

**DAWSON COLLEGE**  
**DEPARTMENT OF PHYSICAL EDUCATION & CAMPUS REC SCHEDULE – WINTER 2023**

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

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:00 – 10:00</b>	SPORT FITNESS 109-101-MQ 38 M. DONOSO	INTRO TO OUTDOOR ED (COMPRESSED) 109 101 MQ 06 J. EGAN  (9:00-12:00)	SOCCER 109-102-MQ 48 A. CORINTHIOS	TEAM SPORTS 109 103 MQ 47 A. CORINTHIOS	VOLLEYBALL 109 102 MQ 44 P. ARMENI
<b>10:00 – 12:00</b>	SPORT FITNESS 109-101-MQ 27 M. DONOSO		ROCK CLIMBING 109-102-MQ 37 J. EGAN	ROCK CLIMBING 109 102 MQ 40 J. EGAN	VOLLEYBALL 109 102 MQ 45 P. BURKHARD
<b>12:00 – 2:00</b>	GOLF 109 102 MQ 34 D. SMYTH	ROCK CLIMBING 109 102 MQ 36 C. STARZENSKI	ROCK CLIMBING 109 102 MQ 38 C. STARZENSKI	INTRO TO OUTDOOR ED 109-101-MQ 35 C. DEEGAN	VOLLEYBALL 109 102 MQ 46 P. BURKHARD
<b>2:00 – 4:00</b>	GOLF 109 102 MQ 35 D. SMYTH	ROCK CLIMBING 109 102 MQ 31 C. DEEGAN	ROCK CLIMBING 109-102-MQ 39 J. EGAN	TEAM SPORTS 109 103 MQ 49 R. BRODIE	VOLLEY BALL 109 102 MQ 47 R. BRODIE
<b>4:00 – 6:00</b>	<b>CAMPUS REC</b> <b>VOLLEYBALL</b> 4:00-5:30pm	ROCK CLIMBING 109 102 MQ 32 C. DEEGAN	OUTDOOR ED ACTIVITIES 109 103 MQ 34 C. DEEGAN	TEAM SPORTS 109 103 MQ 50 R. BRODIE	SPORT FITNESS 109 101 MQ 43 R. BRODIE
<b>6:00 - 9:00</b>	<b>CAMPUS REC</b> <b>ROCK CLIMBING</b> 6:00-9:30pm & <b>ATHLETICS</b> <b>TEAM PRACTICES</b>	<b>ATHLETICS</b> <b>TEAM PRACTICES</b>	<b>ATHLETICS</b> <b>TEAM PRACTICES</b>	<b>CAMPUS REC</b> <b>ROCK CLIMBING</b> 6:00-7:25pm & <b>ATHLETICS</b> <b>TEAM PRACTICES</b>	<b>ATHLETICS</b> <b>TEAM PRACTICES</b>

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

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:00 - 10:00</b>	SPORT FITNESS 109 101 MQ 38 M. DONOSO	SPORT FITNESS 109 101 MQ 40 R. MONTREUIL	SOCCER 109 102 MQ 48 A. CORINTHIOS	TEAM SPORTS 109 103 MQ 47 A. CORINTHIOS	BASKETBALL 109 102 MQ 42 M. DONOSO
<b>10:00 - 12:00</b>	SPORT FITNESS 109 101 MQ 27 M. DONOSO	SPORT FITNESS 109 101 MQ 41 R. MONTREUIL	TEAM SPORTS 109 103 MQ 46 P. BURKHARD	TEAM SPORTS 109 103 MQ 48 A. CORINTHIOS	BASKETBALL 109 102 MQ 43 M. DONOSO
<b>12:00 - 2:00</b>	GAMES FITNESS 109 101 MQ 37 A. CORINTHIOS	BADMINTON 109 102 MQ 30 M. DONOSO	BADMINTON 109 102 MQ 33 A. CORINTHIOS	BADMINTON 109 102 MQ 41 P. BURKHARD	GAMES FITNESS 109 101 MQ 55 J. BRASSEUR
<b>2:00 - 4:00</b>	TEAM SPORTS 109 103 MQ 45 A. CORINTHIOS	<b>CAMPUS REC</b>  BASKETBALL 2:00-4:30PM -1H.6	SPORT FITNESS 109 101 MQ 42 R. BRODIE	TEAM SPORTS 109 103 MQ 49 R. BRODIE	<b>CAMPUS REC</b>  BASKETBALL 2:00-3:30PM
<b>4:00 - 6:00</b>	SPORT FITNESS 109 101 MQ 39 P. BURKHARD	<b>CAMPUS REC</b>  BADMINTON 4:00-5:30PM -1H.4	BASKETBALL 109 102 MQ 51 P. WASACZ	TEAM SPORTS 109 103 MQ 50 R. BRODIE	SPORT FITNESS 109-101-MQ 43 R. BRODIE
<b>6:00 - 9:00</b>	<b>ATHLETICS</b> TEAM PRACTICES	<b>ATHLETICS</b> TEAM PRACTICES  TENNIS 109 102 MQ 05 P. WALKER MAY 2, 9 FROM 6:00-8:00	<b>ATHLETICS</b> TEAM PRACTICES	<b>ATHLETICS</b> TEAM PRACTICES	<b>ATHLETICS</b> TEAM PRACTICES

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**-1H.1 WEIGHT TRAINING ROOM**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:00 - 10:00</b>	SPORT PERFORMANCE TRAINING 109 103 MQ 44 M. POTTER	WEIGHT TRAINING SKILLS 109 102 MQ 22 M. POTTER	SPORT PERFORMANCE TRAINING 109 103 MQ 38 M. POTTER	WEIGHT TRAINING SKILLS 109 102 MQ 28 H. MCINTYRE	SPORT PERFORMANCE TRAINING 109 103 MQ 37 M. POTTER
<b>10:00 - 12:00</b>	RESISTANCE TRAINING 109 101 MQ 26 M. POTTER	FITNESS ACTIVITIES 109 103 MQ 16 H. MCINTYRE	SPORT PERFORMANCE TRAINING 109 103 MQ 36 M. POTTER	WEIGHT TRAINING SKILLS 109 102 MQ 24 L. BENJAMIN	WEIGHT TRAINING SKILLS 109 102 MQ 23 M. POTTER
<b>12:00 - 2:00</b>	WEIGHT TRAINING SKILLS 109 102 MQ 58 A. TIRELLI	RESISTANCE TRAINING 109 101 MQ 28 J. EGAN	RESISTANCE TRAINING 109 101 MQ 29 D. SMYTH	WEIGHT TRAINING SKILLS 109 102 MQ 61 H. MCINTYRE	WEIGHT TRAINING SKILLS 109 102 MQ 29 A. TIRELLI
<b>2:00 - 4:00</b>	WEIGHT TRAINING SKILLS 109 102 MQ 26 J. BRASSEUR	RESISTANCE TRAINING 109 101 MQ 32 L. BENJAMIN	WEIGHT TRAINING SKILLS 109 102 MQ 27 P.WASACZ	WEIGHT TRAINING SKILLS 109 102 MQ 25 L. BENJAMIN	RESISTANCE TRAINING 109 101 MQ 33 L. BENJAMIN
<b>4:00 - 6:00</b>	RESISTANCE TRAINING 109 101 MQ 34 J. BRASSEUR	FITNESS 109 101 MQ 25 L. NAKHLE	RESISTANCE TRAINING 109 101 MQ 30 D. SMYTH	RESISTANCE TRAINING 109 101 MQ 31 J. BRASSEUR	WEIGHT TRAINING SKILLS 109 102 MQ 59 A. TIRELLI
<b>6:00 - 9:00</b>	<b>CAMPUS REC</b>	<b>CAMPUS REC</b>	<b>CAMPUS REC</b>	<b>CAMPUS REC</b>	<b>CONTINUING EDUCATION</b> WEIGHT TRAINING SKILLS 109 102 MQ 03002 7:00 – 9:00pm L. NAKHLE

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

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:00 - 10:00</b>	RESISTANCE TRAINING 109 101 MQ 53 A. TIRELLI	FITNESS 109 101 MQ 17 M. DONOSO	FITNESS 109 101 MQ 22 A. GEAR	FITNESS 109 101 MQ 18 M. DONOSO	FITNESS ACTIVITIES 109 103 MQ 56 A. TIRELLI
<b>10:00 - 12:00</b>	SPORT PERFORMANCE TRAINING 109 103 MQ 40 A. GEAR	POSTURE, STABILITY & MOBILITY SKILLS 109 102 MQ 20 A. GEAR	FITNESS 109 101 MQ 23 A. GEAR	FITNESS 109 101 MQ 21 C. ST. PIERRE	FITNESS ACTIVITIES 109 103 MQ 33 K. PALACIO
<b>12:00 - 2:00</b>	SPORT PERFORMANCE TRAINING 109 103 MQ 41 L. BENJAMIN	POSTURE, STABILITY & MOBILITY SKILLS 109 102 MQ 21 A. GEAR	ACTIVE LIVING 109 103 MQ 24 C. DEEGAN		SPORT PERFORMANCE TRAINING 109 103 MQ 43 L. BENJAMIN
<b>2:00 - 4:00</b>	SPORT PERFORMANCE TRAINING 109 103 MQ 42 L. BENJAMIN	FITNESS ACTIVITIES 109 103 MQ 35 L. NAKHLE	FITNESS ACTIVITIES 109 103 MQ 29 P. BURKHARD	ACTIVE LIVING (INDOOR CYCLING) 109 103 MQ 39 J. EGAN	FITNESS ACTIVITIES 109 103 MQ 51 J. BRASSEUR
<b>4:00 - 6:00</b>	WEIGHT TRAINING SKILLS 109 102 MQ 60 A. TIRELLI	FITNESS ACTIVITIES 109 103 MQ 30 J. BRASSEUR	FITNESS 109 101 MQ 56 H. MCINTYRE	FITNESS 109 101 MQ 19 P. BURKHARD	FITNESS ACTIVITIES 109 103 MQ 52 J. BRASSEUR
<b>6:00 - 9:00</b>	BIKE EXPLORATIONS 109 103 MQ 14 C. DEEGAN 6:00-9:00PM (COMPRESSED) JAN 23, MAR 6, 20, 27, APR 3, 17, 24	<b>CONTINUING EDUCATION</b> FUNDAMENTAL SKILLS FOR SPORT 109 102 MQ 03001 7:00 – 9:00pm T. BROMBY	<b>CONTINUING EDUCATION</b>  FITNESS 109 101 MQ 03002 7:00 – 9:00pm T. BROMBY	<b>CONTINUING EDUCATION</b>  FITNESS 109 101 MQ 03001 7:00 – 9:00pm T. BROMBY	

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**DEPARTMENT OF PHYSICAL EDUCATION & CAMPUS REC SCHEDULE – WINTER 2023**

**0H.1 FITNESS ROOM**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:00 – 10:00</b>	FITNESS ACTIVITIES 109 103 MQ 57 H. MCINTYRE	FITNESS WALKING 109 101 MQ 49 P. ARMENI	FITNESS ACTIVITIES 109 103 MQ 31 C. ST. PIERRE	FITNESS ACTIVITIES 109 103 MQ 32 K. PALACIO	FITNESS ACTIVITIES 109 103 MQ 22 C. ST. PIERRE
<b>10:00 – 12:00</b>	FITNESS WALKING 109 101 MQ 44 C. STARZENSKI	FITNESS WALKING 109 101 MQ 45 C. STARZENSKI	FITNESS WALKING 109 101 MQ 46 C. STARZENSKI	FITNESS 109 101 MQ 24 K. PALACIO	ACTIVE LIVING 109 103 MQ 26 P. ARMENI
<b>12:00 – 2:00</b>	FITNESS ACTIVITIES 109 103 MQ 27 C. STARZENSKI	FITNESS WALKING 109 101 MQ 47 C. HADDAD	FITNESS WALKING 109 101 MQ 48 C. HADDAD	FITNESS ACTIVITIES 109 103 MQ 54 P. WASACZ	FITNESS WALKING 109 101 MQ 52 P. WASACZ
<b>2:00 – 4:00</b>	FITNESS 109 101 MQ 20 P. BURKHARD	FITNESS ACTIVITIES 109 103 MQ 28 D. SMYTH	FITNESS ACTIVITIES 109 103 MQ 55 A. TIRELLI	FITNESS 109 101 MQ 36 J. BRASSEUR	FITNESS 109 101 MQ 54 A. TIRELLI
<b>4:00 – 6:00</b>	FITNESS ACTIVITIES 109 103 MQ 15 P. WASACZ	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 03 A. CORINTHIOS & WALKING ACTIVITIES 109 103 MQ 04 C. Haddad  <i>COMPRESSED 4:00 - 7:00pm</i>	ACTIVE LIVING 109 103 MQ 25 C. DEEGAN	STRESS COPING SKILLS 109 102 MQ 53 L. NAKHLE
<b>6:00 - 9:00</b>	<b>CONTINUING EDUCATION</b> FITNESS ACTIVITIES 109 103 MQ 03001 7:00 – 9:00pm T. BROMBY	OUTDOOR ED ACTIVITIES 109 103 MQ 09 R. MONTREUIL 7:00 – 9:00pm	DOWNHILL SKIING & SNOWBOARDING 109 102 MQ 06 <i>INTENSIVE</i> R. MONTREUIL & URBAN HIKING 109 101 MQ 04 <i>COMPRESSED</i> C. DEEGAN 7:00 – 9:00pm	DOWNHILL SKIING 109 102 MQ 04 R. MONTREUIL <i>INTENSIVE 6:00 – 9:00pm</i>	<b>CONTINUING EDUCATION</b> FITNESS ACTIVITIES 109 103 MQ 03002 7:00 – 9:00pm T. BROMBY

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**0H.3 COMBAT / DANCE ROOM**

<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:00 – 10:00</b>	YOGA 109 102 MQ 54 C. ST. PIERRE	YOGA LIFESTYLES 109 103 MQ 03 A. GEAR	YOGA 109 102 MQ 56 C. HADDAD	PILATES 109 102 MQ 18 C. ST. PIERRE	
<b>10:00 – 12:00</b>	DANCE ACTIVITIES 109 103 MQ 21 C. ST. PIERRE	KUNG FU 109 102 MQ 08 R. LEW	PILATES 109 102 MQ 19 C. ST. PIERRE		DANCE FITNESS 109 101 MQ 14 C. ST. PIERRE
<b>12:00 – 2:00</b>	YOGA 109 102 MQ 57 A. GEAR	COMBATIVE FITNESS 109 101 MQ 08 R. LEW	COMBATIVE ACTIVITIES 109 103 MQ 01 R. LEW		KARATE 109 102 MQ 12 V. DI GENOVA
<b>2:00 – 4:00</b>	COMBATIVE FITNESS 109 101 MQ 07 R. LEW	COMBATIVE FITNESS 109 101 MQ 09 V. DI GENOVA	COMBATIVE FITNESS 109 101 MQ 10 R. LEW	KARATE 109 102 MQ 10 V. DI GENOVA	KARATE 109 102 MQ 13 V. DI GENOVA
<b>4:00 – 6:00</b>	KUNG FU 109 102 MQ 09 R. LEW	COMBATIVE ACTIVITIES 109 103 MQ 17 V. DI GENOVA	COMBATIVE ACTIVITIES 109 103 MQ 18 R. LEW	KARATE 109 102 MQ 11 V. DI GENOVA	FITNESS WALKING 109 101 MQ 05 V. DIGENOVA COMPRESSED 4:00-7:00PM
<b>6:00 - 9:00</b>	<b>CAMPUS REC</b> <b>WING CHUN KUNG FU</b> <b>6:00-7:30pm</b>	<b>CAMPUS REC</b> <b>KARATE (Beginner)</b> <b>6:00-7:15pm</b> <b>&amp;</b> <b>KARATE (Advanced)</b> <b>7:30-9:00pm</b>	<b>CAMPUS REC</b> <b>WING CHUN KUNG FU</b> <b>6:00-7:30pm</b>	MARTIAL ARTS RETREAT <i>INTENSIVE</i> 109-103-MQ 13 R.LEW JAN 19, 26	

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**4F.1 DANCE STUDIO**

<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:00 – 10:00</b>	STRESS COPING SKILLS 109 102 MQ 49 P. WASACZ	DANCE STYLES 109 102 MQ 16 K. PALACIO	MIND-BODY WELLNESS 109 101 MQ 50 C. MARKIN	DANCE STYLES 109 102 MQ 15 C. MARKIN	DANCE FITNESS 109 101 MQ 16 K. PALACIO
<b>10:00 – 12:00</b>	STRESS COPING SKILLS 109 102 MQ 50 P. WASACZ	YOGA 109 102 MQ 55 C. HADDAD	DANCE STYLES 109 102 MQ 17 K. PALACIO	YOGA LIFESTYLES 109 103 MQ 53 C. MARKIN	
<b>12:00 – 2:00</b>	<b>CAMPUS REC</b>  <b>PILATES</b> 12-1pm	DANCE ACTIVITIES 109 103 MQ 23 K. PALACIO	DANCE FITNESS 109 101 MQ 15 K. PALACIO	<b>CAMPUS REC</b>  <b>PILATES</b> 12-1pm	<b>CAMPUS REC</b>  <b>YOGA</b> 12-1pm
<b>2:00 – 4:00</b>	DANCE FITNESS 109 101 MQ 11 P. WALKER	DANCE FITNESS 109 101 MQ 12 P. WALKER		STRESS COPING SKILLS 109 102 MQ 52 L. MAKHLE	DANCE FITNESS 109 101 MQ 13 P. WALKER
<b>4:00 – 6:00</b>	DANCE ACTIVITIES 109 103 MQ 19 P. WALKER	DANCE STYLES 109 102 MQ 14 P. WALKER		DANCE STYLES 109 102 MQ 01 P. WALKER	DANCE ACTIVITIES 109 103 MQ 20 P. WALKER
<b>6:00 - 9:00</b>	YOGA RETREAT <i>INTENSIVE</i> 109 103 MQ 12 A.GEAR JAN 23, FEB 13, 20				

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**WINTER 2023 *PRE-SEMESTER* COURSES**

<b>102 Course Titles</b>	<b>109 102 MQ Section #</b>	<b>Room #</b>	<b>Teacher</b>	<b>Course Schedule</b>		<b>Drop Deadline</b>
<b>Basketball</b>	<b>02</b>	<b>-1H.4/6 and -1H.5</b>	<b>L. Benjamin</b>	Jan 10, 11, 12, 13, 16	9:00-12:00 & 13:00 to 16:00	January 11, 2023
<b>Volleyball</b>	<b>03</b>	<b>-1H.2 and -1H.5</b>	<b>R. Brodie</b>	Jan 9, 10, 11, 12, 16, AND Jan 13	9:00-12:00 & 13:00 to 15:30 9:00-12:00	January 11, 2023

<b>103 Course Title</b>	<b>109 103 MQ Section #</b>	<b>Room #</b>	<b>Teacher</b>	<b>Course Schedule</b>		<b>Drop Deadline</b>
<b>Fitness Activities</b>	<b>02</b>	<b>-2H.1</b>	<b>V. DiGenova</b>	Jan 10, 11, 12, 16	10:00-12:30 & 13:00-16:00	January 12, 2023
				Jan 17	10:00 to 14:00	
				<b>Lecture Dates:</b>		
				Tuesday Feb 14	18:00 to 20:00	
				Tuesday March 7	18:00 to 20:00	