

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points
PE.0658-1	Air Rifle	14	TR	11:00 AM	Du Pont Pistol Range	Students must attend first 3 classes, though attendance at all classes is strongly recommended.	2
PE.0600-1	Archery	14	MW	10:00 AM	Rockwell Cage North	Students must attend first 4 classes.	2
PE.0600-2	Archery	14	MW	11:00 AM	Rockwell Cage North	Students must attend first 4 classes.	2
PE.0600-3	Archery	14	MW	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2
PE.0600-4	Archery	14	MW	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2
PE.0600-5	Archery	14	TR	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2
PE.0600-6	Archery	14	TR	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2
PE.0601-2	Badminton	16	TR	1:00 PM	Rockwell Cage South	None	2
PE.0601-3	Badminton	16	TR	2:00 PM	Rockwell Cage South	None	2
PE.0300-1	Ballroom	20	TR	7:00 PM	Du Pont T Club Lounge	None	2
PE.0918-1	Climbing, Indoor/Outdoor Top Rope	14	S	2:00 PM	Off Campus	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. Check SPAM folders if emails are being forwarded from an MIT email account.	2
PE.0603-1	Fencing, Sabre	14	MW	1:00 PM	Du Pont Fencing Room	Students must attend first 4 classes and bring handout printed from Canvas to class.	2
PE.0603-2	Fencing, Sabre	14	MW	2:00 PM	Du Pont Fencing Room	same as above	2
PE.0603-3	Fencing, Sabre	14	TR	1:00 PM	Du Pont Fencing Room	same as above	2
PE.0603-4	Fencing, Sabre	14	TR	2:00 PM	Du Pont Fencing Room	same as above	2
PE.0541-1	Fitness (Strength Circuit)/Financial Health	16	TR	4:00 PM	Du Pont Multi-Purpose Room	None	2
PE.0532-1	Fitness (Yoga)/Resiliency (remote synchronous)	16	TR	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
PE.0544-1	Fitness(Strength Circuit)/Nutrition	16	MW	5:00 PM	Du Pont Multi-Purpose Room	None	2
PE.0546-1	Fitness(Strength Circuit)/Stress Management	16	MW	6:00 PM	Du Pont Multi-Purpose Room	None	2

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

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points
PE.0907-1	Kayak	12	T	3:30 PM	Off Campus	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 account.	2
PE.0646-1	Pickleball	16	MW	1:00 PM	Rockwell Cage South	None	2
PE.0646-2	Pickleball	16	MW	2:00 PM	Rockwell Cage South	None	2
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.	2
PE.0608-2	Pistol	14	MW	2:00 PM	Du Pont Pistol Range	same as above	2
PE.0609-1	Pistol, Intermediate	14	MW	11:00 AM	Du Pont Pistol Range	Student must have successfully completed the MIT PEandW Beginner Pistol Course. Note: Student must attend first 4 classes, though attendance at all classes is strongly recommended.	2
PE.0626-1	Rifle	14	TR	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes, though attendance at all classes is strongly recommended.	2
PE.0626-2	Rifle	14	TR	2:00 PM	Du Pont Pistol Range	same as above	2
PE.0904-3	Sailing	30	R	1:00 PM	Sailing Pavilion	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 classes and complete 5 classes to pass the course.	2
PE.0904-1	Sailing	30	T	1:00 PM	Sailing Pavilion	2024/25- Q4 classes Tue dates*: 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 course.	2
PE.0904-2	Sailing	30	W	1:00 PM	Sailing Pavilion	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 pass the course.	2
PE.0909-1	Sailing, Intermediate 420 Dinghy	30	T	11:00 AM	Sailing Pavilion	Q4 classes Tue dates*: Apr. 8, 15, 29, May 6, 13 (*must attend all to pass); Prior sailing experience that includes passing the Learn To Sail"	

Schedule subject to change upon the opening of online registration.

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points
PE.0201-1	SCUBA Diving	15	TR	6:45 PM	Zesiger 50 M Pool East Side	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 registration by 3/17. Attendance is required on the first and last day.	4
PE.0703-1	Soccer, Beginner	15	MW	11:00 AM	Roberts Field and Zesiger MAC Court	This is an outdoor course with rain back up. Day 1 meets in the Zesiger Center lobby.	2
PE.0703-2	Soccer, Beginner	15	MW	1:00 PM	Roberts Field and Zesiger MAC Court	same as above	2
PE.0616-1	Squash	12	TR	1:00 PM	Zesiger Squash Courts	None	2
PE.0617-1	Squash, Intermediate	12	TR	11:00 AM	Zesiger Squash 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 ability or if you have any questions.	2
PE.0202-1	Swimming, Beginner	8	MW	11:00 AM	Zesiger Teaching Pool	None	2
PE.0202-2	Swimming, Beginner	8	MW	2:00 PM	Zesiger Teaching Pool	None	2
PE.0202-3	Swimming, Beginner	8	TR	11:00 AM	Alumni Pool 25 yard	None	2
PE.0202-4	Swimming, Beginner	12	TR	1:00 PM	Zesiger Teaching Pool	None	2
PE.0202-5	Swimming, Beginner	8	TR	2:00 PM	Zesiger Teaching Pool	None	2
PE.0203-1	Swimming, Intermediate	15	TR	11:00 AM	Alumni Pool 25 yard	Beginner swimming or equivalent.	2
PE.0620-1	Tennis	16	TR	1:00 PM	East Tennis Courts and Johnson infield	This is an outdoor course with rain back up. Day 1 meets in the Zesiger Center lobby.	2
PE.0721-1	Tsegball	15	TR	4:00 PM	Zesiger MAC Court	None	2
PE.0414-1	Weight Training	16	MW	1:00 PM	Du Pont Varsity Weight Room	Students must attend first 4 classes and bring handout printed from Canvas to class.	2
PE.0414-2	Weight Training	16	TR	11:00 AM	Du Pont Varsity Weight Room	same as above	2
PE.0414-3	Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room	same as above	2
PE.0415-1	Weight Training for Women	16	TR	2:00 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

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points
PE.4200-1	Wellness Foundations (remote asynchronous)	20	TR	5:30 PM	Remote Asynchronous	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 sessions.	2

Fee Amount
\$35.00
\$15.00
\$15.00
\$15.00
\$15.00
\$15.00
\$15.00
\$15.00
\$10.00
\$10.00
\$0.00
\$135.00
\$15.00
\$15.00
\$15.00
\$15.00
\$0.00
\$0.00
\$0.00
\$0.00

Fee Amount
\$50.00
\$10.00
\$10.00
\$10.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00
\$50.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00

Fee Amount
\$125.00
\$10.00
\$10.00
\$35.00
\$35.00
\$35.00
\$35.00
\$35.00
\$0.00
\$0.00
\$0.00

**Schedule subject to change upon the opening of online registration.**



Fee Amount
\$365.00
\$0.00
\$0.00
\$10.00
\$10.00
\$15.00
\$15.00
\$15.00
\$15.00
\$15.00
\$15.00
\$15.00
\$15.00
\$10.00
\$10.00
\$0.00
\$0.00
\$0.00
\$0.00

Fee Amount
\$50.00