

Aikido	18	TR	1:00 PM	du Pont wrestling room	None	\$ -
Archery	14	TR	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	\$ 15.00
Archery	14	MW	2:00 PM	Rockwell Cage North	Students must attend first 4 classes.	\$ 15.00
Archery	14	TR	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	\$ 15.00
Archery	14	TR	3:00 PM	Rockwell Cage North	Students must attend first 4 classes.	\$ 15.00
Archery	14	MW	1:00 PM	Rockwell Cage North	Students must attend first 4 classes.	\$ 15.00
Archery	4	MW	11:00 AM	Rockwell North	Students must attend first 4 classes.	\$ 15.00
Backpacking and Hiking - White Mountains	11	Sat, Sun, Mon	8:00 AM	Off Campus	Availability October 6, 7, 8 (Columbus Day Weekend) Sat 8am-Mon 7pm. Backpacking and hiking trip to the White Mountains, NH. Includes all equipment, 2 nights lodging, transportation, 6 meals, and instruction. \$200 billed to student account. Pre-trip meeting September 18, 5:30p-7p	\$ 200.00
Backpacking/Hiking, Urban in Blue Hills -	0	F, S, Su	3:00 PM	Blue Hills, Canton, MA	October 4-6 tentative; 4 points. Friday 3p to Sunday 3p	\$ 75.00
Badminton	16	TR	11:00 AM	Rockwell South	Court shoes recommended	\$ 5.00
Badminton	16	TR	1:00 PM	Rockwell South	Court shoes recommended	\$ 5.00
Boot Camp for Athletes	20	TR	3:00 PM	Johnson Track/ Infield	See Pre-requisites	\$ 10.00
Boot Camp for Athletes, Intro	20	MW	3:00 PM	Johnson Track/ Infield	None	\$ 10.00
Circus Circuit	18	TR	4:00 PM	Wrestling Room	None	\$ -
Dance - Ballroom	24	MW	7:00 PM	Du Pont T Club Lounge	None	\$ -
Dance - Modern Squares, Beginner	30	T	8:15 PM-9:45 PM	Student Center W20	Class will meet in La Sala and Lobdell in W20 -Student Center. Day 1 will be in La Sala.	\$ -
Fencing, Sabre	16	TR	1:00 PM	Du Pont Fencing room	Students must attend first 3 classes.	\$ 5.00
Fencing, Sabre	15	TR	2:00 PM	Du Pont Fencing room	Students must attend first 3 classes.	\$ 5.00
Fitbit Fitness	20	TR	11:00 AM	Du Pont T-Club	None	\$ -
Fitbit Fitness	0	TR	11:00 AM	Du Pont T-Club	None.	\$ -
Fitness/Healthy Relationships	0	TR	6:00 PM	Du Pont MPR		\$ -
Fitness/Finance	18	TR	5:00 PM	Du Pont MPR		\$ -
Fitness/Healthy Relationships	18	TR	6:00 PM	Du Pont MPR	None	\$ -
Fitness/Meditation	18	TR	3:00 PM	Du Pont MPR		\$ -
Fitness/Nutrition	18	MW	5:00 PM	Du Pont MPR	None	\$ -
Fitness/Stress management	18	MW	6:00 PM	Du Pont MPR	None	\$ -
Golf	14	TR	1:00 PM	Briggs Field/ Rockwell main	Meet in Z center lobby for 1st class.	\$ 10.00
Golf	14	TR	2:00 PM	Briggs Field/ Rockwell main	Meet in Z center lobby for 1st class.	\$ 10.00
Golf	14	MW	1:00 PM	Briggs Field/ Rockwell main	Meet in Z center lobby for 1st class.	\$ 10.00
Golf	14	MW	2:00 PM	Briggs Field/ Rockwell main	Meet in Z center lobby for 1st class.	\$ 10.00
Golf	14	MW	11:00 AM	Briggs Field/ Rockwell main	Meet in Z center lobby for 1st class.	\$ 10.00
Group Exercise - Cardio Drumming	25	TR	4:00 PM	Du Pont T Club Lounge	None	\$ -
Group Exercise - Dance Fitness	25	TR	5:00 PM	Du Pont T Club Lounge	None	\$ -
Group Exercise - HIIT (High Intensity Interval Training)	25	MW	11:00 AM	Zesiger MAC Court	None	\$ -
Group Exercise - Kickboxing	25	TR	6:00 PM	Du Pont T Club Lounge	None	\$ -
Group Exercise - Pilates	25	MW	3:00 PM	Alumni	None	\$ -
Group Exercise - Yoga	25	MW	8:00 AM	Du Pont T Club Lounge	None	\$ -
Group Exercise - Yoga	25	MW	5:00 PM	Du Pont T Club Lounge	None	\$ -
Group Exercise - Yoga	25	MW	2:00 PM	Alumni	None	\$ -
Group Exercise - Yoga/Pilates	25	MW	6:00 PM	Du Pont T Club Lounge	None	\$ -
Group Exercise-Yoga	25	TR	8:00 AM	Du Pont T Club Lounge	None	\$ -

Hip Hop	24	TR	1:00 PM	Du Pont T Club Lounge	None	\$ -
Indoor/Outdoor Top Rope Climbing	20	Sat	2:00p-6:00p	Off Campus	September 28, October 5, 19, 26. Fee includes instruction, equipment, and transportation.	\$ 100.00
Jog/Run	20	MW	11:00 AM	Steinbrenner Track/ Johnson Track	Running shoes recommended	\$ -
Judo	20	TR	2:00 PM	DuPont Wrestling Room	Non marking shoes required.	\$ 5.00
Kayak	20	M	3:30p-6:30p	Off Campus	Availability Mondays September 16, 23, 30 3:30-6:30pm. Weather back up October 2. \$100 fee includes instruction and equipment. Successfully complete swim and boat test by Thursday, 9/5/19. Students must attend all three class days to earn PE points.	\$ 100.00
Parkour	16	F	1:15P-2:45P	Zesiger MAC court	Fee includes specialty equipment. 9/12, 19, 26, 10/3, 10, 17, 24	\$ 40.00
Pickleball	16	MW	1:00 PM	Rockwell South	Court shoes recommended	\$ 5.00
Pickleball	16	MW	2:00 PM	Rockwell South	Court shoes recommended	\$ 5.00
Pistol, Beginner	13	MW	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	\$ 35.00
Pistol, Beginner	13	MW	2:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	\$ 35.00
Pistol, Beginner	13	TR	2:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	\$ 35.00
Pistol, Beginner	13	TR	1:00 PM	Du Pont Pistol Range	Students must attend first 4 classes.	\$ 35.00
Rifle, Beginner	12	TR	11:00 AM	Du Pont Pistol Range	Students must attend first 4 classes.	\$ 35.00
Rifle, Beginner	12	MW	11:00 AM	Du Pont Pistol Range	Students must attend first 4 classes.	\$ 35.00
Sailing - Beginner	30	T	1:15 PM-2:45PM	Sailing Pavilion	Successfully complete swim and boat test by Thursday 9/5/19. Each class is 90 minutes. MUST attend first 2 classes.	\$ -
Sailing - Beginner	30	R	1:15 PM-2:45PM	Sailing Pavilion	Successfully complete swim and boat test by Thursday 9/5/19. Each class is 90 minutes. MUST attend first 2 classes.	\$ -
Sailing - Beginner	10	W	1:15 PM-2:45PM	Sailing Pavilion	Successfully complete swim and boat test by Thursday 9/5/18. Each class is 90 minutes. MUST attend first 2 classes.	\$ -
Sailing Intermediate	30	W	11:15 AM-12:45 PM	Sailing Pavilion	Successfully complete swim and boat test by Thursday 9/5/19. ch class is 90 minutes. MUST attend first 2 classes. Participants must be proficient sailors and have completed the basic sailing course or its equivalent.	\$ -
SCUBA Diving	18	R	7:00 PM	Alumni Pool 25 yard	of class (200 yard swim and tread water for 10 minutes) Course is \$350. Thursdays 9/13, 20, 27, 10/4, 11, 18, 25	\$ 350.00
SCUBA Diving	18	T	7:00 PM	Alumni Pool 25 yard	Available 7p-10p. Must pass SCUBA pre-test on first day of class (200 yard swim and tread water for 10 minutes) Course is \$350. Tuesdays, 9/10, 17, 24, 10/1, 8, 22, 29	\$ 350.00
Self-Defense for Women	24	MW	2:00 PM	Du Pont Wrestling Room	This is an all female course.	\$ -
Soccer, Beginner	18	MW	5:00 PM	Zesiger MAC court	Court shoes recommended.	\$ -
Soccer, Beginner	18	TR	5:00 PM	Zesiger MAC court	Court shoes recommended.	\$ -
Soccer, indoor, Intermediate	18	MW	1:00 PM	Zesiger MAC	Court shoes preferred	\$ -
Spikeball	14	MW	2:00 PM	Zesiger MAC/Roberts Field	Court shoes preferred	\$ 5.00
Sport Tae Kwon Do	50	MW	7:30 PM	DuPont Court #1	Reminder 7:40p-8:20p	\$ -
Squash	12	MW	2:00 PM	Zesiger Squash Courts	Non marking shoes required.	\$ 5.00
Squash	12	MW	1:00 PM	Zesiger Squash Courts	Non marking shoes required.	\$ 5.00
Squash	16	TR	1:00 PM	Zesiger Squash Courts	Non marking shoes required.	\$ 5.00
Swimming, Beginner	14	MW	11:00 AM	Zesiger Teaching Pool	Googles recommended.	\$ -
Swimming, Beginner	14	TR	1:00 PM	Zesiger Teaching Pool	Googles recommended	\$ -
Swimming, Beginner	14	TR	2:00 PM	Zesiger Teaching Pool	Googles recommended	\$ -
Swimming, Beginner	14	MW	1:00 PM	Z-Teaching Pool	None	\$ -

Swimming, Beginner	14	MW	2:00 PM	Z-Teaching Pool	None	\$ -
Swimming, Beginner	14	TR	11:00 AM	Z-Teaching Pool	None	\$ -
Tchouckball	18	TR	6:00 PM	Zesiger MAC court	Court shoes recommended.	\$ -
Tennis, Beginner	16	MW	2:00 PM	Katz/West Tennis Courts/ Johnson infield	Court shoes recommended	\$ 5.00
Tennis, Beginner	16	MW	1:00 PM	Katz/West Tennis Courts/ Johnson infield		\$ 5.00
Tsegball	18	MW	6:00 PM	Zesiger MAC court	Court shoes recommended.	\$ -
Weight Training	16	TR	2:00 PM	du Pont Weight Room	Students must attend first 4 classes	\$ -
Weight Training	18	MW	2:00 PM	DuPont Weight room	Students must attend first 4 classes and bring handout printed from Stellar to class.	\$ -
Weight Training	18	TR	1:00 PM	du Pont Weight Room	Students must attend first 4 classes.	\$ -
Weight Training for Women	18	MW	1:00 PM	DuPont Weight room	This is an all female course. Students must attend first 4 classes and bring handout printed from Stellar to class.	\$ -