



Davidson College
Department of Physical Education & Recreation



2009 Fall Schedule

For course descriptions, detailed registration information, and new payment information and options, log on to the PE Registration site at: <http://vincent.davidson.edu/pe/> or contact the Physical Education Department at x2342

Date/Time	Event/Instructor/Location	Other information
Contact Davidson Outdoors for dates/times	Lifetime PE Credits may be earned through SOME Davidson Outdoors programs with PRIOR consent from the PE office.	Contact: eddaugherty@davidson.edu X2623 for registration information
Thu 5:15-6:15pm Starts 9/10 for 10wks	Belly Dancing—Blodgett/Henshaw Depot	Free for students/staff/faculty Class limit 20
Mon 5:30-6:45pm Starts 9/7 for 10wks	Budokon— Pam Hansen Dance Studio	Free for students; \$25 for staff/faculty Class Limit 16
One day Trip Sat 9/12	Canoe Trip—Jones/Helfgott	\$40 for students/ staff/faculty Class limit 12
Tue 4:30-5:30pm Starts 9/8 for 10wks	Core and More—Nolynn Sutherland PE Classroom	Free for students; \$40 for staff/faculty Class Limit 15
Mon 1:00-2:00pm Starts 9/7 for 10wks	Croquet—William Brown Smith Field	Free for students Class limit 8
Mon 6:30-7-30pm Starts 9/14 for 10 wks	Cycle & Conditioning—Roddy Cobb Spin Room and various	Free for students; \$30 for staff/faculty Class limit 14
Mon 8:00-9:00pm Starts 9/7 for 10 wks	Dance- Latin—Anik Laforest Dance Studio	Free for students; \$30 for staff/faculty Class limit 20
Mon 6:45-7:45pm Starts 9/7 for 10 wks	Dance-Shag - Patty Mclroy Dance Studio	Free for students; \$30 for staff/faculty Class limit 20
Wed 4:30-5:30 PM Starts 9/9 for 10 wks	Fitness for the Dancer—Jacki McCarthy Dance Studio	Free for students; \$30 for staff/faculty Class limit 20
Mon 7:30-8:30pm Starts 9/7 for 10 wks	Fitness Swimming- Staff Instructor Cannon Pool	Free for students; \$25 for staff/faculty Class limit 10
Tue 4:30-5:45pm Starts 9/7 for 8 wks	Golf—Sec A—Alyssa Hayes Covington Golf Course	\$25 for students; \$50 for staff/faculty Class limit 10

Date/Time	Event/Instructor/Location	Other information
Wed 4:30-5:45pm Starts 9/9 for 8 wks	Golf Sec B - Alyssa Hayes Covington Golf Course	\$25 for students; \$50 for staff/faculty Class limit 10
Tue & Thu 8:00pm Starts 9/8 for 6 wks	Judo/Jujitsu Self Defense—Ken Nazemetz Lake Norman YMCA	\$30 Fee for Gi Class limit 20
Tue & Thu 7:30-8:30pm Starts 9/8 for 10wks	Karate—William McDavitt Dance Davidson	\$30 Fee for Gi Class Limit 20
Mon 4:45-5:45pm Starts 9/7 for 10 wks	Pilates —Erin Boyle PE Classroom	Free for students; \$40 for staff/faculty Class limit 15
Thu 4:15-5:05pm Starts 9/10 for 10 wks	Pilates II—Christy McCormick PE Classroom	Free for students; \$40 for staff/faculty Class limit 15
Tues 7:00-8:00pm Starts 9/8 for 10 wks	Racquetball Sec A—Tom Oddo Upper Lobby Racquetball Courts	Free for students; \$25 for staff/faculty Class limit 12
Tues 8:00-9:00pm Starts 9/8 for 10 wks	Racquetball Sec B—Tom Oddo Upper Lobby Racquetball Courts	Free for students; \$25 for staff/faculty Class limit 12
Sat 9:00am-1:00pm & Sun 1:00pm-5:00pm 9/19 & 9/20	Sailing Sec A- Meredith Allen Lake Campus	\$40 for students; \$50 for staff/faculty Class limit 12 Makeup date 9/26 & 27
Sat 9:00am-1:00pm & Sun 1:00pm-5:00pm 10/3 & 10/ 4	Sailing Sec B—Meredith Allen Lake Campus	\$40 for students; \$50 for staff/faculty Class limit 12 Make up date 10/17 & 18
Tue 2:30- 3:30pm Starts 9/8 for 10 wks	Spinning Sec A—Jessica Phipps Spin Room LL Baker	Free for students; \$30 staff/faculty Class limit 12
Thu 2:30-3:30pm Starts 9/10 for 10wks	Spinning Sec B—Jessica Phipps Spin Room LL Baker	Free for students; \$40 staff/faculty Class limit 12
Thu 4:15-5:15 pm Starts 9/10 for 10 wks	Spinning Sec C—Sandy Helfgott Spin Room LL Baker	Free for students; \$40 staff/faculty Class limit 12
Tue & Thu 2:30-3:30pm Starts 9/8 for 5 wks	Swimming I Sec A— Staff Instructor Cannon Pool	Free for students/staff/faculty Class limit 10

Date/Time	Event/Instructor/Location	Other information
Mon & Wed 2:30-:30pm Starts 9/14 for 5 wks	Swimming I Sec B— Staff Instructor Cannon Pool	Free for students/staff/faculty Class limit 10
Tue & Thu 4:30-5:30pm Starts 7/8 for 10wks	Tai Chi—Amy Becton Tomlinson Conference Room	Free for students; \$40 staff/faculty Class limit 20
Tue & Thu 2:00-3:00pm Starts 7/8 for 6 wks	Tennis—Sandy Helfgott Covington Tennis Courts	Free for students, \$25 staff/faculty Class limit 16
Tue & Th 2:30-4:00pm Starts 9/8 for 6 wks	Waterskiing/Wakeboarding A - Lee Jones Lake Campus -THIS CLASS WILL NOT BE OFFERED IN THE SPRING	\$40 for students; \$50 for staff/faculty Class Limit 5
Tue & Th 4:15-5:45pm Starts 9/8 for 6 wks	Waterskiing/Wakeboarding B - Lee Jones Lake Campus -THIS CLASS WILL NOT BE OFFERED IN THE SPRING	\$40 for students; \$50 for staff/faculty Class Limit 5
Mon & Wed 2:30-4:00pm Starts 9/14 for 6 wks	Waterskiing/Wakeboarding C - Lee Jones Lake Campus—THIS CLASS WILL NOT BE OFFERED IN THE SPRING	\$40 for students; \$50 for staff/faculty Class Limit 5
Mon & Wed 4:15-5:45pm Starts 9/14 for 6 wks	Waterskiing/Wakeboarding D - Lee Jones Lake Campus—THIS CLASS WILL NOT BE OFFERED IN THE SPRING	\$40 for students; \$50 for staff/faculty Class Limit 5
Tue 5:45-6:45pm Starts 9/8 for 10 wks	Yoga Sec A—Maryline Roux PE Classroom	Free for students; \$30 for staff/faculty Class limit 15
Wed 11:30-12:30pm Starts 9/9 for 10 wks	Yoga Sec B—Maryline Roux Dance Studio	Free for students; \$30 for staff/faculty Class limit 15
Thu 5:15- 6:05pm Starts 9/9 for 10 wks	Yoga Sec C —Christy McCormick PE Classroom	Free for students; \$30 for staff/faculty Class limit 15
Mon 3:30-4:30pm Starts 9/7 for 10 wks	Yogalates —Erin Boyle PE Classroom	Free for students, \$40 for staff/faculty Class limit 15
Mon 4:30-5:30pm Starts 9/7 for 10 wks	Zumba —Annette Nicolini Dance Studio	Free for students, \$30 for staff/faculty Class limit 25
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07/31/2009 1:36 PM	WILDCATS!!!	