

CAMPUS **REC**

Schedules and Hours Summer 2011

STUDENT REC CENTER - ASRC

Facility Hours

Monday - Thursday	6:00 AM - 8:00 PM
Friday	6:00 AM - 8:00 PM
Saturday	10:00 AM - 6:00 PM
Sunday	12:00 PM - 8:00 PM



SCHEDULES ARE SUBJECT TO CHANGE
Visit www.pdx.edu/recreation
for current scheduling and more information.



FITNESS
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AQUATICS
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SCHEDULE RESUMES
FALL TERM



REC CLUBS
SCHEDULE RESUMES
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FITNESS



ASRC 440 / 441 ●
 ASRC 430 ○
 ASRC Pool ★

To participate in a class, check out a **Group X fitness pass** at the equipment issue desk up to 30 minutes prior to the beginning of class.

MORE SCHEDULES

Group X Class Schedule June 20 - September 2, 2011

For more info.
[CLICK HERE >>](#)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM to 8:00 AM							
8:00 AM to 9:00 AM							
9:00 AM to 10:00 AM	Sculpt & Strength Nicole/Caitlin A. 9:00 AM - 9:45 AM ●	Aqua Attack I Nicole/Caitlin A. 9:00 AM - 9:45 AM ★	Hatha Yoga - Julie 9:00 AM - 10:00 AM ●	Aqua Attack II - Courtney 9:00 AM - 9:45 AM ★	Sculpt & Strength Nicole/Caitlin A. 9:00 AM - 9:45 AM ●		
10:00 AM to 11:00 AM						Zumba - Crissy 10:30 AM - 11:30 AM ●	
11:00 AM to 12:00 PM	"Sneaker Camp" MaryAnn 11:00 AM - 11:45 AM ●	Gentle Yoga - Julie 11:00 AM - 12:00 PM ●	"Sneaker Camp" MaryAnn 11:00 AM - 11:45 AM ●	Gentle Yoga - Julie 11:00 AM - 12:00 PM ●			
12:00 PM to 1:00 PM	Pilates - Ellie 12:00 PM - 1:00 PM ● TurboKick - Kjerstin 12:15 PM - 1:15 PM ○	Abs, Buns & Thighs - MaryAnn 12:15 PM - 1:00 PM ● Cycle / Krank - Erin 12:15 PM - 1:00 PM ○	Power Vinyasa Yoga - Trisha 12:00 PM - 1:00 PM ● TurboKick - Ellie 12:15 PM - 1:15 PM ○	Abs & Arms - Erin 12:15 PM - 1:00 PM ● Cycle / Krank - Kjerstin 12:15 PM - 1:00 PM ○	Power Vinyasa Yoga - Caitlin G. 12:00 PM - 1:00 PM ●		
1:00 PM to 2:00 PM							
2:00 PM to 4:00 PM							
4:00 PM to 5:00 PM	Gentle Yoga - Julie 4:00 PM - 5:00 PM ●	TurboKick - Erin 4:00 PM - 5:00 PM ●	NIA - Konane 4:00 PM - 5:00 PM ●	TurboKick - Caitlin G. 4:00 PM - 5:00 PM ●			
5:00 PM to 6:00 PM	Zumba - Crissy 5:15 PM - 6:00 PM ● Cycle / Krank - Nina 5:15 PM - 6:00 PM ○	Power Vinyasa Yoga - Maria 5:15 PM - 6:15 PM ●	Bootcamp - Nina 5:15 PM - 6:00 PM ● Cycle / Krank Nicole/Caitlin A. 5:15 PM - 6:00 PM ○	Power Vinyasa Yoga Caitlin G. 5:15 PM - 6:15 PM ●			
6:00 PM to 7:00 PM	Power Vinyasa Yoga Trisha 6:15 PM - 7:15 PM ●	Abs & Arms - Nina 6:30 PM - 7:15 PM ●	Power Vinyasa Yoga Trisha 6:15 PM - 7:15 PM ●	Abs, Buns & Thighs - Nicole/ Caitlin A. 6:30 PM - 7:15 PM ●			
7:00 PM to 8:00 PM							

AQUATICS



Aquatics Schedule
June 20 - September 9, 2011

For more info.
[CLICK HERE >>](#)

	MON - TUE	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL HOURS	6:10 AM - 7:00 PM	6:10 AM - 7:00 PM	6:10 AM - 7:00 PM	6:10 AM - 7:00 PM	10:00 AM - 5:00 PM	12:00 PM - 7:00 PM
SPA HOURS	6:30 AM - 7:00 PM	10:00 AM - 7:00 PM	6:30 AM - 7:00 PM	6:30 AM - 7:00 PM	10:00 AM - 5:00 PM	12:00 PM - 7:00 PM
LAP SWIM	6:10 AM - 7:00 PM	6:10 AM - 7:00 PM	6:10 AM - 7:00 PM	6:10 AM - 7:00 PM	12:00 PM - 5:00 PM	12:00 PM - 7:00 PM

* A priority lane is available during scheduled lap swim times for persons needing accommodations.

MORE SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM - 7:00 AM	Youth Hours 6:00 AM - 7:00 PM	Youth Hours 6:00 AM - 7:00 PM	Youth Hours 6:00 AM - 7:00 PM	Youth Hours 6:00 AM - 5:20 PM	Youth Hours 6:00 AM - 7:00 PM		
7:00 AM - 8:00 AM							
8:00 AM - 9:00 AM							
9:00 AM - 10:00 AM		Aqua Attack I - 6/20-9/2 Nicole/Caitlin A. 9:00 AM - 9:45 AM		Aqua Attack II - 6/20-9/2 Courtney 9:00 AM - 9:45 AM			
10:00 AM - 11:00 AM	Open Swim - Half Pool 10:00 AM - 11:50 AM		Open Swim - Half Pool 10:00 AM - 11:50 AM		Open Swim - Half Pool 10:00 AM - 11:50 AM	Open Swim - Full Pool 10:00 AM - 11:50 AM Youth Hours 10:00 AM - 5:00 PM	
11:00 AM - 12:00 PM							
12:00 PM - 1:00 PM					Master's Swim 12:00 PM - 1:00 PM	Open Swim - Half Pool 12:00 PM - 5:00 PM Swim Clinic - Efficiency (Turns & Technique) - 6/25 OR 7/23 12:00 PM - 1:30 PM	Open Swim - Half Pool 12:00 PM - 5:00 PM Youth Hours 12:00 PM - 7:00 PM
1:00 PM - 2:00 PM	Swim Clinic - Comfort in the Water I 6/20, 6/27 1:00 PM - 1:45 PM		Swim Clinic - Comfort in the Water I 6/22, 6/29 1:00 PM - 1:45 PM				
2:00 PM - 4:00 PM	Open Swim - Half Pool 2:00 PM - 3:50 PM Swim Clinic - Front/Back Crawl 7/18, 7/25 4:00 PM - 4:45 PM	Open Swim - Half Pool 2:00 PM - 7:00 PM	Open Swim - Half Pool 2:00 PM - 3:50 PM Swim Clinic - Front/Back Crawl 7/20, 7/27 4:00 PM - 4:45 PM	Open Swim - Half Pool 2:00 PM - 3:50 PM	Open Swim - Half Pool 5:00 PM - 7:00 PM		
5:00 PM - 6:00 PM	Master's Swim 5:10 PM - 6:20 PM	Swim Clinic - Front/Back Crawl 6/21, 6/28 5:15 PM - 6:00 PM Swim Clinic - Comfort in the Water II 7/19, 7/26 5:15 PM - 6:00 PM	Master's Swim 5:10 PM - 6:20 PM	Swim Clinic - Front/Back Crawl 6/23, 6/30 5:15 PM - 6:00 PM Swim Clinic - Comfort in the Water II 7/21, 7/28 5:15 PM - 6:00 PM Kayak Roll Session 5:30 PM - 7:00 PM			
6:00 PM - 7:00 PM							

OUTDOOR PROGRAM



Climbing Center Schedule
June 20 - September 8, 2011

For more info.
[CLICK HERE >>](#)

HOURS	MON	TUE	WED	THUR	FRI	SAT	SUN
OUTDOOR PROGRAM	10:00 AM to 6:00 PM	10:00 AM to 6:00 PM	10:00 AM to 6:00 PM	10:00 AM to 6:00 PM	10:00 AM to 6:00 PM		
BOULDERING	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	10:00 AM to 6:00 PM	12:00 PM to 8:00 PM
EQUIPMENT RENTAL CENTER	10:00 AM to 6:00 PM	10:00 AM to 6:00 PM	10:00 AM to 6:00 PM	10:00 AM to 6:00 PM	10:00 AM to 6:00 PM		

MORE SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM to 9:00 AM							
9:00 AM to 10:00 AM							
10:00 AM to 11:00 AM							
11:00 AM to 12:00 PM							
12:00 PM to 1:00 PM							
1:00 PM to 2:00 PM		Belay Class OR Route Setting 1:00 PM - 3:00 PM					
2:00 PM to 3:00 PM							
3:00 PM to 4:00 PM							
4:00 PM to 5:00 PM		Top Rope - 6/20 - 9/8 4:00 PM - 8:00 PM Youth Climb - 6/20 - 9/8 4:00 PM - 8:00 PM	Top Rope - 6/20 - 9/8 4:00 PM - 8:00 PM Youth Climb - 6/20 - 9/8 4:00 PM - 8:00 PM	Top Rope - 6/20 - 9/8 4:00 PM - 8:00 PM Youth Climb - 6/20 - 9/8 4:00 PM - 8:00 PM			
5:00 PM to 6:00 PM							
6:00 PM to 7:00 PM				Beginner's Night 6:00 PM - 7:00 PM			
7:00 PM to 8:00 PM							

OUTDOOR PROGRAM



Trip Schedule
July 9 - August 20 2011

For more info.
CLICK HERE >>

Trips are subject to change. For trip details and the most current information, please visit the Outdoor Program website >> [more info.](#)

MORE SCHEDULES

July

9

Ecola State Park Hike 8:30 AM - 6:00 PM

Reg Deadline: 7/6 @ 12:00 PM
Pre-trip meeting: 7/6 @ 5:00 PM
ASRC Member: \$25
Non-Member: \$50

30

Rocky Butte Service & Rock Climbing Trip 8:30 AM - 6:00 PM

Reg Deadline: 7/28 @ 12:00 PM
Pre-trip meeting: 7/28 @ 6:00 PM
FREE!

August

6

Adaptive Bike Trip 8:30 AM - 6:00 PM

Reg Deadline: 7/29 @ 12:00 PM
Pre-trip meeting: 8/3 @ 5:30 PM
ASRC Member: \$25
Non-Member: \$50
** This trip is geared toward individuals with disabilities that may need modifications or accommodations.*

20

Ramona Falls Hike 8:30 AM - 6:00 PM

Reg Deadline: 8/17 @ 12:00 PM
Pre-trip meeting: 8/17 @ 5:00 PM
ASRC Member: \$25
Non-Member: \$50

ADAPTIVE



Adaptive Sports Schedule
June 20 - September 2, 2011

For more info.
[CLICK HERE >>](#)

- ASRC 440 / 441 ●
- ASRC Pool ★
- ASRC Court 1 ●
- ASRC Court 2 ○
- MAC Court ■
- ASRC Climbing Center □

MORE SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM to 9:00 AM							
9:00 AM to 10:00 AM							
10:00 AM to 11:00 AM						Adaptive Open Rec ■ Jen 10:00 AM - 12:00 PM ASRC MAC Court	
11:00 AM to 12:00 PM							
12:00 PM to 1:00 PM							
1:00 PM to 2:00 PM							
2:00 PM to 3:00 PM							
3:00 PM to 4:00 PM			Adaptive Open Rec ■ Jen 3:00 PM - 5:00 PM ASRC MAC Court	Adaptive Open Rec ■ Jen 3:00 PM - 5:00 PM ASRC MAC Court			
4:00 PM to 5:00 PM							
5:00 PM to 6:00 PM							
6:00 PM to 7:00 PM							
7:00 PM to 8:00 PM							

INSTRUCTIONAL PROGRAMS

Instructional Programs Schedule

July 16 - October 22, 2011

For more info.
[CLICK HERE >>](#)

Standard First Aid

This course teaches the skills of First Aid and Accident Prevention. Learn how to recognize and respond to injury or sudden illness, control bleeding, care for muscle, bone, and joint injuries as well as treatment for burns.

All courses listed above are taught according to the American Red Cross standards and participants will receive American Red Cross certification cards.

Certification Provided

- AED certifications are valid for 2 year.
- CPR certifications are valid for 2 years (except CPR for Lifeguards).
- First Aid certifications are valid for 3 years.
- Lifeguard Training certifications are valid for 3 years.

Fee: \$25

7/27, 8/24, 9/9, 9/23, 10/7, 10/14, 10/21
5:00 PM - 8:00 PM

The instructional courses offered provide certification and are not for credit hours.

Course details can be found here >> [more info.](#)

CPR/AED for the Professional Rescuer

This course is designed for the rescuer who has a duty to respond. Includes recognizing and caring for breathing and cardiac emergencies in adults, infants and children: two-rescuer CPR; use of resuscitation mask, bag valve mask and Automated External Defibrillator.

Certification Provided

Fee: \$40

7/16, 8/27, 9/10, 9/13, 9/17, 9/24, 10/8, 10/22
10:00 AM - 5:00 PM

CPR/AED for the Workplace

This course focuses on the adult victim and provides single-rescuer CPR training. The participant will learn skills such as how to respond to choking, perform rescue breathing, and recognize and prevent heart attacks and strokes as well as how to use an Automated External Defibrillator (AED). **Certification Provided**

Fee: \$35

7/23, 8/20
10:00 AM - 2:00 PM

10/1, 10/15
1:00 PM - 5:00 PM

YOUTH

For more info.
[CLICK HERE >>](#)

Youth Schedule July 1 - September 9, 2011

MORE
 SCHEDULES

PLEASE NOTE: Youth policies have changed and the schedule for summer youth hours has been expanded. **All children must have a signed liability release on file at the member services counter prior to participation and will be required to have their photo taken. Forms must be signed by the parent/guardian. Please visit the website for complete details >> [more info.](#)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Center* Schedule ends 9/6		4:00 PM - 8:00 PM	4:00 PM - 8:00 PM	4:00 PM - 8:00 PM			
Pool**	6:00 AM - 7:00 PM	6:00 AM - 7:00 PM	6:00 AM - 7:00 PM	6:00 AM - 5:20 PM	6:00 AM - 7:00 PM	10:00 AM - 5:00 PM	12:00 PM - 7:00 PM
Courts***	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	10:00 AM - 6:00 PM	12:00 PM - 8:00 PM
Track/Stretching Area	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	5:00 PM - 8:00 PM	10:00 AM - 6:00 PM	12:00 PM - 8:00 PM
TV Lounge	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	5:00 PM - 8:00 PM	10:00 AM - 6:00 PM	12:00 PM - 8:00 PM
Weight/Cardio Areas**** Open to youth 16+ years old	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	6:00 AM - 8:00 PM	10:00 AM - 6:00 PM	12:00 PM - 8:00 PM

No spaces are solely reserved for youth/family programming.

* Climbing Center bouldering hours are open to youth 13 – 17 who have climbing center “membership” when accompanied by parent/guardian member

** Pool available for designated activities; see Aquatics schedule for more details

*** Courts available on a first come first serve basis.

**** Only 16 & 17 year old accompanied by parent or guardian may use the weight/cardio areas.

INFORMAL REC

Facility Schedule

June 13 - September 9, 2011

HOURS	MON	TUE	WED	THUR	FRI	SAT	SUN
REC CENTER	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	10:00 AM to 6:00 PM	12:00 PM to 8:00 PM
TRACK	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	10:00 AM to 6:00 PM	12:00 PM to 8:00 PM

Informal Recreation Hours

CLOSED / Unavailable

C1 - Court 1
C2 - Court 2
MC - MAC

YOUTH HOURS

(Open to youth during all hours of operation)

MORE SCHEDULES

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	C1	C2	MC	C1	C2	MC	C1	C2	MC	C1	C2	MC	C1	C2	MC	C1	C2	MC	C1	C2	MC	
6:00 AM - 6:20 AM																						
6:30 AM - 6:50 AM																						
7:00 AM - 7:20 AM																						
7:30 AM - 7:50 AM																						
8:00 AM - 8:20 AM																						
8:30 AM - 8:50 AM																						
9:00 AM - 9:50 AM																						
10:00 AM - 10:20 AM																						
10:30 AM - 10:50 AM																						
11:00 AM - 11:20 AM																						
11:30 AM - 11:50 AM																						
12:00 PM - 12:20 PM	Badminton	Volleyball	Indoor Soccer	Basketball	Volleyball	Indoor Soccer	Basketball	Basketball	Table Tennis	Basketball	Volleyball	Indoor Soccer	Basketball	Basketball	Indoor Soccer							
12:30 PM - 12:50 PM																						
1:00 PM - 1:20 PM																						
1:30 PM - 1:50 PM																						

Adaptive Open Rec

INFORMAL REC

Facility Schedule

June 13 - September 9, 2011

HOURS	MON	TUE	WED	THUR	FRI	SAT	SUN
REC CENTER	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	10:00 AM to 6:00 PM	12:00 PM to 8:00 PM
TRACK	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	6:00 AM to 8:00 PM	10:00 AM to 6:00 PM	12:00 PM to 8:00 PM

Informal Recreation Hours

CLOSED / Unavailable

C1 - Court 1
C2 - Court 2
MC - MAC Court

YOUTH HOURS

(Open to youth during all hours of operation)

MORE SCHEDULES

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			
	C1	C2	MC	C1	C2	MC	C1	C2	MC	C1	C2	MC	C1	C2	MC	C1	C2	MC	C1	C2	MC	
2:00 PM - 2:20 PM																						
2:30 PM - 2:50 PM																						
3:00 PM - 3:20 PM																						
3:30 PM - 3:50 PM																						
4:00 PM - 4:20 PM																						
4:30 PM - 4:50 PM																						
5:00 PM - 5:20 PM	Basketball	Basketball	Indoor Soccer	Basketball	Badminton	Indoor Soccer	Basketball	Basketball	Indoor Soccer	Basketball	Volleyball	Indoor Soccer	Basketball	Badminton	Badminton							
5:30 PM - 5:50 PM																						
6:00 PM - 6:20 PM																						
6:30 PM - 6:50 PM																						
7:00 PM - 7:20 PM																						
7:30 PM - 8:00 PM																						