

Physical Education Wellness
Q2 Open Courses

as of end of 10/16/19 @ 1p
(close of online registration)

Section	Title	Prerequisites	Equipment	Fee Amount	Day	Time	Location	Start Date	End Date	Capacity	Spots Available
PE.0202-2	Swimming, Beginner	None	Suit needed, goggles recommended		MW	11:00 AM	Zesiger Teaching Pool	10/28/2019	12/11/2019	14	10
PE.0202-3	Swimming, Beginner	None	Suit needed, goggles recommended		MW	1:00 PM	Zesiger Teaching Pool	10/28/2019	12/11/2019	14	7
PE.0202-4	Swimming, Beginner	None	Suit needed, goggles recommended		MW	2:00 PM	Zesiger Teaching Pool	10/28/2019	12/11/2019	14	8
PE.0202-5	Swimming, Beginner	None	Suit needed, goggles recommended		TR	1:00 PM	Zesiger Teaching Pool	10/29/2019	12/10/2019	14	10
PE.0202-6	Swimming, Beginner	None	Suit needed, goggles recommended		TR	2:00 PM	Zesiger Teaching Pool	10/29/2019	12/10/2019	14	6
PE.0317-1	Swing	None	None		TR	11:00 AM	Du Pont T Club Lounge	10/29/2019	12/10/2019	24	7
PE.0402-1	Jogging/Running	None	Workout clothes		MW	2:00 PM	Steinbrenner Track	10/28/2019	12/11/2019	20	3
PE.0436-1	Boot Camp for Athletes	Timed mile: 9 minute mile or less Push ups in 1 minute: 25 or more Body-Weight squats in 1 minute: 30 or more	Workout clothes	10	MW	3:00 PM	Johnson Infield	10/28/2019	12/9/2019	20	9
PE.0440-1	Group Exercise - Cardio Drumming	None	Workout clothes and footwear		TR	4:00 PM	Du Pont T Club Lounge	10/29/2019	12/10/2019	25	16
PE.0442-1	Intro to Boot Camp	None	Workout clothes	10	TR	3:00 PM	Johnson Infield	10/29/2019	12/10/2019	20	14
PE.0444-1	Group Exercise- HIIT	None	Workout clothes and footwear		MW	11:00 AM	Zesiger MAC Court	10/28/2019	12/11/2019	25	13
PE.0507-3	Fitness / Stress Management	None	Workout clothes and footwear		TR	6:00 PM	Du Pont Multi-Purpose Room	10/29/2019	12/10/2019	18	1
PE.0512-1	Fitness / Nutrition	None	Workout clothes and footwear		MW	6:00 PM	Du Pont Multi-Purpose Room	10/28/2019	12/11/2019	18	1
PE.0521-1	Fitness / Healthy Relationship	None	Workout clothes and footwear		TR	5:00 PM	Du Pont Multi-Purpose Room	10/29/2019	12/10/2019	18	10
PE.0613-1	Skate, Intermediate	Prior skate experience. Students must be able to skate forward, backward and stop.	Skates and helmet-provided at rink.	10	MW	11:00 AM	Johnson Ice Rink 2	10/28/2019	12/11/2019	20	5

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PE.0613-4	Skate, Intermediate	Prior skate experience. Students must be able to skate forward, backward and stop.	Skates and helmet-provided at rink.	10	TR	2:00 PM	Johnson Ice Rink 2	10/29/2019	12/10/2019	20	1
PE.0701-1	Ice Hockey	This course requires a command of forward and backward skating as well as a strong consistent stop that can be learned in beginner skate or equivalent (email instructor using physicaleducationandwellness@mit.edu address).	Ice hockey skates, helmet, shin guards, gloves and hockey stick provided at rink.	10	MW	2:00 PM	Johnson Ice Rink	10/28/2019	12/11/2019	24	10
PE.0703-2	Soccer, Indoor	None	Court shoes recommended. Workout clothes.		MW	1:00 PM	Zesiger MAC Court	10/28/2019	12/11/2019	18	3
PE.0703-3	Soccer, Indoor	None	Court shoes recommended. Workout clothes.		MW	2:00 PM	Zesiger MAC Court	10/28/2019	12/11/2019	18	3
PE.0703-4	Soccer, Indoor	None	Court shoes recommended. Workout clothes.		TR	3:00 PM	Zesiger MAC Court	10/29/2019	12/10/2019	18	7
PE.0721-1	Tsegball	None	Court shoes recommended	5	MW	4:00 PM	Zesiger MAC Court	10/28/2019	12/11/2019	18	7