

SWIMMING POOL SCHEDULE							
Portland Community College				Fall Term 2009		11/5/09	
Time	MON	TUE	WED	THU	FRI	SAT	Time
6:00	Rec Swim (6-6:50am)	Rec Swim (6-6:50am)	Rec Swim (6-6:50am)	Rec Swim (6-6:50am)	Rec Swim (6-6:50am)	CLOSED	6:00
7:00	**NOTE: ALL RECREATION TIMES WILL BEGIN THE 2ND WEEK ON 9/28						7:00
8:00	CLOSED	Hydro Fit (Loverin)	CLOSED	Hydro Fit (Loverin)	CLOSED	CLOSED	8:00
9:00	CLOSED	Swim Conditioning (Schuldt)	CLOSED	Swim Conditioning (Schuldt)	CLOSED	CLOSED	9:00
10:00	Swim Cond. (Guthrie)	B/I/A Swim (O'Connor)	Swim Cond. (Guthrie)	Swim Conditioning (Schuldt)	Swim Cond. (Guthrie)	CE Comp. Swim (9/26-11/21)	10:00
11:00	Aqua Ex. (Manning)	B/I/A Swim (O'Connor)	Aqua Ex. (Manning)	B/I/A Swim (O'Connor)	Aqua Ex. (Manning)	CLOSED for SPECIAL EVENT	11:00
12:00	Rec Swim (12-12:50pm)	Recreation (12:30-1:50)	Rec Swim (12-12:50pm)	Recreation (12:30-1:50)	Rec Swim (12-12:50pm)	CLOSED for SPECIAL EVENT	12:00
1:00	B/I/A Swim (O'Connor)	Swim (12:30-1:50)	B/I/A Swim (O'Connor)	Swim (12:30-1:50)	B/I/A Swim (O'Connor)	CLOSED	1:00
2:00	Swim Conditioning (Guthrie)	Lifeguard Training (Guthrie)	Swim Conditioning (Guthrie)	Lifeguard Training (Guthrie)	CLOSED	CLOSED	2:00
3:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	3:00
4:00	CLOSED for SPECIAL EVENT	CLOSED for SPECIAL EVENT	CLOSED for SPECIAL EVENT	CLOSED for SPECIAL EVENT	CLOSED for SPECIAL EVENT	CLOSED	4:00
5:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	5:00
6:00	Rec Swim (6:00-6:50)	Rec Swim (6:00-6:50)	Rec Swim (6:00-6:50)	Rec Swim (6:00-6:50)	CLOSED	CLOSED	6:00
7:00	PCC Swim Club (10/12-11/30)	Master Swim (Schuldt)	CLOSED	Master Swim (Schuldt)	CLOSED	CLOSED	7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9:00
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00

O2 FITNESS CENTER SCHEDULE							
Portland Community College				Fall Term 2009		11/5/09	
Time	MON	TUE	WED	THU	FRI	SAT	Time
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	CLOSED	7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00	HPE 295 (Gilmore)	B/I Group Fitness & Core (Hull)	HPE 295 (Gilmore)	B/I Group Fitness & Core (Hull)	Adult Fit. (Brill)	CLOSED	9:00
10:00	Adult Fit. (Brill)	B/I Group Fitness & Core (Hull)	Adult Fit. (Brill)	B/I Group Fitness & Core (Hull)	Adult Fit. (Brill)	CLOSED	10:00
11:00	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	CLOSED	11:00
12:00	Recreation Weight Room	HPE 295 (Gilmore)	Recreation Weight Room	HPE 295 (Gilmore)	Recreation Weight Room	CLOSED	12:00
1:00	B/I Group 30/30/20 (Hull)	Corrective PE (Manning)	B/I Group 30/30/20 (Hull)	Corrective PE (Manning)	CLOSED	CLOSED	1:00
2:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	2:00
3:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	3:00
4:00	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	CLOSED	CLOSED	4:00
5:00	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	Recreation Weight Room	CLOSED	CLOSED	5:00
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00	CLOSED	HPE 295 (Unsworth)	CLOSED	HPE 295 (Unsworth)	CLOSED	CLOSED	7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9:00
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00

GYM SCHEDULE							
Portland Community College				Fall Term 2009		11/5/09	
Time	MON	TUE	WED	THU	FRI	SAT	Time
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00	Tai Chi I & II (Douglass)	B/I Basketball (Fields)	Tai Chi I & II (Douglass)	B/I Basketball (Fields)	Adult Fit. (Brill)	CLOSED	9:00
10:00	Beg/Int/Adv Volleyball (Glass)	Int./Adv. Basketball (Fields)	Beg/Int/Adv Volleyball (Glass)	Int./Adv. Basketball (Fields)	Volleyball Club (10/30 - 12/4)	CLOSED	10:00
11:00	RECREATION GYM	B/I/A Volleyball (Morgan)	RECREATION GYM	B/I/A Volleyball (Morgan)	CLOSED	CLOSED	11:00
12:00	RECREATION GYM	RECREATION GYM	RECREATION GYM	RECREATION GYM	CLOSED	CLOSED	12:00
1:00	TaeKwonDo I, II & III (Moultrie)	TaeKwonDo I, II & III (Moultrie)	TaeKwonDo I, II & III (Moultrie)	TaeKwonDo I, II & III (Moultrie)	Soccer Club (10/30 - 12/4)	CLOSED	1:00
2:00	TaeKwonDo Club (10/26-11/30)	TaeKwonDo Club (10/28-12/2)	TaeKwonDo Club (10/28-12/2)	TaeKwonDo Club (10/28-12/2)	CLOSED	CLOSED	2:00
3:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	3:00
4:00	B/I/A Basketball (Fields)	Beg/Int/Adv Indoor Soccer (Karaselimovic)	B/I/A Basketball (Fields)	Beg/Int/Adv Indoor Soccer (Karaselimovic)	CLOSED	CLOSED	4:00
5:00	CE Juggling for Beginners (9/28-11/2)	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	5:00
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9:00
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00

HT 118 SCHEDULE							
Portland Community College				Fall Term 2009		11/5/09	
Time	MON	TUE	WED	THU	FRI	SAT	Time
6:00	CWT I & II (Hicks)	CWT I & II (Brill)	CWT I & II (Hicks)	CWT I & II (Brill)	CLOSED	CLOSED	6:00
7:00	CWT I & II (Hicks)	CWT I & II (Brill)	CWT I & II (Hicks)	CWT I & II (Brill)	CLOSED	CLOSED	7:00
8:00	CE Senior Fit. 9/21-11/30	CLOSED	CE Senior Fit. 9/21-11/30	CLOSED	CE Senior Fit. 9/21-11/30	CLOSED	8:00
9:00	B/I/A Wt. Train (Littrell)	B/I/A Wt. Train (Gilmore)	B/I/A Wt. Train (Littrell)	B/I/A Wt. Train (Gilmore)	CLOSED	CLOSED	9:00
10:00	CWT I & II (Gilmore)	CWT I & II (Gilmore)	CWT I & II (Gilmore)	CWT I & II (Gilmore)	CLOSED	CLOSED	10:00
11:00	B/I/A Wt. Trn (Gilmore)	B/I/A Wt. Trn (Gilmore)	B/I/A Wt. Trn (Gilmore)	B/I/A Wt. Trn (Gilmore)	CLOSED	CLOSED	11:00
12:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	12:00
1:00	CWT I & II (Fields)	CWT I & II (Sims)	CWT I & II (Fields)	CWT I & II (Sims)	CLOSED	CLOSED	1:00
2:00	CLOSED	Beg/Int/Adv Wt. Train. (Sims)	CLOSED	Beg/Int/Adv Wt. Train. (Sims)	CLOSED	CLOSED	2:00
3:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	3:00
4:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	4:00
5:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	5:00
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	9:00
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00

NOTE:

This schedule does NOT include special events. For current availability information, please go to the facilities website: <http://www.pcc.edu/programs/pe/sylvania/>

08 EXERCISE ROOM SCHEDULE							
Portland Community College		Fall Term 2009			11/5/09		
Time	MON	TUE	WED	THU	FRI	SAT	Time
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00	CE Early Fit. 9/21-11/30		CE Early Fit. 9/21-11/30		CE Early Fit. 9/21-11/30		7:00
8:00	CE Senior Fit. HPE 295 (Gilmore)	Aerobics Jump Start (Brill)	CE Senior Fit. HPE 295 (Gilmore)	Aerobics Jump Start (Brill)	CE Senior Fit.	CLOSED	8:00
9:00		Body In Balance (Kidoguchi)		Body In Balance (Kidoguchi)			9:00
10:00	Pilates (Manning)		Pilates (Manning)		Pilates (Manning)	CE Yoga I (9/26-12/5)	10:00
11:00	Intro. To Choreography	Yoga I & II (Truesdell)	Intro. To Choreography	Yoga I & II (Truesdell)	Intro. To Choreography		11:00
12:00	Boot Camp (Hull)	HPE 295 (Gilmore)	Boot Camp (Hull)	HPE 295 (Gilmore)	Boot Camp (Hull)	CLOSED	12:00
1:00	B/I Group 30/30/20 (Hull)		B/I Group 30/30/20 (Hull)				1:00
2:00	Gentle Yoga (Truesdell)	B/I Group Cardio Cond. (Sims)	Gentle Yoga (Truesdell)	B/I Group Cardio Cond. (Sims)	Intro. to Choreography	CLOSED	2:00
3:00	Tap Dance I & II (Ceswick)		Tap Dance I & II (Ceswick)			CLOSED	3:00
4:00		Yoga II Power Yoga (Davidian)		Yoga II Power Yoga (Davidian)		CLOSED	4:00
5:00		Gentle Yoga (Davidian)		Yoga II Power Yoga (Davidian)		CLOSED	5:00
6:00	CLOSED		CLOSED			CLOSED	6:00
7:00	Yoga I & II (Truesdell)	HPE 295 (Unsworth)	Yoga I & II (Truesdell)	HPE 295 (Unsworth)	CE Swing East & West Coast (9/25-11/13)	CE Nightclub & Social Dance (9/26-11/14)	7:00
8:00	CLOSED		CE Dance Hip Hop (9/23-12/2)				8:00
9:00							9:00
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00

101 DANCE STUDIO SCHEDULE							
Portland Community College		Fall Term 2009			11/5/09		
Time	MON	TUE	WED	THU	FRI	SAT	Time
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00	Yoga I & II (Kidoguchi)		Yoga I & II (Kidoguchi)		Yoga Fusion Club (10/16-10/24)		7:00
8:00	Pilates (Kidoguchi)	Yoga I & II (Truesdell)	Pilates (Kidoguchi)	Yoga I & II (Truesdell)	Body in Bal. (Kidoguchi)	CLOSED	8:00
9:00	Pro Act Fitness (Brill)	Ballet I & II (Limbrunner)	Pro Act Fitness (Brill)	Ballet I & II (Limbrunner)			9:00
10:00	Mod. Dance (Diaz)		Mod. Dance (Diaz)		Mod. Dance (Diaz)		10:00
11:00	Zumba (Brill)	Beg/Int NIA (Kidoguchi)	Zumba (Brill)	Beg/Int NIA (Kidoguchi)	Zumba (Brill)	Kung Fu Fan (10/3-12/5)	11:00
12:00	Yoga I (Truesdell)	World Dance (LoVerso)	Yoga I (Truesdell)	World Dance (LoVerso)	Yoga I (Truesdell)	CLOSED	12:00
1:00	Pilates I&II (Manning)	Flamenco (LoVerso)	Pilates I&II (Manning)	Flamenco (LoVerso)	Pilates I&II (Manning)		1:00
2:00	Hip Hop (Diaz)	Tai Chi I & II (Douglass)	Hip Hop (Diaz)	Tai Chi I & II (Douglass)	Hip Hop (Diaz)	CLOSED	2:00
3:00	Beg/Int NIA (Kidoguchi)	Body In Balance (Manning)	Beg/Int NIA (Kidoguchi)	Body In Balance (Manning)		CLOSED	3:00
4:00	Intro. To Choreography (Diaz)	Hip Hop (Diaz)	Intro. To Choreography (Diaz)	Hip Hop (Diaz)		CLOSED	4:00
5:00	Ballet I & II (Palmer)	Ballroom Dance (Bronson)	Ballet I & II (Palmer)	Ballroom Dance (Bronson)	CE Yoga I (9/25-12/4)	CLOSED	5:00
6:00	Beg/Int Jazz (Adams)	CE Simply Swing (9/29-11/17)	Beg/Int Jazz (Adams)	CE Arg. Tango (10/1-12/3)	CLOSED	CLOSED	6:00
7:00							7:00
8:00							8:00
9:00							9:00
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00

TRACK & SOCCER FIELD SCHEDULE							
Portland Community College		Fall Term 2009			11/5/09		
Time	MON	TUE	WED	THU	FRI	SAT	Time
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00							7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00							9:00
10:00	Walk/Jog (Gilmore)	CLOSED	Walk/Jog (Gilmore)	CLOSED	Walk/Jog (Gilmore)	CLOSED	10:00
11:00	Flag Football (Boggs)		Flag Football (Boggs)			CLOSED	11:00
12:00		CLOSED		CLOSED	CLOSED	CLOSED	12:00
1:00							1:00
2:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	2:00
3:00							3:00
4:00	Beg./Int. Soccer (Karaselimovic)	Int./Adv. Soccer (Karaselimovic)	Int./Adv. Soccer (Karaselimovic)	Beg./Int. Soccer (Karaselimovic)	CLOSED	CLOSED	4:00
5:00							5:00
6:00	CE Beginning Soccer (Karaselimovic)	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00							7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00							9:00
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00

UPPER FIELD SCHEDULE							
Portland Community College		Fall Term 2009			11/5/09		
Time	MON	TUE	WED	THU	FRI	SAT	Time
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00							7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	Surveying & Engineering	CLOSED	8:00
9:00							9:00
10:00	Surveying & Engineering	CLOSED	Surveying & Engineering	CLOSED	Surveying & Engineering	CLOSED	10:00
11:00							11:00
12:00		CLOSED		CLOSED	CLOSED	CLOSED	12:00
1:00	Ultimate Frisbee (Boggs)		Ultimate Frisbee (Boggs)				1:00
2:00		CLOSED		CLOSED	CLOSED	CLOSED	2:00
3:00							3:00
4:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	4:00
5:00							5:00
6:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	6:00
7:00							7:00
8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	8:00
9:00							9:00
10:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	10:00

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