HAVERFORD COLLEGE
PHYS-ED OFFERINGS

SPRING QUARTER (MARCH 18 – APRIL 26, 2019)

Registration begins on March 12th and ends on March 21st

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 their first year.** Please email Susan McCabe (smccabe1@haverford.edu) with inquiries and she will provide you with further information. Visit [https://www.haverford.edu/peace-and-global-citizenship/community-engagement](https://www.haverford.edu/peace-and-global-citizenship/community-engagement), for Community Service opportunities.

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, March 18th at 4:15 pm

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

**Initial meeting with Tom Donnelly (tdonnell@haverford.edu)**
Lobby of GIAC Building, Wednesday March 20th at 4:30 pm

The class will start logging their information the week of March 25th and the last report is due on May 5th.

INSTRUCTIONAL

Cardio Dance
Classes will be held on Monday and Thursday 7:00-8:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Class includes 60-minutes of heart-pumping dance and will keep you moving to popular music while working towards cardio conditioning, followed by 30-minutes of training for core stability. No prior dance experience required!
Suitable for all genders.
Contact: Anhara Disko, adisko@haverford.edu

Class enrollment must have a minimum of 10 students!
S.W.E.A.T.
The Joe Schwartz classes are designed to train individuals to be physically prepared for the 3k on April 28th OR just take the class for fun! These upbeat strength classes will vary in full body workouts, specific muscle group training, and even yoga options to keep you entertained and get you out of your comfort zone. All you need to bring is a water bottle, comfortable sport shoes, and a positive attitude for trying new things! Get excited for classes like "Squad with Quads," "Bleps with Ceps", and many more! Sign up for this class on Bionic for PE credit, or participate to gain points in the Joe Schwartz training competition, or just grab some friends and come have some fun! Classes will be held on Tuesday 4:30-5:30pm, Wednesday 4:30-5:30pm and Sunday 2:00-3:00pm Multi-Purpose Room (MPR), 2nd floor in the GIAC Building Contact: Sara Matsumura smatsumura@haverford.edu

Haverfarm
There are two sessions offered:
Session 1:  Mondays and Wednesdays from 4:15-5:45pm
Session 2:  Tuesdays and Thursdays from 4:15-5:45pm.
Students must choose one session and attend both days to receive credit. Students 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: Madison Tillman mtillman@haverford.edu
Enrollment is limited to 10 students for each session!

Intro to Fitness *(Mandatory to Fulfill PE Requirement)*
Classes meet 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 or B):
* Each Class enrollment is limited to 25 Students with a Minimum of 10 Students*
**Students must come prepared on the first day wearing comfortable gym clothing**

THURSDAY
FIT – (A) Thursdays 7:15 pm-8:45pm
Instructor: Nat Ballenberg
FRIDAY
FIT – (B) Fridays 11:30 am-1:00 pm
Instructor: Cory Walts

Martial Arts/Street Self Defense
Classes will be held on Monday, Wednesday and Friday from 5:30-6:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contacts: Divesh Otwani (dotwani@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 (nclement@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 2.0: Advanced Practice for Life
Classes will be held on Wednesday and Sunday evening 6:30-8:00pm.
Have some experience with yoga and want to take it to the next level? This course will explore the intermediate and advanced physical postures of yoga, breathing practices and mindfulness techniques that are designed to heal the body, create sustainable strength and flexibility, relieve stress and cultivate a positive mindset. Learning will extend beyond the mat as we explore everyday applications for these ancient disciplines.
Prerequisite: A beginners’ level yoga course with Nadia Hopkins at Haverford or at least one year of consistent practice at a yoga studio or school.
Contact: Nadia, info@pranahouseyoga.com
Class enrollment must have a minimum of 10 students!
INTRAMURALS

Flag Football
Games are held on Wednesdays 4:00-5:30pm @ Haverford College Apartments Green and the second day is to be determined soon. 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: Matt Orefice (morefice@haverford.edu) and Tilemachos Matkaris (tmatkaris@haverford.edu)

Intramural Softball
Practices and games will take place on Wednesday 4:00-5:30pm and Sunday 5:45-7:00pm on Featherbed 1. The course is designed for students with and without softball experience. The group will be mostly playing games with some instruction. All are welcome, no experience necessary. Contact: David Baffuto (dbaffuto@haverford.edu) and John Burgess (jburgess@haverford.edu)

Intramural Tennis
Practices and match play will take place mostly on the outdoor tennis courts (utilizing the Alumni Field House as needed and available). The group welcomes all interested people who want to play, regardless of level. The majority of practice time will be spent in hitting drills as well as singles and doubles competitions. Tennis racquets and tennis balls will be provided. Contact: Sarah Jesup (sjesup@haverford.edu)

Initial meeting will be in the conference Room, second floor of the GIAC Building
Monday, March 18th at 4:30 pm – practice times will be coordinated at this meeting

Intramural Volleyball
Practices and games take place in the GIAC’s Gooding Arena on Thursday 6:30-8:00pm and Sunday 2:00-3:30pm on Court #3 in the GIAC. 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)
Captains: Jacob Epstein, Amanda Benoliel and Pamela Gonzalez

Golf (M/W)
Captain: 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
**Haverford College students participating in Bryn Mawr Club Sports must register on Bionic for credit.**

**Equestrian (M/W)**  
Haverford Captains: Sophia Tatum-McNeilly (statummcne@haverford.edu)

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

- Men’s Tennis  Women’s Tennis  
- Men’s Lacrosse  Women’s Lacrosse  
- Baseball  Softball  
- Cricket  
- Men’s Outdoor Track & Field  Women’s Outdoor Track & Field  
- Men’s Soccer  Women’s Soccer  
- Field Hockey  
- Volleyball