

Physical Education Class Schedule  
Wednesday, April 5 -Thursday, May 18, 2017

Title	Capacity	Day	Time	Location
Archery, Beginner	14	MW	1:00 PM	Rockwell Cage North
Archery, Beginner	10	TR	11:00 AM	Rockwell North
Archery, Beginner	14	TR	1:00 PM	Rockwell North
Archery, Intermediate	14	TR	2:00 PM	Rockwell North
Backpacking/Hiking	2	FSU	8:00 AM	Dates: 4/15, 16, 17; Forms due Wed. March 22
Badminton	16	TR	1:00 PM	Rockwell South
Badminton	16	TR	2:00 PM	Rockwell - south
Badminton	16	TR	3:00 PM	Rockwell - south
Ballroom	24	MW	7:00 PM	Du Pont T Club Lounge
Boot Camp for Athletes	20	MW	3:00 PM	Johnson Indoor Track and infield
Boot Camp for Athletes	20	TR	3:00 PM	Johnson Indoor Track and infield
Climbing, indoor/outdoor	14	Saturdays	2:00 PM-6:00 PM	Dates: 4/22, 29, 5/6, 13; Forms due Wed., March 22
Fencing - Foil	16	MW	1:00 PM	DuPont Fencing
Fencing, Sabre	16	TR	1:00 PM	DuPont Fencing
Fencing, Sabre	16	TR	2:00 PM	DuPont Fencing
Fitness/ Nutrition	18	TR	6:00 PM	Du Pont Multi-Purpose Room
Fitness/Stress management	18	MW	5:00 PM	Du Pont Multi-Purpose Room
Fitness/Stress management	18	TR	5:00 PM	Du Pont Multi-Purpose Room
Golf	14	MW	11:00 AM	Briggs Field/Rockwell main
Golf	14	MW	1:00 PM	Briggs Field/ Rockwell main
Golf	14	MW	2:00 PM	Briggs Field/Rockwell main
Golf	14	TR	11:00 AM	Briggs Field/ Rockwell main
Golf	14	TR	1:00 PM	Briggs Field/Rockwell main
Group Exercise - Body Sculpt	25	TR	11:00 AM	Alumni/Wang 158
Group Exercise - Bolly X	25	MW	6:00 PM	Du Pont T Club Lounge
Group Exercise - Kickboxing	25	TR	5:00 PM	Du Pont T Club Lounge
Group Exercise - Pilates	25	TR	6:00 PM	Du Pont T Club Lounge
Group Exercise - Stretch and Roll	25	MW	8:00 AM	Du Pont T Club Lounge
Group Exercise - Yoga 1	25	MW	5:00 PM	Du Pont T Club Lounge
Group Exercise - Zumba	25	TR	12:00 PM	Du Pont T Club Lounge
Jogging/Running	20	MW	11:00 AM	Johnson Indoor Track/ Steinbrenner Outdoor Track Dates: 4/24, 5/1, 5/8; Swim/boat test and forms due Wed., March 22
Kayak	18	Mondays	2:30 PM -5:30 PM	MAC: Dates April 5, 12, 19, 26 ; May 3, 10; Forms due Wed., March 22
Parkour	16	W	1:15PM-2:45PM	Wed., March 22
Pickleball	16	MW	1:00 PM	Rockwell South
Pistol, Beginner	13	MW	1:00 PM	Du Pont Pistol Range
Pistol, Beginner	13	MW	2:00 PM	Du Pont Pistol Range
Pistol, Beginner	13	TR	1:00 PM	Du Pont Pistol Range
Pistol, Intermediate	13	TR	2:00 PM	Du Pont Pistol Range
Rifle	12	MW	11:00 AM	Du Pont Pistol Range
Rifle	12	TR	11:00 AM	Du Pont Pistol Range
Sailing, Beginner	30	T	11:30a-1p	Sailing Pavilion *Starts April 11 (only 5 classes in this section) Swim/Boat test complete by March 22
Sailing, Beginner	30	W	11a-12:30p	Sailing Pavilion *starts April 12; Boat test complete by March 22

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Sailing, Beginner	15	W	1p-2:30p	Sailing Pavilion *starts April 12; Boat test complete by March 22
Sailing, Intermediate	30	R	1-2:30p	Sailing Pavilion *starts April 13; Boat test complete by March 22
Salsa	24	TR	3:00 PM	DuPont T-club Lounge
SCUBA Diving	18	TR	7:00 PM	Alumni 25 Yard pool - 3 lanes/ Classroom Dates: 4/11, 13, 20, 25, 27, 5/2, 5/4; Forms due Wed., March 22
Soccer - Indoor, Beginner	18	MW	5:00 PM	Zesiger MAC Court
Soccer - Indoor, Beginner	18	TR	3:00 PM	Zesiger MAC Court (May 10 DuPont or Roberts)
Soccer - Indoor, Intermediate	18	TR	4:00 PM	Zesiger MAC Court (May 10 DuPont or Roberts)
Squash, Beginner	14	MW	1:00 PM	Zesiger Squash Courts
Squash, Beginner	14	MW	2:00 PM	Zesiger Squash Courts
Swim, Beginner	14	MW	1:00 PM	Z Teaching Pool
Swim, Beginner	14	MW	2:00 PM	Z Teaching Pool
Swim, Beginner	14	TR	11:00 AM	Zesiger Teaching Pool
Swimming, Beginner	14	MW	11:00 AM	Zesiger Teaching Pool
Swimming, Beginner	14	TR	2:00 PM	Zesiger Teaching Pool
Swing, Intermediate	24	MW	1:00 PM	Du Pont T Club Lounge
Tchoukball	18	TR	6:00 PM	Zesiger MAC Court
Tennis	16	MW	1:00 PM	Katz/West Tennis Courts and Johnson Infield
Tennis	16	MW	2:00 PM	Katz/West Tennis Courts and Johnson Infield
Tennis	16	TR	1:00 PM	Katz/West Tennis Courts and Johnson Infield
Tsegbal	18	TR	5:00 PM	Zesiger MAC Court
Weight Training	18	MW	1:00 PM	Du Pont Varsity Weight Room
Weight Training for Women	18	TR	1:00 PM	Du Pont Varsity Weight Room