HAVERFORD COLLEGE

PHYS-ED OFFERINGS

WINTER I QUARTER (OCTOBER 26 – DECEMBER 11, 2015)

**There are no classes during the week of November 23rd for the Thanksgiving Holiday**

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

INDEPENDENT STUDY

**PE H901 Community Service**
Contact: Raisa Williams (rwilliam@haverford.edu)
Students are asked to meet with Raisa to discuss the organization they will be working with and will be required to write about their experience and their contribution to the project.
Please note: Students must have already earned 3 PE credits and have completed freshman year.

**PE H902 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!

**PE H903 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.
Initial meeting with Michael Mucci (mmucci@haverford.edu)
Lobby of GIAC Building, Tuesday October 20th at 4:00 pm

**PE H905 Bowling**
Wynnewood Bowling Lanes
2228 Haverford Road, Ardmore, PA
Students must provide their own transportation to Wynnewood Lanes
Initial meeting with Colin Bathory (cbathory@haverford.edu)
Lobby of the GIAC Building, Thursday, 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 B – Tuesday 7:00 – 9:00 pm
*Please note-there are only 2 lanes on Tuesday evening. This class can only enroll 8 students*
- Bowling C – Wednesday 4:00 – 6:00 pm
- Bowling D – Thursday 4:00 - 6:00 pm
PE H904 Running, Training & Techniques
Self-paced running, walking, jogging
Initial meeting with Tom Donnelly (tdonnell@haverford.edu)
Lobby of GIAC Building, Wednesday October 21st at 4:30 pm

INSTRUCTIONAL
PE H100 Intro to Fitness *(Mandatory for First-Year Students)*
CHOOSE "ONE" OF THE FOLLOWING CLASSES (A, B or C):
*PLEASE NOTE: You must attend both classes each week in order to receive PE Credit*

TUESDAY
FIT – A 4:00-4:45 pm Instructor: John Abbott
FIT – B 5:00-5:45 pm Instructor: John Abbott

THURSDAY
FIT – A 4:00-4:45 pm Instructor: John Abbott
FIT – B 5:00-5:45 pm Instructor: John Abbott

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*

PE H110 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

PE H150 Pilates-A
Classes will be held on Thursdays from 7:00-8:00 pm
Multi-Purpose Room, 2nd floor in the GIAC Building
Contact: Gail-Anne Ragucci

PE H191 & 192 (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 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 (gavriekleinwaks@haverford.edu) and Chris Wong '17 (cwong@haverford.edu)

PE H171 Women's Self Defense Class
Classes will be held on Tuesday 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)

PE H200 Argentine Tango Dance Class
Classes will be held on Mondays and Fridays 6:30-8:00pm
Multi-Purpose Room, 2nd floor in the GIAC Building
Contact: Pia Chakraverti-Wuerthwein (pchakrav@haverford.edu) or Elise Reilly (ereilly@haverford.edu)
PE H Zumba
Classes will be held on Mondays and Wednesdays from 8:00-9:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Cristian Espinoza ’18 (cespinoza@haverford.edu)

Running Group
1) This group meets four times per week:
   • Tuesdays, 4:30-5:30 pm (regular run)
   • Wednesday, 4:30-5:30 pm (workout with a professional trainer)
   • Friday, 4:30-5:30 pm (regular run)
   • Saturday, 11:00 am -12:30 pm (workout)
2) Must attend at least 2 sessions per week, one of which must be a workout session, to receive PE credit.
3) Meeting place is in the GIAC lobby
4) If you have questions, please contact Alana Engelbrecht ’16 at (aengelbr@haverford.edu)

PE H “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: Lauren Wray (lwray@haverford.edu) & Colin Bathory (cbathory@haverford.edu)

“IBB” Basketball
Games will be held tentatively on Tuesday and Friday evenings.
GIAC Building is the game location
Contact: Jeremy Evans ’16 (jgevans@haverford.edu) or Nathan Sokolic ’16 (nsokolic@haverford.edu)

CLUB SPORTS AT HAVERFORD COLLEGE

PE H510 Badminton (M/W)
Contacts: Dhario DeSousa ’16 (ddesousa@haverford.edu), Jason Haas ’16 (jhaas@haverford.edu), Hannah Baker ’17 (hbaker@haverford.edu), Elizabeth Rule ’17 (erule@haverford.edu)

PE H520 Crew (M/W)
Contact Email: (haverford.crew@gmail.com)
Captains: Dylan O’Connell ’16 (doconnel@haverford.edu), Lorenzo Meninato ’18 (lmeninato@haverford.edu),
Abigail Hester ’18 (ahester@haverford.edu), Abby Fullem ’16 (afullem@haverford.edu)

PE H551 Men’s Rugby
Contacts: Cody Doberstein ’16 (cdoberst@haverford.edu), Blair Rush ’16 (brush@haverford.edu)

PE H561 Men’s Soccer
Contacts: Andrew Shook ’16 (ashook@haverford.edu), Andrew Kafer ’17 (akafer@haverford.edu), Jason Haas ’16 (jhaas@haverford.edu)

PE H562 Women’s Soccer
Contacts: Sophie McGlynn ’16 (smcglynn@haverford.edu), Karyn Sheline ’17 (ksheline@haverford.edu)

PE H532 Men’s Ultimate Frisbee
Contacts: Calvin Trisolini ’17 (cตริสolk@haverford.edu), Ben Hart ’16 (bhart@haverford.edu), Harry Vander Kloot ’16 (hvanderk@haverford.edu)

PE H531 Women’s Ultimate Frisbee
Contacts: Adriana Cvitkovic ’16 (acvitkoy@haverford.edu), Larkin Johnson ’17 (ljohnson1@haverford.edu),
Rosemary Ventura ’16 (rventura@haverford.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 Puscian npuscian@brynmawr.edu. This Club is an organized women’s team.

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

**Team – Head Coach**
Men’s Basketball
Women’s Basketball
Men’s Fencing
Women’s Fencing
Men’s Squash
Women’s Squash
Men’s Track & Field
Women’s Track & Field
Field Hockey
Volleyball
Men’s Soccer
Women’s Soccer
Men’s Cross Country
Women’s Cross Country