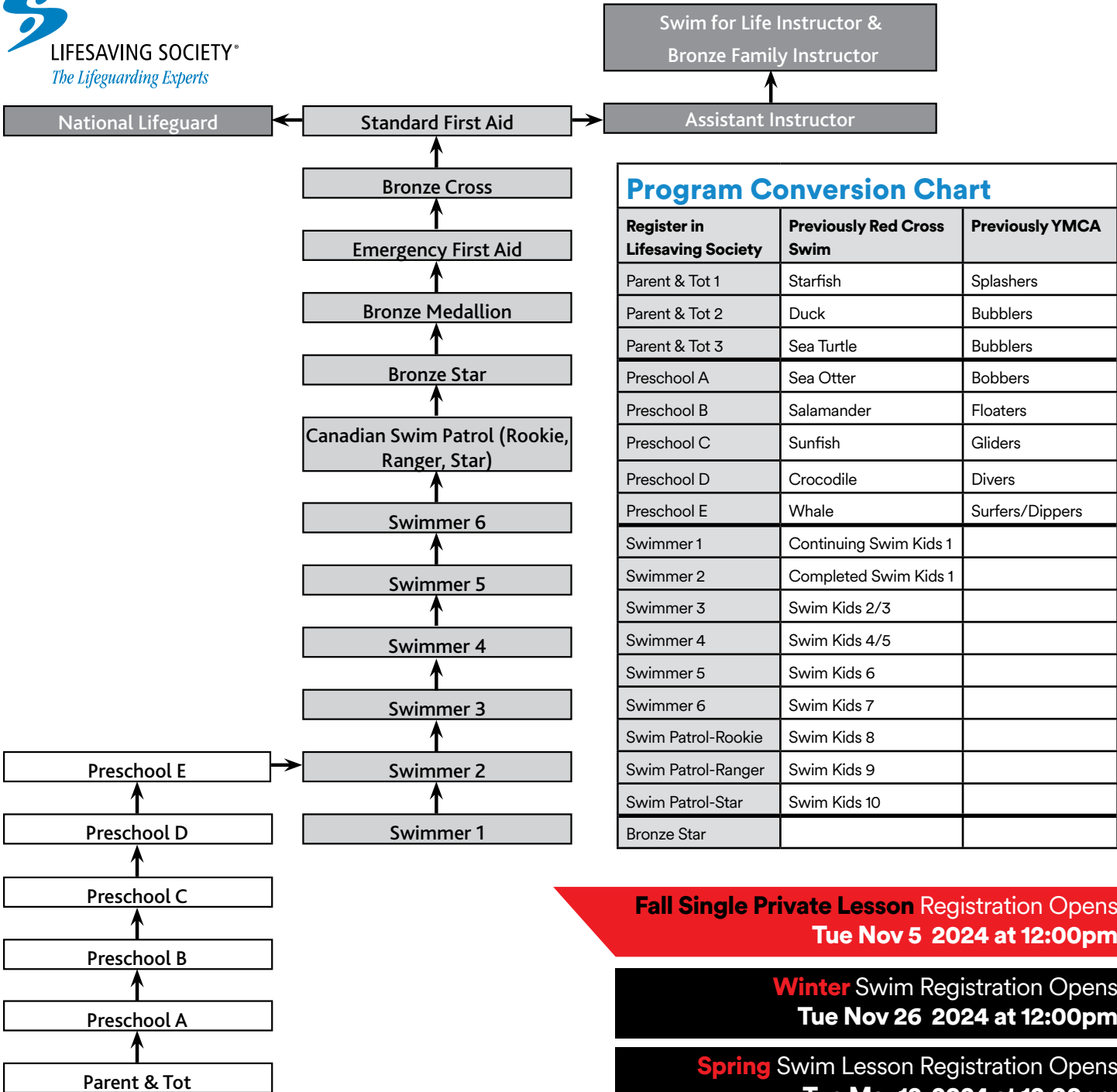
We reserve the right to cancel any program that does not have sufficient registration. Participants will receive a full refund and notification prior to the beginning of the course. It is your responsibility when registering to ensure that the phone number, email address, and mailing address we have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

visit us online
brocku.ca/aquatics

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



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		

Fall Single Private Lesson Registration Opens
Tue Nov 5 2024 at 12:00pm

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

Spring Swim Lesson Registration Opens
Tue Mar 12 2024 at 12:00pm

brocku.ca/aquatics
905 688 5550 x4060

Parking Included - For swimming lessons.



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on your Badgers**



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FOR FALL AND WINTER
SPORT SCHEDULES

Brock
University

**Walker
Sports Complex**

Join our active community

Brock University's Walker Sports Complex facilities are available to everyone
Brock students, faculty, staff, alumni and the community.

Walker Sports Complex Fall Hours

Mon - Fri: 7 am – 11 pm

Sat : 8 am – 8 pm

Sun: 8 am – 9 pm

Women Only Hours at the Zone

Mon: 9 – 10 am

Wed: 4 – 5 pm

Fri: 1 – 2 pm

**THE ZONE
FITNESS CENTRE**

**3 LARGE
GYMNASIA**

INDOOR TRACK

50 METER POOL

**PLUS OUTDOOR
TENNIS
BASKETBALL COURTS
AND FIELDS**

**to find out more please visit
brocku.ca/recreation/facilities-memberships**

