

DAWSON COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS & CAMPUS REC MASTER SCHEDULE – FALL 2023

-1H.2 TONY PROUDFOOT GYMNASIUM / ROCK CLIMBING WALL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 10:00	CRLT 391 101 DW 01/02 S. POMPEY, M. TAYLOR (3 gyms)	TEAM SPORTS 109 103 MQ 42 R. MONTREUIL	SOCCER 109 102 MQ 53 A.CORINTHIOS (3 gyms)	VOLLEYBALL 109 102 MQ 50 P. ARMENI	
10:00 – 12:00	CAMPUS RECREATION BASKETBALL 10-11:45	ACTIVE LIVING: VOLLEYBALL 109 103 MQ 21 P. ARMENI	ROCK CLIMBING LIFESTYLE 109 103 MQ 46 C. STARZENSKI	ROCK CLIMBING LIFESTYLE <i>COMPRESSED</i> 109 103 MQ 04 J. EGAN 10am - 1pm	CAMPUS RECREATION VOLLEYBALL 10-11:45
12:00 – 2:00	ROCK CLIMBING 109 102 MQ 40 J. EGAN	ROCK CLIMBING 109 102 MQ 42 J. EGAN	ROCK CLIMBING LIFESTYLE 109 103 MQ 47 C. STARZENSKI		ROCK CLIMBING LIFESTYLE 109 103 MQ 11 C. DEEGAN
2:00 – 4:00	ROCK CLIMBING 109 102 MQ 41 J. EGAN	ROCK CLIMBING 109 102 MQ 43 C. STARZENSKI	GOLF 109 102 MQ 38 D. SMYTH	ROCK CLIMBING 109 102 MQ 45 C. DEEGAN	VOLLEYBALL 109 102 MQ 52 R. BRODIE
4:00 – 6:00	ACTIVE LIVING: GYM 109 103 MQ 20 C. STARZENSKI	ROCK CLIMBING 109 102 MQ 44 C. DEEGAN	GOLF 109 102 MQ 39 D. SMYTH	ROCK CLIMBING 109 102 MQ 46 C. DEEGAN	INTRO TO OUTDOOR ED 109 101 MQ 10 C. DEEGAN
6:00 - 9:00	CAMPUS RECREATION ROCK CLIMBING 6-9PM	ATHLETICS TEAM PRACTICES	ATHLETICS TEAM PRACTICES	ATHLETICS TEAM PRACTICES	ATHLETICS TEAM PRACTICES

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-1H.4 & -1H.6 TONY PROUDFOOT GYMNASIUMS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 10:00	CRLT 391 101 DW 01/02 S. POMPEY, M. TAYLOR (3 gyms)	BASKETBALL 109 102 MQ 47 M. DONOSO	SOCCER 109 102 MQ 53 A. CORINTHIOS (3 gyms)	GAMES FITNESS 109 101 MQ 47 A. CORINTHIOS	BASKETBALL 109 102 MQ 48 M. DONOSO
10:00 - 12:00	TEAM SPORTS 109 103 MQ 40 A. CORINTHIOS	SPORT FITNESS 109 101 MQ 51 R. MONTREUIL	BADMINTON 109 102 MQ 36 P. BURKHARD	GAMES FITNESS 109 101 MQ 48 A. CORINTHIOS	BASKETBALL 109 102 MQ 49 L. BENJAMIN
12:00 – 2:00	TEAM SPORTS 109 103 MQ 41 A. CORINTHIOS	BADMINTON 109 102 MQ 33 J. ZEIDEL	BADMINTON 109 102 MQ 37 A. CORINTHIOS	CAMPUS RECREATION BASKETBALL 12-1:45	SPORT FITNESS 109 101 MQ 55 A. TIRELLI
2:00 – 4:00	SPORT FITNESS 109 101 MQ 49 J. BRASSEUR	BADMINTON 109 102 MQ 34 P. BURKHARD	ACTIVE LIVING: VOLLEYBALL 109 103 MQ 22 R. BRODIE	SPORT FITNESS 109 101 MQ 52 R. BRODIE	TEAM SPORTS 109 103 MQ 43 J. ZEIDEL
4:00 – 6:00	SPORT FITNESS 109 101 MQ 50 T. BROMBY	BADMINTON 109 102 MQ 35 P. BURKHARD	VOLLEYBALL 109 102 MQ 51 R. BRODIE	SPORT FITNESS 109 101 MQ 53 R. BRODIE	ACTIVE LIVING: VOLLEYBALL 109 103 MQ 23 R. BRODIE
6:00 - 9:00	ATHLETICS TEAM PRACTICES	ATHLETICS TEAM PRACTICES	ATHLETICS TEAM PRACTICES	ATHLETICS TEAM PRACTICES	ATHLETICS TEAM PRACTICES

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-1H.1 WEIGHT TRAINING ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 10:00	FITNESS FOR SPORT PERFORMANCE 109 101 MQ 35 M. POTTER	SPORT PERFORMANCE TRAINING 109 103 MQ 34 M. POTTER	FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 22 T. BROMBY	WEIGHT TRAINING SKILLS 109 102 MQ 27 M. POTTER	SPORT PERFORMANCE TRAINING 109 103 MQ 36 M. POTTER
10:00 – 12:00	WEIGHT TRAINING SKILLS 109 102 MQ 25 M. POTTER	WEIGHT TRAINING SKILLS 109 102 MQ 26 M. POTTER		SPORT PERFORMANCE TRAINING 109 103 MQ 35 M. POTTER	SPORT PERFORMANCE TRAINING 109 103 MQ 52 M. POTTER
12:00 – 2:00	RESISTANCE TRAINING 109 101 MQ 36 D. SMYTH	SPORT PERFORMANCE TRAINING 109 103 MQ 37 L. BENJAMIN	WEIGHT TRAINING SKILLS 109 102 MQ 29 L. BENJAMIN	RESISTANCE TRAINING 109 101 MQ 37 D. SMYTH	SPORT PERFORMANCE TRAINING 109 103 MQ 38 L. BENJAMIN
2:00 – 4:00		WEIGHT TRAINING SKILLS 109 102 MQ 28 L. BENJAMIN	RESISTANCE TRAINING 109 101 MQ 40 J. ZEIDEL	RESISTANCE TRAINING 109 101 MQ 38 D. SMYTH	WEIGHT TRAINING SKILLS 109 102 MQ 31 A. TIRELLI
4:00 - 6:00	RESISTANCE TRAINING 109 101 MQ 30 D. SMYTH	RESISTANCE TRAINING 109 101 MQ 42 A. TIRELLI	RESISTANCE TRAINING 109 101 MQ 41 J. ZEIDEL	RESISTANCE TRAINING 109 101 MQ 54 J. ZEIDEL	WEIGHT TRAINING SKILLS 109 102 MQ 30 J. ZEIDEL
6:00 - 9:00	CAMPUS RECREATION	CAMPUS RECREATION	CAMPUS RECREATION	CAMPUS RECREATION	CONTINUING EDUCATION FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 03001 7:00 – 9:00pm T. BROMBY

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-2H.1 ATHLETIC TRAINING PERFORMANCE (ATP) ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 10:00	FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 23 P.WASACZ		FITNESS ACTIVITES 109 103 MQ 33 P. WASACZ	TRAINING FOR RUNNING 109 103 MQ 44 C. ST. PIERRE	
10:00 – 12:00	FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 24 P.WASACZ	RESISTANCE TRAINING 109 101 MQ 43 A. GEAR	POSTURE STABILITY & MOBILITY SKILLS 109 102 MQ 21 A. GEAR	FITNESS 109 101 MQ 26 C. ST. PIERRE	FITNESS ACTIVITIES 109 103 MQ 31 P. WASACZ
12:00 – 2:00	SPORT PERFORMANCE TRAINING 109 103 MQ 39 L. BENJAMIN	RESISTANCE TRAINING 109 101 MQ 44 A. GEAR	RESISTANCE TRAINING 109 101 MQ 45 A. GEAR		FITNESS ACTIVITIES 109 103 MQ 26 D. SMYTH
2:00 – 4:00		FITNESS ACTIVITIES 109 103 MQ 29 A. TIRELLI	FITNESS ACTIVITIES 109 103 MQ 30 A. TIRELLI	WEIGHT TRAINING SKILLS 109 102 MQ 32 J. ZEIDEL	FITNESS ACTIVITIES 109 103 MQ 27 D. SMYTH
4:00 – 6:00	FITNESS ACTIVITIES 109 103 MQ 32 A. TIRELLI	FITNESS 109 101 MQ 31 L. NAKHLE	FITNESS 109 101 MQ 34 C. DEEGAN		FITNESS ACTIVITIES 109 103 MQ 01 COMPRESSED V. DIGENOVA
6:00 - 9:00	<u>CONTINUING EDUCATION</u> FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 03002 7:00 – 9:00pm J. KING	<u>CONTINUING EDUCATION</u> FITNESS ACTIVITIES 109 103 MQ 03001 7:00 – 9:00pm T. BROMBY	POSTURE STABILITY & MOBILITY SKILLS 109 102 MQ 02 <i>COMPRESSED</i> A. GEAR	<u>CONTINUING EDUCATION</u> FITNESS 109 101 MQ 03001 7:00 – 9:00pm T. BROMBY	

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0H.1 FITNESS ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 10:00	FITNESS 109 101 MQ 23 M. DONOSO	FITNESS WALKING 109 101 MQ 60 P. ARMENI	FITNESS WALKING 109 101 MQ 59 C. HADDAD	FITNESS 109 101 MQ 25 M. DONOSO	
10:00 – 12:00	FITNESS 109 101 MQ 24 M. DONOSO	FITNESS WALKING 109 101 MQ 58 C. HADDAD	FITNESS WALKING 109 101 MQ 61 P. WASACZ		FITNESS 109 101 MQ 27 C. ST. PIERRE
12:00 – 2:00	FITNESS WALKING 109 101 MQ 56 C. STARZENSKI	FITNESS WALKING 109 101 MQ 57 C. STARZENSKI	FITNESS 109 101 MQ 33 A. TIRELLI	FITNESS ACTIVITIES 109 103 MQ 24 P. BURKHARD	FITNESS WALKING 109 101 MQ 62 P. WASACZ
2:00 – 4:00	FITNESS 109 101 MQ 32 A. TIRELLI	FITNESS ACTIVITIES 109 103 MQ 28 J. ZEIDEL	ALTERNATIVE FITNESS 109 101 MQ 46 P. BURKHARD	ACTIVE LIVING 109 103 MQ 19 P. BURKHARD	FITNESS ACTIVITIES 109 103 MQ 50 P. BURKHARD
4:00 – 6:00	<i>COMPRESSED</i> 109 101 MQ 02, 07, 08 A. CORINTHIOS, R. MONTREUIL, C. DEEGAN 4:00 – 7:00PM & 109 102 MQ 05 C. STARZENSKI 6:00 – 7:00PM	<i>COMPRESSED</i> 109 101 MQ 04, 05, 06 C. HADDAD, A. CORINTHIOS, 4:00 – 7:00PM L. NAKHLE 6:00-7:00PM	ACTIVE LIVING 109 103 MQ 18 T. BROMBY	FITNESS ACTIVITIES 109 103 MQ 25 T. BROMBY	FITNESS 109 101 MQ 29 J. BRASSEUR
6:00 - 9:00	CONTINUING EDUCATION FITNESS ACTIVITIES 109 103 MQ 03001 7:00 – 9:00pm T. BROMBY	CONTINUING EDUCATION FITNESS 109 101 MQ 03002 7:00 – 9:00pm J. KING	DAY HIKING <i>COMPRESSED</i> 109 101 MQ 07, 08 R. MONTREUIL, C. DEEGAN 6:00 - 9:00pm	URBAN HIKING <i>COMPRESSED</i> 109 101 MQ 03 P. BURKHARD 6:00 - 7:00pm	

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0H.3 COMBAT / DANCE ROOM

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 10:00	YOGA LIFESTYLE 109 103 MQ 14 A. GEAR	PILATES 109 102 MQ 19 C. ST. PIERRE	DANCE FITNESS 109 101 MQ 19 C. ST. PIERRE		DANCE ACTIVITIES 109 103 MQ 15 C.ST. PIERRE
10:00 – 12:00	YOGA 109 102 MQ 11 A. GEAR	PILATES 109 102 MQ 20 C. ST. PIERRE	YOGA 109 102 MQ 58 C.ST. PIERRE	KUNG FU 109 102 MQ 08 R. LEW	
12:00 – 2:00	CAMPUS RECREATION YOGA 12-1	YOGA 109 102 MQ 56 C. HADDAD	COMBATIVE FITNESS 109 101 MQ 13 R. LEW	KARATE 109 102 MQ 10 V. DI GENOVA	COMBATIVE FITNESS 109 101 MQ 15 V. DI GENOVA
2:00 – 4:00	COMBATIVE ACTIVITIES 109 103 MQ 12 R. LEW	COMBATIVE FITNESS 109 101 MQ 12 V. DI GENOVA	KUNG FU 109 102 MQ 07 R. LEW	KUNG FU 109 102 MQ 09 R. LEW	COMBATIVE FITNESS 109 101 MQ 16 V. DI GENOVA
4:00 – 6:00	COMBATIVE FITNESS 109 101 MQ 11 R. LEW	COMBATIVE ACTIVITIES 109 103 MQ 13 V. DIGENOVA	COMBATIVE ACTIVITIES <i>COMPRESSED</i> 109-103-MQ 02 R.LEW 4:00 – 7:00PM	COMBATIVE ACTIVITIES 109 103 MQ 51 V. DI GENOVA	FITNESS WALKING <i>COMPRESSED</i> 109 101 MQ 01 V. DI GENOVA 4:00 - 7:00PM
6:00 - 9:00	CAMPUS RECREATION WING CHUN KUNG FU 6-7:30PM	CAMPUS RECREATION	CAMPUS RECREATION KARATE (BEGINNER) 6-7PM AS OF OCT 11	CAMPUS RECREATION WING CHUN KUNG FU 6-7:30PM	CAMPUS RECREATION

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4F.1 DANCE STUDIO

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 10:00	DANCE FITNESS 109 101 MQ 20 K. PALACIO	MINDFUL LIVING 109 103 MQ 45 C. MARKIN	DANCE ACTIVITIES 109 103 MQ 17 K. PALACIO	MIND, BODY WELLNESS 109 101 MQ 63 C. MARKIN	DANCE FITNESS 109 101 MQ 22 K. PALACIO
10:00 – 12:00	DANCE STYLES 109 102 MQ 16 K. PALACIO	DANCE ACTIVITIES 109 103 MQ 16 K. PALACIO	DANCE STYLES 109 102 MQ 17 K. PALACIO	DANCE STYLES 109 102 MQ 15 C. MARKIN	DANCE STYLES 109 102 MQ 18 K. PALACIO
12:00 – 2:00	CAMPUS RECREATION PILATES 12-1PM	DANCE FITNESS 109 101 MQ 21 K. PALACIO	YOGA 109 102 MQ 57 C. HADDAD	STRESS COPING SKILLS 109 102 MQ 54 L. NAKHLE	DANCE STYLES 109 102 MQ 14 P. WALKER
2:00 – 4:00	DANCE FITNESS 109 101 MQ 17 P. WALKER	DANCE STYLES 109 102 MQ 13 P. WALKER		STRESS COPING SKILLS 109 102 MQ 55 L. NAKHLE	DANCE FITNESS 109 101 MQ 18 P. WALKER
4:00 – 6:00	DANCE STYLES 109 102 MQ 12 P. WALKER	HUMAN ADAPTATION TO STRESS 109 BWT 03 01 <i>COMPLEMENTARY</i> P. WALKER 4:00 - 5:30PM	YOGA <i>COMPRESSED</i> 109 102 MQ 03 C. HADDAD 4:00 - 7:00pm	HUMAN ADAPTATION TO STRESS 109 BWT 03 01 <i>COMPLEMENTARY</i> P. WALKER 4:00 - 5:30PM	
6:00 - 7:00		YOGA RETREAT <i>INTENSIVE</i> 109 103 MQ 10 A.GEAR 6:00- 9:00pm	CAMPUS RECREATION KARATE (BEGINNER) 7-8PM UNTIL OCT 4	CAMPUS RECREATION PILATES 6-7PM	

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DEPARTMENT OF PHYSICAL EDUCATION MASTER SCHEDULE – FALL 2023

FALL 2023 *PRE-SEMESTER* INTENSIVE COURSES

Course Title	Course #	Teacher	Course Schedule	Facility Room #	Drop Deadline
Eco-Landscaping	109 101 MQ 09	P. Wasacz	<u>Dates:</u> August 17, 18, 19, 20 <u>Time:</u> 8:00am to 4:00pm	3E.1 & Outside on campus	August 18, 2023

Course Title	Course #	Teacher	Course Schedule	Facility Room #	Drop Deadline
Tennis	109 102 MQ 01	P. Walker	<u>Dates:</u> August 17, 18, 19, 26, 27 <u>Time:</u> 9:00am to 4:00pm	CDL Off campus	August 18, 2023

DAWSON COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION
FALL 2023

PHYSICAL EDUCATION COMPLEMENTARY COURSES
Domain: Science and Technology (BWT)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 12:00	PERFORMANCE IN SPORT 109 BWT 04 L. BENJAMIN 10:00 – 11:30AM RM. 2P.05	PERFORMANCE IN SPORT 109 BWT 03 02 M. DONOSO 10:00 – 11:30AM RM. 4D.17	PERFORMANCE IN SPORT 109 BWT 04 L. BENJAMIN 10:00 – 11:30AM RM. 4A.5		PERFORMANCE IN SPORT 109 BWT 03 03 M. DONOSO 10:00 – 11:30AM RM. 4D.17
11:30 – 1:00			PERFORMANCE IN SPORT 109 BWT 03 06 J. BRASSEUR 11:30 – 1:00PM RM. 3P.01		PERFORMANCE IN SPORT 109 BWT 03 06 J. BRASSEUR 11:30 – 1:00PM RM. 3P.01
1:00 – 2:30			PERFORMANCE IN SPORT 109 BWT 03 07 J. BRASSEUR 1:00 – 2:30PM RM. 4P.24		PERFORMANCE IN SPORT 109 BWT 03 07 J. BRASSEUR 1:00 – 2:30PM RM. 4P.24
2:00 – 4:00		PERFORMANCE IN SPORT 109 BWT 03 03 J. EGAN 2:30 – 4:00PM RM. 4A.5		PERFORMANCE IN SPORT 109 BWT 03 03 J. EGAN 2:30 – 4:00PM RM. 3B.11	
4:00 – 6:00	PERFORMANCE IN SPORT 109 BWT 03 05 J. BRASSEUR 4:00 – 5:30PM RM. 3E.4	HUMAN ADAPTATION TO STRESS 109 BWT 03 01 P. WALKER 4:00 - 5:30PM RM. 3E.4 & 4F.1	PERFORMANCE IN SPORT 109 BWT 03 05 J. BRASSEUR 4:00 – 5:30PM RM. 3E.4	HUMAN ADAPTATION TO STRESS 109 BWT 03 01 P. WALKER 4:00 - 5:30PM RM. 3E.4 & 4F.1	