

HAVERFORD COLLEGE
PHYS-ED OFFERINGS
WINTER I 2008
OCTOBER 27 – DECEMBER 5, 2008

INTRAMURAL

All Intramural sports are played from 4:00 to 6:00 pm.

Basketball – Contacts: Jason Miller '09 (jbmiller@haverford.edu)
Marc Rudolph '09 (mrudolph@haverford.edu)

Indoor Soccer – Contact: Paul Kang '10 (pkang@haverford.edu)
Games played Wednesday evening and Saturday afternoon.

INSTRUCTIONAL

- Aerobics Tuesday/Thursdays 4:15 to 5:30 pm – Multi-Purpose Room, (MPR) 2nd Floor GIAC
Instructor: Meg Etskovitz **Sneakers Required!**
- Bounce Club Contact Person: Jen Boyko '09 (jboyko@haverford.edu) Club will meet
Wednesday 9:00-10:00 pm in the MPR, 2nd floor, GIAC.
- Bounce Class Contract Person/Instructor: Jen Boyko '09 (jboyko@haverford.edu)
Class will be held Thursday 6:30-7:30 pm, MPR, 2nd floor
- Bowling - Bowling A – Monday
Bowling B – Tuesday
Bowling C - Wednesday
Bowling D – Thursday
- Choose a day. Meet the Driver/Instructor in the Lobby of the GIAC between 4:00 and 4:15. You will be driven to the Wynnewood Bowling Lanes which is approximately 2 miles from the College. Bowl 2 games and return to campus. **Class is limited to 12 students per class.**
- Fitness Class Mandatory for first-year students. Classes will be held Wednesday/Thursday.
At 4:15 and 6:15 pm and will begin in the Conference Room (beside the Athletic Office)... for the second half of the class you will proceed to the Fitness Center on the first floor of the GIAC. Contact/Fitness Director: Cory Walts (cwalts@haverford.edu). Enrollment is limited to 25 students per class. First class will be Wednesday, October 29.
- Independent Fitness
Class This class is available only to those **students who have already earned credit** for Intro To Fitness. Please contact Cory Walts, Fitness Director, (cwalts@haverford.edu) for details.
- Martial Arts Contacts: Eric Brooks '09 (ebrooks@haverford.edu)
Classes: Monday and Wednesday 4:30 to 6:30. Classes will be held in the Multi-Purpose Room, (MPR), 2nd floor, GIAC.
- Massage Therapy
Level 1 Contact: Eli Blood-Patterson (nbloodpa@haverford.edu)
Class is open to all levels. No prior experience necessary. Focuses on technical skills and provides students with enough techniques to give a 30-minute massage. Classes will be Monday and Wednesday 4:30 – 5:45 pm, Whitehead Campus Center, Room 207.

Pilates (A) Monday/Friday 12:00 to 1:00 pm, Multi-Purpose Room.
Instructor: Gail Ragucci. First class Monday, October 27. To earn credit you must attend both classes each week. You are allowed 2 cuts per quarter.

Pilates (B) Tuesday 3:00 to 4:00 pm Multi-Purpose Room
Thursday 12:00 to 1:00 pm “ “ “
Instructor: Naomi Pressman. First class will be Tuesday, October 28
To earn credit you must attend both classes each week. You are allowed 2 cuts per quarter.

Running, Training & Techniques
(Self-Paced Running)

Meeting with Tom Donnelly, Wednesday, October 22, 4:30 pm in Lobby of GIAC
(tdonnell@haverford.edu)

Squash (Beginning)
Men and Women

Contact/Instructor: Sean Sloane, Head Squash Coach (ssloane@haverford.edu)
Classes: Monday/Wednesday 3:00 – 4:00 pm, Squash Courts, GIAC
Preference given to class of 2012. Racket, balls and protective glasses provided.
Enrollment limited to 12 students. First class will be Monday, October 27.

Women's Self Defense

Classes will be held Tuesday evenings 7:00 to 9:30 pm in the Multi-Purpose Room, 2nd floor GIAC.
The night of the first class, Tuesday, October 28, please report to the Conference Room, Room 203, beside the Athletic Office at 6:30.
Contact: Brian Murray - Security Dept.

Yoga (Ashtanga)

Vinyasa) Contact/Instructor: Beatriz Sanchez '12 (bsanchez@haverford.edu).
Classes will meet Monday/Friday evenings 7:00 to 8:00 Multi-Purpose Room, 2nd floor GIAC.
This is a strong yoga It begins with Sun Salutations to warm up, followed by a Standing Series and finishes with a Seated Series and some Meditation. Yoga mats required.

CLUBS

Badminton Club Contact: Sally Wu '11 (pwu@haverford.edu)

Crew Contacts: Lauren Dickey '10 (ldickey@haverford.edu) and
Evan Raskin '10 (eraskin@haverford.edu)

Men's Volleyball Club: Contact: Matt Scheinerman '09 (mscheine@haverford.edu)

INTERCOLLEGIATE SPORTS

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

