WINTER 2017 | 1/9 - 3/24
SCHEDULE, EVENTS & HOURS
WINTER SPECIAL EVENTS & INFORMATION

JANUARY

NCAA College Football Championship Watch Party
Monday, 1/9
5:30 pm - 10:00 pm

Healthy U Wellness Challenge
Tuesday, 1/17 - Sunday, 2/26

Rock Climbing 101
Thursday, 1/19
4:00 pm - 5:00 pm

Dive-In Movie: Harry Potter
Tuesday, 1/24
7:30 pm - 10:00 pm

Night at the Blazers
Friday, 1/27
7:00 pm - 10:00 pm

Mt. Hood Meadows Ski Shuttle
Saturday, 1/28
6:30 am - 6:30 pm

Bowling Tournament
Tuesday, 1/31
5:00 pm - 7:00 pm

FEBRUARY

February Climbing Challenge
Wednesday, 2/1 - Tuesday, 2/28

LGBTQ Splash Mob
Friday, 2/3
5:00 pm - 7:00 pm

Super Bowl Watch Party
Sunday, 2/5
3:30 pm - 8:00 pm

Rock Climbing 201
Monday, 2/6
4:00 pm - 5:30 pm

Mt. Hood Meadows Ski Shuttle
Saturday, 2/11
6:30 am - 6:30 pm

Basketball Skills Night
Wednesday, 2/15
7:00 pm - 9:00 pm

Women-Only Climbing Night
Tuesday, 2/21
4:00 pm - 8:00 pm

3v3 Aqua Ball
Tuesday, 2/21
6:00 pm - 8:00 pm

Battleship
Tuesday, 2/28
6:00 pm - 8:00 pm

MARCH

Mt. Hood Meadows Ski Shuttle
Saturday, 3/4
6:30 am - 6:30 pm

Cascade Classic Goalball Tournament
Friday, 2/10 - Sunday, 2/12

Mt. Hood Meadows Ski Shuttle
Saturday, 2/11
6:30 am - 6:30 pm

NCAA Pick’Em Challenge (Online)
Sunday, 3/12 - Wednesday, 3/15

Campus Rec for a Cause events combine service and physical activity.
### Winter Aquatics Events & Information

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td><strong>TUES. 1/24</strong></td>
<td><strong>Dive-In Movie: Harry Potter</strong></td>
<td>7:30 pm - 10:00 pm</td>
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<td>We’re screening a classic: Harry Potter and the Sorcerer’s Stone.</td>
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<td>Rescued from the outrageous neglect of his aunt and uncle, Harry Potter proves his worth while attending Hogwarts School of Witchcraft and Wizardry. Free food and inner tubes provided. Free, no registration required.</td>
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<tr>
<td><strong>FRI. 2/3</strong></td>
<td><strong>Splash Mob</strong></td>
<td>5:00 pm - 7:00 pm</td>
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<td>Make waves at the Rec Center pool. Queer, trans and all body-positive people are invited to Open Rec Swim where we honor and support individual identity. Test your balance on our log roll, play water basketball, swim laps, unwind on inner tubes, float on fun noodles and relax in our spa. Two single use, gender neutral changing/shower/toilet rooms are available in the pool area. Free, no registration required.</td>
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<tr>
<td><strong>TUES. 2/21</strong></td>
<td><strong>3v3 Aqua Ball</strong></td>
<td>6:00 pm - 8:00 pm</td>
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<td>Take a break from the courts and try your hand at 3v3 Aqua Ball. Basketball played in the pool has the added challenge (and fun!) of water resistance. Come as a team or as an individual and be placed on a team. Free; pre-register at IMLeagues.com to reserve your spot.</td>
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<tr>
<td><strong>TUES. 2/28</strong></td>
<td><strong>Battleship</strong></td>
<td>6:00 pm - 8:00 pm</td>
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<td>Back by popular demand! Battleship comes to life in the Rec Center pool as teams load into a canoe and dump water into opponents’ boats. Bring a team of three or four people, or come on your own and be placed in a boat. Boats and buckets are provided. All players must be able to swim or wear a life jacket. First-come, first served. Free; pre-register at IMLeagues.com to reserve your spot.</td>
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#### Women-Only Swim
- **Sat. 1/14, 1:00 pm - 3:00 pm**
- **Sun. 1/29, 2:00 pm - 4:00 pm**
- **Sat. 2/18, 3:30 pm - 5:30 pm**
- **Sun. 3/5, 4:00 pm - 6:00 pm**

Open to self-identifying women and their children ages 5 and under to swim and play together. Female lifeguards will be on duty and windows will be covered to create a more private space.

#### Pool Closures
- **Tuesday, 1/24** - Closes at 6:00 pm for Dive-In Movie
- **Tuesday, 2/28** - Closed from 6:00 pm - 8:00 pm for Battleship

The pool is only open to self-identifying women during Women-Only Swim. See dates and times above.

#### Adult Swim Clinics
These clinics offer specialized instruction for adults of all ability levels in a small group setting. See clinic schedule on page 4 and visit our [website](#) for clinic descriptions and pricing.

#### Youth Swim Lessons
Youth swim lessons begin on 1/21 and cost $42 for members and $60 for non-members. There are six lessons on six consecutive Saturdays. Visit [website](#) for details.

#### Inclusive / Adaptive Swim
An inclusive/adaptive lane is available during all lap swim times. The lifeguards are happy to help if assistance is required.

Coached Adaptive Swim is offered Sundays, 11:00 am-1:00 pm. Coaches from Adaptive Sports Northwest will offer instruction to those who have a disability.

Visit Aquatics and Safety: [ONLINE](#)
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<td>9:00 am – 9:45 am, Lanes 1, 2 &amp; 3</td>
<td>6:00 pm – 8:00 pm, Lanes 3, 4, 5 &amp; 6</td>
<td>8:00 am – 9:00 pm, Lane 6</td>
<td><strong>Open Rec Swim/ Family Swim</strong></td>
<td>8:00 am – 9:00 am, Full Pool</td>
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**Aquatics**

**Fitness**

**Inclusive**

**Outdoor Program**

**Rec Clubs**

**Drop-In Sports**

**Intramurals**

**Youth**

**Instructional**
**Women On Weights**

Mondays & Fridays, 9:00 am – 10:00 am

Build your confidence in the weight room with the guidance of a female personal trainer and the support of other women. Learn the different muscle groups, how to set up equipment, and proper exercise form and technique. Mondays will emphasize learning new exercises and workout concepts; Fridays will emphasize practicing these concepts and incorporating them into a workout. Meet at the desk in the Weight Room, no registration required.

**Olympic Lifting Workshops**

Fri. 1/20, 9:15 am - 10:00 am  
Thurs. 1/26, 12:15 pm - 1:00 pm  
Thurs. 2/2, 6:15 pm - 7:00 pm  
Mon. 2/6, 11:30 am - 12:15 pm  
Thurs. 2/16, 4:00 pm - 4:45 pm  
Tues. 2/21, 9:15 pm - 10:00 pm

Interested in learning about Olympic lifting equipment? This workshop introduces participants to basic lifts, form, set up and safety tips. Meet in the Weight Room by the platforms – no registration required.

All members are required to watch a short educational video and take a brief quiz at Member Services prior to using the Olympic lifting platforms. You are required to check out an Olympic lifting wristband from Equipment Checkout prior to each use to demonstrate that you passed the quiz.

**Veterans Small Group Training**

Tuesdays, 2:00 pm – 3:00 pm  
1/17 - 3/14

A Campus Rec personal trainer and Air Force veteran will lead Portland State veteran students in this weekly series of group workouts. Join other vets with similar goals and interests under the guidance of a qualified fitness professional.

Register at the Veterans Resource Center (Smith Memorial Student Union 401, 503.725.9807) on a first-come, first-served basis. Registration opens on January 9 and is limited to the first eight registrants.

**Healthy U Wellness Challenge**

Improve your health and happiness in the New Year. Individual and team categories are available for this six-week challenge. Earn and log points in three categories: healthy habits, exercise and event participation. Open to the entire PSU community (FREE to members; non-members receive six visit passes to the Rec Center with $10 registration.)

Great prizes and incentives! Visit wellness.pdx.edu for more information.

**Visit Fitness:** ONLINE
### MONDAY

- **Water X**
  - 9:00 am - 9:45 am
  - Leilani F.
- **Sneakercamp**
  - 11:00 am - 11:45 am
  - Jen A.
- **Power Vinyasa Yoga**
  - 12:00 pm - 1:00 pm
  - Josh K.
- **INSANITY**
  - 12:15 pm - 12:50 pm
  - Leilani F.
- **Lift Strong**
  - 1:15 pm - 2:00 pm
  - Sabrina W.
- **Power Vinyasa Yoga**
  - 4:00 pm - 5:00 pm
  - Kristin A.
- **Abs, Buns & Thighs**
  - 5:15 pm - 6:00 pm
  - Ric N.
- **Dance Conditioning**
  - 5:15 pm - 6:00 pm
  - Kyle S.
- **Zumba**
  - 6:15 pm - 7:00 pm
  - James M.

### TUESDAY

- **Handstand**
  - 7:30 am - 8:30 am
  - Sharon P.
- **Power Vinyasa Yoga**
  - 8:30 am - 9:30 am
  - Megan S.
- **Splash Dance**
  - 9:00 am - 9:45 am
  - Harriet C.
- **Rhythm Bootcamp**
  - 4:00 pm - 4:45 pm
  - Veronique N.
- **Power Vinyasa Yoga**
  - 4:00 pm - 5:00 pm
  - Emily W.
- **Power Yoga**
  - 5:30 pm - 6:30 pm
  - Laura P.
- **Zumba**
  - 6:15 pm - 7:00 pm
  - James M.

### WEDNESDAY

- **Hatha Yoga**
  - 7:30 am - 8:30 am
  - Sharon P.
- **Power Vinyasa Yoga**
  - 8:30 am - 9:30 am
  - Jeannette S.
- **Power Vinyasa Yoga**
  - 9:30 am - 10:30 am
  - Veronique N.
- **Rhythm Bootcamp**
  - 4:00 pm - 4:45 pm
  - Kristin A.
- **Power Vinyasa Yoga**
  - 4:00 pm - 5:00 pm
  - Lanakila P.
- **Core Yoga**
  - 11:00 am - 11:45 am
  - Jeannette S.
- **Zumba**
  - 6:15 pm - 7:00 pm
  - James M.

### THURSDAY

- **Hatha Yoga**
  - 7:30 am - 8:30 am
  - Sharon P.
- **Power Vinyasa Yoga**
  - 8:30 am - 9:30 am
  - Jeannette S.
- **Power Vinyasa Yoga**
  - 12:00 pm - 1:00 pm
  - Megan S.
- **Power Hour Cycle/Krank**
  - 12:15 pm - 1:15 pm
  - Erin B.
- **Foundation Training**
  - 12:15 pm - 1:15 pm
  - Mark F.
- **Power Vinyasa Yoga**
  - 4:00 pm - 5:00 pm
  - Jeannette S.
- **Zumba**
  - 6:15 pm - 7:00 pm
  - James M.

### FRIDAY

- **Hatha Yoga**
  - 7:30 am - 8:30 am
  - Sharon P.
- **Power Vinyasa Yoga**
  - 8:00 am - 9:00 am
  - Jeanette S.
- **Power Vinyasa Yoga**
  - 11:00 am - 12:00 pm
  - Emily W.
- **INSANITY**
  - 12:15 pm - 12:50 pm
  - Leilani F.
- **Cycle/Krank**
  - 12:15 pm - 1:00 pm
  - Sabrina W.
- **Women-Only Strength**
  - 1:15 pm - 2:00 pm
  - Leilani F.
- **Power Vinyasa Yoga**
  - 4:00 pm - 5:00 pm
  - Jeannette S.

### SATURDAY

- **Core Yoga**
  - 10:00 am - 11:00 am
  - Vanessa B.
- **Family-Friendly Yoga**
  - 11:15 am - 12:00 pm
  - Jeannette S.
- **Abs, Buns & Thighs**
  - 11:30 am - 12:00 pm
  - Tayler L.

### SUNDAY

- **All other classes**
  - 7:30 am - 11:30 pm
- **Power Vinyasa Yoga**
  - 8:00 am - 9:00 am
  - Megan S.
FRIDAYS
2/3, 3/3
First Friday
5:00 pm - 7:00 pm
We will introduce new sports and recreational activities. Have you ever tried sit volleyball or wheelchair dodgeball? Everyone is welcome and all types of accommodations can be made.
Meet on MAC Court, no registration required.

FRI. – SAT.
2/3 – 2/4
Adaptive Ski
3:00 pm - 8:00 pm
This overnight ski trip to Central Oregon is for anyone with a disability or injury that requires a modification. Oregon Adaptive Sports will provide any needed modifications, such as a sit ski or a guide. The trip cost includes transportation, ski rental, lift ticket, lessons if needed, as well as overnight accommodations. No previous skiing experience is necessary. See page 12 for registration details.

FRI. – SUN.
2/10 – 2/12
Cascade Classic Goalball Tournament
Washington State School for the Blind,
Vancouver, WA
Fri. 1:00 pm - 10:00 pm
Sat. 7:10 am - 10:00 pm
Sun. 7:10 am - 1:00 pm
Volunteers needed! Elite American and Canadian goalball athletes are competing and we’re recruiting a volunteer support team. Learn about this unique sport designed for the blind and help run the tournament. Various shifts are available and transportation is provided to Campus Rec members 18+. Those who complete their whole shift earn free food and a tournament t-shirt. Register online at pdx.edu/recreation/events.

Inclusive / Adaptive Swim
An inclusive/adaptive lane is available during all lap swim times. The lifeguards are happy to help if assistance is required.

Coached Adaptive Swim is offered Sundays 11:00 am - 1:00 pm. Coaches from Adaptive Sports Northwest will offer instruction to those who have a disability.

Inclusive / Adaptive Climbing
The Climbing Center is open to everyone, regardless of experience or ability. During top rope hours, staff can accommodate a variety of disabilities and provide necessary gear.

Staffed hours:
Monday - Friday 4:00 pm - 8:00 pm
Saturdays 10:00 am - 2:00 pm

An orientation video and quiz are required at Member Services prior to using the Climbing Center.

Visit Inclusive Recreation: ONLINE
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<td>Courts 1, 2 &amp; MAC Court</td>
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<td>4-11 pm</td>
<td><strong>ASNW Jr. WC-Ball</strong></td>
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<td>4-11 pm</td>
<td><strong>Wheelchair Sports</strong></td>
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<tr>
<td>4-11 pm</td>
<td><strong>Coached Adaptive Swim</strong></td>
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<td>Pool</td>
<td>Lanes 1 &amp; 2</td>
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<td>4-11 pm</td>
<td><strong>ASNW Jr. WC-Ball</strong></td>
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<td><strong>Practice</strong></td>
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<td>Climbing Center</td>
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</tbody>
</table>
February Climbing Challenge
Stay active in the winter and challenge yourself to climb more. Each time you come to the Climbing Center, pick up your scorecard at Equipment Checkout and record your visits and climbs completed. At the end of the month, we'll tally up your points. Prizes will be given to the climbers with the most points in their division, and each participant is eligible to win raffle prizes. The awards ceremony will take place on Wednesday, March 1, 4:00 pm - 5:00 pm in the Climbing Center.

Rock Climbing 101
Thursday, 1/19
4:00 pm - 5:00 pm
Explore the Climbing Center! Staff will instruct on the fundamentals of climbing and get you stoked to climb more. No previous experience necessary.

Rock Climbing 201
Monday, 2/6
4:00 pm - 5:30 pm
The climbing journey continues. This course covers more advanced climbing techniques allowing participants to climb a wider variety of routes and enhance their climbing abilities. Participants are encouraged to have taken Rock Climbing 101 or be comfortable climbing V2 routes in the gym.

Women-Only Climbing Night
Tuesday, 2/21
4:00 pm - 8:00 pm
This event is for all self-identifying women, whether you're a novice climber or seasoned pro. Climb in a supportive environment, meet other climbers at PSU, participate in mini skills clinics, and explore the adventures offered by the Outdoor Program. No previous experience necessary.

Inclusive / Adaptive Climbing
The Climbing Center is open to everyone, regardless of experience or ability. During top rope hours, staff can accommodate a variety of disabilities and provide necessary gear. See days and times on page 10.

Belay Classes • $5
Learn how to tie basic knots involved in roped climbing, the process of belaying a climber, and how to perform a safety check. Classes are held Saturdays 12:00 pm - 2:00 pm.

An orientation video and quiz are required at Member Services prior to using the Climbing Center.
NEW HOURS

Visit the Outdoor Program:
ONLINE

Equipment Center Gear Rental Specials

FRI. – TUES. 1/13 – 1/17
Martin Luther King, Jr. Day Weekend Rental Special
Rent gear for 5 days for the price of 4. Items must be picked up 1/13 and returned 1/17. Any additional days will be charged standard extra day fees.

FRI. – MON. 3/24 – 4/3
Spring Break Rental Special
Rent gear for 11 days for the price of 4. Items must be picked up 3/24 and returned 4/3. Any additional days will be charged standard extra day fees.

Mt. Hood Meadows Ski Shuttle
6:30 am – 6:30 pm
$80 members & $100 non-members
Hitch a ride and hit the slopes!
Two options are available:

Learn to Ski/Snowboard Package: This beginner’s special includes a two-hour lesson, equipment rental (including helmet) and lift ticket for the southside lifts.

All-Access Lift Pass: No equipment is included, but discounted rentals are available.

Both include round-trip transportation from Campus Rec. If you have your own lift pass, transportation alone is $20 for members and $30 for non-members.

Equipment Center/Outdoor Program
Corner of SW 5th & Harrison
Monday – Friday
12:00 pm – 6:00 pm
503.725.5668

Equipment Center/Outdoor Program Closures

• Martin Luther King, Jr. Day, Monday, 1/16
• Spring Break, Monday, 3/27 – Friday, 3/31

EVENTS & INFORMATION

WINTER OUTDOOR PROGRAM
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td><strong>Top Rope Hours</strong>&lt;br&gt;4:00 pm – 8:00 pm</td>
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<tr>
<td><strong>Rock Climbing 201</strong>&lt;br&gt;4:00 pm – 5:30 pm</td>
<td><strong>Women-Only Climbing Night</strong>&lt;br&gt;4:00 pm – 8:00 pm</td>
<td><strong>Rock Climbing 101</strong>&lt;br&gt;4:00 pm – 5:00 pm</td>
<td><strong>Rock Climbing 101</strong>&lt;br&gt;4:00 pm – 5:00 pm</td>
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<td><strong>Rock Climbing 101</strong>&lt;br&gt;4:00 pm – 5:00 pm</td>
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<tr>
<td><strong>Bouldering Club Practice</strong>&lt;br&gt;6:00 pm – 8:00 pm</td>
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How to sign up for a trip

1. Visit the Outdoor Program Office to register for trips, rent outdoor gear and more.
   Monday – Friday: 12:00 pm – 6:00 pm
   505 SW Harrison Street (ASRC): 503.725.5668
2. Attend the mandatory pre-trip meeting.
3. Enjoy the beautiful Northwest landscape!

Click Here For Trip Descriptions
HOW TO JOIN:

Reach out to the club directly using contact information on our website or visit the Rec Clubs office inside the Rec Center.

Start a new club!

Don’t see what you’re looking for? Rec Cubs are student led and formed by groups of students who have a common interest in sport and recreation. Visit our website to learn how you can start a club.
We offer a variety of drop-in sports options for members. During these scheduled times, the Rec Center identifies activities that take priority on specific courts.

All activities are organized by the participants and house rules are posted in the gym to help keep the games moving and members rotating through the activities.
<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>Faculty/Staff Basketball 12:00 pm - 1:00 pm Court 2</td>
<td>Indoor Soccer 2:00 pm - 6:00 pm MAC Court</td>
<td>Basketball 2:00 pm - 10:30 pm Court 1 &amp; 2</td>
<td>Indoor Soccer 2:00 pm - 4:00 pm MAC Court</td>
<td>Basketball 2:00 pm - 9:30 pm Court 2 &amp; 3</td>
<td>Basketball 2:00 pm - 9:30 pm Court 2 &amp; 3</td>
<td>Basketball 7:00 pm - 9:30 pm Court 2</td>
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<tr>
<td>Basketball 2:00 pm - 5:30 pm Court 1 &amp; 2</td>
<td>Indoor Soccer 2:00 pm - 4:00 pm MAC Court</td>
<td>Basketball 2:00 pm - 5:30 pm Court 1 &amp; 2</td>
<td>Badminton 2:00 pm - 4:00 pm MAC Court</td>
<td>Badminton 5:00 pm - 7:00 pm Court 2</td>
<td>Indoor Soccer 7:00 pm - 9:30 pm Court 2</td>
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<td>Volleyball 4:00 pm - 7:00 pm MAC Court</td>
<td>Indoor Soccer 7:00 pm - 10:30 pm Court 2</td>
<td>Basketball 9:00 pm - 10:30 pm Court 2</td>
<td>Indoor Soccer 4:00 pm - 6:00 pm MAC Court</td>
<td>Basketball 7:00 pm - 9:30 pm Court 2</td>
<td>Indoor Soccer 7:00 pm - 9:30 pm Court 2</td>
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<tr>
<td>Indoor Soccer 7:00 pm - 10:30 pm MAC Court</td>
<td>Basketball 9:00 pm - 10:30 pm Court 2</td>
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</table>

**Drop-in Sports**

- **Basketball** 2:00 pm – 7:00 pm MAC Court
- **Indoor Soccer** 7:00 pm – 10:30 pm MAC Court
- **Volleyball** 2:00 pm – 5:00 pm MAC Court
- **Badminton** 5:00 pm – 7:00 pm Court 2
- **Basketball** 9:00 pm – 10:30 pm Court 2
- **Basketball** 12:00 pm – 1:00 pm Court 2
- **Volleyball** 4:00 pm – 6:30 pm MAC Court
- **Basketball** 6:00 pm – 8:00 pm Court 1 & 2
- **Basketball** 2:00 pm – 7:00 pm Court 2
- **Basketball** 2:00 pm – 10:30 pm Court 1
- **Basketball** 2:00 pm – 7:00 pm Court 2
- **Basketball** 2:00 pm – 5:30 pm Court 1 & 2
- **Basketball** 2:00 pm – 10:30 pm Court 2
- **Basketball** 2:00 pm – 10:30 pm Court 1
- **Basketball** 2:00 pm – 5:30 pm Court 1 & 2
- **Basketball** 2:00 pm – 10:30 pm Court 2
WINTER INTRAMURALS EVENTS & INFORMATION

**MON. 1/9**
**NCAA College Football Championship Watch Party**
5:30 pm - 10:00 pm
ASRC TV Lounge
Kick off the New Year with some NCAA football! We’ll bring the food, you bring your cheers and gear. *Free; no registration required.*

**FRI. 1/27**
**Night at the Blazers**
6:00 pm - 10:00 pm
Moda Center
Rip City! Campus Rec members are invited to join us for our third annual Night at the Blazers as we take on the Memphis Grizzlies. Meet in the Rec Sports Office at 6:00 pm for pizza before heading to the Moda Center for 7:00 pm tip off. Transportation not provided.

101 $15 tickets will be on sale Thursday, January 19 11:00 am – 2:00 pm at Member Services. Two per member; while supplies last.

**TUES. 1/31**
**Bowling Tournament**
5:00 pm - 7:00 pm
Viking Game Room (Smith Memorial Student Union Basement)
Is bowling up your alley? Get winter term rolling with our Bowling Tournament. Register as a team of five ($10) or as an individual ($2) and be placed on a team. Register at Campus Rec Member Services by 5:00 pm on Monday, 1/30. Two games and shoes included. Team with highest combined score will win championship t-shirts. Limited to six teams.

**WED. 2/15**
**Basketball Skills Night**
7:00 pm - 9:00 pm
Court 1
Show off your skills. Free throw shooting leads the event at 7:00 pm, followed by 3-point shooting at 7:30 and a dunk contest at 8:15. *Free; pre-register at IMLeagues.com to reserve your spot.*

**TUES. 2/21**
**3v3 Aqua Ball**
6:00 pm - 8:00 pm
Take a break from the courts and try your hand at 3v3 Aqua Ball. Basketball played in the pool has the added challenge (and fun!) of water resistance. Come as a team or as an individual and be placed on a team. *Free; pre-register at IMLeagues.com to reserve your spot.*

**TUES. 2/28**
**Battleship**
6:00 pm - 8:00 pm
Back by popular demand! Battleship comes to life in the Rec Center pool as teams load into canoes and dump water into opponents' boats. Bring a team of three or four people, or come on your own and be placed in a boat. Teams are three or four players and all players must be able to swim or wear a life jacket. First-come, first served. *Free; pre-register at IMLeagues.com to reserve your spot.*

**3/12-3/15**
**NCAA Pick’em Challenge**
Bracket Available 3/12 @ 7:00 pm
Submit by 3/15 @ Midnight
Make your picks for March Madness then sit back and watch some basketball. Register for free online at [http://games.espn.com/tournament-challenge-bracket/](http://games.espn.com/tournament-challenge-bracket/) by searching “PSU Bracket Challenge.” Visit [pdx.edu/recreation/intramurals](http://pdx.edu/recreation/intramurals) for the password. No experience or basketball knowledge necessary!
## Winter Intramurals

### Leagues & Tournaments

<table>
<thead>
<tr>
<th>LEAGUES &amp; TOURNAMENTS</th>
<th>DATE/TIME</th>
<th>PRE-EVENT MEETING ASRC 210A</th>
<th>REGISTRATION DEADLINE</th>
<th>FEE TEAM</th>
<th>FEE INDIVIDUAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>5v5 Competitive Basketball</td>
<td>Mondays and Wednesdays 1/23 - 3/15 6:00 pm - 10:00 pm</td>
<td>1/19 4:00 pm</td>
<td>1/19  5:00 pm</td>
<td>$50</td>
<td>$5</td>
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<tr>
<td>5v5 Recreational Basketball</td>
<td>Mondays and Wednesdays 1/23 - 3/15 6:00 pm - 10:00 pm</td>
<td>1/19 4:00 pm</td>
<td>1/19  5:00 pm</td>
<td>$50</td>
<td>$5</td>
</tr>
<tr>
<td>5v5 Indoor Competitive Soccer</td>
<td>Sundays and Thursdays 1/26 - 3/16  Sun: 3:00 pm - 8:15 pm  Th: 6:00 pm - 10:00 pm</td>
<td>1/19 4:30 pm</td>
<td>1/19  5:00 pm</td>
<td>$50</td>
<td>$5</td>
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<tr>
<td>5v5 Indoor Recreational Soccer</td>
<td>Sundays and Thursdays 1/26 - 3/16  Sun: 3:00 pm - 8:15 pm  Th: 6:00 pm - 10:00 pm</td>
<td>1/19 4:30 pm</td>
<td>1/19  5:00 pm</td>
<td>$50</td>
<td>$5</td>
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<tr>
<td>Floor Hockey</td>
<td>Wednesday 1/25 - 2/15  6:30 pm - 9:30 pm</td>
<td>1/19 5:00 pm</td>
<td>1/19 5:00 pm</td>
<td>$25</td>
<td>$5</td>
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</table>

Register for a league or tournament at Rec Center Member Services

E-mail im@pdx.edu for more information on leagues, tournaments and events.

One team spot for each league is reserved for veterans, service members and dependents. Registration is free through grant funding and participants must register at the Veterans Resource Center (Smith Memorial Student Union 401, 503.725.9807).
During youth hours the following spaces and activities are available:

<table>
<thead>
<tr>
<th>AGE</th>
<th>POOL</th>
<th>CLIMBING CENTER</th>
<th>COURTS</th>
<th>CARDIO / WEIGHTS</th>
<th>GROUP X</th>
<th>TRACK, STRETCHING AREA, TV LOUNGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 15*</td>
<td>**</td>
<td>Yes, parent/guardian must have Climbing Center wristband</td>
<td>YES</td>
<td>NO</td>
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<tr>
<td>16 – 17</td>
<td>**</td>
<td>Yes, with Climbing Center wristband and parent/guardian must have Climbing Center wristband</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
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*For infants in strollers/carrying devices – see the stroller policy on the website

**Youth are welcome in the pool during youth hours as long as they participate in the scheduled activities. We recommend that families come during Open Rec Swim hours when free swim is available

No spaces are reserved solely for youth/family programming.

**YOUTH HOURS**

- Mon - Thurs: 6:00 am - 10:00 am
- Friday: 6:00 am - 10:00 am
- 4:00 pm - 9:30 pm
- Saturday & Sunday: All building hours

**Notice:**

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 youth page of the website: [pdx.edu/recreation/youth-program](pdx.edu/recreation/youth-program)

**YOUTH ACTIVITIES & EVENTS**

**Family-Friendly Yoga**

- Saturdays, ASRC 440/441
- 11:15 am - 12:00 pm

This all-inclusive gentle yoga class is for families with kids* as well as individuals looking for a fun practice. Students are guided through a gentle yoga sequence that focuses on awareness and breath with plenty of opportunities to get silly. All levels and ages are welcome.

*Children under the age of 16 must be accompanied by a parent or caregiver.

**Youth Swim Lessons**

- Saturdays
- 1/21, 1/28, 2/4, 2/11, 2/18, 2/25

Classes vary by ability, start time and length from 9:00 am - 12:10 pm. Check website for details.
## SAFETY

<table>
<thead>
<tr>
<th>Course</th>
<th>Date/Times</th>
<th>Registration Deadline</th>
<th>Fee Rec Center Member</th>
<th>Fee Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work Place CPR/AED/FA</td>
<td>Saturday 1/21, 2/4, 3/4 1:00 pm - 8:00 pm</td>
<td>5:00 pm The day before the class.</td>
<td>$65</td>
<td>N/A</td>
</tr>
<tr>
<td>Bloodborne Pathogens Training</td>
<td>Friday 1/20, 2/3, 3/3 5:00 pm - 7:00 pm</td>
<td>5:00 pm The day before the class.</td>
<td>$40</td>
<td>N/A</td>
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</table>

## AQUATICS

<table>
<thead>
<tr>
<th>Course</th>
<th>Date/Times</th>
<th>Registration Deadline</th>
<th>Fee Rec Center Member</th>
<th>Fee Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water Safety Instructor Course (WSI)</td>
<td>Saturday - Thursday 1/7 - 1/12 Sat-Sun: 10:00 am - 5:00 pm Mon-Thurs: 5:00 pm - 9:00 pm</td>
<td>1/6 5:00 pm</td>
<td>$200</td>
<td>$250</td>
</tr>
<tr>
<td>Lifeguard Instructor Course</td>
<td>Friday - Sunday 2/10, 2/11, 2/12 &amp; 2/17, 2/19 Friday: 5:00 pm - 9:00 pm Saturday &amp; Sunday: 10:00 am - 5:00 pm</td>
<td>2/9 5:00 pm</td>
<td>$200</td>
<td>$250</td>
</tr>
<tr>
<td>Lifeguard Course</td>
<td>Sunday - Saturday 3/26 - 4/1 10:00 am - 5:00 pm</td>
<td>3/18 5:00 pm</td>
<td>$150</td>
<td>$200</td>
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## FITNESS

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<thead>
<tr>
<th>Course</th>
<th>Date/Times</th>
<th>Registration Deadline</th>
<th>Fee Rec Center Member</th>
<th>Fee Non Member</th>
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<tbody>
<tr>
<td>P90X Instructor Certification</td>
<td>Saturday 1/28 9:00 am - 5:00 pm</td>
<td>Register online at p90xlive.com prior to 1/28 at 8:00 am.</td>
<td>$249</td>
<td>$249</td>
</tr>
</tbody>
</table>

## OUTDOOR PROGRAM

<table>
<thead>
<tr>
<th>Course</th>
<th>Date/Times</th>
<th>Registration Deadline</th>
<th>Fee Rec Center Member</th>
<th>Fee Non Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wilderness First Responder (WFR)</td>
<td>Saturday/Sunday 3/25 - 4/2 8:00 am - 6:00 pm</td>
<td>Open until full</td>
<td>$595</td>
<td>$695</td>
</tr>
</tbody>
</table>