

Quarter 3
Physical Education Schedule
Mon., Feb. 8 - Thurs., Mar. 18

Rev 1-26-10 930pm

Activity	Day	Time	Location	Cl	Fee	Amo	Notes
Archery	MW	11:00 AM	Rockwell Cage North	14	\$15.00		Must attend first 4 classes
Archery	MW	1:00 PM	Rockwell Cage North	14	\$15.00		Must attend first 4 classes
Archery	MW	2:00 PM	Rockwell Cage North	14	\$15.00		Must attend first 4 classes
Archery	TR	11:00 AM	Rockwell Cage North	14	\$15.00		Must attend first 4 classes
Archery	TR	1:00 PM	Rockwell Cage North	14	\$15.00		Must attend first 4 classes
Archery	TR	2:00 PM	Rockwell Cage North	14	\$15.00		Must attend first 4 classes
Backpacking and Hiking	S	8:00 AM	Off Campus	10	\$275.00		Confirm by Mar. 1 at noon, Trip is Sat Apr 17 (8am)- Mo
Badminton	MW	1:00 PM	Rockwell Cage South	16	\$5.00		Clothing should be loose and comfortable
Badminton	MW	2:00 PM	Rockwell Cage South	16	\$5.00		Clothing should be loose and comfortable
Badminton	TR	1:00 PM	Rockwell Cage South	16	\$5.00		Clothing should be loose and comfortable
Badminton	TR	2:00 PM	Rockwell Cage South	16	\$5.00		Clothing should be loose and comfortable
Badminton, Intermediate	MW	11:00 AM	Rockwell Cage South	16	\$5.00		Must take beginner badminton or equivalent
Basketball	TR	1:00 PM	Du Pont Court 2	25	na		
Basketball	TR	1:00 PM	Du Pont Court 1	25	na		
Chemistry of the Body	R	4:00 PM	Zesiger 50 M Pool East Side	0	na		Register through ESG
Chemistry of the Body	S	8:30 AM	Zesiger MAC Court	0	na		
Cross Country Skiing	M	5:00 PM	Off Campus	14	\$225.00		Must attend all 3 sessions to earn points: 2/15, 2/22, 3/1
Fencing, Foil	MW	2:00 PM	Du Pont Fencing Room	16	\$0.00		Must attend first 4 classes
Fencing, Sabre	TR	2:00 PM	Du Pont Fencing Room	16	\$0.00		Must attend first 4 classes
Group Exercise - Cycling 1	MW	12:00 PM	Wang Fitness, Spin Dome Area	13	na		
Group Exercise - Kickbox 1	TR	5:00 PM	Du Pont T Club Lounge	25	na		
Group Exercise - Nia	TR	7:00 PM	Du Pont T Club Lounge	25	na		
Group Exercise - Pilates 2	TR	6:00 PM	Du Pont T Club Lounge	25	na		
Group Exercise - Pilates/Yoga (PiYo)	MW	8:00 AM	Du Pont T Club Lounge	25	na		
Group Exercise - Step 2	MW	6:00 PM	Du Pont T Club Lounge	25	na		
Group Exercise - Yoga 1	MW	5:00 PM	Du Pont T Club Lounge	25	na		
Group Exercise - Yoga 2	TR	12:00 PM	Du Pont T Club Lounge	25	na		
Ice Hockey, Beginner	TR	2:00 PM	Johnson Ice Rink	30	\$15.00		Ice hockey skates (can be rented at the rink) and hockey stick
Modern Squares, Beginner	TR	8:15 PM	Student Center W20	24	na		Meet in W-20 Lobby for Tues classes, Thurs classes in 5-233. Wear comfortable clothes
Pistol, Beginner	MW	1:00 PM	Du Pont Pistol Range	13	\$45.00		Must attend first 4 classes
Pistol, Beginner	MW	2:00 PM	Du Pont Pistol Range	13	\$45.00		Must attend first 4 classes
Pistol, Beginner	TR	1:00 PM	Du Pont Pistol Range	13	\$45.00		Must attend first 4 classes
Pistol, Intermediate	TR	2:00 PM	Du Pont Pistol Range	13	\$45.00		Must attend first 4 classes
SCUBA Diving	T	7:00 PM	Alumni Pool 25 yard	18	\$350.00		Pre Req pass swim test, health screening
SCUBA Diving	R	7:00 PM	Alumni Pool 25 yard	18	\$350.00		Pre Req pass swim test, health screening
Self-Defense for Women	MW	11:00 AM	Du Pont T Club Lounge	20	na		This is an all female class
Skate, Beginner	MW	11:00 AM	Johnson Ice Rink	20	\$15.00		Skates (can be rented at rink) and a helmet (provided at rink)
Skate, Beginner	MW	1:00 PM	Johnson Ice Rink	20	\$15.00		Skates (can be rented at rink) and a helmet (provided at rink)
Skate, Beginner	MW	2:00 PM	Johnson Ice Rink	20	\$15.00		Skates (can be rented at rink) and a helmet (provided at rink)
Skate, Beginner	TR	1:00 PM	Johnson Ice Rink	20	\$15.00		Skates (can be rented at rink) and a helmet (provided at rink)
Skate, Figure Skating	TR	11:00 AM	Johnson Ice Rink	24	\$15.00		Must know how to skate backwards and forwards. Figure skates (Hockey skates are unsuitable for this class.) Figure skate rentals are available at the rink.
Skate, Intermediate	MW	11:00 AM	Johnson Ice Rink	20	\$15.00		Beginner skate or equivalent. Skates (can be rented at rink)
Skate, Intermediate	MW	1:00 PM	Johnson Ice Rink	20	\$15.00		Beginner skate or equivalent. Skates (can be rented at rink)
Skate, Intermediate	MW	2:00 PM	Johnson Ice Rink	20	\$15.00		Beginner skate or equivalent. Skates (can be rented at rink)
Skate, Intermediate	TR	1:00 PM	Johnson Ice Rink	20	\$15.00		Beginner skate or equivalent. Skates (can be rented at rink)
Squash, Beginner	MW	2:00 PM	Zesiger Squash Courts	14	\$5.00		Must have non-marking court shoes
Squash, Beginner	TR	11:00 AM	Zesiger Squash Courts	14	\$5.00		Must have non-marking court shoes
Squash, Beginner	TR	1:00 PM	Zesiger Squash Courts	14	\$5.00		Must have non-marking court shoes
Swimming, Beginner	MW	1:00 PM	Zesiger Teaching Pool	14	na		Swim suit required, goggles recommended
Swimming, Beginner	TR	11:00 AM	Zesiger Teaching Pool	14	na		Swim suit required, goggles recommended
Swimming, Beginner	TR	1:00 PM	Zesiger Teaching Pool	14	na		Swim suit required, goggles recommended
Tango, Beginner	TR	3:00 PM	Du Pont T Club Lounge	20	na		
Tango, Beginner	TR	4:00 PM	Du Pont T Club Lounge	20	na		
Tennis, Beginner	MW	1:00 PM	Johnson Infield	16	\$5.00		Meet in Z Center Lobby for 1st class
Tennis, Beginner	TR	11:00 AM	Johnson Infield	16	\$5.00		Meet in Z Center Lobby for 1st class
Tennis, Beginner	MW	2:00 PM	Johnson Infield	16	\$5.00		Meet in Z Center Lobby for 1st class
Top Ropes Climbing	F	2:00 PM	Off Campus	19	\$105.00		Must attend all 3 sessions to earn points: 2/26, 3/5, 3/12
Upgrade Your Health and Happiness - Nutrition & Fitness	TR	1:00 PM	Du Pont T Club Lounge	20	na		
Upgrade Your Health and Happiness - Nutrition & Fitness	TR	11:00 AM	Du Pont T Club Lounge	20	na		
Upgrade Your Health and Happiness - Nutrition & Fitness	TR	2:00 PM	Du Pont T Club Lounge	20	na		
Upgrade Your Health and Happiness - Stress Management	MW	3:00 PM	Du Pont T Club Lounge	20	na		
Upgrade Your Health and Happiness - Stress Management	TR	8:00 PM	Du Pont T Club Lounge	20	na		
Weight Training	MW	1:00 PM	Du Pont Varsity Weight Room	18	na		Must attend first 4 classes and bring handout printed from Stellar to class
Weight Training	MW	2:00 PM	Du Pont Varsity Weight Room	18	na		Must attend first 4 classes and bring handout printed from Stellar to class
Weight Training	TR	11:00 AM	Du Pont Varsity Weight Room	18	na		Must attend first 4 classes and bring handout printed from Stellar to class
Weight Training	TR	2:00 PM	Du Pont Varsity Weight Room	18	na		Must attend first 4 classes and bring handout printed from Stellar to class
Weight Training for Women	MW	11:00 AM	Du Pont Varsity Weight Room	18	na		This is an all female class. Must attend first 4 classes and bring handout printed from Stellar to class

No Class on
Monday, February 15, Tuesday February 16 is switch day. (Monday classes are held)

