HAVERFORD COLLEGE
PHYS-ED OFFERINGS

WINTER II QUARTER (JANUARY 23 – March 3, 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
Contact: Susan McCabe (smccabe1@haverford.edu)
Theresa M. Tensuan, Associate Dean of the College, will be the interim contact for students who are interested in community service. Students are asked to meet with Theresa to discuss the organization they will be working with and will be required to write about their experience and their contribution to the project.

Note: Students must have already earned 3 PE credits and have completed freshman year.

Please email Susan McCabe with inquiries and she will provide you with further information.

Independent Fitness
A follow-up class to Introduction to Fitness. Intro to Fitness is a pre-requisite to Independent Fitness. Students are to carry out the exercise program they developed in Intro to Fitness. Students are required to exercise for 4+ hours per week and present the log to the instructor once a week. 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
In order to earn PE Credit:
- You are required to swim 3+ hours/week for the quarter.
- You must email Michael Mucci (mmucci@haverford.edu) each Sunday to tell him how many hours you swam and on what days and dates.
- If you get sick and cannot swim, email Coach Mucci. You will need to make up the hours you missed at your earliest convenience.
- For pool hours, go to Bryn Mawr College’s website, click on Athletics and then facilities and hours.

Contact: Mike Mucci will email you regarding the requirements for Independent Swimming.

Running, Training & Techniques
Self-paced running, walking, jogging

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

Lobby of GIAC Building, Wednesday January 26th 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, Wednesday, January 18th at 4:15pm

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
INSTRUCTIONAL

**Intro to Fitness (Mandatory for First-Year Students)**

CHOOSE “ONE” OF THE FOLLOWING CLASSES (A, B or C):

*PLEASE NOTE: Fit A & B classes, students must attend both classes each week in order to receive PE Credit.*

**TUESDAY**

FIT – A 4:15-5:00 pm Instructor: Joseph Jordan
FIT – B 5:15-6:00 pm Instructor: Joseph Jordan

**THURSDAY**

FIT – A 4:15-5:00 pm Instructor: Joseph Jordan
FIT – B 5:15-6:00 pm Instructor: Joseph Jordan

**FRIDAY**

FIT – C 11:30-1:00 pm Instructor: Cory Walts

All classes are held in the Conference Room (Room 203 beside the Athletic Office).
Contact: Cory Walts (cwalts@haverford.edu) Fitness Center Director

* Each Class enrollment is limited to 25 Students with a Minimum of 10 Students*

**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

**[SAQ] - Speed, Agility, Quickness**

MALE STUDENTS: Mondays and Wednesdays from 7:00-8:15 am
FEMALE STUDENTS: Tuesdays and Thursdays from 7:00-8:15 am
Gooding Arena, in the GIAC Building, 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-Friday from 4:30-6:30 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contacts: Sarah Daguio ’17 (sdaguio@haverford.edu), Rose Glass ’17, (mglass@haverford.edu),
Gavriel Kleinwaks ’18 (gavrielkleinwaks@haverford.edu) and Chris Wong ’17 (cwong@haverford.edu)

**Women’s Self Defense Class**

Classes will be held on Mondays from 7:00-9:30 pm
Multi-Purpose Room (MPR), 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 7:00-8:00 pm and Sundays from 6:30 to 8:00 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Cindi Geesey
INTRAMURALS

“IBB” Basketball
Games will be held on Thursday and Sunday evenings. Coaches will email you regarding game times.
Gooding Arena, in the GIAC Building, are the game locations
Contact: Kyle Goldfarb ’19 (kgoldfarb@haverford.edu), Kahil Garnes ’19 (kgarnes@haverford.edu) and Kofi Kwakwa ’19 (kkwakwa@haverford.edu)

CLUBS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Hannah Baker ’17 (hbaker@haverford.edu), Morgan Chien-Hale ’17 (mchienhale@haverford.edu)

Crew (M/W)
Contact Email: (haverford.crew@gmail.com)
Male Captains: Austin Huber ’17 (rhuber@haverford.edu) and Lorenzo Meninato ’17 (lmeninato@haverford.edu)
Female Captains: Francesca Gascoigne ’17(fgascoigned@haverford.edu) and Eleanor Greenler ’17 (egreenler@haverford.edu)

Men’s Ultimate Frisbee
Captains: Lucas Richie ’17 (lrichie@haverford.edu) and Alden Daniel ’17 (adaniel@haverford.edu)

Women’s Ultimate Frisbee
Captains: Zoe Lewis ’17 (zlewis@haverford.edu), Grace Thiele ’17 (gthiele@haverford.edu) and Larken Johnson ’17 (ljohnson1@haverford.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 INTERCOLLEGIATE 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