

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points	Fee Amount
PE.0658-1	Air Rifle	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.0600-1	Archery	14	MW	10:00 AM	Rockwell Cage North	Students must attend first 4 classes.	2	\$15.00
PE.0600-2	Archery	14	TR	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	\$15.00
PE.0600-3	Archery	14	TR	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	2	\$15.00
PE.0639-1	Archery, Intermediate	14	MW	11:00 AM	Rockwell Cage North	Beginner Archery course or equivalent (email instructor using physicaleducationandwellness@mit.edu address). Students must attend first 4 classes.	2	\$15.00
PE.0911-1	Backpacking - Urban	11	F,S,U	3:00 PM	Off Campus	Q4: 4/10-4/12 (not applicable for June 2026 intended graduates), Pre-trip meeting: Wed, 3/18 at 5:15p-6:45p; Fitness Sessions (choose 1): Thu, 3/19 or Tue, 4/2 at 5p-6p. Must complete all forms provided by PE&W office to confirm registration by Mon, 3/16 at 11a.	4	\$150.00
PE.0300-1	Ballroom	20	TR	7:00 PM	Du Pont T Club Lounge	None	2	\$0.00
PE.0442-1	Boot Camp, Introduction	20	MW	1:00 PM	Johnson Infield/Track, Roberts Field, Steinbrenner Track	Meet in Zesiger Center Lobby on day 1.	2	\$10.00
PE.0775.1	Every Body Leads: Learning Leadership through Movement	20	TR	2:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0603-1	Fencing, Sabre	14	MW	1:00 PM	Du Pont Fencing Room	Students must attend first 4 classes.	2	\$15.00
PE.0603-2	Fencing, Sabre	14	MW	2:00 PM	Du Pont Fencing Room	Students must attend first 4 classes.	2	\$15.00
PE.0603-3	Fencing, Sabre	14	TR	1:00 PM	Du Pont Fencing Room	Students must attend first 4 classes.	2	\$15.00
PE.0603-4	Fencing, Sabre	14	TR	2:00 PM	Du Pont Fencing Room	Students must attend first 4 classes.	2	\$15.00
PE.0545-1	Fitness(Strength Circuit)/Resiliency	16	MW	6:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0546-1	Fitness(Strength Circuit)/Stress Management	16	MW	5:00 PM	Du Pont Multi-Purpose Room	None	2	\$0.00
PE.0403-1	Group Exercise - Cardio Kickboxing	20	MW	6:00 PM	Du Pont T Club Lounge	None	2	\$0.00
PE.0405-1	Group Exercise - Pilates	20	TR	2:00 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.0402-1	Jogging/Running	20	TR	1:00 PM	Johnson Indoor Track/Steinbrenner Track	This course is in-person and will be held outdoors with indoor rain back up. Meet in Zesiger Center Lobby on day 1.	2	\$0.00
PE.0806-1	Judo	16	MW	11:00 AM	Du Pont Wrestling Room	none	2	\$10.00

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points	Fee Amount
PE.0907-1	Kayak	12	T	3:30 PM	Off Campus	Q4:Tue: 4/21, 4/28, 5/5 (Thu, 5/7*weather back up). Students must attend ALL 3 classes to receive PE&W points. All participants must successfully complete swim and boat test by 3/11. Students must complete all forms sent from PE&W office to the student MIT email to confirm online registration by Mon, 3/16 @5p. Check SPAM folders if emails are being forwarded from an MIT email account.	2	\$125.00
PE.0728-1	Invasion Games	20	MW	2:00 PM	Rockwell Cage Main/South, Barry Field, Outdoor Courts	Meet in Zesiger Center Lobby on day 1.	2	\$10.00
PE.0929-1	Orienteering Games	20	TR	3:00 PM	Barry Astro turf Field/Z MAC Court	Meet in Zesiger Center Lobby on day 1.	2	\$20.00
PE.0646-1	Pickleball	16	TR	11:00 AM	Rockwell Cage South	None	2	\$10.00
PE.0646-2	Pickleball	16	TR	1:00 PM	Rockwell Cage South	None	2	\$10.00
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	\$35.00
PE.0608-2	Pistol	14	MW	2:00 PM	Du Pont Pistol Range	same as above	2	\$35.00
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. Contact mlavita@mit.edu if you have questions about the prerequisite.	2	\$35.00
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	\$35.00
PE.0904-1	Sailing	30	R	1:00 PM	Sailing Pavilion	2025/2026- Q4 classes- Thu dates: 4/2, 4/9, 4/16, 4/23, 4/30, 5/7 -- Time: 1-2:30p. Must successfully complete swim and boat test by 3/11. Students must attend first 2 classes and complete 5 classes to pass the course.	2	\$0.00
PE.0904-2	Sailing	30	T	1:00 PM	Sailing Pavilion	2025/2026- Q4 classes- Tue dates: 4/7, 4/14, 4/28, 5/5, 5/12 (must attend all 5 dates) -- Time: 1-2:30p. Must successfully complete swim and boat test by 3/11. Students must attend first 2 classes and complete 5 classes to pass the course.	2	\$0.00
PE.0904-3	Sailing	30	W	1:00 PM	Sailing Pavilion	2025/2026- Q4 classes- Wed dates: 4/1, 4/8, 4/15, 4/22, 4/29, 5/6 -- Time: 1-2:30p. Must successfully complete swim and boat test by 3/11. Students must attend first 2 classes and complete 5 classes to pass the course.	2	\$0.00
PE.0931-1	Sailing, Intermediate: Applied Physics	30	T	11:00 AM	Sailing Pavilion	Beginner sailing or equivalent. 2025/2026- Q4 classes- Tue dates: 4/7, 4/14, 4/28, 5/5, 5/12 (must attend all 5 dates); Time: 11-12:30p. Must successfully complete swim and boat test by 3/11. Students must attend first 2 classes and complete 5 classes to pass the course.	2	\$0.00
PE.0201-1	SCUBA Diving	18	TR	6:45 PM	Other	Q4 2026. Tue/Thu dates: 4/16, 4/23, 4/28, 4/30, 5/5, 5/7, 5/12. Meet at Alumni Wang pool/Classroom 66-160 after. All participants must complete PE&W Swim/Boat test by 3/11 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 3/16 @5p. Attendance is required on the first and last day.	4	\$365.00
PE.0703-1	Soccer, Beginner	15	TR	1:00 PM	Roberts Field/Zesiger MAC Court	This course will be held outdoors with rain back up. Meet in Zesiger Center Lobby on day 1.	2	\$0.00

Quarter 4 Schedule
4/1 - 5/12

Section	Title	Cap	Day	Time	Location	Prerequisites	GIR Points	Fee Amount
PE.0703-2	Soccer, Beginner	15	TR	2:00 PM	Roberts Field/Zesiger MAC Court	This course will be held outdoors with rain back up. Meet in Zesiger Center Lobby on day 1.	2	\$0.00
PE.0657-1	Spec Tennis	16	MW	1:00 PM	Rockwell Cage South	None	2	\$10.00
PE.0616-1	Squash	12	MW	11:00 AM	Zesiger Squash Courts	None	2	\$10.00
PE.0202-5	Swimming, Beginner	10	MW	11:00 AM	Zesiger Teaching Pool	None	2	\$20.00
PE.0202-1	Swimming, Beginner	10	MW	1:00 PM	Zesiger Teaching Pool	None	2	\$20.00
PE.0202-2	Swimming, Beginner	10	MW	2:00 PM	Zesiger Teaching Pool	None	2	\$20.00
PE.0202-3	Swimming, Beginner	10	TR	11:00 AM	Zesiger Teaching Pool	None	2	\$20.00
PE.0202-4	Swimming, Beginner	10	TR	1:00 PM	Zesiger Teaching Pool	None	2	\$20.00
PE.0620-1	Tennis	16	MW	11:00 AM	Johnson Infield & Outdoor Courts 7-12	This is an outdoor course with indoor rain back up. Meet in the lobby on day 1.	2	\$10.00
PE.0629-1	Triathlon	16	TR	2:00 PM	Steinbrenner Track/Johnson Indoor Track	Beginners only, swim 100 yards continuously with rotary breathing(front crawl) without stopping, ability to ride a stationary bike and jog each 20 minutes continuously.	2	\$20.00
PE.0721-1	Tsegball	15	MW	3:00 PM	Zesiger MAC Court	None	2	\$10.00
PE.0414-1	Weight Training	16	TR	11:00 AM	Du Pont Varsity Weight Room	Students must attend first 4 classes.	2	\$0.00
PE.4200-1	Wellness Foundations (remote asynchronous)	15	TR	5:00 PM	Remote Asynchronous	Q4 2026. Completion of weekly asynchronous assignments and 2- 30 minute synchronous meetings over Zoom on Wed, 4/8 and 4/22 @5p ET. 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	\$50.00