SPRING 2016 | 3/28 - 6/10
SCHEDULE, EVENTS & HOURS

CAMPUS REC
This Schedule is Interactive
Click around to navigate and find more information!

*Schedules subject to change.

The pool closes 30 minutes prior to the facility closing.
Visit our website for schedule updates and closures.

This symbol is located throughout the schedule and indicates that an activity or event is ideal for beginners.
# Spring Special Events & Information

<table>
<thead>
<tr>
<th>APRIL</th>
<th>MAY</th>
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</table>
| **Rock Climbing 101**  
Wednesday 4/6  
4:00 pm - 5:00 pm | **Road to Rio Fitness Challenge**  
Sunday 5/1 – Saturday 5/28 |
| **Bring Your Kids to Campus Day**  
Friday 4/8  
1:00 pm - 3:00 pm | **Nourish Wellness Fair**  
Wednesday 5/11  
12:00 pm - 2:00 pm |
| **Dive-In Movie: Finding Nemo (G)**  
Friday 4/8  
6:00 pm - 9:00 pm | **Group X Bingo**  
Sun. 5/1 – Tues. 5/31 |
| **Zumbathon**  
Tuesday 4/12  
7:00 pm - 9:00 pm | **5v5 Outdoor Soccer Tournament**  
Friday 5/13  
5:00 pm - 10:00 pm |
| **Collegiate Goalball Tournament**  
Fri. 4/15 – Sun. 4/17 | **Women’s Climbing Night**  
Thursday 5/5  
4:00 pm - 8:00 pm |
| **Bridgetown Boulder Bash**  
Sunday 4/17  
10:00 am - 5:30 pm | **Cornhole on the Plaza**  
Wednesday 5/18  
11:00 am – 1:00 pm |
| **Giant Volleyball**  
Thursday 4/21  
7:00 pm - 9:00 pm | **PRIDE Kickball Party**  
Friday 5/6  
12:00 pm - 1:00 pm |
| **Annual Used Gear Sale**  
Saturday 4/23  
10:00 am - 1:00 pm | **Softball Tournament**  
Friday 5/20  
5:00 pm - 10:00 pm |
| **Amazing Race: Family Edition**  
Saturday 4/30  
10:00 am - 12:00 pm | **LGBTQ Splash Mob**  
Friday 5/6  
5:30 pm - 7:30 pm |
COMMUNITY CLEANUP WALKS

1st & 3rd Thursdays in April & May
12:00 pm - 12:50 pm  |  4/7, 4/21, 5/5, 5/19
Take a study or work break and help beautify PSU. Walk, clean up trash, enjoy the outdoors and make an immediate difference. Walks start and finish at the ASRC entrance near Cafe Yumm. No registration required.

ZUMBATHON

Tuesday 4/12, 7:00 pm – 9:00 pm
MAC Court
Join Campus Rec and the Women’s Resource Center during Sexual Assault Awareness Month for PSU’s first-ever Zumbathon! Give back to your community while dancing your cares away. There will be multiple instructors leading participants through a variety of musical genres and dance styles. A $5 suggested donation helps the WRC provide safe shelter for women fleeing domestic violence. Join the party for five minutes or the full two hours! Open to the entire PSU community and their guests (guest fee waived for this special event). Valid Portland State ID or Alumni Association card required for admission. No registration required.

Service Trip SOLVE

Saturday 4/23, 8:00 am – 6:00 pm
Plant native plants, build some protective plant cages (those darn beavers!) and learn some basic plant identification skills. We will work with SOLVE, a statewide nonprofit organization that takes action every day to keep Oregon clean and green. The first half of the day will be planting, mulching and building at their Beavercreek location. The second half of the day we will hike through the area to view all the progress at this site, as well as learn about the native flora in the area.

See page 13 for registration details.

GIANT VOLLEYBALL

Thursday 4/21, 7:00 pm – 9:00 pm
Campus Rec is hosting Giant Volleyball in support of Take Back The Night, an international effort to combat sexual violence. Play volleyball with an oversized ball and learn about Portland State’s Take Back The Night event on Tuesday, April 26. Open to the entire PSU community – valid Portland State ID or Alumni Association card required for admission.
SPRING AQUATICS EVENTS & INFORMATION

**Dive-In Movie: Finding Nemo (G)**
- **FRI. 4/8**
  - 6:00 pm - 9:00 pm
  - This Disney favorite comes to life on the Rec Center pool’s big screen. This special event is on Bring Your Kids to Campus Day. Free inner tubes provided or bring your own. Open to the entire PSU community and children are welcome – valid Portland State ID or Alumni Association card required for admission.

**Splash Mob**
- **FRI. 5/6**
  - 5:30 pm - 7:30 pm
  - Queer, trans and all body-positive people are invited to Open Rec Swim where we honor and support individual identity. Two single use, gender neutral changing/shower/toilet rooms are available in the pool area.

**Women-Only Swim**
- **Sat. 4/2,** 2:00 pm - 4:00 pm
- **Sun. 4/24,** 1:00 pm - 3:00 pm
- **Sat. 5/21,** 3:00 pm - 5:00 pm
- **Sun. 6/5,** 4:00 pm - 6:00 pm
  - Open to self-identified 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**
- Fri. 4/8, 4:30 pm - 9:30 pm for Dive-In Movie
- Sat. 5/7, 6:00 pm - 10:00 pm for lifeguard in-service training
  - During Women-Only Swim, the pool is open to self-identified women and their children ages 5 and under. See dates and times below.

**Youth Hours**
- 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.

**Youth Swim Lessons**
- Youth swim lessons begin on 4/16 and cost $30 for 6 lessons on 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.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Days</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>6:00 am – 6:00 pm</td>
<td>Lap Swim</td>
<td>Monday</td>
<td>Lane 6</td>
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<tr>
<td>6:00 am – 10:30 pm</td>
<td>Spa Hours</td>
<td>Tuesday</td>
<td>Lane 6</td>
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<tr>
<td>7:00 am – 8:10 am</td>
<td>Swin X</td>
<td>Wednesday</td>
<td>Lanes 3, 4, 5 &amp; 6</td>
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<tr>
<td>9:00 am – 9:45 am</td>
<td>Splash Dance</td>
<td>Wednesday</td>
<td>Lanes 1, 2 &amp; 3</td>
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<td>Basics for the Fearful Swimmer</td>
<td>Thursday</td>
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<td>4:00 pm – 4:45 pm</td>
<td>Beginner Swimming</td>
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<td>Stroke Development I</td>
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<td>5:00 pm – 5:45 pm</td>
<td>Stroke Development II</td>
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**AQUATICS**

**FITNESS**

**INCLUSIVE**

**OUTDOOR PROGRAM**

**REC CLUBS**

**DROP-IN SPORTS**

**INTRAMURALS**

**YOUTH**

**INSTRUCTIONAL**
**SPRING FITNESS EVENTS & INFORMATION**

**TUES. 4/12**
**Zumbathon**
7:00 pm - 9:00 pm  
MAC Court  
Join Campus Rec and the Women’s Resource Center during Sexual Assault Awareness Month for PSU’s first-ever Zumbathon! Give back to your community while dancing your cares away. There will be multiple instructors leading participants through a variety of musical genres and dance styles. A $5 suggested donation helps the WRC provide safe shelter for women fleeing domestic violence. Join the party for five minutes or the full two hours! Open to the entire PSU community and up to three accompanied guests (guest fee waived for this special event). Valid Portland State ID or Alumni Association card required for admission. Guests are required to have a government issued photo ID.

**NEW**

**SUN 5/1 – SAT 5/28**
**Road to Rio Fitness Challenge**
Fitness Center  
Each week in May features a different fitness focus at three different challenge levels: Recreational, Intermediate and Olympian. Each challenge level presents weekly tasks that earn you “miles” in your passport. The goal: earn the miles needed to travel to Rio de Janeiro, Brazil by the end of the month! Small prizes are awarded for each major city you hit along the way (Portland, Mexico City, Bogota) and once you hit Rio you’ll be entered to win the grand prize. Passports available at the third floor fitness desk.

**NEW**

**WED. 5/11**
**Nourish Wellness Fair**
12:00 pm - 2:00 pm  
Courts 1 & 2  
Attend PSU’s annual Nourish Wellness Fair to learn more about on-campus and off-campus wellness resources. Receive free acupuncture, massage, healthy food samples, gait analysis, body composition testing, fitness screenings, farmers market produce and more! FREE to all PSU students, faculty, staff and Rec Center members.

**NEW**

**NEW**

**NEW**

**Small Group Training**
We offer affordable training options that motivate and help groups work toward a common goal.

**Mad Props: TRX** is for people of all fitness levels who want to become more acquainted with TRX and other fitness equipment, including BOSUs, kettlebells, stability balls and resistance bands.  
**Tues./Thurs. 4/12 - 5/19**  
2:00 pm - 2:45 pm  
Fee: $60 / 8-Person Limit

**NEW**

**Olympic Lifting Workshops**
**Thur. 3/31, 4:00 pm - 4:45 pm**  
**Wed. 4/6, 3:15 pm - 4:00 pm**  
**Fri. 4/15, 1:15 pm - 2:00 pm**  
**Mon. 4/18, 12:15 pm - 1:00 pm**  
**Thurs. 4/21, 9:15 pm - 10:00 pm**  
Interested in learning about our new 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.

**NEW**

**Women On Weights**
**Mon./Fri. 10:00 am - 11:00 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. Meet by the Fitness Center desk on the 3rd floor - no registration required.

**NEW**

**Visit Fitness: ONLINE**
<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
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<th><strong>SATURDAY</strong></th>
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<td><strong>MORNING</strong></td>
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<td><strong>MEDITATION</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Power Vinyasa Yoga</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Water X</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>CLASS LOCATIONS:</strong></td>
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<td>9:00 am - 10:00 am</td>
<td>8:00 am - 9:00 am</td>
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<td>7:30 am - 8:30 am</td>
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<td>9:00 am - 10:00 am</td>
<td>ASRC 450</td>
</tr>
<tr>
<td>Konane M.</td>
<td>Sharon P.</td>
<td>Josh K.</td>
<td>Harriet C.</td>
<td>Leilani F.</td>
<td>Katie R.</td>
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<tr>
<td><strong>SPLASH DANCE</strong></td>
<td><strong>Water X</strong></td>
<td><strong>Water X</strong></td>
<td><strong>Water X</strong></td>
<td><strong>Water X</strong></td>
<td><strong>Pilates</strong></td>
<td><strong>ASRC Pool</strong></td>
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<td>Splash Dance</td>
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<tr>
<td>Harriet C.</td>
<td>Leilani F.</td>
<td>Mary B.</td>
<td>Leilani F.</td>
<td>Jen A.</td>
<td>Sharon P.</td>
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<td><strong>SNEAKERCAM</strong></td>
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<td>All other classes</td>
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<tr>
<td>Jen A.</td>
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<td>INSANITY LIVE (Th)</td>
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<td><strong>CYLE/KRUNK</strong></td>
<td><strong>CYLE/KRUNK</strong></td>
<td><strong>CYLE/KRUNK</strong></td>
<td><strong>CYLE/KRUNK</strong></td>
<td><strong>CYLE/KRUNK</strong></td>
<td><strong>CYLE/KRUNK</strong></td>
<td><strong>Check our live Group X schedule for class cancellations and instructor substitutions.</strong></td>
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<td><strong>Group X BINGO</strong></td>
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<tr>
<td>Lindsey V.</td>
<td>Sabrina W.</td>
<td>Sabrina W.</td>
<td>Leilani F.</td>
<td>Leilani F.</td>
<td>Leilani F.</td>
<td><strong>May 1 - 31</strong></td>
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<tr>
<td><strong>WOMEN-ONLY STRENGTH</strong></td>
<td><strong>ZUMBA</strong></td>
<td><strong>INSANITY LIVE</strong></td>
<td><strong>ABS, BUN &amp; THIGHS</strong></td>
<td><strong>ABS, BUN &amp; THIGHS</strong></td>
<td><strong>HATHA YOGA</strong></td>
<td><strong>Partner Classes</strong></td>
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<td>1:15 pm - 2:00 pm</td>
<td>4:00 pm - 4:45 pm</td>
<td>4:00 pm - 4:35 pm</td>
<td>5:15 pm - 6:00 pm</td>
<td>5:15 pm - 6:00 pm</td>
<td>5:00 pm - 6:00 pm</td>
<td><strong>Monday, May 2 - Sunday, May 8</strong></td>
</tr>
<tr>
<td>Leilani F.</td>
<td>Emily B.</td>
<td>Ric N.</td>
<td>Sabrina W.</td>
<td>Sabrina W.</td>
<td>Laura C.</td>
<td>Meet new people and develop your teamwork skills during these special partner classes. Instructors will include exercises that require a partner – some may require touching and others will not. Step outside of your comfort zone and give partner work a try!</td>
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<td><strong>HATHA YOGA</strong></td>
<td><strong>PILATES</strong></td>
<td><strong>ABS, BUN &amp; THIGHS</strong></td>
<td><strong>ABS, BUN &amp; THIGHS</strong></td>
<td><strong>HIIT + ABS</strong></td>
<td><strong>GENTLE YOGA</strong></td>
<td><strong>Wildcard Yoga</strong></td>
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<tr>
<td>Katie R.</td>
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<td>Omar R.</td>
<td>Omar R.</td>
<td>Group X Staff</td>
<td>Carolina J.</td>
<td>Michaela B.</td>
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<td><strong>INSANITY LIVE</strong></td>
<td><strong>POWER VINYASA YOGA</strong></td>
<td><strong>POWER HOUR CYCLE/KRUNK</strong></td>
<td><strong>POWER HOUR CYCLE/KRUNK</strong></td>
<td><strong>HIIT + ABS</strong></td>
<td><strong>ZUMBA</strong></td>
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<td>Omar R.</td>
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<td>Michaela B.</td>
<td>Laura C. &amp; Trisha H.</td>
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<td><strong>WILD CARD YOGA</strong></td>
<td><strong>HIIT + ABS</strong></td>
<td><strong>HATHA YOGA</strong></td>
<td><strong>HATHA YOGA</strong></td>
<td><strong>ZUMBA</strong></td>
<td><strong>DANCE FITNESS</strong></td>
<td><strong>CATEGORIES</strong></td>
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<td>Dance Fitness</td>
<td>Mind/Body</td>
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<tr>
<td>Laura C. &amp; Trisha H.</td>
<td>Rachel D.</td>
<td>Jessica B.</td>
<td>Jessica B.</td>
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<td>Combo</td>
<td>Strength</td>
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<tr>
<td><strong>How to Join a Group X Fitness Class</strong></td>
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<td><strong>Group X Passes no longer required!</strong> Simply show up in the proper location. First come, first served. Classes run from 3/28 - 6/10 and are free for members.</td>
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**Categories:**
- **Mind/Body**
- **Strength**
- **Cardio**
- **Dance Fitness**
- **Combo**
- **Beginner**
## SPRING INCLUSIVE EVENTS & INFORMATION

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
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<tr>
<td><strong>FRI. 4/8</strong></td>
<td><strong>Bring Your Kids to Campus Day</strong></td>
<td>1:00 pm - 3:00 pm</td>
<td><strong>MAC Court</strong></td>
</tr>
<tr>
<td><strong>Take advantage of this action-packed, campus-wide event. Campus Rec is teaming up with the Resource Center for Students With Children to offer obstacles and challenges for families to enjoy. Open to the entire PSU community. Valid Portland State ID or Alumni Association card required for admission.</strong></td>
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<tr>
<td><strong>FRI. 4/8</strong></td>
<td><strong>Dive-In Movie: Finding Nemo (G)</strong></td>
<td>6:00 pm - 9:00 pm</td>
<td><strong>Rec Center pool</strong></td>
</tr>
<tr>
<td><strong>This Disney favorite comes to life on the Rec Center pool's big screen. This special event is on Bring Your Kids to Campus Day. Free inner tubes provided or bring your own. Open to the entire PSU community and children are welcome - valid Portland State ID or Alumni Association card required for admission.</strong></td>
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</tr>
<tr>
<td><strong>FRI. 4/15 – SUN. 4/17</strong></td>
<td><strong>Collegiate Goalball Tournament</strong></td>
<td>Courts</td>
<td>Portland State is hosting teams from around the nation during the 2nd Annual Collegiate Goalball Tournament. Spectators are welcome and must check in at Member Services.</td>
</tr>
<tr>
<td><strong>SAT. 4/30</strong></td>
<td><strong>Amazing Race: Family Edition</strong></td>
<td>10:00 am - 12:00 pm</td>
<td><strong>Court 2, MAC Court, ASRC 450</strong></td>
</tr>
<tr>
<td><strong>This Amazing Race gives families a chance to do challenges together. While geared toward families with children 4 and older, there will also be some activities for smaller children. This event is open to the entire PSU community and is a partnership between Campus Rec and the Resource Center for Students With Children.</strong></td>
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<tr>
<td><strong>SUN. 5/1</strong></td>
<td><strong>Adaptive Climbing Trip</strong></td>
<td></td>
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</tr>
<tr>
<td><strong>SAT. 8/6</strong></td>
<td><strong>Summer Trip: Inclusive Sea Kayak</strong></td>
<td>8:00 am - 6:00 pm</td>
<td><strong>Sea Kayak</strong></td>
</tr>
<tr>
<td><strong>This sea kayak trip is designed for paddlers of all ability levels. Exact location is to be determined, but we promise it will be beautiful! See page 13 for details and call Jen Armbruster at 503-725-2927 for accommodation questions.</strong></td>
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</tr>
<tr>
<td><strong>FRI. 4/30</strong></td>
<td><strong>Inclusive / Adaptive Swim</strong></td>
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</tr>
</tbody>
</table>

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Visit Inclusive Recreation: [ONLINE](#)
<table>
<thead>
<tr>
<th>Day</th>
<th>Morning Activities</th>
<th>Afternoon Activities</th>
<th>Evening Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Open Inclusive Rec 2:00 pm - 4:00 pm MAC Court</td>
<td>Adaptive Climbing 4:00 pm - 7:00 pm 4/5</td>
<td>Fresh Friday 5:00 pm - 7:00 pm MAC Court</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Goalball 8:00 am - 10:00 am Courts 1, 2 &amp; MAC Court</td>
<td>Wheelchair Sports 11:00 am - 1:00 pm Court 2</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Adaptive Climbing 10:00 am - 12:00 pm 4/2, 5/7, 6/4</td>
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<tr>
<td>Thursday</td>
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<tr>
<td>Friday</td>
<td>Open Inclusive Rec 2:00 pm - 4:00 pm MAC Court</td>
<td>Adaptive Climbing 4:00 pm - 7:00 pm 5/4</td>
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<tr>
<td>Saturday</td>
<td>Wheelchair Sports 11:00 am - 1:00 pm Court 2</td>
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</tr>
<tr>
<td>Sunday</td>
<td>Wheelchair Sports 11:00 am - 1:00 pm Court 2</td>
<td></td>
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</tr>
</tbody>
</table>
SPRING OUTDOOR PROGRAM EVENTS & INFORMATION

SAT. 4/23

Annual Used Gear Sale
10:00 am - 1:00 pm
Each spring, the Outdoor Program sells retired equipment from the rental program. Selection varies each year; several weeks before the sale, items will be listed on the Facilities & Planning surplus website. The sale is first-come, first-served and gear goes quickly!

Kayak Pool Sessions
Thursday
6:30 pm - 8:20 pm

Equipment Center/Outdoor Program
Corner of SW 5th & Harrison
Monday - Friday
10:00 am - 6:00 pm
503.725.5668

Equipment Center/Outdoor Program Office Closures & Gear Rental Specials:

FRI. - TUES. 5/27 – 5/31
Memorial Day Weekend Rental Special and Closure
Rent gear for 5 days for the price of 4. Items must be picked up 5/27 and returned 5/31. Any additional days will be charged standard extra day fees.

Closed: Monday 5/30

FRI. - MON. 6/10 – 6/20
Summer Break Rental Special and Closure
Rent gear for 11 days for the price of 4. Items must be picked up 6/10 and returned 6/20. Any additional days will be charged standard extra day fees.

Closed: Monday 6/13 – Friday 6/17

Visit the Outdoor Program: ONLINE
SPRING CLIMBING EVENTS & INFORMATION

WED. 4/6
Rock Climbing 101
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.

SUN. 4/17
Bridgetown Boulder Bash
10:00 am - 5:30 pm
Heat 1: 10:30 am - 12:30 pm
Heat 2: 1:00 pm - 3:00 pm
This event is a community competition open to climbers 16+ of all skill and ability levels; awesome raffle prizes are given away at the end of the event. Beginners are encouraged to participate!

$10 Members, $20 Non-Members
Register at Member Services

THURS. 5/5
Women’s Climbing Night
4:00 pm - 8:00 pm
Novice climbers and seasoned pros welcome. Climb in a supportive environment with the help of knowledgeable staff, meet other climbers at PSU and explore the adventures offered by the Outdoor Program. No previous experience necessary

Climbing Center Closures:
MON. - SUN. 4/11 - 4/17
Climbing Center Closure
The Climbing Center is closed Monday through Friday in preparation for the Bouldering Competition. The Climbing Center will re-open only to those competing in the Bridgetown Boulder Bash on Saturday and Sunday.

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.

- Thursday 4/7, 2:00 pm - 4:00 pm
- Friday 5/6, 12:00 pm - 2:00 pm
- Wednesday 5/25, 10:00 am - 12:00 pm
- Most Saturdays from 12:00 pm - 2:00 pm
(see page 12)
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>**MORNING</td>
<td></td>
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<tr>
<td></td>
<td><strong>Top Rope Hours</strong></td>
<td>10:00 am - 2:00 pm</td>
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<tr>
<td></td>
<td><strong>Belay Class</strong></td>
<td>12:00 pm - 2:00 pm</td>
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<td></td>
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<td><strong>AFTERNOON</strong></td>
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<td></td>
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</tbody>
</table>

**Activities:**
- Adaptive Climbing
- Top Rope Hours
- Belay Class

**Dates:**
# Spring Outdoor Program Trips & Seminars

**How to sign up for a trip**

Visit the Outdoor Program Office to register for trips, attend the mandatory pre-trip meeting and enjoy the beautiful Northwest landscape!

**Click Here For Trip Descriptions**

<table>
<thead>
<tr>
<th><strong>DATE/TIME</strong></th>
<th><strong>REGISTRATION DEADLINE / PRE-EVENT MEETING</strong></th>
<th><strong>FEE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salmon River Backpack</strong></td>
<td>4/16 - 4/17 8:00 am - 6:00 pm</td>
<td>4/13 6:00 pm</td>
</tr>
<tr>
<td><strong>Service Trip SOLVE</strong></td>
<td>Saturday 4/23 8:00 am - 6:00 pm</td>
<td>4/20 5:00 pm</td>
</tr>
<tr>
<td><strong>Cape Lookout Day Hike</strong></td>
<td>Saturday 4/30 8:00 am - 6:00 pm</td>
<td>4/27 5:00 pm</td>
</tr>
<tr>
<td><strong>Adaptive Climbing</strong></td>
<td>Sunday 5/1 8:00 am - 6:00 pm</td>
<td>4/27 6:00 pm</td>
</tr>
<tr>
<td><strong>Tualatin River SUP</strong></td>
<td>Saturday 5/7 8:00 am - 6:00 pm</td>
<td>5/4 5:00 pm</td>
</tr>
<tr>
<td><strong>Triple Falls Day Hike</strong></td>
<td>Saturday 5/14 8:00 am - 6:00 pm</td>
<td>5/11 5:00 pm</td>
</tr>
<tr>
<td><strong>Clackamas Rafting</strong></td>
<td>Sunday 5/15 8:00 am - 6:00 pm</td>
<td>5/11 6:00 pm</td>
</tr>
<tr>
<td><strong>Smith Rock Climbing</strong></td>
<td>Friday - Sunday 5/20 - 5/22 3:00 pm - 7:00 pm</td>
<td>5/18 6:00 pm</td>
</tr>
<tr>
<td><strong>Cape Horn Day Hike</strong></td>
<td>Saturday 5/21 8:00 am - 6:00 pm</td>
<td>5/18 5:00 pm</td>
</tr>
<tr>
<td><strong>Clackamas Rafting</strong></td>
<td>Sunday 5/29 8:00 am - 6:00 pm</td>
<td>5/25 5:00 pm</td>
</tr>
<tr>
<td><strong>Sahalee Tyee Backpacking</strong></td>
<td>Saturday - Monday 5/28 - 5/30 8:00 am - 6:00 pm</td>
<td>5/25 6:00 pm</td>
</tr>
<tr>
<td><strong>Frog Lake SUP</strong></td>
<td>Saturday 6/4 8:00 am - 6:00 pm</td>
<td>6/1 5:00 pm</td>
</tr>
<tr>
<td><strong>SUMMER TRIP:</strong></td>
<td><strong>DATE/TIME</strong></td>
<td><strong>REGISTRATION DEADLINE / PRE-EVENT MEETING</strong></td>
</tr>
<tr>
<td><strong>Inclusive Kayak</strong></td>
<td>Saturday 8/6 8:00 am - 6:00 pm</td>
<td>8/3 5:00 pm</td>
</tr>
</tbody>
</table>
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.
SPRING DROP-IN SPORTS INFORMATION

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.

Court Closures

- Fri. 4/8, 12:00 pm - 3:30 pm MAC Court will be closed for Bring Your Kids to Campus Day.
- Tues. 4/12, 5:00 pm - 10:00 pm MAC Court will be closed for the Zumbathon.
- Wednesdays 4/13 - 5/11, 6:00 pm - 9:00 pm MAC Court will be closed for Dodgeball League.
- Fri. 4/15, 12:00 pm - Sun. 4/17, 3:00 pm the courts and track will be closed for the Collegiate Goalball Tournament.
- Wed. 5/11, 10:00 am - 3:00 pm Courts 1 & 2 will be closed for the Nourish Wellness Fair.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING</strong></td>
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<tr>
<td><strong>AFTERNOON</strong></td>
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<tr>
<td><strong>EVENING</strong></td>
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</tr>
</tbody>
</table>

### Monday
- **Morning**
  - Indoor Soccer 12:00 pm – 1:00 pm
  - MAC Court
- **Afternoon**
  - Basketball 2:00 pm – 11:00 pm
  - Court 1
  - Basketball 2:00 pm – 6:00 pm
  - Court 2

### Tuesday
- **Morning**
  - Indoor Soccer 12:00 pm – 1:00 pm
  - MAC Court
- **Afternoon**
  - Basketball 2:00 pm – 11:00 pm
  - Court 1
  - Basketball 2:00 pm – 6:00 pm
  - Court 2

### Wednesday
- **Morning**
  - Indoor Soccer 12:00 pm – 1:00 pm
  - MAC Court
- **Afternoon**
  - Basketball 2:00 pm – 11:00 pm
  - Court 1
  - Basketball 2:00 pm – 3:00 pm
  - Court 2

### Thursday
- **Morning**
  - Indoor Soccer 12:00 pm – 1:00 pm
  - MAC Court
- **Afternoon**
  - Basketball 2:00 pm – 11:00 pm
  - Court 1
  - Basketball 2:00 pm – 3:00 pm
  - Court 2

### Friday
- **Morning**
  - Indoor Soccer 12:00 pm – 1:00 pm
  - MAC Court
- **Afternoon**
  - Basketball 2:00 pm – 11:00 pm
  - Court 1
  - Basketball 2:00 pm – 3:00 pm
  - Court 2

### Saturday
- **Morning**
  - Indoor Soccer 12:00 pm – 1:00 pm
  - MAC Court
- **Afternoon**
  - Basketball 2:00 pm – 11:00 pm
  - Court 1
  - Basketball 2:00 pm – 3:00 pm
  - Court 2

### Sunday
- **Morning**
  - Indoor Soccer 12:00 pm – 1:00 pm
  - MAC Court
- **Afternoon**
  - Basketball 2:00 pm – 11:00 pm
  - Court 1
  - Basketball 2:00 pm – 8:00 pm
  - Court 2

### Activities
- **Basketball**
  - 2:00 pm – 11:00 pm
  - Court 1
  - 2:00 pm – 3:00 pm
  - Court 2
- **Indoor Soccer**
  - 12:00 pm – 1:00 pm
  - MAC Court
  - 7:00 pm – 11:00 pm
  - MAC Court
  - 12:00 pm – 1:00 pm
  - MAC Court
  - 7:00 pm – 10:00 pm
  - MAC Court
- **Volleyball**
  - 2:00 pm – 5:00 pm
  - Court 2
  - 2:00 pm – 3:00 pm
  - Court 2
  - 7:00 pm – 9:00 pm
  - Court 2
- **Badminton**
  - 5:00 pm – 7:00 pm
  - Court 2
  - 6:00 pm – 10:00 pm
  - Court 2
- **Dodgeball Rec Club**
  - 9:00 pm – 10:50 pm
  - MAC Court
  - 10:00 pm – 11:00 pm
  - Court 2
- **Dodgeball League**
  - 6:00 pm – 9:00 pm
  - MAC Court
  - 4/13 – 5/11
- **Table Tennis Rec Club**
  - 3:00 pm – 5:00 pm
  - Court 2
  - 3:00 pm – 5:00 pm
  - Court 2
- **Open Inclusive Rec**
  - 2:00 pm – 4:00 pm
  - MAC Court
  - 2:00 pm – 4:00 pm
  - MAC Court
- **Wheelchair Sports**
  - 11:00 am – 1:00 pm
  - Court 2
- **Goalball**
  - 8:00 am – 10:00 am
  - Courts 1, 2 & MAC Court
- **Fresh Friday**
  - 5:00 pm – 7:00 pm
  - MAC Court
- **Women’s Volleyball Rec Club**
  - 7:00 pm – 9:00 pm
  - Court 2
- **Men’s Volleyball Rec Club**
  - 9:00 pm – 10:50 pm
  - Court 2
SPRING INTRAMURAL EVENTS & INFORMATION

**Giant Volleyball**
7:00 pm - 9:00 pm
Courts
Campus Rec is hosting Giant Volleyball in support of Take Back The Night, an international effort to combat sexual violence. Play volleyball with an oversize ball and learn about Portland State’s Take Back The Night event on Tuesday, April 26. Open to the entire PSU community - valid Portland State ID or Alumni Association card required for admission. Free; no registration required.

**PRIDE Kickball Party**
12:00 pm - 1:00 pm
Urban Plaza
Wear your pride and relive recess with a spirited game of kickball. Join a team or root for your favorite, soak up some sunshine and enjoy free food! Free; no registration required.

**5v5 Soccer Tournament**
5:00 pm - 10:00 pm
Stott Field
Lace up your boots and hit the pitch for this one-night 5v5 soccer tourney! Play is on small fields at Stott Field. The tournament is open to Campus Rec members and non-members and costs $15/team or $5/free agent. Register at the Member Services Desk and email im@pdx.edu for details or questions.

**Cornhole on the Plaza**
11:00 am - 1:00 pm
Urban Plaza
Throw some bags for your chance to win a coveted Intramurals Champion t-shirt! Option to compete or play casually with friends. Free; no registration required.

**Softball Tournament**
5:00 pm - 10:00 pm
Stott Field
Hit for the Stott Field fences at Campus Rec’s 10v10 softball tournament. The tournament is open to Campus Rec members and non-members and costs $15/team or $5/free agent. Register at the Member Services Desk and email im@pdx.edu for details or questions.
## Spring Intramurals Leagues & Tournaments

<table>
<thead>
<tr>
<th>Leagues &amp; Tournaments</th>
<th>Date/Time</th>
<th>Pre-Event Meeting</th>
<th>Registration Deadline</th>
<th>Team Fee</th>
<th>Individual Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8v8 Recreational Outdoor Soccer</strong></td>
<td>4/14 - 5/26</td>
<td>4/7 4:00 pm</td>
<td>4/7 5:00 pm</td>
<td>$40</td>
<td>$5</td>
</tr>
<tr>
<td><strong>Stott Field</strong></td>
<td>Sun: 4:00 pm - 10:00 pm</td>
<td>Th: 6:00 pm - 10:00 pm</td>
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<tr>
<td><strong>8v8 Competitive Outdoor Soccer</strong></td>
<td>4/14 - 5/26</td>
<td>4/7 4:00 pm</td>
<td>4/7 5:00 pm</td>
<td>$40</td>
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<td><strong>Stott Field</strong></td>
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<td>Th: 6:00 pm - 10:00 pm</td>
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<tr>
<td><strong>Ultimate Frisbee</strong></td>
<td>4/12 - 5/24</td>
<td>4/7 4:30 pm</td>
<td>4/7 5:00 pm</td>
<td>$40</td>
<td>$5</td>
</tr>
<tr>
<td><strong>Stott Field</strong></td>
<td>6:00 pm - 10:00 pm</td>
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<tr>
<td><strong>Dodgeball</strong></td>
<td>4/13 - 5/11</td>
<td>4/7 5:00 pm</td>
<td>4/7 5:00 pm</td>
<td>$25</td>
<td>$5</td>
</tr>
<tr>
<td><strong>MAC Court</strong></td>
<td>6:00 pm - 9:00 pm</td>
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<tr>
<td><strong>5v5 Soccer Tournament</strong></td>
<td>5/13</td>
<td>N/A</td>
<td>5/12 12:00 pm</td>
<td>$15</td>
<td>$5</td>
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<tr>
<td><strong>Stott Field</strong></td>
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<tr>
<td><strong>Softball Tournament</strong></td>
<td>5/20</td>
<td>N/A</td>
<td>5/19 12:00 pm</td>
<td>$15</td>
<td>$5</td>
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<td><strong>Stott Field</strong></td>
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</tbody>
</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.
YOUTH HOURS

Mon - Thurs: 6:00 am - 10:00 am
Friday: 6:00 am - 10:00 am
4:00 pm - 10:00 pm
Saturday: 8:00 am - 8:00 pm
Sunday: 10:00 am - 10:00 pm

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

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>
</table>
| 0 – 15*  
 Must remain under the direct supervision of parent/guardian | ** | Yes, parent/guardian must have Climbing Center wristband | YES | NO | YES on Saturdays NO on all other days | YES |
| 16 – 17  
 parent/guardian must remain in the Rec Center | ** | Yes, with Climbing Center membership and parent/guardian must have Climbing Center membership | YES | YES | YES | YES |

*for infants in strollers/carrying devices – see the stroller policy on the website
** See Aquatics schedule for specific activities and times. Families wanting to play in the pool during youth hours should come during Open Rec Swim time.

No spaces are reserved solely for youth/family programming.

Youth Swim Lessons

- Saturdays
- 4/16, 4/23, 4/30, 5/7, 5/14, 5/21

Classes vary by ability, start time and length from 9:00 am - 1:00 pm. Check website for details.

FRI. 4/8
Bring Your Kids to Campus Day
1:00 pm - 3:00 pm
MAC Court

Take advantage of this action-packed, campus-wide event. Campus Rec is teaming up with the Resource Center for Students With Children to offer obstacles and challenges for families to enjoy.

FRI. 4/8
Dive-In Movie: Finding Nemo (G)
6:00 pm - 9:00 pm
This Disney favorite comes to life on the Rec Center pool’s big screen. See page 4 for details.

SAT. 4/30
Amazing Race: Family Edition
10:00 am - 12:00 pm
Court 2 and MAC Court

This Amazing Race gives families a chance to do challenges together. While geared toward families with children 4 and older, there will also be some activities for smaller children. This event is open to the entire PSU community and is a partnership between Campus Rec and the Resource Center for Students With Children.

Visit Youth: ONLINE
# Spring Instructional Classes & Seminars

## Safety

<table>
<thead>
<tr>
<th>Course</th>
<th>Date/Time</th>
<th>Registration Deadline</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work Place CPR/AED/FA</td>
<td>Saturday 4/16, 5/14, 6/4, 1:00 pm – 8:00 pm</td>
<td>5:00 pm The day before the class.</td>
<td>$52 $100</td>
</tr>
<tr>
<td>Bloodborne Pathogens Training</td>
<td>Friday 4/15, 5/13, 6/3, 5:00 pm – 7:00 pm</td>
<td>5:00 pm The day before the class.</td>
<td>$35 $55</td>
</tr>
</tbody>
</table>

## Aquatics

<table>
<thead>
<tr>
<th>Course</th>
<th>Date/Time</th>
<th>Registration Deadline</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifeguard Course</td>
<td>Friday - Sunday 4/22, 4/23, 4/24, 4/29, 4/30, 5/1, 5:00 pm – 9:00 pm</td>
<td>4/21 5:00 pm</td>
<td>$100 $150</td>
</tr>
<tr>
<td>Lifeguard Instructor Course</td>
<td>Monday - Sunday 5/16 - 5/22, 5:00 pm – 7:00 pm</td>
<td>5/15 5:00 pm</td>
<td>$125 $200</td>
</tr>
</tbody>
</table>

## Fitness

<table>
<thead>
<tr>
<th>Course</th>
<th>Date/Time</th>
<th>Registration Info</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>WITS Personal Training Class</td>
<td>Saturday 4/2 - 5/28, 9:00 am – 2:00 pm</td>
<td>Registration limited to the first 20 participants.</td>
<td>$449 $749</td>
</tr>
</tbody>
</table>