Brock University

SWIM FOR LIFE®
LIFESAVING SOCIETY

WINTER 2020 AQUATICS GUIDE

FREE PARKING

For swimming lessons and leadership programs. Visit the Welcome Desk for details.

REGISTER ONLINE

Opens November 19 at 12 noon. Classes begin week of January 13.

CONTACT US

905-688-5550 x4060
brocku.ca/aquatics

ALL AGES

Private Lessons

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

7962	Tu, Jan 14-Mar 3, 4:30-5 pm	8
7963	Tu, Jan 14-Mar 3, 5-5:30 pm	8
7964	Tu, Jan 14-Mar 3, 5:30-6 pm	8
7965	Tu, Jan 14-Mar 3, 6-6:30 pm	8
7966	Tu, Jan 14-Mar 3, 6:30-7 pm	8
7967	Tu, Jan 14-Mar 3, 7-7:30 pm	8
7982	Tu, Jan 14-Mar 3, 7:30-8 pm	8
8007	W, Jan 15-Feb 5, 9-10 am	4
7968	Th, Jan 16-Feb 6, 4:30-5:30 pm	4
7969	Th, Jan 16-Feb 6, 5:30-6:30 pm	4
7970	Th, Jan 16-Feb 6, 6:30-7:30 pm	4
7971	Sa, Jan 18-Mar 7, 9-9:30 am	8
7972	Sa, Jan 18-Mar 7, 9:30-10 am	8
7973	Sa, Jan 18-Mar 7, 10-10:30 am	8
7974	Sa, Jan 18-Mar 7, 10:30-11 am	8
7975	Sa, Jan 18-Mar 7, 11-11:30 am	8
7976	Sa, Jan 18-Mar 7, 11:30 am-12 pm	8
7977	Sa, Jan 18-Mar 7, 12-12:30 pm	8
7978	Sa, Jan 18-Mar 7, 12:30-1 pm	8
8008	W, Feb 12-Mar 4, 9-10 am	4
7979	Th, Feb 13-Mar 5, 4:30-5:30 pm	4
7980	Th, Feb 13-Mar 5, 5:30-6:30 pm	4
7981	Th, Feb 13-Mar 5, 6:30-7:30 pm	4
$166		

Semi-Private Lessons

Students of a similar age and skill level (no more than one level apart, i.e., Swimmer 1 and 2) can register together. Register your child and provide the name of the second child. The parent of the second child must then phone in to complete the registration (905-688-5550 x4060).

7984	Tu, Jan 14-Mar 3, 4:30-5 pm	8
7985	Tu, Jan 14-Mar 3, 5-5:30 pm	8
7986	Tu, Jan 14-Mar 3, 5:30-6 pm	8
7987	Tu, Jan 14-Mar 3, 6-6:30 pm	8
7988	Tu, Jan 14-Mar 3, 6:30-7 pm	8
7989	Tu, Jan 14-Mar 3, 7-7:30 pm	8
7990	Tu, Jan 14-Mar 3, 7:30-8 pm	8
8005	W, Jan 15-Feb 5, 9-10 am	4
7991	Th, Jan 16-Feb 6, 4:30-5:30 pm	4
7992	Th, Jan 16-Feb 6, 5:30-6:30 pm	4
7993	Th, Jan 16-Feb 6, 6:30-7:30 pm	4
7994	Sa, Jan 18-Mar 7, 9-9:30 am	8
7995	Sa, Jan 18-Mar 7, 9:30-10 am	8
7996	Sa, Jan 18-Mar 7, 10-10:30 am	8
7997	Sa, Jan 18-Mar 7, 10:30-11 am	8
7998	Sa, Jan 18-Mar 7, 11-11:30 am	8
7999	Sa, Jan 18-Mar 7, 11:30 am-12 pm	8
8003	Sa, Jan 18-Mar 7, 12-12:30 pm	8
8004	Sa, Jan 18-Mar 7, 12:30-1 pm	8
8006	W, Feb 12-Mar 4, 9-10 am	4
8000	Th, Feb 13-Mar 5, 4:30-5:30 pm	4
8001	Th, Feb 13-Mar 5, 5:30-6:30 pm	4
8002	Th, Feb 13-Mar 5, 6:30-7:30 pm	4
$139		

CHILD & YOUTH

Parent and Tot (2-3 yrs.)

Structured in-water interaction between parent/guardian and child stresses the importance of play in developing water-positive attitudes and skills. Lifesaving Society Water Smart® tips are given to keep your child safe in an aquatic setting. Parent/guardian participation is required. A swim diaper must be worn by children who are not toilet trained.

7707	Tu, Jan 14-Mar 3, 5-5:30 pm	8
7712	W, Jan 15-Feb 5, 9-10 am	4
7708	Th, Jan 16-Feb 6, 4:30-5:30 pm	4
7709	Sa, Jan 18-Mar 7, 10-10:30 am	8
7710	Sa, Jan 18-Mar 7, 11-11:30 am	8
7713	W, Feb 12-Mar 4, 9-10 am	4
7711	Th, Feb 13-Mar 5, 4:30-5:30 pm	4
$57		

Preschool A (3-4 yrs.)

Parent/guardian is encouraged to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

7715	Tu, Jan 14-Mar 3, 4:30-5 pm	8
7716	Tu, Jan 14-Mar 3, 5:30-6 pm	8
7717	Th, Jan 16-Feb 6, 4:30-5:30 pm	4
7718	Th, Jan 16-Feb 6, 5:30-6:30 pm	4
7719	Sa, Jan 18-Mar 7, 9-9:30 am	8
7720	Sa, Jan 18-Mar 7, 10-10:30 am	8
7721	Sa, Jan 18-Mar 7, 11-11:30 am	8
7722	Th, Feb 13-Mar 5, 4:30-5:30 pm	4
7723	Th, Feb 13-Mar 5, 5:30-6:30 pm	4
$66		

Preschool B (3-4 yrs.)

Preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket they'll glide on their front and back.

Prerequisite: Completed Preschool A.

7727	Tu, Jan 14-Mar 3, 4:30-5 pm	8
7737	Tu, Jan 14-Mar 3, 5:30-6 pm	8
7728	Th, Jan 16-Feb 6, 4:30-5:30 pm	4
7729	Th, Jan 16-Feb 6, 5:30-6:30 pm	4
7730	Sa, Jan 18-Mar 7, 9-9:30 am	8
7731	Sa, Jan 18-Mar 7, 10-10:30 am	8
7732	Sa, Jan 18-Mar 7, 11-11:30 am	8
7733	Th, Feb 13-Mar 5, 4:30-5:30 pm	4
7734	Th, Feb 13-Mar 5, 5:30-6:30 pm	4
$66		

CHILD & YOUTH

Preschool C (3-4 yrs.)

Preschoolers will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

Prerequisite: Completed Preschool B.

7739	Tu, Jan 14-Mar 3, 5-5:30 pm	8
7740	Tu, Jan 14-Mar 3, 6-6:30 pm	8
7741	Th, Jan 16-Feb 6, 6:30-7:30 pm	4
7742	Sa, Jan 18-Mar 7, 9:30-10 am	8
7743	Sa, Jan 18-Mar 7, 10:30-11 am	8
7744	Sa, Jan 18-Mar 7, 11:30 am-12 pm	8
7745	Th, Feb 13-Mar 5, 6:30-7:30 pm	4
$66		

Preschool D (3-4 yrs.)

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

Prerequisite: Completed Preschool C.

7749	Tu, Jan 14-Mar 3, 5-5:30 pm	8
7750	Tu, Jan 14-Mar 3, 6-6:30 pm	8
7751	Th, Jan 16-Feb 6, 6:30-7:30 pm	4
7752	Sa, Jan 18-Mar 7, 9:30-10 am	8
7753	Sa, Jan 18-Mar 7, 10:30-11 am	8
7754	Sa, Jan 18-Mar 7, 11:30 am-12 pm	8
7755	Th, Feb 13-Mar 5, 6:30-7:30 pm	4
$66		

Preschool E (3-4 yrs.)

Preschoolers get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

Prerequisite: Completed Preschool D.

7759	Tu, Jan 14-Mar 3, 5-5:30 pm	8
7760	Th, Jan 16-Feb 6, 6:30-7:30 pm	4
7761	Sa, Jan 18-Mar 7, 9:30-10 am	8
7764	Sa, Jan 18-Mar 7, 10:30-11 am	8
7765	Sa, Jan 18-Mar 7, 11:30 am-12 pm	8
7762	Th, Feb 13-Mar 5, 6:30-7:30 pm	4
$66		

Swimmer 1 (5-12 yrs.)

Beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Prerequisite: Beginner (5-12 yrs.)

7819	Tu, Jan 14-Mar 3, 4:30-5 pm	8
7820	Tu, Jan 14-Mar 3, 5-5:30 pm	8
7821	Tu, Jan 14-Mar 3, 5:30-6 pm	8
7822	Tu, Jan 14-Mar 3, 6-6:30 pm	8
7823	Tu, Jan 14-Mar 3, 6:30-7 pm	8
7824	Th, Jan 16-Feb 6, 4:30-5:30 pm	4
7825	Th, Jan 16-Feb 6, 5:30-6:30 pm	4
7826	Th, Jan 16-Feb 6, 6:30-7:30 pm	4
7830	Sa, Jan 18-Mar 7, 9-9:30 am	8
7831	Sa, Jan 18-Mar 7, 9:30-10 am	8
7832	Sa, Jan 18-Mar 7, 10-10:30 am	8
7833	Sa, Jan 18-Mar 7, 10:30-11 am	8
7834	Sa, Jan 18-Mar 7, 11-11:30 am	8
7835	Sa, Jan 18-Mar 7, 11:30 am-12 pm	8
7836	Sa, Jan 18-Mar 7, 12-12:30 pm	8
7827	Th, Feb 13-Mar 5, 4:30-5:30 pm	4
7828	Th, Feb 13-Mar 5, 5:30-6:30 pm	4
7829	Th, Feb 13-Mar 5, 6:30-7:30 pm	4
$66		

Swimmer 2 (5-12 yrs.)

Advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

Prerequisite: Swimmer 1 or Preschool D or E.

7845	Tu, Jan 14-Mar 3, 4:30-5 pm	8
7846	Tu, Jan 14-Mar 3, 5-5:30 pm	8
7847	Tu, Jan 14-Mar 3, 5:30-6 pm	8
7848	Tu, Jan 14-Mar 3, 6-6:30 pm	8
7849	Tu, Jan 14-Mar 3, 6:30-7 pm	8
7850	Th, Jan 16-Feb 6, 4:30-5:30 pm	4
7851	Th, Jan 16-Feb 6, 5:30-6:30 pm	4
7852	Th, Jan 16-Feb 6, 6:30-7:30 pm	4
7838	Sa, Jan 18-Mar 7, 9-9:30 am	8
7839	Sa, Jan 18-Mar 7, 9:30-10 am	8
7840	Sa, Jan 18-Mar 7, 10-10:30 am	8
7841	Sa, Jan 18-Mar 7, 10:30-11 am	8
7842	Sa, Jan 18-Mar 7, 11-11:30 am	8
7843	Sa, Jan 18-Mar 7, 11:30 am-12 pm	8
7844	Sa, Jan 18-Mar 7, 12-12:30 pm	8
7853	Th, Feb 13-Mar 5, 4:30-5:30 pm	4
7854	Th, Feb 13-Mar 5, 5:30-6:30 pm	4
7855	Th, Feb 13-Mar 5, 6:30-7:30 pm	4
$66		

Swimmer 3 (5-12 yrs.)

Junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

Prerequisite: Swimmer 2.

7857	Tu, Jan 14-Mar 3, 5:30-6:15 pm	8
7858	Tu, Jan 14-Mar 3, 6:15-7 pm	8
7859	Tu, Jan 14-Mar 3, 7-7:45 pm	8
7860	Th, Jan 16-Feb 6, 4:30-6 pm	4
7861	Th, Jan 16-Feb 6, 6-7:30 pm	4
7864	Sa, Jan 18-Mar 7, 9-9:45 am	8
7865	Sa, Jan 18-Mar 7, 9:45-10:30 am	8
7866	Sa, Jan 18-Mar 7, 10:30-11:15 am	8
7867	Sa, Jan 18-Mar 7, 11:15 am-12 pm	8
7868	Sa, Jan 18-Mar 7, 12-12:45 pm	8
7862	Th, Feb 13-Mar 5, 4:30-6 pm	4
7863	Th, Feb 13-Mar 5, 6-7:30 pm	4
$71		

CHILD & YOUTH

Swimmer 4 (5-12 yrs.)

Intermediate swimmers will swim 5 m underwater and lengths of front crawl, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

Prerequisite: Swimmer 3.

7875	Tu, Jan 14-Mar 3, 5:30-6:15 pm	8
7876	Tu, Jan 14-Mar 3, 6:15-7 pm	8
7877	Tu, Jan 14-Mar 3, 7-7:45 pm	8
7878	Th, Jan 16-Feb 6, 4:30-6 pm	4
7879	Th, Jan 16-Feb 6, 6-7:30 pm	4
7870	Sa, Jan 18-Mar 7, 9-9:45 am	8
7871	Sa, Jan 18-Mar 7, 9:45-10:30 am	8
7872	Sa, Jan 18-Mar 7, 10:30-11:15 am	8
7873	Sa, Jan 18-Mar 7, 11:15-12 am	8
7874	Sa, Jan 18-Mar 7, 12-12:45 pm	8
7880	Th, Feb 13-Mar 5, 4:30-6 pm	4
7881	Th, Feb 13-Mar 5, 6-7:30 pm	4
$71		

Swimmer 5 (5-12 yrs.)

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

Prerequisite: Swimmer 4.

7892	Tu, Jan 14-Mar 3, 5:30-6:15 pm	8
7887	Tu, Jan 14-Mar 3, 6:15-7 pm	8
7893	Tu, Jan 14-Mar 3, 7-7:45 pm	8
7888	Th, Jan 16-Feb 6, 4:30-6 pm	4
7889	Th, Jan 16-Feb 6, 6-7:30 pm	4
7883	Sa, Jan 18-Mar 7, 9:45-10:30 am	8
7884	Sa, Jan 18-Mar 7, 10:30-11:15 am	8
7885	Sa, Jan 18-Mar 7, 11:15-12 am	8
7886	Sa, Jan 18-Mar 7, 12-12:45 pm	8
7890	Th, Feb 13-Mar 5, 4:30-6 pm	4
7891	Th, Feb 13-Mar 5, 6-7:30 pm	4
$71		

Swimmer 6 (5-12 yrs.)

Advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. Strength in breaststroke sprints over 25 m, swim lengths of front and back crawl, and completion of a 300 m workout will be achieved.

Prerequisite: Swimmer 5.

7899	Tu, Jan 14-Mar 3, 5:30-6:15 pm	8
7900	Tu, Jan 14-Mar 3, 6:15-7 pm	8
7901	Tu, Jan 14-Mar 3, 7-7:45 pm	8
7902	Th, Jan 16-Feb 6, 4:30-6 pm	4
7903	Th, Jan 16-Feb 6, 6-7:30 pm	4
7895	Sa, Jan 18-Mar 7, 9:45-10:30 am	8
7896	Sa, Jan 18-Mar 7, 10:30-11:15 am	8
7897	Sa, Jan 18-Mar 7, 11:15-12 am	8
7898	Sa, Jan 18-Mar 7, 12-12:45 pm	8
7904	Th, Feb 13-Mar 5, 4:30-6 pm	4
7905	Th, Feb 13-Mar 5, 6-7:30 pm	4
$71		

LIFESAVING (CHILD & YOUTH LEVELS)

Junior Lifeguard Club (8-15 yrs.)

This action-packed aquatic challenge is for children who love the water and want more than a traditional lesson. Quick learners, those caught between levels or programs, and youth who thrive in an energetic learning environment are most welcome. JLC was designed for a serious purpose, but the process is pure fun. The club stresses skill development based on personal best achievements.

Prerequisite: Swimmer 2 or equivalent.

8010	Th, Jan 16-Feb 6, 6-8 pm	4
8011	Th, Feb 13-Mar 5, 6-8 pm	4
$76		

Brock Niagara Lifesaving Club (Junior)

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 Lifesaving Programs.

Prerequisite: 7-14 years of age.

7680	M, Jan 13-Mar 9, 7:30-9 pm	8
8050	M, Mar 30-May 11, 7:30-9 pm	8
No class date: Feb 17 $78		

Canadian Swim Patrol (8-12 yrs.) - Rookie, Ranger, Star

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

Prerequisite: Swimmer 6

7693	Tu, Jan 14-Mar 3, 7-8 pm	8
7694	Sa, Jan 18-Mar 7, 9-10 am	8
$76		

Lifesaving Sport Fundamentals (6-15 yrs.)

Improve your strokes with 25 m swims of front crawl, back crawl and whip kick. With 100 m workouts and 25 m sprints, fitness levels should increase. Touch and go turns will also be introduced. Hitting a target with a rope, movement with flippers, swimming underneath an obstacle, securing a rescue tube to a manikin and treading water while supporting an object, are some of the sport skills to be enjoyed. Participants should be comfortable in the deep end, able to swim 25 meters and tread water for 45 seconds. **Prerequisite: Swimmer 3.**

7704	Th, Jan 16-Feb 6, 6-8 pm	4
7705	Th, Feb 13-Mar 5, 6-8 pm	4
$76		

COMPETITIVE SWIMMING

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

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

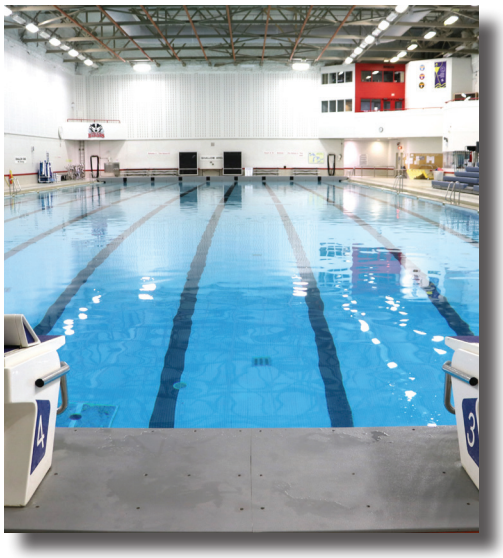
8013	MW, Jan 13-Mar 11, 5:45-7 pm	17
8015	MW, Jan 13-Mar 11, 7-8:15 pm	17
8014	TuTh, Jan 14-Mar 12, 4:15-5:30 pm	18
No class dates: Feb 17 $155 (Code 8013 & 8015), $164 (Code 8014)		

Brock Niagara Aquatics Competitive swimming team

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

Brock Niagara Penguins

A program for youth and young adults with a disability
For program information, eligibility, registration forms, fees, dates and times, visit niagarapenguins.org or contact niagarapenguins@brocku.ca, 905-359-6283.



SYNCHRONIZED SWIMMING

Swim Synchro Squirts

Through fun, playful activities in the water, swimmers will develop their basic skills - jumping, rolling, spinning, twisting, and turning upside down.
Prerequisite: Preschool B or equivalent.

7817	Sa, Jan 18-Mar 7, 9-9:30 am	8
$66		

Swim Synchro Level 1

Work on core planning and basic creative skills with topics such as *Ariana's Underwater Challenge* and *WOW!* Earn 'Ariana' badges.
Prerequisite: Swimmer 4

7813	M, Jan 13-Mar 9, 7:15-8 pm	8
7814	Sa, Jan 18-Mar 7, 9:45-10:30 am	8
No class dates: Feb 17 $71		

Swim Synchro Level 2

You will begin to put together foot first entries with music appreciation, travelling and transitions as part of a creative routine. Skills include hand stands, tub position, a 360° cookie turn, egg beater and creative arms.
Prerequisite: Swim Synchro Level 1

7815	Sa, Jan 18-Mar 7, 10:30-11:15 am	8
$71		

Swim Synchro Level 3

Choreograph a 45 second routine to music using the skills you will develop and incorporating new ideas. You will attempt to cover 15 metres of the pool.
Prerequisite: Swim Synchro Level 2

7816	Sa, Jan 18-Mar 7, 11:15 am-12 pm	8
$71		

Brock Niagara Synchro Pre-Competitive

Enjoy a great introduction to a unique and challenging sport and build strong basic team Synchro skills while having fun. Physical and artistic challenges will prepare you to join a competitive team in the future.
Prerequisite: Swim Synchro 3 or equivalent.

7812	M, Jan 13-Mar 9, 6:30-8:30 pm	8
No class date: Feb 17 $129		

DIVING

Learn to Dive Level 1

A recreational and non-competitive class with the goal of introducing a large number of young people to the activity of diving in a safe environment!
Prerequisite: Swimmer 4

7696	Th, Jan 16-Mar 5, 5:30-6:15 pm	8
7697	Sa, Jan 18-Mar 7, 9-9:45 am	8
7698	Sa, Jan 18-Mar 7, 9:45-10:30 am	8
$71		

Learn to Dive Level 2

Prerequisite: Learn to Dive level 1

7699	Th, Jan 16-Mar 5, 6:15-7 pm	8
7700	Sa, Jan 18-Mar 7, 10:30-11:15 am	8
$71		

Learn to Dive Level 3

Prerequisite: Learn to Dive level 2

7701	Sa, Jan 18-Mar 7, 11:15 am-12 pm	8
$71		

Learn to Dive Level 4

Prerequisite: Learn to Dive level 3

7702	Sa, Jan 18-Mar 7, 11:15 am-12 pm	8
$71		

TEEN

Teen 1 (10-16 yrs.)

Learn how to swim in a class with your peers! In each level you will work towards progressive skill techniques, front crawl, back crawl, breaststroke, fitness and interval training.

7907	Tu, Jan 14-Mar 3, 7:15-8 pm	8
7908	Sa Jan 18-Mar 7, 12-12:45 pm	8
$71		

Teen 2 (10-16 yrs.)

Work on two interval training workouts of 4 x 25 m kicking and front or back crawl. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. Support yourself at the surface for 1-2 minutes, and show off your handstands in shallow water. **Prerequisite: Teen 1**

7909	Tu, Jan 14-Mar 3, 7:15-8 pm	8
7910	Sa Jan 18-Mar 7, 12-12:45 pm	8
$71		

ADULT

Adult 1

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

Prerequisite: 16 years, beginner non-swimmer.

7687	Tu, Jan 14-Mar 3, 7:15 pm-8 pm	8
$71		

Adult 2

Kick it up a notch with two interval training workouts of 4x25 m on your front and back. Perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. Support yourself on the surface for 1-2 minutes, and show off your handstands in shallow water.

Prerequisite: 16 years.

7688	Th, Jan 16-Mar 5, 7:15-8 pm	8
$71		

Adult 3

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

Prerequisite: 16 years.

7689	Th, Jan 16-Mar 5, 7:15-8 pm	8
$71		

Aquatic Fitness

Aquafit
This is a fun and upbeat introductory class to the world of aquafit. Aquafit is a full body workout adaptable to all body strengths focusing on cardio-vascular and muscular strength along with agility.

Aqua Spin Class
Our spin class is held in water and focuses on cardio-vascular along with core strength. This class will teach different way to use your bike and target various leg muscles.

Aquatic Boot Camp
This is a high-energy aqua aerobics class focusing on improving cardio-vascular endurance along with strength and flexibility.

Aqua Step Class
This class is a cardio-vascular based class adaptable to all body types and strengths. It focuses on self-improvement and endurance and targets various leg muscles.

Aqua Dance Class
This is a super fun class combining upbeat dance moves to music while providing extra resistance for a work out.

8020	MWF, Jan 13-Mar 6, 11:40 am-12:20 pm	23
8021	TuTh Jan 14-Mar 12, 7:10-7:50 pm,	17
No class dates: Feb 17 $48 (Code 8020) or $24 (Code 8021)		

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.

7690	Tu, Jan 14-Feb 4, 4:15 pm-5 pm	4
7691	Th, Jan 16-Feb 6, 4:15 pm-5 pm	4
$26		

Brock Niagara Masters Swim Team (18 years & older)

Swimmers meet three times per week for training and competitive opportunities. Workouts are planned by our coaches who are available for your assistance.

Regular schedule is pre-empted or adjusted for special events and holidays (TBA). A detailed schedule will be provided by your coach. For more information, contact Margie Lizzotti at 905-688-5550 x3555 or mlizzotti@brocku.ca

8016	Winter - MWF, Jan 6-Mar 27, 7-8:30 pm (M/W), 6-7:30 pm (F),
No class dates: Feb 17 (Calendar is posted on Masters bulletin board) $216	

LEADERSHIP

Bronze Star (8-12 yrs.)

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

Prerequisite: Swim Patrol recommended.

8022	Tu, Jan 14-Mar 3, 6:30-8 pm	8
8023	Sa, Jan 18-Mar 7, 9-10:30 am	8
$86		

Canadian Lifesaving Manual: $45

Safeguard

Do you accompany groups of young people to pools or waterfronts as a day camp counselor or counselor-in-training? Learn how to safeguard young people in your care, even while under lifeguard supervision, by focusing on water safety awareness, accident prevention and the principles of aquatic safety supervision. Identify hazards and at-risk behaviours. Recognize potential victims, and how to respond safely in an aquatic emergency.

7631	Tu, Mar 17, 5:30-9:30 pm
7632	Sa, Mar 28, 9 am-1 pm
8075	Sa, Apr 11, 9 am-1 pm
8076	Sa, Jun 13, 9 am-1 pm
$36	

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.

7610	W, Jan 15-Mar 4, 5-10 pm	8
7611	SaSuMTW, Mar 14-18 (March Break) 8:30 am-5 pm	5
8069	W, Apr 1-May 20, 5-10 pm	8
8070	FSaSu, Jun 5-6 & Jun 12-14, 5-9 pm (F), 8 am-5 pm (SaSu)	6
$267		

Alert Manual: $45

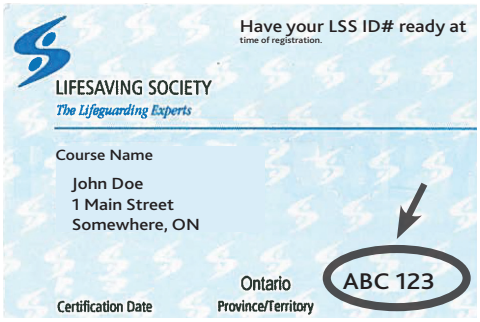
Bronze Medallion

Learn lifesaving principles embodied in four components of water rescue education - judgement, knowledge, skill and fitness. Training includes tows and carries, as well as defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Develop stroke efficiency and endurance in a 500 m timed swim.

Prerequisite: 13 years of age by the exam date or Bronze Star certification.

7581	M, Jan 13-Mar 9 , 6-9 pm	8
7582	Sa, Jan 18-Mar 7, 9 am-12 pm	8
7584	SaSu, Jan 18-19 & Jan 25-26 9 am-4 pm	4
7583	SaSuMTu, Mar 14-17, 9 am-4 pm	4
8057	M, Mar 30-May 11, 6-9 pm	7
8058	Sa, Apr 4-May 23, 9 am-12 pm	8
8059	SaSu, Apr 4-5 & Apr 18-19, 9 am-4 pm	4
No class dates: Feb 17 $120		

Canadian Lifesaving Manual: $45



National Lifeguard Recertification

You are required to recertify your award every two years. Please review the required content and skills to prepare yourself for the exam, based on the National Lifeguard Award curriculum that can be found in your Alert text and the Canadian Lifesaving Manual. Please bring your Alert manual, a whistle, barrier devices (gloves and pocket mask) and proof of prerequisite (previous National Lifeguard). National Lifeguard does not need to be current to recertify.

7612	Su, Jan 19, 8:30 am-12:30 pm
7613	F, Feb 28, 9 am-1 pm
7614	F, Mar 20, 8:30 am-12:30 pm
7615	Su, Mar 29, 8:30 am-12:30 pm
8071	Su, Apr 19, 8:30 am-12:30 pm
8072	F, May 15, 9 am-1 pm
8073	Sa, Jun 6, 9 am-1 pm
8074	F, Jun 19, 9 am-1 pm
$79	

Bronze Cross

Designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600 m swim.

Prerequisite: Bronze Medallion, Emergency First Aid CPR B from either Lifesaving Society or Canadian Red Cross or St. John's Ambulance or Canadian Ski Patrol.

7604	M, Jan 13-Mar 9, 6-9 pm	8
7605	Sa, Jan 18-Mar 7, 9 am-12 pm	8
7606	SaSu, Feb 8-9 & Feb 15-16 9 am-4 pm	4
7633	TuWThF, Feb 18-21 (Reading Week) 9 am-4 pm	4
7626	ThFSaSu, Mar 19-22 (March Break) 9 am-4 pm	4
8053	M, Mar 30-May 11, 6-9 pm	7
8054	Sa, Apr 4-May 23, 9 am-12 pm	8
8055	SaSu, May 2-3 & May 9-10, 9 am-4 pm	4
No class dates: Feb 17 $126		

Canadian Lifesaving Manual: $45

Bronze Cross Recertification

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

7607	M, Feb 24-Mar 9, 6-9 pm	3
8056	M, Apr 27-May 11, 6-9 pm	3
$57		

Brock Niagara Lifesaving Club (Senior-Master)

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: 14 years of age.

7681	M, Jan 13-Mar 9, 7:30-9:30 pm	8
8052	M, Mar 30-May 11, 7:30-9:30 pm	7
No class dates: Feb 17 $78		

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.

7617	Sa, Jan 18-Feb 8, 9 am-5 pm	4
8049	Sa, Apr 4-25, 9 am-5 pm	4
$116		

Canadian Lifesaving Manual: $45

Swim for Life 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 certfied to teach and certify candidates in Canadian Swim Patrol, Bronze Star, Lifesaving Fitness, Basic and Emergency First Aid, and CPR A/B/C. Instructors evaluate skills for Bronze Medallion, Bronze Cross and Distinction, but only Examiners may certify candidates in these awards.

Prerequisite: 16 years of age on or before the last day of the course, have Bronze Cross or National Lifeguard and Assistant Instructor or Red Cross AWSI or YMCA Assistant Instructor.

7619	FSaSu, Jan 31-Feb 2 & Feb 7-9 5-9 pm (F), 8:30 am-5 pm (SaSu)	6
7636	WThFSaSu, Mar 18-22, 8:30 am-5 pm	5
8068	FSaSu, May 1-3 & May 8-10 5-9 pm (F), 8:30 am-5 pm (SaSu)	6
$260		

Instructor Pac: $85

Examiner

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

7620	Su, Jan 19, 8:30 am-5 pm
8063	Sa, Jun 6, 8:30 am-5 pm
$49	

Lifesaving Sport Coach Level 1

Coach Lifesaving Sport at the community level by focusing on the fundamentals of coaching and Lifesaving Sport skills in the pool or in open water. You will be certified to teach the Society's Lifesaving Sport Fundamentals program.

Prerequisite: Lifesaving Instructor certification.

Purchase or download the ILS Competition Manual at lifesavingsociety.com. In addition to the 2 required manuals listed on the payment page, you should also bring your Canadian Lifesaving Manual and Instructor notes for on-course reference.

7637	Su, Mar 22, 8:30 am-5 pm
$80	

Aquatic Supervisor Training

As a deck-level supervisor, you will gain knowledge and develop skills (beyond National Lifeguard certification) to manage a safe aquatic environment.

Prerequisite: National Lifeguard or Lifesaving Society Instructor (Swim or Lifesaving) certification, and must provide a letter confirming 100 hours of experience from an employer or volunteer agency at the first class.

7629	FSa, Mar 13-14, 6pm-9:30 pm (F) 9 am-4:30 pm (Sa)	2
8048	SaSu, May 23-24, 9 am-4:30 pm (Sa) 9 am-12:30 pm (Su)	2
$92		

Ontario Guide to Pool Regulations: $45

First Aid Instructor

Learn how to teach the first aid courses up to and including Standard First Aid and CPR A, B and C. Lifesaving Society Standard First Aid, Lifesaving Instructor certification, and Advanced Instructor certification.

Prerequisite: 16 years of age by the end of the course, Standard First Aid certification from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol.

7627	Su, Mar 1, 8 am-5 pm
$145	

Aquatic Supervisor Instructor

As a deck-level supervisor, you will gain knowledge and develop skills (beyond National Lifeguard certification) to manage a safe aquatic environment.

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

8046	SaSu, May 16-17, 9 am-5 pm (Sa) 9 am-3 pm (Su)
$145	

Lifesaving Society Trainer

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

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

7634	SaSu, Mar 14-15, 8:30 am-5 pm
8067	SaSu, Jun 6-7, 8:30 am-5 pm
$145	

FIRST AID

Emergency First Aid CPR B - AED (LSS)

Learn first aid principles and emergency treatment of injuries including victim assessment, CPR, choking, respiratory and circulatory injuries, such as heart attack and stroke, and how to deal with external bleeding. Emergency First Aid is recognized by the Workplace Safety and Insurance Board.

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

7622	Sa, Jan 25, 8:30 am-5 pm
7623	Sa, Feb 29, 8:30 am-5 pm
7624	W, Mar 18, 8:30 am-5 pm
8060	Sa, Apr 4, 8:30 am-5 pm
8061	Sa, May 9, 8:30 am-5 pm
$68	

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).

7585	SaSu, Jan 11-12, 8:30 am-5 pm
7586	SaSu, Jan 18-19, 8:30 am-5 pm
7587	SaSu, Jan 25-26, 8:30 am-5 pm
7588	SaSu, Feb 1-2, 8:30 am-5 pm
7589	SaSu, Feb 8-9, 8:30 am-5 pm
7590	SaSu, Feb 22-23, 8:30 am-5 pm
7591	SaSu, Feb 29-Mar 1, 8:30 am-5 pm
7592	SaSu, Mar 7-8, 8:30 am-5 pm
7593	SaSu, Mar 14-15, 8:30 am-5 pm
7594	SaSu, Mar 21-22, 8:30 am-5 pm
7595	SaSu, Mar 28-29, 8:30 am-5 pm
8077	SaSu, Apr 4-5, 8:30 am-5 pm
8078	SaSu, Apr 18-19, 8:30 am-5 pm
8079	Sa, Su, Apr 25-26, 8:30 am-5 pm
8080	SaSu, May 2-3, 8:30 am-5 pm
8081	SaSu, May 9-10, 8:30 am-5 pm
8082	SaSu, May 23-24, 8:30 am-5 pm
8083	SaSu, May 30-31, 8:30 am-5 pm
8084	SaSu, Jun 6-7, 8:30 am-5 pm
8085	SaSu, Jun 13-14, 8:30 am-5 pm
$97	

Canadian First Aid Manual 2015 version: $15

Standard First Aid CPR C - AED Recertification (LSS)

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

7600	Sa, Jan 18, 8:30 am-5 pm
7601	Sa, Feb 29, 8:30 am-5 pm
7602	Sa, Mar 28, 8:30 am-5 pm
8086	Sa, Apr 25, 8:30 am-5pm
8087	Sa, May 9, 8:30 am-5pm
8088	Sa, May 23, 8:30 am-5pm
8089	Sa, Jun 13, 8:30 am-5pm
$64	

*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.

Health Care Provider

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

7628	Su, Mar 8, 11 am-5 pm
8065	Sa, May 30, 11am-5 pm
$64	

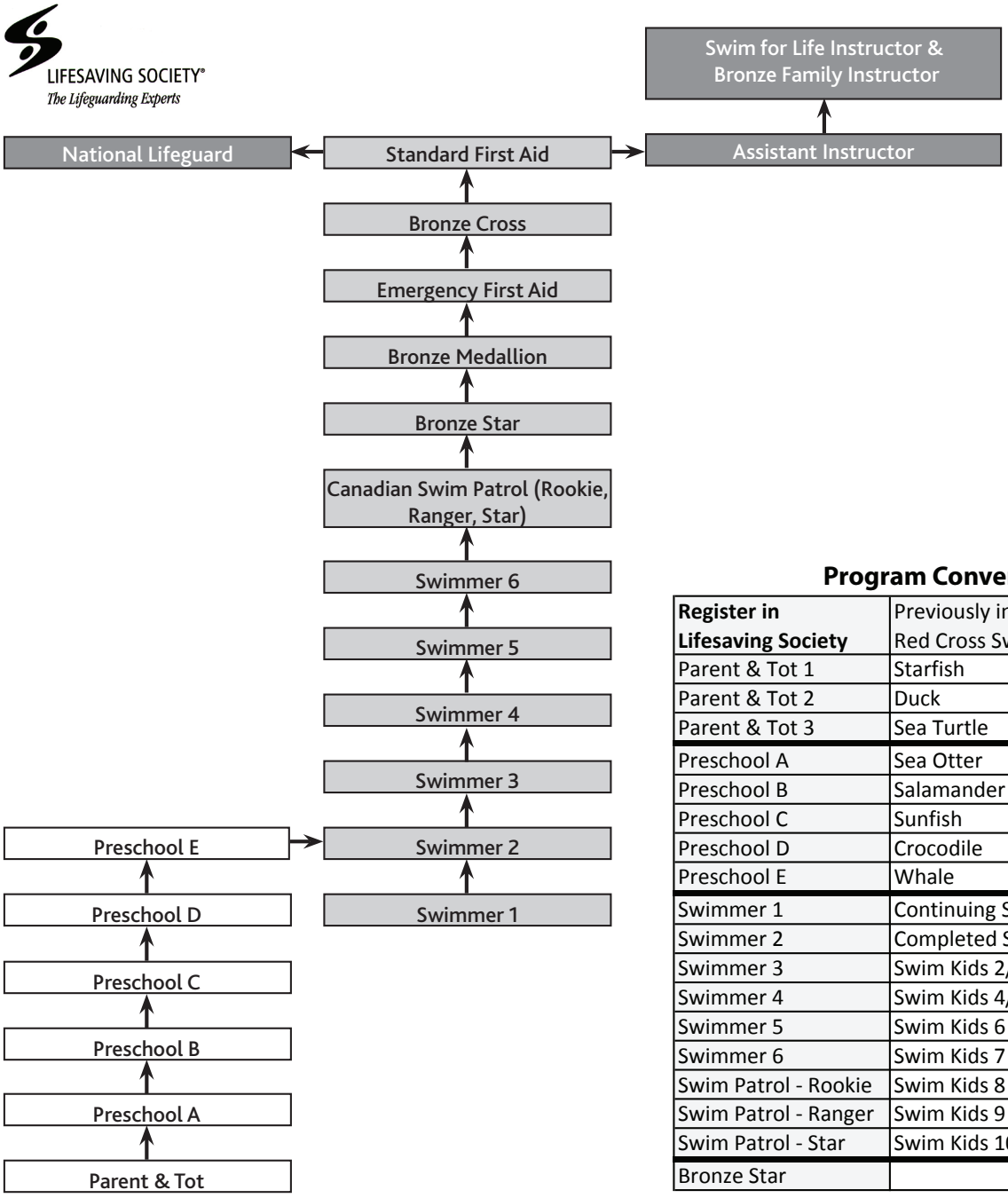
Airway Management

Gain knowledge on the use of oxygen, suction devices, oral airways and bag valve mask (BVM). Prerequisite: Standard First Aid/CPR-C

7625	Su, Jan 26, 11 am-5 pm
$54	

Canadian First Aid Manual: $15

PROGRAM FLOW CHART



Program Conversion Chart

Register in Lifesaving Society	Previously in Red Cross Swim	Previously in YMCA
Parent & Tot 1	Starfish	Splashers
Parent & Tot 2	Duck	Bubblers
Parent & Tot 3	Sea Turtle	Bubblers
Preschool A	Sea Otter	Bobbers
Preschool B	Salamander	Floaters
Preschool C	Sunfish	Gliders
Preschool D	Crocodile	Divers
Preschool E	Whale	Surfers/Dippers
Swimmer 1	Continuing Swim Kids 1	Otter/Seal
Swimmer 2	Completed Swim Kids 1	Dolphin
Swimmer 3	Swim Kids 2/3	Swimmer
Swimmer 4	Swim Kids 4/5	Star 1
Swimmer 5	Swim Kids 6	Star 2
Swimmer 6	Swim Kids 7	Star 3
Swim Patrol - Rookie	Swim Kids 8	Star 4
Swim Patrol - Ranger	Swim Kids 9	Star 5
Swim Patrol - Star	Swim Kids 10	Star 6/7
Bronze Star		

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

INFORMATION & POLICIES

Protecting your information

Personal information is collected under the authority of The Brock University Act, 1964, and in accordance with the Freedom of Information and Protection of Privacy Act (FIPPA) for the administration of the University and its programs and services. For details on the use and disclosure of this information call the Walker Sports Complex Welcome Desk Coordinator at 905-688-5550, x4809 or visit brocku.ca/recreation

Email

If you choose to provide us with your email address, it will be used strictly for business purposes (issuing receipts, notification of facility closures, program registration dates and advertising upcoming programs)

Photography rule

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

Risks involved in activity

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

Child Fun Swim Admittance

1. Children under the age of six years may not be admitted to the swimming pool unless they are accompanied in the water by a parent or guardian (within arms reach) who is at least 12 years of age and who is responsible for their direct supervision, with a maximum of two children for each parent or guardian (2:1).
2. Children 6-9 years, who are non-swimmers must be accompanied by a parent or guardian in the water (within arms reach), who is at least 12 years of age and responsible for their direct supervision. The ratio of non-swimmers to parent or guardian may be a maximum of four bathers to one parent or guardian (4:1).
3. Children 6-9 years who are swimmers (able to demonstrate comfort in the water and pass the facility swim test) may be admitted to the swimming pool unaccompanied. Parents/guardians must remain at the aquatic centre either in the pool gallery or on deck.

BROCK CAMPS

We offer March Break and Summer camps as well as after school programs.

brocku.ca/kids

905 688 5550 x4060

ONE STOP
FOR KIDS PROGRAMS AT BROCK!
BROCKU.CA/KIDS

Follow us on Facebook at Brock University Kids

Refund policy for Swim Program

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

Refunds for certification programs will only be issued when the Walker Sports Complex Welcome Desk receives notice of cancellation at least five business days prior to the course start date (recservices@brocku.ca). This is due to financial commitments to the instructor, the certification governing body, and 100% attendance requirement.

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

BROCK UNIVERSITY

CHILDREN'S MOVEMENT PROGRAM

FALL AND WINTER PROGRAMS AVAILABLE

For more information

brocku.ca/kids | 905-688-5550 x4060