

**Haverford College
Phys-Ed Offerings
Winter II (January 25 – March 5, 2010)
Revised**

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

Played approximately between 4:00 and 6:00 PM

Indoor Soccer

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

INSTRUCTIONAL

Aerobics
Room

Tuesday/Thursday 4:15 to 5:30 pm – Multi-Purpose
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
Bowling - C
Bowling - D

Tuesday - 4:15 pm
Wednesday – 4:15
Thursday - 4:15 pm
****Limited Enrollment**
**** Please meet the van driver/instructor in the Lobby of the GIAC*
between 4:00 and 4:15 pm.**

Intro to Fitness

Mandatory for first-year students. Classes will be held Wednesday &
Thursday at 4:15 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 27. PLEASE INDICATE IF YOU WISH TO ENROLL IN THE
4:15 or 6:15 PM FITNESS CLASS.

INDEPENDENT STUDY

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

Black Squirrel Mascot

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

INDEPENDENT STUDY (cont'd)

Running Training & Techniques

Self-paced Running up to 10 miles per week
Meeting – Lobby of GIAC, Wednesday, January 20 at 4:30 pm. Tom Donnelly (Men's Track Coach) is the Coordinator. (tdonnell@haverford.edu)

INSTRUCTIONAL

Martial Arts

Contact Person: Jeremy Posner '10 (jposner@haverford.edu)
Classes: Monday, Wednesday & Friday 4:30 to 6:30, Multi-Purpose Room, 2nd Floor, GIAC.

Chokkan-Do Martial Arts

Contact: Jason Kunen (jkunen@haverford.edu)
Classes held Monday 7:00 – 8:00, Friday 7:00 – 8:15 pm and Sunday 3:00 – 4:30 pm, Multi-Purpose Room (MPR)

Pilates-A

Class held on Friday from 12:00 – 1:00 pm, Multi-Purpose Room
Instructor: Gail Ragucci

Pilates-B

Class held on Monday, from 3:00 to 4:00 pm, Multi-Purpose Room
Instructor: Naomi Pressman

Pulso Latino

Contact Person: Laura Pacas (lpacas@haverford.edu)
Class will be held Monday 8:00-10:00 pm and Thursday 8:30-10:00 pm in the Multi-Purpose Room, 2nd Floor, GIAC. Practices are usually 2 hours each.
The class is by audition only.

SAQ (Speed, Agility, Quickness)

Instructor: Cory Walts, Fitness Director, (cwalts@haverford.edu)
Male Students: Monday and Wednesday 7:15 – 8:30 am
Female Students: Tuesday and Thursday 7:15-8:00 am
Class will meet in the Gooding Arena, GIAC

Women's Self-Defense

Multi-Purpose Room, 2nd Floor, GIAC - Tuesday - 7:00-9:30 pm
First Class – Tuesday, January 26 meet in the Conference Room 2nd floor, GIAC at 6:30 pm.

Brian Murray is the contact:

(bmurray@haverford.edu)

Yoga Sunday

GIAC, 2nd Floor, Multi-Purpose Room – Wednesday & Evenings, 6:30 to 8:00 p.m.. Cindi Geesey is the instructor.
First class – Wednesday, January 27.

CLUBS

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

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

Evan Raskin '10

Men's Soccer Club – Contact: Paul Kang '10 (pkang@haverford.edu)

INTERCOLLEGIATE SPORTS

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 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 JANUARY 25, 2010.