

**HVERFORD COLLEGE
PHYS-ED OFFERINGS
SPRING (MARCH 14 – APRIL 29, 2011)**

You are required to register for all classes, sports, clubs, etc. PRIOR to participation. Your requirement of 6 PE credits must be completed by the end of Sophomore Year. Thank you!

INTRAMURALS:

Basketball	Contact Person: Bo Friddell '12 gfriddel@haverford.edu
Dodgeball	Contact Person: Evren Cakir '12 ecakir@haverford.edu
Softball	Contact Person: Brad Gibson '11 bgibson@haverford.edu

INDEPENDENT STUDY

Black Squirrel Mascot

Participation as a Haverford College Black Squirrel Mascot.
Contact Jim Kenyon, Facilities Manager (jkenyon@haverford.edu)

Community Service

Contact: Marilou Allen (mlallen@haverford.edu) Please note: Students must have already earned 3 PE 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. Students are required to exercise for 4+ hours per week while carrying out the exercise program they developed in Intro to Fitness. Students will log their exercise routine and present the log to the instructor once a week. Further details will be emailed to registered participants during the first week of class. If you have additional questions, please contact Cory Walts at (cwalts@haverford.edu), Fitness Center Director. To register, contact Carole Gormley (cgormley@haverford.edu), Athletic Office.

**Running, Training &
Techniques**

Self-paced running up to 10 miles per week. Meeting with Tom Donnelly in the Lobby of GIAC, **Wednesday, March 2 at 4:30 pm.**

**Independent
Swimming**

In order to earn PE Credit:

Bryn Mawr Pool

1. You are required to swim 3+ hours/week for the quarter.
2. You must email Michael Mucci (mmucci@haverford.edu) each Sunday to let him know how many hours you swam and on what days and dates.
3. If you get sick and cannot swim, email Coach Mucci. You will need to make up the hours you missed at your earliest convenience.
4. To officially register for Independent Swimming, contact Carole Gormley (cgormley@haverford.edu) or you may register on line.
5. For pool hours, go to Bryn Mawr College's website, click on Athletics, click on Facilities and Hours.

INSTRUCTIONAL

- Aerobics Tuesday/Thursday 4:15 to 5:30 pm – Multi-Purpose Room
2nd Floor, GIAC. Instructor: Meg Etskovitz
- Bounce Class Contact Person: Hilary Brashear '13 (hbrashbea@haverford.edu)
Class will meet Thursday evenings 6:30 – 7:30 pm
- Bounce Club Thursday evening 7:30 to 9:00 pm in the Multi-Purpose Room, 2nd floor, GIAC
and Sundays 12:30 – 2:30 pm in the same room.
Sneakers Required. Contact: Willie Xiang '12 (wxiang@haverford.edu)
- Intro to Fitness Mandatory for first-year students. Classes will be held Wednesday &
Thursday at 5:15 and 6:15. The class will begin in the Conference Room
(beside the Athletic Office) and for the second half of the class you will
proceed to the Fitness Center on the first floor of the GIAC.
Fitness Director: Cory Walts (cwalts@haverford.edu) Enrollment is
limited to 25 students per class. First class will be Wednesday,
January 26. PLEASE INDICATE IF YOU WISH TO ENROLL IN THE
5:15 or 6:15 PM FITNESS CLASS.
- Martial Arts/Street Self Defense Contact: Jason Kunen '13 (jkunen@haverford.edu)
Classes: Monday, Wednesday, Friday 4:30 – 6:30, Multi-Purpose Room
2nd Floor, GIAC. You must attend 2 of the 3 sessions if you wish to earn PE
credit.
- Pilates-A Class held on Friday from 12:00 – 1:00 pm, Multi-Purpose Room
Instructor: Gail Ragucci
- Pilates-B Class held on Wednesday from 3:00 to 4:00 pm, Multi-Purpose Room
Instructor: Naomi Pressman
- Swing Dance Club Swing dance club welcomes dancers of all levels! At every lesson there is an
instructional bit from 7 - 8 PM in the Multi-Purpose Room of the GIAC,
followed by open dancing (optional for credit) from 8 - 9 PM. To get credit you
need to come to 5 events this quarter (there are 6 weeks in a quarter). **NOTE:**
**The first week of Spring Quarter 2011, swing club will have a lesson at 7
PM on Friday, 3/18 in Ryan Gym, not on Saturday 3/19.** Please e-mail
mtsmith@haverford.edu for more info.

Contact: Malisa Smith '13 (mtsmith@haverford.edu)
Class: Saturday Evenings 7:00 – 9:00 pm, MPR, 2nd Floor, GIAC
- Yoga Club Contact Person: Heather Harden (harden11@gmail.com)
Class: Saturday, 2:00 – 3:30 Multi-Purpose Room

CLUBS

Badminton Club - Contact Person: Sally Wu '11 (pwu@haverford.edu)
And Stephen Sacchetti '11 (ssacchet@haverford.edu)

Crew – Contact Email: (haverfordcrew@gmail.com)
Captains: Ann Wolski '13, Emily Brown '13 & Lee Muller '12

Men's Rugby – Contacts: David Lee '13 (dslee@haverford.edu) and
Alex Hubel '11 (ahubel@haverford.edu)

Men's Soccer

Contacts: Ben Koshland '11 (bkoshlan@haverford.edu)
Jonah Loeb '11 (jloeb@haverford.edu)
Alok Bhattacharya '11 (abhatac@haverford.edu)

Women's Soccer

Contact: Kelsey Meisenhelder '13 (kmeisenh@haverford.edu)
Christine Long '12 (clong@haverford.edu)

Men's Ultimate Frisbee

Contacts: Ethan Lo '11 (ehlo@haverford.edu)
Simon Vickery '11 (svickery@haverford.edu)

Women's Ultimate Frisbee

Contacts: Emily Temple '11 (etemple@haverford.edu)

INTERCOLLEGIATE SPORTS

Baseball

Men's Lacrosse

Women's Lacrosse

Women's Softball

Men's Tennis

Women's Tennis

Men's Outdoor Track

Women's Outdoor Track

IF YOU HAVE ANY QUESTIONS REGARDING REGISTRATION, Feel free to email me at (cgormley@haverford.edu) if I can be of help.

Haverford College students register for Haverford and Bryn Mawr classes at Haverford College.

**You may check out class offerings at Bryn Mawr on the web:
<http://www.brynmawr.edu/athletics/physedcourses.html>**

ALL PHYS-ED CLASSES WILL BEGIN THE WEEK OF MARCH 14, 2011.