HAVERFORD COLLEGE

PHYS-ED OFFERINGS

WINTER I QUARTER (OCTOBER 23 – DECEMBER 8, 2017)

**There are no classes during the week of November 20th for the Thanksgiving Holiday**

STUDENTS MUST REGISTER FOR PE ON “BIONIC” PRIOR TO PARTICIPATION TO RECEIVE CREDIT

INDEPENDENT STUDY

Community Service
Susan McCabe, in the Athletics Office, is the contact for students who are interested in community service. Students are asked to meet with Susan to discuss the organization they will be working with and will be required to write about their experience and contributions to the project. Note: Students must have already earned 3 PE credits and have completed freshman year. Please email Susan McCabe (smccabe1@haverford.edu) with inquiries and she will provide you with further information.

Independent Fitness
Pre-Requisite: Intro to Fitness. Students are expected to exercise for at least three hours per week, using the equipment and space available to them in the Tellem Fitness Center. Workouts should include as many aspects of resistance, cardiovascular and flexibility training as possible in a progressive manner throughout the six weeks. A log will need to be kept of each exercise session. Every Friday from 3:00-4:30pm you must bring in your log to the Fitness Center. At this time the instructor will review your exercise routine, answer questions and provide feedback. Further details will be emailed to registered participants during the first week of class.
Contact: Cory Walts, Fitness Center Director (cwalts@haverford.edu)
*Enrollment is limited to 35 students!

Independent Swimming
During the quarter, students are required to swim 3 hours per week and log those dates and hours. On Sundays, email your log to Susan McCabe (smccabe1@haverford.edu). If you get sick and cannot swim please email Susan. You will need to make up those hours at your earliest convenience.
Information regarding pool hours and other details can be found on Bryn Mawr College’s website under Athletics.
Initial meeting with Susan McCabe (smccabe1@haverford.edu)
Lobby of GIAC Building, Monday, October 23rd at 4:30 pm

Bowling
Wynnewood Bowling Lanes
2228 Haverford Road, Ardmore, PA
Students must provide their own transportation to Wynnewood Lanes
Initial meeting with Susan McCabe (smccabe1@haverford.edu)
Lobby of the GIAC Building, Monday, October 23rd at 4:00pm

In order to earn PE Credit:
• Students must register for one of the classes below
• Student’s name must appear on class list at bowling alley or will not be permitted to bowl
• Haverford ID Card must be presented each day you bowl
• In order to receive credit, you must bowl one class per week, 3 games per class
• Students must provide own transportation
  Bowling A – Monday 4:00 – 6:00 pm
  Bowling B – Tuesday 4:00 – 6:00 pm
  Bowling C – Wednesday 4:00 – 6:00 pm
  Bowling D – Thursday 4:00 - 6:00 pm

Running, Training & Techniques
Self-paced running, walking, jogging
Initial meeting with Tom Donnelly (tdonnell@haverford.edu)
Lobby of GIAC Building, Wednesday October 26th at 4:30 pm
**Intro to Fitness (Mandatory to Fulfill PE Requirement)**
Classes are held in Conference Room 203, on the second floor of the GIAC Building
Contact: Cory Walts (cwalts@haverford.edu) Fitness Center Director

CHOOSE “ONE” OF THE FOLLOWING CLASSES (A, B or C):
* Each Class enrollment is limited to 25 Students with a Minimum of 10 Students*

**TUESDAY and THURSDAY (students must attend both days to receive credit)**
 FIT – (A) **Tuesday** 5:15-6:00 pm and **Thursday** 5:15-6:00pm
Instructor: Nat Ballenberg

FIT – (B) **Tuesday** 6:15-7:00pm and **Thursday** 6:15-7:00pm
Instructor: Nat Ballenberg

**FRIDAY**
FIT – (C) **Friday** only 11:30-1:00 pm
Instructor: Cory Walts

**Aerobics**
Classes will be held Tuesdays and Thursdays from 4:15-5:30 pm
Multi-Purpose Room, 2nd floor in the GIAC Building
Contact: Meg Etskovitz

**Pilates/Core/Stretch**
Classes will be held on Mondays and Wednesdays from 4:15-5:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
This class focuses on core muscles -- the complex of muscles that stabilize the spine -- for improved balance, posture, strength, and flexibility.
Contact: Anhara Disko, (adisko@haverford.edu)

**Speed, Agility, Quickness (SAQ)**
Section A: Mondays and Wednesdays from 9:00-10:00am
Instructor: Cory Walts
Section B: Mondays and Wednesdays from 2:45-3:45pm
Instructor: Cory Walts
Section C: Tuesdays and Thursdays from 8:30am-9:30am
Instructor: Ken Clark
Section D: Tuesdays and Thursdays from 2:45pm-3:45pm
Instructor: Cory Walts

Gooding Arena is the class location
Contact: Cory Walts (cwalts@haverford.edu) Fitness Center Director

**Martial Arts/Street Self Defense**
Classes will be held on Monday, Wednesday and Friday from 5:30-7:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contacts: Sarah Daguio (sdaguio@haverford.edu), Gavriel Kleinwaks (gavrielkleinwaks@haverford.edu) and Divesh Otwani (dotwani@haverford.edu)

**Women’s Self Defense Class**
Classes will be held on Tuesdays from 7:00-9:30pm
Multi-Purpose Room, 2nd floor in the GIAC Building
The first class will be held in the Conference Room (Room 203 beside the Athletic Office).
Contact: Brian Murray, Security Department (bmurray@haverford.edu)

**Yoga**
Classes will be held on Wednesdays 7:00-8:30pm and Sunday evenings from 6:00 to 7:30 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Nadia Hopkins (nhopkins@haverford.edu)
‘Step-Up’ – Bystander Awareness & Intervention Training Program
This is a program for Haverford students interested in being trained in the Step-Up Bystander Awareness & Intervention Program. You will gain detailed experience in how to approach an intervention as a bystander along with training in specific scenarios that are consistently seen here on Haverford’s campus. This course is an ideal training program for any students who are considering a role as a PAF or other leadership positions on campus and within our Custom’s Program.
Classes will be held on Wednesdays from 4:30-6:30pm
Conference Room, 2nd floor of the GIAC Building
Instructors: Drew Hargrave (dhargrave@haverford.edu) & Brendan Dawson (bdawson@haverford.edu)

[IBB] Intramural Basketball
Games will be held on Thursdays 7:00-10:00pm and Sunday evenings 7:00-9:00pm.
Gooding Arena, in the GIAC Building, are the game locations
Contact: Hannah Zoll ’20 (hzoll@haverford.edu), Unique Tuberville ’20 (utuberville@haverford.edu)

Intramural Volleyball
Practices and games take place in the GIAC’s Gooding Arena on Thursdays 6:30-8:00pm and Sundays 2:00-3:30pm. The group welcomes all interested people to join, no prior experience necessary. Practices begin with individual warm-ups, during which group leaders will teach beginning players basic skills if requested. The majority of practice time is spent scrimmaging. The group will decide, as a whole, how to create teams and rotations as needed.
Contacts: Liana Shallenberg (lshallenbe@haverford.edu) and Madison Sultan (msultan@haverford.edu).

CLUBS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Morgan Chien-Hale (mchienhale@haverford.edu), Cecilia Zhou (czhou@haverford.edu) and Shucheng Guo (sguo3@haverford.edu)

Crew (M/W)
Contact Email: (haverford.crew@gmail.com)
Male Captains: Winn Koster (wkoster@haverford.edu) and Noah Tsao (ntsao@haverford.edu)
Female Captains: Amanda Benoliel (abenoliel@haverford.edu) and Pamela Gonzalez (pgonzalez1@haverford.edu)

Men’s Rugby
Captains: Michael Bueno (mbueno@haverford.edu), Matt Jablonski (mjablonski@haverford.edu) and Ricky Sanchez (orsanchz@haverford.edu)

Men’s Soccer
Captains: Jared Collina (jcollina@haverford.edu), Eli Cain (ecain@haverford.edu) and George O’Hara (gohara@haverford.edu)

Women’s Soccer
Captains: Feven Gezahegn (fgezahegn@haverford.edu), Jami LaRue (jarue@haverford.edu) and Sophie Frank (sfrank@haverford.edu)

Men’s Ultimate Frisbee
Captains: Alden Daniel (adaniel@haverford.edu), Lucas Richie (lrichie@haverford.edu) and Daniel Sax (dsax@haverford.edu)

Women’s Ultimate Frisbee
Captains: Nava Kidon (nkidon@haverford.edu), Susan Kelly (sikelly@haverford.edu), Marilee Oldstone-Moore (moldstonem@haverford.edu) and Molly Strange (mstrange@brynmawr.edu)

CLUBS AT BRYN MAWR COLLEGE

**Haverford College students participating in Bryn Mawr Club Sports must register on Bionic for credit.**

Equestrian (M/W)
For more information, please contact Emma Tunstall eltunstall@brynmawr.edu

Bi-Co Rugby (W)
For more information, please contact Nicole Puscion npuscion@brynmawr.edu. This Club is an organized women’s team.
## VARSITY INTERCOLLEGIATE WINTER SPORTS

*Students are registered by their coach*

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