

Section	Title	CAP	Day	Time	Location	Start Date	End Date	Prerequisites	GIR Points	Swim GIR	Fee Amount
PE.0600-3	Archery	14	MW	11:00 AM	Rockwell Cage North	1/7/2019	1/30/2019	Students must attend first 3 classes.	2	N	\$15.00
PE.0600-4	Archery	14	MW	1:00 PM	Rockwell Cage North	1/7/2019	1/30/2019	Students must attend first 3 classes.	2	N	\$15.00
PE.0600-5	Archery	14	MW	2:15 PM	Rockwell Cage North	1/7/2019	1/30/2019	Students must attend first 3 classes.	2	N	\$15.00
PE.0600-7	Archery	14	TR	11:00 AM	Rockwell Cage North	1/8/2019	1/31/2019	Students must attend first 3 classes.	2	N	\$15.00
PE.0600-8	Archery	14	TR	1:00 PM	Rockwell Cage North	1/8/2019	1/31/2019	Students must attend first 3 classes.	2	N	\$15.00
PE.0601-1	Badminton, Beginner	16	MW	11:00 AM	Rockwell Cage South	1/7/2019	1/30/2019	None	2	N	\$5.00
PE.0601-2	Badminton, Beginner	16	MW	2:00 PM	Rockwell Cage South	1/7/2019	1/30/2019	None	2	N	\$5.00
PE.0300-1	Ballroom	24	TR	7:30 PM	Du Pont T Club Lounge	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0436-1	Boot Camp for Athletes	20	TR	3:00 PM	Johnson Infield & Track	1/8/2019	1/31/2019	Timed mile: 9 minute mile or less Push ups in 1 minute: 25 or more Body-Weight squats in 1 minute: 30 or more Full sit ups in 1 minute: 30 or more	2	N	\$10.00
PE.0715-1	Broomball	30	TR	2:30 PM	Johnson Ice Rink	1/8/2019	1/31/2019	None	2	N	\$10.00
PE.0903-1	Climbing, Indoor	20	W	5:30 PM	Off Campus	1/9/2019	1/30/2019	IAP: Wed- Jan. 9, 16, 23, 30. Time: 5:30p-9:30p. Students must attend first 2 classes. This Extreme PE&W class is 180 minutes and held off campus with MetroRock, Everett. Registration for class is closed; no further registrations available for IAP 2019.	2	N	\$100.00
PE.0516-1	Cycling/Nutrition	12	TR	12:00 PM	Wang Fitness, Spin Dome Area	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0518-1	Fitness / Meditation	18	TR	3:30 PM	Du Pont Multi-Purpose Room	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0507-1	Fitness / Stress Management	18	MW	6:15 PM	Du Pont Multi-Purpose Room	1/7/2019	1/30/2019	None	2	N	\$0.00
PE.0517-1	Fitness/CPR/First Aid	14	TR	6:15 PM	Du Pont Multi-Purpose Room	1/8/2019	1/31/2019	None	4	N	\$45.00
PE.0403-1	Group Exercise - Kickbox	25	TR	5:00 PM	Du Pont T Club Lounge	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0405-1	Group Exercise - Pilates	25	TR	6:15 PM	Du Pont T Club Lounge	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0423-1	Group Exercise - Pilates/Yoga (PiYo)	25	MW	2:30 PM	Du Pont T Club Lounge	1/7/2019	1/30/2019	None	2	N	\$0.00
PE.0411-2	Group Exercise - Yoga	25	MW	8:00 AM	Du Pont T Club Lounge	1/7/2019	1/30/2019	None	2	N	\$0.00
PE.0411-3	Group Exercise - Yoga	25	MW	3:45 PM	Du Pont T Club Lounge	1/7/2019	1/30/2019	None	2	N	\$0.00
PE.0411-4	Group Exercise - Yoga	25	MW	5:00 PM	Du Pont T Club Lounge	1/7/2019	1/30/2019	None	2	N	\$0.00
PE.0411-5	Group Exercise - Yoga	25	TR	2:30 PM	Du Pont T Club Lounge	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0425-1	Group Exercise - Zumba	25	MW	6:15 PM	Du Pont T Club Lounge	1/7/2019	1/30/2019	None	2	N	\$0.00
PE.0435-1	Group Exercise- Functional Fitness	25	TR	10:45 AM	Wang Fitness 168	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0316-1	Hip Hop	24	TR	1:15 PM	Du Pont T Club Lounge	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0701-1	Ice Hockey, Beginner	30	MW	2:30 PM	Johnson Ice Rink	1/7/2019	1/30/2019	This course requires a command of forward and backward skating as well as a strong consistent stop that can be learned in beginner skate or equivalent (email instructor using mitpe@mit.edu address).	2	N	\$10.00
PE.0442-1	Intro to Boot Camp	20	MW	3:00 PM	Johnson Infield & Track	1/7/2019	1/30/2019	None	2	N	\$10.00
PE.0922-1	Parkour	16	TR	1:15 PM	Zesiger MAC Court	1/10/2019	1/31/2019	IAP: Tue/Thu: Jan. 10, 15, 17, 22, 24, 29. Time: 1:15p-2:45p. This Extreme PE&W class is a 90 minute class on campus with Parkour Generations - Boston. Registration for class is closed; no further registrations available for IAP 2019.	2	N	\$40.00
PE.0608-2	Pistol, Beginner	13	TR	11:00 AM	Du Pont Pistol Range	1/8/2019	1/31/2019	Students must attend first 3 classes, though attendance at all classes is strongly recommended.	2	N	\$35.00
PE.0608-3	Pistol, Beginner	13	TR	1:00 PM	Du Pont Pistol Range	1/8/2019	1/31/2019	Students must attend first 3 classes, though attendance at all classes is strongly recommended.	2	N	\$35.00

PE.0626-1	Rifle	2	MW	1:00 PM	Du Pont Pistol Range	1/7/2019	1/30/2019	Students must attend first 3 classes, though attendance at all classes is strongly recommended.	2	N	\$35.00
PE.0308-2	Salsa	24	TR	10:45 AM	Du Pont T Club Lounge	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0201-1	SCUBA Diving	18	TR	7:00 PM	Alumni Pool 25 yard	1/10/2019	1/31/2019	Students must attend the first day of class. IAP: Tue&Thu - 1/10, 1/15, 1/17, 1/22, 1/24, 1/29, 1/31 This Extreme PE&W class is 180 minutes class at Alumni/Wang pool(Bldg 57) with United Divers. Registration for class is closed; no further registrations available for IAP 2019.	4	Y	\$350.00
PE.0640-1	Self Defense for Everyone	20	MW	1:00 PM	Du Pont Wrestling Room	1/7/2019	1/30/2019	None	2	N	\$0.00
PE.0612-2	Skate, Beginner	20	MW	10:45 AM	Johnson Ice Rink 1	1/7/2019	1/30/2019	None	2	N	\$10.00
PE.0612-3	Skate, Beginner	20	MW	1:15 PM	Johnson Ice Rink 1	1/7/2019	1/30/2019	None	2	N	\$10.00
PE.0612-4	Skate, Beginner	20	TR	10:45 AM	Johnson Ice Rink 1	1/8/2019	1/31/2019	None	2	N	\$10.00
PE.0614-1	Skate, Figure Skating	28	TR	1:15 PM	Johnson Ice Rink	1/8/2019	1/31/2019	Students have experience skating backwards, forwards and stopping.	2	N	\$10.00
PE.0613-1	Skate, Intermediate	20	MW	10:45 AM	Johnson Ice Rink 2	1/7/2019	1/30/2019	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N	\$10.00
PE.0613-2	Skate, Intermediate	20	MW	1:15 PM	Johnson Ice Rink 2	1/7/2019	1/30/2019	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N	\$10.00
PE.0613-3	Skate, Intermediate	20	TR	10:45 AM	Johnson Ice Rink 2	1/8/2019	1/31/2019	Prior skate experience. Students must be able to skate forward, backward and stop.	2	N	\$10.00
PE.0906-1	Skiing Downhill/ Snowboarding	50	TR	5:30 PM	Off Campus	1/10/2019	1/29/2019	IAP 2019 class dates: 1/10, 1/15, 1/17, 1/22, 1/24, 1/29. In case of inclement weather make up date 1/31. This Extreme PE&W class is held off campus with Nashoba Valley. Registration for class is closed; no further registrations available for IAP 2019.	2	N	\$300.00
PE.0725-1	Spikeball	14	TR	3:00 PM	Zesiger MAC Court	1/8/2019	1/31/2019	None	2	N	\$5.00
PE.0804-1	Sport Taekwondo	50	MW	7:30 PM	Du Pont Court 1	1/7/2019	1/30/2019	None	2	N	\$0.00
PE.0616-2	Squash, Beginner	12	TR	2:00 PM	Zesiger Squash Courts	1/8/2019	1/31/2019	None	2	N	\$5.00
PE.0202-1	Swimming, Beginner	14	MW	11:00 AM	Zesiger Teaching Pool	1/7/2019	1/30/2019	None	2	Y	\$0.00
PE.0202-6	Swimming, Beginner	14	MW	2:15 PM	Zesiger Teaching Pool	1/7/2019	1/30/2019	None	2	Y	\$0.00
PE.0202-8	Swimming, Beginner	14	TR	2:15 PM	Zesiger Teaching Pool	1/8/2019	1/31/2019	None	2	Y	\$0.00
PE.0212-1	Swimming, Beginner- Single Gender Female	14	TR	10:30 AM	Alumni Pool 25 yard	1/8/2019	1/31/2019	This course is for females only.	2	Y	\$0.00
PE.0620-1	Tennis, Beginner	16	MW	11:00 AM	Johnson Infield	1/7/2019	1/30/2019	None	2	N	\$5.00
PE.0620-2	Tennis, Beginner	16	MW	1:00 PM	Johnson Infield	1/7/2019	1/30/2019	None	2	N	\$5.00
PE.0705-1	Volleyball, Beginner	20	TR	1:00 PM	Rockwell Cage South	1/8/2019	1/31/2019	None	2	N	\$0.00
PE.0414-1	Weight Training	16	MW	11:00 AM	Du Pont Varsity Weight Room	1/7/2019	1/30/2019	Students must attend first 3 classes and bring handout printed from Stellar to class.	2	N	\$0.00
PE.0414-2	Weight Training	16	MW	1:00 PM	Du Pont Varsity Weight Room	1/7/2019	1/30/2019	Students must attend first 3 classes and bring handout printed from Stellar to class.	2	N	\$0.00
PE.0414-3	Weight Training	16	TR	1:00 PM	Du Pont Varsity Weight Room	1/8/2019	1/31/2019	Students must attend first 3 classes and bring handout printed from Stellar to class.	2	N	\$0.00
PE.0414-4	Weight Training	16	TR	2:15 PM	Du Pont Varsity Weight Room	1/8/2019	1/31/2019	Students must attend first 3 classes and bring handout printed from Stellar to class.	2	N	\$0.00