

MEN'S PHYSICAL CONDITIONING PROGRAM

(Spring Semester)

All men will enroll in one of the sections of the conditioning course. Any man who cannot pass the swimming test should enroll in a conditioning section at a time when swimming is offered. During the first week of the semester, tests will be given to those men who have not already passed their swimming tests, and those who cannot pass the test will be placed in a swimming class.

Conditioning Classes

| Section | Time | Days | Room |
|---------|-------|------|--------|
| A | 7:30 | MWF | 200 R. |
| B | 8:30 | MWF | 200 R. |
| C | 9:30 | MWF | 200 R. |
| D | 10:30 | MWF | 101 R. |
| E | 11:30 | MWF | 101 R. |
| F | 2:30 | MWF | 101 R. |
| G | 3:30 | MWF | 200 R. |
| H* | 4:30 | MWF | 200 R. |
| I | 8:30 | TTS | 200 R. |
| J | 9:30 | TTS | 101 R. |
| K | 10:30 | TTS | 101 R. |
| l | 11:30 | TTS | 200 R. |

Swimming Classes

| | | | |
|---|-------|-----|------|
| C | 9:30 | MWF | Pool |
| D | 10:30 | MWF | Pool |
| G | 3:30 | MWF | Pool |
| H | 4:30 | MWF | Pool |
| J | 9:30 | TTS | Pool |
| K | 10:30 | TTS | Pool |

* Men interested in track and field as a conditioning activity will enroll in Section H, 4:30 MWF.