

**HAVERFORD COLLEGE
PHYS-ED OFFERINGS
WINTER I 2009
OCTOBER 26 – DECEMBER 4, 2009**

INTRAMURAL

All Intramural sports are played from 4:00 to 6:00 pm.

Basketball – Contact: Matt Palmer '10 (mmpalmer@haverford.edu)

Indoor Soccer – TBA

INSTRUCTIONAL

Aerobics Tuesday/Thursdays 4:15 to 5:30 pm – Multi-Purpose Room, (MPR) 2nd Floor GIAC
Instructor: Meg Etskovitz **Sneakers Required!**

Bounce Class Contact Person: Allie Farrell '10 (afarrell@haverford.edu) Class will meet Thursday evening 6:30 – 7:30 pm in the MPR, 2nd floor, GIAC.

Bounce Club Contract Person/Instructor: Allie Farrell (afarrell@haverford.edu)
Club will be held Thursday 7:30-8:30 pm and Sunday 12:00 to 2:00 pm in MPR, 2nd floor, GIAC.

Bowling - Bowling A – Monday
Bowling B – Tuesday
Bowling C - Wednesday
Bowling D – Thursday

Meet the Van Driver in the Lobby of GIAC by 4:15 on the day you wish to bowl. You will be driven to Wynnewood Lanes on Haverford Road where you will bowl 2 games and will be driven back to campus. **Bowling is limited to 12 students per day.**

Circuit Training Contact: Cory Walts, Fitness Director (cwalts@haverford.edu)
Course Instructor: Kristin Comly
Class will be held Monday 8:30 – 9:30 a.m. & Wednesday 8:15-9:15 a.m.
It is necessary for you to attend both classes each week if you wish to earn credit.
Students will be introduced to three topics: **Stretching, Basic Weight Training and Core Exercises.**

Stretching: Students will be taught various stretching techniques and when they should be used and will practice different stretches for all muscle groups.

Basic Weight Training: Students will be taught basic principles of weight training for upper and lower body parts. There will be use of dumbbells, stability balls, etc.

Core Exercises: Students will be taught various exercises for the abdominals and lower back along with ways to engage their core during daily workout routines.

Fitness Class Mandatory for first-year students. Classes will be held Wednesday/Thursday.
At 4:15 and 6:15 pm and will begin in the Conference Room (beside the Athletic Office)... for the second half of the class you will proceed to the Fitness Center on the first floor of the GIAC. Contact/Fitness Director: Cory Walts (cwalts@haverford.edu). Enrollment is limited to 25 students per class. First class will be Wednesday, October 28.

Independent Fitness
Class

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

