

Section	Title	Cap	Day	Time	Location	Start Date	End Date	Prerequisites	Equipment	GIR Points	Fee Amount
PE.0800-1	Aikido	18	TR	1:00 PM	Du Pont Wrestling Room	2/11/2020	3/19/2020	None	Workout clothes	2	\$0.00
PE.0600-1	Archery	14	MW	11:00 AM	Rockwell Cage North	2/10/2020	3/18/2020	Students must attend first 4 classes.	Workout clothes	2	\$15.00
PE.0600-2	Archery	14	MW	1:00 PM	Rockwell Cage North	2/10/2020	3/18/2020	Students must attend first 4 classes.	Workout clothes	2	\$15.00
PE.0600-3	Archery	14	MW	2:00 PM	Rockwell Cage North	2/10/2020	3/18/2020	Students must attend first 4 classes.	Workout clothes	2	\$15.00
PE.0600-4	Archery	14	TR	11:00 AM	Rockwell Cage North	2/11/2020	3/19/2020	Students must attend first 4 classes.	Workout clothes	2	\$15.00
PE.0600-5	Archery	14	TR	1:00 PM	Rockwell Cage North	2/11/2020	3/19/2020	Students must attend first 4 classes.	Workout clothes	2	\$15.00
PE.0600-6	Archery	14	TR	2:00 PM	Rockwell Cage North	2/11/2020	3/19/2020	Students must attend first 4 classes.	Workout clothes	2	\$15.00
PE.0911-1	Backpacking and Hiking - Urban	10	F	3:00 PM	Off Campus	3/14/2020	3/14/2020	Must be available for pre-trip meeting on TBD, Mosher conference room (W35-299, 2nd Floor, DAPER offices) and May 1-3 (Fri. 3p to Sun 3p). Must complete all DocuSign forms to confirm registration by Wed. 2/12. Forms will be sent from the PE&W office using the student's MIT email by the close of online registration (2/5/2020). Check SPAM folders if emails are being forwarded from an MIT email account.	Gather or borrow bandana/handkerchief, synthetic clothing- pants and shirts, sturdy shoes or boots, baseball cap, rain coat and pants, winter hat and mittens.	4	\$75.00
PE.0900-1	Backpacking and Hiking- NH	10	S	8:00 AM	Zesiger Athletic Conference Room	3/14/2020	3/14/2020	Must be available for pre-trip meeting on Tue, Mar. 17, 5:30p-7p, Mosher conference room (W35-299, 2nd Floor, DAPER offices) and Apr. 18-20 (Sat. 8am to Mon. 7pm). Must complete all DocuSign forms provided by PE&W office to confirm registration by Wed. 2/12. Forms will be sent from the PE&W office using the student's MIT email by the close of online registration (2/5/2020). Check SPAM folders if emails are being forwarded from an MIT email account.	Synthetic clothing	4	\$200.00
PE.0601-1	Badminton	16	TR	1:00 PM	Rockwell Cage South	2/11/2020	3/19/2020	None	Workout clothes. Court shoes preferred.	2	\$5.00
PE.0615-1	Badminton, Intermediate	16	TR	11:00 AM	Rockwell Cage South	2/11/2020	3/19/2020	Beginner Badminton or equivalent(email instructor using mitpe@mit.edu address).	Workout clothes. Court shoes preferred.	2	\$5.00
PE.0300-1	Ballroom	24	TR	7:00 PM	Du Pont T Club Lounge	2/11/2020	3/19/2020	None	None	2	\$0.00
PE.0436-1	Boot Camp for Athletes	20	TR	3:00 PM	Johnson Indoor Infield & Track	2/11/2020	3/19/2020	Timed mile: 9 minute mile or less Push ups in 1 minute: 25 or more Body-Weight squats in 1 minute: 30 or more Full sit ups in 1 minute: 30 or more	Workout clothes	2	\$10.00
PE.0442-1	Boot Camp, Intro	20	MW	3:00 PM	Johnson Indoor Infield & Track	2/10/2020	3/18/2020	None	Workout clothes	2	\$10.00
PE.0715-1	Broomball	30	TR	2:00 PM	Johnson Ice Rink	2/11/2020	3/19/2020	None	Athletic shoes/sneakers. Warm clothes and gloves/mittens.	2	\$10.00
PE.0441-1	Circus Circuit	20	MW	1:00 PM	Du Pont Wrestling Room	2/10/2020	3/18/2020	None	Workout clothes	2	\$0.00
PE.0903-1	Climbing, Indoor	20	W	5:30 PM	Off Campus	2/19/2020	3/11/2020	Q3: Wed- 2/19, 2/26, 3/4, 3/11 Time: 5:30p-9:30p. Students must attend first 2 classes. Must complete all DocuSign forms to confirm registration by Wed. 2/12. Forms will be sent from the PE&W office using the student's MIT email by the close of online registration (2/5/2020). Check SPAM folders if emails are being forwarded from an MIT email account.	Workout clothes	2	\$100.00
PE.0602-1	Fencing, Foil	16	MW	3:00 PM	Du Pont Fencing Room	2/10/2020	3/18/2020	Students must attend first 3 classes and bring handout printed from Stellar to class.	Workout clothes	2	\$5.00
PE.0603-1	Fencing, Sabre	16	TR	1:00 PM	Du Pont Fencing Room	2/11/2020	3/19/2020	Students must attend first 3 classes and bring handout printed from Stellar to class.	Workout clothes	2	\$5.00
PE.0603-2	Fencing, Sabre	16	TR	2:00 PM	Du Pont Fencing Room	2/11/2020	3/19/2020	Students must attend first 3 classes and bring handout printed from Stellar to class.	Workout clothes	2	\$5.00
PE.0521-1	Fitness / Healthy Relationship	18	MW	6:00 PM	Du Pont Multi-Purpose Room	2/10/2020	3/18/2020	None	Workout clothes and footwear	2	\$0.00
PE.0518-1	Fitness / Meditation	18	MW	11:00 AM	Du Pont Multi-Purpose Room	2/10/2020	3/18/2020	None	Workout clothes and footwear	2	\$0.00
PE.0518-2	Fitness / Meditation	18	MW	5:00 PM	Du Pont Multi-Purpose Room	2/10/2020	3/18/2020	None	Workout clothes and footwear	2	\$0.00
PE.0512-2	Fitness / Nutrition	18	TR	5:00 PM	Du Pont Multi-Purpose Room	2/11/2020	3/19/2020	None	Workout clothes and footwear	2	\$0.00
PE.0517-1	Fitness/CPR/First Aid/Stress Management	14	TR	6:15 PM	Du Pont Multi-Purpose Room	2/11/2020	3/19/2020	None	Workout clothes	4	\$50.00
PE.0440-1	Group Exercise - Cardio Drumming	25	TR	4:00 PM	Du Pont T Club Lounge	2/11/2020	3/19/2020	None	Workout clothes and footwear	2	\$0.00
PE.0403-1	Group Exercise - Kickboxing	25	TR	6:00 PM	Du Pont T Club Lounge	2/11/2020	3/19/2020	None	Workout clothes and footwear	2	\$0.00
PE.0405-2	Group Exercise - Pilates	25	MW	3:00 PM	Wang Fitness 168	2/10/2020	3/18/2020	None	Workout clothes	2	\$0.00
PE.0423-1	Group Exercise - Pilates/Yoga (PiYo)	25	MW	6:00 PM	Du Pont T Club Lounge	2/10/2020	3/18/2020	None	Workout clothes	2	\$0.00
PE.0411-1	Group Exercise - Yoga	25	MW	8:00 AM	Du Pont T Club Lounge	2/10/2020	3/18/2020	None	Workout clothes	2	\$0.00
PE.0411-2	Group Exercise - Yoga	25	MW	2:00 PM	Wang Fitness 168	2/10/2020	3/18/2020	None	Workout clothes	2	\$0.00
PE.0411-3	Group Exercise - Yoga	25	MW	5:00 PM	Du Pont T Club Lounge	2/10/2020	3/18/2020	None	Workout clothes	2	\$0.00
PE.0411-4	Group Exercise - Yoga	25	TR	8:00 AM	Du Pont T Club Lounge	2/11/2020	3/19/2020	None	Workout clothes	2	\$0.00
PE.0443-1	Group Exercise- Dance Fitness	25	TR	5:00 PM	Du Pont T Club Lounge	2/11/2020	3/19/2020	None	Workout clothes and footwear	2	\$0.00
PE.0444-1	Group Exercise- HIIT	25	MW	11:00 AM	Zesiger MAC Court	2/10/2020	3/18/2020	None	Workout clothes and footwear	2	\$0.00
PE.0316-1	Hip Hop	24	TR	1:00 PM	Du Pont T Club Lounge	2/11/2020	3/19/2020	None	None	2	\$0.00
PE.0701-2	Ice Hockey	30	MW	1:00 PM	Johnson Ice Rink	2/10/2020	3/18/2020	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.	2	\$10.00

Section	Title	Cap	Day	Time	Location	Start Date	End Date	Prerequisites	Equipment	GIR Points	Fee Amount
PE.0926-1	Parkour, Intermediate	16	F	1:15 PM	Zesiger MAC Court	2/14/2020	3/20/2020	Q3:Friday: 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, Time: 1:15p-2:45p. Students must complete all Docusign forms to confirm registration by Wed. 2/12. Forms will be sent from the PE&W office using the students MIT email by the close of online registration (2/5/2020). Check SPAM folders if emails are being forwarded from an MIT email account.	Workout clothes. Court shoes recommended.	2	\$40.00
PE.0646-1	Pickleball	16	MW	1:00 PM	Rockwell Cage South	2/10/2020	3/18/2020	None	Workout Clothes. Court shoes recommended.	2	\$5.00
PE.0608-2	Pistol	13	MW	1:00 PM	Du Pont Pistol Range	2/10/2020	3/18/2020	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	Baseball style hats (old fashioned type with the brim to the front, not the rear), are mandatory.	2	\$35.00
PE.0608-3	Pistol	13	MW	2:00 PM	Du Pont Pistol Range	2/10/2020	3/18/2020	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	Baseball style hats (old fashioned type with the brim to the front, not the rear), are mandatory.	2	\$35.00
PE.0608-5	Pistol	13	TR	1:00 PM	Du Pont Pistol Range	2/11/2020	3/19/2020	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	Baseball style hats (old fashioned type with the brim to the front, not the rear), are mandatory.	2	\$35.00
PE.0608-6	Pistol	13	TR	2:00 PM	Du Pont Pistol Range	2/11/2020	3/19/2020	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	Baseball style hats (old fashioned type with the brim to the front, not the rear), are mandatory.	2	\$35.00
PE.0626-1	Rifle	12	MW	11:00 AM	Du Pont Pistol Range	2/10/2020	3/18/2020	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	Baseball style hats (old fashioned type with the brim to the front, not the rear), are mandatory.	2	\$35.00
PE.0626-2	Rifle	12	TR	11:00 AM	Du Pont Pistol Range	2/11/2020	3/19/2020	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	Baseball style hats (old fashioned type with the brim to the front, not the rear), are mandatory.	2	\$35.00
PE.0308-1	Salsa	24	MW	7:00 PM	Du Pont T Club Lounge	2/10/2020	3/18/2020	None	None	2	\$0.00
PE.0201-2	SCUBA Diving	18	R	7:00 PM	Alumni Pool 25 yard	2/13/2020	3/19/2020	Q3: Tue: 2/11, 2/25, 3/3, 3/10, 3/17, 3/31, 4/7; Thu: 2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 4/2 Time: 7p-10p. (7p-8:30p- pool, 8:30p-10p- classroom). Must pass SCUBA pre-test on day 1, able to lift 40 lbs and in good health. Must complete all Docusign forms to confirm registration by Friday, 2/7. Forms will be sent from the PE&W office using the student's MIT email by the close of online registration (2/5/2020). Check SPAM folders if emails are being forwarded from an MIT email account.	Bathing suit or shorts and shirt. Equipment provided by United Divers for pool sessions. Wet suits for pool session are available to rent directly from the vendor. A mask, fins and a snorkel must be purchased for open water dives.		
PE.0201-1	SCUBA Diving	18	T	7:00 PM	Alumni Pool 25 yard	2/11/2020	3/17/2020	Q3: Tue: 2/11, 2/25, 3/3, 3/10, 3/17, 3/31, 4/7; Thu: 2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 4/2 Time: 7p-10p. (7p-8:30p- pool, 8:30p-10p- classroom). Must pass SCUBA pre-test on day 1, able to lift 40 lbs and in good health. Must complete all Docusign forms to confirm registration by Friday, 2/7. Forms will be sent from the PE&W office using the student's MIT email by the close of online registration (2/5/2020). Check SPAM folders if emails are being forwarded from an MIT email account.	Bathing suit or shorts and shirt. Equipment provided by United Divers for pool sessions. Wet suits for pool session are available to rent directly from the vendor. A mask, fins and a snorkel must be purchased for open water dives.		
PE.0636-1	Self-Defense for Women	20	MW	2:00 PM	Du Pont Wrestling Room	2/10/2020	3/18/2020	This is an all female course.	None	2	\$0.00
PE.0612-1	Skate	20	MW	11:00 AM	Johnson Ice Rink 1	2/10/2020	3/18/2020	None	Skates and a helmet- provided at the rink.	2	\$10.00
PE.0612-2	Skate	20	MW	2:00 PM	Johnson Ice Rink 1	2/10/2020	3/18/2020	None	Skates and a helmet- provided at the rink.	2	\$10.00
PE.0612-3	Skate	20	TR	1:00 PM	Johnson Ice Rink 1	2/11/2020	3/19/2020	None	Skates and a helmet- provided at the rink.	2	\$10.00
PE.0613-2	Skate, Intermediate	20	MW	11:00 AM	Johnson Ice Rink 2	2/10/2020	3/18/2020	Prior skate experience. Students must be able to skate forward, backward and stop.	Skates and helmet- provided at rink.	2	\$10.00
PE.0613-3	Skate, Intermediate	20	MW	2:00 PM	Johnson Ice Rink 2	2/10/2020	3/18/2020	Prior skate experience. Students must be able to skate forward, backward and stop.	Skates and helmet- provided at rink.	2	\$10.00
PE.0613-4	Skate, Intermediate	20	TR	1:00 PM	Johnson Ice Rink 2	2/11/2020	3/19/2020	Prior skate experience. Students must be able to skate forward, backward and stop.	Skates and helmet- provided at rink.	2	\$10.00
PE.0725-1	Spikeball	14	MW	3:00 PM	Zesiger MAC Court	2/10/2020	3/18/2020	None	Court shoes recommended	2	\$5.00
PE.0616-1	Squash	12	MW	11:00 AM	Zesiger Squash Courts	2/10/2020	3/18/2020	None	Students must have non-marking court shoes: white or gum soled shoes.	2	\$5.00
PE.0616-2	Squash	12	MW	1:00 PM	Zesiger Squash Courts	2/10/2020	3/18/2020	None	Students must have non-marking court shoes: white or gum soled shoes.	2	\$5.00
PE.0616-3	Squash	12	TR	1:00 PM	Zesiger Squash Courts	2/11/2020	3/19/2020	None	Students must have non-marking court shoes: white or gum soled shoes.	2	\$5.00
PE.0616-4	Squash	12	TR	2:00 PM	Zesiger Squash Courts	2/11/2020	3/19/2020	None	Students must have non-marking court shoes: white or gum soled shoes.	2	\$5.00
PE.0202-1	Swimming, Beginner	14	MW	11:00 AM	Zesiger Teaching Pool	2/10/2020	3/18/2020	None	Suit needed, goggles recommended	2	\$0.00
PE.0202-2	Swimming, Beginner	14	MW	1:00 PM	Zesiger Teaching Pool	2/10/2020	3/18/2020	None	Suit needed, goggles recommended	2	\$0.00
PE.0202-3	Swimming, Beginner	14	MW	2:00 PM	Zesiger Teaching Pool	2/10/2020	3/18/2020	None	Suit needed, goggles recommended	2	\$0.00
PE.0202-4	Swimming, Beginner	14	TR	11:00 AM	Zesiger Teaching Pool	2/11/2020	3/19/2020	None	Suit needed, goggles recommended	2	\$0.00
PE.0202-5	Swimming, Beginner	14	TR	1:00 PM	Zesiger Teaching Pool	2/11/2020	3/19/2020	None	Suit needed, goggles recommended	2	\$0.00
PE.0317-1	Swing	24	TR	11:00 AM	Du Pont T Club Lounge	2/11/2020	3/19/2020	None	None	2	\$0.00
PE.0720-1	Tchoukball	18	MW	4:00 PM	Zesiger MAC Court	2/10/2020	3/18/2020	None	Court shoes recommended	2	\$5.00
PE.0620-1	Tennis	16	MW	1:00 PM	Johnson Infield	2/10/2020	3/18/2020	None	Court shoes highly recommended	2	\$5.00

Section	Title	Cap	Day	Time	Location	Start Date	End Date	Prerequisites	Equipment	GIR Points	Fee Amount
PE.0620-2	Tennis	16	MW	2:00 PM	Johnson Infield	2/10/2020	3/18/2020	None	Court shoes highly recommended	2	\$5.00
PE.0721-1	Tsegball	18	TR	4:00 PM	Zesiger MAC Court	2/11/2020	3/19/2020	None	Court shoes recommended	2	\$5.00
PE.0414-1	Weight Training	16	TR	11:00 AM	Du Pont Varsity Weight Room	2/11/2020	3/19/2020	Students must attend first 4 classes and bring handout printed from Stellar to class.	Workout clothes	2	\$0.00
PE.0414-2	Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room	2/11/2020	3/19/2020	Students must attend first 4 classes and bring handout printed from Stellar to class.	Workout clothes	2	\$0.00
PE.0415-1	Weight Training for Women	16	MW	1:00 PM	Du Pont Varsity Weight Room	2/10/2020	3/18/2020	This is an all female class. Students must attend first 4 classes and bring handout printed from Stellar to class.	Workout clothes	2	\$0.00