

Quarter 1 Physical Education & Wellness Schedule | 9/14 - 10/22

Course	Capacity	Day	Time	Location	Prerequisites	Fee
Aikido	20	TR	1:00 PM	Du Pont Wrestling Room	None	\$0
Air Pistol	12	TF	4:00 PM	Du Pont Pistol Range	This is a Tue/Fri course. Students must attend first 4 classes, though attendance at all classes is strongly recommended. Q1 course ends on Friday, 10/23.	\$35
Archery	14	MW	10:00 AM	Rockwell Cage North	Students must attend first 4 classes.	\$15
Archery	14	MW	11:00 AM	Rockwell Cage North		\$15
Archery	14	MW	1:00 PM	Rockwell Cage North		\$15
Archery	14	MW	2:00 PM	Rockwell Cage North		\$15
Archery	14	TR	11:00 AM	Rockwell Cage North		\$15
Archery	14	TR	1:00 PM	Rockwell Cage North		\$15
Archery	14	TR	2:00 PM	Rockwell Cage North		\$15
Backpacking - Urban	11	U	3:00 PM	Off Campus	Q1: Nov. 6 - Nov. 8., Students meet Friday at 3p and return Sunday by 3p. Pre-trip meeting: Wed, 10/7 at 5:15p-6:45p Media room (W35-199) ; Fitness Sessions (choose 1): Thu, 10/15 or Tue, 10/20 at 5p-6p. Must complete all forms provided by PE&W office to confirm registration by Mon, 9/14 at noon. This Extreme PE course is a 3 day off campus trip in the Blue Hills, MA. For those interested in participating and missed online registration, please contact daper_backpacking@mit.edu to check availability. All Extreme PE course details for 2026-2027 are located under Quarterly Schedules on the PE&W website.	\$150
Backpacking- White Mountains, NH	10	U	8:00 AM	Off Campus	Q1 registration: Oct. 10- Oct 12. Time: leave campus Sat. by 8:00a; return to campus Mon. by 6p. Must attend pre-trip meeting on 9/16(W) at 5:15p-6:45p - Media room (W35-199) and at least 1 fitness class 9/22(T) or 10/1(R) @5p. Must complete all forms provided by PE&W office to confirm registration by Mon 9/14. 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. This Extreme PE course is a 3 day off campus trip in the White Mountains, NH. Students will leave campus Saturday by 8am and return to campus Monday by 6p. For those interested in participating and missed online registration, please contact daper_backpacking@mit.edu to check availability. All Extreme PE course details for 2026/2027 are located under Quarterly Schedules on the PE&W website.	\$400
Fencing, Foil	16	TR	11:00 AM	Du Pont Fencing Room	Students must attend first 4 classes.	\$15
Fencing, Sabre	16	MW	10:00 AM	Du Pont Fencing Room	Students must attend first 4 classes.	\$15
Fitness(Strength Circuit)/Nutrition	16	MW	6:00 PM	Du Pont Multi-Purpose Room	None	\$0
Fitness(Strength Circuit)/Resiliency	16	MW	5:00 PM	Du Pont Multi-Purpose Room	None	\$0

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Fitness(Strength Circuit)/Stress Management	16	MW	3:00 PM	Du Pont Multi-Purpose Room	None	\$0
Fitness (Yoga) and Meditation (Connected to 21G.015)	1	TR	5:00 PM	Du Pont Multi-Purpose Room	Prerequisites: Students must also be enrolled in 21G.015 Introduction to Buddhism, Mindfulness, and Mediation to participate. To enroll in the Physical Education and Wellness portion of the course you will need to be enrolled in 21G.015 or add your name to the waitlist. The capacity of this class is 16. Questions, contact Sarah Johnson, skj18@mit.edu.	\$0
Fitness(Yoga)/Emotional Awareness, Communication, Belonging	16	TR	4:00 PM	Du Pont Multi-Purpose Room	None	\$0
Fitness (Yoga)/Healthy Relationship	16	MW	4:00 PM	Du Pont Multi-Purpose Room	None	\$0
Fitness (Yoga)/Meditation	16	TR	6:00 PM	Du Pont Multi-Purpose Room	None	\$0
Golf	12	MW	1:00 PM	Briggs Field B, C, D Rockwell Main	This course will be held outdoors with indoor rain back up. Meet in Zesiger Center lobby for 1st day of class.	\$10
Golf	12	MW	2:00 PM	Briggs Field B, C, D Rockwell Main		\$10
Golf	12	TR	1:00 PM	Briggs Field B, C, D Rockwell Main		\$10
Group Exercise - Cardio Kickboxing	20	MW	6:00 PM	Du Pont T Club Lounge	None	\$0
Group Exercise- HIIT	20	TR	6:00 PM	Du Pont T Club Lounge	None	\$0
Group Exercise - Total Body Conditioning	20	TR	8:00 AM	Du Pont T Club Lounge	None	\$0
Group Exercise- Yoga	20	MW	8:00 AM	Du Pont T Club Lounge	None	\$0
Group Exercise- Yoga	20	MW	5:00 PM	Du Pont T Club Lounge		\$0
Group Exercise- Yoga	20	TR	5:00 PM	Du Pont T Club Lounge		\$0
Hip Hop	20	TR	11:00 AM	Du Pont T Club Lounge	None	\$0
Jogging/Running	16	TR	1:00 PM	Steinbrenner Track Johnson Infield	This course is in-person and will be held outdoors with indoor rain back up. Meet in Zesiger Center Lobby on day 1.	\$0
Kayak	12	T	3:30 PM	Off Campus	Q1: Tue: 9/22, 9/29, 10/6 (Tue, 10/13*weather back up). Students must attend ALL 3 classes to receive PE&W points. All participants must successfully complete swim test by 9/4. Students must complete all forms sent from PE&W office to the student MIT email to confirm online registration by Mon, 9/14 by noon. Check SPAM folders if emails are being forwarded from an MIT email account. This Extreme PE class is a 180 minutes and held off campus with Charles River Canoe & Kayak, Cambridge, MA. Meet at Charles River Canoe and Kayak- docks located behind Main Street in Kendall Square. See map at http://www.paddleboston.com/kendall/directions.php . For those interested in participating once online registration is closed, please contact extremepe_forms@mit.edu . All Extreme PE course details for 2026-2027 are located under Quarterly Schedules on the PE&W website.	\$125

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Course	Capacity	Day	Time	Location	Prerequisites	Fee
Modern Squares, Beginner	20	T	8:15 PM	Other	Q1 Course Dates: 9/15, 9/22, 9/29, 10/6, 10/20. Additional points" are available before class for more practice. Students must attend all 5 classes to pass." This is a 90 minute class on campus. classes are held in the W20 Student Center, 2nd floor- LaSala de Puerto Rico (W20-202)	\$0
Orienteering Games	24	TR	3:00 PM	Zesiger MAC Court Barry Astro turf	Meet in Zesiger Center Lobby on day 1.	\$20
Parkour, Beginner	16	F	1:15 PM	Zesiger MAC Court	Q1 2026: 10/2, 10/9, 10/16, 10/26**, 10/30**, 11/6** (** Ends in Q2). Time: 1:15p-2:45p Registration is pending until all forms sent from PE&W office have been completed by Mon, 9/14 at noon. 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. This Extreme PE class is a 90-minute class on campus with Parkour & Movement Consulting, LLC - Boston.	\$80
Pickleball	16	MW	11:00 AM	Rockwell Cage South	None	\$10
Pickleball	16	MW	1:00 PM	Rockwell Cage South		\$10
Pickleball	16	TR	1:00 PM	Rockwell Cage South		\$10
Pistol	12	MW	11:00 AM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	\$35
Pistol	12	MW	1:00 PM	Du Pont Pistol Range		\$35
Pistol	12	MW	2:00 PM	Du Pont Pistol Range		\$35
Rifle	12	TR	11:00 AM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	\$35
Rifle	12	TR	1:00 PM	Du Pont Pistol Range		\$35
Sailing	30	T	1:00 PM	Sailing Pavilion	2026/2027 Q1 classes- Tue dates: 9/15, 9/22, 9/29, 10/6, 10/20 (must attend all 5 dates); Time: 1-2:30p. Must successfully complete swim test by 9/4. Students must attend first 2 classes and complete 5 classes to pass the course.	\$0
Sailing	30	W	1:00 PM	Sailing Pavilion	2026/2027 Q1 classes- Wed dates: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21; Time: 1-2:30p. Must successfully complete swim test by 9/4. Students must attend first 2 classes and complete 5 classes to pass the course.	\$0
Sailing	30	R	1:00 PM	Sailing Pavilion	2026/2027 Q1 classes- Thu dates: 9/17, 9/24, 10/1, 10/8, 10/15, 10/22 -- Time: 1-2:30p. Must successfully complete swim test by 9/4. Students must attend first 2 classes and complete 5 classes to pass the course.	\$0
SCUBA Diving	18	T	6:45 PM	Alumni Wang 66-160	Q1 2026. Tue Dates: 9/22, 9/29, 10/6, 10/20, 10/27**, 11/3**, 11/10** (** Ends in Q2) Meet at Alumni Wang pool/Classroom 66-160 after. ALL participants must complete PE&W Swim test by 9/4 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 9/14 at noon. Attendance is required on the first and last day. For those interested in participating and missed online registration, please contact extremepe_forms@mit.edu to check availability.	\$385

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SCUBA Diving	18	R	6:45 PM	Alumni Wang 66-160	Q1 2026. Thu Dates: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29**, 11/5** (** Ends in Q2) Meet at Alumni Wang pool/Classroom 66-160 after. ALL participants must complete PE&W Swim test by 9/4 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 9/14 at noon. Attendance is required on the first and last day. For those interested in participating and missed online registration, please contact extremepe_forms@mit.edu to check availability.	\$385
Self Defense for Everyone	20	MW	2:00 PM	Du Pont Wrestling Room	None	\$0
Soccer, Beginner	18	TR	11:00 AM	Barry Astroturf Field Zesiger MAC	This course will be held outdoors with rain back up. Meet in Zesiger Center Lobby on day 1.	\$0
Soccer, Beginner	18	TR	1:00 PM	Barry Astroturf Field Zesiger MAC		\$0
Spikeball	16	TR	11:00 AM	Roberts Field Johnson Infield	This course will be held outdoors with indoor rain back up. Meet in Zesiger Center lobby for 1st day of class.	\$10
Squash	12	MW	11:00 AM	Zesiger Squash Courts	None	\$10
Squash	12	TR	1:00 PM	Zesiger Squash Courts		\$10
Squash	12	TR	2:00 PM	Zesiger Squash Courts		\$10
Swimming, Beginner	16	MW	11:00 AM	Zesiger Teaching Pool	Students must attend the first 4 classes.	\$20
Swimming, Beginner	16	MW	1:00 PM	Zesiger Teaching Pool		\$20
Swimming, Beginner	16	MW	2:00 PM	Zesiger Teaching Pool		\$20
Swimming, Beginner	16	TR	11:00 AM	Zesiger Teaching Pool		\$20
Swimming, Beginner	16	TR	1:00 PM	Zesiger Teaching Pool		\$20
Swimming, Beginner	16	TR	2:00 PM	Zesiger Teaching Pool		\$20
Tennis	16	MW	2:00 PM	East Courts Johnson Infield	This is an outdoor course with indoor rain back up. Meet in the lobby on day 1.	\$10
Tsegball	18	MW	2:00 PM	Zesiger MAC Court	None	\$10
Weight Training	16	MW	1:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes.	\$0
Weight Training	16	MW	2:00 PM	Du Pont Varsity Weight Room		\$0
Weight Training	16	TR	11:00 AM	Du Pont Varsity Weight Room		\$0
Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room		\$0
Weight Training	16	TR	2:00 PM	Du Pont Varsity Weight Room		\$0