WINTER 2016 | 1/4 - 3/18
SCHEDULE, EVENTS & HOURS
CAMPUSREC
This Schedule is Interactive
Click around to navigate and find more information!

*Schedules subject to change.

This symbol is located throughout the schedule and indicates that an activity or event is ideal for beginners.

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

Healthy U Wellness Challenge
Mon 1/11 - Sun 2/14

Project Happiness
Mon 1/11 - Sun 2/14

NCAA College Football Championship Game Watch Party
Monday 1/11
5:30 pm - 10:00 pm

Dive-In Movie: Guardians of the Galaxy
Tuesday 1/12
8:00 pm - 10:00 pm

Rock Climbing 101
Thursday 1/14
4:00 pm - 5:00 pm

Youth Dive-In Movie: Inside Out (PG)
Friday 1/15
6:00 pm - 9:00 pm

Mt. Hood Meadows Ski Shuttle
Saturday 1/30
7:00 am - 6:00 pm

Routesetting Clinic
Sunday 1/31
12:00 pm - 4:00 pm

Super Bowl Watch Party
Sunday 2/7
3:30 pm - 8:00 pm

Basketball Skills Night
Wednesday 2/10
7:00 pm - 9:00 pm

Women’s Climbing Night
Thursday 2/11
4:00 pm - 8:00 pm

FEBRUARY

February Climbing Challenge
Mon 2/1 - Mon 2/29

Campus Rec Night at the Blazers
Thursday 2/4
7:00 pm - 10:00 pm

Mt. Hood Meadows Ski Shuttle
Saturday 2/20
7:00 am - 6:00 pm

Mt. Hood Meadows Ski Shuttle
Sun 3/13 - Wed 3/16

3v3 Wheelchair Basketball Tournament
Saturday 2/20
10:00 am - 4:00 pm

NIRSA National Sports & Fitness Day
Monday 2/22

MARCH

Mt. Hood Meadows Ski Shuttle
Saturday 3/12
7:00 am - 6:00 pm

LGBT Splash Mob
Friday 2/19
6:00 pm - 9:00 pm

NCAA Pick Em Challenge (Online)
COMMUNITY CLEANUP WALKS

1st & 3rd Thursdays, 12:00 pm - 12:50pm
1/7, 1/21, 2/4, 2/18, 3/3, 3/17
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.

CASCADE CLASSIC GOALBALL TOURNAMENT

Friday - Sunday 2/12 - 2/14
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 members 18+. Those who complete their whole shift earn free food and a tournament t-shirt.

Register online at pdx.edu/recreation/events

TRYON CREEK SERVICE TRIP

Saturday 2/13, 8:00 am – 6:00 pm
Join the Outdoor Program and Friends of Tryon Creek for a day of service-learning fun! Spend half the day under the 658-acre lush second-growth forest -- full of woodpeckers, squirrels, owlets, beavers, wildflowers and gigantic Douglas-fir -- while removing English Ivy, a nasty invasive in the area. After getting your hands dirty, spend the second half of the day exploring the area.

See page 13 for registration details.
**Winter Aquatics Events & Information**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. 1/12</td>
<td><strong>Dive-In Movie: Guardians of the Galaxy</strong></td>
<td>6:00 pm – 10:00 pm</td>
<td>A group of intergalactic criminals are forced to work together to stop a fanatical warrior from taking control of the universe. Free food and inner tubes provided.</td>
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<td>Fri. 1/15</td>
<td><strong>Youth Dive-In Movie: Inside Out (PG)</strong></td>
<td>6:00 pm – 9:00 pm</td>
<td>After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house and school. Free food and inner tubes provided.</td>
</tr>
<tr>
<td>Fri. 2/19</td>
<td><strong>Splash Mob</strong></td>
<td>5:30 pm – 7:30 pm</td>
<td>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.</td>
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<tr>
<td><strong>Women-Only Swim</strong></td>
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<td>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.</td>
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</tbody>
</table>

**Pool Closures**
- Tues. 1/12, 6:30 pm – 10:30 pm for Dive-In Movie
- Fri. 1/15, 4:30 pm – 9:30 pm for Youth Dive-In Movie
- Sat. 2/20, 6:00 pm – 10:00 pm for lifeguard in-service training
- Thurs. 2/11, 2/18, 2/25, 3/3, 6:30 pm - 8:20 pm for ODP Whitewater Seminar

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 1/23 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>
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<td>6:00 am – 6:00 pm</td>
<td>Lap Swim</td>
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<td>6:10 am – 10:30 pm</td>
<td>Spa Hours</td>
<td>6:10 am – 10:30 pm</td>
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<td>Tuesday</td>
<td>7:00 am – 8:10 am</td>
<td>Swim X</td>
<td>7:00 am – 8:10 am</td>
<td>Lanes 3, 4, 5 &amp; 6</td>
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<td>Wednesday</td>
<td>9:00 am – 9:45 am</td>
<td>Basics for the Fearful Swimmer</td>
<td>4:00 pm – 4:45 pm</td>
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<td>12:00 pm – 1:00 pm</td>
<td>Stroke Development II</td>
<td>4:00 pm – 4:45 pm</td>
<td>Lanes 6</td>
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**Swim X**
- 12:00 pm – 1:00 pm
  - Lanes 4, 5 & 6

**Basic for the Fearful Swimmer**
- 4:00 pm – 4:45 pm
  - 1/26, 1/28, 2/2, 2/4
  - Lane 6

**Stroke Development II**
- 5:00 pm – 5:45 pm
  - Lanes 6

**Splash Dance**
- 9:00 am – 9:45 am
  - Lanes 1, 2 & 3

**Water X**
- 9:00 am – 9:45 am
  - Lanes 1, 2 & 3

**Stroke Development**
- 4:00 pm – 4:45 pm
  - 1/25, 1/27, 2/1, 2/3

**Open Rec Swim / Family Swim**
- 5:00 pm – 7:00 pm
  - Full Pool

**Coached Adaptive Swim**
- 10:00 am – 12:00 pm
  - Lanes 1 & 2

**Lap Swim**
- 6:00 am – 6:00 pm
  - Full Pool
  - Shallow End Only: 9:30 pm – 10:30 pm

**Swim X**
- 12:00 pm – 1:00 pm
  - Lanes 4, 5 & 6

**Beginner Swimming**
- 4:00 pm – 4:45 pm
  - 1/26, 1/28, 2/2, 2/4
  - Lane 6

**Stroke Development**
- 5:00 pm – 5:45 pm
  - 1/25, 1/27, 2/1, 2/3

**Lap Swim**
- 7:10 pm – 10:30 pm

**Open Rec Swim**
- 6:00 pm – 9:30 pm
  - Full Pool

**Water X**
- 9:00 am – 9:45 am
  - Lanes 1, 2 & 3
1/11 – 2/14

**Healthy U Wellness Challenge**
Improve your health and wellness in five weeks. Individual and team categories available. 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 a six visit pass to the Rec Center with $10 registration). Great prizes and incentives! Visit wellness.pdx.edu for more information.

1/11 – 2/14

**Project Happiness**
Improve your happiness in the New Year! This five-week series will deepen your own happiness and the happiness of those around you. Be your authentic self as we explore topics like gratitude, self-acceptance, mindfulness and kindness. Visit wellness.pdx.edu/happiness for more information.

**Olympic Lifting Workshops**

- **Thur. 1/7, 4:15 pm - 5:00 pm**
- **Wed. 1/20, 11:30 am - 12:15 pm**
- **Mon. 1/25, 5:00 pm - 5:45 pm**
- **Thur. 2/4, 12:00 pm - 12:45 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.

**Women On Weights**

*Mon./Wed. 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. Meet by the Fitness Center desk on the 3rd floor - no registration required.

**Small Group Training**
We offer affordable training options that motivate and help groups work toward a common goal. Visit our website for complete descriptions.

**Intro to Weight Training** is for new weightlifters. Learn proper technique and focus on body awareness while progressing from foundational exercises to machine and free weight work.

- **Mon./Wed. 1/11 - 2/17**
  - 10:15 am - 11:15 am
  - Fee: $55 / 4-Person Limit

**Hip Hop with Harriet** covers the foundations of hip hop dance and teaches a fully choreographed hip hop routine.

- **Session 1: Fri. 1/15 – 1/29, 2:15 pm – 3:15 pm**
- **Session 2: Mon. 2/1 – 2/15, 2:15 pm – 3:15 pm**
  - Fee: $15 / 15-Person Limit (per session)

**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. 1/12 - 2/18**
  - 2:00 pm - 2:45 pm
  - Fee: $60 / 8-Person Limit

**Big 3 for Beginners** Big 3 for Beginners helps participants master three fundamental exercises - squat, deadlift and bench press. Work on form, flexibility and exercise variations while gaining strength and confidence in the weight room. Must be able to perform all three exercises through a full range of motion without pain to participate.

- **Fri. 1/15 – 3/4**
  - 10:00 am - 11:00 am
  - Fee: $40 / 4-Person Limit

**Olympic Lifting Workshops**

- **Thur. 1/7, 4:15 pm - 5:00 pm**
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  - Fee: $15 / 15-Person Limit (per session)

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### MONDAY

- **Power Vinyasa Yoga** 8:00 am - 9:00 am  
  Josh K.
- **Splash Dance** 9:00 am - 9:45 am  
  Harriet C.

### TUESDAY

- **Power Vinyasa Yoga** 12:00 pm - 1:00 pm  
  Katie R.
- **Cycle/Krank** 12:15 pm - 1:15 pm  
  Omar R.
- **Bootcamp** 1:15 pm - 2:00 pm  
  Ric N.
- **Sneakercamp** 11:00 am - 11:45 am  
  Jen A.

### WEDNESDAY

- **Oriental Yoga** 7:30 am - 8:30 am  
  Sharon P.
- **Water X** 9:00 am - 9:45 am  
  Leilani F.
- **Gyrokinesis®** 10:00 am - 11:00 am  
  Sharon P.
- **Sneakercamp** 11:00 am - 11:45 am  
  Jen A.

### THURSDAY

- **Sunrise Yoga** 7:00 am - 8:00 am  
  Alicia C.
- **Water X** 9:00 am - 9:45 am  
  Mary B.
- **Hatha Yoga** 9:00 am - 10:00 am  
  Sharon P.

### FRIDAY

- **Pilates** 11:00 am - 11:45 am  
  Sharon P.
- **Zumba** 12:00 pm - 1:00 pm  
  Kulia A.
- **Body Sculpt** 12:15 pm - 1:00 pm  
  Ric N.
- **Throwback Thursday** 1:15 pm - 2:00 pm  
  Harriet C.
- **Women's Only Strength** 1:15 pm - 2:00 pm  
  Leilani F.

### SATURDAY

- **Cardio Combo** 4:00 pm - 5:00 pm  
  Laura C.
- **Power Vinyasa Yoga** 5:00 pm - 6:00 pm  
  Carolina J.
- **HIIT + Abs** 4:15 pm - 5:00 pm  
  Laura C.
- **Zumba** 5:15 pm - 6:00 pm  
  Michaela B.

### CLASS LOCATIONS:

- **ASRC 450**  
  Cycle/Krank  
  Power Hour Cycle/Krank  
  Gyrokinesis®
- **ASRC Pool**  
  Water X  
  Splash Dance  
  Splash Fit  
  ASRC 440/441  
  All other classes

### How to Join a Group X Fitness

**Group X Passes no longer required!** Simply show up in the proper location. First come, first served. Classes run from 1/4 - 3/18 and are free for members.

### CATEGORIES

- Mind/Body
- Strength
- Cardio
- Zumba/Dance
- Combo
- Beginner

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**Check our live Group X schedule for class cancellations and instructor substitutions.**
Family Fun Time  
Sat. 1/9, 2/6, 3/5  
10:30 am - 12:00 pm  
Saturdays are for playing! Spend time with your family and take on challenges at our Family Fun Time.  
Meet on MAC Court, no registration required.

Adaptive Ski Trip  
1/29 - 1/30  
3:00 pm - 8:00 pm  
Experience beautiful Mt. Bachelor! This overnight ski trip to Bend, 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. Registration fee includes transportation, ski rental, lift ticket, lessons (if needed) and overnight accommodations. No previous skiing experience is necessary. Sign up at Member Services or in the ODP Office.

Cascade Classic Goalball Tournament  
2/12 - 2/14  
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 members 18+. Those who complete their whole shift earn free food and a tournament t-shirt. Register online at pdx.edu/recreation/events.

3v3 Wheelchair Basketball Tournament  
2/20  
10:00 am - 4:00 pm  
Wheelchair basketball is one of the most popular sports played by disabled athletes. We’re inviting novice and experienced people of all abilities to come play with us -- we’ll provide the sportchairs. Sign up as an individual or with friends.  
Meet on Court 2, no registration required.

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

Fresh Friday  
Fridays  
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 to come and learn something Fresh. Accommodations can be made for anyone.  
Meet on MAC Court, no registration required.
<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Monday</td>
<td>2:00 pm - 4:00 pm</td>
<td>Open Inclusive Rec</td>
<td>MAC Court</td>
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<td>4:00 pm - 7:00 pm</td>
<td>Adaptive Climbing</td>
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<td>8:00 am - 10:00 am</td>
<td>Goalball</td>
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<td>ODS Jr. WC-ball practice</td>
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<td>10:30 am - 12:00 pm</td>
<td>Wheelchair Basketball</td>
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Visit the Outdoor Program:

ONLINE

**WINTER OUTDOOR PROGRAM EVENTS & INFORMATION**

**THURS. 1/14**

**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.

**THURS. 2/11**

**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.

**2/1 – 2/29**

**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 all participants will be eligible to win raffle prizes.

**SUN. 1/31**

**NEW**

**Routesetting Clinic**
12:00 pm - 4:00 pm
Learn the fundamentals of routesetting and set a boulder problem. The clinic will end with a group forerunning session (climbing the new routes) to ensure the quality of the new routes. Must be able to climb at least a V2 to participate.
$10 members; Register at Member Services.

**SAT. 1/30**

**Mt. Hood Meadows Ski Shuttle**
7:00 am - 6:00 pm
$75 members / $100 non-members
Hitch a ride and hit the slopes! Two options are available: Learn to Ski/Snowboard Package (includes rentals & a lesson) or an All-Access lift pass. Both include the round-trip shuttle from Campus Rec. If you have your own pass, you can pay $20 (members) for just the bus ride.
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.

Check out the climbing schedule for available dates and times.

Kayak Pool Sessions
Thursdays
1/7, 1/14, 1/21, 1/28, 2/4, 3/10
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

MLK Closure & Special
Rent gear for 5 days for the price of 4. Items must be picked up on 1/15 and returned on 1/19. Any additional days will be charged standard extra day fees.
Closed 1/18

Spring Break Closure & Special
Rent gear for 11 days for the price of 4. Items must be picked up on 3/18 and returned 3/28. Any additional days will be charged standard extra day fees.
Closed 3/21 - 3/25

Climbing Center Closures:
11:00 am – 4:00 pm
The Climbing Center is closed for a routesetting clinic.
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<td>Bouldering Club Practice</td>
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# Winter Outdoor Program Trips & Seminars

## Cape Falcon Day Hike
- **Date/Time:** Saturday, 1/16, 8:00 am - 6:00 pm
- **Registration Deadline:** 1/13, 5:00 pm
- **Fee:** Member $25, Non-Member $50

## Mirror Lake Snowshoe
- **Date/Time:** Sunday, 1/17, 8:00 am - 6:00 pm
- **Registration Deadline:** 1/13, 6:00 pm
- **Fee:** Member $35, Non-Member $70

## Backcountry Cooking
- **Date/Time:** Saturday, 1/23, 8:00 am - 6:00 pm; Sunday, 1/24, 8:00 am - 6:00 pm
- **Registration Deadline:** 1/20, 6:00 pm
- **Fee:** Member $75, Non-Member $150

## Adaptive Ski
- **Date/Time:** Friday, 1/29, 3:00 pm - 8:00 pm; Saturday, 1/30, 3:00 pm - 8:00 pm
- **Registration Deadline:** 1/27, 5:00 pm
- **Fee:** Member $85, Non-Member $160

## Trapper Creek
- **Date/Time:** Sunday, 1/31, 8:00 am - 6:00 pm
- **Registration Deadline:** 1/27, 6:00 pm
- **Fee:** Member $25, Non-Member $50

## Umpqua Dunes Backpacking
- **Date/Time:** Saturday, 2/6, 8:00 am - 6:00 pm; Sunday, 2/7, 8:00 am - 6:00 pm
- **Registration Deadline:** 2/3, 6:00 pm
- **Fee:** Member $85, Non-Member $170

## Saddle Mt. Day Hike
- **Date/Time:** Saturday, 2/13, 8:00 am - 6:00 pm
- **Registration Deadline:** 2/10, 5:00 pm
- **Fee:** N/A

## Tryon Creek Service Trip
- **Date/Time:** Saturday, 2/13, 8:00 am - 6:00 pm
- **Registration Deadline:** 2/10, 5:00 pm
- **Fee:** FREE

## Tree Canopy Experience
- **Date/Time:** Sunday, 2/14, 8:00 am - 4:00 pm
- **Registration Deadline:** 2/10, 6:00 pm
- **Fee:** Member $120, Non-Member $180

## White Water Kayaking Seminar
- **Date/Time:** Thursday, 2/11, 5:00 pm - 8:30 pm; Saturday, 3/3, 8:00 am - 6:00 pm
- **Registration Deadline:** 2/11, 5:00 pm
- **Fee:** Member $75, Non-Member $150

## Clackamas Rafting
- **Date/Time:** Saturday, 2/20, 8:00 am - 6:00 pm
- **Registration Deadline:** 2/17, 5:00 pm
- **Fee:** Member $35, Non-Member $70

## Trillium Lake Cross-Country Skiing
- **Date/Time:** Sunday, 2/21, 8:00 am - 6:00 pm
- **Registration Deadline:** 2/17, 6:00 pm
- **Fee:** Member $35, Non-Member $70

## Smith Rock Climbing
- **Date/Time:** Friday, 2/26, 3:00 pm - 6:00 pm; Sunday, 2/28, 3:00 pm - 6:00 pm
- **Registration Deadline:** 2/24, 6:00 pm
- **Fee:** Member $100, Non-Member $200

## Twin Lakes Snowshoe
- **Date/Time:** Saturday, 2/27, 8:00 am - 6:00 pm
- **Registration Deadline:** 2/24, 5:00 pm
- **Fee:** Member $35, Non-Member $70

## Maxwell Butte Snowshoe & Camping
- **Date/Time:** Saturday, 3/5, 8:00 am - 6:00 pm; Sunday, 3/6, 8:00 am - 6:00 pm
- **Registration Deadline:** 3/2, 5:00 pm
- **Fee:** Member $80, Non-Member $160

## Umbrella Falls Day Hike
- **Date/Time:** Saturday, 3/12, 8:00 am - 6:00 pm
- **Registration Deadline:** 3/9, 5:00 pm
- **Fee:** Member $25, Non-Member $50

## Exploring the Wonders of Oregon
- **Date/Time:** Sunday, 3/20, 8:00 am - 6:00 pm
- **Registration Deadline:** 3/16, 5:00 pm
- **Fee:** Member $215, Non-Member $400

## Spring Term

<table>
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<tr>
<th>How to sign up for a trip</th>
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<td>Visit the Outdoor Program Office to register for trips, attend the mandatory pre-trip meeting and enjoy the beautiful Northwest landscape!</td>
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## Wilderness First Responder Certification Course
- **Date:** 3/19 - 3/27
- **Fee:** Member $275, Non-Member $500

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**AQUATICS** | **FITNESS** | **INCLUSIVE** | **OUTDOOR PROGRAM** | **REC CLUBS** | **DROP-IN SPORTS** | **INTRAMURALS** | **YOUTH** | **INSTRUCTIONAL**
---|---|---|---|---|---|---|---|---
**Trips** | **Climbing Center** | **R** | **I** | **O** | **C** | **R** | **D** | **I**
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### WINTER REC CLUBS & INFORMATION

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<td>Ice Hockey</td>
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<td>Kickboxing</td>
<td>Men's Lacrosse</td>
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<td>Running Around Portland</td>
<td>Sailing</td>
<td>Men's Soccer</td>
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<td>Women's Volleyball</td>
<td>Men's Volleyball</td>
<td>Women's Water Polo</td>
<td>Wrestling</td>
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### 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.
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<td>5:00 pm - 7:00 pm</td>
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<td>7/20 - 3/9</td>
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<td>7:00 pm - 9:00 pm</td>
<td>Basketball</td>
<td>IM Floor Hockey League</td>
<td>IM Floor Hockey League</td>
<td>Basketball</td>
<td>Badminton</td>
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<td>7:00 pm - 9:00 pm</td>
<td>6:30 pm - 9:30 pm</td>
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<td>8:00 pm - 10:00 pm</td>
<td>IM Basketball League</td>
<td>IM Floor Hockey League</td>
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<td>IM Indoor Soccer League</td>
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<td>1/27 - 2/17</td>
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<td><strong>EVENING</strong></td>
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<td>4-11pm</td>
<td>Basketball</td>
<td>Basketball</td>
<td>Indoor Soccer</td>
<td>Basketball</td>
<td>Basketball</td>
<td>ODS Jr. WC-ball practice</td>
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<td>10:00 pm - 11:00 pm</td>
<td>10:00 pm - 11:00 pm</td>
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<td>Court 2</td>
<td>Court 1</td>
<td>MAC Court</td>
<td>Court 2</td>
<td>Court 2</td>
<td>1/9 - 3/26</td>
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<td>Court 1</td>
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<td>7:00 pm - 9:00 pm</td>
<td>Basketball</td>
<td>Women’s Volleyball Rec Club</td>
<td>Women’s Volleyball Rec Club</td>
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<td>MAC Court</td>
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<td>MAC Court</td>
<td>1/9 - 3/26</td>
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<td>7:00 pm - 9:00 pm</td>
<td>Badminton Rec Club</td>
<td>IM Basketball League</td>
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<td>IM Indoor Soccer League</td>
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<td>7:00 pm - 9:00 pm</td>
<td>Men’s Volleyball Rec Club</td>
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<td>1/21 - 3/10</td>
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<td>7:00 pm - 9:00 pm</td>
<td>Dodgeball Rec Club</td>
<td>IM Basketball League</td>
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<td>IM Basketball League</td>
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<td>1/21 - 3/10</td>
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<td>10:00 pm - 11:00 pm</td>
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<td>IM Basketball League</td>
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<td>IM Indoor Soccer League</td>
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<td>Court 2</td>
<td>Court 2</td>
<td>1/21 - 3/10</td>
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</tbody>
</table>
## WINTER INTRAMURAL EVENTS & INFORMATION

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON. 1/11</td>
<td>NCAA College Football Championship Watch Party</td>
<td>5:30 pm - 10:00 pm</td>
<td>ASRC TV Lounge</td>
<td>Kick off the New Year with some NCAA football! We'll bring the food, you bring your cheers and gear. Free; no registration required.</td>
</tr>
<tr>
<td>SUN. 2/7</td>
<td>Super Bowl Watch Party</td>
<td>3:30 pm - 8:00 pm</td>
<td>ASRC TV Lounge</td>
<td>Whether for the game or the commercials, you won't want to miss the excitement surrounding Super Bowl 50. This party is complete with free food, drinks and lots of high fives. Free; no registration required.</td>
</tr>
<tr>
<td>WED. 2/10</td>
<td>Basketball Skills Night</td>
<td>7:00 pm - 9:00 pm</td>
<td>Court 1</td>
<td>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; no registration required.</td>
</tr>
<tr>
<td>THURS. 2/4</td>
<td>Night at the Blazers</td>
<td>6:00 pm - 10:00 pm</td>
<td>Moda Center</td>
<td>Rip City! Join us for our second annual Night at the Blazers as we take on the Toronto Raptors. Meet in the Rec Sports Office at 6:00 PM for pizza and t-shirts before heading to the Moda Center for 7:00 PM Tip off. Transportation not provided. 100 $10 tickets will be on sale Tuesday, January 19 11:00 am - 2:00 pm at Member Services. Two per person; while supplies last.</td>
</tr>
<tr>
<td>MON. 2/22</td>
<td>NIRSA National Sports and Fitness Day</td>
<td>12:00 pm - 4:00 pm</td>
<td>ASRC Front Lobby and MAC Court</td>
<td>We’re playing popular sports with a new twist. Try your hand at bubble soccer and giant volleyball. Free food and giveaways. Free; no registration required.</td>
</tr>
</tbody>
</table>
| 3/13-3/16 | NCAA Pick Em Challenge | Bracket Available 3/13 @ 7:00 pm | | Submit by 3/16 @ Midnight | Make your picks for March Madness then sit back and watch some basketball. Register for free online at [espn.com/bracketchallenge](http://espn.com/bracketchallenge) by searching “PSU IM 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

Register for a league or tournament at Rec Center Member Services.

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

<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>5v5 Recreational Basketball</td>
<td>Mondays and Wednesdays 1/20-3/9</td>
<td>1/14 4:00 pm</td>
<td>1/14 5:00 pm</td>
<td>$40</td>
<td>$5</td>
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<tr>
<td>Courts 1 &amp; 2</td>
<td>6:00 pm - 10:00 pm</td>
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<td></td>
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</tr>
<tr>
<td>5v5 Competitive Basketball</td>
<td>Mondays and Wednesdays 1/20-3/9</td>
<td>1/14 4:00 pm</td>
<td>1/14 5:00 pm</td>
<td>$40</td>
<td>$5</td>
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<tr>
<td>Courts 1 &amp; 2</td>
<td>6:00 pm - 10:00 pm</td>
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</tr>
<tr>
<td>5v5 Recreational Indoor Soccer</td>
<td>Sundays and Thursdays 1/21-3/10</td>
<td>1/14 4:30 pm</td>
<td>1/14 5:00 pm</td>
<td>$40</td>
<td>$5</td>
</tr>
<tr>
<td>MAC Court</td>
<td>Sun: 3:00 pm - 9:50 pm</td>
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<td>Th: 6:00 pm - 10:50 pm</td>
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<tr>
<td>5v5 Competitive Indoor Soccer</td>
<td>Sundays and Thursdays 1/21-3/10</td>
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<td>MAC Court</td>
<td>Sun: 3:00 pm - 9:50 pm</td>
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<td>Th: 6:00 pm - 10:50 pm</td>
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<tr>
<td>Floor Hockey</td>
<td>Wednesday 1/27, 2/3, 2/10, 2/17</td>
<td>1/14 5:00 pm</td>
<td>1/14 5:00 pm</td>
<td>$25</td>
<td>$5</td>
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<tr>
<td>MAC Court</td>
<td>6:30 pm - 9:30 pm</td>
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</table>
WINTER YOUTH HOURS & 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](http://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>
<tbody>
<tr>
<td>0 – 15*</td>
<td>★★</td>
<td>Yes, parent/guardian must have Climbing Center wristband</td>
<td>YES</td>
<td>NO</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>16 – 17 parent/guardian must remain in the Rec Center</td>
<td>★★</td>
<td>Yes, with Climbing Center membership and parent/guardian must have Climbing Center membership</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
</tbody>
</table>

*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 ACTIVITIES & EVENTS**

**Family-Friendly Yoga**
Saturdays
10:00 am - 10:45 am
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**
Classes vary by ability, start time and length from 9:00 am - 12:10 pm. Check [website](http://pdx.edu/recreation/youth-program) for details.

**Family Fun Time**
Sat. 1/9, 2/6, 3/5
10:30 am - 12:00 pm
Saturdays are for playing! Spend time with your family and take on challenges at our new Family Fun Time.

**Youth Dive-In Movie: Inside Out (PG)**
Fri. 1/15
6:00 pm - 9:00 pm
After young Riley is uprooted from her Midwest life and moved to San Francisco, her emotions - Joy, Fear, Anger, Disgust and Sadness - conflict on how best to navigate a new city, house and school. Free food and inner tubes provided.

Visit Youth: [ONLINE](http://pdx.edu/recreation/youth-program)
## WINTER INSTRUCTIONAL CLASSES & SEMINARS

<table>
<thead>
<tr>
<th>SAFETY</th>
<th>DATE/TIME</th>
<th>REGISTRATION DEADLINE</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td><strong>Work Place CPR/AED/FA</strong></td>
<td>Saturday 1/23, 1/30, 3/5</td>
<td>1:00 pm - 8:00 pm, 5:00 pm The day before the class.</td>
<td>$52</td>
</tr>
<tr>
<td><strong>Bloodborne Pathogens Training</strong></td>
<td>Friday 1/22, 1/29, 3/4</td>
<td>5:00 pm - 7:00 pm, 5:00 pm The day before the class.</td>
<td>$35</td>
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<thead>
<tr>
<th>AQUATICS</th>
<th>DATE/TIME</th>
<th>REGISTRATION DEADLINE</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Water Safety Instructor Course</strong></td>
<td>Monday - Sunday 2/22 - 2/28</td>
<td>2/21 5:00 pm, 5:00 pm The day before the class.</td>
<td>$125</td>
</tr>
<tr>
<td><strong>SPRING BREAK: Lifeguard Course</strong></td>
<td>Sunday - Friday 3/20 - 3/25</td>
<td>3/19 5:00 pm The day before the class.</td>
<td>$100</td>
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<thead>
<tr>
<th>OUTDOOR PROGRAM</th>
<th>DATE/TIME</th>
<th>REGISTRATION DEADLINE</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td><strong>Wilderness First Responder (WFR) Course</strong></td>
<td>Saturday - Sunday 3/19 - 3/27</td>
<td>3/18 5:00 pm The day before the class.</td>
<td>$595</td>
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<thead>
<tr>
<th>FITNESS</th>
<th>DATE/TIME</th>
<th>REGISTRATION DEADLINE</th>
<th>FEE</th>
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<tbody>
<tr>
<td><strong>Insanity Certification</strong></td>
<td>Saturday 1/30</td>
<td>9:00 am - 5:00 pm Registration for the event is through the Insanity website and the workshop is open to everyone.</td>
<td>$249</td>
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</table>