

**PHYSICAL EDUCATION
REGISTRATION FORM
WINTER II 2009 (January 26 to March 6, 2009)
HAVERFORD COLLEGE**

Name_____ID_____Year_____

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

WINTER II QUARTER, (January 26 - March 6) - Please indicate below the sport or class you wish to take. **You may take as many classes as you feel 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

Basketball Continued from Winter I.
Contacts: Vadilson Pina '11 (vpina@haverford.edu)
and Marc Rudolph '09 (mrudolph@haverford.edu)

Indoor Soccer Contact: Paul Kang '10 (pkang@haverford.edu)

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 Room, 2nd floor, GIAC.
Club rehearses on Sundays 12:00 – 2:00 pm same room.
Sneakers Required. Contact: Allie Farrell
(afarrell@haverford.edu)

Bowling - A Monday - 4:15 pm

Bowling - B Tuesday - 4:15 pm

Bowling - C Wednesday – 4:15

Bowling - D Thursday - 4:15 pm

****Limited Enrollment**

**** Please meet the van driver/ instructor in the Lobby of the**

GIAC*

Intro to Fitness

Wednesday &

Conference Room

class you will

Enrollment is

Wednesday,

Mandatory for first-year students. Classes will be held

Thursday at 4:15 and 6:15. The class will begin in the

(beside the Athletic Office) and for the second half of the

proceed to the Fitness Center on the first floor of the GIAC.

Fitness Director: Cory Walts (cwalts@haverford.edu)

is limited to 25 students per class. First class will be

January 21.

Independent Fitness Class

earned credit for

This class is available to those students who have already

Intro to Fitness. Please contact Cory Walts, Fitness Director,
at (cwalts@haverford.edu)

Martial Arts

Room.

Contact Person: Eric Brooks '09 (ebrooks@haverford.edu)

Classes: Monday & Wednesday 4:30 to 6:30, Multi-Purpose

2nd Floor, GIAC.

Massage Therapy

Contact: Eli Blood-Patterson '11 (nbloodpa@haverford.edu)

Classes: Monday/ Wednesday 4:30 – 5:45 pm, Whitehead
Campus

Center, Room 207.

Pilates-A
Room

Class held on Monday from 12:00 – 1:00 pm, Multi-Purpose

Instructor: Gail Ragucci

Pilates-B
Room

Class held on Tuesday, from 6:00 to 7:00 pm, Multi-Purpose

Instructor: Naomi Pressman

Running, Training
& Techniques

(Self-Paced Running up to 10 miles per week)

Meeting – Lobby of GIAC, Wednesday, **January 21**

at 4:30 pm Tom Donnelly (Men's Track Coach) is the

Coordinator.

(tdonnell@haverford.edu)

Women's
Self-Defense Multi-Purpose Room, 2nd Floor, GIAC - Tuesday - 7:00-9:30 pm

Room First Class – Tuesday, January 27 Meet in the Conference Room
2nd floor, GIAC at 6:30 p.m.
Brian Murray is the contact: (bmurray@haverford.edu)

Yoga GIAC, 2nd Floor, Multi-Purpose Room – Wednesday & Sunday Evenings, 6:30 to 8:00 p.m.. Cindi Geesey is the instructor.

First class – Wednesday, January 28.

Yoga (Ashtanga Vinyasa) Contact Beatriz Sanchez '12 - Classes will be Monday & Wednesday Evenings 8:00-9:00 pm, Multi-Purpose Room, 2nd floor GIAC.

CLUBS

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

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

Men's Volleyball Club – Contact Person: Matt Scheinerman '09
(mscheine@haverford.edu)

Intercollegiate Sports

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

Baseball

Men's Lacrosse

Women's Lacrosse

Women's Softball

Men's Tennis

Women's Tennis

Men's Track

Women's Track

IF YOU HAVE ANY QUESTIONS REGARDING REGISTRATION, **Feel free to Email: Carole Gormley** (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 JANUARY 26, 2009.