<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
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<th>Equipment</th>
<th>Fee Points</th>
<th>Fee Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE.0600.3</td>
<td>Archery</td>
<td>7</td>
<td>MW</td>
<td>11:00 AM</td>
<td>Rockwell Cage</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Students must attend first 4 classes.</td>
<td>Work out clothes, footwear, and a filled water bottle. Note: limited locker room services available.</td>
<td>2</td>
<td>$15.00</td>
</tr>
<tr>
<td>PE.0600.3</td>
<td>Archery</td>
<td>7</td>
<td>MW</td>
<td>1.00 PM</td>
<td>Rockwell Cage</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Students must attend first 4 classes.</td>
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<td>$15.00</td>
</tr>
<tr>
<td>PE.0600.4</td>
<td>Archery</td>
<td>7</td>
<td>MW</td>
<td>2:30 PM</td>
<td>Rockwell Cage</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Students must attend first 4 classes.</td>
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<td>$15.00</td>
</tr>
<tr>
<td>PE.0600.5</td>
<td>Archery</td>
<td>7</td>
<td>TR</td>
<td>11:00 AM</td>
<td>Rockwell Cage</td>
<td>9/15/2020</td>
<td>10/15/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Students must attend first 4 classes.</td>
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<td>$15.00</td>
</tr>
<tr>
<td>PE.0600.6</td>
<td>Archery</td>
<td>7</td>
<td>TR</td>
<td>1:00 PM</td>
<td>Rockwell Cage</td>
<td>9/15/2020</td>
<td>10/15/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Students must attend first 4 classes.</td>
<td>Work out clothes, footwear, and a filled water bottle. Note: limited locker room services available.</td>
<td>2</td>
<td>$15.00</td>
</tr>
<tr>
<td>PE.0601.2</td>
<td>Badminton</td>
<td>8</td>
<td>MW</td>
<td>11:00 AM</td>
<td>South</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Students must attend first 4 classes.</td>
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<td>$5.00</td>
</tr>
<tr>
<td>PE.0601.3</td>
<td>Badminton</td>
<td>8</td>
<td>MW</td>
<td>1:00 PM</td>
<td>Rockwell Cage</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Students must attend first 4 classes.</td>
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<td>$5.00</td>
</tr>
<tr>
<td>PE.0601.4</td>
<td>Badminton</td>
<td>8</td>
<td>MW</td>
<td>2:30 PM</td>
<td>South</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must attend first 4 classes.</td>
<td>Work out clothes, footwear, and a filled water bottle. Note: limited locker room services available.</td>
<td>2</td>
<td>$5.00</td>
</tr>
<tr>
<td>PE.0442.1</td>
<td>Boot Camp, Introduction</td>
<td>15</td>
<td>TR</td>
<td>11:00 AM</td>
<td>Roberts Field/Johnson Indoor Track &amp; Field  (rain back up)</td>
<td>9/15/2020</td>
<td>10/15/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must attend first 4 classes.</td>
<td>Work out clothes, footwear, and a filled water bottle. Note: limited locker room services available.</td>
<td>2</td>
<td>$10.00</td>
</tr>
<tr>
<td>PE.0529.1</td>
<td>Fitness/Meditation (Remote)</td>
<td>15</td>
<td>MW</td>
<td>4:00 PM</td>
<td>Remote Synchronous</td>
<td>9/9/2020</td>
<td>10/9/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>3</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0529.2</td>
<td>Fitness/Meditation (Remote)</td>
<td>15</td>
<td>MW</td>
<td>5:00 PM</td>
<td>Remote Synchronous</td>
<td>9/9/2020</td>
<td>10/9/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0529.3</td>
<td>Fitness/Meditation (Remote)</td>
<td>15</td>
<td>MW</td>
<td>6:00 PM</td>
<td>Remote Synchronous</td>
<td>9/9/2020</td>
<td>10/9/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
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<td>$0.00</td>
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<tr>
<td>PE.0530.1</td>
<td>Fitness/Nutrition (Remote)</td>
<td>15</td>
<td>TR</td>
<td>1:00 PM</td>
<td>Remote</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
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<tr>
<td>PE.0530.2</td>
<td>Fitness/Nutrition (Remote)</td>
<td>15</td>
<td>TR</td>
<td>2:00 PM</td>
<td>Remote</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0530.3</td>
<td>Fitness/Nutrition (Remote)</td>
<td>15</td>
<td>TR</td>
<td>3:00 PM</td>
<td>Remote</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0528.1</td>
<td>Fitness/Stress Management (Remote)</td>
<td>2</td>
<td>TR</td>
<td>1:00 PM</td>
<td>Remote</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
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<tr>
<td>PE.0528.2</td>
<td>Fitness/Stress Management (Remote)</td>
<td>2</td>
<td>MW</td>
<td>3:00 PM</td>
<td>Remote</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0528.3</td>
<td>Fitness/Stress Management (Remote)</td>
<td>2</td>
<td>TR</td>
<td>11:00 AM</td>
<td>Remote</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0528.4</td>
<td>Fitness/Stress Management (Remote)</td>
<td>2</td>
<td>TR</td>
<td>1:00 PM</td>
<td>Remote</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
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<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
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<tr>
<td>PE.0528.5</td>
<td>Fitness/Stress Management (Remote)</td>
<td>2</td>
<td>TR</td>
<td>4:00 PM</td>
<td>Remote</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0528.6</td>
<td>Fitness/Stress Management (Remote)</td>
<td>2</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote</td>
<td>9/9/2020</td>
<td>10/15/2020</td>
<td>This remote synchronous course requires 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.</td>
<td>Sneakers/footwear, comfortable workout clothing and water bottle.</td>
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<tr>
<td>PE.4100.1</td>
<td>Foundations of Physical Fitness (Remote)</td>
<td>20</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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. THE SAME SYNCHRONOUS COURSE CAN ONLY BE TAKEN ONE TIME FOR POINTS.</td>
<td>None</td>
<td>2</td>
<td>$0.00</td>
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<tr>
<td>PE.4100.2</td>
<td>Foundations of Physical Fitness (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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. THE SAME SYNCHRONOUS COURSE CAN ONLY BE TAKEN ONE TIME FOR POINTS.</td>
<td>None</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.4100.3</td>
<td>Foundations of Physical Fitness (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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. THE SAME SYNCHRONOUS COURSE CAN ONLY BE TAKEN ONE TIME FOR POINTS.</td>
<td>None</td>
<td>2</td>
<td>$0.00</td>
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<tr>
<td>PE.4100.4</td>
<td>Foundations of Physical Fitness (Remote)</td>
<td>20</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
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<td>None</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.4100.5</td>
<td>Foundations of Physical Fitness (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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. THE SAME SYNCHRONOUS COURSE CAN ONLY BE TAKEN ONE TIME FOR POINTS.</td>
<td>None</td>
<td>2</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

Year 4 students not on campus or who are not comfortable participating in the in-person swim options must contact physcialeducationandwellness@mit.edu before online registration closes.
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<th>Fee Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE.4100.6</td>
<td>Foundations of Physical Fitness (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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. THE SAME SYNCHRONOUS COURSE CAN ONLY BE TAKEN ONE TIME FOR POINTS.</td>
<td>None</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.4100.7</td>
<td>Foundations of Physical Fitness (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
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<td>None</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0604.3</td>
<td>Golf</td>
<td>8</td>
<td>MW</td>
<td>1:00 PM</td>
<td>Briggs Field B, C</td>
<td>9/8/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Work out clothes, foot wear, and a filled water bottle.</td>
<td>2</td>
<td>$10.00</td>
</tr>
<tr>
<td>PE.0604.5</td>
<td>Golf</td>
<td>8</td>
<td>MW</td>
<td>2:30 PM</td>
<td>Briggs Field B, C</td>
<td>9/8/2020</td>
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<td>Work out clothes, foot wear, and a filled water bottle.</td>
<td>2</td>
<td>$10.00</td>
</tr>
<tr>
<td>PE.0447.1</td>
<td>Group Exercise- Functional Fitness (Remote)</td>
<td>15</td>
<td>TR</td>
<td>6:00 PM</td>
<td>Remote</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>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.</td>
<td>Workout clothes, foot wear and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0448.1</td>
<td>Group Exercise- HIIT (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>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.</td>
<td>Workout clothes, foot wear and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0449.1</td>
<td>Group Exercise- Pilates (Remote)</td>
<td>15</td>
<td>MW</td>
<td>3:00 PM</td>
<td>Remote</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>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.</td>
<td>Workout clothing, towel or mat and water bottle.</td>
<td>3</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

Year 4 students not on campus or who are not comfortable participating in the in-person swim options must contact physicaleducationandwellness@mit.edu before online registration closes.
<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Cap</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Start Date</th>
<th>End Date</th>
<th>Prerequisites</th>
<th>Equipment</th>
<th>Gift Points</th>
<th>Fee Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE.049.3</td>
<td>Group Exercise- Pilates (Remote)</td>
<td>15</td>
<td>MW</td>
<td>6:00 PM</td>
<td>Remote Synchronous</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>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 feet x 6 feet 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.</td>
<td>Workout clothing, towel or mat and water bottle</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.050.1</td>
<td>Group Exercise- Yoga (Remote)</td>
<td>15</td>
<td>MW</td>
<td>10:00 AM</td>
<td>Remote Synchronous</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>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 feet x 6 feet 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.</td>
<td>Workout clothing, towel or mat and water bottle</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.050.2</td>
<td>Group Exercise- Yoga (Remote)</td>
<td>15</td>
<td>MW</td>
<td>2:00 PM</td>
<td>Remote Synchronous</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>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 feet x 6 feet 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.</td>
<td>Workout clothing, towel or mat and water bottle</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.050.3</td>
<td>Group Exercise- Yoga (Remote)</td>
<td>15</td>
<td>MW</td>
<td>5:00 PM</td>
<td>Remote Synchronous</td>
<td>9/9/2020</td>
<td>10/14/2020</td>
<td>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 feet x 6 feet 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.</td>
<td>Workout clothing, towel or mat and water bottle</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.050.4</td>
<td>Group Exercise- Yoga (Remote)</td>
<td>15</td>
<td>TR</td>
<td>8:00 AM</td>
<td>Remote Synchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Work out clothes, footwear, and a filled water bottle</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.040.1</td>
<td>Jogging/Running</td>
<td>8</td>
<td>MW</td>
<td>11:00 AM</td>
<td>Steinbrenner Track/Johnson Indoor Track (rain back up)</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Work out clothes, footwear, and a filled water bottle</td>
<td>2</td>
<td>$0.00</td>
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<tr>
<td>PE.040.2</td>
<td>Jogging/Running</td>
<td>8</td>
<td>MW</td>
<td>11:00 AM</td>
<td>Steinbrenner Track/Johnson Indoor Track (rain back up)</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Work out clothes, footwear, and a filled water bottle</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.040.3</td>
<td>Jogging/Running</td>
<td>8</td>
<td>MW</td>
<td>11:00 AM</td>
<td>Steinbrenner Track/Johnson Indoor Track (rain back up)</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Work out clothes, footwear, and a filled water bottle</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.040.4</td>
<td>Jogging/Running</td>
<td>8</td>
<td>MW</td>
<td>1:00 PM</td>
<td>Steinbrenner Track/Johnson Indoor Track (rain back up)</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Work out clothes, footwear, and a filled water bottle</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.064.1</td>
<td>Pickleball</td>
<td>8</td>
<td>TR</td>
<td>1:00 PM</td>
<td>Rockwell Cage South</td>
<td>9/15/2020</td>
<td>10/15/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Work out clothes, footwear, and a filled water bottle</td>
<td>2</td>
<td>$5.00</td>
</tr>
<tr>
<td>PE.064.2</td>
<td>Pickleball</td>
<td>8</td>
<td>TR</td>
<td>2:30 PM</td>
<td>Rockwell Cage South</td>
<td>9/15/2020</td>
<td>10/15/2020</td>
<td>This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Work out clothes, footwear, and a filled water bottle</td>
<td>2</td>
<td>$5.00</td>
</tr>
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<td>Section</td>
<td>Title</td>
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</tr>
<tr>
<td>PE.0446-1</td>
<td>Running - Advanced</td>
<td>11</td>
<td>TR</td>
<td>1:00 PM</td>
<td>Synchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Participants must be running at least 20 miles a week or more to participate and preparing to train for a race (5K to Marathon). Also, this remote synchronous course requires 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. Training shoes with less than 400 miles of wear and a smart watch to record heart rate and GPS. Note: there are no restrooms available in the Sailing Pavilion. Filled water bottle. Synthetic, warm clothing recommended.</td>
<td></td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0904-5</td>
<td>Sailing</td>
<td>20</td>
<td>TR</td>
<td>1:00 PM</td>
<td>Sailing Pavilion</td>
<td>9/17/2020</td>
<td>10/15/2020</td>
<td>Students must attend first 2 classes. Successfully complete swim and boat test by Thu, 9/10/2020. This course is modified in-person and will be held outdoors with Zoom rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. This is a 120 minute class at the MIT Sailing Pavilion, Cambridge, MA (building 51). Filled water bottle. Synthetic, warm clothing recommended. Note: there are no restrooms available in the Sailing Pavilion.</td>
<td></td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0904-3</td>
<td>Sailing</td>
<td>20</td>
<td>TR</td>
<td>11:00 AM</td>
<td>Sailing Pavilion</td>
<td>9/16/2020</td>
<td>10/14/2020</td>
<td>Students must attend first 2 classes. Successfully complete swim and boat test by Thu, 9/10/2020. This course is modified in-person and will be held outdoors with Zoom rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. This is a 120 minute class at the MIT Sailing Pavilion, Cambridge, MA (building 51). Filled water bottle. Synthetic, warm clothing recommended. Note: there are no restrooms available in the Sailing Pavilion.</td>
<td></td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0904-4</td>
<td>Sailing</td>
<td>20</td>
<td>W</td>
<td>2:00 PM</td>
<td>Sailing Pavilion</td>
<td>9/16/2020</td>
<td>10/14/2020</td>
<td>Students must attend first 2 classes. Successfully complete swim and boat test by Thu, 9/10/2020. This course is modified in-person and will be held outdoors with Zoom rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. This is a 120 minute class at the MIT Sailing Pavilion, Cambridge, MA (building 51). Filled water bottle. Synthetic, warm clothing recommended. Note: there are no restrooms available in the Sailing Pavilion.</td>
<td></td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0909-1</td>
<td>Sailing, Intermediate</td>
<td>11</td>
<td>TR</td>
<td>4:00 PM</td>
<td>Sailing Pavilion</td>
<td>9/15/2020</td>
<td>10/13/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Work out clothes, footwear, and a filled water bottle.</td>
<td></td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0727-1</td>
<td>Soccer Skills and Conditioning</td>
<td>12</td>
<td>MW</td>
<td>1:00 PM</td>
<td>Roberts Field/Johnson in field (rain back up)</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Work out clothes, footwear, and a filled water bottle.</td>
<td></td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0727-2</td>
<td>Soccer Skills and Conditioning</td>
<td>12</td>
<td>MW</td>
<td>2:30 PM</td>
<td>Roberts Field/Johnson in field (rain back up)</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required. Work out clothes, footwear, and a filled water bottle.</td>
<td></td>
<td>2</td>
<td>$0.00</td>
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</tbody>
</table>
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- **Workout clothes and water bottle.**

This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.

- **Work out clothes, footwear(non-marking or gum soled), and a filled water bottle.**

This course is modified in-person and will be held indoors. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.

- **Work out clothes, footwear(non-marking or gum soled), and a filled water bottle.**

This course is modified in-person. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering to be worn outside of pool and social distancing required.

- **Students must bring a filled water bottle and towel with them as towel service is currently not available. Changing area is limited and deck showers are available for swimmers to rinse prior to getting in the pool and after swim.**

This course is modified in-person. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering to be worn outside of pool and social distancing required.

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### Quarter 1 Schedule (tentative)

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Cap</th>
<th>Day</th>
<th>Time</th>
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<th>Prerequisites</th>
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<th>Fee</th>
<th>Gift Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE.0322.1</td>
<td>Swing (Remote)</td>
<td>15</td>
<td>TR</td>
<td>11:00 AM</td>
<td>Remote Synchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>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.</td>
<td>Workout clothes, footwear and water bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.0620.1</td>
<td>Tennis</td>
<td>8</td>
<td>MW</td>
<td>11:00 AM</td>
<td>East Tennis Courts/Tennis bubble (rain back up)</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Workout clothes, footwear, and a filled water bottle.</td>
<td>2</td>
<td>$5.00</td>
</tr>
<tr>
<td>PE.0620.2</td>
<td>Tennis</td>
<td>8</td>
<td>MW</td>
<td>2:30 PM</td>
<td>East Tennis Courts/Tennis bubble (rain back up)</td>
<td>9/14/2020</td>
<td>10/14/2020</td>
<td>This course is modified in-person and will be held outdoors with indoor rain back up. Students must adhere to the MIT COVID guidelines in order to participate in this modified in-person course. Face covering and social distancing required.</td>
<td>Workout clothes, footwear, and a filled water bottle.</td>
<td>2</td>
<td>$5.00</td>
</tr>
<tr>
<td>PE.0451.1</td>
<td>Weight Training - Backpack and Bands (Remote)</td>
<td>15</td>
<td>TR</td>
<td>11:00 AM</td>
<td>Remote Synchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Students must attend first 4 classes. 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.</td>
<td>Sneakers/footwear and comfortable workout clothing. Bookbag, textbooks, resistance band, towel and bottle.</td>
<td>2</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.4200.1</td>
<td>Wellness Foundations (Remote)</td>
<td>21</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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.</td>
<td>None</td>
<td>3</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.4200.2</td>
<td>Wellness Foundations (Remote)</td>
<td>21</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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.</td>
<td>None</td>
<td>3</td>
<td>$0.00</td>
</tr>
<tr>
<td>PE.4200.3</td>
<td>Wellness Foundations (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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.</td>
<td>None</td>
<td>3</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

Year 4 students not on campus or who are not comfortable participating in the in-person swim options must contact physcialeducationandwellness@mit.edu before online registration closes.
<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Cap</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Start Date</th>
<th>End Date</th>
<th>Prerequisites</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE.4200-4</td>
<td>Wellness Foundations (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote</td>
<td>Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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.</td>
</tr>
<tr>
<td>PE.4200-5</td>
<td>Wellness Foundations (Remote)</td>
<td>15</td>
<td>TR</td>
<td>5:00 PM</td>
<td>Remote</td>
<td>Asynchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>Attendance at 2 synchronous zoom meetings (week 1 and week 4) and completion of weekly asynchronous assignments. 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.</td>
</tr>
<tr>
<td>PE.0452-2</td>
<td>Yoga (Remote)</td>
<td>15</td>
<td>TR</td>
<td>3:00 PM</td>
<td>Remote</td>
<td>Synchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>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.</td>
</tr>
<tr>
<td>PE.0452-1</td>
<td>Yoga (Remote)</td>
<td>15</td>
<td>TR</td>
<td>4:00 PM</td>
<td>Remote</td>
<td>Synchronous</td>
<td>9/8/2020</td>
<td>10/15/2020</td>
<td>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.</td>
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