

# PALS

Positive Active  
Living for Students

**Registration starts  
November 16 at 8:15 a.m.**

## Dates

Reservations are available weekdays,  
May 13 to June 26.

## Time

9 a.m. - 3 p.m.  
(Times are flexible to accommodate your  
transportation needs.)

## Cost

\$20 per student

## What should students bring?

- sun hat
- sunscreen
- bag lunch (PEANUT FREE)
- water, beverages

## Questions?

Call Eric Walter at 905-688-5550 x3093,  
ewalter@brocku.ca

[brocku.ca/recreation-services-child-and-youth/PALS](http://brocku.ca/recreation-services-child-and-youth/PALS)

**Brock**  
University

# PALS

Positive Active Living for Students  
**2013**

**905-688-5550 x4060**



The Positive Active Living for Students (PALS) program is entering its 18th year of programming for elementary school students in grades one through eight. The objective of the program is to expose students to a variety of sports and activities that are inclusive for all students and is held at Brock University's Walker Complex. The program operates for seven weeks during May and June.

We recognize the importance of increasing the awareness of the need for daily physical activity in the lives of our young people. We are excited to offer activities that are exclusive to Brock and allow students access to our facilities.

## Reservations/Registration

905-688-5550 x4060

Call to register beginning Friday, November 16, starting at 8:15 a.m.

We will have several phone lines open on November 16. Keep trying if you don't get through or leave a message with the time(s) we can reach you, your school phone number and if there is someone else we should ask for. We will call back as soon as possible.

## Class Size

In order for your group to have the best experience, group sizes between 20 to 30 are preferred. If your class is larger than 30, please notify us in advance. Parent volunteers are welcome to accompany the children.

## Deposit

**\$100 per class (due 2 weeks after booking date)**

Your registration is not final until we receive a deposit for each class attending PALS. The total cost for your class will be \$20 per child. Your deposit of \$100 will be deducted from the total cost.

Please make your cheque payable to "Brock University" and mail to:

PALS, Department of Recreation Services  
Brock University, St. Catharines, ON, L2S 3A1

## Confirmation

You will receive a confirmation package by mail which will include an information sheet that must be returned to us with your deposit. You will be contacted by phone approximately two weeks in advance of your booking to complete details for your PALS day.

## Possible alternate activities

We recognize that some classes have previously attended PALS. We will work with you to develop a schedule that will provide a variety of activities for your children.

## Programs

Age appropriate activities may include fencing, archery, rowing, badminton, flag rugby, tennis, pickleball, lacrosse, co-op games, kinball and more.

## Swimming

Due to maintenance in the Eleanor Misener Aquatic Centre, the pool will not be available for spring and summer 2013.

## Cancellations

**A full refund will be issued for PALS bookings that are cancelled no later than March 26, 2013.**

