

DAWSON COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION & CAMPUS REC SCHEDULE – WINTER 2024

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 10:00	ROCK CLIMBING 109-102-MQ 48 C. DEEGAN	VOLLEYBALL 109 102 MQ 49 P. ARMENI	SOCCER 109-102-MQ 51 A. CORINTHIOS	ROCK CLIMBING LIFESTYLE (COMPRESSED) 109 103 MQ 04 J. EGAN (9AM TO 12PM)	ROCK CLIMBING LIFESTYLE 109 103 MQ 20 C. DEEGAN
10:00 – 12:00	ROCK CLIMBING 109 102 MQ 39 C. STARZENSKI	ACTIVE LIVING: VOLLEYBALL 109 103 MQ 24 P. ARMENI	ROCK CLIMBING 109-102-MQ 40 J. EGAN		GOLF 109 102 MQ 36 D. SMYTH
12:00 – 2:00	CAMPUS REC BADMINTON 12:10 – 1:50	SPORT FITNESS 109 101 MQ 04 R. MONTREUIL	ROCK CLIMBING 109 102 MQ 41 C. STARZENSKI	CAMPUS REC ROCK CLIMBING & BADMINTON 12:10 – 1:50	GOLF 109 102 MQ 37 D. SMYTH
2:00 – 4:00	ROCK CLIMBING 109 102 MQ 38 C. STARZENSKI	VOLLEYBALL 109 102 MQ 46 R. BRODIE	ROCK CLIMBING 109-102-MQ 42 J. EGAN	ROCK CLIMBING 109-102-MQ 43 J. EGAN	ROCK CLIMBING 109-102-MQ 50 C. DEEGAN
4:00 – 6:00	CAMPUS REC VOLLEYBALL 4:00-5:30pm	ACTIVE LIVING: VOLLEYBALL 109 103 MQ 23 R. BRODIE	ROCK CLIMBING LIFESTYLE 109 103 MQ 22 C. DEEGAN	GAMES FITNESS 109 101 MQ 23 A. TIRELLI	ROCK CLIMBING LIFESTYLE 109 103 MQ 21 C. DEEGAN
6:00 - 9:00	CAMPUS REC ROCK CLIMBING 6:00-9:30pm & ATHLETICS TEAM PRACTICES	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	SPORT FITNESS 109 101 MQ 41 M. DONOSO	SPORT FITNESS 109 101 MQ 45 R. MONTREUIL	SOCCER 109 102 MQ 51 A. CORINTHIOS	TEAM SPORTS 109 103 MQ 47 A. CORINTHIOS	BASKETBALL 109 102 MQ 44 M. DONOSO
10:00 - 12:00	GAMES FITNESS 109 101 MQ 42 A. CORINTHIOS	SPORT FITNESS 109 101 MQ 46 R. MONTREUIL	TEAM SPORTS 109 103 MQ 49 L. BENJAMIN	TEAM SPORTS 109 103 MQ 48 A. CORINTHIOS	BASKETBALL 109 102 MQ 45 M. DONOSO
12:00 - 2:00	GAMES FITNESS 109 101 MQ 43 A. CORINTHIOS	BADMINTON 109 102 MQ 31 M. DONOSO	BADMINTON 109 102 MQ 33 A. CORINTHIOS	TEAM SPORTS 109 103 MQ 51 J. ZEIDEL	TEAM SPORTS 109 103 MQ 50 L. BENJAMIN
2:00 - 4:00	CAMPUS REC BASKETBALL 2:00-3:50pm	BADMINTON 109 102 MQ 32 P. WASACZ	VOLLEYBALL 109 102 MQ 47 R. BRODIE	ACTIVE LIVING: VOLLEYBALL 109 103 MQ 01 R. BRODIE	BADMINTON 109 102 MQ 34 J. BRASSEUR
4:00 - 6:00	INTRO TO OUTDOOR ED 109 101 MQ 44 C. DEEGAN	TEAM SPORTS 109 103 MQ 57 P. BURKHARD	SPORT FITNESS 109 101 MQ 47 R. BRODIE	SPORT FITNESS 109 101 MQ 48 R. BRODIE	BADMINTON 109 102 MQ 35 J. BRASSEUR
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	SPORT PERFORMANCE TRAINING 109 103 MQ 42 M. POTTER	SPORT PERFORMANCE TRAINING 109 103 MQ 44 M. POTTER	FITNESS FOR SPORT PERFORMANCE 109 101 MQ 28 M. POTTER	SPORT PERFORMANCE TRAINING 109 103 MQ 45 M. POTTER	
10:00 - 12:00	SPORT PERFORMANCE TRAINING 109 103 MQ 43 M. POTTER	FITNESS ACTIVITIES 109 103 MQ 32 J. ZEIDEL	WEIGHT TRAINING SKILLS 109 102 MQ 22 M. POTTER	RESISTANCE TRAINING 109 101 MQ 31 L. BENJAMIN	
12:00 - 2:00	WEIGHT TRAINING SKILLS 109 102 MQ 23 L. BENJAMIN	FITNESS FOR SPORT PERFORMANCE 109 101 MQ 27 M. POTTER	SPORT PERFORMANCE TRAINING 109 103 MQ 46 L. BENJAMIN	WEIGHT TRAINING SKILLS 109 102 MQ 29 A. TIRELLI	WEIGHT TRAINING SKILLS 109 102 MQ 58 J. BRASSEUR
2:00 - 4:00	WEIGHT TRAINING SKILLS 109 102 MQ 24 L. BENJAMIN	WEIGHT TRAINING SKILLS 109 102 MQ 25 J. ZEIDEL	RESISTANCE TRAINING 109 101 MQ 29 D. SMYTH	RESISTANCE TRAINING 109 101 MQ 32 L. BENJAMIN	RESISTANCE TRAINING 109 101 MQ 33 L. BENJAMIN
4:00 - 6:00	WEIGHT TRAINING SKILLS 109 102 MQ 28 A. TIRELLI	RESISTANCE TRAINING 109 101 MQ 39 A. TIRELLI	RESISTANCE TRAINING 109 101 MQ 30 D. SMYTH	WEIGHT TRAINING SKILLS 109 102 MQ 26 J. ZEIDEL	RESISTANCE TRAINING 109 101 MQ 38 J. ZEIDEL
6:00 - 9:00	CAMPUS REC	CAMPUS REC	CAMPUS REC	CAMPUS REC	

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 10:00			WEIGHT TRAINING SKILLS 109 102 MQ 57 P. BURKHARD	FITNESS 109 101 MQ 21 M. DONOSO	FITNESS 109 101 MQ 22 C. ST. PIERRE
10:00 - 12:00	RESISTANCE TRAINING 109 101 MQ 34 A. GEAR	RESISTANCE TRAINING 109 101 MQ 36 J. EGAN	FITNESS ACTIVITIES 109 103 MQ 30 C. ST. PIERRE	POSTURE, STABILITY & MOBILITY SKILLS 109 102 MQ 20 A. GEAR	
12:00 - 2:00		FITNESS ACTIVITIES 109 103 MQ 38 A. TIRELLI	OUTDOOR FITNESS 109 101 MQ 40 C. DEEGAN	POSTURE, STABILITY & MOBILITY SKILLS 109 102 MQ 21 A. GEAR	FITNESS ACTIVITIES 109 103 MQ 39 A. TIRELLI
2:00 - 4:00	FITNESS ACTIVITIES 109 103 MQ 37 A. TIRELLI	RESISTANCE TRAINING 109 101 MQ 37 J. EGAN	WEIGHT TRAINING SKILLS 109 102 MQ 27 J. ZEIDEL	OUTDOOR ED ACTIVITIES 109 103 MQ 29 C. DEEGAN	WEIGHT TRAINING SKILLS 109 102 MQ 30 A. TIRELLI
4:00 - 6:00	ACTIVE LIVING: INDOOR CYCLING 109 103 MQ 25 T. MILLER (J. BRASSEUR)	FITNESS ACTIVITIES 109 103 MQ 35 L. NAKHLE	FITNESS ACTIVITIES 109 103 MQ 33 J. ZEIDEL	ACTIVE LIVING: INDOOR CYCLING 109 103 MQ 40 T. MILLER (J. BRASSEUR)	
6:00 - 9:00	CONTINUING EDUCATION FITNESS 109 101 MQ 03001 7:00 – 9:00pm J.BRASSEUR	ATHLETICS TEAM PRACTICES	POSTURE STABILITY & MOBILITY SKILLS <i>COMPRESSED</i> 109 102 MQ 02 A. GEAR	CONTINUING EDUCATION FITNESS ACTIVITIES 109 103 MQ 03001 7:00 – 9:00pm T. BROMBY	CONTINUING EDUCATION FITNESS ACTIVITIES 109 103 MQ 03002 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 ACTIVITIES 109 103 MQ 41 P. WASACZ	FITNESS 109 101 MQ 19 M. DONOSO	FITNESS ACTIVITIES 109 103 MQ 56 P. WASACZ	FITNESS WALKING 109 101 MQ 52 P. ARMENI	
10:00 – 12:00	FITNESS 109 101 MQ 20 M. DONOSO	FITNESS ACTIVITIES 109 103 MQ 28 D. SMYTH	FITNESS WALKING 109 101 MQ 50 C. STARZENSKI	FITNESS 109 101 MQ 25 K. PALACIO (P. BURKHARD)	FITNESS ACTIVITIES 109 103 MQ 31 K.PALACIO (P. BURKHARD)
12:00 – 2:00	FITNESS ACTIVITIES 109 103 MQ 19 P. WASACZ	FITNESS WALKING 109 101 MQ 49 C. HADDAD		FITNESS WALKING 109 101 MQ 51 C. STARZENSKI	STRESS COPING SKILLS 109 102 MQ 53 L. NAKHLE
2:00 – 4:00	FITNESS ACTIVITIES 109 103 MQ 55 P. WASACZ	FITNESS ACTIVITIES 109 103 MQ 26 D. SMYTH	FITNESS ACTIVITIES 109 103 MQ 36 L. NAKHLE	FITNESS ACTIVITIES 109 103 MQ 27 D. SMYTH	FITNESS ACTIVITIES 109 103 MQ 34 J. ZEIDEL
4:00 – 6:00		OUTDOOR FITNESS 109 101 MQ 01 C. HADDAD & FITNESS WALKING 109 101 MQ 02 A. CORINTHIOS <i>COMPRESSED 4:00 - 7:00pm</i>	FITNESS WALKING 109 101 MQ 06 V. DIGENOVA <i>COMPRESSED 4:00 - 7:00pm</i>	RESISTANCE TRAINING 109 101 MQ 26 D. SMYTH	STRESS COPING SKILLS 109 102 MQ 52 L. NAKHLE
6:00 - 9:00	CONTINUING EDUCATION STRESS COPING SKILLS 109 102 MQ 03002 7:00 – 9:00pm T. BROMBY	CONTINUING EDUCATION STRESS COPING SKILLS 109 102 MQ 03001 7:00 – 9:00pm T. BROMBY	CONTINUING EDUCATION FITNESS 109 101 MQ 03002 7:00 – 9:00pm T. BROMBY	ATHLETICS TEAM PRACTICES	

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0H.3 COMBAT / DANCE ROOM

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 10:00		DANCE FITNESS 109 101 MQ 15 C. ST. PIERRE	DANCE ACTIVITIES 109 103 MQ 17 C. ST. PIERRE	YOGA 109 102 MQ 55 C. ST. PIERRE	STRESS COPING SKILLS 109 102 MQ 18 K. PALACIO (P. BURKHARD)
10:00 – 12:00		YOGA 109 102 MQ 54 C. HADDAD	COMBATIVE FITNESS 109 101 MQ 10 V. DI GENOVA	YOGA 109 102 MQ 56 C. ST. PIERRE	DANCE FITNESS 109 101 MQ 16 C. ST. PIERRE
12:00 – 2:00	KUNG FU 109 102 MQ 08 R. LEW	PILATES 109 102 MQ 19 C. ST. PIERRE	COMBATIVE FITNESS 109 101 MQ 11 R. LEW	FITNESS 109 101 MQ 17 K. PALACIO (P. BURKHARD)	
2:00 – 4:00		COMBATIVE ACTIVITIES 109 103 MQ 13 R. LEW	KARATE 109 102 MQ 12 V. DI GENOVA	KARATE 109 102 MQ 10 V. DI GENOVA	COMBATIVE FITNESS 109 101 MQ 12 V. DI GENOVA
4:00 – 6:00	COMBATIVE ACTIVITIES 109 103 MQ 12 R. LEW	COMBATIVE FITNESS 109 101 MQ 09 R. LEW	KUNG FU 109 102 MQ 09 R. LEW	KARATE 109 102 MQ 11 V. DI GENOVA	COMBATIVE ACTIVITIES 109 103 MQ 14 V. DI GENOVA
6:00 - 9:00	CAMPUS REC WING CHUN KUNG FU 6:00-7:30pm		CAMPUS REC WING CHUN KUNG FU 6:00-7:30pm	COMBATIVE ACTIVITIES COMPRESSED 109-103-MQ 03 R.LEW	

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4F.1 DANCE STUDIO

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 10:00	STRESS COPING SKILLS 109 102 MQ 16 K. PALACIO (P. BURKHARD)	FITNESS ACTIVITIES 109 103 MQ 18 K. PALACIO (P. BURKHARD)	MINDFUL LIVING 109 103 MQ 54 C. MARKIN	DANCE STYLES 109 102 MQ 15 C. MARKIN	
10:00 – 12:00	STRESS COPING SKILLS 109 102 MQ 17 K. PALACIO (P. BURKHARD)	FITNESS 109 101 MQ 18 K. PALACIO (P. BURKHARD)	YOGA LIFESTYLES 109 103 MQ 52 A. GEAR	MIND-BODY WELLNESS 109 101 MQ 53 C. MARKIN	
12:00 – 2:00	YOGA LIFESTYLES 109 103 MQ 53 A. GEAR	FITNESS WALKING 109 101 MQ 24 P. WASACZ	MIND-BODY WELLNESS 109 101 MQ 35 A. GEAR	CAMPUS REC PILATES 12-1pm	CAMPUS REC YOGA 12-1pm
2:00 – 4:00	DANCE FITNESS 109 101 MQ 13 P. WALKER	DANCE FITNESS 109 101 MQ 14 P. WALKER			DANCE ACTIVITIES 109 103 MQ 15 P. WALKER
4:00 – 6:00	DANCE STYLES 109 102 MQ 13 P. WALKER	DANCE STYLES 109 102 MQ 14 P. WALKER		URBAN HIKING <i>COMPRESSED</i> 109 101 MQ 05 P. WASACZ 4 TO 7PM	DANCE ACTIVITIES 109 103 MQ 16 P. WALKER
6:00 - 9:00	YOGA RETREAT <i>INTENSIVE</i> 109 103 MQ 10 A.GEAR	CAMPUS REC PILATES 6-7pm			DANCE STYLES <i>COMPRESSED</i> 109 102 MQ 01 P. WALKER