

Haverford College
Phys-Ed Offerings Fall Quarter
September 8 - October 23, 2009

Intramural

Flag Football Contact: Evren Cakir '12 (ecakir@haverford.edu)

Instructional:

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

Bounce Class Contact Person: Allie Farrell '10 (afarrell@haverford.edu)
Class will be held Thursday evening 6:30 to 7:30, MPR, 2nd
floor, GIAC

Bounce Club Contact Person: Allie Farrell '10 (afarrell@haverford.edu) –club will meet
Thursday 7:30-8:30 pm and Sunday afternoon 1:00 – 3:00 pm in the MPR, 2nd
floor, GIAC.

Fencing (Beginning)

Contact: Chris Spencer, Coach at (cspencer@haverford.edu)
Classes will be held Monday/Wednesday 4:15 – 5:15 pm
Fencing Room, 2nd 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)
Classes offered: 4:15 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.**

*****Independent Fitness Class**

This Class is available **only** to those students who have already earned credit
for **Intro to Fitness**. Please contact Cory Walts for details at
cwalts@haverford.edu.

**Organic
Gardening**

Contact Claudia Kent (ckent@haverford.edu).

Acceptance into this course is based upon pre-approval by Claudia Kent. This
class is limited to 10 students.

Martial Arts

Contact Person: Jeremy Posner '10 (jposner@haverford.edu)
Class will meet Monday, Wednesday and Friday 4:30 to 6:30 in Multi-Purpose
Room, 2nd floor, GIAC

Massage Therapy (TBA)

Instructor/Contact Person: Eli Blood-Patterson '11 (nbloodpa@haverford.edu)
Class will be offered Monay/Wednesday from 4:15-5:30 p.m., Alumni Room,
Whitehead Campus Center.

Pilates (A) Monday 12:00 to 1:00 pm, Multi-Purpose Room (MPR)
Instructor: Gail Ragucci First class will be Monday, September 14.

Pilates (B) Tuesday 6:00 – 7:00 pm Multi-Purpose Room (MPR) GIAC
Instructor: Naomi Pressman First Class will be Tuesday, September 8

Running, Training & Techniques (Self-Paced Running - 10 miles per week)

Meeting with Tom Donnelly – Lobby of GIAC on Friday, Sept. 4 at 4:30
p.m. (tdonnell@haverford.edu)

Women's Self Defense

Classes will be held on Tuesday evenings, Multi-Purpose
Room, 2nd 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 8. Contact Person: Brian Murray, Security Dept.
(bmurray@haverford.edu)

Yoga

Classes will be held every Wednesday and Sunday evenings –
6:30 to 8:00 pm in the Multi-Purpose Room, 2nd Floor, GIAC.
First Class will be held Wednesday, September 9.
Instructor: Cindi Geesey.

Club Sports

Crew Contacts: Lauren Dickey '10 (ldickey@haverford.edu)
or Evan Raskin '10 (eraskin@haverford.edu)

Men's Ultimate Frisbee Contacts: Andrew Smith '11 (amsmith@haverford.edu) or
Dan Weaver '11 (dweaver@haverford.edu)

Women's Ultimate Frisbee Contacts: Madeline Kreider Carlson '10
(mkreider@haverford.edu)
or Cara Curtis '10 (ccurtis@haaverfore.edu)

Golf Contact Person: Gordon Daniels '10 (tdaniels@haverford.edu)
(For Experienced Players only)

Men's Rugby Contacts: David Garcia-Pedrosa '10
(dgarciap@haverford.edu)
or Mike Novinson '10 at (mnovinso@haverford.edu)

Men's Soccer Contact Person: Paul Kang '10 (pkang@haverford.edu)

Women's Soccer Contact: Christine Long '12 (clong@haverford.edu) or
Hazel Scott '10 (hascott@haverford.edu)

Intercollegiate Coaches:

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