

## 2025/2026 EXTREME PE SCHEDULE

8/25/25

Quarter 1: Mon, Sep. 8 - Wed, Oct. 15									
Registration Dates: Fri, Aug. 29 - Wed, Sep. 3									
Schedule	Class days	Course Dates	No Classes	Time	Course Location	Capacity	Forms due by	Course Notes	Student Fee
Backpacking, NH (Advanced) Create new course	F, S, Su	9/19, 9/20, 9/21	NA	Pretrip meeting: 9/4 (R) Zesiger Mosher Conference room (W35-299) (5:15p-6:45p) Trip time: 8:15a Fri to Sun by 7p Fitness Sessions(5p-6p): 9/11(R), 9/16 (T)	White Mountains, NH	11	by noon of pre trip meeting- 9/4 (Thu)	Must complete the following to earn points: Pre Trip meeting, 1 Fitness Session, Weekend trip, LNT assignment, Journal Assignment (due 1 week after trip).	\$400.00
Backpacking, NH (Beginner)	S, Su, M	10/11, 10/12, 10/13	NA	Pretrip meeting: 9/25(R) Zesiger Media Room (5:15p-6:45p) Trip time: 8:15a Sat to Mon by 7p Fitness Sessions(5p-6p): 9/30 (T), 10/7 (T)	White Mountains, NH	11	9/8(Mon) by 5p	Must complete the following to earn points: Pre Trip meeting, 1 Fitness Session, Weekend trip, LNT assignment, Journal Assignment (due 1 week after trip).	\$400.00
Kayak with Charles River Canoe and Kayak	Tue	9/16, 9/23, 9/30 (weather back up 10/7)	NA	3:30p-6:30p	Charles River Canoe and Kayak	12	9/8(Mon) by 5p	Day 1 required. Swim/Boat completed by 9/3/25	\$125.00
Parkour (Beginner)	Fri	9/26, 10/3, 10/10, 10/17**, 10/24**, 10/31** (** Ends in Q2)	NA	1:15p-2:45p	on Campus- MAC Court	16	9/8(Mon) by 5p	**ends in Q2. Day 1- required. Must complete 5 or 6 classes to pass.	\$75.00
SCUBA	Tue	9/16, 9/23, 9/30, 10/7, 10/14, 10/21**, 10/28** (** Ends in Q2)	NA	6:45p-10p: full class time 6:45p-8:30p: Pool 9p-10p: Classroom	Pool: Alumni Wang (bldg 57) Classroom 66-160	18	9/8(Mon) by 5p	Swim/Boat completed by 9/3/25. Day 1 and day 7- required. Must complete 5, 6, 7 to pass.	\$365.00
SCUBA	Thu	9/18, 9/25, 10/2, 10/9, 10/16, 10/23**, 10/30** (** Ends in Q2)	NA	6:45p-10p: full class time 6:45p-8:30p: Pool 9p-10p: Classroom	Pool: Alumni Wang (bldg 57) Classroom 66-160	18	9/8(Mon) by 5p	Swim/Boat completed by 9/3/25. Day 1 and day 7- required. Must complete 5, 6, 7 to pass.	\$365.00

Questions related to Backpacking, email [daper\\_backpacking@mit.edu](mailto:daper_backpacking@mit.edu); all others email [extremepe\\_forms@mit.edu](mailto:extremepe_forms@mit.edu)  
Schedule subject to change once online registration opens.

# 2025/2026 EXTREME PE SCHEDULE

8/25/25

<b>Quarter 2:</b> Wed, Oct. 22 - Tue, Dec. 9									
<b>Registration Dates:</b> Wed, Oct. 8 - Wed, Oct. 15									
Schedule	Class days	Course Dates	No Classes	Time	Course Location	Capacity	Forms due by	Course Notes	Student Fee
Backpacking, NH (Beginner)	S, Su, M	11/8-11/10	NA	<b>Pretrip meeting:</b> 10/23(R) Zesiger Media Room (5:15p-6:45p) <b>Trip time:</b> 8:15a Sat to Mon by 7p <b>Fitness Sessions(5p-6p):</b> 10/28 (T), 11/4 (T)	White Mountains, NH	11	10/20 (Mon)by 5p	Must complete the following to earn points: Pre Trip meeting, 1 Fitness Session, Weekend trip, LNT assignment, Journal Assignment (due 1 week after trip).	\$400.00

<b>QUARTER IAP:</b> Mon, Jan. 5 - Thu, Jan. 29									
<b>Registration Dates:</b> Wed, Dec. 3 - Wed, Dec. 10									
Schedule	Class days	Course Dates	No Classes	Time	Course Location	Capacity	Forms due by	Course Notes	Student Fee
Backpacking, Urban	F, S, SU	1/16, 1/17, 1/18	NA	<b>Pretrip meeting:</b> 12/11(R) Zesiger Media Room (5:15p-6:45p) <b>Trip time:</b> 3p Friday to 4p Sunday <b>Fitness Sessions(5p-6p):</b> 1/6 (R) & 1/13 (T)	Blue Hills, MA	12	by noon of pre trip meeting - 12/11 (Thu)	<i>*Not Applicable for Feb 2026 intended graduates.</i> Must complete the following to earn points: Pre Trip meeting, 1 Fitness Session, Weekend trip, LNT assignment, Journal Assignment (due 1 week after trip).	\$150.00
Backpacking, Urban	F, S, SU	2/13, 2/14, 2/15	NA	<b>Pretrip meeting:</b> 1/8 (R) Remote(5:15p-6:45p) <b>Trip time:</b> 3p Friday to 4p Sunday <b>Fitness Sessions(5p-6p):</b> 2/5(R)and 2/10(T)	Blue Hills, MA	12	12/15 (Mon)	<i>*Not Applicable for Feb 2026 intended graduates.</i> Must complete the following to earn points: Pre Trip meeting, 1 Fitness Session, Weekend trip, LNT assignment, Journal Assignment (due 1 week after trip).	\$150.00
Parkour (All Levels) <i>create new course</i>	TR	1/6, 1/8, 1/13, 1/15, 1/20, 1/22	NA	1:15p-2:45p	Zesiger MAC Court	16	12/15 (Mon)	Day 1- required. Must complete 5 or 6 classes to pass	\$75.00
SCUBA	TR	1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27	NA	6:45p-10p: full class time 6:45p-8:30p: Pool 9p-10p: Classroom	Pool: Alumni Wang (bldg 57) Classroom 66-160	18	12/15 (Mon)	Swim/boat completed by 12/10/25. Day 1 and day 7- required. Must complete 5, 6, 7 to pass.	\$365.00

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<b>QUARTER 3:</b> Wed, Feb. 11 - Thu, Mar. 19									
<b>Registration Dates:</b> Fri, Jan. 30 - Wed, Feb. 10									
Schedule	Class days	Course Dates	No Classes	Time	Course Location	Capacity	Forms due by	Course Notes	Student Fee
Parkour (Beginner)	Fri	3/6, 3/13, 3/20**, 4/3**, 4/10**, 4/17** (** Ends in Q4)	NA	1:15p-2:45p	Zesiger MAC Court	16	2/9 (Mon)	Day 1- required. Must complete 5 or 6 classes to pass.	\$75.00
SCUBA	Tue	2/24, 3/3, 3/10, 3/17**, 3/31**, 4/7**, 4/17** (** Ends in Q4)	No class: 2/17, 3/24	6:45p-10p: full class time 6:45p-8:30p: Pool 9p-10p: Classroom	Pool: Alumni Wang (bldg 57) Classroom 66-160	18	2/9 (Mon)	Swim/boat completed by 2/4/26. Day 1 and day 7- required. Must complete 5, 6, 7 to pass.	\$365.00
SCUBA	Thu	2/19, 2/26, 3/5, 3/12, 3/19**, 4/2**, 4/9** (** Ends in Q4)	No class: 3/26	6:45p-10p: full class time 6:45p-8:30p: Pool 9p-10p: Classroom	Pool: Alumni Wang (bldg 57) Classroom 66-160	18	2/9 (Mon)	Swim/boat completed by 2/4/26. Day 1 and day 7- required. Must complete 5, 6, 7 to pass.	\$365.00

<b>QUARTER 4:</b> Wed, Apr. 1 - Tue, May 12									
<b>Registration Dates:</b> Wed, Mar. 4 - Wed, Mar. 11									
Schedule	Class days	Course Dates	No Classes	Time	Course Location	Capacity	Forms due by	Course Notes	Student Fee
Backpacking, Urban	F, S, SU	4/10, 4/11 4/12	NA	<b>Pretrip meeting:</b> 3/17 (R) Zesiger Media Room (5:15p-6:45p) <b>Trip time:</b> 3p Friday to 4p Sunday <b>Fitness Sessions</b> (5p-6p): 3/19(R)and 4/2(T)	Blue Hills, MA	12	12/15 (Mon)	<i>*Not Applicable for May 2026 intended graduates.</i> Must complete the following to earn points: Pre Trip meeting, 1 Fitness Session, Weekend trip, LNT assignment, Journal Assignment (due 1 week after trip).	\$150.00
Kayak with Charles River Canoe and Kayak	Tue	4/21, 4/28, 5/5 (weather back up 5/7)	NA	3:30p-6:30p	Charles River Canoe and Kayak	12	3/16 (Mon)	Day 1 required. Swim/Boat completed by 3/11/26	\$125.00
SCUBA	TR	4/16, 4/23, 4/28, 4/30, 5/5, 5/7, 5/12	No class: 4/21	6:45p-10p: full class time 6:45p-8:30p: Pool 9p-10p: Classroom	Pool: Alumni Wang (bldg 57) Classroom 66-160	18	3/16 (Mon)	Swim/boat completed by 3/11/26. Day 1 and day 7- required. Must complete 5, 6, 7 to pass.	\$365.00

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