

**Quarter 2 Schedule**  
**Wed, Oct. 22- Tue, Dec. 9**

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points	Swim GIR
PE.0800-1	Aikido	20	TR	1:00 PM	Du Pont Wrestling Room	None	2	N
PE.0600-1	Archery	14	MW	10:00 AM	Rockwell Cage North	Students must attend first 4 classes.	2	N
PE.0600-2	Archery	14	MW	11:00 AM	Rockwell Cage North	Same as above	2	N
PE.0600-3	Archery	14	MW	1:00 PM	Rockwell Cage North	Same as above	2	N
PE.0600-4	Archery	14	MW	2:00 PM	Rockwell Cage North	Same as above	2	N
PE.0600-5	Archery	14	TR	11:00 AM	Rockwell Cage North	Same as above	2	N
PE.0600-6	Archery	14	TR	1:00 PM	Rockwell Cage North	Same as above	2	N
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.	2	N
PE.0900-1	Backpacking- White Mountains, NH	10	F	8:00 AM	Off Campus	Q2 registration: 11/8-11/10. Time: leave campus Sat. by 8:00a; return to campus Mon. by 6p. Must attend pre-trip meeting on 10/23 at 5:15p-6:45p - Media room (W35-199) and at least 1 fitness class (10/28 or 11/4 @5p. Must complete all forms provided by PE&W office to confirm registration by Mon 10/20. 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.	4	N
PE.0300-1	Ballroom	20	TR	7:00 PM	Du Pont T Club Lounge	None	2	N
PE.0602-1	Fencing, Foil	14	MW	3:00 PM	Du Pont Fencing Room	Students must attend first 4 classes.	2	N
PE.0603-1	Fencing, Sabre	14	TR	2:00 PM	Du Pont Fencing Room	Same as above	2	N
PE.0518-2	Fitness (Yoga)/Meditation	16	TR	6:00 PM	Du Pont Multi-Purpose Room	None	2	N
PE.0532-1	Fitness (Yoga)/Resiliency (remote synchronous)	15	MW	7:00 PM	Remote Synchronous	This remote synchronous course requires students to have the following: 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

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PE.0544-1	Fitness(Strength Circuit)/Nutrition	16	MW	5:00 PM	Du Pont Multi-Purpose Room	None	2	N
PE.0546-1	Fitness(Strength Circuit)/Stress Management	16	MW	6:00 PM	Du Pont Multi-Purpose Room	None	2	N
PE.0403-1	Group Exercise - Cardio Kickboxing	20	MW	6:00 PM	Du Pont T Club Lounge	None	2	N
PE.0405-1	Group Exercise - Pilates	20	TR	2:00 PM	Du Pont T Club Lounge	None	2	N
PE.0444-1	Group Exercise- HIIT	20	TR	6:00 PM	Du Pont T Club Lounge	None	2	N
PE.0458-1	Group Exercise- Learn Kickboxing	20	MW	5:00 PM	Du Pont T Club Lounge	None	2	N
PE.0411-1	Group Exercise- Yoga	20	MW	8:00 AM	Du Pont T Club Lounge	None	2	N
PE.0411-2	Group Exercise- Yoga	20	TR	3:00 PM	Du Pont T Club Lounge	None	2	N
PE.0411-3	Group Exercise- Yoga	20	TR	5:00 PM	Du Pont T Club Lounge	None	2	N
PE.0316-1	Hip Hop	20	TR	11:00 AM	Du Pont T Club Lounge	None	2	N
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).	2	N
PE.0646-1	Pickleball	16	MW	1:00 PM	Rockwell Cage South	None	2	N
PE.0646-2	Pickleball	16	MW	2:00 PM	Rockwell Cage South	None	2	N
PE.0608-1	Pistol	14	TR	11:00 AM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	2	N
PE.0608-2	Pistol	14	TR	1:00 PM	Du Pont Pistol Range	same as above	2	N
PE.0608-3	Pistol	14	TR	2:00 PM	Du Pont Pistol Range	same as above	2	N
PE.0626-1	Rifle	14	MW	11:00 AM	Du Pont Pistol Range	same as above	2	N
PE.0626-2	Rifle	14	MW	1:00 PM	Du Pont Pistol Range	same as above	2	N
PE.0626-3	Rifle	14	MW	2:00 PM	Du Pont Pistol Range	same as above	2	N

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PE.0927-1	Sailing- Catboat (3 week course)	15	TR	1:00 PM	Sailing Pavilion	Q2: Must be available Oct: 23, 28, 30 Nov. 4, 6, 13 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. 15th.	2	N
PE.0640-1	Self Defense for Everyone	20	TR	3:00 PM	Du Pont Wrestling Room	None	2	N
PE.0636-1	Self-Defense for Women	20	TR	2:00 PM	Du Pont Wrestling Room	This is an all female course.	2	N
PE.0612-1	Skate, Beginner	20	MW	1:00 PM	Johnson Ice Rink 1	None	2	N
PE.0612-2	Skate, Beginner	20	MW	2:00 PM	Johnson Ice Rink 1	None	2	N
PE.0612-3	Skate, Beginner	20	TR	11:00 AM	Johnson Ice Rink 1	None	2	N
PE.0612-4	Skate, Beginner	20	TR	1:00 PM	Johnson Ice Rink 1	None	2	N
PE.0614-1	Skate, Figure Skating	20	MW	11:00 AM	Johnson Ice Rink	Prior skate experience. Students must have command of skating backward, forward and stopping. Ability to glide on one foot at least 5 seconds.	2	N
PE.0613-1	Skate, Intermediate	15	MW	1:00 PM	Johnson Ice Rink 2	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N
PE.0613-2	Skate, Intermediate	15	MW	2:00 PM	Johnson Ice Rink 2	Same as above	2	N
PE.0613-3	Skate, Intermediate	15	TR	11:00 AM	Johnson Ice Rink 2	Same as above	2	N
PE.0613-4	Skate, Intermediate	15	TR	1:00 PM	Johnson Ice Rink 2	Same as above	2	N
PE.0703-1	Soccer, Beginner	15	TR	2:00 PM	Zesiger MAC Court	This course will be held indoors.	2	N
PE.0616-1	Squash	12	TR	1:00 PM	Zesiger Squash Courts	None	2	N
PE.0616-2	Squash	12	TR	2:00 PM	Zesiger Squash Courts	None	2	N
PE.0230-1	Swimming, Advanced Beginner	10	TR	2:00 PM	Zesiger Teaching Pool	Beginner swim course completed.	2	Y
PE.0202-1	Swimming, Beginner	8	MW	11:00 AM	Zesiger Teaching Pool	None	2	Y
PE.0202-2	Swimming, Beginner	8	MW	1:00 PM	Zesiger Teaching Pool	None	2	Y
PE.0202-3	Swimming, Beginner	8	MW	2:00 PM	Zesiger Teaching Pool	None	2	Y
PE.0202-4	Swimming, Beginner	10	TR	11:00 AM	Zesiger Teaching Pool	None	2	Y
PE.0202-5	Swimming, Beginner	10	TR	1:00 PM	Zesiger Teaching Pool	None	2	Y
PE.0202-6	Swimming, Beginner	8	TR	2:00 PM	Zesiger Teaching Pool	None	2	Y

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Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points	Swim GIR
PE.0720-1	Tchoukball	15	TR	4:00 PM	Zesiger MAC Court	None	2	N
PE.0620-2	Tennis	14	MW	11:00 AM	Johnson Infield	This is an indoor course.	2	N
PE.0414-1	Weight Training	16	MW	11:00 AM	Du Pont Varsity Weight Room	Students must attend first 4 classes.	2	N
PE.0414-3	Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room	same as above	2	N
PE.0414-4	Weight Training	16	TR	2:00 PM	Du Pont Varsity Weight Room	same as above	2	N

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