

Section	Title	cap	Day	Time	Location	Prerequisites	Fee Code	GIR Points	Swim GIR	Fee Amount
PE.0600-1	Archery	14	MW	11:00 AM	Rockwell Cage North	Students must attend first 4 classes.	ARCH	2 N		\$15.00
PE.0600-2	Archery	14	MW	1:00 PM	Rockwell Cage North	same as above	ARCH	2 N		\$15.00
PE.0600-3	Archery	14	MW	2:00 PM	Rockwell Cage North	same as above	ARCH	2 N		\$15.00
PE.0600-4	Archery	14	TR	11:00 AM	Rockwell Cage North	same as above	ARCH	2 N		\$15.00
PE.0600-5	Archery	14	TR	1:00 PM	Rockwell Cage North	same as above	ARCH	2 N		\$15.00
PE.0639-1	Archery, Intermediate	12	TR	2:00 PM	Rockwell Cage North	Beginner Archery course or equivalent (email instructor using physicaleducationandwellness@mit.edu address). Students must attend first 4 classes.	ARCH	2 N		\$15.00
PE.0900-1	Backpacking- White Mountains, NH (Fall)	11	M	8:00 AM	Off Campus	Q2: 11/9-11/11 Time: leave campus Sat. by 8:15a; return to campus Mon. by 7p. Must attend pre-trip meeting on 10/17 at 5:15p-6:45p - Mosher conference room (W35-299) and at least 1 fitness class (10/24 or 10/31 @5p. Must complete all forms provided by PE&W office to confirm registration by 10/21.	OFCA	4 N		\$325.00
PE.0300-1	Ballroom	20	TR	7:00 PM	Du Pont T Club Lounge	None		2 N		\$0.00
PE.0903-1	Climbing, Indoor	14	W	5:30 PM	Off Campus	Q2 2024: Oct. 30, Nov. 6, 13, 20. Time: 5:30p pick up -9:30p drop off. Students must attend first class. Must complete all forms by Mon, Oct. 21 sent to the students MIT email by the close of registration. Check SPAM folders if emails are being forwarded from an MIT email account.	OFCA	2 N		\$135.00
PE.0603-1	Fencing, Sabre	14	TR	3:00 PM	Du Pont Fencing Room	Students must attend first 4 classes and bring handout printed from Canvas to class.	ONCA	2 N		\$15.00
PE.0521-1	Fitness (Yoga)/Healthy Relationship	16	TR	4:00 PM	Student Center W20	None		2 N		\$0.00
PE.0518-1	Fitness (Yoga)/Meditation	16	MW	4:00 PM	Du Pont Multi-Purpose Room	None		2 N		\$0.00
PE.0518-2	Fitness (Yoga)/Meditation	16	TR	5:00 PM	Du Pont Multi-Purpose Room	None		2 N		\$0.00
PE.0544-1	Fitness(Strength Circuit)/Nutrition	16	MW	5:00 PM	Du Pont Multi-Purpose Room	Workout clothes and filled water bottle.		2 N		\$0.00
PE.0545-1	Fitness(Strength Circuit)/Resiliency	16	MW	6:00 PM	Du Pont Multi-Purpose Room	Workout clothes and filled water bottle.		2 N		\$0.00
PE.0538-1	Fitness/Resiliency	16	TR	3:00 PM	Du Pont Multi-Purpose Room	None		2 N		\$0.00
PE.0403-1	Group Exercise - Cardio Kickboxing	20	MW	6:00 PM	Du Pont T Club Lounge	None		2 N		\$0.00
PE.0405-1	Group Exercise - Pilates	20	TR	2:00 PM	Du Pont T Club Lounge	None		2 N		\$0.00
PE.0444-1	Group Exercise- HIIT	20	TR	6:00 PM	Du Pont T Club Lounge	None		2 N		\$0.00

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PE.0411-1	Group Exercise-Yoga	20	MW	8:00 AM	Du Pont T Club Lounge	None		2 N		\$0.00
PE.0411-2	Group Exercise-Yoga	20	MW	5:00 PM	Du Pont T Club Lounge	None		2 N		\$0.00
PE.0411-3	Group Exercise-Yoga	20	TR	3:00 PM	Du Pont T Club Lounge	None		2 N		\$0.00
PE.0411-4	Group Exercise-Yoga	20	TR	5:00 PM	Du Pont T Club Lounge	None		2 N		\$0.00
PE.0316-1	Hip Hop	20	TR	4:00 PM	Du Pont T Club Lounge	None		2 N		\$0.00
PE.0701-1	Ice Hockey	20	TR	2:00 PM	Johnson Ice Rink	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).	SKTE	2 N		\$15.00
PE.0648-1	Intro to Boot Camp	16	MW	1:00 PM	Johnson Indoor Track & Infield	None	ONCA	2 N		\$10.00
PE.0646-1	Pickleball	16	TR	11:00 AM	Rockwell Cage South	None	ONCA	2 N		\$10.00
PE.0646-2	Pickleball	16	TR	2:00 PM	Rockwell Cage South	None	ONCA	2 N		\$10.00
PE.0608-1	Pistol	14	MW	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	PIST	2 N		\$35.00
PE.0608-2	Pistol	14	MW	2:00 PM	Du Pont Pistol Range	same as above	PIST	2 N		\$35.00
PE.0608-3	Pistol	14	TR	1:00 PM	Du Pont Pistol Range	same as above	PIST	2 N		\$35.00
PE.0608-4	Pistol	14	TR	2:00 PM	Du Pont Pistol Range	same as above	PIST	2 N		\$35.00
PE.0626-1	Rifle	14	MW	11:00 AM	Du Pont Pistol Range	same as above	PIST	2 N		\$35.00
PE.0626-2	Rifle	14	TR	11:00 AM	Du Pont Pistol Range	same as above	PIST	2 N		\$35.00
PE.0927-1	Sailing- Catboat (3 week course)	18	TR	1:00 PM	Sailing Pavilion	Q2: Must be available Oct: 29, 31 Nov. 5, 7,12,14 from 1p-2:30p. Prior sailing experience either with Basic PE&W Sailing or sailing outside of MIT. Participants should not be rank beginners and know how to sail close hauled, tack and gybe a small sailboat. Prior sailing experience in MIT catboats is not required. Students must have completed the swim/boat test by Oct. 18th.		2 N		\$0.00
PE.0636-1	Self-Defense for Women	20	TR	1:00 PM	Du Pont Wrestling Room	This is an all female course.		2 N		\$0.00
PE.0612-1	Skate	20	MW	11:00 AM	Johnson Ice Rink 1	None	SKTE	2 N		\$15.00
PE.0612-2	Skate	20	MW	2:00 PM	Johnson Ice Rink 1	None	SKTE	2 N		\$15.00
PE.0612-3	Skate	20	TR	11:00 AM	Johnson Ice Rink 1	None	SKTE	2 N		\$15.00
PE.0612-4	Skate	20	TR	1:00 PM	Johnson Ice Rink 1	None	SKTE	2 N		\$15.00
PE.0614-1	Skate, Figure Skating	20	MW	1:00 PM	Johnson Ice Rink	Prior skate experience. Students must have command of skating backward, forward and stopping.	SKTE	2 N		\$15.00
PE.0613-1	Skate, Intermediate	15	MW	11:00 AM	Johnson Ice Rink 2	Prior skate experience. Students must be able to skate forward, backward and stop.	SKTE	2 N		\$15.00
PE.0613-2	Skate, Intermediate	15	MW	2:00 PM	Johnson Ice Rink 2	same as above	SKTE	2 N		\$15.00

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PE.0613-3	Skate, Intermediate	15	TR	11:00 AM	Johnson Ice Rink 2	same as above	SKTE	2	N	\$15.00
PE.0613-4	Skate, Intermediate	15	TR	1:00 PM	Johnson Ice Rink 2	same as above	SKTE	2	N	\$15.00
PE.0703-1	Soccer, Beginner	15	TR	2:00 PM	Zesiger MAC Court	None		2	N	\$0.00
PE.0616-1	Squash	12	MW	1:00 PM	Zesiger Squash Courts	None	ONCA	2	N	\$10.00
PE.0616-2	Squash	12	TR	2:00 PM	Zesiger Squash Courts	None	ONCA	2	N	\$10.00
PE.0202-3	Swimming, Beginner	16	MW	11:00 AM	Zesiger Teaching Pool	None	ONCA	2	Y	\$15.00
PE.0202-4	Swimming, Beginner	8	MW	1:00 PM	Zesiger Teaching Pool	None	ONCA	2	Y	\$15.00
PE.0202-5	Swimming, Beginner	8	MW	2:00 PM	Zesiger Teaching Pool	None	ONCA	2	Y	\$15.00
PE.0202-6	Swimming, Beginner	12	TR	11:00 AM	Zesiger Teaching Pool	None	ONCA	2	Y	\$15.00
PE.0202-7	Swimming, Beginner	8	TR	1:00 PM	Zesiger Teaching Pool	None	ONCA	2	Y	\$15.00
PE.0202-8	Swimming, Beginner	8	TR	2:00 PM	Zesiger Teaching Pool	None	ONCA	2	Y	\$15.00
PE.0620-2	Tennis	16	TR	1:00 PM	Johnson Infield	None	ONCA	2	N	\$10.00
PE.0721-1	Tsegball	15	TR	4:00 PM	Zesiger MAC Court	None	ONCA	2	N	\$10.00
PE.0414-1	Weight Training	16	MW	11:00 AM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Canvas to class.		2	N	\$0.00
PE.0414-2	Weight Training	16	MW	1:00 PM	Du Pont Varsity Weight Room	same as above		2	N	\$0.00
PE.0414-3	Weight Training	16	TR	11:00 AM	Du Pont Varsity Weight Room	same as above		2	N	\$0.00
PE.0414-4	Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room	same as above		2	N	\$0.00
PE.0414-5	Weight Training	16	TR	2:00 PM	Du Pont Varsity Weight Room	same as above		2	N	\$0.00
PE.0415-1	Weight Training for Women	16	MW	2:00 PM	Du Pont Varsity Weight Room	same as above		2	N	\$0.00