



Brock
University



WINTER 2025

RECREATION

PROGRAM GUIDE

Visit us brocku.ca/recreation



find us @BrockRecreation

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Brock Recreation Newsletter

Sign up at brocku.ca/recreation to receive a copy of the newsletter.

Facilities for all

All patrons of the Walker Sports Complex are required to behave respectfully, in adherence with Brock University’s Respectful Work and Learning Environment Policy.

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

Drop-in Recreation

For the online weekly pool schedule visit brocku.ca/aquatics
 For daily information on drop-in recreation spaces and activities, visit brocku.ca/recreation facilities-memberships and check the on-line recreation drop-in calendars. Basketball, volleyball, dance, badminton, cricket and lane swimming are normally in the calendars each week. The fields can be used for frisbee, soccer, flag football and spikeball. Table tennis is available at most times in the hallways of the Walker Sports Complex.

Welcome!

Brock Sports and Recreation invites Brock students to utilize the Walker Sports Complex facilities such as the Zone Fitness Centre, 50 m pool, 200 m indoor recreational track, 3 large gymnasias, and outdoor tennis and basketball courts. The facility offers various programs including a huge intramural program for recreational and competitive athletes, weekly fitness, aquatics, and wellness programming, and competitive sport clubs who compete with other Ontario universities. Over 500 student leaders are involved in many roles, offering on-campus job opportunities and experiences. Staying active, involved, and connected with others enhances the student experience and keeps you healthy, active, and organized. Don’t forget to make time for yourself in your schedule!

Hours of Operation

Jan 1 – Apr 25, 2025

Holidays and University break weeks have different hours.

Jan 1, 2025.....	Closed
Jan 2-3	7 am-7 pm
Jan 4	8 am-5 pm
Jan 5	8 am-9 pm

Jan 6 – Apr 25, 2025

Mo – Fr.....	7 am – 11 pm
Sa.....	8 am – 8 pm
Su.....	8 am – 9 pm

Hours are subject to change with notice.

For holiday hours, changes to regularly scheduled hours of operation, and service area hours, please visit brocku.ca/recreation/facilities for details.

Women’s Hours at the Zone

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

Mo - 9-10 am • We - 4-5 pm • Fr - 1-2 pm • Sa - 8-9 am

Note:

- No check-ins will be allowed within one-half hour of closing time.
- You will be required to clear activity areas 10 minutes prior to closing and Women’s hour to allow time to shower and retrieve personal belongings.

Special events - Check

brocku.ca/recreation for special event and holiday hours.

Dec 24-26.....	Closed
Feb 15-16	8 am – 5 pm
Family Day - Feb 17	Closed
Feb 18 – 21.....	7 am – 9 pm
Sa Feb. 22	8 am – 5 pm
Exams – Apr 9 – 24	(Bob Davis and Ian D Beddis gyms closed)
Su Apr 3	8 am – 5 pm
Good Friday - Apr 18	Closed
Easter Sunday - Apr 20	10 am-4 pm

Brock Students have free access to the facilities of the Walker Sports Complex including the Zone Fitness Centre, Pool, Gymnasia and Track. Just show your student ID at the equipment room

Apparel

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

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

Closed toe and heel athletic shoes must be worn at all times in all land-based activity areas of the Walker Sports Complex.

Aquatic apparel must be worn in the swimming pool and family shower.

Personal items are not allowed in activity areas. Please lock your personal items in a locker.

The Zone Fitness Centre

Participants should ensure that they are able to set weights on the floor (not drop them). The use of chalk is prohibited in the Zone. Spitting, foul language, grunting and monopolizing equipment is not acceptable conduct and may result in the loss of privileges.

Women's Only Hours at the Zone take place at the following times:

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

Pool

Street shoes are not permitted on deck. No glass is allowed at the pool.

Fair play code

- Demonstrate respect for all individuals.
- Respect the facility you are participating in.
- Share equipment, space and facilities willingly.
- Maintain self-control at all times.
- Always attempt to contribute to the betterment of your experience at Brock University's Walker Sports Complex.

Risks involved in activity

Participating in physical activity has many inherent risks including, but not limited to, personal injury. Prior to registering for a membership or program, it is recommended that you consult your physician if you have any medical concerns. Brock University requires all members and program participants to read and sign a release of liability, waiver of claims and indemnity agreement at the time of registration.

All Brock University Recreation staff have First Aid/CPR/AED training. Public access AED's (automatic external defibrillators) are located by the entrance to the locker rooms and in the hallway by Ian Beddis Court 4.

Injuries/Safety

Please report any injuries, safety concerns or equipment issues to the Central Equipment Room staff or ask for assistance.

Security cameras

The Walker Sports Complex is monitored by surveillance cameras that record 24 hours per day. Recordings are reviewed when it is deemed necessary by Campus Security.

Accessibility

Brock University strives to make facilities, programs and services accessible to everyone. Persons who have a disability are welcome to be accompanied by a support person (who will be admitted at no charge). Service animals are welcome to accompany their person at the Walker Sports Complex. Information regarding service animals on campus is available at brocku.ca/human-rights/accessibility/service-animals.

Locker rooms, washrooms

The Walker Sports Complex facilities include: male and female washrooms, locker/shower rooms and a gender non-specific change room with individual changing stalls and washrooms.

Photography/Videography

For the protection of all guests at the Walker Sports Complex, the use of photographic equipment, including cellphones with photographic capabilities, is strictly prohibited in the locker rooms. Use of photographic equipment in other areas of the Walker Sports Complex requires departmental and participant permission.

Lost and found

Items of value are sent to the Campus Security office (x4300). Student ID cards are sent to the One Card office (x4772). All other items will be held at the Central Equipment Room for two weeks (x3377).

Conducting personal business

Conducting or soliciting for any form of business in any facility operated by the Walker Sports Complex (including the fields, etc.) is strictly prohibited.

Equipment

The equipment listed below can be obtained by visiting the Central Equipment Room on the lower level of the Walker Sports Complex.

To borrow (with proper ID)

Basketballs, volleyballs, footballs, soccer balls, frisbees, ping pong nets for on-campus use only.

To rent (with proper ID)

Ping pong paddles (up to 4).....	\$3
Tennis/badminton racquet	\$3

To purchase

Lock	\$12
Ping pong ball	\$3 for 2
Tennis ball/badminton birdie	\$3
Swim diaper for babies	\$3

Facility maintenance and special event bookings

On occasion, certain facilities may not be available due to maintenance or special events. Brock Recreation will provide notice whenever possible. Memberships will not be extended.

Day passes for Walker Sports Complex use available for \$10/day

Inclement Weather

Brock University will close due to severe weather when normal operation would pose a significant danger to students, staff, faculty and the community in attending classes or other activities on campus.

Closures will be announced at brocku.ca and on local radio stations. If the university should close partway through the day, every effort will be made by our staff to contact program participants by email or telephone.

Intramurals

Who can participate?

Full-time and part-time students with a valid Brock University ID card and non-students who purchase a Brock University Intramural membership, or a Walker Sports Complex membership are eligible to participate. Brock University varsity athletes should check the varsity athletic handbook for eligibility rules.

How to enter (two ways)

As a team

1. Register and pay for your team on the dates indicated for the league at the Walker Sports Complex Welcome Desk or online at brocku.ca/recreation
2. After you've paid your fee, register your team on our online scheduling system at IMLeagues.com/brocku using your Brock student email.
3. Following registration closing, check the web page at IMLeagues.com/brocku for the schedule.
4. Get all team members to join your team on IMLeagues.com.

As a free agent (individual)

1. Sign up at the Walker Sports Complex Welcome Desk or online at brocku.ca/recreation and pay the individual registration fee. You must sign up before the registration deadline for your league.
2. After registering and paying make an account with IMLeagues.com/brocku and join the "individuals" team.
3. Following registration closing, check the web page at IMLeagues.com/brocku for the schedule.

ID at intramural games

You must show your current Brock University ID card or, if you are an intramural member, photo ID to the official at each intramural game you play. Remember, no ID, no play!

Become an Intramural Official

Leagues rely on Brock students to officiate. If you play and understand any of the sports offered, why not become an official? More information can be found online at brocku.ca/recreation/officials



Intramural Fees

Entry fee

Your entry fee helps to offset some of the costs to administer the league. These costs include equipment purchase and replacement, facility costs (in some cases), officials, convenors, and promotional costs. All teams entering a league must pay a non-refundable entry fee plus a refundable bond fee. Ice hockey fees are higher due to the cost of ice rental.

Note:

1. All fees must be paid when registering.
2. All fees are non-refundable unless the league does not run.
3. If you do not make an account with IMLeagues.com, you will not be able to view the schedule or be eligible to play.

Performance bond

Each team participating in an intramural league must pay a performance bond.

WHY? Defaults cause frustrations for everyone involved, especially for the team that misses their scheduled games because the opposition failed to field enough players. The officials and the convenor must be paid even though no game is played. As well, space is wasted that could have been used for another game.

What happens with the bond?

- If your team defaults one game, you will lose one-half of the bond.
- If your team defaults a second game, you will lose the full bond, and will be removed from the league.

Behaviour bond

Some leagues require a behaviour bond. The bond is meant to prevent unacceptable behaviour during the intramural sports season. If your team competes fairly with respect for your opponents, officials and staff, the bond will be returned to your team in full. If your team, a member of your team, coach/manager, or spectators of your team, display unacceptable behaviour, your team will lose part or all of the behaviour bond. Decisions regarding the bond and the team's status in the league will be handled by the Intramural staff on a case-by-case basis.

Bond refunds

Bond refunds will be credited to your team captain's student account through the Finance Office. If the funds are required to reimburse your teammates, please request this online at brocku.ca/finance/students/request-a-refund

Number of games

We try our very best to schedule an equal number of regular season games for each team; however, due to the number of entries, byes may occur. Games may be cancelled due to circumstances beyond our control (weather, holidays, etc.). We will make an effort to reschedule; however, some games may be cancelled.

FAIR PLAY is for everyone

Failure to abide by our FAIR PLAY CODE will result in a review of the incident and possibly the removal of individuals and privileges. Each team will provide a spirit of competition (SOC) score at the end of each game. For more information, please visit our website.



Team Name Players choose their own team name. Please make sure it contributes to the inclusive, respectful and positive environment that the intramural program provides. If your team name is found to be inappropriate, you will be asked to change it. Please refer to Brock's respectful work and learning policy.

Intramural Rules Be sure to read the rules of the league you have signed up for before it begins. All rules can be found online brocku.ca/recreation/intramurals/rules

Intramurals, Tournaments

Free Agents/Individuals

Fees quoted are per team. Free agents (individuals), who are not part of a team, may register online or at the Welcome Desk. Registration cost for free agents is \$18 per sport except Ice Hockey (\$125) and Coed Ice Hockey (\$65).

Captains

If you need assistance with creating your team on IMLeagues after you have registered and paid, please stop by the Intramural Office (WC215), Monday to Thursday, 12-4pm.



Tournaments

Tournament	Date	Registration Opens	Registration Closes	Cost Per Team
Snow Flag Football	Sa, Feb. 10	Fri, Feb. 2	Wed, Feb. 7	\$60

Coed Ice Hockey

Registration: Fri. Jan. 17 - Thu. Jan. 23, 2025. League begins the week of Feb. 2, 2025. Hockey takes place at Canada Games Park on Sunday afternoons and Sunday-Thursday late nights.

League	Day	Time	Cost Per Team
Coed Ice Hockey	Any	Late	\$850 E + \$30 PB

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

Winter Leagues

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

League	Day	Time	Cost Per Team
Inner Tube Water Polo	Tu	8-10 PM	\$140 (\$110 E + \$30 PB)
	Th	8-10 PM	
Coed Soccer Baseball	Th	5-10 PM	\$155 (\$125 E + \$30 PB)
Coed Dodgeball	Tu	5-10 PM	\$155 (\$125 E + \$30 PB)
Men's Doubles Badminton	Tu	5-10 PM	\$56 (\$36 E + \$20 PB)
Women's Doubles Badminton	Tu	5-10 PM	\$56 (\$36 E + \$20 PB)
Mixed Doubles Badminton	Tu	5-10 PM	\$56 (\$36 E + \$20 PB)
Single's Table Tennis	Tu	5-10 PM	\$38 (\$18 E + \$20 PB)
Men's Indoor Soccer	Su	12-8 PM	\$255 (\$125 E + \$30 PB + \$100 BB)
	Mo	7-10 PM	
	Tu	7-10 PM	
Women's Indoor Soccer	W	7-10 PM	\$155 (\$125 E + \$30 PB)
	Th	7-10 PM	
Coed 6's Volleyball	Su	12-8 PM	\$155 (\$125 E + \$30 PB)
	Mo	5-10 PM	
	We	5-10 PM	
Men's 6's Volleyball	Su	12-8 PM	\$155 (\$125 E + \$30 PB)
Women's 6's Volleyball	Su	12-8 PM	\$155 (\$125 E + \$30 PB)
3-on-3 Basketball	Fr	12-6 PM	\$110 (\$80 E + \$30 PB)

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

Expressfit & Pop-Up fitness - “Free” to Brock Students

Expressfit Classes



These are 40min free fitness classes offered to students starting Jan 13. They are drop-in and don't require registration. Some examples of classes to look for: Spin, Beginner Weights, Bars & Bands, Full Body Strength. Check out brocku.ca/recreation/expressfit or [@brockrecreation](https://www.instagram.com/brockrecreation) on IG, to view the schedule

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

Pop Up Fitness Programs More programs may be added, check the website or Instagram for updates

Class	Description	Date	Time
Intention Setting Yoga	Focus on you with this yoga session. Set your intentions for 2025 with reset and relax heart opening poses. Slow down and tune in to yourself. (FS)	Jan 16	7:10pm
Pink Themed Spin	Spin and sing to your favourite Pink songs. This class is in the Spin Studio. (SS)	Feb 6	1:10pm
Glow Pop Music Yoga	Put on your light coloured shirts to glow in this upbeat beginner yoga session; hold poses to the tracks of your fave pop songs. (FS)	Feb 27	1:10pm
Britney vs Christina Spin	Are you team Britney or team Christina? Either way, these songs will get you moving in this themed spin class. (SS)	Mar 6	1:10pm
90's themed Spin	Spin and sing to your favourite 90's songs. (SS)	Apr 4	1:10pm
Reset & Relax Yoga	Take a break from studying with this slow stretch session. Focus on your breath and reset. (FS)	Apr 8	12:10pm

SS-Spin Studio, FS-Fitness Studio

Personal Training

Our certified personal trainers are ready to help you get moving toward your fitness goals. Choose the package that suits your needs and receive individualized programming to make the most of your workouts! Each session is a maximum of one hour.

- Cancellation of scheduled sessions must be made 12 hours in advance, if you do not cancel within 12 hours you will be charged for that session.
- Register online at brocku.ca/recreation or in person at the Walker Sports Complex Welcome Desk.
- You are required to complete a personal training form that is available on our website. You will also be required to complete a PAR-Q form.

PACKAGE	Student Fee
3-session package (30-minute consultation and custom fitness program)	\$186
5-session package (30-minute consultation and custom fitness program)	\$235
10-session package (30-minute consultation and custom fitness program)	\$381
16-session package (30-minute consultation and custom fitness program)	\$573

2 Person Personal Training	Fee
10-session package (30-minute consultation and custom fitness program)	\$227 Per Person
16-session package (30-minute consultation and custom fitness program)	\$330 Per Person

The right membership at the right price.

Visit brocku.ca/recreation/memberships for an updated list of options and pricing.

8-Session Activities/Programs

Try it Week Jan 20-24 Drop in & try a class before registering. Schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Yoga Barre 12:10PM - (FS) New Year Hatha Yoga 7:10PM - (FS) Candlelight Yin Yoga 8:10PM - (FS)	Bollywood 5:10PM - (FS) Noah Kahan Themed Yin Yoga 8:10PM - (FS)	Yogalates 12:10PM - (FS) MMA for Self Defense 3:10PM - (FS)	Beginner Yoga 10:10AM - (FS) Balancing Moods Yoga 6:10PM - (FS) Yoga for Sleep 7:10PM - (FS)

Code	Class	Description	Day	Date	Time	Fee
15501	Small Group Strength & Tone	Hit your goals with this Strength & Tone 8-session training package. A personal trainer will create your program, prompt for correct form and encourage you along your wellness journey! Looking for results - start here! Minimum of 4, max of 6 participants.	Mo	Jan 27- Mar 24	10:10-10:50am	\$72
15497	Yoga Barre	This 8-session class blends dance fitness with a focus on strength, core work and stretching.	Mo	Jan 27- Mar 24	12:10-12:50pm	\$72
15493	New Year Hatha	This 8-session Hatha Yoga welcomes in the New Year with heart-opening poses allowing time to reflect on the possibilities for 2025. Take time to focus on you and the poses you are holding.	Mo	Jan 27- Mar 24	7:10-7:50pm	\$72
15494	Candlelight Yin	This 8-session Yin Yoga encourages you to slow down, reset and relax in a calm candlelit environment. Focus on your breath while holding poses for a longer period of time.	Mo	Jan 27- Mar 24	8:10-8:50pm	\$72
15501	Small Group Aqua Tanks	Using weighted water bags, this class is like no other! Push, pull, balance and jump your way through this innovative fitness class that combines cardio, strength and balance.	Tu	Jan 28-Mar 25	1:10-1:50pm	\$72
15504	Bollywood	Bollywood inspired dance-fitness combines dynamic choreography, expression of movement and fitness with upbeat music from Bollywood films.	Tu	Jan 28-Mar 25	5:10-5:50pm	\$72
15494	Noah Kahan Themed Yin Yoga	This 8-session Yin Yoga encourages you to slow down, reset and relax in a calm candlelit environment. Focus on your breath while holding poses for a longer period of time while enjoying Noah Kahan's music.	Tu	Jan 28-Mar 25	8:10-8:50pm	\$72
15495	Yogalates	Pilates meets Yoga in this fusion class that will build core strength and postural awareness	We	Jan 29- Mar 26	12:10-12:50pm	\$72
15502	MMA for Self Defense	Gain confidence and develop skills to protect yourself in any situation.	We	Jan 29- Mar 26	3:10-3:50pm	\$72
15500	Beginner Yoga	Great for beginners or those ready to ease back into their Yoga journey. Reset with these mobility & strengthening poses.	Th	Jan 30- Mar 27	10:10-10:50am	\$72
15498	Balancing Moods Yoga	These 8-sessions will help you manage stress and release emotional tension through a powerful Pranayama practice.	Th	Jan 30- Mar 27	6:10-6:50pm	\$72
15499	Yoga for Sleep	These 8-sessions will help you prepare for a solid nights rest with calming stretches that focus on mindfulness and breathwork.	Th	Jan 30- Mar 27	7:10-7:50pm	\$72

Youth Programs

SS-Spin Studio, FS-Fitness Studio

Code	Program	Ages	Day	Dates	Time	Fee
15514	Youth Magical Creatures Fitness Games	13-Aug	Tu	Jan 7-Feb 11	6:15-7:45PM	\$120
15515	Life Size Board Games- Fitness edition	13-Aug	Tu	Feb 25- Apr 1	6:15-7:45PM	\$120
15516	Youth Strength & Power Training	16-Dec	We	Jan 8-Feb 12	5:15-6:45PM	\$120

Questions? Email recservices@brocku.ca

brocku.ca/recreation

Leadership

Certification	Code	Day(s)	Date	Time	Fee
Bronze Medallion	15220	We	Jan 15-Feb 19	6-9:30PM	\$135.00 \$54 Canadian Lifesaving Manual
	15221	Sa	Jan 18-Feb 22	9-12:30PM	
	15222	Sa/Su	Jan 18-26	9AM-4PM	
	15223	Sa-Tu	Mar 8-11	9AM-4PM	
Bronze Cross	15214	We	Jan 15-Feb 19	5:30-9:30PM	\$140.00 \$54 Canadian Lifesaving Manual
	15215	Sa	Jan 18-Feb 22	9AM-1PM	
	15216	Sa/Su	Feb 1-9	9AM-4PM	
	15217	Th-Su	Mar 13-16	9AM-4PM	
Pool Attendant	15254	Sa	Mar 15	9AM-4:30PM	\$75.00
National Lifeguard	15242	We	Jan 15-Mar 5	5-10PM	\$289.00 \$54 Alert Manual
	15243	Fr-Su	Feb 21-Mar 2	FR 5-9PM SA/SU 8:30AM-5PM	
	15244	Sa-We	Mar 8-12	8:30AM-5PM	
National Lifeguard recertification	15245	Su	Jan 19	9AM-1PM	\$91.00
	15246	Su	Feb 23	9AM-1PM	
	15247	Su	Mar 2	9AM-1PM	
	15248	Su	Mar 23	9AM-1PM	
Swim for Life Instructor	15355	Fr-Su	Jan 17-19	FR 5-9PM, SA/SU 8:30-5PM	\$186.00 \$107 Instructor Pack
	15356	Fr-Su	Mar 7-9	FR 5-9PM, SA/SU 8:30-5PM	
Lifesaving Instructor	15354	Fr-Su	Feb 7-9	FR 5-9PM, SA/SU 8:30-5PM	\$186.00 \$107 Instructor Pack
	15359	Fr-Su	Mar 14-16	FR 5-9PM, SA/SU 8:30-5PM	
Instructor Recertification	15465	Su	Jan 26	9AM-1PM	\$91.00
	15466	Su	Mar 16	9AM-1PM	
First Aid Instructor	15235	Fr-Su	Mar 21-23	FR 5PM-9PM, SA/SU 8:30-5PM	\$186.00 \$30 Instructor Manual, \$30 First Aid Award Guide
Aquatic Management Instructor	15208	Sa/Su	Feb 8-9	8:30AM-5PM	\$158.00 \$114 Aquatic Management Instructor Pack
Examiner	15234	Sa	Mar 1	10AM-4PM	\$75.00 \$ 41 Examiner Handbook, and Award Guide for chosen stream
Aquatic Supervisor	15209	Fr-Sa	Mar 21-22	FR 5-9PM, SA 8:30AM-5PM	\$92.00 \$35 Aquatic Supervisor Workbook, \$59 Guide to Ontario Public Pools Regulation, \$54 Alert Manual

Swimming lessons for all ages

Fall, Winter, Spring and Summer lessons

Watch for registration dates brocku.ca/brocku.ca/aquatics



First Aid

Class	Code	Day	Date	Time	Fee
Emergency First Aid and CPR-B (LSS)	15231	Sa	Jan 11	8:30am-5pm	\$75.00 \$20 Canadian First Aid Manual
	15232	Sa	Feb 01	8:30am-5pm	
	15233	We	Mar 12	8:30am-5pm	
Standard First Aid and CPR-C (LSS)	15340	Sa/Su	Jan 11-12	8:30am-5pm	\$120.00 \$20 Canadian First Aid Manual
	15341	Sa/Su	Jan 18-19	8:30am-5pm	
	15342	Su	Jan 19-26	8:30am-5pm	
	15343	Sa/Su	Jan 25-26	8:30am-5pm	
	15344	Sa/Su	Feb 1-2	8:30am-5pm	
	15345	Sa/Su	Feb 8-9	8:30am-5pm	
	15346	Sa/Su	Feb 22-23	8:30am-5pm	
	15347	Sa/Su	Mar 1-2	8:30am-5pm	
	15348	Sa/Su	Mar 8-9	8:30am-5pm	
	15349	Sa	Mar 8-15	8:30am-5pm	
	15457	Sa/Su	Mar 15-16	8:30am-5pm	
15458	Sa/Su	Mar 22-23	8:30am-5pm		
Standard First Aid and CPR-C recertification (LSS)	15350	Sa	Jan 25	8:30am-5pm	\$80.00 \$20 Canadian First Aid Manual
	15351	Sa	Feb 22	8:30am-5pm	
	15352	Sa	Mar 22	8:30am-5pm	
Airway Management	15205	Su	Feb 2	12-5pm	\$75.00 \$20 Canadian First Aid Manual
Health Care Provider	15236	Su	Mar 2	8:30am-5pm	\$80.00 \$14 Canadian CPR-HCP 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.

After-school enrichment programs
Robo Club (NEW!)

In this robotics-themed after-school program, students get hands-on with Lego Spike Prime sets! The first five weeks, students will work in small groups on creating a battle-bot that will compete with other bots during week 5 to see which bot will prevail! The second five weeks, students will use the same Lego Spike Prime kits to create a racecar in order to navigate a maze. The last week, we'll put their cars to test in the maze to see who can complete it the fastest! Throughout the 10 weeks, in partnership with the Brock Makerspace, participants will be using other technology to supplement their battlebots and racecars such as 3D figurines, sticker decals, posters and more. For detailed information, call 905-688-5550x3120 or visit brocku.ca/youth-university



Children's movement program

A Saturday morning activity based program for children aged "walking" to 12 years

Fall and Winter Programs

brocku.ca/youth-university

2025/26

Student Jobs

Hiring starts Dec 1

brocku.ca/recreation/student-jobs

- PALS Instructors
- Youth University Instructors
- Camp Instructors
- Lifeguards
- Aquatics Instructors
- Zone Personal Trainers
- Fitness Instructors
- Central Equipment Room
- Welcome Desk
- Intramural Staff
- Game Day Staff
- CMP Staff

Fencing Introduction

Learn to sword fight like the Olympians, taught by nationally certified fencing coaches, in an exciting, fun and safe environment. All equipment provided during training.

Program	Code	Day(s)	Dates	Time	Fee	Location
Brock Students	15654	Mo	Jan 6-Mar 3	8:00-9:00 PM	\$60	Dance Studio
Adults	15655	Mo	Jan 6-Mar 3	8:00-9:00 PM	\$90 members/\$90 Community	Dance Studio
Youth 11-15	15656	Mo	Jan 6-Mar 3	7:00-8:00 PM	\$90	Dance Studio
Child 7-10	15657	Mo	Jan 6-Mar 3	6:00-7:00 PM	\$90	Dance Studio

Aquatic Fitness

Program	Code	Day(s)	Dates	Time	Fee
Aquatic Fitness A variety of water exercises lead by one of our instructors. Access to these Aquatic Fitness classes is included in Brock Student Ancillary fees! You can just drop in to a scheduled class.	15206	Tu	Jan 14-Mar 4	7:05-7:55PM	\$40.00
	15462	Th	Jan 16-Mar 6	7:05-7:55PM	\$40.00
	15207	Mo/We	Jan 13-Feb 5	11:05-11:55AM	\$40.00
	15463	Mo/We	Feb 10-Mar 12 (no class Feb 17, 19)	11:05-11:55AM	\$40.00
	15464	Mo/We	Mar 17-Apr 9	11:05-11:55AM	\$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	\$30.00
	15212	Th	Jan 16-Feb 6	4:30-5PM	\$30.00
	15467	Tu	Feb 11-Mar 4	4:30-5PM	\$30.00
	15468	Th	Feb 13-Mar 6	4:30-5PM	\$30.00
	15469	Mo	Jan 13-Feb 3	12-12:30PM	\$30.00
	15473	We	Jan 15-Feb 5	12-12:30PM	\$30.00
	15470	Mo	Feb 10-Mar 10 (no class Feb 17)	12-12:30PM	\$30.00
	15475	We	Feb 12-Mar 12 (no class Feb 19)	12-12:30PM	\$30.00
	15471	Mo	Jan 13-Feb 3	12:30-1PM	\$30.00
	15474	We	Jan 15-Feb 5	12:30-1PM	\$30.00
	15472	Mo	Feb 10-Mar 10 (no class Feb 17)	12:30-1PM	\$30.00
	15476	We	Feb 12-Mar 12 (no class Feb 19)	12:30-1PM	\$30.00



**Scan for the
online weekly
pool schedule**

For more information visit brocku.ca/aquatics

Registration

Register early

Classes can fill quickly and often require a minimum number of participants to run. Please register early. Classes with low enrolment may be cancelled.

Register online!

Visit brocku.ca/recreation for instructions on how to register and set up your account if you don't have one.

Register in person

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

Confirmation of registration

When registering online, you will be emailed your receipt. If registering in person or by phone, an official receipt will be emailed to you for confirmation. Check your receipt for course information. Please ensure that we have your most up-to-date contact information in our system. If you do not have access to email, please request a printed copy of your receipt when you are at Brock University.

HST

If applicable, prices listed in this guide include HST.

Refund policy

Unless specified, refunds for memberships or programs already in progress will be issued within the first two weeks, or first two classes. A \$15 administrative fee will be deducted for all cancellations. After two weeks, or two classes, refunds may be issued due to extreme circumstances (injury, accident, permanent relocation outside the Niagara Region). Written documentation may be required.

Refunds for certification programs will only be issued when the Walker Sports Complex Welcome Desk staff receive notice of cancellation at least five business days prior to the course start date. This is due to financial commitments to the instructor, the certification governing body, and 100% attendance requirement. A \$15 administrative fee will be deducted for all cancellations.

We reserve the right to cancel any program that does not have sufficient registration.

Participants will receive a full refund and notification prior to the beginning of the course. Please ensure that the phone number, email address, and mailing address you have in the registration system is current when you register.

Returns or exchanges on clothing and merchandise can be made within two weeks of the purchase date. An original receipt must be presented, and the tag must be intact. A refund will not be issued for items that have been worn, washed or stained.

Collecting your information

Brock University protects your privacy and your Personal Information. Personal Information requested is collected under the authority of The Brock University Act, 1964, and in accordance with the Freedom of Information and Protection of Privacy Act ("FIPPA"). The information will be used to provide you with the services you requested, which includes collecting and processing fees, and responding to your inquiries. This information will also be used to assess participant needs for future programming, and to provide you with information regarding related programs.

Direct any questions about this collection to the Director of Brock Recreation, Brock University, at (905) 688-5550, x3574 or visit brocku.ca/recreation.

Para Sports

With the Brock Niagara Penguins organization, several Para Sport opportunities are available at recreational and competitive levels. Sports available: Boccia, Para Ice Hockey, Para Swim, Sitting Volleyball, Wheelchair Basketball and Wheelchair Racing.

Registration information is available at brocku.ca/niagara-penguins



General Information

How to use the Walker Sports Complex

Check in at the Cage each time you visit with your Brock University student ID or membership card. You will have an identifying wristband placed on your wrist. This lets the staff know that you have access to facilities. If you forget your ID card, you have 2 "free look-ups". After this, the look up fee is \$2/entry. If you require a new Walker Sports Complex card, the replacement cost is \$20. Student cards must be replaced through the OneCard office.

Lockers

Your belongings, including knapsacks, gym bags, extra shoes, coats, etc. must be stored in a locker while you are using the Walker Sports Complex. Day lockers are available in the locker rooms, and in the hallway. Bring your own lock (or rent/purchase one), and remove it each evening.

Locker rentals (for a term) begin the first Friday of each term.

If staff must clean out your locker because it has not been cleared by the expiry date, a \$5 administration fee will be charged to retrieve your belongings. Items that are cleared from lockers are kept for 2 weeks.

Contacts

Dial 905 688 5550, then "1" and the extension listed below.

Walker Sports Complex Welcome Desk

General inquiries and registration
recservices@brocku.ca x4060

Facilities

Cage - Central Equipment Room
Equipment requests, facility availability,
Court reservations x3377
Facility bookings . gymbookings@brocku.ca

Aquatics

Pool bookings poolbookings@brocku.ca
Aquatic programs x4060

Fitness

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

Intramurals

Intramurals..... x3742

get **fit**
get **active**
get your **tickets!**

Brock Students have access to amazing sport and recreation facilities, fitness classes and varsity game attendance!

Facilities include:

15,000 sq ft Zone Fitness Centre

3 large gyms

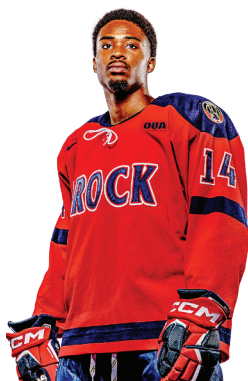
3 studios for dance and fitness

50 m pool with diving boards, 5 m Tower, Tarzan Ropes and whirlpool

Indoor 200 m track, outdoor track at Canada Games Park

Outdoor fields and tennis courts

Classes include Express Fit classes, Pop-Up classes and aquatic fitness classes



We are Badgers

Claim your free student ticket!

for regular season home games.

#wearebadgers

Visit gobadgers.ca

Paint the Meridian

FRIDAY
JAN
17

Tickets on Sale Now!
[ticketmaster](https://www.ticketmaster.ca)

AT THE MERIDIAN CENTRE

Game On

Join our skills and drills programs to learn fundamentals, improve techniques, and enjoy fun activities—perfect for beginners or those looking to advance their skills in your favorite sport!

COMING THIS MAY!



INTRAMURAL
ALL STAR

Join us for the Intramural All Star men's and women's hockey game at Canada Games Park

January 25
starting at 5pm