

**IAP Schedule**  
**1/5 - 1/29**

1-5-26

Section	Title	Prerequisites	Fee Amount	GIR Points	Swim GIR	Meetings
PE.0656-2	Air Pistol	Students must attend first 3 classes, though attendance at all classes is strongly recommended.	35	2	N	MW 1:00 PM Du Pont Pistol Range
PE.0656-1	Air Pistol	same as above	35	2	N	MW 11:00 AM Du Pont Pistol Range
PE.0658-2	Air Rifle	same as above	35	2	N	TR 1:00 PM Du Pont Pistol Range
PE.0658-1	Air Rifle	same as above	35	2	N	TR 11:00 AM Du Pont Pistol Range
PE.0600-3	Archery	Students must attend first 3 classes.	15	2	N	TR 1:00 PM Rockwell Cage North
PE.0600-1	Archery	same as above	15	2	N	TR 10:00 AM Rockwell Cage North
PE.0600-2	Archery	same as above	15	2	N	TR 11:15 AM Rockwell Cage North
PE.0600-4	Archery	same as above	15	2	N	TR 2:15 PM Rockwell Cage North
PE.0911-1	Backpacking - Urban	Section # 1: 1/30-2/1, Pre-trip meeting: Thu,12/11 at 5:15p-6:45p, Fitness Sessions (choose 1): Thu, 1/6 or Tue, 1/13 at 5p-6p. Must complete all forms provided by PE&W office to confirm registration by Thu, 12/11 at 11a.	150	4	N	U 3:00 PM Off Campus, F 3:00 PM Off Campus, S 3:00 PM Off Campus
PE.0911-2	Backpacking - Urban	Section #2: 2/13-2/15, Pre-trip meeting: Thu, 1/8 at 5:15p-6:45p over Zoom, Fitness Sessions (choose 1): Thu,2/5 or Tue, 2/10 at 5p-6p. Must complete all forms provided by PE&W office to confirm registration by 12/15 by 5p.	150	4	N	U 3:00 PM Off Campus, F 3:00 PM Off Campus, S 3:00 PM Off Campus
PE.0715-1	Broomball	None	20	2	N	MW 2:30 PM Johnson Ice Rink
<del>PE.0517-1</del>	<del>Fitness (Yoga)/CPR/First Aid</del>	<del>IAP 2026: Students must complete the remote asynchronous CPR content and in-person CPR and FA exam sessions to become CPR/First Aid certified and students must be able to kneel and use 2 arms to give compressions. In person class starts 1/12.</del>	<del>60</del>	<del>2</del>	<del>N</del>	<del>MW 11:00 AM Du Pont Multi-Purpose Room</del>
PE.0518-1	Fitness (Yoga)/Meditation	None		2	N	TR 6:00 PM Du Pont Multi-Purpose Room
PE.0545-1	Fitness(Strength Circuit)/Resiliency	None		2	N	MW 6:00 PM Du Pont Multi-Purpose Room
<del>PE.0546-1</del>	<del>Fitness(Strength Circuit)/Stress Management</del>	<del>None</del>		<del>2</del>	<del>N</del>	<del>MW 4:00 PM Du Pont Multi-Purpose Room</del>

Courses crossed out have been cancelled.

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PE.0529-1	Fitness(Yoga)/Meditation (remote synchronous)	This remote synchronous course requires internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, roughly 6 foot x 6 foot physical area clear of any objects with a standard 7 - 8 foot ceiling and non-slip floor to do physical activity, comfortable with using 'camera on' function during Zoom sessions.		2	N	MW 7:00 PM Remote Synchronous
PE.4100-1	Foundations of Physical Fitness (remote asynchronous)	IAP 2026: Completion of weekly asynchronous assignments and 2- 30 minute synchronous meetings over Zoom on Mon 1/5 and 1/26 at 6:00p ET. Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions. sessions.	50	2	N	TR 6:00 PM Remote Asynchronous
PE.0403-1	Group Exercise - Cardio Kickboxing	None		2	N	MW 6:15 PM Du Pont T Club Lounge
PE.0407-1	Group Exercise - Cycling	None		2	N	MW 5:00 PM Wang Spin Studio
PE.0405-1	Group Exercise - Pilates	None		2	N	TR 2:30 PM Du Pont T Club Lounge
PE.0444-1	Group Exercise- HIIT	None		2	N	TR 6:00 PM Du Pont T Club Lounge
PE.0411-1	Group Exercise- Yoga	None		2	N	MW 8:00 AM Du Pont T Club Lounge
PE.0411-2	Group Exercise- Yoga	None		2	N	TR 3:45 PM Du Pont T Club Lounge
PE.0411-3	Group Exercise- Yoga	None		2	N	TR 5:00 PM Du Pont T Club Lounge
PE.4300-1	Healthy Decisions: Wellness and Substance Use (remote async)	IAP 2026. Completion of weekly asynchronous assignments and 2- 30 minute synchronous meetings over Zoom on Mon, 1/5 and 1/26 at 5:30p ET. Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions.	50	2	N	TR 5:30 PM Remote Asynchronous

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Section	Title	Prerequisites	Fee Amount	GIR Points	Swim GIR	Meetings
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 if you have questions related to your ability).	20	2	N	TR 2:30 PM Johnson Ice Rink
<del>PE.0330-1</del>	<del>Improv Dance: Learning Leadership through Movement</del>	<del>None</del>		<del>2</del>	<del>N</del>	<del>TR 1:15 PM Du Pont T Club Lounge</del>
PE.0926-1	Parkour, All Levels	IAP 2026: 1/6, 1/8, 1/13, 1/15, 1/20, 1/22. Time: 1:15p-2:45p. Registration is pending until all forms sent from PE&W office have been completed at 12/15 by 5p. Forms will be sent from the PE&W office using the student's MIT email by the close of online registration. Check SPAM folders if emails are being forwarded from an MIT email account.	75	2	N	TR 1:15 PM Zesiger MAC Court
PE.0646-1	Pickleball	None	10	2	N	MW 11:00 AM Rockwell Cage South
PE.0201-1	SCUBA Diving	IAP 2026: TR: 1/6, 1/8, 1/13, 1/15, 1/20, 1/22, 1/27. Class time: 6:45p-10p (meet at Alumni Wang pool/Classroom 66-160 after). All participants must complete PE&W Swim/Boat test by 12/10 to register along with passing SCUBA pre-test on day 1, able to lift 40 lbs and in good health. Must complete all documentation forms from PE&W to confirm registration by 12/15. Attendance is required on the first and last day.	365	4	N	TR 6:45 PM Other
PE.0612-1	Skate, Beginner	None	20	2	N	MW 1:15 PM Johnson Ice Rink 1
PE.0612-3	Skate, Beginner	None	20	2	N	TR 1:15 PM Johnson Ice Rink 1
PE.0612-2	Skate, Beginner	None	20	2	N	TR 10:45 AM Johnson Ice Rink 1
PE.0614-1	Skate, Figure Skating	Prior skate experience. Students must have command of skating backward, forward and stopping. Ability to glide on one foot at least 5 seconds.	20	2	N	MW 10:45 AM Johnson Ice Rink

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PE.0613-1	Skate, Intermediate	Prior skate experience. Students must be able to skate forward, backward and stop.	20	2	N	MW 1:15 PM Johnson Ice Rink 2
PE.0613-3	Skate, Intermediate	Prior skate experience. Students must be able to skate forward, backward and stop.	20	2	N	TR 1:15 PM Johnson Ice Rink 2
PE.0613-2	Skate, Intermediate	Prior skate experience. Students must be able to skate forward, backward and stop.	20	2	N	TR 10:45 AM Johnson Ice Rink 2
PE.0703-1	Soccer, Beginner	This course will be held indoors.		2	N	MW 1:00 PM Zesiger MAC Court
PE.0716-1	Soccer, Intermediate	Beginner Soccer or equivalent.		2	N	MW 2:15 PM Zesiger MAC Court
PE.0657-1	Spec Tennis	None	10	2	N	TR 11:00 AM Rockwell Cage South
PE.0804-1	Sport Taekwondo	None		2	N	MW 7:30 PM Du Pont Court 1
PE.0616-1	Squash	None	10	2	N	MW 1:00 PM Zesiger Squash Courts
PE.0616-2	Squash	None	10	2	N	TR 1:00 PM Zesiger Squash Courts
PE.0616-3	Squash	None	10	2	N	TR 2:15 PM Zesiger Squash Courts
PE.0202-1	Swimming, Beginner	None	20	2	Y	MW 1:00 PM Zesiger Teaching Pool
PE.0202-2	Swimming, Beginner	None	20	2	Y	MW 2:15 PM Zesiger Teaching Pool
PE.0202-4	Swimming, Beginner	None	20	2	Y	TR 1:00 PM Zesiger Teaching Pool
PE.0202-3	Swimming, Beginner	None	20	2	Y	TR 11:00 AM Zesiger Teaching Pool
PE.0202-5	Swimming, Beginner	None	20	2	Y	TR 2:15 PM Zesiger Teaching Pool
PE.0212-1	Swimming, Beginner- Single Gender Female	This is a single gender female course only.	20	2	Y	MW 10:45 AM Alumni Pool 25 yard
<del>PE.0721-1</del>	<del>Tennis</del>	<del>None</del>	<del>10</del>	<del>2</del>	<del>N</del>	<del>TR 3:30 PM Zesiger MAC Court</del>
PE.0414-2	Weight Training	Students must attend first 3 classes.		2	N	MW 1:00 PM Du Pont Varsity Weight Room
PE.0414-1	Weight Training	same as above		2	N	MW 11:00 AM Du Pont Varsity Weight Room
PE.0414-3	Weight Training	same as above		2	N	TR 1:00 PM Du Pont Varsity Weight Room
PE.0414-4	Weight Training	same as above		2	N	TR 2:15 PM Du Pont Varsity Weight Room
PE.0415-1	Weight Training for Women	This is an all female class. Students must attend first 3 classes.		2	N	MW 2:15 PM Du Pont Varsity Weight Room

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1-5-26

Section	Title	Prerequisites	Fee Amount	GIR Points	Swim GIR	Meetings
PE.4200-1	Wellness Foundations (remote asynchronous)	IAP 2026. Completion of weekly asynchronous assignments and 2- 30 minute synchronous meetings over Zoom on Section 1: Mon 1/5 and 1/26 at 5:30p ET . Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions.	50	2	N	TR 5:30 PM Remote Asynchronous
PE.4200-2	Wellness Foundations (remote asynchronous)	IAP 2026. Completion of weekly asynchronous assignments and 2- 30 minute synchronous meetings over Zoom Section 2: Wed, 1/7 and 1/28 at 5p. Internet access, computer (or tablet, mobile device) with a camera, microphone, and working speaker, MIT Zoom account, comfortable with using 'camera on' function during Zoom sessions.	50	2	N	TR 5:00 PM Remote Asynchronous