

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points	Swim GIR	Fee Amount
PE.0600-3	Archery	14	MW	11:00 AM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0600-4	Archery	14	MW	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0600-5	Archery	14	MW	2:15 PM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0600-7	Archery	14	TR	11:00 AM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0600-8	Archery	14	TR	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	N	\$15.00
PE.0601-1	Badminton	16	MW	11:00 AM	Rockwell Cage South	None	2	N	\$5.00
PE.0300-1	Ballroom	24	TR	7:30 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0211-1	Beginner Swimming Single Gender Male	14	TR	10:30 AM	Alumni Pool 25 yard	Male only	2	Y	\$0.00
PE.0715-1	Broomball	30	MW	2:30 PM	Johnson Ice Rink	None	2	N	\$10.00
PE.0903-1	Climbing, Indoor	20	W	5:30 PM	Off Campus	IAP: Wed- 1/8, 1/15, 1/22, 1/29 Time: 5:30p-9:30p. Students must attend first 2 classes. Registration is pending until all forms sent from PE&W office have been completed by Wed, 12/18. Forms will be sent from the PE&W office via MIT email once registration has closed on 12/11.	2	N	\$100.00
PE.0516-1	Cycling/Nutrition	12	TR	12:00 PM	Wang Fitness, Spin Dome Area	None	2	N	\$0.00
PE.0518-1	Fitness / Meditation	18	MW	5:00 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.0518-2	Fitness / Meditation	18	TR	3:00 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.0512-1	Fitness / Nutrition	18	TR	5:00 PM	Du Pont Multi-Purpose Room	None	2	N	\$0.00
PE.0517-1	Fitness/CPR/First Aid/Stress Management	14	TR	6:15 PM	Du Pont Multi-Purpose Room	None	4	N	\$50.00
PE.0403-1	Group Exercise - Kickboxing	25	TR	6:15 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0405-1	Group Exercise - Pilates	25	MW	6:15 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0423-1	Group Exercise - Pilates/Yoga (PiYo)	25	MW	2:30 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0411-2	Group Exercise - Yoga	25	MW	8:00 AM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0411-3	Group Exercise - Yoga	25	MW	3:45 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0411-4	Group Exercise - Yoga	25	MW	5:00 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0425-1	Group Exercise - Zumba	25	TR	5:00 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0444-1	Group Exercise- HIIT	25	MW	11:00 AM	Zesiger MAC Court	None	2	N	\$0.00
PE.0445-1	Group Exercise- Hip Hop Dance	25	TR	3:45 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0316-1	Hip Hop	24	TR	1:15 PM	Du Pont T Club Lounge	None	2	N	\$0.00
PE.0701-1	Ice Hockey	30	TR	2:30 PM	Johnson Ice Rink	This course requires a command of forward and backward skating as well as a strong consistant stop that can be learned in beginner skate or equivalent (email instructor using physicaleducationandwellness@mit.edu address).	2	N	\$10.00
PE.0442-1	Intro to Boot Camp	20	MW	3:00 PM	Johnson Infield & Track	None	2	N	\$10.00
PE.0402-1	Jogging/Running	20	MW	11:00 AM	Johnson Indoor Track	None	2	N	\$0.00
PE.0922-1	Parkour	16	TR	1:15 PM	Zesiger MAC Court	IAP: Tue/Thu: 1/9, 1/14, 1/16, 1/21, 1/23, 1/28. Time: 1:15p-2:45p. Registration is pending until all forms sent from PE&W office have been completed by Wed. 12/18. Forms will be sent from the PE&W office via MIT email once registration closes on 12/11.	2	N	\$40.00
PE.0608-2	Pistol	13	TR	11:00 AM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	2	N	\$35.00
PE.0608-3	Pistol	13	TR	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	2	N	\$35.00
PE.0626-1	Rifle	12	MW	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	2	N	\$35.00
PE.0201-1	SCUBA Diving	18	TR	7:00 PM	Alumni Pool 25 yard	IAP: Tue/Thu: 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30 Time: 7p-10p. (7p-8:30p- pool, 8:30p-10p-classroom). Must attend the first day of class & pass SCUBA pre-test on day 1, able to lift 40 lbs and in good health. Registration is pending until all forms sent from PE&W office have been completed by Wed, 12/18. Forms will be sent from the PE&W office via MIT email once registration has closed on 12/11/19.		Y	\$350.00
PE.0612-2	Skate	20	MW	10:45 AM	Johnson Ice Rink 1	None	2	N	\$10.00
PE.0612-3	Skate	20	MW	1:15 PM	Johnson Ice Rink 1	None	2	N	\$10.00
PE.0612-4	Skate	20	TR	10:45 AM	Johnson Ice Rink 1	None	2	N	\$10.00

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points	Swim GIR	Fee Amount
PE.0614-1	Skate, Figure Skating	28	TR	1:15 PM	Johnson Ice Rink	Students have experience skating backwards, forwards and stopping.	2	N	\$10.00
PE.0613-1	Skate, Intermediate	20	MW	10:45 AM	Johnson Ice Rink 2	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N	\$10.00
PE.0613-2	Skate, Intermediate	20	MW	1:15 PM	Johnson Ice Rink 2	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N	\$10.00
PE.0613-3	Skate, Intermediate	20	TR	10:45 AM	Johnson Ice Rink 2	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N	\$10.00
						IAP 2020 class dates: 1/9, 1/14, 1/16, 1/21, 1/23, 1/28. In case of inclement weather make up date 1/30. Attend mandatory equipment fitting and check in for ALL registered students required- Tue, Dec.17th 12p-1:30p in the Zesiger Center Lobby. This will take only 10-15 minutes. Registration is pending until students confirm their registration with forms sent via MIT email and Docusign from PE&W office by Fri, Dec.13th. Forms will be sent out by Dec. 11th (close of IAP registration).			
PE.0906-1	Skiing Downhill/ Snowboarding	50	TR	5:30 PM	Off Campus		2	N	\$300.00
PE.0703-1	Soccer, Indoor	18	MW	1:00 PM	Zesiger MAC Court	None	2	N	\$0.00
PE.0804-1	Sport Taekwondo	50	MW	7:30 PM	Du Pont Court 1	None	2	N	\$0.00
PE.0616-2	Squash	12	TR	2:00 PM	Zesiger Squash Courts	None	2	N	\$5.00
PE.0202-1	Swimming, Beginner	14	MW	11:00 AM	Zesiger Teaching Pool	None	2	Y	\$0.00
PE.0202-4	Swimming, Beginner	14	MW	1:00 PM	Zesiger Teaching Pool	None	2	Y	\$0.00
PE.0202-6	Swimming, Beginner	14	MW	2:15 PM	Zesiger Teaching Pool	None	2	Y	\$0.00
PE.0202-7	Swimming, Beginner	14	TR	1:00 PM	Zesiger Teaching Pool	None	2	Y	\$0.00
PE.0202-8	Swimming, Beginner	14	TR	2:15 PM	Zesiger Teaching Pool	None	2	Y	\$0.00
PE.0620-1	Tennis	16	TR	1:00 PM	Johnson Infield	None	2	N	\$5.00
PE.0620-2	Tennis	16	TR	2:15 PM	Johnson Infield	None	2	N	\$5.00
PE.0705-1	Volleyball	20	TR	1:00 PM	Rockwell Cage South	None	2	N	\$0.00
PE.0414-1	Weight Training	16	MW	1:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	2	N	\$0.00
PE.0414-2	Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Stellar to class.	2	N	\$0.00
						This is an all female class. Students must attend first 4 classes and bring handout printed from Stellar to class.			
PE.0415-1	Weight Training for Women	16	TR	11:00 AM	Du Pont Varsity Weight Room		2	N	\$0.00