HAVERFORD COLLEGE

PHYS-ED OFFERINGS

WINTER II QUARTER (JANUARY 21 – February 28, 2020)

Registration begins on January 13th and ends on January 22nd

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, January 21st at 4:30 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, January 23rd at 4:30 pm
Last day to register for this class is Wednesday, January 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
**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](mailto:smccabe1@haverford.edu))
Lobby of the GIAC Building, Monday, January 21st 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

**Core Pilates**
Classes will be held on Monday and Thursday 7:00-8:30pm
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](mailto:adisko@haverford.edu))
*A minimum of 10 students must be enrolled for class to take place.*

**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](mailto:djohn@haverford.edu)) and Chengpei Li ([cli7@haverford.edu](mailto: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

**‘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 B&C, 2nd floor of the Whitehead Campus Center
Instructors: Drew Hargrave ([dhargrave@haverford.edu](mailto:dhargrave@haverford.edu))
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 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: Cynthia Geesey (cgeesey@haverford.edu)
*A minimum of 10 students must be enrolled for class to take place.

INTRAMURALS

(IBM) 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)

CLUBS AT HAVERFORD COLLEGE

Badminton (M/W)
Captains: Morgan Chien-Hale (mchienhale@haverford.edu), Cecilia Zhou (czhou@haverford.edu) and Hasan Ahamed (hahmed1@haverford.edu)

Men's Ultimate Frisbee
Captains: Alden Daniel (atdaniel@haverford.edu), Lucas Richie (lrichie@haverford.edu) and Daniel Sax (dsax@haverford.edu)

Women's Ultimate Frisbee
Captains: Nava Kidon (nkidon@haverford.edu), Susan Kelly (sikelly@haverford.edu), Marilee Oldstone-Moore (moldstonem@haverford.edu) and Molly Strange (mstrange@brynmawr.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)

VARSITY INTERCOLLEGIATE WINTER SPORTS

*Students are registered by their coach*

Men's 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