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 Center Workouts
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
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 March 15th at 4:30 pm

INSTRUCTIONAL

Joe Schwartz 3K Training Class (participants with all levels of fitness)
Aim for success in this training program which will provide the participant with an all-encompassing exercise regimen. This program will include strength, flexibility, speed, and endurance training, guaranteeing a physical improvement in six weeks!
By the end of this class you will be ready to reach your goals, including successfully completing the Joe Schwartz 3K Run/Walk on April 9th @ Haverford College.
Classes will be held on Mondays and Fridays from 8:30-9:30am
Fitness Center in the GIAC Building
Class will also require 90 minutes of independent exercise each week and students will be required to submit a log
Contact: Cory Walts, Fitness Center Director (cwalts@haverford.edu)
**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: Sabrina Murphy
- FIT – B 5:15-6:00 pm Instructor: Sabrina Murphy

**THURSDAY**
- FIT – A 4:15-5:00 pm Instructor: Sabrina Murphy
- FIT – B 5:15-6:00 pm Instructor: Sabrina Murphy

**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 30 Students with a Minimum of 10 Students*

**Haverfarm**
There are two sessions offered:
- Mondays and Wednesdays from 4:15-5:45pm or
- Tuesdays and Thursdays from 4:15-5:45pm
Participants will learn farming techniques such as transplanting, weeding, preparing new beds, spreading compost, etc.
The Haverfarm is located near the facilities management building. This is a hands-on course. No farming experience necessary.
Contact: Jahzara Heredia (jheredia@haverford.edu)
Enrollment is limited to 15 students for each session!

**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 6:00-7:30 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: AnharaDisko, adisko@haverford.edu

**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 Daguo ’17 (sdaguo@haverford.edu), Rose Glass ’17, (mglass@haverford.edu),
Gavriel Kleinwaks ’18 (gavrielkleinwaks@haverford.edu) and Chris Wong ’17 (cwong@haverford.edu)

**Squash (all levels to include beginner)**
Classes will be held on Tuesdays and Thursdays from 4:00-5:30 pm
Squash Courts, 1st Floor in the GIAC Building
Contact: Coach Niki Clement (eclement@haverford.edu)
Class enrollment must have a minimum of 8 students!
**Equipment is not provided. Please bring a squash racquet, squash goggles and non-marking soled shoes to the first class**
Please contact, Susan McCabe @ 610-896-1117, regarding locations to purchase equipment.
Yoga Philosophy and Practice
Classes will be held on Wednesday and Sunday evenings from 6:30 to 8:00 pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
This course includes an in-depth look at some of the most valuable postures for health and healing. Students will enjoy a light-hearted approach to this ancient art and have an introductory appreciation of the transformative powers of yoga for the mind, the body and the individual’s spiritual connection.
Contact: Nadia, info@pranahouseyoga.com

INTRAMURALS

Flag Football
Games are held on Wednesdays 4:00-5:30pm @ Haverford College Apartments Green and Saturdays 4:00-5:30pm on Lower Featherbed Field. Flag football is a recreational sport that is easy and fun to play. Regardless of experience, gender, or skill, anyone is welcome to join. The season consists of group games in which the entire club gets together, learns plays, runs drills, and scrimmages. Contacts: Jimmy Wu (jrwu@haverford.edu) or Trevor Larner (tlarner@haverford.edu).

CLUB SPORTS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Hannah Baker ’17 (hbaker@haverford.edu), Liz Rule (erule@haverford.edu) ‘17

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)

Golf (M/W)
Captains: Aaron Horwitz ’17 (amhorwitz@haverford.edu) and Michael Jordan ‘17 (mrjordan@haverford.edu)

Men’s Rugby
Captains: Andy Beck ’17 (abeck@haverford.edu), Michael Bueno ‘17 (mbueno@haverford.edu) and Brandon Alleyne ’17 (balleyne@haverford.edu)

Men’s Soccer
Captains: Andrew Kafker ’17 (akafker@haverford.edu) and Andreas Winsberg ’17 (awinsberg@haverford.edu)

Women’s Soccer
Captains: Karyn Sheline ‘17 (ksheline@haverford.edu) and Renee Eddy-Harvey ‘17 (brynmaur)

Men’s Ultimate Frisbee
Captains: Calvin Trisolini ’17 (etrisolini@haverford.edu), Lucas Richie ’17 (lrichie@haverford.edu), TJ von Oehsen ’17 (tvonoehsen@haverford.edu) and Alfred Lee ’17 (alee4@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)
Haverford Captains: Madeline Caron ’17 (mcaron@haverford.edu) and Kavita Schroff ’17 (kschroff@haverford.edu)

Bi-Co Rugby (W)
This rugby club is a competitive and organized women's team.
Club Captain: Nicole Puscian’17 (npuscian@brynmaur.edu)
VARSITY INTERCOLLEGIATE SPRING SPORTS

*Students are registered by their coach

Men’s Tennis
Women’s Tennis
Men’s Lacrosse
Women’s Lacrosse
Softball
Baseball
Cricket
Men’s Outdoor Track & Field
Women’s Outdoor Track & Field

Men’s Soccer
Women’s Soccer
Field Hockey
Volleyball