

Tentative Quarter 2 Physical Education Schedule
October 31-December 13, 2011

rev. 10-7-11

Title	Capacity	Day	Time	Location	Prerequisites	Equipment	Fee
Analysis of Peak Performance	20	MW	2:00 PM	Du Pont T Club Lounge	See course listing	None	\$10.00
Archery	14	MW	11:00 AM	Rockwell Cage North	Students must attend first 4 classes.	None	\$15.00
Archery	14	TR	11:00 AM	Rockwell Cage North	Students must attend first 4 classes.	None	\$15.00
Archery	14	TR	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	None	\$15.00
Archery	14	TR	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	None	\$15.00
Badminton	16	TR	11:00 AM	Rockwell Cage South	None	Clothing should be loose and comfortable (i.e. shorts or sweat pants). Court shoes preferred.	\$5.00
Badminton	16	TR	1:00 PM	Rockwell Cage South	None	Clothing should be loose and comfortable (i.e. shorts or sweat pants). Court shoes preferred.	\$5.00
Badminton	16	TR	2:00 PM	Rockwell Cage South	None	Clothing should be loose and comfortable (i.e. shorts or sweat pants). Court shoes preferred.	\$5.00
Badminton	16	MW	2:00 PM	Rockwell Cage South	None	Clothing should be loose and comfortable (i.e. shorts or sweat pants). Court shoes preferred.	\$5.00
Badminton, Intermediate	16	MW	1:00 PM	Rockwell Cage South	Beginner Badminton or equivalent	Clothing should be loose and comfortable (i.e. shorts or sweat pants). Court shoes preferred.	\$5.00
Ballroom	25	MW	7:00 PM	Du Pont T Club Lounge	None	None	\$0.00
Basketball	25	MW	2:00 PM	Du Pont Court 1	None	None	\$0.00
Broomball	24	MW	11:00 AM	Johnson Ice Rink	None	None	\$10.00
Dance Fusion	25	TR	7:00 PM	Du Pont T Club Lounge	None	None	\$0.00
Fencing, Foil	16	TR	1:00 PM	Du Pont Fencing Room	Students must attend first 4 classes.	None	\$0.00
Fencing, Sabre	16	MW	1:00 PM	Du Pont Fencing Room	Students must attend first 4 classes.	None	\$0.00
Fitness/Nutrition	20	MW	7:00 PM	Du Pont General Exercise Room	None	None	\$0.00
Fitness/Nutrition	20	TR	3:00 PM	Du Pont General Exercise Room	None	None	\$0.00
Fitness/Nutrition	18	TR	5:00 PM	Du Pont General Exercise Room	None	None	\$0.00
Group Exercise - Boot Camp for Athletes	25	MW	3:00 PM	Johnson Infield	See course listing	None	\$0.00
Group Exercise - Cycling 1	12	TR	12:00 PM	Wang Fitness, Spin Dome Area	None	None	\$0.00
Group Exercise - Pilates/Yoga (PYG)	25	TR	9:00 AM	Du Pont T Club Lounge	None	None	\$0.00
Group Exercise - Step 2	25	MW	6:00 PM	Du Pont T Club Lounge	None	None	\$0.00
Group Exercise - Yoga 1	25	MW	5:00 PM	Du Pont T Club Lounge	None	None	\$0.00
Group Exercise - Yoga 1	25	TR	12:00 PM	Du Pont T Club Lounge	None	None	\$0.00
Group Exercise - Yoga 2	25	TR	6:00 PM	Du Pont T Club Lounge	None	None	\$0.00
Group Exercise - Pilates with Props	25	TR	5:00 PM	Du Pont T Club Lounge	None	None	\$0.00
Ice Hockey, Beginner	24	TR	11:00 AM	Johnson Ice Rink	Beginner skate or equivalent	Ice hockey skates (can be rented at the rink for \$15). Must bring hockey stick. Helmet, shin guards and gloves provided at rink.	\$15.00
Pistol, Beginner	14	MW	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	None	\$45.00
Pistol, Beginner	14	TR	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	None	\$45.00
Pistol, Beginner	14	MW	2:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	None	\$45.00
Pistol, Intermediate	14	TR	2:00 PM	Du Pont Pistol Range	Pre Req: Beginner Pistol. Note: must attend first 4 classes.	None	\$45.00
Rifle	12	TR	11:00 AM	Du Pont Pistol Range	Must attend first 4 classes.	None	\$45.00
Rifle	12	MW	11:00 AM	Du Pont Pistol Range	Must attend first 4 classes.	None	\$45.00
Salsa	25	TR	6:00 PM	Zesiger MAC Court	None	None	\$0.00
Skate, Beginner	20	MW	1:00 PM	Johnson Ice Rink 1	None	Skates (can be rented at the rink) and a helmet (provided at the rink).	\$15.00
Skate, Beginner	20	MW	2:00 PM	Johnson Ice Rink 1	None	Skates (can be rented at the rink) and a helmet (provided at the rink).	\$15.00
Skate, Beginner	20	TR	1:00 PM	Johnson Ice Rink 1	None	Skates (can be rented at the rink) and a helmet (provided at the rink).	\$15.00
Skate, Beginner	20	TR	2:00 PM	Johnson Ice Rink 1	None	Skates (can be rented at the rink) and a helmet (provided at the rink).	\$15.00
Skate, Intermediate	20	MW	1:00 PM	Johnson Ice Rink 2	Beginner skate or equivalent	Skates (can be rented at the rink) and helmet (provided at rink)	\$15.00
Skate, Intermediate	20	MW	2:00 PM	Johnson Ice Rink 2	Beginner skate or equivalent	Skates (can be rented at the rink) and helmet (provided at rink)	\$15.00
Skate, Intermediate	20	TR	1:00 PM	Johnson Ice Rink 2	Beginner skate or equivalent	Skates (can be rented at the rink) and helmet (provided at rink)	\$15.00
Skate, Intermediate	20	TR	2:00 PM	Johnson Ice Rink 2	Beginner skate or equivalent	Skates (can be rented at the rink) and helmet (provided at rink)	\$15.00
Soccer - Indoor	15	MW	6:00 PM	Zesiger MAC Court	Court shoes recommended.	None	\$0.00
Squash, Beginner	12	TR	1:00 PM	Zesiger Squash Courts	None	Students must have non-marking court shoes: white or gum soled shoes.	\$5.00
Squash, Beginner	12	TR	2:00 PM	Zesiger Squash Courts	None	Students must have non-marking court shoes: white or gum soled shoes.	\$5.00
Squash, Beginner	12	TR	11:00 AM	Zesiger Squash Courts	None	Students must have non-marking court shoes: white or gum soled shoes.	\$5.00
Squash, Beginner	12	MW	11:00 AM	Zesiger Squash Courts	None	Students must have non-marking court shoes: white or gum soled shoes.	\$5.00
Stress Management/Yoga	20	TR	8:00 PM	Du Pont General Exercise Room	None	None	\$0.00
Swimming, Beginner	14	MW	11:00 AM	Zesiger Teaching Pool	None	Suit needed, goggles recommended	\$0.00
Swimming, Beginner	14	TR	1:00 PM	Zesiger Teaching Pool	None	Suit needed, goggles recommended	\$0.00
Swimming, Beginner	14	TR	2:00 PM	Zesiger Teaching Pool	None	Suit needed, goggles recommended	\$0.00
Swimming, Intermediate	14	MW	1:00 PM	Zesiger Teaching Pool	beginner swimming or equivalent	Suit needed, goggles recommended	\$0.00
Tennis, Beginner	16	MW	1:00 PM	Johnson Infield	None	Must wear court shoes.	\$5.00
Tennis, Beginner	16	MW	2:00 PM	Johnson Infield	None	Must wear court shoes.	\$5.00
Tennis, Beginner	16	MW	11:00 AM	Johnson Infield	None	Must wear court shoes.	\$5.00
Tennis, Beginner	16	TR	1:00 PM	Johnson Infield	None	Must wear court shoes.	\$5.00
Tennis, Beginner	16	TR	3:00 PM	Johnson Infield	None	Must wear court shoes.	\$5.00
Weight Training	18	MW	11:00 AM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	None	\$0.00
Weight Training	18	MW	1:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	None	\$0.00
Weight Training	18	TR	1:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	None	\$0.00
Weight Training	18	TR	2:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	None	\$0.00
Weight Training for Women	18	TR	11:00 AM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	None	\$0.00