

DAWSON COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION & CAMPUS REC SCHEDULE – WINTER 2022

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 10:00		WILDERNESS SKILLS 109-102-MQ 33 R. MONTREUIL	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 48 A. CORINTHIOS	STRESS COPING SKILLS 109-102-MQ 44 P. ARMENI	
10:00 – 12:00		STRESS COPING SKILLS 109-102-MQ 33 D. SMYTH	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 38 J. EGAN	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 27 L. BENJAMIN	
12:00 – 2:00	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 35 J. EGAN	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 36 P. WASACZ	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 39 J. EGAN		
2:00 – 4:00	FITNESS 109-101-MQ 09 J. EGAN	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 37 P. WASACZ	VOLLEYBALL 109-102-MQ 10 P. WASACZ	FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 45 R. BRODIE	FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 47 A.TIRELLI
4:00 – 6:00		FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 43 A.TIRELLI	FITNESS WALKING COMPRESSED 109-101-MQ 03 A. CORINTHIOS	FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 46 R. BRODIE	FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 42 A.TIRELLI
6:00 - 9:00					

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 10:00	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 29 A. CORINTHIOS		FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 48 A. CORINTHIOS	ACTIVE LIVING 109-103-MQ 49 A. CORINTHIOS	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ-40 M. DONOSO
10:00 - 12:00	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 30 A. CORINTHIOS	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ 30 M. DONOSO		ACTIVE LIVING 109-103-MQ 50 A. CORINTHIOS	FUNDAMENTAL SKILLS FOR SPORT 109-102-MQ-41 M. DONOSO
12:00 - 2:00	FITNESS 109-101-MQ 55 A. TIRELLI	FITNESS 109-101-MQ 43 R. MONTREUIL	ACTIVE LIVING 109-103-MQ 47 R. BRODIE		
2:00 - 4:00			STRESS COPING SKILLS 109-102-MQ 32 H. BRADLEY	FITNESS 109-101-MQ 44 A. TIRELLI	SPORT FITNESS 109-101-MQ 45 R. BRODIE
4:00 - 6:00	FITNESS 109-101-MQ 42 A.TIRELLI		ACTIVE LIVING 109-103-MQ 48 R. BRODIE	FITNESS ACTIVITIES 109-103-MQ 51 A. TIRELLI	SPORT FITNESS 109-101-MQ 46 R. BRODIE
6:00 - 9:00					

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-1H.1 WEIGHT TRAINING ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 10:00	RESISTANCE TRAINING 109-101-MQ 28 M. POTTER		RESISTANCE TRAINING 109-101-MQ 37 M. POTTER	SPORT PERFORMANCE TRAINING 109-103-MQ 41 M. POTTER	WEIGHT TRAINING SKILLS 109-102-MQ 28 M. POTTER
10:00 - 12:00	RESISTANCE TRAINING 109-101-MQ 29 M. POTTER	FITNESS 109-101-MQ 32 J. EGAN	SPORT PERFORMANCE TRAINING 109-103-MQ 42 M. POTTER	RESISTANCE TRAINING 109-101-MQ 38 A. GEAR	SPORT PERFORMANCE TRAINING 109-103-MQ 43 M. POTTER
12:00 - 2:00	RESISTANCE TRAINING 109-101-MQ 30 J. ZEIDEL	FITNESS 109-101-MQ 33 D. SMYTH	RESISTANCE TRAINING 109-101-MQ 35 L. BENJAMIN	RESISTANCE TRAINING 109-101-MQ 39 A. GEAR	
2:00 - 4:00	WEIGHT TRAINING SKILLS 109-102-MQ 25 J. ZEIDEL	FITNESS 109-101-MQ 34 J. EGAN	RESISTANCE TRAINING 109-101-MQ 36 L. BENJAMIN	RESISTANCE TRAINING 109-101-MQ 40 J. ZEIDEL	ACTIVE LIVING 109-103-MQ 36 J. ZEIDEL
4:00 - 6:00		FITNESS WALKING <i>COMPRESSED</i> 109-101-MQ 04 C. HADDAD	WEIGHT TRAINING SKILLS 109-102-MQ 55 A. TIRELLI	ACTIVE LIVING 109-103-MQ 35 J. ZEIDEL	ACTIVE LIVING 109-103-MQ 37 J. ZEIDEL
6:00 - 9:00					CONTINUING EDUCATION WEIGHT TRAINING SKILLS 109 102 MQ 03002 7:00 – 9:00pm J. BRASSEUR

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 10:00		FITNESS 109-101-MQ 23 M. DONOSO	FITNESS ACTIVITIES 109-103-MQ 29 C. ST. PIERRE		
10:00 - 12:00	FITNESS 109-101-MQ 22 K. PALACIO	WEIGHT TRAINING SKILLS 109-102-MQ 26 J. ZEIDEL	FITNESS 109-101-MQ 24 C. ST. PIERRE	FITNESS ACTIVITIES 109-103-MQ 33 K. PALACIO	SPORT PERFORMANCE TRAINING 109-103-MQ 44 L. BENJAMIN
12:00 - 2:00	RESISTANCE TRAINING 109-101-MQ 31 L. BENJAMIN	FITNESS ACTIVITIES 109-103-MQ 26 K. PALACIO	FITNESS 109-101-MQ 24 C. DEEGAN	SPORT PERFORMANCE TRAINING 109-103-MQ 40 L. BENJAMIN	SPORT PERFORMANCE TRAINING 109-103-MQ 45 L. BENJAMIN
2:00 - 4:00	SPORT PERFORMANCE TRAINING 109-103-MQ 39 L. BENJAMIN	FITNESS ACTIVITIES 109-103-MQ 34 J. ZEIDEL	FITNESS 109-101-MQ 26 L. NAKHLE		
4:00 - 6:00		ACTIVE LIVING 109-103-MQ 27 L. NAKHLE	FITNESS ACTIVITIES 109-103-MQ 32 P. WASACZ		
6:00 - 9:00	CONTINUING EDUCATION FITNESS ACTIVITIES 109 103 MQ 03001 7:00 – 9:00pm J. BRASSEUR	CONTINUING EDUCATION FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 03001 7:00 – 9:00pm J. BRASSEUR	CONTINUING EDUCATION FITNESS 109 101 MQ 03002 7:00 – 9:00pm P. BURKHARD	CONTINUING EDUCATION FITNESS 109 101 MQ 03001 7:00 – 9:00pm J. BRASSEUR	

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0H.1 FITNESS ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 10:00	FITNESS 109-101-MQ 20 M. DONOSO	FITNESS WALKING 109-101-MQ 48 P. ARMENI		FITNESS 109-101-MQ 27 M. DONOSO	FITNESS ACTIVITIES 109-103-MQ 38 L. NAKHLE
10:00 – 12:00	FITNESS 109-101-MQ 21 M. DONOSO	ACTIVE LIVING 109-103-MQ 22 P. ARMENI	WALKING ACTIVITIES 109-103-MQ 57 C. HADDAD	FITNESS WALKING 109-101-MQ 49 P. WASACZ	
12:00 – 2:00		FITNESS ACTIVITIES 109-103-MQ 25 L. NAKHLE	FITNESS ACTIVITIES 109-103-MQ 30 D. SMYTH		STRESS COPING SKILLS 109-102-MQ 50 L. NAKHLE
2:00 – 4:00	FITNESS WALKING 109-101-MQ 41 C. STARZENSKI	ACTIVE LIVING 109-103-MQ 23 H. BRADLEY	FITNESS ACTIVITIES 109-103-MQ 31 D. SMYTH	ACTIVE LIVING 109-103-MQ 24 H. BRADLEY	
4:00 – 6:00	FITNESS ACTIVITIES 109-103-MQ 21 C. STARZENSKI	FITNESS WALKING 109-101-MQ 02 A. CORINTHIOS & URBAN HIKING 109 -101-MQ 05 H. BRADLEY & URBAN HIKING 109-101-MQ 07 R. MONTREUIL & URBAN HIKING 109-101-MQ 08 D. SMYTH 4:00 – 7:00pm	ALTERNATIVE FITNESS 109-101-MQ 41 H. BRADLEY		FITNESS WALKING <i>COMPRESSED</i> 109-101-MQ 06 V. DI GENOVA 4:00-7:00PM
6:00 - 9:00		ACTIVE LIVING <i>COMPRESSED</i> 109-103-MQ 05 P. WASACZ 7:00 – 9:00pm	OUTDOOR ED ACTIVITIES <i>INTENSIVE</i> 109-103-MQ 06 L. NAKHLE	WILDERNESS SKILLS <i>INTENSIVE</i> 109-102-MQ 11 H.BRADLEY 6:00 – 8:00pm	CONTINUING EDUCATION FITNESS ACTIVITIES 109 103 MQ 03002 7:00 – 9:00pm P. BURKHARD

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0H.3 COMBAT / DANCE ROOM

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 10:00	DANCE STYLES 109-102-MQ 19 K. PALACIO	DANCE ACTIVITIES 109-103-MQ 17 C. ST. PIERRE	PILATES 109-102-MQ 23 C. MARKIN	DANCE FITNESS 109-101-MQ 16 K. PALACIO	DANCE FITNESS 109-101-MQ 17 C. ST. PIERRE
10:00 – 12:00	DANCE ACTIVITIES 109-103-MQ 16 C. ST. PIERRE	YOGA 109-102-MQ 51 C. ST. PIERRE	PILATES 109-102-MQ 24 C. MARKIN	MIND-BODY WELLNESS 109-101-MQ 52 C. DEEGAN	YOGA 109-102-MQ 54 C. ST. PIERRE
12:00 – 2:00	PILATES 109-102-MQ 22 C.ST. PIERRE	COMBATIVE FITNESS 109-101-MQ 11 R. LEW	COMBATIVE ACTIVITIES 109-103-MQ 15 R. LEW	FITNESS WALKING 109-101-MQ 12 V. DI GENOVA	KARATE 109-102-MQ 17 V. DI GENOVA
2:00 – 4:00	KUNG FU 109-102-MQ 13 R. LEW	FITNESS ACTIVITIES 109-103-MQ 14 V. DI GENOVA	KUNG FU 109-102-MQ 14 R. LEW	KUNG FU 109-102-MQ 15 R. LEW	KARATE 109-102-MQ 18 V. DI GENOVA
4:00 – 6:00	COMBATIVE FITNESS 109-102-MQ 10 R. LEW	KARATE 109-102-MQ 16 V. DI GENOVA	YOGA COMPRESSED 109-102-MQ 06, 07 C. HADDAD 4:00-7:00PM	FITNESS WALKING 109-101-MQ 13 V. DI GENOVA	
6:00 - 9:00				COMBATIVE ACTIVITIES <i>INTENSIVE</i> 109-103-MQ 13 R.LEW	

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4F.1 DANCE STUDIO

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 10:00	YOGA LIFESTYLES 109-103-MQ 53 C. DEEGAN	DANCE STYLES 109-102-MQ 21 K. PALACIO	YOGA 109-102-MQ 57 C. HADDAD	MIND-BODY WELLNESS 109-101-MQ 51 C. MARKIN	
10:00 – 12:00	YOGA LIFESTYLES 109-103-MQ 52 C. DEEGAN	YOGA LIFESTYLES 109-103-MQ 54 A. GEAR	YOGA 109-102-MQ 52 A. GEAR	YOGA LIFESTYLES 109-103-MQ 56 C. MARKIN	DANCE FITNESS 109-101-MQ 18 K. PALACIO
12:00 – 2:00		YOGA LIFESTYLES 109-103-MQ 55 A. GEAR	YOGA 109-102-MQ 53 A. GEAR	STRESS COPING SKILLS 109-102-MQ 49 C. DEEGAN	DANCE ACTIVITIES 109-103-MQ 19 K. PALACIO
2:00 – 4:00	DANCE FITNESS 109-101-MQ 14 P. WALKER	DANCE FITNESS 109-101-MQ 15 P. WALKER	MIND-BODY WELLNESS 109-101-MQ 50 C. DEEGAN		DANCE FITNESS 109-101-MQ 19 P. WALKER
4:00 – 6:00	DANCE STYLES 109-102-MQ 20 P. WALKER	DANCE ACTIVITIES 109-103-MQ 18 P. WALKER	STRESS COPING SKILLS <i>COMPRESSED</i> 109-102-MQ 03 C. DEEGAN 4:00-7:00PM	STRESS COPING SKILLS <i>COMPRESSED</i> 109-102-MQ 04 C. DEEGAN 4:00-7:00PM	DANCE ACTIVITIES 109-103-MQ 20 P. WALKER
6:00 - 9:00		YOGA RETREAT <i>INTENSIVE</i> 109-103-MQ 12 A. GEAR			

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WINTER 2022 PRE-SEMESTER ONLINE COURSES

101 Course Title	Section #	Teacher	Course Schedule		Drop Deadline
Outdoor Fitness	01	C. Haddad	Jan 10, 11, 13, 14, 17	9:00-12:00 & 13:00 to 16:00	January 11, 2022

102 Course Titles	Section #	Teacher	Course Schedule		Drop Deadline
Dance Styles	01	P. Walker	Jan 11, 12, 14, 18, 19	9:00-12:30 & 13:00 to 15:30	January 12, 2022
Posture, Stability, & Mobility Skills	02	A. Gear	Jan 12, 13, 14, 17, 18	8:00-11:00 & 12:00-15:00	January 13, 2022

103 Course Titles	Section #	Teacher	Course Schedule		Drop Deadline
Combative Activities	01	R. Lew	Jan 10, 11, 13, 14, 17, 18	10:00-12:30 & 13:30 to 16:30	January 12, 2022
Fitness Activities	02	V. DiGenova	Jan 11, 12, 13, 18	10:00-12:30 & 13:00-16:00	January 13, 2022
			Jan 19	10:00 to 14:00	
			Lecture Dates:		
			Tuesday Feb 15	18:00 to 20:00	
			Tuesday March 8	18:00 to 20:00	
Outdoor Ed Activities	03	K. Morrison	Jan 10, 11, 12, Jan 13, 14	9:00-12:00 & 13:00-15:00 8:00-12:00 & 13:00-17:00	January 12, 2022
Active Living	04	A. Corinthios	Jan 13, 14, 17, 18, 19	10:00-12:00 & 13:00-16:00	January 17, 2022
			Lecture Dates:		
			Tuesday Feb 1	18:00 to 21:00	
			Tuesday February 22	18:00 to 21:00	