

PHYSICAL EDUCATION SPRING SCHEDULE 2017

Spring Term January 16th to April 23th Classes will meet on Jan 16th

No Classes Spring Break March 13 – 26th

****Registration for Yale Community – Available online Jan. 11, Wednesday 9am ****
Our website <http://sportsandrecreation.yale.edu>

Shop classes the first week Jan. 16 – 22nd (spinning & rowing not included)

In Person Registration for Community January 11 & 12th from 2:00-5:00pm
PWG, 5th Fl, Rm 509

YOGA

#	Days	Time	Class	Location	Instructor	Fee
						Members/Non-Members
1	YOGA PASS	All times	All Yoga Classes	All Locations	All Instructors	\$125/150
2	Mon/Wed	4:30-5:30pm	Hatha Yoga	5 th fl EF	Amy Kennedy-Valente	\$95/155
3	Mon/Wed	5:30-6:30pm	Intro. Kundalini Yoga	5 th fl EF	Hari Gopal	\$95/155
4	Tuesday	5:00-6:00pm	Bowspring Power Yoga	5 th fl EF	Emma Shansky	\$65/115
5	Tuesday	6:00-7:00pm	Hatha Yoga	5 th fl EF	Emma Shansky	\$65/115
6	Tue/Thurs	6:45-8:00am	AM Yoga	5 th fl EF	Lyn Baumgartner	\$95/155
7	Wednesday new	4:00-5:00pm	Hatha Yoga	Battell Chapel	Lyn Baumgartner	\$65/115
8	Thursday	5:00-6:00pm	Intro. to Yoga	5 th fl EF	Lyn Baumgartner	\$65/115
9	Thursday	6:00-7:00pm	Ashtanga Exploration	5 th fl EF	Danielle Casioppo	\$65/115
10	Thursday	4:00-5:00pm	Bowspring Power Yoga	5 th fl EF	Emma Shansky	\$65/115
11	Sunday	10:30-12:00pm	Vinyasa Yoga	5 th fl EF	Lyn Baumgartner	\$75/125

PILATES

12	Mon/Wed	4:00-5:00pm	Pilates Mat	5 th fl Main Ex	Kathy Riegelmann	\$95/155
13	Mon/Wed	7:00-8:00pm	Pilates Mat	6 th fl	Matisse Madden	\$95/155
14	Tues/Thurs	7:30-8:30pm	Pilates Mat <u>on the ball</u>	5 th fl Main Ex	Dianne Terrace	\$95/155

CARDIO

15	Monday	6:00-7:00pm	Body Blitz	5 th fl Main Ex	June Chu	\$65/115
16	Mon/Wed	5:00-6:00pm	Boot Camp	5 th fl Main Ex	Kathy Riegelmann	\$95/155
17	Tues/Thurs	6:30-7:30pm	Zumba	5 th fl Main Ex	Samantha Garvin	\$95/155
18	Tues/Thurs	7:00-8:00pm	Cardio Kick	6 th fl	Mariangela Amenduni	\$95/155
19	Tues/Thurs	5:15-6:15pm	Shred & Sculpt	5 th fl Main Ex	Rosalind D'Eugenio	\$95/155
20	Wednesday	6:00-7:00pm	Kettlebell Strength & Fitness	5 th fl Main Ex	Justin D'Ambrosio	\$65/115
21	Wednesday	7:00-8:00pm	High Intensity Circuit Training	5 th fl Main Ex	Justin D'Ambrosio	\$65/115

DANCE

22	Monday	7:00-8:00pm	Hip Hop	5 th fl Main Ex	Sakina Shakur	\$65/115
23	Mon/Wed	5:30-7:00pm	Ballet, intermediate	5 th fl D	Matisse Madden	\$110/160
24	Mon/Wed	6:45-7:45pm	Modern dance, beg/inter	5 th fl EF	Amy Kennedy-Valente	\$100/150
25	Tues/Thurs	12:00-1:00pm	Pregnancy Fitness	5 th fl Main Ex	Ann Cowlin	\$95/155
26	Tues/Thurs	10:30-11:30am	Postpartum Fitness	5 th fl Main Ex	Ann Cowlin	\$95/155
27	Tuesday	8:00-9:00pm	Latin Dance (Salsa)	6 th fl	Alisa Bowens	\$65/115

Refund Policy: Requests for refunds will be pro-rated and must be made in person at PWG, Room 509. Hours are Monday – Friday 2 pm - 4:45 pm. Deadline for refunds is Jan 27th. NO refunds will be issued thereafter except for medical reasons (documentation will be required). Rev.

DANCE

#	Days	Time	Class	Location	Instructor	Fee	
						Members	Non-Members
28	Tues	7:15-8:15pm	Ballet, beginner	5 th fl D	Ann Cowlin	\$65	115
29	Tues/Thur	6:00-7:15pm	Ballet,adv beginner	5 th fl D	Ann Cowlin	\$100	160
30	Tuesday	7:00-8:30pm	Argentine Tango, inter/adv	5 th EF	Judith Phelps	\$75	125
31	Tuesday	8:30-10:00pm	Argentine Tango, beg	5 th fl Main Ex	Judith Phelps	\$75	125
32	Thursday new	7:30-8:30pm	Barre	5 th fl D	Elizabeth Naro	\$65	115

MARTIAL ARTS

33	Monday	8:00-9:00pm	Self Defense	5 th fl J	Craig Elkin	\$30/60	6 weeks
34	Mon/Wed	8:00-9:00pm	Tae Kwon Do, beg	6 th fl	John Wong	\$95/155	
35	Mon/Wed	9:00-10:00pm	Tae Kwon Do, adv	6 th fl	John Wong	\$95/155	
36	Mon/Wed	7:00-8:00pm	Shotokan Karate	5 th Rm K	Craig Elkin	\$95/155	

SQUASH EYEGUARDS ARE REQUIRED. NO black sole shoes permitted on squash courts. STARTS APRIL1st

37	Saturday	10:00-10:45am	Squash Fundamentals	4 th fl East	James Seldner	\$25/35	4 weeks
38	Saturday new	10:45-11:30am	Squash Intermediate	4 th fl East	James Seldner	\$25/35	4 weeks

SPORT SKILLS & AQUATICS

39	Mon/Wed	7:00-8:00am	Introduction to Rowing	Tank B	Mitz Carr	\$125	8 weeks
40	Tues/Thurs	2:30-3:15pm	Fencing skills, beg	7 th fl	Henry Harutunian	\$65/115	
41	Monday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$80/120	
42	Wednesday	7:00-7:45pm	Adult Swim, inter/adv	3 rd fl pool	Katie Murray	\$80/120	
43	Monday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$80/120	
44	Wednesday	6:15-7:00pm	Adult Swim, beg.	3 rd fl pool	Katie Murray	\$80/120	
45	Saturday	2:00-2:45pm	All Levels	3 rd fl pool	Katie Murray	\$75/115	11 wks

No class Feb 4th

CARDIO (SPINNING)

46	Mon/Wed	7:15 - 8:15 am	SPINNING	Basement/PWG	Megan O'Connor	\$120/150	
47	Mon/Wed	5:30 - 6:30 pm	SPINNING	Basement/PWG	Caitlin Chiquelin	\$120/150	
48	Mon/Wed	6:30 - 7:30 pm	SPINNING	Basement/PWG	Andy Lipsner	\$120/150	
49	Tues/Thurs	6:15 - 7:15 am	SPINNING	Basement/PWG	Andy Lipsner	\$120/150	
50	Tues/Thurs	7:15 - 8:15 am	SPINNING	Basement/PWG	Rebecca Boswell	\$120/150	
51	Tues/Thurs new	8:30 - 9:30 am	SPINNING	Basement/PWG	Rebecca Boswell	\$120/150	
53	Tues/Thurs new	6:00 - 7:00 pm	SPINNING	Basement/PWG	Alexis Hopkins	\$120/150	
54	Saturday	10:15 - 11:15 am	SPINNING	Basement/PWG	Andy Lipsner	\$60/100	
55	Sunday	3:00 - 4:00 pm	SPINNING	Basement/PWG	Andy Lipsner	\$60/100	

CHILDREN'S SWIMMING

Minimum age is 4 years of age. Parents can only choose one level at a time when registering a child.

REGISTRATION: In Person - January 11 & 12 2:00-5:00 pm 5th Floor PWG, Room 509
Swim Lessons - Jan 21, 28 Feb 11, 18, 25 March 4, April 1, 8 (8 week program)

#	DAYS	TIME	CLASS	LOCATION	INSTRUCTOR	FEE
C1	Saturday	10:30-11:10am	Swim - All Levels	3 rd fl Pool	Staff	\$80
C2	Saturday	11:20-12:00pm	Swim - All Levels	3 rd fl Pool	Staff	\$80
C3	Saturday	12:10-12:50pm	Swim - 1-3 Levels	3 rd fl Pool	Staff	\$80

Private Lessons: 4 lessons for \$100. Semi privates: 4 lessons for \$80. For more information: yale.swimlessons@hotmail.com