

| Section | Title | Cap | Day | Time | Location | Prerequisites | Equipment | GIR Points | Swim GIR | Fee Amount |
|-----------|--|-----|-----|----------|---|--|--|------------|----------|------------|
| PE.0800-1 | Aikido | 20 | TR | 1:00 PM | Du Pont Wrestling Room | None | Workout clothes | 2 | N | \$0.00 |
| PE.0600-1 | Archery | 14 | MW | 11:00 AM | Rockwell Cage North | Students must attend first 4 classes. | Work out clothes, footwear, and a filled water bottle. | 2 | N | \$15.00 |
| PE.0600-2 | Archery | 14 | MW | 1:00 PM | Rockwell Cage North | Same as above | same as above | 2 | N | \$15.00 |
| PE.0600-3 | Archery | 14 | MW | 2:00 PM | Rockwell Cage North | Same as above | same as above | 2 | N | \$15.00 |
| PE.0600-4 | Archery | 14 | TR | 11:00 AM | Rockwell Cage North | Same as above | same as above | 2 | N | \$15.00 |
| PE.0600-5 | Archery | 14 | TR | 1:00 PM | Rockwell Cage North | Same as above | same as above | 2 | N | \$15.00 |
| PE.0600-6 | Archery | 14 | TR | 2:00 PM | Rockwell Cage North | Same as above | same as above | 2 | N | \$15.00 |
| PE.0911-1 | Backpacking - Urban | 12 | U | 3:00 PM | Off Campus | Q1: 10/4-10/6: Must attend pre-trip meeting 9/16 5:15p-6:45p (Mosher Conference Room 2nd floor DAPER offices- W35-299) Forms due by 9/9 and attend at least 1 fitness session before the trip (9/18 or 9/25 at 5p). Must complete all forms provided by PE&W office to confirm registration by 9/9. 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. This Extreme PE course is a 3 day off campus trip in the Blue Hills, MA | Gather or borrow bandana/handkerchief, synthetic clothing- pants and shirts, sturdy shoes or boots, baseball cap, rain coat and pants, winter hat and mittens. | 4 | N | \$125.00 |
| PE.0900-1 | Backpacking- White Mountains, NH (Fall) | 11 | U | 8:00 AM | Off Campus | Q1: 10/12-10/14 Time: leave campus Sat. by 8:15a; return to campus Mon. by 7p. Must attend pre-trip meeting on 9/23 at 5:15p-6:45p - Mosher conference room (W35-299) and at least 1 fitness class (9/18 or 9/25 @5p. Must complete all forms provided by PE&W office to confirm registration by 9/9. 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. This Extreme PE course is a 3 day off campus trip in the White Mountains, NH. | Synthetic clothing | 4 | N | \$325.00 |
| PE.0300-1 | Ballroom | 20 | TR | 7:00 PM | Du Pont T Club Lounge | None | Workout clothes, footwear and water bottle. | 2 | N | \$0.00 |
| PE.0918-1 | Climbing, Indoor/Outdoor Top Rope | 14 | S | 2:00 PM | Off Campus | Q1: 9/14, 9/28, 10/5, 10/19(ends in Q2). The first class is mandatory. Class time: 2p-6p. Must complete all forms to confirm registration by 9/9. 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. | Workout clothes and outdoor apparel recommended. All other equipment provided by MetroRock -shoes, harness, & helmet. | 2 | N | \$135.00 |
| PE.0603-1 | Fencing, Sabre | 14 | TR | 1:00 PM | Du Pont Fencing Room | Students must attend first 3 classes and bring handout printed from Canvas to class. | Workout clothes | 2 | N | \$15.00 |
| PE.0603-2 | Fencing, Sabre | 14 | TR | 2:00 PM | Du Pont Fencing Room | Same as above | Workout clothes | 2 | N | \$15.00 |
| PE.0518-2 | Fitness (Yoga)/ Meditation | 16 | MW | 3:00 PM | Du Pont Multi-Purpose Room Wellbeing Lab (W20, 2nd floor) | None | Comfortable workout clothing, footwear and a filled water bottle. | 2 | N | \$0.00 |
| PE.0525-1 | Fitness (Yoga)/Financial Health | 16 | TR | 4:00 PM | Du Pont Multi-Purpose Room | None | Workout clothes and footwear | 2 | N | \$0.00 |
| PE.0512-1 | Fitness / Nutrition | 16 | MW | 6:00 PM | Du Pont Multi-Purpose Room | None | Sneakers/footwear, comfortable workout clothing and water bottle. | 2 | N | \$0.00 |
| PE.0539-1 | Fitness(Yoga)/Emotional Awareness and Connection | 16 | MW | 4:00 PM | Du Pont Multi-Purpose Room | None | Workout clothes | 2 | N | \$0.00 |
| PE.0508-1 | Fitness/ Stress Management | 16 | TR | 3:00 PM | Du Pont Multi-Purpose Room | None | Workout clothes, sneakers and a filled water bottle. | 2 | N | \$0.00 |
| PE.0538-1 | Fitness/Resiliency | 16 | MW | 5:00 PM | Du Pont Multi-Purpose Room | None | Workout clothes, sneakers and a filled water bottle. | 2 | N | \$0.00 |
| PE.0604-1 | Golf | 12 | MW | 11:00 AM | Brigg Field B, C, D, Rockwell Cage Main | This course will be held outdoors with indoor rain back up. Meet in Zesiger Center lobby for 1st day of class. | Work out clothes, footwear, and a filled water bottle. | 2 | N | \$10.00 |
| PE.0604-2 | Golf | 12 | MW | 1:00 PM | Brigg Field B, C, D, Rockwell Cage Main | Same as above | same as above | 2 | N | \$10.00 |
| PE.0604-4 | Golf | 12 | MW | 2:00 PM | Brigg Field B, C, D, Rockwell Cage Main | Same as above | same as above | 2 | N | \$10.00 |
| PE.0604-5 | Golf | 12 | TR | 1:00 PM | Brigg Field B, C, D, Rockwell Cage Main | Same as above | same as above | 2 | N | \$10.00 |
| PE.0604-6 | Golf | 12 | TR | 2:00 PM | Brigg Field B, C, D, Rockwell Cage Main | Same as above | same as above | 2 | N | \$10.00 |
| PE.0403-1 | Group Exercise - Cardio Kickboxing | 20 | MW | 6:00 PM | Du Pont T Club Lounge | None | Workout clothes, footwear and water bottle | 2 | N | \$0.00 |

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| PE.0405-1 | Group Exercise - Pilates | 20 | TR | 3:00 PM | Du Pont T Club Lounge | None | same as above | 2 | N | \$0.00 |
| PE.0432-1 | Group Exercise- Barre Fitness | 15 | TR | 2:00 PM | Du Pont T Club Lounge | None | same as above | 2 | N | \$0.00 |
| PE.0444-1 | Group Exercise- HIIT | 20 | TR | 6:00 PM | Du Pont T Club Lounge | None | same as above | 2 | N | \$0.00 |
| PE.0458-1 | Group Exercise- Learn Kickboxing | 20 | MW | 3:00 PM | Du Pont T Club Lounge | None | same as above | 2 | N | \$0.00 |
| PE.0411-1 | Group Exercise- Yoga | 20 | MW | 8:00 AM | Du Pont T Club Lounge | None | same as above | 2 | N | \$0.00 |
| PE.0411-3 | Group Exercise- Yoga | 20 | MW | 5:00 PM | Du Pont T Club Lounge | None | same as above | 2 | N | \$0.00 |
| PE.0411-4 | Group Exercise- Yoga | 20 | TR | 5:00 PM | Du Pont T Club Lounge | None | same as above | 2 | N | \$0.00 |
| PE.0328-1 | Jazz Funk | 20 | TR | 1:00 PM | Du Pont T Club Lounge | None | same as above | 2 | N | \$0.00 |
| PE.0811-1 | Karate Kickstart | 20 | TR | 8:00 AM | Du Pont Wrestling Room | None | same as above | 2 | N | \$0.00 |
| PE.0907-1 | Kayak | 12 | T | 3:30 PM | Off Campus | Q1: Sep. 17, 24, Oct. 1 (Oct. 8*weather back up). Students must attend ALL 3 classes to receive PE&W points. Successfully complete swim and boat test by 9/4. Students must complete all forms sent from PE&W office to the student MIT email to confirm online registration by 9/9. Check SPAM folders if emails are being forwarded from an MIT email account. This Extreme PE class is a 180 minutes and held off campus with Charles River Canoe & Kayak, Cambridge, MA. | Swimsuit or synthetic shirt and shorts/tights are required. Fleece jacket and warm clothes, as needed. Check materials section in Canvas for detailed list. All other equipment provided by Charles River Canoe & Kayak-kayak, paddle, PFD, dry suit and jacket. | 2 | N | \$125.00 |
| PE.0455-1 | Mind/Hand Challenge Course | 20 | TR | 11:00 AM | Du Pont Wrestling Room | None | None | 2 | N | \$0.00 |
| PE.0307-1 | Modern Squares, Beginner | 20 | T | 8:15 PM | Lobdell (W20-208) | Q1 Course Dates: Sept. 10, 17, 24, Oct. 1, 8, 22 (ends in Q2) No classes 10/15. This is a 90 minute class. | Wear comfortable clothes and shoes | 2 | N | \$0.00 |
| PE.0922-1 | Parkour | 16 | F | 1:15 PM | Zesiger MAC Court | Q1 2024: Fri: Sep. 13, 27, Oct. 4, 11, 18, 25 (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 9/9. 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. This Extreme PE class is a 90 minute class on campus with Parkour & Movement Consulting, LLC - Boston. | Workout clothes. Court shoes recommended. | 2 | N | \$80.00 |
| PE.0646-1 | Pickleball | 16 | TR | 11:00 AM | Rockwell Cage South | None | Work out clothes, footwear, and a filled water bottle. | 2 | N | \$10.00 |
| PE.0646-2 | Pickleball | 16 | TR | 1:00 PM | Rockwell Cage South | None | Work out clothes, footwear, and a filled water bottle. | 2 | N | \$10.00 |
| PE.0608-1 | Pistol | 12 | MW | 1:00 PM | Du Pont Pistol Range/Week 1 meet in Media Room W35-199 | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | Baseball style hats (old fashioned type with the brim to the front, not the rear), are mandatory. All other equipment will be provided. If students own their own protective shooting glasses and/or hearing protection they may use same after approval by the instructor. | 2 | N | \$35.00 |
| PE.0608-2 | Pistol | 12 | MW | 2:00 PM | Du Pont Pistol Range/Week 1 meet in Media Room W35-200 | same as above | same as above | 2 | N | \$35.00 |
| PE.0608-3 | Pistol | 12 | TR | 1:00 PM | Du Pont Pistol Range/Week 1 meet in Media Room W35-201 | same as above | same as above | 2 | N | \$35.00 |
| PE.0608-4 | Pistol | 12 | TR | 2:00 PM | Du Pont Pistol Range/Week 1 meet in Media Room W35-202 | same as above | same as above | 2 | N | \$35.00 |
| PE.0626-1 | Rifle | 12 | MW | 11:00 AM | Du Pont Pistol Range/Week 1 meet in Media Room W35-203 | same as above | same as above | 2 | N | \$35.00 |
| PE.0626-2 | Rifle | 12 | TR | 11:00 AM | Du Pont Pistol Range/Week 1 meet in Media Room W35-204 | same as above | same as above | 2 | N | \$35.00 |
| PE.0904-3 | Sailing | 30 | R | 1:00 PM | Sailing Pavilion | Students must attend first 2 classes. 2024/25- Q1 classes Thu dates: Sep. 12, 19, 26, Oct. 3, 10, 17; Time: 1-2:30p. Must successfully complete swim and boat test by 9/4. Students must attend first 2 classes and complete 5 classes to pass the course. This is a 90 minute class at the MIT Sailing Pavillion, Cambridge, MA (building 51). | Filled water bottle. Synthetic, warm clothing recommended. Note: there are no restrooms available in the Sailing Pavilion. | 2 | N | \$0.00 |

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| PE.0904-1 | Sailing | 30 | T | 1:00 PM | Sailing Pavilion | Students must attend first 2 classes. 2024/25- Q1 classes Tue dates: Sep. 10, 17, 24, Oct. 1, 8, 22 (ends in Q2) Time: 1-2:30p. Must successfully complete swim and boat test by 9/4. Students must attend first 2 classes and complete 5 classes to pass the course. This is a 90 minute class at the MIT Sailing Pavillion, Cambridge, MA (building 51). | Filled water bottle. Synthetic, warm clothing recommended. Note: there are no restrooms available in the Sailing Pavilion. | 2 | N | \$0.00 |
| PE.0904-2 | Sailing | 30 | W | 1:00 PM | Sailing Pavilion | Students must attend first 2 classes. 2024/25- Q1 classes Wed dates: Sep. 11, 18, 25, Oct. 2, 9, 16 Time: 1-2:30p. Must successfully complete swim and boat test by 9/4. Students must attend first 2 classes and complete 5 classes to pass the course. This is a 90 minute class at the MIT Sailing Pavillion, Cambridge, MA (building 51). | Filled water bottle. Synthetic, warm clothing recommended. Note: there are no restrooms available in the Sailing Pavilion. | 2 | N | \$0.00 |
| PE.0201-2 | SCUBA Diving | 16 | R | 6:45 PM | Other | 10, 17, 24, 31. Both classes end in Q2. Class time: 6:45p-10p (meet at Alumni Wang pool/Classroom 66-154 after). Must complete PE&W Swim/Boat GIR by 9/4 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 9/9. Attendance is required on the first | Bathing suit or shorts and shirt. Equipment provided by United Divers for pool sessions. A mask, booties, fins and a snorkel must be purchased for open water dives. | 4 | N | \$365.00 |
| PE.0201-1 | SCUBA Diving | 16 | T | 6:45 PM | Other | Q1 2024: Tue only: Sep. 17, 24, Oct. 1, 8, 22, 29, Nov. 5 (No classes 10/15) Both classes end in Q2. Class time: 6:45p-10p (meet at Alumni Wang pool/Classroom 66-154 after). Must complete PE&W Swim/Boat GIR by 9/4 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 9/9. Attendance is required on the first and last day. This is an Extreme PE course. | Bathing suit or shorts and shirt. Equipment provided by United Divers for pool sessions. A mask, booties, fins and a snorkel must be purchased for open water dives. | 4 | N | \$365.00 |
| PE.0640-1 | Self Defense for Everyone | 20 | TR | 2:00 PM | Du Pont Wrestling Room | None | None | 2 | N | \$0.00 |
| PE.0703-3 | Soccer, Beginner | 18 | MW | 11:00 AM | Roberts Field/Zesiger MAC Court | None | This is an outdoor course with indoor rain back up. Court shoes recommended for indoor play. Workout clothes. | 2 | N | \$0.00 |
| PE.0703-4 | Soccer, Beginner | 18 | TR | 1:00 PM | Roberts Field/Zesiger MAC Court | None | same as above | 2 | N | \$0.00 |
| PE.0657-1 | Spec Tennis | 16 | MW | 11:00 AM | Rockwell Cage South | None | Comfortable clothing and footwear. | 2 | N | \$10.00 |
| PE.0657-2 | Spec Tennis | 16 | TR | 2:00 PM | Rockwell Cage South | None | Comfortable clothing and footwear. | 2 | N | \$10.00 |
| PE.0725-1 | Spikeball | 16 | TR | 11:00 AM | Zesiger MAC Court | None | Court shoes recommended | 2 | N | \$10.00 |
| PE.0725-1 | Spikeball | 16 | TR | 11:00 AM | Roberts Field | None | Court shoes recommended | 2 | N | \$10.00 |
| PE.0804-1 | Sport Taekwondo | 50 | MW | 7:30 PM | Du Pont Court 1 | None | Workout clothes | 2 | N | \$0.00 |
| PE.0616-1 | Squash | 12 | MW | 2:00 PM | Zesiger Squash Courts | None | same as above | 2 | N | \$10.00 |
| PE.0616-2 | Squash | 12 | TR | 1:00 PM | Zesiger Squash Courts | None | same as above | 2 | N | \$10.00 |
| PE.0616-3 | Squash | 12 | TR | 2:00 PM | Zesiger Squash Courts | None | same as above | 2 | N | \$10.00 |
| PE.0202-1 | Swimming, Beginner | 16 | MW | 11:00 AM | Zesiger Teaching Pool | None | Swim attire needed. Students should bring a filled water bottle and towel. It is recommended to leave your clothing/bags in a locked locker or bring with you on the pool deck. | 2 | Y | \$15.00 |
| PE.0202-3 | Swimming, Beginner | 16 | MW | 1:00 PM | Zesiger Teaching Pool | None | same as above | 2 | Y | \$15.00 |
| PE.0202-4 | Swimming, Beginner | 16 | MW | 2:00 PM | Zesiger Teaching Pool | None | same as above | 2 | Y | \$15.00 |
| PE.0202-5 | Swimming, Beginner | 16 | TR | 11:00 AM | Zesiger Teaching Pool | None | same as above | 2 | Y | \$15.00 |
| PE.0202-6 | Swimming, Beginner | 16 | TR | 1:00 PM | Zesiger Teaching Pool | None | same as above | 2 | Y | \$15.00 |
| PE.0202-7 | Swimming, Beginner | 16 | TR | 2:00 PM | Zesiger Teaching Pool | None | same as above | 2 | Y | \$15.00 |
| PE.0720-1 | Tchoukball | 18 | TR | 4:00 PM | Zesiger MAC Court | None | Court shoes recommended | 2 | N | \$10.00 |
| PE.0620-1 | Tennis | 16 | MW | 11:00 AM | East Tennis Courts | None | Work out clothes, footwear, and a filled water bottle. | 2 | N | \$10.00 |
| PE.0620-1 | Tennis | 16 | MW | 11:00 AM | Johnson Infield | None | same as above | 2 | N | \$10.00 |
| PE.0721-1 | Tsegball | 18 | MW | 2:00 PM | Zesiger MAC Court | None | Court shoes recommended | 2 | N | \$10.00 |