

CAMPUS REC

Schedules and Hours WINTER 2012

SCHEDULES ARE SUBJECT TO CHANGE

Visit www.pdx.edu/recreation

for current scheduling and more information.

STUDENT REC CENTER - ASRC

Facility Hours: 1/9/12 - 3/23/12

Monday - Thursday 6:00 AM - 11:00 PM

Friday 6:00 AM - 10:00 PM

Saturday 8:00 AM - 8:00 PM

Sunday 10:00 AM - 10:00 PM

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This
document
is interactive.

Click around for more
information!



FITNESS



ASRC 440 / 441 ●
 ASRC 430 ○
 ASRC Pool ★

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

MORE SCHEDULES

Group X Class Schedule January 9 - March 23, 2012

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM to 7:30 AM		Pilates - Sharon 7:00 AM - 8:00 AM ●	Cycle / Krank - Cycle Staff 7:00 AM - 7:45 AM ○				
7:30 AM to 8:30 AM	Hatha Yoga - Sharon 7:30 AM - 8:30 AM ●		Hatha Yoga - Sharon 7:30 AM - 8:30 AM ●				
8:30 AM to 9:30 AM				Advanced Yoga - Molly 8:30 AM - 9:30 AM ●			
9:00 AM to 9:45 AM	Sculpt & Strength - Kjerstin 9:00 AM - 9:45 AM ● Water Bootcamp - Nicole 9:00 AM - 9:45 AM ★		Sculpt & Strength - Mark 9:00 AM - 9:45 AM ● Water X - Courtney 9:00 AM - 9:45 AM ★				
10:00 AM to 11:00 AM		Sneaker Camp - Mark 10:00 AM - 10:45 AM ●		Sneaker Camp - Mark 10:00 AM - 10:45 AM ●		Power Vinyasa Yoga - Caitlin G. 10:00 AM - 11:00 AM ●	
11:00 AM to 12:00 PM		Gentle Yoga - Julie 11:00 AM - 12:00 PM ●		Gentle Yoga - Julie 11:00 AM - 12:00 PM ●			
12:00 PM to 1:00 PM	Power Vinyasa Yoga Trisha 12:00 PM - 1:00 PM ● TurboKick - Ellie 12:00 PM - 1:00 PM ○	Abs & Arms - Erin 12:15 PM - 1:00 PM ● Cycle / Krank - Alex A. 12:15 PM - 1:00 PM ○	Power Vinyasa Yoga - Trisha 12:00 PM - 1:00 PM ● TurboKick - Ellie 12:00 PM - 1:00 PM ○	Abs, Buns & Thighs - Caitlin A. / Caitlin G. 12:15 PM - 1:00 PM ● Cycle / Krank - Erin 12:15 PM - 1:00 PM ○ Water Bootcamp - Nicole 12:45 PM - 1:30 PM ★	Power Vinyasa Yoga Caitlin G. 12:00 PM - 1:00 PM ● Cycle / Krank - Caitlin A. 12:15 PM - 1:00 PM ○		
1:00 PM to 2:00 PM	Pilates - Ellie 1:15 PM - 2:15 PM ●	Cardio & Agility - Jen 1:15 PM - 2:00 PM ●	Pilates - Ellie 1:15 PM - 2:15 PM ●		Zumba - Jacquleen 1:15 PM - 2:00 PM ●		
3:00 PM to 4:00 PM							Vinyasa Yoga-Caitlin K. 3:00 PM - 4:00 PM ●
4:00 PM to 5:00 PM	Gentle Yoga - Julie 4:00 PM - 5:00 PM ●	Step and Sculpt - MaryAnn 4:00 PM - 4:45 PM ● NIA - Konane 4:00 PM - 5:00 PM ○	Vinyasa Yoga - Annie 4:00 PM - 5:00 PM ● TurboKick - Caitlin A. 4:00 PM - 5:00 PM ○	Zumba - Jacquleen 4:15 PM - 5:00 PM ● NIA - Konane 4:00 PM - 5:00 PM ○	Stretch & Flexibility Erin/Konane 4:30 PM - 5:00 PM ●	Cycle / Krank - Sarah 4:00 PM - 4:45 PM ●	
5:00 PM to 6:00 PM	Bootcamp - Nicole 5:15 PM - 6:00 PM ● Cycle / Krank - Nina 5:15 PM - 6:00 PM ○	Vinyasa Yoga - Ryan 5:00 PM - 6:00 PM ●	Abs, Buns & Thighs MaryAnn 5:15 PM - 6:00 PM ● Cycle / Krank - Ashley 5:15 PM - 6:00 PM ○	Power Vinyasa Yoga - Trisha 5:15 PM - 6:15 PM ● Cardio Kick - Caitlin G. 5:15 PM - 6:15 PM ○	Bootcamp - Nina 5:15 PM - 6:00 PM ●		Zumba Jacquleen 5:00 PM - 6:00 PM ●
6:00 PM to 7:00 PM	Abs & Arms - Nina 6:15 PM - 7:00 PM ●	Zumba - Alex N. 6:15 PM - 7:15 PM ●	Bootcamp - Kjerstin 6:15 PM - 7:00 PM ●	Cardio & Agility - Emily/ Caitlin A. 6:30 PM - 7:15 PM ●			
7:15 PM to 8:15 PM	Power Vinyasa Yoga - Trisha 7:15 PM - 8:15 PM ●		Yoga Sculpt - Caitlin G. 7:15 PM - 8:15 PM ●				
8:15 PM to 9:00 PM		Cycle / Krank - Sarah 8:15 PM - 9:00 PM ○					

AQUATICS



Aquatics Schedule
January 9 - March 23, 2012

For more info.
CLICK HERE >>

	MON & TUE	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL HOURS	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 9:00 PM	8:00 AM - 7:00 PM	10:00 AM - 9:00 PM
SPA HOURS	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 9:00 PM	8:00 AM - 7:00 PM	10:00 AM - 9:00 PM
LAP SWIM	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 6:20 PM 8:30 PM - 10:00 PM	6:10 AM - 9:00 PM	12:00 PM - 7:00 PM	10:00 AM - 9:00 PM

MORE SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM - 7:00 AM							
7:00 AM - 8:00 AM							
8:00 AM - 9:00 AM						Youth Hours 8:00 AM - 5:00 PM	
9:00 AM - 10:00 AM	Water Bootcamp - Nicole 9:00 AM - 9:45 AM		Water X - Courtney 9:00 AM - 9:45 AM				
10:00 AM - 11:00 AM						Open Swim - Full Pool 8:00 AM - 11:50 AM Youth Swim Lessons 1/21, 1/28, 2/4, 2/11, 2/18, 2/25 10:00 AM - 10:30 AM 10:45 AM - 11:15 AM 11:30 AM - 12:00 PM	Youth Hours 10:00 AM - 5:00 PM Open Swim - Half Pool 10:00 AM - 4:50 PM
11:00 AM - 12:00 PM							
12:00 PM - 1:00 PM				Water Bootcamp - Nicole 12:45 PM - 1:30 PM	Masters Swim 12:00 PM - 1:00 PM	Open Swim - Half Pool 12:00 PM - 4:50 PM	
1:00 PM - 2:00 PM		Adaptive Swim 1:30 PM - 3:30 PM					
2:00 PM - 5:00 PM							
5:00 PM - 6:00 PM	Masters Swim 5:10 PM - 6:20 PM		Masters Swim 5:10 PM - 6:20 PM		Youth Hours 4:00 PM - 8:00 PM Open Swim - Half Pool 5:00 PM - 9:00 PM		
6:00 PM - 7:00 PM				Kayak Roll Session 6:30 PM - 8:20 PM			
7:00 PM - 8:00 PM			Water Polo Club 7:00 PM - 8:00 PM				
8:00 PM - 9:00 PM		Open Swim - Half Pool 8:30 PM - 10:00 PM		Open Swim - Half Pool 8:30 PM - 10:00 PM			
9:00 PM - 10:00 PM							

AQUATICS



Aquatics Schedule
January 9 - March 23, 2012

For more info.
CLICK HERE >>

	MON - TUE	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL HOURS	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 9:00 PM	8:00 AM - 7:00 PM	10:00 AM - 9:00 PM
SPA HOURS	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 9:00 PM	8:00 AM - 7:00 PM	10:00 AM - 9:00 PM
LAP SWIM	6:10 AM - 10:00 PM	6:10 AM - 10:00 PM	6:10 AM - 6:20 PM 8:30 PM - 10:00 PM	6:10 AM - 9:00 PM	12:00 PM - 7:00 PM	10:00 AM - 9:00 PM

MORE SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM - 9:00 AM							
9:00 AM - 9:45 AM		Swim Clinic Front / Back Crawl (T/TH) - 1/17, 1/24 9:00 AM - 9:45 AM Swim Clinic Comfort in the Water II (T/TH) - 2/7, 2/14 9:00 AM - 9:45 AM		Swim Clinic Front / Back Crawl (T/TH) - 1/19, 1/26 9:00 AM - 9:45 AM Swim Clinic Comfort in the Water II (T/TH) - 2/9, 2/16 9:00 AM - 9:45 AM			
11:00 AM - 11:45 AM					Swim Clinic Competition Strokes (F) - 2/3, 2/10, 2/17, 2/24 11:00 AM - 11:45 AM		
12:00 PM - 1:30 PM						Swim Clinic - Efficiency (Turns & Technique) (S) - 3/3 12:00 PM - 1:30 PM	
4:00 PM - 4:45 PM	Swim Clinic Breaststroke / Sidestroke (M/W) - 3/5, 3/12 4:00 PM - 4:45 PM		Swim Clinic Breaststroke / Sidestroke (M/W) - 3/7, 3/14 4:00 PM - 4:45 PM				
5:15 PM - 6:00 PM		Swim Clinic Comfort in the Water I (T/TH) - 2/28, 3/6 5:15 PM - 6:00 PM		Swim Clinic Comfort in the Water I (T/TH) - 3/1, 3/8 5:15 PM - 6:00 PM			
6:30 PM - 7:15 PM	Swim Clinic Comfort in the Water I (M/W) - 1/23, 1/30 6:30 PM - 7:15 PM Swim Clinic Front / Back Crawl (M/W) - 2/20, 2/27 6:30 PM - 7:15 PM		Swim Clinic Comfort in the Water I (M/W) - 1/25, 2/1 6:30 PM - 7:15 PM Swim Clinic Front / Back Crawl (M/W) - 2/22, 2/29 6:30 PM - 7:15 PM				
7:15 PM - 10:00 PM							

INTRAMURALS



To participate in a league, register at the Member Services counter in the Rec Center. Registration will close on January 18 at 10 pm or when leagues become filled, whichever occurs first.

Intramurals Schedule

January 24 - March 23, 2012

For more info.
CLICK HERE >>

MORE
SCHEDULES

	5 v 5 Basketball	5 v 5 Indoor Soccer	4 v 4 Volleyball
Activity Information	Open League - Winter 2012 Begins 1/24 \$40 Team Fee \$5 Free Agent	Open League - Winter 2012 Begins 1/25 \$40 Team Fee \$5 Free Agent	Open League - Winter 2012 Begins 1/23 \$40 Team Fee \$5 Free Agent
Schedule Information	Tuesdays/ Thursdays 7:00 PM - 10:50 PM ASRC Courts 1 & 2	Wednesdays 6:30 PM - 10:30 PM & Sundays 5:00 PM - 10:30 PM MAC Court	Mondays 7:00 PM - 10:50 PM ASRC Courts 1 & 2
Sign-up Deadline	January 18, 2012	January 18, 2012	January 18, 2012
Captain's Meeting Information <small>(For teams Only)</small>	January 19, 2012 3:00 PM ASRC 210A	January 19, 2012 3:30 PM ASRC 210A	January 19, 2012 4:00 PM ASRC 210A
Participant Information	Maximum Teams: 18 Minimum Teams: 4 Division: Open	Maximum Teams: 21 Minimum Teams: 4 Division: Open	Maximum Teams: 14 Minimum Teams: 4 Division: Open

INTRAMURALS



To participate in a tournament or event, register at the Member Services counter in the Rec Center by the deadline posted below.

Intramurals Schedule

January 19 - March 12, 2012

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

MORE SCHEDULES

	3 Point Shooting Contest	Wii Bowling Tournament	Free-Throw Contest	NCAA Basketball Bracket
Activity Information	Event - Winter 2012 FREE	Tournament - Winter 2012 \$5 Individual Fee	Event - Winter 2012 FREE	Event - Winter 2012 FREE
Schedule Information	Thursday - 1/19/12 7:00 PM - 9:00 PM ASRC Court 1	Thursday - 2/9/12 6:00 PM - 9:00 PM IM/REC Lounge	Thursday - 2/16/12 7:00 PM - 9:00 PM ASRC Court 1	Monday - 3/12/12 NCAA Bracket available 8:00 AM IM/REC Lounge
Sign-up Deadline	No Registration Required	February 8, 2012	No Registration Required	Submit Bracket by 3/15/12 at 9:00 AM
Participant Information	N/A	Maximum Participants: 16 Minimum Participants: 4 Division: Open	N/A	N/A

REC CLUBS



Rec Clubs

January 9 - March 18, 2012

For more info.

[CLICK HERE >>](#)

MORE
SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Baseball - Men's		5:00 PM - 6:30 PM Stott Field	5:00 PM - 6:30 PM 1/2 Stott Field	5:00 PM - 6:30 PM Stott Field			
Bouldering	1:00 PM - 2:30 PM ASRC Climbing Center				1:00 PM - 2:30 PM ASRC Climbing Center		
Crew				6:00 AM - 8:00 AM ASRC 430			
Cricket							6:30 PM - 10:00 PM Stott Field
Cycling			6:30 PM - 7:30 PM ASRC 430				
Dancers				6:30 PM - 7:30 PM ASRC 430 7:30 PM - 9:00 PM ASRC 440/441	6:00 PM - 8:00 PM ASRC 430		
Disc Golf	SCHEDULE TBD						
Dragon Boat	SCHEDULE TBD						
Electro Dance							6:00 PM - 8:00 PM ASRC 440/441
Feminist Kickball	9:00 PM - 11:00 PM ASRC MAC Court		5:00 PM - 6:30 PM 1/2 Stott Field				
Fencing	8:30 PM - 11:00 PM ASRC 440/441				7:00 PM - 10:00 PM ASRC - 440/441		
Ice Hockey - Men's	7:00 PM - 9:00 PM ASRC MAC Court						
Kickboxing	2:00 PM - 4:00 PM ASRC 430		8:00 PM - 10:00 PM ASRC 430		1:30 PM - 3:30 PM ASRC 430		
Lacrosse - Men's	8:30 PM - 10:00 PM Stott Field		8:00 PM - 10:00 PM Stott Field	8:00 PM - 10:00 PM Stott Field	8:30 PM - 10:00 PM Stott Field		
Latina Dance			8:30 PM - 11:00 PM ASRC 440/441				

REC CLUBS



Rec Clubs

January 9 - March 18, 2012

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

MORE
SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Medieval Combat						12:00 PM - 3:00 PM ASRC MAC Court	
Rugby - Women's		6:30 PM - 8:00 PM Stott Field		6:30 PM - 8:00 PM Stott Field			2:00 PM - 4:00 PM Stott Field
Running Around Portland	SCHEDULE TBD						
Sailing	SCHEDULE TBD						
Soccer - Men's	6:30 PM - 8:30 PM Stott Field	8:00 PM - 10:00 PM Stott Field	6:30 PM - 8:00 PM Stott Field		6:30 PM - 8:30 PM Stott Field		
Steps of Rhythm	6:30 PM - 9:00 PM ASRC 430			9:00 PM - 10:50 PM ASRC 440/441			
Table Tennis			7:00 PM - 9:00 PM ASRC Court 1		7:00 PM - 9:00 PM ASRC Court 1		
Tango		8:00 PM - 10:50 PM ASRC 440/441					
Tennis			6:00 PM - 8:00 PM Stott Center		6:30 PM - 8:30 PM Stott Center		
Ultimate	5:00 PM - 6:30 PM Stott Field				5:00 PM - 6:30 PM Stott Field		
Water Polo		8:00 PM - 9:30 PM Stott Pool	7:00 PM - 8:00 PM ASRC Pool	8:00 PM - 9:30 PM Stott Pool			

OUTDOOR PROGRAM



Climbing Center Schedule January 9 - March 23, 2012

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	CLOSED	CLOSED
BOULDERING	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 10:00 PM	8:00 AM to 8:00 PM	10:00 AM to 10:00 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	CLOSED	CLOSED

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						Top Rope 10:00 AM - 12:00 PM Beginner Movement 1/21, 2/4, 2/18, 3/3 10:00 AM - 11:00 AM Youth Hours 10:00 AM - 12:00 PM	
11:00 AM to 12:00 PM							
12:00 PM to 1:00 PM				Beginner Movement 1/12, 1/26, 2/9, 2/23, 3/8 12:00 PM - 1:00 PM		Belay Class 1/14, 1/28, 2/11, 2/18, 3/10 12:00 PM - 2:00 PM Adaptive Climbing 2/18 12:00 PM - 2:00 PM	
1:00 PM to 2:00 PM			Belay Class 1/11, 1/18, 2/8, 2/22, 3/7 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 4:00 PM - 8:00 PM Adaptive Climbing 1/23 4:00 PM - 7:00 PM	Top Rope 4:00 PM - 8:00 PM Adaptive Climbing 1/31 4:00 PM - 7:00 PM	Top Rope 4:00 PM - 8:00 PM	Top Rope 4:00 PM - 8:00 PM Adaptive Climbing 2/9 4:00 PM - 7:00 PM	Top Rope 4:00 PM - 8:00 PM Youth Hours 4:00 PM - 8:00 PM		
5:00 PM to 6:00 PM							
6:00 PM to 7:00 PM				Beginner's Night 1/12 - 3/15 6:00 PM - 8:00 PM			
7:00 PM to 8:00 PM							

OUTDOOR PROGRAM



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

MORE SCHEDULES

Trip Schedule

January 18 - March 17, 2012

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

JANUARY

21

Twin Lakes Snowshoe

Reg Deadline: 1/18 @ 12:00 PM
Pre-trip meeting: 1/18 @ 5:00 PM
ASRC Member: \$25
Non-Member: \$50

22

Mirror Lake Snowshoe

Reg Deadline: 1/18 @ 12:00 PM
Pre-trip meeting: 1/18 @ 6:00 PM
ASRC Member: \$25
Non-Member: \$50

28-29

Snow Camping Overnight

Reg Deadline: 1/23 @ 12:00 PM
Pre-trip meeting: 1/23 @ 5:30 PM
ASRC Member: \$80
Non-Member: \$160

29

Adaptive Ski

Reg Deadline: 1/25 @ 12:00 PM
Pre-trip meeting: 1/25 @ 5:00 PM
ASRC Member: \$35
Non-Member: \$75

KAYAK ROLL SESSIONS

Thursdays > FREE Drop-in
ASRC Pool - 6:30 PM - 8:20 PM

FEBRUARY

4

X-Country Ski

Reg Deadline: 2/1 @ 12:00 PM
Pre-trip meeting: 2/1 @ 5:00 PM
ASRC Member: \$25
Non-Member: \$50

5

Clackamas River Rafting

Reg Deadline: 2/1 @ 12:00 PM
Pre-trip meeting: 2/1 @ 6:00 PM
ASRC Member: \$35
Non-Member: \$70

10-12

AIARE Level 1 Avalanche Seminar

2/10 (Classroom) 8:00 AM - 6:00 PM
2/11 & 2/12 (Field Days) 8:00 AM - 6:00 PM
Reg Deadline: 2/9 @ 6:00 PM
ASRC Member: \$225
Non-Member: \$325

17-19

Tatoosh Backcountry Overnight Ski / Ride

Reg Deadline: 2/9 @ 12:00 PM
Pre-trip meeting: 2/9 @ 6:30 PM
ASRC Member: \$130
Non-Member: \$290

25-26

Snow Camping Overnight

Reg Deadline: 2/20 @ 12:00 PM
Pre-trip meeting: 2/20 @ 5:30 PM
ASRC Member: \$80
Non-Member: \$160

25 & 26

Rock II Seminar

Reg Deadline: 2/24 @ 12:00 PM
Pre-trip meeting: 2/24 @ 5:00 PM
ASRC Member: \$60
Non-Member: \$120

MARCH

2-4

Bike Tour

Reg Deadline: 2/23 @ 12:00 PM
Pre-trip meeting: 2/23 @ 6:30 PM
ASRC Member: \$100
Non-Member: \$200

3

Canoe & Service Trip

Reg Deadline: 2/28 @ 12:00 PM
Pre-trip meeting: 2/28 @ 6:00 PM
FREE! (Rec Center Members Only)

4

X-Country Ski

Reg Deadline: 2/29 @ 12:00 PM
Pre-trip meeting: 2/29 @ 5:00 PM
ASRC Member: \$25
Non-Member: \$50

10

Clackamas River Rafting

Reg Deadline: 3/7 @ 12:00 PM
Pre-trip meeting: 3/7 @ 6:00 PM
ASRC Member: \$35
Non-Member: \$70

11

Advanced WW Kayak Skill Builder

Reg Deadline: 3/8 @ 12:00 PM
Pre-trip meeting: 3/8 @ 5:45 PM
ASRC Member: \$40
Non-Member: \$80

17

Advanced WW Kayak Skill Builder

Reg Deadline: 3/15 @ 12:00 PM
Pre-trip meeting: 3/15 @ 5:45 PM
ASRC Member: \$40
Non-Member: \$80

INCLUSIVE



Inclusive Rec Schedule January 9 - March 23, 2012

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

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

Campus Rec makes every effort to be accessible to all abilities. For accommodations for facilities, activities and programs please contact Jen Armbruster at 503-725-2927 or j.armbruster@pdx.edu.

MORE SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM to 9:00 AM						Goalball ● ○ ■ 8:00 AM - 10:00 AM	
9:00 AM to 10:00 AM							
10:00 AM to 11:00 AM						Wheelchair Basketball 10:00 AM - 2:00 PM ●	
11:00 AM to 12:00 PM							
12:00 PM to 1:00 PM						Adaptive Climbing 2/18 12:00 PM - 2:00 PM □	
1:00 PM to 2:00 PM		Cardio & Agility - Jen 1:15 PM - 2:00 PM ●					
2:00 PM to 3:00 PM							
3:00 PM to 4:00 PM	Inclusive Open Rec 3:00 PM - 5:00 PM ■			Inclusive Open Rec 3:00 PM - 5:00 PM ■	Inclusive Open Rec 3:00 PM - 5:00 PM ■		
4:00 PM to 5:00 PM	Adaptive Climbing 1/23 4:00 PM - 7:00 PM □	Adaptive Climbing 1/31 4:00 PM - 7:00 PM □		Adaptive Climbing 2/9 4:00 PM - 7:00 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

January 14 - June 16, 2012

For more info.
CLICK HERE >>

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: \$52

1/14, 2/11, 3/10, 4/14, 5/12, 6/16

10:00 AM - 5:00 PM (one day)

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: \$40

2/18, 4/21, 5/19

1:00 PM - 5:00 PM (one day)

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. **Certification Provided**

Fee: \$40

1/20, 2/17, 3/9, 4/20, 5/18, 6/15

5:00 PM - 8:00 PM (one day)

Wilderness First Responder

The Outdoor Program, in conjunction with Wilderness Medical Associates (WMA), is hosting an exciting course in backcountry medicine. The Wilderness First Responder course is essential for anyone who spends significant time in remote places or who has a professional career in the outdoors. This intensive course is designed specifically for handling outdoor emergencies where 911 services may be incapable of providing timely assistance.

Certification Provided

Fee: \$495 (ASRC Member)

\$650 (Non-Member)

Registration Deadline: 3/5 @ 12:00 PM

3/24 - 3/28

8:00 AM - 6:00 PM

Wilderness First Responder Recertification

The Wilderness Medical Associates Wilderness First Responder training program is a nationally recognized program that trains participants to respond to emergencies in remote settings. The curriculum includes urban and extended care situations. Special topics include, but are not limited to: wound management and infection, realigning fractures and dislocations, improvising splinting techniques, patient monitoring and long term management problems, up-to-date information about environmental emergencies, plus advice on drug therapies. Emphasis is placed on prevention and decision-making, not the memorization of lists. **Certification Provided**

Fee: \$245 (ASRC Member) \$300 (Non-Member)

Registration Deadline: 3/12 @ 12:00 PM

3/30 - 4/1

8:00 AM - 6:00 PM

AIARE Level 1 Avalanche Course

This certification course is contracted with 3 Sisters Backcountry Inc. through the Portland State Outdoor Program. No previous experience is necessary, but it is suggested you have previous backcountry travel experience and some experience with either skiing or snowshoeing. This is a 3-day course, day one is a classroom session, days two and three are field sessions but we will be returning to Portland each evening.

Certification Provided

Fee: \$225 (ASRC Member)

\$325 (Non-Member)

Registration Deadline: 2/9 @ 6:00 PM

2/10 - 2/12

8:00 AM - 6:00 PM

AFAA Pilates Workshop

This one-day instructor training course combines the best of both Eastern and Western philosophies and traditions based on the original works of the late Joseph H. Pilates. The 25 practical mat Pilates exercises featured in this course focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility while integrating the concept of mindfulness, fluidity and grace. Bring a sticky mat. 5 CEUs.

Fee: \$129 (ASRC Member and Non-Member)

Registration Deadline: 2/24 @ www.afa.com

2/25

8:30 AM - 6:00 PM

YOUTH

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

Youth Schedule

January 9 - March 23, 2012

PLEASE NOTE: 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.](#)

	Friday	Saturday	Sunday
Climbing Center	4:00 PM - 8:00 PM	10:00 AM - 12:00 PM	
Pool	4:00 PM - 8:00 PM	8:00 AM - 5:00 PM	10:00 AM - 5:00 PM
Courts	4:00 PM - 8:00 PM	10:00 AM - 5:00 PM	10:00 AM - 5:00 PM
Track/Stretching Area	4:00 PM - 8:00 PM	8:00 AM - 5:00 PM	10:00 AM - 5:00 PM
TV Lounge	4:00 PM - 8:00 PM	8:00 AM - 5:00 PM	10:00 AM - 5:00 PM
Weight/Cardio Areas Open to youth 16+ years old	4:00 PM - 8:00 PM	8:00 AM - 5:00 PM	10:00 AM - 5:00 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.

**** Weight and cardio areas are open to youth 16-17 when accompanied by parent/guardian member.

INFORMAL REC

Facility Schedule
January 9 - March 23, 2012

HOURS	MON	TUE	WED	THUR	FRI	SAT	SUN
REC CENTER	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 10:00 PM	8:00 AM to 8:00 PM	10:00 AM to 10:00 PM
TRACK	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 10:00 PM	8:00 AM to 8:00 PM	10:00 AM to 10:00 PM

Informal Rec Hours

CLOSED / Unavailable

C1 - Court 1
C2 - Court 2
MC - MAC

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																						
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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	Basketball	Badminton	Indoor Soccer	Basketball	Volleyball	Indoor Soccer	Basketball	Badminton	Basketball	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																						

Goalball
Goalball
Goalball

YOUTH HOURS
(Court time is available to anyone during Youth Hours)

INFORMAL REC

Facility Schedule
January 9 - March 23, 2012

HOURS	MON	TUE	WED	THUR	FRI	SAT	SUN
REC CENTER	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 10:00 PM	8:00 AM to 8:00 PM	10:00 AM to 10:00 PM
TRACK	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 11:00 PM	6:00 AM to 10:00 PM	8:00 AM to 8:00 PM	10:00 AM to 10:00 PM

MORE SCHEDULES

Informal Rec Hours

CLOSED / Unavailable

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

	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			Inclusive Open Rec																			
4:00 PM - 4:20 PM	Basketball	Basketball	Inclusive Open Rec	Basketball	Badminton	Indoor Soccer	Basketball	Basketball	Indoor Soccer	Basketball	Volleyball	Inclusive Open Rec	Basketball	Badminton	Inclusive Open Rec	YOUTH HOURS (Court time is available to anyone during Youth Hours)						
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								
5:30 PM - 5:50 PM																						
6:00 PM - 6:20 PM																						
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