Spring into summer swimming!

Register NOW for one of our accelerated programs!

Private Lessons

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

Code	Day	Times	Dates	Classes
21074	MW	4:30 pm-5 pm	May 26-Jun 18	8
21075	MW	5 pm-5:30 pm	May 26-Jun 18	8
21076	MW	5:30 pm-6 pm	May 26-Jun 18	8
21077	MW	6 pm-6:30 pm	May 26-Jun 18	8
20178	MW	6:30 pm-7 pm	May 26-Jun 18	8
20897	TuTh	4:30 pm-5 pm	May 27-Jun 19	8
20898	TuTh	5 pm-5:30 pm	May 27-Jun 19	8
20899	TuTh	5:30 pm-6 pm	May 27-Jun 19	8
20900	TuTh	6 pm-6:30 pm	May 27-Jun 19	8
20901	TuTh	6:30 pm-7 pm	May 27-Jun 19	8
$135 Brock student/member			$140 non-student	

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. **You must phone in to register the second child for the class (905-688-5550 x4060).** In the case where the second child is from another family, you must ask the parent of that child to phone in the registration.

Code	Day	Times	Dates	Classes
20919	TuTh	4:30 pm-5 pm	May 27-Jun 19	8
20920	TuTh	5 pm-5:30 pm	May 27-Jun 19	8
20921	TuTh	5:30 pm-6 pm	May 27-Jun 19	8
20922	TuTh	6 pm-6:30 pm	May 27-Jun 19	8
20923	TuTh	6:30 pm-7 pm	May 27-Jun 19	8
$110 Brock student/member			$115 non-member	

Parent and Tot (2-3 yrs.)

Structured in-water interaction between parent 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 participation is required. **A swim diaper must be worn by children who are not toilet trained.**

Code	Days	Times	Dates	Classes
20942	TuTh	5 pm-5:30 pm	May 27-Jun 19	8
$42 member		$47 non-member		

Preschool A (3-4 yrs.)

Preschoolers will have fun learning to get in and out of the water, jump into chest deep water, float on their front and back, and glide on their back while wearing a Personal Floatation Device. They'll get their face wet and blow bubbles underwater.

Code	Days	Times	Dates	Classes
20946	TuTh	4:30 pm-5 pm	May 27-Jun 19	8
20947	TuTh	5:30 pm-6 pm	May 27-Jun 19	8
$48 member		$53 non-member		

Preschool B (3-4 yrs.)

Jumping into chest deep water unassisted, submerging and exhaling underwater, entering and exiting the water wearing a Personal Floatation Device, and gliding on front and back are the next steps to your preschooler learning how to swim. **Prerequisite: Completed Preschool A.**

Code	Days	Times	Dates	Classes
20954	TuTh	4:30 pm-5 pm	May 27-Jun 19	8
20955	TuTh	5:30 pm-6 pm	May 27-Jun 19	8
$48 member		$53 non-member		

Preschool C (3-4 yrs.)

Youngsters will learn side rolls and jumping into deep water while wearing a Personal Floatation Device. They will recover objects from the bottom of the pool in waist-deep water and work on kicking and gliding through the water on their front and back. **Prerequisite: Completed Preschool B.**

Code	Days	Times	Dates	Classes
20962	TuTh	5 pm-5:30 pm	May 27-Jun 19	8
20963	TuTh	6 pm-6:30 pm	May 27-Jun 19	8
$48 member		$53 non-member		

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 3–5 m swim on their front as well as gliding and kicking on their side. **Prerequisite: Completed Preschool C.**

Code	Days	Times	Dates	Classes
20970	TuTh	5 pm-5:30 pm	May 27-Jun 19	8
20971	TuTh	6 pm-6:30 pm	May 27-Jun 19	8
$48 member		$53 non-member		

Preschool E (3-4 yrs.)

Children will learn how to do a forward roll entry wearing a PFD and hold their breath underwater for up to 10 seconds. They will work on longer front and back crawl swims, interval training and whip kick. **Prerequisite: Completed Preschool D.**

Code	Days	Times	Dates	Classes
20978	TuTh	5 pm-5:30 pm	May 27-Jun 19	8
20979	TuTh	6 pm-6:30 pm	May 27-Jun 19	8
$48 member		$53 non-member		

Register online, by phone or in person at the Walker Complex Welcome Desk.
brocku.ca/recreation-services | 905 688 5550 x4060

Swimmer 1 (5-12 yrs.)

Beginners will become comfortable jumping into water with and without a Personal Floatation Device. They will learn to open their eyes, exhale and hold their breath underwater. They will work on floats, glides and kicking through the water on their front and back. **Prerequisite: Beginner (5-12 yrs.)**

Code	Days	Times	Dates	Classes
20986	TuTh	4:30 pm-5 pm	May 27-Jun 19	8
20987	TuTh	5 pm-5:30 pm	May 27-Jun 19	8
20988	TuTh	5:30 pm-6 pm	May 27-Jun 19	8
21296	TuTh	6 pm-6:30 pm	May 27-Jun 19	8
21297	TuTh	6:30 pm-7 pm	May 27-Jun 19	8
$48 member		$53 non-member		

Swimmer 2 (5-12 yrs.)

These advanced beginners will jump into deeper water, learn to fall sideways into the water wearing a Personal Floatation Device and learn to support themselves at the surface without an aid. They will also be introduced to whip kick, flutter kick interval training, and swim 10–15 m on their front and back. **Prerequisite: Swimmer 1 or Preschool D or E.**

Code	Days	Times	Dates	Classes
21004	TuTh	4:30 pm-5 pm	May 27-Jun 19	8
21005	TuTh	5 pm-5:30 pm	May 27-Jun 19	8
21006	TuTh	5:30 pm-6 pm	May 27-Jun 19	8
21298	TuTh	6 pm-6:30 pm	May 27-Jun 19	8
21299	TuTh	6:30 pm-7 pm	May 27-Jun 19	8
$48 member		$53 non-member		

Swimmer 3 (5-12 yrs.)

Junior swimmers will learn to dive and do in-water front somersaults. Their new bag of tricks includes handstands and completion of the Canadian Swim to Survive® Standard. They will work on a 10–15 m front crawl, back crawl and whip kick. Flutter kick interval training increases to 4 x 25 m. **Prerequisite: Swimmer 2.**

Code	Days	Times	Dates	Classes
21022	TuTh	5:30 pm-6:15 pm	May 27-Jun 19	8
21023	ThTh	6:15 pm-7 pm	May 27-Jun 19	8
$53 member		$58 non-member		

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. They will 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.**

Code	Days	Times	Dates	Classes
21033	TuTh	5:30 pm-6:15 pm	May 27-Jun 19	8
21034	TuTh	6:15 pm-7 pm	May 27-Jun 19	8
$53 member		$58 non-member		

Swimmer 5 (5-12 yrs.)

Swimmers will master shallow dives, cannonball entries, eggbeater kick, and in-water backward somersaults. Front and back crawl will be increased to over 50 m swims for each, and breaststroke to 15-25 m. The pace will pick up with 25 m sprints and two interval training bouts of 4 x 50 m front or back crawl, and 4 x 10-15 m breaststroke. **Prerequisite: Swimmer 4.**

Code	Days	Times	Dates	Classes
21044	TuTh	5:30 pm-6:15 pm	May 27-Jun 19	8
21045	TuTh	6:15 pm-7 pm	May 27-Jun 19	8
$53 member		$58 non-member		

Swimmer 6 (5-12 yrs.)

Rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. Develop strength in breaststroke sprints over 25 m, swim lengths of front and back crawl, and complete a 300 m workout. **Prerequisite: Swimmer 5.**

Code	Days	Times	Dates	Classes
21054	TuTh	5:30 pm-6:15 pm	May 27-Jun 19	8
21055	TuTh	6:15 pm-7 pm	May 27-Jun 19	8
$53 member		$58 non-member		

Canadian Swim Patrol (Rookie, Ranger, Star)

Children will train and develop swim strokes and skills while having fun. Strength and efficiency will improve with an emphasis on Water Smart® behaviour. **Prerequisite: Canadian Swim to Survive standard.**

Code	Days	Times	Dates	Classes
21294	MW	5 pm-6 pm	May 26-Jun 18	8
$54 member		$59 non-member		

Bronze Star (8-12 yrs.)

Prepare for success in Bronze Medallion by developing problem-solving and decision-making skills, and learn lifesaving skills needed to be a lifeguard. Prior training in our Canadian Swim Patrol is beneficial. **Prerequisite: Swim Patrol recommended.**

Code	Days	Times	Dates	Classes
21072	MW	4:30 pm-6 pm	May 26-Jun 18	8
$70 member		$75 non-member		

Canadian Lifesaving Manual: $43

Junior Lifeguard Club (8-15 yrs.)

JLC was designed for a serious purpose, but the process is pure fun. The club stresses skill development based on personal best achievements. Recommended for children who are between programs. **Prerequisite: Canadian Swim to Survive standard.**

Code	Days	Times	Dates	Classes
21070	MW	6 pm-7 pm	May 26-Jun 18	8
$55 member		$60 non-member		

Lifesaving Sport Fundamentals (8-15 yrs.)

Improve your strokes and fitness level with 25 m swims,100 m workouts and 25 m sprints. Participants should be comfortable in the deep end, able to swim 25 meters and tread water for 45 seconds. **Prerequisite: Swimmer 3.**

Code	Days	Times	Dates	Classes
21071	MW	6 pm-7 pm	May 26-Jun 18	8
$55 member		$60 non-member		

Learn to Dive Level 1

This nationally recognized award for all age groups includes four skill levels with Bronze, Silver, Gold and Merit components. Learn progressive diving skills, poise, confidence and safety. **Prerequisite: Swimmer 4**

Code	Days	Times	Dates	Classes
21066	MW	5:30 pm-6:15 pm	May 26-Jun 18	8
$54 member		$59 non-member		

Learn to Dive Level 2

Prerequisite: Learn to Dive level 1

Code	Days	Times	Dates	Classes
21068	MW	6:15 pm-7 pm	May 26-Jun 18	8
$54 member		$59 non-member		