

RECREATION PROGRAM GUIDE

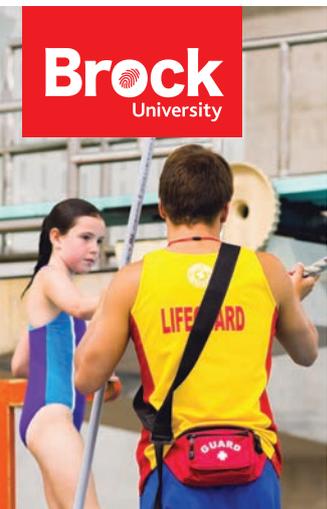


FIND US ON INSTAGRAM
AND FACEBOOK
@BROCKRECREATION

FITNESS PROGRAM REGISTRATION NOW OPEN

Free trial classes week of Sept. 9.
Buy one, get one half off for select
fitness programs.

brocku.ca/recreation



NOW HIRING STUDENT POSITIONS

Lifeguards, Aquatic Instructors
(applications accepted in the summer)
Intramural Officials
Group Fitness Instructors
Personal Trainers
Volunteers for Children's Movement
Program and Brock Niagara Penguins
programs

brocku.ca/recreation/student-jobs

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Register online!

If you haven't set up an account, you will need to create a new login. Visit brocku.ca/recreation for instructions on how to register.



2-8

Have FUN! Get active!
Make new friends!
Register for Fall Intramurals
starting on Friday, September 6.



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FITNESS CLASSES
FREE Trial Week - September 8-13
Regular schedule begins
September 16



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YOGA
Enjoy as many yoga and yogalates
classes as you want! There are several
options to choose from.

HOURS OF OPERATION

Fall/Winter (September 3, 2019-April 25, 2020)

Monday to Friday.....	6:30 am-11 pm
Saturday.....	8 am-8 pm
Sunday.....	8 am-9 pm
Sunday, October 13.....	11 am-3 pm
Monday, October 14 (Thanksgiving).....	Closed
Tuesday-Friday, October 15-18 (Fall Reading Week).....	6:30 am-9 pm
Saturday, October 19.....	8 am-5 pm
Sunday, October 20.....	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.

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 to allow time to shower and retrieve personal belongings.

Special events

Friday, October 18, 2019.....	Convocation
December 6-19, 2019 (Exams).....	(Beddis/Davis)

The Walker Sports Complex facilities are used by multiple groups for academic classes, university events, varsity sports, tournaments, Intramurals and other groups. Please check facility schedules posted online at brocku.ca/recreation or download our app.

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.

How to enter (two ways)

As a team

1. **Register your team on the dates indicated for the sport at the Walker Sports Complex Welcome Desk or online at brocku.ca/recreation**
2. If a league fills, you will be placed on a waiting list and no fee is required at that time. If a spot becomes available, you will be notified and given 24 hours to pay the fee at the Walker Sports Complex Welcome Desk.
3. **After you've paid your fee**, register your team on our online scheduling system at IMLeagues.com/brocku
4. All teams (even waitlisted teams) are required to have a representative attend the captain's meeting. Failure to attend the captain's meeting will result in the loss of one half of your performance bond.
5. Following the captain's meeting, check the web page at IMLeagues.com/brocku or the bulletin board located outside the Intramural office (WC215) for your scheduled games.
6. Get all team members to join your team on [IMLeagues](http://IMLeagues.com).

As a free agent (individual)

Sign up at the Walker Sports Complex Welcome Desk or online at brocku.ca/recreation and pay the individual registration fee. We will do our best to place you on a team or form a new team. You must sign up before the registration deadline for your league. After registering at the Walker Sports Complex Welcome Desk, make an account with [IMLeagues](http://IMLeagues.com) at IMLeagues.com/brocku and join the "individuals" team.

ID at intramural games

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

Entry fee

Your team's 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](http://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 with 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 Coordinator on a case-by-case basis.

Bond refunds

Bond refunds will be credited to your team captain's student account through the Finance Office (or to the person listed on your team sign-up sheet who paid the bond). Captains will be notified when the bonds have been credited to their account. If the funds are required to reimburse your teammates, please request this through the Finance Office (Schmon Tower 12th floor) or online at brocku.ca/finance/students/request-a-refund

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.

INTRAMURALS

Captain's responsibilities

Every team must have a captain or a representative who will be responsible for the following:

1. Register your team at the Walker Sports Complex Welcome Desk or online at brocku.ca/recreation, then make an account with IMLeagues AND create your team at IMLeagues.com/brocku
2. Attend the Captains' meeting or have a representative attend.
3. Ensure the eligibility of your team players. Every team member must join the team on IMLeagues.
4. Inform your team of eligibility, conduct and activity rules and ensure that team members abide by the rules.
5. Read the Captains' information located at brocku.ca/recreation
6. Relay any schedule changes to your team members.
7. Sign the score sheet at the end of every game to verify the score and winning team.
8. Assign a Spirit of Competition grade to your opponent at the end of each game.
9. Make sure your team's first priority is to have fun through healthy competition.

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.

Captains/coaches...

must act as team leaders and encourage, motivate and assist in developing players to achieve their maximum potential. All coaches/captains will:

- teach players to play fairly and respect the rules, officials, spectators and players.
- work in co-operation with the officials for the benefit of the game.
- recognize and respect the differences in your players.
- not ridicule or degrade players for any reason.
- encourage and reward effort, fair play, participation and commitment.

Officials...

will make sure that every player has a reasonable opportunity to perform to the best of his or her ability, within the limits of the rules. All officials will:

- apply rules of the game with consistency, courtesy, intelligence and firmness without provoking antagonism.
- maintain a healthy atmosphere and environment for safe competition.
- not tolerate unacceptable conduct toward themselves, other officials, players, coaches/captains and spectators.
- maintain impartiality at all times.
- avoid or terminate any situation that threatens the safety of the players, coaches/captains, spectators or other officials.

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.

Players...

should compete to the best of their ability within the limits of the rules. All players will:

- participate for the love and enjoyment of the game.
- respect the efforts and accomplishments of opponents.
- respect teammates and strive to be a true team player.
- respect all players, coaches/captains, officials, spectators and administrators.
- respect and play by the rules of the game.

Spectators...

should maintain a supportive atmosphere that positively motivates players, coaches/captains, officials and other spectators. All spectators will:

- encourage players to play according to the rules.
- refrain from negative communication with players, officials, administrators and other spectators.
- show respect for a team's opponents because without them there would be no game.
- never influence the outcome of an event or game and never pose a distraction to players, coaches/captains and officials.
- remain in the spectator section and refrain from entering the playing area at all times.

FREE AGENTS (Individuals)

Free agents, who are not part of a team, may register at the Walker Sports Complex Welcome Desk or online and you will be placed with other free agents on a team. Free agent fees are \$15/sport. Exceptions: Ice Hockey - \$100; Co-ed Hockey - \$50

INTRAMURALS

OFFICIALS' CLINICS

Sport	In-class and Practical	Location (subject to change)
Flag Football	Thu Sep 12 @ 4 pm	Alumni Field
Outdoor Soccer	Thu Sep 12 @ 4 pm	Alumni Field
Field Hockey	Thu Sep 12 @ 4 pm	Alumni Field
Slow-pitch	Thu Sep 12 @ 4 pm	Alumni Field
4's Volleyball	Thu Sep 19 @ 6 pm	Ian Beddis court 4
Ball Hockey	Thu Sep 19 @ 7 pm	Gym 2
Basketball	Thu Sep 19 @ 6 pm	Ian Beddis court 4
European Handball	Thu Sep 19 @ 7 pm	Gym 2
EXTREME Intramurals	Thu Sep 19 @ 7 pm	Gym 2
Inner Tube Water Polo	Thu Sep 19 @ 6 pm	Intramural office (WC 215)
Ice Hockey	Wed Sep 25 @ 6 pm	Intramural office (WC 215)
Basketball	Thu Nov 7 @ 7 pm	Gym 2
Cricket	Thu Nov 7 @ 7 pm	Gym 2
Indoor Soccer	Thu Nov 7 @ 7 pm	Gym 2
Tchoukball	Thu Nov 7 @ 7 pm	Gym 2
Coed Ice Hockey	Thu Jan 23 @ 7 pm	Intramural office (WC 215)
Indoor Soccer	Thu Jan 30 @ 7 pm	Gym 2
6's Volleyball	Thu Jan 30 @ 7 pm	Gym 2
Dodge Ball	Thu Jan 30 @ 7 pm	Gym 2
Soccer Baseball	Thu Jan 30 @ 7 pm	Gym 2
Aqua Intramurals	Thu Jan 30 @ 7 pm	Gym 2



Make some extra \$\$\$\$

If you play and understand any of the sports offered, why not become an official? You will learn the skill of officiating through clinics and evaluations and gain essential skills including active listening, teamwork, confidence and assertiveness. More information on becoming an official can be found online at brocku.ca/recreation/studentjobs or by stopping by the Walker Sports Complex Welcome Desk.

Pay rates for officials

\$14-\$16.15/hour. Payment occurs bi-weekly once you submit all required information, complete required training and input/submit your timesheet.

INTRAMURALS - FALL

Outdoor games begin the week of Sunday, September 15

Term	Day	Time	Registration Opens	Registration Closes	*Captain's Meeting (WC215)
Coed Slow-pitch			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Sun	9 am-3 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Coed Flag Football			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Wed	2-6 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Men's Flag Football			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Tue	2-6 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Women's Field Hockey			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Fall	Tue	2-6 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Coed Outdoor Soccer			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Sun	11-8 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Fall	Thu	2-6 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Men's Outdoor Soccer			Team Fee: \$230 (entry fee \$100 + performance bond \$30 + behaviour bond \$100)		
Fall	Mon	2-6 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Women's Outdoor Soccer			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Mon	2-6 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Coed Outdoor Ultimate Frisbee			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Wed	2-6 pm	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)
Single's Tennis (Men's & Women's)			Cost: \$35 (entry fee \$15 + performance bond \$20)		
Fall	Any day	Any time	Fri Sep 6 @ 8:30 am	Wed Sep 11 @ 8:30 pm	Fri Sep 13, 10am-4pm (drop in)

*If you have been a captain and played Intramurals before and already created your team on IM Leagues, you do not need to attend the captain's meeting.



INTRAMURALS - FALL

Indoor games begin the week of Sunday, September 22

Term	Day	Time	Registration Opens	Registration Closes	*Captain's Meeting (WC215)
Men's Ball Hockey			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Fall	Sun	12-8 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Fall	Mon	7-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Coed Ball Hockey			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Fall	Tue	7-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Men's Afternoon Basketball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Fri	12-6 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Coed Handball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Wed	7-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Fall	Thu	7-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Men's Singles Badminton			Cost: \$35 (entry fee \$15 + performance bond \$20)		
Fall	Tue	2-5 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Women's Singles Badminton			Cost: \$35 (entry fee \$15 + performance bond \$20)		
Fall	Tue	2-5 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Women's 4's Volleyball			Team Fee: \$100 (entry fee \$70 + performance bond \$30)		
Fall	Mon	5-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Fall	Thu	5-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Men's 4's Volleyball			Team Fee: \$100 (entry fee \$70 + performance bond \$30)		
Fall	Mon	5-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Fall	Thu	5-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Coed 4's Volleyball			Team Fee: \$100 (entry fee \$70 + performance bond \$30)		
Fall	Sun	12-8 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Fall	Tue	5-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Coed Inner Tube Water polo			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Fall	Wed	8-10 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
Fall	Thu	8-10 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)
EXTREME Coed Intramurals			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall	Wed	5-11 pm	Fri Sep 13 @ 8:30 am	Wed Sep 18 @ 8:30 pm	Fri Sep 20, 10am-4pm (drop in)

*If you have been a captain and played Intramurals before and already created your team on IM Leagues, you do not need to attend the captain's meeting.

Games begin the week of Sunday, September 29

Term	Day	Time	Registration Opens	Registration Closes	Captain's Meeting
Men's Ice Hockey @ Merritton Arena			Team Fee: \$1,060 (entry fee \$930 + performance bond \$30 + behaviour bond \$100)		
Fall/Winter	Sun-Thu	Late	Mon Sep 23 @ 8:30 am	Tue Sep 24 @ 6 pm	Tue Sep 24 @ 7 pm
Women's Ice Hockey @ Merritton Arena			Team Fee: \$960 (entry fee \$930 + performance bond \$30)		
Fall/Winter	Mon	Late	Mon Sep 23 @ 8:30 am	Tue Sep 24 @ 6 pm	Tue Sep 24 @ 7 pm

FREE AGENTS (Individuals)

Free agents, who are not part of a team, may register at the Walker Sports Complex Welcome Desk or online and you will be placed with other free agents on a team. Free agent fees are \$15/sport. Exceptions: Ice Hockey - \$100; Co-ed Hockey - \$50

INTRAMURALS - FALL/WINTER

Games begin the week of Sunday, November 17

Term	Day	Time	Registration Opens	Registration Closes	*Captain's Meeting (WC215)
Women's Basketball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall/Winter	Sun	10 am-9 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Fall/Winter	Tue	5-11 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Men's Basketball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall/Winter	Sun	10 am-9 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Fall/Winter	Tue	5-11 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Coed Basketball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall/Winter	Mon	5-11 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Coed Indoor Soccer			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall/Winter	Sun	9 am-9 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Fall/Winter	Mon	7-11 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Fall/Winter	Thu	7-11 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Indoor Ultimate Frisbee			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Fall/Winter	Thu	5-11 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Co-ed Tchoukball			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Fall/Winter	Tue	7-11 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Coed Mystery Intramurals			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Fall/Winter	Wed	5-11 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
The Coed Mystery league will consist of different non-intramural league sports each week. This intramural league will allow participants to try a variety of sports that they may not get to try otherwise in a fun and competitive environment.					
Coed Water Volleyball			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Fall/Winter	Tue	8-10 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Coed 4's Morning Volleyball			Team Fee: \$100 (entry fee \$70 + performance bond \$30)		
Fall/Winter	Tue	9 am-12 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Singles Squash			Cost: \$35 (entry fee \$15 + performance bond \$20)		
Fall/Winter	Any	Any Time	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)
Pickleball (Doubles) 			Cost: \$50 (entry fee \$30 + performance bond \$20)		
Fall/Winter	Wed	5-10 pm	Fri Nov 1 @ 8:30 am	Thu Nov 7 @ 8:30 pm	Fri Nov 8, 10am-4pm (drop in)

*If you have been a captain and played Intramurals before and already created your team on IM Leagues, you do not need to attend the captain's meeting.

TOURNAMENTS

Date	Registration Opens	Registrations Closes
Spikeball 	Team Fee: \$40/team	
Friday, October 4	Fri Sep 27 @ 8:30 am	Wed Oct 2 @ 8:30 pm
Snow Flag Football	Team Fee: \$40/team	
Saturday, January 18	Fri Jan 10 @ 8:30 am	Wed Jan 15 @ 8:30 pm
March Madness 3-on-3 Basketball	Team Fee: \$30/team	
Month of March	Fri Feb 7 @ 8:30 am	Wed Feb 26 @ 8:30 pm

INTRAMURALS - WINTER

Games begin the week of Sunday, February 2

Term	Day	Time	Registration Opens	Registrations Closes	Captain's Meeting (WD215)
Coed Ice Hockey			Team Fee: \$525 (entry fee \$490 + performance bond \$35)		
Winter	Sun-Thu	Late	Mon Jan 20 @ 8:30 am	Wed Jan 22 @ 6 pm	Wed Jan 22 @ 7 pm

Games begin the week of Sunday, February 9

Term	Day	Time	Registration Opens	Registrations Closes	*Captain's Meeting (WD215)
Aqua Intramurals			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Winter	Thu	8-10 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
The Aqua Intramurals will consist of different sports played in the pool each week. Sports will include inner tube water polo, underwater hockey, water volleyball and more!					
Coed Inner Tube Water Polo			Team Fee: \$125 (entry fee \$95 + performance bond \$30)		
Winter	Tue	8-10 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Men's Indoor Soccer			Team Fee: \$230 (entry fee \$100 + performance bond \$30 + behaviour bond \$100)		
Winter	Sun	9 am-9 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Winter	Tue	7-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Winter	Thu	7-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Women's Indoor Soccer			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Winter	Mon	7-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Winter	Wed	7-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Coed Dodgeball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Winter	Tue	5-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Men's Doubles Badminton			Team Fee: \$50 (entry fee \$30 + performance bond \$20)		
Winter	Tue	5-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Women's Doubles Badminton			Team Fee: \$50 (entry fee \$30 + performance bond \$20)		
Winter	Tue	5-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Mixed Doubles Badminton			Team Fee: \$50 (entry fee \$30 + performance bond \$20)		
Winter	Tue	5-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Coed 6's Volleyball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Winter	Sun	10 am-9 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Winter	Mon	5-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Winter	Wed	5-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Men's 6's Volleyball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Winter	Sun	10 am-9 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Women's 6's Volleyball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Winter	Sun	10 am-9 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Coed Soccer Baseball			Team Fee: \$130 (entry fee \$100 + performance bond \$30)		
Winter	Thu	5-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)
Single's Table Tennis			Cost: \$35 (entry fee \$15 + performance bond \$20)		
Winter	Tue	5-11 pm	Fri Jan 24 @ 8:30 am	Thu Jan 30 @ 8:30 pm	Fri Jan 31, 10am-4pm (drop in)

*If you have been a captain and played Intramurals before and already created your team on IM Leagues, you do not need to attend the captain's meeting.

DROP-IN RECREATION, SWIM LESSONS



As a current Brock University student, you have access to our 50 m swimming pool.

- Swimming lessons • Aqua Intramurals • Aqua Spin classes
- Aquatic fitness classes • Daily lane and recreational swims • Whirlpool

Drop-in Recreation

Get the Brock Sports App for daily information on drop-in recreation space. The gymnasias are normally set up for basketball, volleyball or badminton casual use. Alumni field is used for flag football, ultimate frisbee and soccer. Borrow equipment from the Central Equipment Room. Be sure to check in with your Brock student ID card.

For weekly pool schedules, use the Brock Sports app to find lane swim and fun swim times.

Great Lakes Swim Challenge

Log your workouts and you will receive an incentive prize once you swim the distance of each great lake. 20 minutes, two to three times per week, develops a strong heart and healthy lungs. No need to register. Head to the pool deck where you'll find the swim box and start recording.

Brock student Swim Lessons

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. Four students per class.

7030	Tu, 4:15 pm-5 pm, Sep 17-Oct 8	4
7031	Th, 4:15 pm-5 pm, Sep 19-Oct 10	4
\$26		

DIRTY BADGER TRAIL RUN

Saturday, August 17 - \$25 registration
brocku.ca/recreation/dirtybadger

FITNESS

Free Trial Week – September 8-13

Register for our 8-week programs that start September 16
at the Walker Sports Complex Welcome Desk.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
10am				Beginner Yoga		
11am		Kickstart to Fitness Kickboxing	Bootcamp 1: Novice	MMA for Self Defense	Vinyasa Flow Yoga	Yin Yoga
1pm		Zumba	Hatha Yoga	Yogalates	Hatha Yoga	
2pm	Dance Conditioning		AfroBrazilian Dance	Weng Chun Kung Fu		
3pm					RAD	
5pm		Yogalates	BoxFit	Vinyasa Flow Yoga	Zumba	
6pm		Fitness Kickboxing	Pilates	Bootcamp 2: Intermediate Fitness	Kickstart to Fitness Kickboxing	
7pm			Dance: Hip Hop	Kickstart to Fitness Kickboxing	Dance: Jazz Fusion	
8pm		Dance: Jazz	Iaido: Japanese Swordsmanship (2 hrs)	Dance: Lyrical/Contemporary		

ExpressFit classes for Brock University students and members

Expressfit classes will help make fitness fit into your life. 40-minute classes will get you moving, regardless of your current fitness level. Check out a full list of ExpressFit classes, and an up-to-date schedule by visiting brocku.ca/recreation, or downloading the Brock Sports mobile app!

Aquatic Fitness Weekly Schedule (starts September 16)

	Monday	Tuesday	Wednesday	Thursday	Friday
7:40-8:20 am			Aquafit		
9:10-9:50 am			Deep Water Aquafit		
12:10-12:50 pm	Aqua Spin				Aqua Step
7:10-7:50 pm		Aquatic Boot Camp		Aqua Dance	

Aquatic Fitness Classes (Free for Brock students)

Aquafit: A fun and upbeat introduction to the world of aquafit with a full body workout adaptable to all body strengths focusing on cardio-vascular and muscular strength along with agility.

Aquatic Boot Camp: This high-energy aqua aerobic class focuses on improving cardio-vascular endurance along with strength and flexibility.

Deep Water Aquafit: A deep water workout using aquafit belts designed to reduce impact on joints while still receiving a cardio-vascular workout and improving core strength.

Aqua Spin: With a focus on cardio-vascular and core strength, use your bike in the water to target various leg muscles.

Aqua Step: A cardio-vascular based class adaptable to all body types and strengths that focuses on self-improvement and endurance while targeting various leg muscles.

Aqua Dance: Have fun using upbeat dance moves to music in this extra resistance workout!

FITNESS, CLIMBING

Fitness Kickboxing 1: Kickstart

Learn and improve technique and put it into action with this great workout. This course is recommended for anyone who loves fitness and wants to switch up the routine! No experience is needed.

7002	M, 11-11:55 am, Sep 16-Nov 11	8
7016	W, 7-7:55 pm, Sep 18-Nov 13	8
7003	Th, 6-6:55 pm, Sep 19-Nov 14	8
No class Oct 14, 16 & 17		
\$59		

Fitness Kickboxing 2:

Intermediate

Kick up the intensity with this HIIT style workout, featuring kickboxing techniques, as well as some challenging bodyweight exercises!

7004	M, 6-6:55 pm, Sep 16-Nov 11	8
No class Oct 14		
\$59		

Bootcamp Level 1 (Intro)

Hard work pays off! HIIT training lets you work as hard as you can for short work intervals, so everyone gets the workout they came for.

7000	Tu, 11-11:55 am, Sep 17-Nov 12	8
No class Oct 15		
\$59		

Bootcamp Level 2 (Advanced HIIT)

Think you know tough? Think again! Gruelling high intensity interval training (HIIT) style workouts will push you as hard as you are willing to go while a personal trainer helps to make sure you're getting the most out of every rep!

6999	W, 6-6:55 pm, Sep 18-Nov 13	8
No class Oct 16		
\$59		

BoxFit Bootcamp

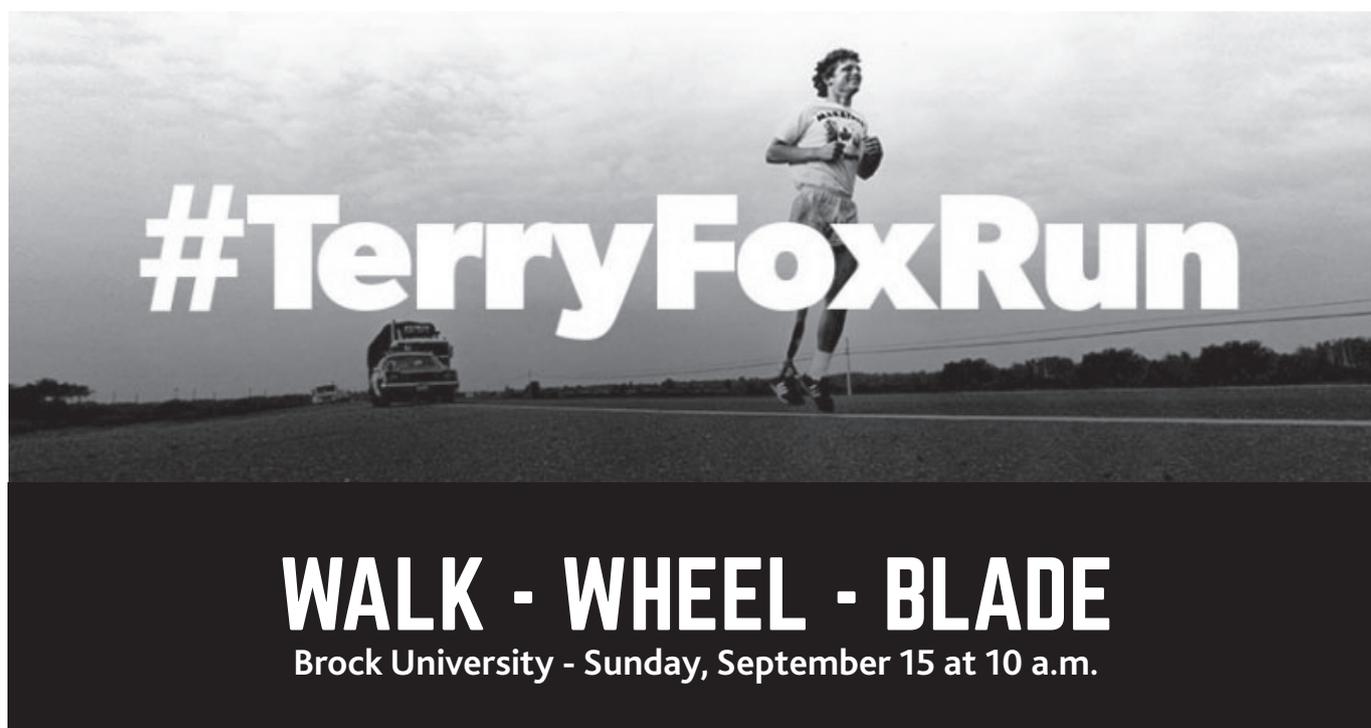
Knock out your workout! Challenge yourself through intense circuits using hard-hitting boxing technique in a high-energy bootcamp-style class.

7001	Tu, 5-5:55 pm, Sep 17-Nov 12	8
No class Oct 15		
\$59		

Brock University Student Climbing (Free)

Get a taste for climbing at Brock University's outdoor rock climbing tower and 30 foot high ropes challenge course. For experienced and beginner climbers alike. Equipment and instruction will be provided. Bring closed toed shoes and a sense of adventure! Note: All climbers must sign a participant waiver. Those under 18 must have parent/guardian signature. Meet on the challenge course behind the Alumni turf field. Registration is not required.

W, 10 am-2 pm, Sep 4





COMING SUMMER 2020

THE ZONE EXPANSION

Thanks to Brock University students, the Zone Fitness Centre will triple in size from 4,300 square feet to 15,500 square feet.

We're building an even better Brock experience.

Get construction updates @BrockRecreation or online at brocku.ca/recreation

This is a draft rendering of the proposed Zone Expansion Project. Changes may be made during the further planning or development stages and dimensions, finishes and representations are subject to change.

PERSONAL TRAINING, TENNIS



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! Register at the Walker Sports Complex Welcome Desk.

	Member	Non-member	30-minute consultation	Custom fitness program	Pre-training body composition analysis	Post-training body composition analysis	Body composition 4-punch pass
3-session package	\$127	\$138	✓	✓	✓		
5-session package	\$175	\$189	✓	✓	✓		
10-session package	\$289	\$305	✓	✓	✓	✓	
16-session package	\$435	\$459	✓	✓	✓	✓	✓

Each session is a maximum of one hour.
Cancellation of scheduled sessions must be made 24 hours in advance.
Package renewals: Save 10% if you have purchased any package in the last 6 months.

Tennis Lessons

Make the most of what's left of the warm weather! Learn the basics, or improve your game with lessons for both beginner and experienced tennis players. Learn to play as a group by sharing lessons with up to 4 friends!

	Member	Non-member
Single session	\$45	\$53
3-session package	\$120	\$144
5-session package	\$185	\$225
10-session package	\$305	\$385

Body Composition Analysis

Learn what you are made of! This quick, non-invasive test will track your lean body mass, body fat mass, basal metabolic rate, and will even uncover muscle imbalances. No appointment needed.

	Member	Non-member
Single test	\$12	\$15
4-Scan Pass	\$40	\$48

MARTIAL ARTS, SELF-DEFENSE, ART

RAD (Self Defense for Women)

A self defense course for women who want to learn realistic tactics in a safe and supportive environment. Focus on risk awareness, recognition, reduction and avoidance while also learning hands on self-defense techniques that anyone can do.

7028	Th, 3-3:55 pm, Sep 19-Nov 14	8
No class Oct 17		
\$25* (Refundable upon completion of course.)		

MMA for Self-Defense

With the guidance of an experienced mixed martial arts athlete and coach, gain confidence and develop skills to protect yourself in any situation. This class is led by a pro MMA and Kickboxing athlete.

7008	W, 11-11:55 am, Sep 18-Nov 13	8
No class Oct 16		
\$59		

Iaido: Japanese Swordsmanship

This martial art develops mental and spiritual focus through the physical discipline of drawing and using a Japanese sword. Choose to register for once- or twice-weekly sessions!

7007	Tu, 8-9:55 pm, Sep-Nov 26	8
No class Oct 15		
\$45		

Weng Chun

This ancient martial art has been the foundation for many famous martial artists! This introductory course will teach you the basics of self defense and will lay the foundation for training with the wooden dummy and the long staff.

7017	W, 2-2:55 pm, Sep 18-Nov 13	8
No class Oct 16		
\$45		

Fencing

Learn to sword fight like the Olympians, taught by nationally certified fencing coaches, in an exciting, fun and safe environment. All equipment is provided during training. For more information visit fencingniagara.com or email coach@fencingniagara.com

Brock Students & Adults (17+ yrs.)

7034	M, 8:30-9:25 pm, Sep 9-Nov 4	8
No class Oct 14		
\$85		

Youth 11-16

7032	M, 7:30-8:25 pm, Sep 9-Nov 4	8
No class Oct 14		
\$85		

Child 7-10

7033	M, 6:30-7:25 pm, Sep 9-Nov 4	8
No class Oct 14		
\$85		

Continue to take your fencing training to the next level by checking out our fencing leagues and academies. Visit brocku.ca/recreation/fencing for details.



CREATIVE COURSES

FALL 2019

Exercise the
"other side of your brain".

Visit brocku.ca/recreation
for more information or to register today!

YOGA & WELLNESS

Love Yoga?

Your all access yoga pass allows you to enjoy as many yoga and yogalates classes as you want this semester for \$149 (Course #7026). Daily classes Monday to Friday



Beginner Yoga

Ease your way into yoga. Learn and progress through various styles, and experience all the physical and mental benefits along the way.

7012	W, 10-10:55 am, Sep 18-Nov 13	8
No class Oct 16		
\$64		

Hatha Yoga

Improve flexibility, balance, and mental focus by gradually moving deeper into postures for longer holds.

7005	Tu, 1-1:55 pm, Sep 17-Nov 12	8
7006	Th, 1-1:55 pm, Sep 19-Nov 14	8
No class Oct 15 & 17		
\$64		

Vinyasa Flow

Link conscious breath with powerful movement. Build strength, maintain flexibility, and improve movement with this athletic style of yoga.

7015	W, 5-5:55 pm, Sep 18-Nov 13	8
7010	Th, 11-11:55 am, Sep 19-Nov 14	8
No class Oct 16 & 17		
\$64		

Yin Yoga

Unwind with this slower-paced class style of yoga that focuses on stretching. Yin yoga emphasizes long, deep, non-weight bearing stretches to improve flexibility.

7011	F, 11-11:55 am, Sep 20-Nov 15	8
No class Oct 18		
\$64		

Yogalates

Experience the challenge and the benefits of a yoga class, integrated with the core-strengthening characteristics of pilates!

7014	M, 5-5:55 pm, Sep 16-Nov 11	8
7013	W, 1-1:55 pm, Sep 18-Nov 13	8
No class Oct 14 & 16		
\$64		

*Pilates

Don't underestimate the little things! Strengthen your core, engage muscles you barely knew you had, and feel better than ever...and barely even touch a weight in the process!

7009	Tu, 6-6:55 pm, Sep 17-Nov 12	8
No class Oct 15		
\$64		

*Not included in Yoga Pass.

DANCE, CERTIFICATION

*Badgers Dance Pak Novice Dance Program

Train with members of Brock's varsity dance team on various forms of dance. Open to all experience levels.



*Dance: Conditioning (NEW!)

Stretch, strengthen, and build endurance with weekly workouts focused on improving your dancing. This class is open to anyone who has signed up for classes in the Badgers Dance Pak novice dance program.

Su, 2-2:55 pm, Sep 15-Nov10	8
No class Oct 13 & 20	
No charge if signed up for Dance Pak	

*Dance: Lyrical/Contemporary

Explore the freedom of movement through a blend of styles, and learn to express yourself through movement. The fluidity of contemporary dance merges with classic elements of jazz in a modern style fit for pop culture today.

7020	W, 8-8:55 pm, Sep 18-Nov 13	8
No class Oct 16		
\$49		

*Dance: Intermediate Hip Hop

A high energy street style dance where dancers can have fun and get groovy!

7021	Tu, 7-7:55 pm, Sep 17-Nov 12	8
No class Oct 15		
\$49		

*Dance: Jazz (NEW!)

A fun and energizing class to gain flexibility and coordination incorporating stylized movements and technical aspects of dance.

7022	M, 8-8:55 pm, Sep 16-Nov 11	8
No class Oct 14		
\$49		

*Dance: Jazz Fusion (NEW!)

A combination of jazz and hip hop dancing allowing dancers to learn the movements of jazz along with the fun and intricacy of hip hop.

7023	Th, 7-7:55 pm, Sep 19-Nov 7	8
No class Oct 17		
\$49		

Zumba

Party your way into shape! This dance-based fitness class is all energy, and great for anyone who thinks there is more to fitness than weights, treadmills, and yoga mats!

7018	M, 1-1:55 pm, Sep 16-Nov 11	8
7019	Th, 5-5:55 pm, Sept 19-Nov 14	8
No class Oct 14 & 17		
\$49		

Dance: Brazillian (NEW!)

Embrace the rhythm and the power of your own movement. Feel the freedom of this high-energy, fun dance style.

7024	Tu, 2-2:55 pm, Sep 17-Nov 12	8
No class Oct 15		
\$49		



Fundamentals of Personal Training

This 40-hour course, primarily based on CPTN-CPT standards will help prepare students to become certified as Personal Trainers. Receive in-depth instruction in areas including training principles, injury prevention, legal responsibility, consulting and interpersonal skills, exercise technique, and program design. Each student will receive a copy of The Art & Science of Personal Training manual. This is a preparation course only and is independent of any exams.

7025	Sa/Su, Oct 26-27, Nov 2-3, Nov 9	5
\$259		

Sports Injury Taping & Wrapping

Learn basic taping and wrapping techniques for common soft tissue injuries including ankle, wrist, thumb and shoulder. Developed by professional athletic therapists to benefit the trainer, coach, physical education/kinesiology student, teacher and athlete. Recommended for future student athletic trainers.

7038	Tu, 6 -10 pm, Nov 19	
\$55		

Practical Athletic Training Workshop

Practical hands-on training will equip you with the basic skills to manage and prevent on-field injuries. Training includes athletic taping/wrapping, on-field emergency sports injury care, active warm-up, stretching techniques and expert trainer tips. Recommended for future student athletic trainers and personal trainers.

7039	Tu, 6 -10 pm, Nov 5-12	2
\$87		

FIRST AID

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).

6910	SaSu, 8:30 am-5 pm, Sep 14-15
6911	SaSu, 8:30 am-5 pm, Sep 21-22
6912	SaSu, 8:30 am-5 pm, Sep 28-29
6913	SaSu, 8:30 am-5 pm, Oct 5-6
6914	SaSu, 8:30 am-5 pm, Oct 12-13
6915	SaSu, 8:30 am-5 pm, Oct 19-20
6916	SaSu, 8:30 am-5 pm, Oct 26-27
6917	SaSu, 8:30 am-5 pm, Nov 2-3
6918	SaSu, 8:30 am-5 pm, Nov 9-10
6919	SaSu, 8:30 am-5 pm, Nov 16-17
6920	SaSu, 8:30 am-5 pm, Nov 23-24
6921	SaSu, 8:30 am-5 pm, Nov 30-Dec 1
6922	SaSu, 8:30 am-5 pm, Dec 7-8
6823	SaSu, 8:30 am-5 pm, Dec 14-15
\$97	

Canadian First Aid Manual 2015 version version: \$15

Standard First Aid CPR C - AED Recertification (LSS)

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

6926	Sa, 8:30 am-5 pm, Sep 14
6927	Sa, 8:30 am-5 pm, Oct 19
6928	Sa, 8:30 am-5 pm, Nov 23
\$64	



*Standard First Aid recertification procedure

Current Standard First Aid (SFA) award holders may recertify once with a Lifesaving Society SFA recertification course not more than three years from the date of issue. Subsequently, award holders must repeat the full SFA course. Thereafter, individuals may renew by alternating recertifications and original courses. Holders of Standard First Aid certificates from other agencies may not recertify with a Lifesaving Society course. It must be with the original certifying agency.

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.

6936	Sa, 8:30 am-5 pm, Sep 21
6937	Sa, 8:30 am-5 pm, Oct 26
6938	Sa, 8:30 am-5 pm, Dec 7
\$68	

AQUATIC LEADERSHIP



Assistant Instructor

Learn how to help certified instructors with swimming and lifesaving classes. You will be introduced to key principles and will master basic progressions. Roles and responsibilities of instructors and their assistants are emphasized. You will be required to complete 20 hours of apprentice teaching.

Prerequisite: 14 years of age by the end of the course, and Bronze Cross (or higher) certification.

6942	Sa, 9 am-5 pm, Sep 21-Oct 12	4
\$116		

Instructor Pac: \$85

Swim for Life Instructor and Lifesaving 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.

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.

Prerequisites:

- Bronze Cross or National Lifeguard.
- LSS Assistant Instructor or Red Cross AWSI or YMCA Assistant Instructor.
- 16 years of age on or before the last day of the course.

6953	F, 5 pm-9 pm, Nov 1, 8 Sa, 8:30 am-5 pm, Nov 2, 9 Su, 8:30 am-5 pm, Nov 3, 10	6
\$260		

Instructor Pac: \$85

National Lifeguard

Valid in all provinces and recognized as legal certification for lifeguarding throughout Canada, training consists of core material plus content specific to a working pool environment. You will be trained in emergency care, how to prevent accidents, spot potential trouble and intervene. You will identify hazards, determine safe practices and educate the public about hazards and risks associated with aquatic activities and how to be Water Smart.

Prerequisites: 16 years of age by the exam date, a Bronze Cross certification and Standard First Aid/CPR C from either Lifesaving Society or Canadian Red Cross or St. John's Ambulance or Canadian Ski Patrol.

6902	W, 5-10 pm, Sep 18-Nov 6	8
6903	F, 5-9 pm, Dec 6, 13 Sa, 8:30 am-5 pm, Dec 7, 14 Su, 8:30 am-5 pm, Dec 8, 15	6
\$267		

Alert Manual: \$45

National Lifeguard Recertification

Ontario Health Regulations require lifeguards to recertify every two years. Participants must bring proof of certification. **National Lifeguard does not need to be current to recertify.**

6905	F, 8:30 am-12:30 pm, Sep 20	1
6906	F, 9 am-1 pm, Oct 25	1
6907	Su, 8:30 am-12:30 pm, Nov 17	1
6908	Sa, 9 am-1 pm, Dec 14	1
\$79		

Brock Niagara Lifesaving Club (Senior)

You will be introduced to the sport of lifesaving while concentrating on developing your strength, power and endurance. Focus on teamwork, sportsmanship, achieving personal bests and most of all, having fun! You will improve your skills whether you are participating for competition or preparing for the National Lifesaving Program.

Prerequisite: 16-29 years of age.

7037	M, 7:30-9:30 pm, Sep 16-Nov 11 (No class Oct 14)	8
\$78		

CHILD, YOUTH, FAMILY



After School Programs Grades 3-8

In this tech-themed after-school program, students get hands-on experience with robotics, 3D printing, coding, and video game design. Using EV3 Lego Mindstorms robotics, engineer the fastest, strongest, or smartest creation. In the Makerspace, design and build your own 3D printed project. Using Construct 3, develop a platformer-style video game. You will have fun while Brock student mentors teach new skills in design and technology. For detailed information, please call 905-688-5550, x3120.

Visit brocku.ca/kids for more information.

Swimming lessons for all ages
Fall registration starts August 6, 2019, at 12 noon. Classes start September 16. Recreational swimming is scheduled daily. Visit our website for weekly schedules.

Brock Niagara Penguins A program for youth and young adults with a disability

A house league and travel wheelchair basketball team, paralympic boccia, and a local swim team for youth and young adults with physical disabilities. Programs run from September to March. Visit the website for program information, eligibility, registration forms, fees, dates and times. Brock University volunteers are needed for all three programs. For more information, visit niagarapenguins.org or contact niagarapenguins@brocku.ca

Competitive aquatic teams
For more information about Brock Niagara Aquatics, Brock Niagara Diving, or Brock Niagara Synchro teams for youth, visit brocku.ca/aquatics

Children's Movement Program Ages walking through 12

Does your child like to jump, climb, explore, dance and play games? This program is based on Brock University's movement education program, incorporating problem-solving and decision-making skills. Educational gymnastics, creative dance and developmental games challenge children to be active and try new skills. Brock University student volunteer applications are available online at brocku.ca/recreation

6962	1-2	Sa, 9-9:50 am, Sep 15-Nov 17
6963	1-2	Sa, 10-10:50 am, Sep 15-Nov 17
6964	1-2	Sa, 11-11:50 am, Sep 15-Nov 17
6965	3-4	Sa, 9-9:50 am, Sep 15-Nov 17
6966	3-4	Sa, 10-10:50 am, Sep 15-Nov 17
6967	3-4	Sa, 11-11:50 am, Sep 15-Nov 17
6968	5-7	Sa, 9-9:50 am, Sep 15-Nov 17
6969	5-7	Sa, 10-10:50 am, Sep 15-Nov 17
6970	8-12	Sa, 11-11:50 am, Sep 15-Nov 17
8 classes (No class October 12 & 19)		
\$68 Child		
\$60 Additional child (same family)		
\$40 Child of a current Brock University student		

Saturday SNAP (Special Needs Activity Program)

An inclusive and adaptive physical activity program on Saturday afternoons for teens and transition age youth on the autism spectrum (other special needs or multiple diagnoses). The program includes gymnasium and swim activities. For more information, please email Elyse Lappano (elappano@brocku.ca). **Brock University volunteers needed.**

6886	Sa, 2:45-4:45 pm, Sep 28-Nov 23 (No class Oct 12 & 19)	7
\$140		

Fencing for children and youth
See page 14 for information.

VOLUNTEERS NEEDED

Children's Movement Program and Brock Niagara Penguins.
Visit our website at brocku.ca/recreation for more information.

INFORMATION FOR MEMBERS

Check-in/Replacement card

Check in at the Central Equipment Room each time you visit with your Brock University student ID or membership card. Should you forget your membership card, you will be granted two free look-up entries to confirm your status. Following this, if you cannot produce your card, a look-up fee of \$2 will be charged. If you require a new Walker Sports Complex membership card, the replacement cost is \$15. Student cards must be replaced at the One Card office.

Equipment

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

To purchase

Lock	\$8
Ping pong ball.....	\$1
Squash ball.....	\$4
Swim diaper for babies	\$3
Tennis ball/badminton birdie	\$2.50

To rent (with proper ID)

Ping pong paddles (up to 4).....	\$3
Squash/tennis/badminton racquet ..	\$3
Towel or lock	\$2.50

To borrow (with proper ID)

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

Pool deck

Anyone who wishes to remain on the pool deck must wear proper swim attire. Parents will be directed to watch their children from the pool gallery.

Apparel

- Clean, non-marking indoor athletic shoes must be worn in the gyms, courts, Zone and track.
- Baggy tank tops, bare torsos and street clothing/footwear are not permitted in activity areas.
- Pants and shorts should not have protruding metal which can cut the equipment (i.e., belts, zippers).
- Shorts must have a minimum inseam of two inches.
- Bathing suits must be worn in the swimming pool and family shower.
- Infants and toddlers who participate in the fun and leisure swim with a parent must wear a swim diaper. Cloth or disposable diapers are not allowed. Swim diapers are available for purchase from the Central Equipment Room.
- Proper attire must be worn while using the squash and outdoor tennis courts (includes shirts).
- It is strongly recommended that goggles be worn while playing squash.
- Gym bags, knapsacks, jackets, keys and other personal items are not allowed in activity areas (gymnasias, The Zone, pool).

Lockers

Lockers can be rented by current students and members. You are required to empty the contents of your locker or renew by the expiry date. Walker Sports Complex staff are not responsible for items left in your locker. A \$5 administrative fee will be charged to empty the belongings of a day locker or an expired member locker. If contents are removed by our staff, they will be stored in the Central Equipment Room for two weeks and then disposed of.

If you rent a locker, you must use the lock that is provided by the department. Locks are to be left on the locker at the end of your rental term. Staff will attempt to contact you by phone and/or email to request that you pick up your belongings.

All gym bags/knapsacks must be stored in lockers prior to entering any of the activity areas. Day lockers, and coin lockers, are for one day use only. Locks and contents will be removed at closing.

Locks are not supplied for day use lockers; however, you can purchase one from the Central Equipment Room.

NOTE: Parents with children of a different gender must use the family change room. Personal items should not be left in the changeroom cubicles.

Protecting your information

Brock University protects your privacy and your personal 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). Information is used for the administration of the University and its programs and services.

Email addresses are used for receipts, program information and programming notifications.

Direct any questions about this collection to the Director of Brock Recreation, x3574, or visit brocku.ca/recreation.

Locker sign-up for students starts September 6 and will continue while quantities last.

INFORMATION FOR MEMBERS



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.
- Condemn violence and harrasment in all forms.
- Always attempt to contribute to the betterment of your experience at Brock University's Walker Sports Complex.

Behaviour/Conduct

All patrons are required to treat each other and the staff of the Walker Sports Complex with respect in adherence with Brock University's Respectful Work and Learning Environment Policy. Please ask to speak with a supervisor if necessary.

Please ensure that The Zone weights are placed on the floor safely (not dropped). Spitting, foul language, grunting, use of chalk and monopolizing the use of equipment is considered unacceptable conduct and may result in loss of privileges.

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 within the facility (e.g., private lessons, personal training, sales) is strictly prohibited.

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.

Injuries/Safety

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

Defibrillator

Public access automated external defibrillators (AED) are located to the left of the entrance to the locker rooms and outside of Ian Beddis Court 4 in the Walker Sports Complex. All facility supervisors and aquatic supervisors are trained to use the AED.

Accessibility

Brock University strives to make our facility, programs and services accessible to everyone, including persons with disabilities.

Program Accessibility

Persons with disabilities accompanied by a support person are welcome to access our programs or services. Support persons will be admitted at no charge. Please notify a staff member when you arrive.



For information, please visit brocku.ca/recreation

Universal Changeroom

A family/universal changerroom is available with individual stalls. Personal items should not be left in the changerroom cubicles.

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.

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.

Please report broken or unsafe equipment to a facility supervisor at the Central Equipment Room.

Online weekly pool schedule brocku.ca/aquatics or download our app.

INFORMATION FOR MEMBERS

The Zone (Fitness Centre)

The Zone contains state of the art strength training and cardio equipment. It is staffed at all times by Certified Personal Trainers.

Track

The 200 metre indoor walking/jogging track is located above the Ian Beddis gymnasium with a view to the outdoors.

Squash and outdoor tennis

Take advantage of our year-round squash and seasonal tennis courts. Reservations can be made up to one week in advance at the Central Equipment Room or by phone at x3377. Squash and tennis have priority over other activities on the respective courts.

Sauna and whirlpool

Relax in one of our dry saunas located in the men's and women's locker rooms, or take a few minutes to soak in the coed whirlpool located on the pool deck.

Gyms

Brock University has three large gymnasias located in the Walker Sports Complex that can be used for casual recreation and appropriate indoor activities when available. Schedules are available at brocku.ca/recreation. Open recreational time can be reviewed in the Brock Sports app.

Download our app today for easy access to our programs, activities, schedules, specials, news and to find out how many people are in The Zone!

Note: If you've been using the app for more than one year, please download it again for the updated version.

Studios

The fitness, dance and spin studios are multi-purpose rooms with hardwood floors, full length mirrors and spin bikes. When not in use for academic classes, varsity practices and scheduled programs, the studios are available for appropriate indoor activities.

Bottle filling stations

Thirsty? The Walker Sports Complex has four water bottle filling stations. One is located beside the Central Equipment Room, and another in the Zone and one in the hallway near the Walker Sports Complex Welcome Desk.

Facility maintenance and special event bookings

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

Swimming pool

Be sure to take advantage of Brock University's 50 metre pool (no charge for Brock University students)! Weekly schedules are available online at brocku.ca/aquatics.

- A wristband will be issued for entry to the pool.
- Anyone using the swimming pool or whirlpool is required under the Ontario Public Health Act (Reg. 565) to take a shower and rinse thoroughly before entering or re-entering the pool.
- Please wear clean, non-restricting aquatic apparel while using the aquatic centre. Street shoes are not permitted on the pool deck.
- A child admission procedure is in effect for children nine and under. Please visit brocku.ca/aquatics for details.

Annual pool and whirlpool maintenance shutdown

During our annual maintenance shutdown, the 200 m track and The Zone are made available to pool members. Credits or extensions will not be issued for the shutdown period.



MEMBERSHIPS

MEMBERSHIPS

	Fitness & Recreation	Swim	Walker Sports All Access
The Zone Fitness Centre	✓		✓
50m Swimming Pool		✓	✓
ExpressFit Classes	✓		✓
200m Indoor Track	✓	✓	✓
Outdoor Tennis Courts	✓		✓
Squash Courts	✓		✓
Alumni Field	✓		✓
Ian Beddis Gymnasium	✓		✓
Bob Davis Gymnasium	✓		✓
Gym 2	✓		✓
Locker Rooms & Showers	✓	✓	✓
Dry Sauna	✓	✓	✓
Outdoor Fitness Area	✓		✓
Towel Service		✓	
Whirlpool		✓	✓
AquaFit Classes	✓	✓	✓

\$ RATES (PER MONTH)

	Fitness & Recreation	Swim	Walker Sports All Access
Faculty/Staff	\$36	\$25	\$40
Alumni/*Spouse	\$43	\$32	\$47
Community	\$53	\$36	\$57
Senior (65+)	\$43	\$32	\$47

*Spouse of Faculty, Staff, Alumni, or Brock student

ADD-ONS (PER MONTH)

Towel Service	\$8
Locker (full size)	\$8
Locker (half size)	\$7



Brock University undergraduate/graduate student access

If you are currently registered in courses, you have access to the Zone, fitness classes, 200 m track, gymnasiums, squash courts, tennis courts, shower room and sauna. Present your student identification card at the Central Equipment Room to receive a wristband each time you use the facilities. Bring your own lock and remove it daily following your workout, rent a lock at the Central Equipment Room for \$2, or rent a locker at the Walker Sports Complex Welcome Desk.

Day passes

These passes are valid for the date of purchase and expire at close each night.

Adult All Access Day Pass.....	\$8
Adult Swim (pool, sauna, whirlpool).....	\$4.75
Child Swim (under 15 years).....	\$3.75

10-punch passes

Facility - Adult	\$70
Swim - Adult	\$40
Swim - Child	\$30

Punches can be shared with a friend when the punch pass member is present.

CONTACTS, REGISTRATION, REFUNDS

Contacts (Dial 905 688 5550, then “1” and the extension listed below.)

Walker Sports Complex - Welcome Desk (general inquiries and registration).....	x4060
Central Equipment Room (equipment requests, facility availability, court reservations).....	x3377
The Zone (direct line to fitness centre/spin class sign-up/orientation).....	x3009
Aquatics, First Aid.....	x3555
Brock University swim teams.....	x3244
Intramural office (team schedules, rules).....	x3742
Facility bookings.....	x3927
Pool bookings.....	x3928
Fitness/programs.....	x3093
Intramurals.....	x4699

Register early

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

Register online!

If you haven't set up an account, you will need to create a login. Visit brocku.ca/recreation for instructions on how to register.

By phone (programs only) 905 688 5550 x4060

Please have your VISA/Mastercard number and expiry date ready when you call to register. During peak registration times, you may be asked to leave a message with a daytime and evening number. We will make every effort to return your call on the same business day.

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.

Parking

Parking is included with community and alumni facility memberships and multi-week program registrations. Permits (2-hour limit) can be picked up at the Walker Sports Complex Welcome Desk. Please bring your license plate number with you when picking up your permit.

For visitor parking on campus, please visit brocku.ca/parking

Confirmation of registration

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

Accessibility

If you require special services, please communicate this to our staff when registering for your program or membership (x4809).

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 provided that the information you have given us is up-to-date in our system.

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 we have in our 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.

HST

If applicable, prices listed in this guide include HST.

GET YOUR GAME DAY TICKETS ONLINE!



Visit brocku.universitytickets.com



BROCK SPORTS MEDICINE CLINIC

PROVIDING SERVICE
TO ALL STUDENTS,
FACULTY AND STAFF
FOR INJURIES
RELATED TO SPORT
AND EXERCISE.

We offer:

- Athletic Therapy
- Physiotherapy
- Sport Medicine
- Physician Consult
- Massage Therapy
- Chiropractic Care
- Osteopathy
- Kinesiology
- Custom Knee Braces
& Foot Orthotics
- Concussion
Management

Find us:

Across the street from the Walker
Sports Complex in Harrison Hall
(beside Student Health Services).

Call to schedule appointments.
Walk-ins for acute injuries only.

Visit brocku.ca/sports-medicine
or call 905 688 5550 x3791

FALL INTRAMURALS

GET INVOLVED. GET ACTIVE.

Register yourself or a team online beginning September 6.
Questions can be directed to the Walker Sports Complex
Welcome Desk or call 905 688 5550 x4060.

BROCKU.CA/RECREATION/INTRAMURALS



DOWNLOAD THE BROCK RECREATION APP

Looking for program, fitness, aquatics,
intramural & varsity information?
Check the Brock Recreation app for
up-to-date happenings in and around
Walker Sports Complex at Brock.

