

**PHYSICAL EDUCATION
SPRING – MARCH 16 – April 24, 2009
HAVERFORD COLLEGE**

Name _____ ID _____ Year _____

*****You are required to register for all classes, sports, clubs, etc. PRIOR to participation. Thank you!**

****Please check Phys-Ed Offerings in the Upcoming Week for Updates. ****

SPRING QUARTER, (March 16 – April 24)) - **You may take as many classes per quarter that will fit your schedule. Your requirement of 6 credits must be fulfilled by the end of Sophomore Year.

Intramurals: Played approximately between 4:00 and 6:00 PM

Softball Contact Person: David Bamat '09

Instructional

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

Bounce Thursday evenings. Bounce Class 6:30 to 7:30 p.m. and Bounce Club
7:30 to 8:30 in the Multi-Purpose, 2nd floor, GIAC. Sneakers Required.. Contact: Allie
Farrell (<mailto:afarrell@haverford.edu>)

Martial Arts Contact Person: Eric Brooks '09 (ebrooks@haverford.edu)
Classes: Monday and Wednesday 4:30 – 6:30, Multi-Purpose Room, 2nd Floor, GIAC.

Massage Contact: Eli Blood-Patterson '11 (nbloodpa@haverford.edu)
Therapy Level II Classes: Monday/Wednesday 4:30-5:45, Whitehead Campus Center, Room 207. Email
Eli for details.

Intro to Class: 4:15 and 6:15 pm Wednesday/Thursday. Meet in the Conference Room, 2nd
Floor
Fitness Class GIAC. After the meeting you will proceed to the Fitness Center. Contact Person: Cory
Walts, Fitness Director (cwalts@haverford.edu)
*Classes are limited to 25 students.

Independent This class is available only to those students who have already earned credit for Intro to
Fitness Please contact Cory Walts for details at <mailto:cwalts@haverford.edu>

Organic Contact Claudia Kent (<mailto:ckent@haverford.edu>).
Gardening Acceptance into this course is based upon pre-approval by Claudia Kent. The class is
limited to 10 students.

Pilates – A Class: Monday from 12:00 – 1:00 pm, Multi-Purpose Room, 2nd Floor, GIAC.
** Class open to Faculty, Staff and Students

Instructor: Gail Ragucci

Pilates – B Class: Tuesday from 6:00 to 7:00 pm, Multi-Purpose Room, 2nd Floor, GIAC
Instructor: Naomi Pressman ** Class open to Faculty, Staff and Students.

Running, Training (Self-Paced Running up to 10 miles per week)
& Techniques **Meeting** – Lobby of GIAC, Wednesday, **March 4**
at 4:30 pm Tom Donnelly (Men’s Track Coach) is the Coordinator.
(tdonnell@haverford.edu) * Meeting is not mandatory!

Yoga
(Ashtanga Vinyasa) Contact/Instructor: Beatriz Sanchez ’12 (bsanchez@haverford.edu)
Class will be offered Monday/Wednesdays from 4:10 - 5:10 pm in Room 313,
Whitehead Campus.

CLUBS

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

Men’s
Ultimate Frisbee Contact: Ryan Chudd ’09 (rchudd@haverford.edu) or
Mike Lipsitz ’09 (mlipsitz@haverford.edu)

Women’s
Ultimate Frisbee Contact: Ashley Brichter ’10 (abrichte@haverford.edu)
Ella Willard-Schmoe ’09 (ewillard@haverford.edu)

Golf Contact: Paul Shifflet ’11 (pshiffle@haverford.edu)
(For Experienced Players only)

Men’s Rugby For information contact Alex Davies ’09 (adavies@haverford.edu) or
David Garcia-Pedrosa ’10 (dgarciap@haverford.edu)

Women’s Soccer
Club For information, contact Isabel Clark ’09 (iclark@haverford.edu)

Intercollegiate Sports

**You must register for all Varsity Sports prior to participation.

Baseball	()	Men's Tennis	()
Men's Lacrosse	()	Women's Tennis	()
Women's Lacrosse	()	Men's Track	()
Women's Softball	()	Women's Track	()

IF YOU HAVE ANY QUESTIONS REGARDING REGISTRATION YOU MAY STOP BY THE ATHLETIC OFFICE OR
Feel Free to Email me: Carole Gormley (cgormley@haverford.edu) if I can be of help.

Haverford College students register for Haverford and Bryn Mawr classes **here!!**
You may check out class offerings at Bryn Mawr on the web:

<http://www.brynmawr.edu/athletics/phisedcourses.html>

ALL PHYS-ED CLASSES WILL BEGIN THE WEEK OF MARCH 16, 2009.