

Brock
University

Registration Opens

Winter

**Tue Nov 28, 2023
at 12:00pm**

Spring

**Tue Mar 12, 2024
at 12:00pm**

brocku.ca/aquatics

2024 WINTER Aquatics Program Guide

**Brock Sports
and Recreation**

find us on social @BrockRecreation



Parking is included
in your multi-week swim lessons & rec programming.
See brocku.ca/parking-services/main/faq

All Ages

Private Lessons

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

13168	TU	JAN 9 - FEB 27	4:30-5:00 PM	8
13169	TU	JAN 9 - FEB 27	5:00-5:30 PM	8
13170	TU	JAN 9 - FEB 27	5:30-6:00 PM	8
13171	TU	JAN 9 - FEB 27	6:00-6:30 PM	8
13172	TU	JAN 9 - FEB 27	6:30-7:00 PM	8
13173	TU	JAN 9 - FEB 27	7:00-7:30 PM	8
13174	TU	JAN 9 - FEB 27	7:30-8:00 PM	8
13175	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	4:30-5:00 PM	8
13176	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:00-5:30 PM	8
13177	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:00 PM	8
13178	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:00-6:30 PM	8
13179	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:30-7:00 PM	8
13180	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:00-7:30 PM	8
13181	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:30-8:00 PM	8
13182	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-9:30 AM	8
13183	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:30-10:00 AM	8
13184	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:00-10:30 AM	8
13185	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:00 AM	8
13186	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:00-11:30 AM	8
13187	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:30-12 PM	8
13188	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:30 PM	8
13189	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:30-1:00 PM	8
\$177				

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).

13191	TU	JAN 9 - FEB 27	4:30-5:00 PM	8
13192	TU	JAN 9 - FEB 27	5:00-5:30 PM	8
13193	TU	JAN 9 - FEB 27	5:30-6:00 PM	8
13194	TU	JAN 9 - FEB 27	6:00-6:30 PM	8
13195	TU	JAN 9 - FEB 27	6:30-7:00 PM	8
13196	TU	JAN 9 - FEB 27	7:00-7:30 PM	8
13197	TU	JAN 9 - FEB 27	7:30-8:00 PM	8
13198	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	4:30-5:00 PM	8
13199	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:00-5:30 PM	8
13200	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:00 PM	8
13201	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:00-6:30 PM	8
13202	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:30-7:00 PM	8
13203	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:00-7:30 PM	8
13204	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:30-8:00 PM	8
13205	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-9:30 AM	8
13206	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:30-10:00 AM	8
13207	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:00-10:30 AM	8
13208	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:00 AM	8
13209	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:00-11:30 AM	8
13210	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:30-12 PM	8
13211	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:30 PM	8
13212	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:30-1:00 PM	8
\$149				



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Strong confident swimmers



make strong confident kids



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.

13214	TU	JAN 9 - FEB 27	5:00-5:30 PM	8
13215	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:00-5:30 PM	8
13216	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:00-10:30AM	8
13217	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:00-11:30 AM	8
\$61				

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.

13219	TU	JAN 9 - FEB 27	4:30-5:00 PM	8
13220	TU	JAN 9 - FEB 27	5:30-6:00 PM	8
13221	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	4:30-5:00 PM	8
13222	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:00 PM	8
13223	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-9:30 AM	8
13224	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:00-10:30 AM	8
13225	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:00-11:30 AM	8
\$70				

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.

13227	TU	JAN 9 - FEB 27	4:30-5:00 PM	8
13228	TU	JAN 9 - FEB 27	5:30-6:00 PM	8
13229	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	4:30-5:00 PM	8
13230	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:00 PM	8
13231	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-9:30 AM	8
13232	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:00-10:30 AM	8
13233	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:00-11:30 AM	8
\$70				

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.

13235	TU	JAN 9 - FEB 27	5:00-5:30 PM	8
13236	TU	JAN 9 - FEB 27	6:00-6:30 PM	8
13237	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:00-5:30 PM	8
13238	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:00-6:30 PM	8
13239	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:30-10:00 AM	8
13240	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:00 AM	8
13241	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:30 -12:00 PM	8
\$70				

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.

13243	TU	JAN 9 - FEB 27	5:00-5:30 PM	8
13244	TU	JAN 9 - FEB 27	6:00-6:30 PM	8
13245	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:00-5:30 PM	8
13246	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:00-6:30 PM	8
13247	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:30-10:00 AM	8
13248	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:00 AM	8
13249	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:30 -12:00 PM	8
\$70				

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.

13251	TU	JAN 9 - FEB 27	5:00-5:30 PM	8
13252	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:00-5:30 PM	8
13253	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:30-10:00 AM	8
13254	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:00 AM	8
13255	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:30 -12:00 PM	8
\$70				





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.)

13257	TU	JAN 9 - FEB 27	4:30-5:00 PM	8
13258	TU	JAN 9 - FEB 27	5:00-5:30 PM	8
13259	TU	JAN 9 - FEB 27	5:30-6:00 PM	8
13260	TU	JAN 9 - FEB 27	6:00-6:30 PM	8
13261	TU	JAN 9 - FEB 27	6:30-7:00 PM	8
13262	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	4:30-5:00 PM	8
13263	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:00-5:30 PM	8
13264	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:00 PM	8
13265	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:00-6:30 PM	8
13266	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:30-7:00 PM	8
13267	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-9:30 AM	8
13268	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:30-10:00 AM	8
13269	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:00-10:30 AM	8
13270	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:00 AM	8
13271	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:00-11:30 AM	8
13272	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:30 -12:00 PM	8
13273	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:30PM	8
\$70				

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.

13280	TU	JAN 9 - FEB 27	4:30-5:00 PM	8
13281	TU	JAN 9 - FEB 27	5:00-5:30 PM	8
13282	TU	JAN 9 - FEB 27	5:30-6:00 PM	8
13283	TU	JAN 9 - FEB 27	6:00-6:30 PM	8
13284	TU	JAN 9 - FEB 27	6:30-7:00 PM	8
13285	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	4:30-5:00 PM	8
13286	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:00-5:30 PM	8
13287	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:00 PM	8
13288	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:00-6:30 PM	8
13289	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:30-7:00 PM	8
13290	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-9:30 AM	8
13291	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:30-10:00 AM	8
13292	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:00-10:30 AM	8
13293	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:00 AM	8
13294	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:00-11:30 AM	8
13295	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:30 -12:00 PM	8
13296	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:30 PM	8
\$70				

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.

13298	TU	JAN 9 - FEB 27	5:30-6:15 PM	8
13299	TU	JAN 9 - FEB 27	6:15-7:00 PM	8
13300	TU	JAN 9 - FEB 27	7:00-7:45 PM	8
13301	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:15 PM	8
13302	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:15-7:00 PM	8
13303	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:00-7:45 PM	8
13304	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-9:45 AM	8
13305	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:45-10:30 AM	8
13306	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:15 AM	8
13307	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:15-12:00 PM	8
13308	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:45 PM	8
\$76				

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.

13310	TU	JAN 9 - FEB 27	5:30-6:15 PM	8
13311	TU	JAN 9 - FEB 27	6:15-7:00 PM	8
13312	TU	JAN 9 - FEB 27	7:00-7:45 PM	8
13313	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:15 PM	8
13314	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:15-7:00 PM	8
13315	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:00-7:45 PM	8
13316	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-9:45 AM	8
13317	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:45-10:30 AM	8
13318	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:15 AM	8
13319	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:15-12:00 PM	8
13320	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:45 PM	8
\$76				

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.

13322	TU	JAN 9 - FEB 27	5:30-6:15 PM	8
13323	TU	JAN 9 - FEB 27	6:15-7:00 PM	8
13324	TU	JAN 9 - FEB 27	7:00-7:45 PM	8
13325	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:15 PM	8
13326	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:15-7:00 PM	8
13327	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:00-7:45 PM	8
13328	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:45-10:30 AM	8
13329	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:15 AM	8
13330	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:15-12:00 PM	8
13331	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:45 PM	8
\$76				

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.

13333	TU	JAN 9 - FEB 27	5:30-6:15 PM	8
13334	TU	JAN 9 - FEB 27	6:15-7:00 PM	8
13335	TU	JAN 9 - FEB 27	7:00-7:45 PM	8
13336	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	5:30-6:15 PM	8
13337	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	6:15-7:00 PM	8
13338	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:00-7:45 PM	8
13339	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:45-10:30 AM	8
13340	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	10:30-11:15 AM	8
13341	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	11:15-12:00 PM	8
13342	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:45 PM	8
\$76				

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 Society's Bronze medal awards. Prerequisite: Swimmer 6

13346	TU	JAN 9 - FEB 27	7:00-8:00 PM	8
13347	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:00-8:00 PM	8
13348	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-10:00 AM	8
\$81				

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.

13350	M	JAN 8 - MAR 4 (NO CLASS FEB 19)	7:15-8:15 PM	8
\$81				

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.

13344	M	JAN 8 - MAR 4 (NO CLASS FEB 19)	7:15-8:15 PM	8
\$81				

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.

13353	TU	JAN 9 - FEB 27	7:15-8:00 PM	8
13354	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:45 PM	8
\$76				

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

13355	TU	JAN 9 - FEB 27	7:15-8:00 PM	8
13356	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	12:00-12:45 PM	8
\$76				

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.

13358	TU	JAN 9 - FEB 27	7:15-8:00 PM	8
\$76				

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.

13359	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:15-8:00 PM	8
\$76				

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.

13360	TH	JAN 11 - MAR 7 (NO CLASS FEB 15)	7:15-8:00 PM	8
\$76				

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.

13514	T/TH	JAN 9 - MARCH 7 (NO CLASS FEB 15)	7:10-7:50PM	8
\$48.00				

Brock Student Swim Lessons

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. You will learn the minimum skills needed to survive if an unexpected fall into water should occur. This includes floats, glides, basic kicks and strokes. You will roll into deep water, tread water for one minute and swim 50 metres. Work your way towards achieving the Canadian Swim to Survive standard.

13516	T	JAN 9-30	4:15-5:00PM	4
13517	TH	JAN 11-FEB 1	4:15-5:00PM	4
\$36.00				

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.

13424	M/W	M, W, JAN 8 - MAR 13 (NO CLASS FEB 19)	5:45-7:00 PM	8
13425	M/W	M, W, JAN 8 - MAR 13 (NO CLASS FEB 19)	7:00-8:15 PM	8
13426	TU/TH	JAN 9 - MAR 14 (NO CLASS FEB 17)	4:15-5:30 PM	8
\$300				



Brock Niagara Aquatics Competitive Swimming Team

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

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.

13351	M	JAN 8 - MAR 4 (NO CLASS FEB 19)	6:30-8:30 PM	8
\$138				



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.

13421	M/W/F	JAN 8-MAR 15 (NO CLASS FEB 16 & FEB 19)	6:30-8:00 AM	28
13422	M/W/F	JAN 8-MAR 15 (NO CLASS FEB 16 & FEB 19)	11:30 AM - 1 PM	28
13423	M/W/F	JAN 8-MAR 15 (NO CLASS FEB 16 & FEB 19)	M/W: 7 - 8:30 PM FR: 6 - 7:30 PM	28
\$350				

This week's pool schedule



brocku.ca/aquatics



Lifeguard training

Various advanced courses for lifesaving and safe supervision.

brocku.ca/aquatics

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.

13370	TU	JAN 9 - FEB 27	6:30-8:00 PM	8
13371	SA	JAN 13 - MAR 9 (NO CLASS FEB 17)	9:00-10:30 AM	8
\$90				

Have your LSS ID# ready at time of registration.


 Course Name
 John Doe
 1 Main Street
 Somewhere, ON

ABC 123

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.

13373	WE	JAN 10-FEB 14	6:00-9:30 PM	6
13374	SA	JAN 13 - FEB 24 (NO CLASS FEB 17)	9:00-12:30 PM	6
13375	SA/SU	JAN 13 - 14 AND 20-21	9:00-4:00 PM	4
13382	S/S/M/T	MAR 9-12 (MARCH BREAK)	9:00-4:00 PM	4
\$126		CANADIAN LIFESAVING MANUAL: \$51		

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

13378	WE	JAN 10-FEB 14	5:30-9:30 PM	6
13379	SA	JAN 13-FEB 24 (NO CLASS FEB 17)	9 AM-1 PM	6
13380	SA/SU	FEB 3-4 AND 10-11	9 AM-4 PM	4
13383	TH/F/S/S	MAR 14-17 (MARCH BREAK)	9 AM-4 PM	4
\$132		CANADIAN LIFESAVING MANUAL: \$51		

Bronze Cross Recertification

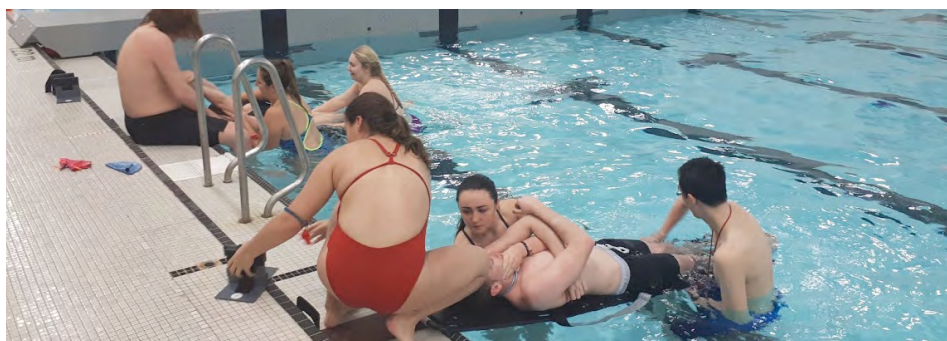
A current Bronze Cross is required to be an Assistant Lifeguard in Ontario. Bronze Cross is a required prerequisite for National Lifeguard, Assistant Instructor and Lifesaving Society Instructor. Bronze Cross does not need to be current to recertify.

13381	SU	04-FEB	9 AM-1 PM	1
\$75				

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.

13431	SA	16-MAR	9:00AM-4:30PM	1
\$48.00				



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

13385	W	JAN 10-FEB 28	5 - 10 PM	8
13386	F/S/S	FEB 2-4 AND FEB 9-11	FR 5 - 9 PM, SA, SUN 8:30-5 PM	6
13391	S/S/M/T/W	MAR 9-13 (MARCH BREAK)	8:30AM-5 PM	5
\$280		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.

13387	SU	21-JAN	9 AM-1 PM	1
13388	SU	11-FEB	9 AM-1 PM	1
13389	SU	10-MAR	9 AM-1 PM	1
13390	SA	16-MAR	9 AM-1 PM	1
\$88				

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.

13392	FR/SA/ SU	FEB 9- 11	5-9 PM (F), 8:30 AM-5 PM (SA,SU)	3
\$180				

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.

13395	FR/SA/ SU	JAN 19-21	5-9 PM (F), 8:30 AM-5 PM (SA,SU)	3
13396	FR/SA/ SU	MAR 15-17	5-9 PM (F), 8:30 AM-5 PM (SA,SU)	3
\$180				

Examiner

This three-step process includes successfully 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.

13397	SA	16-MAR	8:30-2:00PM	1
\$75				

Lifesaving Society Trainer

Experienced instructors or examiners undergo specific training for teaching instructors with this three-step process.

1. Successfully complete the course with a current National Trainer.
2. Successfully apprentice with an experienced Trainer on one Instructor course in the stream you wish to be appointed as a trainer.
3. Appointment.

13429	SA/SU	FEB 24-25	8:30AM-5:00PM	2
\$158.00				

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).

13398	FR/SA	MAR 22 - 23	FR 5:00-10:00 PM SA 8:30-5:00 PM	2
\$92				

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

Aquatic Management Instructor

Aquatic Management Instructor: Prepares instructors to teach the Lifesaving Society's Aquatic Supervisor and/or Aquatic Manager certifications. That is, Aquatic Management Instructors are certified to teach the management training courses they hold (i.e., those who hold Aquatic Supervisor may teach it; similarly, those who hold Aquatic Manager may teach it). Prerequisite: Swim Instructor or Lifesaving Instructor, National Lifeguard and Aquatic Supervisor or Aquatic Manager certifications (need not be current).

13432	SA/SU	JAN 27-28	9:00 AM-4:30 PM	2
\$177				

Registration Opens

Winter Swim Registration Opens
Tue Nov 28 2023 at 12:00pm

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



LIFESAVING SOCIETY®
The Lifeguarding Experts

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.

13400	SA	13-JAN	8:30-5:00 PM	1
13401	SA	10-FEB	8:30-5:00 PM	1
13402	W	MAR 13 (MARCH BREAK)	8:30-5:00 PM	1
\$75				

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).

13404	SA/SU	JAN 13-14	8:30-5:00 PM	2
13405	SA/SU	JAN 20-21	8:30-5:00 PM	2
13406	SA/SU	JAN 27-28	8:30-5:00 PM	2
13407	SA/SU	FEB 3-4	8:30-5:00 PM	2
13408	SA/SU	FEB 10-11	8:30-5:00 PM	2
13409	SA/SU	FEB 24-25	8:30-5:00 PM	2
13410	SA/SU	MAR 2-3	8:30-5:00 PM	2
13411	SA/SU	MAR 9-10	8:30-5:00 PM	2
13412	SA/SU	MAR 16-17	8:30-5:00 PM	2
13413	SA/SU	MAR 23-24	8:30-5:00 PM	2
\$120		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.

13416	SA	20-JAN	8:30-5:00 PM	1
13417	SA	24-FEB	8:30-5:00 PM	1
13418	SA	23-MAR	8:30-5:00 PM	1
\$80				

Airway Management

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

13419	SU	28-JAN	12:00-5:00PM	1
\$75				

Health Care Provider

Develop skills and learn theory for adults, children and infants, including rescue breathing and the use of AEDs and bag valve masks. Recommended for Health Care Providers who respond to medical emergencies.

13427	SA	02-MAR	8:30-5:00PM	1
\$75.00				

First Aid Instructor

Acquire the knowledge and resources required to organize, plan, and deliver Lifesaving Society First Aid awards up to and including Standard First Aid and CPR -A, -B, -C.

Prerequisite: Minimum 16 years of age, Lifesaving Society Standard First Aid, or Standard First Aid from a training agency approved by the Ontario government. The list of approved agencies can be found at lifesavingsociety.com

13430	F/S/S	MAR 22-24	F 6:00-10:00PM, SAT & SUN 8:30AM-5:00PM	3
\$158.00				



**Brock Sports
and Recreation**

find us on social @BrockRecreation



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

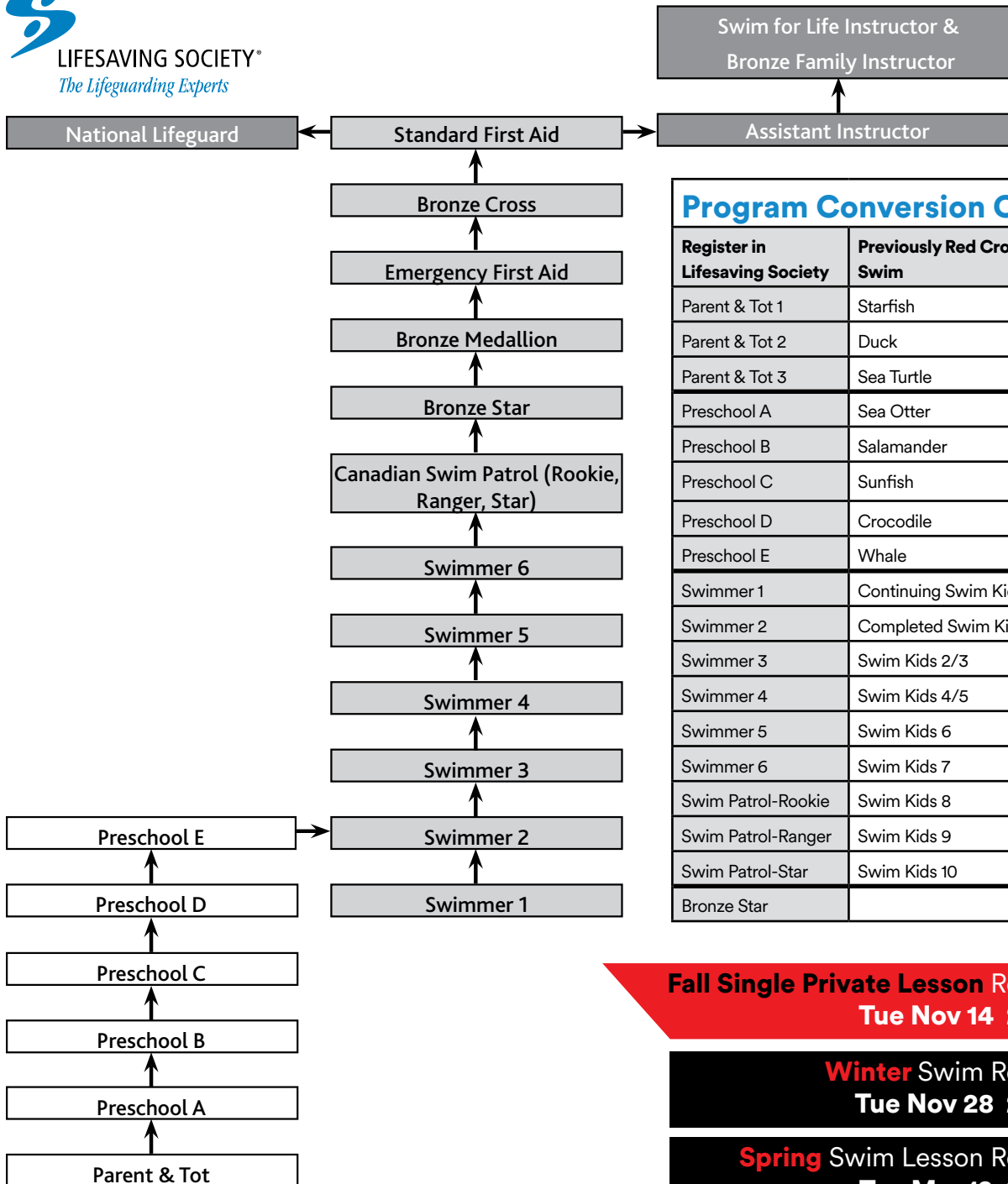
What happens if there is a pool fouling or the pool is closed during my lesson?

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



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		

Fall Single Private Lesson Registration Opens
Tue Nov 14 2023 at 12:00pm

Winter Swim Registration Opens
Tue Nov 28 2023 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.



**Come out and cheer
on your Badgers**



CHECK OUT
GOBADGERS.CA OR FOLLOW US
[@BROCKBADGERS](https://www.instagram.com/BROCKBADGERS) ON INSTAGRAM
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.

THE ZONE FITNESS CENTRE

**3 LARGE
GYMNASIA**

**INDOOR TRACK
50 METER POOL**

**PLUS OUTDOOR
TENNIS
BASKETBALL COURTS
AND FIELDS**

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



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