**There are no classes during the week of November 25th 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 their first year of school. Please email Susan McCabe (smccabe1@haverford.edu) with inquiries and she will provide you with further information. Visit Marilou Allen Office for Service and Community Collaboration, for Community Service opportunities.

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 your log to the Fitness Center. At this time, Nicky Miranda will review your exercise routine, answer questions and provide feedback.

Independent Fitness will have two sessions:
Session 1: Contact Nicky Miranda, Fitness Center Director
Session 2: Contact Taylor Weiss, Assistant Fitness Center Director
Further details will be emailed to registered participants during the first week of class.
*Enrollment is limited to 25 students per session!

Independent Swimming
Students are required to swim 3+ hours per week during the quarter and must email Susan McCabe (smccabe1@haverford.edu) each Sunday with a log listing the hours and dates you swam. If you get sick and cannot swim please email Susan McCabe. You will need to make up the hours you missed 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, the 21st at 4:15 pm

Running, Training & Techniques
Self-paced running, walking, jogging for 2 miles a day/5 days a week.
Initial meeting with Tom Donnelly (tdonnell@haverford.edu)
Lobby of GIAC Building, Wednesday, the 23rd at 4:30 pm
Last day to register for this class is Wednesday, the 23rd.

INSTRUCTIONAL

Intro to Fitness (Mandatory to Fulfill PE Requirement)
Classes will meet in Conference Room 203, on the second floor of the GIAC Building
Contact: Nicky Miranda, 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) Monday 5:15-6:00 pm and Thursday 6:15-7:00pm (students must attend both days to receive credit)
Instructor: Nicky Miranda, Fitness Center Director
FIT – (B) Monday 6:15-7:00pm and Thursday 7:15-8:00pm (students must attend both days to receive credit)
Instructor: Nicky Miranda, Fitness Center Director
FIT – (C) Friday only 11:30-1:00 pm
Instructor: Taylor Weiss, Assistant Fitness Center Director
Barre Strength
Low intensity using the barre to strengthen and stretch muscles.
Classes will be held on Monday and Wednesday 7:00-8:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contact: Anhara Disko, (adisko@haverford.edu)
*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, 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.

Kickboxing
Kickboxing is a high energy, non-contact, martial arts-inspired cardio class.
It uses multiple forms of combat techniques set to music to kick up your fitness level.
Classes will be held on Monday and Wednesday from 4:15-5:30pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building
Contacts: Kate Poppe (cpoppe@haverford.edu)

Latin Dance Club
This class combines fitness, cardio, conditioning, balance, and flexibility to its agenda for the result of a full body workout. It is a mix of Zumba, Salsa, Bachata, and other Latin and international rhythms and dances, and therefore, an all-inclusive activity. Finally, it provides accessible, healthy, and fun exercise to the Haverford community.
Classes will be held on Monday and Wednesday evenings from 8:30 to 9:30 pm, and Friday evenings from 8:00-9:00pm
Multi-Purpose Room (MPR), 2nd floor in the GIAC Building (Monday and Friday location) Lunt Basement (Wednesday location)
Contact: Madeleine Hager '19 (mhager@haverford.edu), Karina Domenech '20 (kdomenech@haverford.edu), Victoria Merino '20 (vmerino@haverford.edu)

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: Dillon John (djohn@haverford.edu) and Chengpei Li (cli7@haverford.edu)
**Speed, Agility, Quickness (SAQ)**
This class will teach speed, agility, plyometric and quickness techniques in a progressive manner. Students will also be taught how to properly warm-up and cool-down. They will get timed weekly in various sprints and try to continually improve upon their times over the course of the class! It is understood that the students may come from a variety of training backgrounds, or none at all. Students are encouraged to only compare against themselves! It doesn’t matter what our ability level is at as long as we are improving!

**Section A:** Tuesdays and Thursdays from 8:30am-9:30am  
Instructor: Nicky Miranda, Fitness Center Director  
**Section B:** Tuesdays and Thursdays from 2:45pm-3:45pm  
Instructor: Taylor Weiss, Assistant Fitness Center Director  
Gooding Arena is the class location

**Women’s Self Defense Class**  
Classes will be held on Tuesday evenings from 6:00-8:30pm  
The first class will be held in the Whitehead Campus Center, Room 205A & B.  
All other classes will be in the Founders Great Hall  
Contact: Brian Murray, Security Department (bmurray@haverford.edu)

**Yoga**  
Classes will be held on Tuesday and Thursday from 4:15-5:30pm  
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**  
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: Stephen Pflanders (spflanders@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) and Sam Aronson (saronson@haverford.edu)  
Initial meeting will be in the Conference Room, second floor of the GIAC Building  
Monday, October 21st at 5:15 pm – practice times will be coordinated at this meeting

**Intramural Volleyball**  
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: Rebecca Chen (rchen@haverford.edu), Rafael Jovel (rjovel@haverford.edu) and Anita Zhu (amzhu@haverford.edu)
CLUBS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Benjamin Kwon (ykwon@haverford.edu), Marisa LaBarca (mlabarca@haverford.edu), Ruiming Li (rli2@haverford.edu) and Felix Qin (hqin@haverford.edu)

Crew (M/W)
Contact Email: (haverford.crew@gmail.com)
Male Captains: Jacob Epstein (jmepstein@haverford.edu) and Ian Davis (idavis@haverford.edu)
Female Captains: Pamela Gonzalez (pgonzalez1@haverford.edu) and Zoe Trosclair (ztrosclair@haverford.edu)

Golf (M/W)
Captains: Davis Chase dhchase@haverford.edu

Men’s Rugby
Captains: Caesar Meric (chowpanhie@haverford.edu), Dan Spar (dspar@haverford.edu) and Steven Puac (spuac@haverford.edu)

Men’s Soccer
Captains: Ben Mass (bmass@haverford.edu)

Women’s Soccer
Captains: Rebecca Boden (rbden@haverford.edu) (abroad Fall ’19) and Claire Blood-Cheney (ccheney@haverford.edu)

Men’s Ultimate Frisbee
Captains: Moselle Burke (mnburke@haverford.edu), Ewan Lang (eslang@haverford.edu) and Paul Wyndoop (pwynkoop@haverford.edu)

Women’s Ultimate Frisbee
Captains: Lena Klose (lklose@haverford.edu)

VARSITY INTERCOLLEGIATE WINTER SPORTS

*Students are registered by their coach

Men’ 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

Men’s Soccer       Women’s Soccer
Men’s Cross Country   Women’s Cross Country
Field Hockey
Volleyball