HAVERFORD COLLEGE

PHYS-ED OFFERINGS

WINTER II QUARTER (JANUARY 29 – March 9, 2017)

Registration begins on January 17th and ends on January 25th

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, January 29th at 4:30 pm

Running, Training & Techniques

Self-paced running, walking, jogging

**Initial meeting with Tom Donnelly (tdonnell@haverford.edu)**

Lobby of GIAC Building, Wednesday January 31st 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, Tuesday, January 30th at 4:30 pm

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowling A</td>
<td>Monday</td>
<td>4:00 – 6:00 pm</td>
</tr>
<tr>
<td>Bowling B</td>
<td>Tuesday</td>
<td>4:00 – 6:00 pm</td>
</tr>
<tr>
<td>Bowling C</td>
<td>Wednesday</td>
<td>4:00 – 6:00 pm</td>
</tr>
<tr>
<td>Bowling D</td>
<td>Thursday</td>
<td>4:00 - 6:00 pm</td>
</tr>
</tbody>
</table>
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

**Cross Fit**
Classes will be held on 3 days: Tuesday and Thursday 6:30-7:30pm and Sunday 1:00-2:00pm
Students must attend all 3 days to receive credit.
This CrossFit course will focus on improving overall fitness through work on ten basic physical skills: cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. No experience is necessary; the first portion of this class will serve as an introduction to CrossFit movements. Expect a great, high-intensity workout in every class.
Fitness Center, 1st floor of the GIAC Building
Contact: Abi Mumme-Monheit (amummemonh@haverford.edu)

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

**Pilates/Core/Stretch**
Classes will be held on Tuesdays and Thursdays from 7:00-8:30 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
A 90 minute class focusing 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

**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 Daguito (sdaguito@haverford.edu), Gavriel Kleinwaks (gavriekleinwaks@haverford.edu) and Divesh Otwani (dottwani@haverford.edu)

**Women’s Self Defense Class**
Classes will be held on Tuesdays from 7:00-9:30pm
Conference Room, Room 203, 1st class - Multi-Purpose Room (MPR), 2nd floor in the GIAC Building remaining classes
Contact: Brian Murray, Security Department (bmurray@haverford.edu)
**Yoga**
Classes will be held on Wednesdays 7:00-8:00 pm and Sundays from 6:30 to 8:00 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Cindi Geesey

**Shotokan Karate**
Classes will be held on Mondays 7:30-9:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Kaden St Orge (kstonge@haverford.edu)
A traditional martial art from Okinawa. Students will increase coordination, concentration, flexibility, strength, stamina, and self-confidence. Training will include basic and combination techniques, forms, sparring, and self-defense. This course is designed for all experience levels.

**‘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)

**INTRAMURALS**

**(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)

**CLUBS AT HAVERTFORD COLLEGE**

**Badminton (M/W)**
Captains: Morgan Chien-Hale (mchienhale@haverford.edu), Cecilia Zhou (czhou@haverford.edu) and Hasan Ahamed (hahmed1@haverford.edu)

**Men’s Ultimate Frisbee**
Captains: Alden Daniel (atdaniel@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)

**CLUB SPORTS 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 Puscian npuscian@brynmawr.edu. This Club is an organized women’s team.

**VARSITY INTERCOLLEGATE WINTER SPORTS**
*Students are registered by their coach*

| Men’s Basketball | Women’s Basketball |
| Men’s Fencing | Women’s Fencing |
| Men’s Squash | Women’s Squash |
| Men’s Indoor Track & Field | Women’s Indoor Track & Field |