

**HAVERFORD COLLEGE**  
**PHYS-ED OFFERINGS FALL QUARTER**  
**SEPTEMBER 7 - OCTOBER 22, 2010**

**INTRAMURAL**

**Flag Football** Contact: Evren Cakir '12 ([ecakir@haverford.edu](mailto:ecakir@haverford.edu))

**INDEPENDENT STUDY:**

**Black Squirrel Mascot** Participation as a Haverford College Black Squirrel Mascot.  
Contact Jim Kenyon, Facilities Mgr., ([jkenyon@haverford.edu](mailto:jkenyon@haverford.edu))

**Community Service** Contact: Marilou Allen ([mlallen@haverford.edu](mailto:mlallen@haverford.edu)). Prerequisite: Students must already have 3 credits and have completed freshman year.

**Independent Fitness** This class is available **only to those students who have already earned credit for Intro to Fitness**. Please contact Cory Walts, Fitness Director, at ([cwalts@haverford.edu](mailto:cwalts@haverford.edu)) for details.

**Running, Training & Techniques** Self-paced running up to 10 miles per week.  
Meeting with Tom Donnelly – Lobby of GIAC, Friday, September 3 at 4:30 pm

**INSTRUCTIONAL:**

**Aerobics** Tuesday/Thursday afternoons 4:15 to 5:30 pm – Multi-Purpose Room, 2<sup>nd</sup> floor GIAC. Instructor: Meg Etskovitz

**Bounce Class** Contact Person: Grace Cheong '13 ([gcheong@haverford.edu](mailto:gcheong@haverford.edu))  
Class held Wednesday 8:00 – 9:00 pm – MPR, 2<sup>nd</sup> Floor, GIAC  
Sneakers Required!

**Bounce Club** Contact Person: Willie Xiang '12 ([wxiang@haverford.edu](mailto:wxiang@haverford.edu))  
Club will meet Thursday 7:30 – 9:00 pm and Sunday 12:00 – 2:00 pm  
Multi-Purpose Room (MPR), 2<sup>nd</sup> floor, GIAC.

**Fencing (Beginning)** Contact: Chris Spencer, Coach at ([cspencer@haverford.edu](mailto:cspencer@haverford.edu))  
Classes will be held Monday/Wednesday 4:15 – 5:15 pm  
Fencing Room, 2<sup>nd</sup> Floor, GIAC.  
Enrollment limited to 20! Tennis Shoes Required!

**Intro to Fitness Class** **Mandatory for Incoming Students\***  
Wednesday/Thursday in Fitness Center, GIAC.  
Instructor/Fitness Director: Cory Walts ([cwalts@haverford.edu](mailto:cwalts@haverford.edu))  
Classes offered: 5:15 pm and 6:15 pm. Please choose the time that best fits your schedule. To fulfill your Phys-Ed requirement it is necessary to attend class on **both Wednesday and Thursday**.  
\*Each fitness class is approximately 45 minutes.

**\*Each class limited to 30 students.**

**Organic**

**Gardening**

Contact Claudia Kent ([ckent@haverford.edu](mailto:ckent@haverford.edu)).

Class will meet Tuesday from 2:00 to 4:00

Enrollment limited to 5 students.

**Mixed Martial**

**Arts**

Monday-Wednesday-Friday 4:30 – 6:30, Multi-Purpose Room (MPR), 2<sup>nd</sup> floor, GIAC

Contacts: Jason Kunen '13 ([jkunen@haverford.edu](mailto:jkunen@haverford.edu)) and

Drew Twitchell '11 (<mailto:ttwiche@haverford.edu>)

**Pilates (A)**

Friday 12:00 to 1:00 pm, Multi-Purpose Room (MPR)

Instructor: Gail Ragucci First class will be Friday, September 11.

**Pilates (B)**

Monday 3:00-4:00 pm Multi-Purpose Room (MPR) GIAC

Instructor: Naomi Pressman First Class will be Monday, September 14

**Swing Dance**

Contact: Anna Brockway (<mailto:abrockwa@haverford.edu>)

Classes held Saturday evening 7-9 p.m. in the Multi-Purpose Room, 2<sup>nd</sup> Floor GIAC. Please contact Anna for details, as the class will not always meet during that time.

**Squash**

Contact: Kira Jones '12 ([kjones@haverford.edu](mailto:kjones@haverford.edu))

Classes held Tuesday/Thursday 4:00 – 5:30 pm in the Squash Courts, first floor, GIAC.

**Women's Self Defense**

Classes will be held on Tuesday evenings, Multi-Purpose Room, 2<sup>nd</sup> Floor, GIAC, 7:00 to 9:30 p.m.. Please report to the Conference Room, Room 203, (across from the Multi-Purpose Room) the first night of class which will be Tuesday, September 7.

Contact Person: Brian Murray, Security Dept. ([bmurray@haverford.edu](mailto:bmurray@haverford.edu))

**Yoga**

Classes will be held every Wednesday and Sunday evenings – 6:30 to 8:00 pm in the Multi-Purpose Room, 2<sup>nd</sup> Floor, GIAC.

First Class will be held Wednesday, September 9.

Instructor: Cindi Geesey.

**Club Sports**

**Badminton**

Contact: Stephen Sacchetti '11 ([ssacct@haverford.edu](mailto:ssacct@haverford.edu))

**Crew**

Contact Email: ([haverford.crew@gmail.com](mailto:haverford.crew@gmail.com))

Captains: Ann Wolski '13, Emily Brown '13 and Lee Muller '12

**Men's Ultimate**

**Frisbee**

Contacts: Ethan Lo '11 ([ehlo@haverford.edu](mailto:ehlo@haverford.edu))

Simon Vickery '11 ([svickery@haverford.edu](mailto:svickery@haverford.edu))

**Women's Ultimate**

<b>Frisbee</b>	Contact: Emily Temple '11 ( <a href="mailto:etemple@haverford.edu">etemple@haverford.edu</a> )
<b>Golf</b>	Contact: Scott Kelley (Email: <a href="mailto:wkelly@haverford.edu">wkelly@haverford.edu</a> ) (For Experienced Players only)
<b>Men's Rugby</b>	Contacts: David Lee '13 ( <a href="mailto:dslee@haverford.edu">dslee@haverford.edu</a> ) Alex Hubel '11 ( <a href="mailto:ahubel@haverford.edu">ahubel@haverford.edu</a> )
<b>Men's Soccer Club</b>	Contacts: Ben Koshland '11 ( <a href="mailto:bkoshlan@haverford.edu">bkoshlan@haverford.edu</a> ) Jonah Loeb '11 ( <a href="mailto:jloeb@haverford.edu">jloeb@haverford.edu</a> ) Alok Bhattacharya '11 ( <a href="mailto:abhatac@haverford.edu">abhatac@haverford.edu</a> )
<b>Women's Soccer Club</b>	Contact: Christine Long '12 ( <a href="mailto:clong@haverford.edu">clong@haverford.edu</a> ) or Kelsey Meisenhelder '13 ( <a href="mailto:kmeisenh@haverford.edu">kmeisenh@haverford.edu</a> )

**Intercollegiate Coaches:**

Cricket - Kamran Khan  
Men's Cross Country - Tom Donnelly  
Women's Cross Country - Fran Rizzo  
Field Hockey – Jackie Cox  
Men's Soccer – Bill Brady  
Women's Soccer - Jamie Gluck  
Women's Volleyball – Amy Bergin  
Fall Baseball – Dave Beccaria  
Fall Lacrosse – Men – Colin Bathory  
Fall Lacrosse – Women – Julie Shaner Young  
Fall Softball – Jen Ward  
Fall Tennis – Men – Sean Sloane  
Fall Tennis – Women – Ann Koger

