Section	Title	Сар	Day	Time	Location	Prerequisites	GIR Points
						Students must attend first 3	
					Du Pont Pistol	classes, though attendance at all	
PE.0658-1	Air Rifle	14	TR	11:00 AM		classes is strongly recommended.	2
					Rockwell Cage	Students must attend first 4	
PE.0600-1	Archery	14	MW	10:00 AM	North	classes.	2
					Rockwell Cage	Students must attend first 4	
PE.0600-2	Archery	14	MW	11:00 AM		classes.	2
DE 0600 3	Archoni	1.1	N // N / /	1.00 DM	Rockwell Cage	Students must attend first 4	_
PE.0600-3	Archery	14	MW	1:00 PM	Rockwell Cage	classes. Students must attend first 4	2
PE.0600-4	Archery	14	MW	2:00 PM	_	classes.	
12.0000	7 il circi y			2.00110	Rockwell Cage	Students must attend first 4	
PE.0600-5	Archery	14	TR	1:00 PM		classes.	2
					Rockwell Cage	Students must attend first 4	
PE.0600-6	Archery	14	TR	2:00 PM		classes.	2
					Rockwell Cage		
PE.0601-2	Badminton	16	TR	1:00 PM		None	2
DE 0601 2	Padminton	10	тр	2.00 0 4	Rockwell Cage	None	_
PE.0601-3	Badminton	16	TR	2:00 PM	Du Pont T Club	None	
PE.0300-1	Ballroom	20	TR	7:00 PM		None	2
1 2.0500 1	Bambom	20		7.00110	Louinge	Q4: 4/5, 4/12, 4/26, 5/3. The first	
						class is mandatory. Class time: 2p-	
						6p. Must complete all forms to	
						confirm registration by 3/17.	
						Forms will be sent from the PE&W	
						office to the student's MIT email	
						by the close of online registration.	
	Climbing,					Check SPAM folders if emails are	
DE 0040 4	Indoor/Outdoor Top				0.00	being forwarded from an MIT	
PE.0918-1	Rope	14	5	2:00 PM	Off Campus	email account. Students must attend first 4	2
					Du Pont Fencing	classes and bring handout printed	
PE.0603-1	Fencing, Sabre	14	MW	1:00 PM	_	from Canvas to class.	2
1 2.0003 1	renemb, subre		10100	1.001101	Du Pont Fencing	Hom canvas to class.	
PE.0603-2	Fencing, Sabre	14	MW	2:00 PM	_	same as above	2
					Du Pont Fencing		
PE.0603-3	Fencing, Sabre	14	TR	1:00 PM	Room	same as above	2
					Du Pont Fencing		
PE.0603-4	Fencing, Sabre	14	TR	2:00 PM	Room	same as above	2
	Fitness (Strength						
PE.0541-1	Circuit)/Financial Health	16	TR	4:00 DM	Du Pont Multi- Purpose Room	None	,
PE.0341-1	rieditii	10	IN	4.00 FIVI	rui pose koom	Notice	2
						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	
	Eitnoss					area clear of any objects with a	
	Fitness (Yoga)/Resiliency					standard 7 - 8 foot ceiling and non- slip floor to do physical activity,	]
	(remote				Remote	comfortable with using 'camera	
PE.0532-1	synchronous)	16	TR	7:00 PM	Synchronous	on' function during Zoom sessions	2
	Fitness(Strength	1		. 100 1 101	Du Pont Multi-	2	<del>                                     </del>
PE.0544-1	Circuit)/Nutrition	16	MW	5:00 PM	Purpose Room	None	2
	Fitness(Strength						
	Circuit)/Stress				Du Pont Multi-		
PE.0546-1	Management	16	MW	6:00 PM	Purpose Room	None	2

Section	Title	Сар	Day	Time	Location	Prerequisites	GIR Points
	1100		,				
						Q4 2025: Completion of weekly	
						asynchronous assignments and 2	
						30 minute synchronous meetings	
						over Zoom- Thu, 4/3 and 4/24 @	
						5:15p. Internet access, computer	
						(or tablet, mobile device) with a	
						camera, microphone, and working	
	Foundations of					speaker, MIT Zoom account,	
	Physical Fitness					comfortable with using 'camera	
DE 4100 1	(remote	20		F.15 DN4	Remote	on' function during Zoom	l ,
PE.4100-1	asynchronous)	20	TR	5:15 PIVI	Asynchronous	sessions.	
						This course will be held outdoors	
					Briggs Field B, C, D,	with indoor rain back up. Meet in	
					Rocwell Main (rain	Zesiger Center lobby for 1st day of	
PE.0604-1	Golf	12	TR	11:00 AM		class.	2
				1	Briggs Field B, C, D,		
					Rocwell Main (rain		Ī
PE.0604-2	Golf	12	TR	1:00 PM	Back up)	same as above	1 2
				1	Briggs Field B, C, D,		
	- 10				Rocwell Main (rain		_
PE.0604-3	Golf	12	TR	2:00 PM	Back up)	same as above	2
	Group Exercise -				Du Pont T Club		_
PE.0405-1	Pilates	20	TR	2:00 PM		None	2
	Group Exercise-				Du Pont T Club		_
PE.0435-1	Functional Fitness	20	MW	6:00 PM		None	2
					Du Pont T Club		_
PE.0444-1	Group Exercise- HIIT	20	TR	6:00 PM		None	2
					Du Pont T Club		_ ا
PE.0411-1	Group Exercise- Yoga	20	MW	8:00 AM	_	None	2
DE 0444 2		20		5 00 514	Du Pont T Club	<b>.</b>	_ ا
PE.0411-2	Group Exercise- Yoga	20	MW	5:00 PM		None	2
DE 0444 2		20		2 00 014	Du Pont T Club	<b>.</b>	_ ا
PE.0411-3	Group Exercise- Yoga	20	TR	3:00 PM		None	2
DE 0444 4		20		5 00 514	Du Pont T Club	<b>.</b>	_ ا
PE.0411-4	Group Exercise- Yoga	20	TR	5:00 PM	Lounge	None	2
						Q4 2025. Completion of weekly	
						asynchronous assignments and 2	
						30 minute synchronous meetings	
						over Zoom - Wed, 4/2 and 4/23	
				1		@5p. Internet access, computer	
				1		(or tablet, mobile device) with a	
				1		camera, microphone, and working	
	Healthy Decisions:			1		speaker, MIT Zoom account,	
	Wellness and			1		comfortable with using 'camera	
	Substance Use				Remote	on' function during Zoom	Ī
PE.4300-1	(remote async)	20	TR	5:00 PM	Asynchronous	sessions.	2
	Improvisational				Du Pont T Club	l	
PE.0329-1	Dance	20	TR	1:00 PM		None	2
				1	Du Pont T Club		
PE.0328-1	Jazz Funk	20	TR	11:00 AM	Lounge	None	2
						This course is in-person and will	Ī
				1		be held outdoors with indoor rain	
PE.0402-1	Jogging/Running	16	TR	1:00 PM	Steinbrenner Track	back up.	2
				1	Du Pont Wrestling		
PE.0806-1	Judo	16	MW	11:00 AM		none	2
					Du Pont Wrestling		
PE.0811-1	Karate Kickstart	I 16	TR	10:00 AM	IRoom	None	:

Section	Title	Сар	Day	Time	Location	Prerequisites	GIR Points
			,			Q4: Apr. 29, May 6, 13 (May 15*weather back up). Students must attend ALL 3 classes to	
						receive PE&W points. All	
						participants must successfully complete swim and boat test by	
						3/12. Students must complete all	
						forms sent from PE&W office to	
						the student MIT email to confirm	
						online registration by 3/17. Check SPAM folders if emails are being	
						forwarded from an MIT email	
PE.0907-1	Kayak	12	Т	3:30 PM	Off Campus	account.	2
PE.0646-1	Pickleball	16	MW	1:00 PM	Rockwell Cage South	None	2
					Rockwell Cage		
PE.0646-2	Pickleball	16	MW	2:00 PM	South	None	2
						Students must attend first 4	
						classes, though attendance at all	
PE.0608-1	Pistol	1,	MW	1.00 DM	Du Pont Pistol	classes is strongly recommended.	
PE.0006-1	PISCOI	14	IVIVV	1:00 PM	Du Pont Pistol	same as above	2
PE.0608-2	Pistol	14	MW	2:00 PM	Range		2
						Student must have successfully completed the MIT PEandW	
						Beginner Pistol Course. Note:	
						Student must attend first 4	
					Du Pont Pistol	classes, though attendance at all	_
PE.0609-1	Pistol, Intermediate	14	MW	11:00 AM	Range	classes is strongly recommended.	2
						Students must attend first 4	
					Du Pont Pistol	classes, though attendance at all	
PE.0626-1	Rifle	14	TR	1:00 PM	Range Du Pont Pistol	classes is strongly recommended.	2
PE.0626-2	Rifle	14	TR	2:00 PM		same as above	2
						2024/25- Q4 classes: Thu dates:	
						Apr. 3, 10, 17, 24, May 1, 8; Time: 1-2:30p. Must successfully	
						complete swim and boat test by	
						3/12. Students must attend first 3	
DE 0004 3	c III			4 00 00 4	6 11. 5 11.	classes and complete 5 classes to	
PE.0904-3	Sailing	30	К	1:00 PM	Sailing Pavilion	pass the course.  2024/25- Q4 classes Tue dates*:	2
						Apr. 8, 15, 29, May 6, 13 (*must	
						attend all to pass); Time: 1-2:30p.	
						Must successfully complete swim	
						and boat test by 3/12. Students must attend first 3 classes and	
						complete 5 classes to pass the	
PE.0904-1	Sailing	30	Т	1:00 PM	Sailing Pavilion	course.	2
						2024/25- Q4 classes: Wed dates:	
						Apr. 2, 9, 16, 23, 30, May 7; Time:	
						1-2:30p. Must successfully	
						complete swim and boat test by 3/12. Students must attend first 3	
						classes and complete 5 classes to	
PE.0904-2	Sailing	30	W	1:00 PM	Sailing Pavilion	pass the course.	2
						Q4 classes Tue dates*: Apr. 8, 15,	
						29, May 6, 13 (*must attend all to	
	Sailing, Intermediate					pass); Prior sailing experience that	
PE.0909-1	420 Dinghy	30	Т	11:00 AM	Sailing Pavilion	includes passing the Learn To Sail"	

Castian	T'AL -	<b>C</b>	<b>D</b>	<b>T</b>		D	GIR
Section	Title	Сар	Day	Time	Location	Prerequisites	Points
						Q4 2025: TR: Apr. 8, 10, 15, 17,	
						24, 29, May 1; Class time: 6:45p-	
						10p (meet at Alumni Wang	
						pool/Classroom 66-160 after). All	
						participants must complete PE&W	
						Swim/Boat test by Mar. 12 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	
					7	registration by 3/17. Attendance	
DE 0201 1	CCLIDA Divina	15	TO	C. 45 DN4	Zesiger 50 M Pool East Side	is required on the first and last	,
PE.0201-1	SCUBA Diving	15	TR	6:45 PIVI	East Side	day. This is an outdoor course with rain	4
					Roberts Field and		
PE.0703-1	Soccer, Beginner	15	MW	11.00 444	Zesiger MAC Court	back up. Day 1 meets in the Zesiger Center lobby.	2
PE.0705-1	Soccer, beginner	13	IVIVV	11.00 AIVI	Roberts Field and	Zesiger Center lobby.	
PE.0703-2	Soccer, Beginner	15	MW	1.00 DM	Zesiger MAC Court	same as above	2
PE.0703-2	Soccer, beginner	13	IVIVV	1.00 PIVI	Zesiger Squash	same as above	
PE.0616-1	Squash	12	TD	1:00 PM		None	2
PE.0010-1	Squasii	12	IN	1.00 PIVI	Courts	Completion of Beginner Squash	
						class or had experience in high	
						school or club. Please email	
						instructor at bbubna@mit.edu if	
						you are not sure regarding your	
					Zesiger Squash	ability or if you have any	
PE.0617-1	Squash, Intermediate	12	TR	11:00 AM	- :	questions.	)
1 2.0017-1	Squasii, iiiteriiiealate	12	111	11.00 AIVI	Zesiger Teaching	questions.	
PE.0202-1	Swimming, Beginner	8	MW	11:00 AM		None	2
1 2.0202 1	Swittining, Degittlet		10100	11.00 / ((V)	Zesiger Teaching	T T T T T T T T T T T T T T T T T T T	
PE.0202-2	Swimming, Beginner	8	MW	2:00 PM		None	2
. 2.0202 2	Swittining, Beginner			2.00110	Alumni Pool 25		
PE.0202-3	Swimming, Beginner	8	TR	11:00 AM		None	2
. 2.0202 3	Swittining, Beginner			22.00 / 11/1	Zesiger Teaching	Tronc	_
PE.0202-4	Swimming, Beginner	12	TR	1:00 PM		None	2
	98, 2.8				Zesiger Teaching		_
PE.0202-5	Swimming, Beginner	8	TR	2:00 PM	_	None	2
	Swimming,				Alumni Pool 25		
PE.0203-1	Intermediate	15	TR	11:00 AM		Beginner swimming or equivalent.	2
					7	This is an outdoor course with rain	
					East Tennis Courts	back up. Day 1 meets in the	
PE.0620-1	Tennis	16	TR	1:00 PM	and Johnson infield	Zesiger Center lobby.	2
PE.0721-1	Tsegball	15	TR	4:00 PM	Zesiger MAC Court	None	2
				1		Students must attend first 4	
DE 0444					Du Pont Varsity	classes and bring handout printed	
PE.0414-1	Weight Training	16	MW	1:00 PM	Weight Room	from Canvas to class.	2
DE 0444 -					Du Pont Varsity		
PE.0414-2	Weight Training	16	TR	11:00 AM	Weight Room	same as above	2
				1	Du Pont Varsity		
PE.0414-3	Weight Training	16	TR	1:00 PM	Weight Room	same as above	2
				1		This is an all female class.	
				1		Students must attend first 4	
	Weight Training for				Du Pont Varsity	classes and bring handout printed	
PE.0415-1	Women	16	TR	2:00 PM	Weight Room	from Canvas to class.	2

Section	Title	Сар	Day	Time	Location	Prerequisites	GIR Points
	Wellness Foundations (remote				Remote	Q4 2025. Completion of weekly asynchronous assignments and 2 30 minute synchronous meetings over Zoom- Wed, 4/2 and 4/23 @ 5:30p. 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	
PE.4200-1	asynchronous)	20	TR	5:30 PM	Asynchronous	sessions.	

\$35.00

\$15.00

\$15.00

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No classes: 4/21, 4/22

\$125.00

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