HAVERFORD COLLEGE

PHYS-ED OFFERINGS

WINTER I QUARTER (OCTOBER 22 – December 7, 2018)

**There are no classes during the week of November 19th 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 22nd 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 October 24th at 4:30 pm

INSTRUCTIONAL

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*

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

FIT – (B) Tuesday 6:15-7:00pm and Thursday 6:15-7:00pm (students must attend both days to receive credit)
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

*A minimum of 10 students must be enrolled for class to take place.

**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 22nd 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

**Cross Fit**
There are two sessions offered:
- **Session 1**: Tuesday and Thursday 6:30-7:30pm and Sunday 12:00-1:00pm
  *This session is for advanced athletes ([those who have CrossFit or Olympic lifting/power lifting experience](#))
- **Session 2**: Tuesday and Thursday 7:30-8:30pm and Sunday 1:00-2:00pm
  This session is for beginners (no athletic experience necessary)

*Students must choose 1 session and attend all 3 days to receive credit.

**Martial Arts/Street Self Defense**
Classes will be held on Monday and Friday from 5:30-7:30pm and Wednesday 5:30-7:00pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contacts: Divesh Otwani

**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)

*A minimum of 10 students must be enrolled for class to take place.

**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: Cory Walts
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
**Shotokan Karate**
Classes will be held on Monday 7:30-9:30pm and Thursday 7:30-8:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Kaden St Onge (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.

**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)
*A minimum of 10 students must be enrolled for class to take place.*

**INTRAMURALS**

**(IBB) Intramural Basketball (waiting to hear back from Kahlil regarding times and days)**
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 (waiting to hear back from Madison and weekday change)**
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:* Cecilia Zhou, Hassan Ahamed, Shucheng Guo, Benjamin Kwon

**Crew (M/W)**
Contact Email: (haverford.crew@gmail.com)
*Male Captains:* Jacob Epstein
*Female Captains:* Amanda Benoliel and Pamela Gonzalez

**Golf (M/W)**
*Captains:* Ryan Dukarm

**Men’s Rugby**
*Captains:* Matt Jablonski, Cesar Meric and Andrew Evans

**Men’s Soccer**
*Captains:* Benjamin Mass, Benjamin Deichman-Caswell and Charlie Marx

**Women’s Soccer**
*Captains:* Feven Gezahegn and Jami LaRue
Men’s Ultimate Frisbee
Captains: Jordan Acker, Michael Weber and Gabe Halperin-Goldstein

Women’s Ultimate Frisbee
Captains: Paloma Paez-Coombe, Opal Bednarik and Lina Klose

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

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

Men’s Basketball
Men’s Fencing
Men’s Squash
Men’s Indoor Track & Field
Men’s Soccer
Men’s Cross Country
Field Hockey
Volleyball

Women’s Basketball
Women’s Fencing
Women’s Squash
Women’s Indoor Track & Field
Women’s Soccer
Women’s Cross Country