

Section	Title	CAP	Day	Time	Location	Prerequisites	GIR Points	Fee Amount
PE.0656-1	Air 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	\$35.00
PE.0658-1	Air Rifle	14	MW	11:00 AM	Du Pont Pistol Range	same as above	2	\$35.00
PE.0600-1	Archery	14	MW	11:00 AM	Rockwell Cage North	Students must attend first 4 classes.	2	\$15.00
PE.0600-2	Archery	14	MW	1:00 PM	Rockwell Cage North	same as above	2	\$15.00
PE.0600-3	Archery	14	MW	2:00 PM	Rockwell Cage North	same as above	2	\$15.00
PE.0600-4	Archery	14	TR	1:00 PM	Rockwell Cage North	same as above	2	\$15.00
PE.0600-5	Archery	14	TR	2:00 PM	Rockwell Cage North	same as above	2	\$15.00
PE.0911-1	Backpacking - Urban	12		3:00 PM	Off Campus	Q3: Mar. 22-24: Must attend pre-trip meeting Feb. 27 5:15p-6:45p (Zesiger Center Media Room- W35-199) and attend at least 1 fitness session before the trip. Must complete all forms to reconfirm registration by Feb. 12. 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	\$115.00
PE.0601-1	Badminton	16	MW	11:00 AM	Rockwell Cage South	None	2	\$5.00
PE.0601-2	Badminton	16	MW	1:00 PM	Rockwell Cage South	None	2	\$5.00
PE.0300-1	Ballroom	20	TR	7:00 PM	Du Pont T Club Lounge	None	2	\$0.00
PE.0903-1	Climbing, Indoor	14	W	5:30 PM	Off Campus	Q3 2024: Feb. 21, 28, Mar. 6, 13. Time: 5:30p pick up -9:30p drop off. Students must attend first 2 classes. Must complete all forms by Mon, Feb. 12 sent to the students MIT email by the close of registration. Check SPAM folders if emails are being forwarded from an MIT email account.	2	\$125.00
PE.0521-1	Fitness (Yoga) / Healthy Relationship	16	TR	4:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0521-1	Fitness (Yoga) / Healthy Relationship	16	TR	4:00 PM	Other	None	2	\$0.00
PE.0517-1	Fitness (Yoga)/CPR/First Aid	12	TR	5:00 PM	Du Pont Multi-Purpose Room	Q3 2024: 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 2/22.	2	\$60.00
PE.0512-1	Fitness / Nutrition	16	MW	5:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0539-1	Fitness(Yoga)/Emotional Awareness and Connection	16	MW	4:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0508-1	Fitness/ Stress Management	16	MW	6:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0538-1	Fitness/Resiliency	16	MW	3:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0538-2	Fitness/Resiliency	16	TR	3:00 PM	Other	None	2	\$0.00
PE.0538-2	Fitness/Resiliency	16	TR	3:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0407-1	Group Exercise - Cycling	14	MW	4:00 PM	Wang Fitness, Spin Dome Area	None	2	\$0.00
PE.0405-1	Group Exercise - Pilates	20	TR	2:00 PM	Du Pont T Club Lounge	None	2	\$0.00

Section	Title	CAP	Day	Time	Location	Prerequisites	GIR Points	Fee Amount
PE.0435-1	Group Exercise- Functional Fitness	20	MW	6:00 PM	Du Pont T Club Lounge	None	2	\$0.00
PE.0444-1	Group Exercise- HIIT	20	TR	6:00 PM	Du Pont T Club Lounge	None	2	\$0.00
PE.0411-1	Group Exercise- Yoga	20	MW	8:00 AM	Du Pont T Club Lounge	None	2	\$0.00
PE.0411-2	Group Exercise- Yoga	20	MW	5:00 PM	Du Pont T Club Lounge	None	2	\$0.00
PE.0411-3	Group Exercise- Yoga	20	TR	3:00 PM	Du Pont T Club Lounge	None	2	\$0.00
PE.0411-4	Group Exercise- Yoga	20	TR	5:00 PM	Du Pont T Club Lounge	None	2	\$0.00
PE.4300-1	Healthy Decisions: Wellness and Substance Use (remote async)	20	TR	5:00 PM	Remote Asynchronous	Attendance required at 2 (30 minute) synchronous zoom meetings- Q3 2024: Tue, 2/13 and Wed, 3/13 @ 5p ET and completion of weekly asynchronous assignments. 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.	2	\$40.00
PE.0316-1	Hip Hop	20	MW	7:00 PM	Du Pont T Club Lounge	None	2	\$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).	2	\$15.00
PE.0455-1	Mind/Hand Challenge Course	16	TR	1:00 PM	Du Pont Wrestling Room	None	2	\$0.00
PE.0307-1	Modern Squares, Beginner	20	T	8:15 PM	Other	Q3 Course Dates: Feb. 13, 27, Mar. 5, 12, 19, Apr. 2 (no classes 2/20 and 3/26)	2	\$0.00
PE.0922-1	Parkour	16	F	1:15 PM	Zesiger MAC Court	Q3 2024: Fri: Feb. 16, 23, Mar. 1, 8, 15, 22 (ends after quarter is completed) Time: 1:15p-2:45p Registration is pending until all forms sent from PE&W office have been completed by Mon. 2/12. 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.	2	\$75.00
PE.0646-1	Pickleball	16	TR	1:00 PM	Rockwell Cage South	None	2	\$10.00
PE.0646-2	Pickleball	16	TR	2:00 PM	Rockwell Cage South	None	2	\$10.00
PE.0608-1	Pistol	14	TR	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	2	\$35.00
PE.0609-1	Pistol, Intermediate	14	TR	2:00 PM	Du Pont Pistol Range	Student must have successfully completed the MIT PE Beginner Pistol Course. Note: Student must attend first 4 classes, though attendance at all classes is strongly recommended.	2	\$35.00
PE.0626-1	Rifle	14	MW	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	2	\$35.00
PE.0626-2	Rifle	14	MW	2:00 PM	Du Pont Pistol Range	same as above	2	\$35.00

Section	Title	CAP	Day	Time	Location	Prerequisites	GIR Points	Fee Amount
PE.0201-1	SCUBA Diving	10	MW	6:00 PM	Other	Q3 2024: MW: Feb. 21, 26, 28, Mar. 4, 6, 11, 13 at 6p-9:30p. Dupont Lobby Conference Rm/Zesiger Center Pool. Must complete PE&W Swim/Boat GIR by 2/7 to participate 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 2/12. Note: this course is not applicable to those who currently have a SCUBA certification. Students must attend class #1 and #7.	4	\$365.00
PE.0640-1	Self Defense for Everyone	16	MW	1:00 PM	Du Pont Wrestling Room	None	2	\$0.00
PE.0612-1	Skate	20	MW	1:00 PM	Johnson Ice Rink 1	None	2	\$15.00
PE.0612-2	Skate	20	MW	2:00 PM	Johnson Ice Rink 1	None	2	\$15.00
PE.0612-3	Skate	20	TR	11:00 AM	Johnson Ice Rink 1	None	2	\$15.00
PE.0612-4	Skate	20	TR	1:00 PM	Johnson Ice Rink 1	None	2	\$15.00
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.	2	\$15.00
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	\$15.00
PE.0613-2	Skate, Intermediate	15	MW	2:00 PM	Johnson Ice Rink 2	same as above	2	\$15.00
PE.0613-3	Skate, Intermediate	15	TR	11:00 AM	Johnson Ice Rink 2	same as above	2	\$15.00
PE.0613-4	Skate, Intermediate	15	TR	1:00 PM	Johnson Ice Rink 2	same as above	2	\$15.00
PE.0703-1	Soccer, Beginner	15	TR	4:00 PM	Zesiger MAC Court	None	2	\$0.00
PE.0725-1	Spikeball	16	MW	4:00 PM	Zesiger MAC Court	None	2	\$5.00
PE.0616-1	Squash	12	MW	1:00 PM	Zesiger Squash Courts	None	2	\$5.00
PE.0616-2	Squash	12	MW	2:00 PM	Zesiger Squash Courts	None	2	\$5.00
PE.0616-3	Squash	12	TR	1:00 PM	Zesiger Squash Courts	None	2	\$5.00
PE.0616-4	Squash	12	TR	2:00 PM	Zesiger Squash Courts	None	2	\$5.00
PE.0202-1	Swimming, Beginner	8	MW	11:00 AM	Zesiger Teaching Pool	None	2	\$15.00
PE.0202-2	Swimming, Beginner	8	MW	1:00 PM	Zesiger Teaching Pool	None	2	\$15.00
PE.0202-3	Swimming, Beginner	8	MW	2:00 PM	Zesiger Teaching Pool	None	2	\$15.00
PE.0202-4	Swimming, Beginner	8	TR	11:00 AM	Zesiger Teaching Pool	None	2	\$15.00
PE.0202-5	Swimming, Beginner	8	TR	1:00 PM	Zesiger Teaching Pool	None	2	\$15.00
PE.0202-6	Swimming, Beginner	8	TR	2:00 PM	Zesiger Teaching Pool	None	2	\$15.00
PE.0620-1	Tennis	16	MW	11:00 AM	Johnson Infield	None	2	\$10.00
PE.0414-1	Weight Training	16	MW	2:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Canvas to class.	2	\$0.00
PE.0414-2	Weight Training	16	TR	11:00 AM	Du Pont Varsity Weight Room	same as above	2	\$0.00
PE.0414-3	Weight Training	16	TR	2:00 PM	Du Pont Varsity Weight Room	same as above	2	\$0.00
PE.0415-1	Weight Training for Women	16	MW	1:00 PM	Du Pont Varsity Weight Room	This is an all female class. Students must attend first 4 classes and bring handout printed from Canvas to class.	2	\$0.00

Section	Title	CAP	Day	Time	Location	Prerequisites	GIR Points	Fee Amount
PE.0452-1	Yoga- PEandW (Remote)	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	\$0.00
PE.0452-2	Yoga- PEandW (Remote)	15	TR	7:00 PM	Remote Synchronous	same as above	2	\$0.00