

**HAVERFORD COLLEGE  
PHYS-ED OFFERINGS  
WINTER I 2010  
OCTOBER 25 – DECEMBER 3, 2010**

INTRAMURAL	All Intramural sports are played from 4:00 to 6:00 pm.  Basketball Contact: Bo Friddell '12 ( <a href="mailto:gfriddel@haverford.edu">gfriddel@haverford.edu</a> ) For details.
INDEPENDENT STUDY:	
Black Squirrel Mascot	Participation as a Haverford College Black Squirrel Mascot. Contact Jim Kenyon, Facilities Manager ( <a href="mailto:jkenyon@haverford.edu">jkenyon@haverford.edu</a> )
Community Service	Contact: Marilou Allen ( <a href="mailto:mlallen@haverford.edu">mlallen@haverford.edu</a> ) Prerequisite: Students must already have 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 any additional questions, please contact Cory Walts ( <a href="mailto:cwalts@haverford.edu">cwalts@haverford.edu</a> ) Fitness Center Director. To register, contact Carole Gormley ( <a href="mailto:cgormley@haverford.edu">cgormley@haverford.edu</a> ) in the Athletic Office.
Running, Training & Techniques	Self-paced running up to 10 miles per week. Meeting with Tom Donnelly – Lobby of GIAC, Wednesday, October 20 at 4:30 pm.
INSTRUCTIONAL	
Aerobics	Tuesday/Thursdays 4:15 to 5:30 pm – Multi-Purpose Room, (MPR) 2 <sup>nd</sup> Floor GIAC Instructor: Meg Etskovitz <b>Sneakers Required!</b>
Bounce Class	Contact Person: Grace Cheong '13 ( <a href="mailto:gcheong@haverford.edu">gcheong@haverford.edu</a> ) Class will meet Wednesday evening 8:00 – 9:00 pm in the MPR, 2 <sup>nd</sup> floor, GIAC.
Bounce Club	Contract Person/Instructor: Willie Xiang '12 ( <a href="mailto:wxiang@haverford.edu">wxiang@haverford.edu</a> ) Club will be held Thursday 7:30 – 9:00 pm and Sunday 12:30 to 2:30 pm in MPR, 2 <sup>nd</sup> 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. <b>Bowling is limited to 12 students per day.</b>
Advanced Choreography	

Contact: Heather Harden ([harden@haverford.edu](mailto:harden@haverford.edu))  
Class will meet in the MPR on Tuesday 5:45 – 7:00 and  
Saturday 3:30 – 5:00

Intro to  
Fitness Class

Mandatory for first-year students. Classes will be held Wednesday/Thursday.  
At 5:15 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](mailto:cwalts@haverford.edu)).  
Enrollment is limited to 25 students per class. First class will be Wednesday, October 27.

Mixed Martial  
Arts

Contacts: Jason Kunen '13 ([jkunen@haverford.edu](mailto:jkunen@haverford.edu)) and  
Drew Twitchell '11 ([ttwitche@haverford.edu](mailto:ttwitche@haverford.edu))  
Classes: Monday, Wednesday and Friday 4:30 to 6:30. Classes will be held in the Multi-  
Purpose Room, (MPR), 2<sup>nd</sup> floor, GIAC.

Pilates (A)

Friday 12:00 to 1:00 pm, Multi-Purpose Room.  
Instructor: Gail Ragucci. First class Friday, October 29.

Pilates (B)

Monday 3:00 to 4:00 pm Multi-Purpose Room.  
Instructor: Naomi Pressman First class – October 25

Power Yoga

Contact/Instructor: Jackie Cox ([jcox@haverford.edu](mailto:jcox@haverford.edu))  
Class will be held in the Multi-Purpose Room  
Tuesday 11:30 – 12:45 am and  
Sunday 11:15 – 12:30 am

Running, Training & Techniques  
(Self-Paced Running)

Meeting with Tom Donnelly, Wednesday, October 20, 4:30 pm in Lobby of GIAC  
([tdonnell@haverford.edu](mailto:tdonnell@haverford.edu))

Speed, Agility,  
Quickness (SAQ)

Instructor: Cory Walts, Fitness Center Director, ([cwalts@haverford.edu](mailto:cwalts@haverford.edu))  
Class Times: Males: Monday AND Wednesday 7:15-8:30  
Females: Tuesday AND Thursday 7:15-8:30  
Please meet in the Gooding Arena, GIAC

Swing Dance Club

Please contact Anna Brockway ([abrockwa@haverford.edu](mailto:abrockwa@haverford.edu))  
Class will meet Saturday Evenings from 7:00 – 9:00 pm. MPR, 2<sup>nd</sup> Floor, GIAC

Women's Self Defense

Classes will be held Tuesday evenings 7:00 to 9:30 pm in the Multi-Purpose Room,  
2<sup>nd</sup> floor GIAC.  
**The night of the first class, Tuesday, October 26, please report to the Conference  
Room 203, beside the Athletic Office at 6:30.**  
Contact: Brian Murray ([bmurray@haverford.edu](mailto:bmurray@haverford.edu)) - Security Dept.

Yoga Club

Contact: Heather Harden '11 ([harden@haverford.edu](mailto:harden@haverford.edu))  
Class will be held Saturdays 2:00 – 3:30 pm, MPR, 2<sup>nd</sup> Floor, GIAC

## CLUB SPORTS

- Badminton Club    Contact: Stephen Sacchetti '11 ([ssacchet@haverford.edu](mailto:ssacchet@haverford.edu))
- Club Basketball    Contact: Vadilson Pina '11 ([vpina@haverford.edu](mailto:vpina@haverford.edu))  
Wednesdays 7:00 pm (No Practice Wednesday 10/27) and  
Sundays Noon in the Back Court of the Arena.
- Crew    Contact Email: ([haverfordcrew@gmail.com](mailto:haverfordcrew@gmail.com))  
Captains: Ann Wolski '13, Emily Brown '13 and Lee Muller '12
- Men's Rugby    Contact: Ben Koshland '11 ([bkoshlan@haverford.edu](mailto:bkoshlan@haverford.edu))  
Jonah Loeb '11 ([jloeb@haverford.edu](mailto:jloeb@haverford.edu))  
Alok Bhattacharya '11 ([abhatac@haverford.edu](mailto:abhatac@haverford.edu))

## INTERCOLLEGIATE SPORTS

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|---------------------|-----------------------|
| Men's Basketball    | Women's Basketball    |
| Men's Fencing       | Women's Fencing       |
| Men's Squash        | Women's Squash        |
| Men's Track & Field | Women's Track & Field |