

| Section | Title | CAP | Day | Time | Location | Start Date | End Date | Prerequisites | GIR Points | Swim GIR | Fee Amount |
|-----------|---|-----|-----|----------|----------------------------------|------------|-----------|--|------------|----------|------------|
| PE.0800-1 | Aikido | 18 | TR | 1:00 PM | Du Pont Wrestling Room | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0600-1 | Archery | 14 | MW | 11:00 AM | Rockwell Cage North | 2/11/2019 | 3/20/2019 | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-2 | Archery | 13 | MW | 1:00 PM | Rockwell Cage North | 2/11/2019 | 3/20/2019 | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-3 | Archery | 14 | MW | 2:00 PM | Rockwell Cage North | 2/11/2019 | 3/20/2019 | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-4 | Archery | 14 | TR | 11:00 AM | Rockwell Cage North | 2/12/2019 | 3/21/2019 | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-5 | Archery | 14 | TR | 1:00 PM | Rockwell Cage North | 2/12/2019 | 3/21/2019 | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0600-6 | Archery | 14 | TR | 2:00 PM | Rockwell Cage North | 2/12/2019 | 3/21/2019 | Students must attend first 4 classes. | 2 | N | \$15.00 |
| PE.0900-1 | Backpacking and Hiking | 11 | M | 5:30 PM | Zesiger Athletic Conference Room | 3/18/2019 | 3/18/2019 | Must be available for pre-trip meeting on Mon, Mar. 18th from 5:30p-7p (W35-199 Media Room, 1st Floor) and April 13 - April 15 (Patriot's Day/CPW Weekend) Sat 8am-Mon 7pm. Must complete all forms provided by PE&W office to confirm registration by Wed. Feb. 13th with DocuSign. Forms will be sent from the PE&W office via MIT email once registration has closed on 2/6. Students must at a good-moderate fitness level to participate. | 2 | N | \$200.00 |
| PE.0601-1 | Badminton, Beginner | 16 | TR | 11:00 AM | Rockwell Cage South | 2/12/2019 | 3/21/2019 | None | 2 | N | \$5.00 |
| PE.0601-2 | Badminton, Beginner | 16 | TR | 2:00 PM | Rockwell Cage South | 2/12/2019 | 3/21/2019 | None | 2 | N | \$5.00 |
| PE.0615-1 | Badminton, Intermediate | 16 | TR | 1:00 PM | Rockwell Cage South | 2/12/2019 | 3/21/2019 | Beginner Badminton or equivalent(email instructor using mitpe@mit.edu address). | 2 | N | \$5.00 |
| PE.0436-1 | Boot Camp for Athletes | 20 | MW | 3:00 PM | Johnson Infield | 2/11/2019 | 3/20/2019 | 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.0436-1 | Boot Camp for Athletes | 20 | MW | 3:00 PM | Johnson Indoor Track | 2/11/2019 | 3/20/2019 | 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 | 24 | TR | 2:00 PM | Johnson Ice Rink | 2/12/2019 | 3/21/2019 | None | 2 | N | \$10.00 |
| PE.0903-1 | Climbing, Indoor | 20 | W | 5:30 PM | Off Campus | 2/20/2019 | 3/13/2019 | Q3: Wed- Feb. 20, 27, Mar. 6, 13. Time: 5:30p-9:30p. Students must attend first 2 classes. Registration is pending until all forms sent from PE&W office have been completed by Fri. Feb. 8th. Forms will be sent from the PE&W office via MIT email once registration has closed on 2/6. | 2 | N | \$100.00 |
| PE.0602-1 | Fencing, Foil | 16 | MW | 1:00 PM | Du Pont Fencing Room | 2/11/2019 | 3/20/2019 | Students must attend first 3 classes and bring handout printed from Stellar to class. | 2 | N | \$5.00 |
| PE.0654-1 | Fencing, Foil Intermediate | 16 | MW | 2:00 PM | Du Pont Fencing Room | 2/11/2019 | 3/20/2019 | Must successfully complete Fencing, Foil Beginner. Students must attend the first 3 classes. | 2 | N | \$5.00 |
| PE.0603-1 | Fencing, Sabre | 16 | TR | 1:00 PM | Du Pont Fencing Room | 2/12/2019 | 3/21/2019 | Students must attend first 3 classes and bring handout printed from Stellar to class. | 2 | N | \$5.00 |
| PE.0603-2 | Fencing, Sabre | 16 | TR | 2:00 PM | Du Pont Fencing Room | 2/12/2019 | 3/21/2019 | Students must attend first 3 classes and bring handout printed from Stellar to class. | 2 | N | \$5.00 |
| PE.0521-1 | Fitness / Healthy Relationship | 18 | MW | 4:00 PM | Du Pont Multi-Purpose Room | 2/11/2019 | 3/20/2019 | None | 2 | N | \$0.00 |
| PE.0518-1 | Fitness / Meditation | 18 | MW | 5:00 PM | Du Pont Multi-Purpose Room | 2/11/2019 | 3/20/2019 | None | 2 | N | \$0.00 |
| PE.0512-2 | Fitness / Nutrition | 18 | TR | 5:00 PM | Du Pont Multi-Purpose Room | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0517-1 | Fitness/CPR/First Aid/Stress Management | 18 | TR | 6:15 PM | Du Pont Multi-Purpose Room | 2/12/2019 | 3/21/2019 | None | 4 | N | \$45.00 |
| PE.0525-1 | Fitness/Financial Health | 18 | MW | 6:00 PM | Du Pont Multi-Purpose Room | 2/11/2019 | 3/20/2019 | None | 2 | N | \$0.00 |
| PE.0440-1 | Group Exercise - Cardio Drumming | 25 | MW | 6:00 PM | Du Pont T Club Lounge | 2/11/2019 | 3/20/2019 | None | 2 | N | \$0.00 |
| PE.0403-1 | Group Exercise - Kickbox | 25 | TR | 12:00 PM | Du Pont T Club Lounge | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0405-2 | Group Exercise - Pilates | 25 | TR | 3:00 PM | Wang Fitness 168 | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0405-3 | Group Exercise - Pilates | 25 | TR | 5:00 PM | Du Pont T Club Lounge | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0411-1 | Group Exercise - Yoga | 25 | MW | 8:00 AM | Du Pont T Club Lounge | 2/11/2019 | 3/20/2019 | None | 2 | N | \$0.00 |
| PE.0411-2 | Group Exercise - Yoga | 25 | MW | 5:00 PM | Du Pont T Club Lounge | 2/11/2019 | 3/20/2019 | None | 2 | N | \$0.00 |
| PE.0411-3 | Group Exercise - Yoga | 25 | TR | 2:00 PM | Du Pont T Club Lounge | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0411-4 | Group Exercise - Yoga | 25 | TR | 3:00 PM | Du Pont T Club Lounge | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0434-1 | Group Exercise- BollyX | 25 | TR | 6:00 PM | Du Pont T Club Lounge | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0435-1 | Group Exercise- Functional Fitness | 25 | TR | 11:00 AM | Wang Fitness 168 | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0316-1 | Hip Hop | 24 | TR | 1:00 PM | Du Pont T Club Lounge | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0701-2 | Ice Hockey, Beginner | 30 | MW | 1:00 PM | Johnson Ice Rink | 2/11/2019 | 3/20/2019 | 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 | TR | 3:00 PM | Johnson Indoor Track | 2/12/2019 | 3/21/2019 | None | 2 | N | \$10.00 |

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|-----------|-----------------------------|----|----|----------|------------------------|-----------|-----------|--|---|---|----------|
| PE.0442-1 | Intro to Boot Camp | 20 | TR | 3:00 PM | Johnson Infield | 2/12/2019 | 3/21/2019 | None | 2 | N | \$10.00 |
| PE.0922-1 | Parkour | 16 | F | 1:15 PM | Zesiger MAC Court | 2/15/2019 | 3/15/2019 | Q3: Friday: 2/15, 2/22, 3/1, 3/8, 3/15, 3/22.*Note: this course ends after the quarter end date. Time: 1:15p-2:45p. Registration is pending until all forms sent from PE&W office have been completed by Fri. 2/8. Forms will be sent from the PE&W office via MIT email once registration closes on 2/6. | 2 | N | \$40.00 |
| PE.0646-1 | Pickleball | 16 | MW | 1:00 PM | Rockwell Cage South | 2/11/2019 | 3/20/2019 | None | 2 | N | \$5.00 |
| PE.0608-2 | Pistol, Beginner | 13 | MW | 1:00 PM | Du Pont Pistol Range | 2/11/2019 | 3/20/2019 | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0608-3 | Pistol, Beginner | 13 | MW | 2:00 PM | Du Pont Pistol Range | 2/11/2019 | 3/20/2019 | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0608-5 | Pistol, Beginner | 13 | TR | 1:00 PM | Du Pont Pistol Range | 2/12/2019 | 3/21/2019 | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0608-6 | Pistol, Beginner | 13 | TR | 2:00 PM | Du Pont Pistol Range | 2/12/2019 | 3/21/2019 | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0626-1 | Rifle | 12 | MW | 11:00 AM | Du Pont Pistol Range | 2/11/2019 | 3/20/2019 | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0626-2 | Rifle | 12 | TR | 11:00 AM | Du Pont Pistol Range | 2/12/2019 | 3/21/2019 | Students must attend first 4 classes, though attendance at all classes is strongly recommended. | 2 | N | \$35.00 |
| PE.0308-1 | Salsa | 24 | TR | 11:00 AM | Du Pont T Club Lounge | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0201-1 | SCUBA Diving | 18 | T | 7:00 PM | Alumni Pool 25 yard | 2/12/2019 | 3/19/2019 | Q3: Tue: 2/12, 2/26, 3/5, 3/12, 3/19, 4/2, 4/9 Thu: 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/4. Note: class ends after close date. Must attend the first day of class & pass SCUBA pre-test on day 1, able to lift 40 lbs and in good health. Registration is pending until all forms sent from PE&W office have been completed by Fri. Feb. 8th. Forms will be sent from the PE&W office via MIT email once registration has closed on 2/6. | 4 | Y | \$350.00 |
| PE.0201-2 | SCUBA Diving | 18 | R | 7:00 PM | Alumni Pool 25 yard | 2/14/2019 | 3/21/2019 | Q3: Tue: 2/12, 2/26, 3/5, 3/12, 3/19, 4/2, 4/9 Thu: 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/4. Note: class ends after close date. Must attend the first day of class & pass SCUBA pre-test on day 1, able to lift 40 lbs and in good health. Registration is pending until all forms sent from PE&W office have been completed by Fri. Feb. 8th. Forms will be sent from the PE&W office via MIT email once registration has closed on 2/6. | 4 | Y | \$350.00 |
| PE.0636-1 | Self-Defense for Women | 20 | MW | 1:00 PM | Du Pont Wrestling Room | 2/11/2019 | 3/20/2019 | This is an all female course. | 2 | N | \$0.00 |
| PE.0612-1 | Skate, Beginner | 20 | MW | 2:00 PM | Johnson Ice Rink 1 | 2/11/2019 | 3/20/2019 | None | 2 | N | \$10.00 |
| PE.0612-2 | Skate, Beginner | 20 | TR | 11:00 AM | Johnson Ice Rink 1 | 2/12/2019 | 3/21/2019 | None | 2 | N | \$10.00 |
| PE.0612-3 | Skate, Beginner | 20 | TR | 1:00 PM | Johnson Ice Rink 1 | 2/12/2019 | 3/21/2019 | None | 2 | N | \$10.00 |
| PE.0613-2 | Skate, Intermediate | 20 | MW | 2:00 PM | Johnson Ice Rink 2 | 2/11/2019 | 3/20/2019 | Prior skate experience. Students must be able to skate forward, backward and stop. | 2 | N | \$10.00 |
| PE.0613-3 | Skate, Intermediate | 20 | TR | 11:00 AM | Johnson Ice Rink 2 | 2/12/2019 | 3/21/2019 | Prior skate experience. Students must be able to skate forward, backward and stop. | 2 | N | \$10.00 |
| PE.0703-1 | Soccer, Indoor | 18 | TR | 1:00 PM | Zesiger MAC Court | 2/12/2019 | 3/21/2019 | None | 2 | N | \$0.00 |
| PE.0716-1 | Soccer, Indoor-Intermediate | 18 | TR | 2:00 PM | Zesiger MAC Court | 2/12/2019 | 3/21/2019 | Beginner Soccer or equivalent. | 2 | N | \$0.00 |
| PE.0725-1 | Spikeball | 14 | MW | 3:00 PM | Zesiger MAC Court | 2/11/2019 | 3/20/2019 | None | 2 | N | \$5.00 |
| PE.0616-1 | Squash, Beginner | 12 | MW | 11:00 AM | Zesiger Squash Courts | 2/11/2019 | 3/20/2019 | None | 2 | N | \$5.00 |
| PE.0616-2 | Squash, Beginner | 12 | MW | 1:00 PM | Zesiger Squash Courts | 2/11/2019 | 3/20/2019 | None | 2 | N | \$5.00 |
| PE.0616-3 | Squash, Beginner | 12 | TR | 2:00 PM | Zesiger Squash Courts | 2/12/2019 | 3/21/2019 | None | 2 | N | \$5.00 |
| PE.0202-1 | Swimming, Beginner | 14 | MW | 11:00 AM | Zesiger Teaching Pool | 2/11/2019 | 3/20/2019 | None | 2 | Y | \$0.00 |
| PE.0202-2 | Swimming, Beginner | 14 | MW | 1:00 PM | Zesiger Teaching Pool | 2/11/2019 | 3/20/2019 | None | 2 | Y | \$0.00 |
| PE.0202-3 | Swimming, Beginner | 14 | MW | 2:00 PM | Zesiger Teaching Pool | 2/11/2019 | 3/20/2019 | None | 2 | Y | \$0.00 |
| PE.0202-4 | Swimming, Beginner | 14 | TR | 11:00 AM | Zesiger Teaching Pool | 2/12/2019 | 3/21/2019 | None | 2 | Y | \$0.00 |
| PE.0202-5 | Swimming, Beginner | 14 | TR | 1:00 PM | Zesiger Teaching Pool | 2/12/2019 | 3/21/2019 | None | 2 | Y | \$0.00 |
| PE.0202-6 | Swimming, Beginner | 14 | TR | 2:00 PM | Zesiger Teaching Pool | 2/12/2019 | 3/21/2019 | None | 2 | Y | \$0.00 |
| PE.0317-1 | Swing | 24 | MW | 7:00 PM | Du Pont T Club Lounge | 2/11/2019 | 3/20/2019 | None | 2 | N | \$0.00 |
| PE.0720-1 | Tchoukball | 18 | TR | 3:00 PM | Zesiger MAC Court | 2/12/2019 | 3/21/2019 | None | 2 | N | \$5.00 |
| PE.0620-1 | Tennis, Beginner | 16 | MW | 1:00 PM | Johnson Infield | 2/11/2019 | 3/20/2019 | None | 2 | N | \$5.00 |
| PE.0620-2 | Tennis, Beginner | 16 | MW | 2:00 PM | Johnson Infield | 2/11/2019 | 3/20/2019 | None | 2 | N | \$5.00 |

No classes 2/18

2/19 Monday schedule

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|-----------|---------------------------|----|----|----------|-----------------------------|-----------|-----------|--|---|---|--------|
| PE.0721-1 | Tsegball | 18 | TR | 4:00 PM | Zesiger MAC Court | 2/12/2019 | 3/21/2019 | None | 2 | N | \$5.00 |
| PE.0414-1 | Weight Training | 16 | MW | 11:00 AM | Du Pont Varsity Weight Room | 2/11/2019 | 3/20/2019 | Students must attend first 4 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 | 2/11/2019 | 3/20/2019 | Students must attend first 4 classes and bring handout printed from Stellar to class. | 2 | N | \$0.00 |
| PE.0414-3 | Weight Training | 16 | TR | 2:00 PM | Du Pont Varsity Weight Room | 2/12/2019 | 3/21/2019 | Students must attend first 4 classes and bring handout printed from Stellar to class. | 2 | N | \$0.00 |
| PE.0415-1 | Weight Training for Women | 16 | TR | 1:00 PM | Du Pont Varsity Weight Room | 2/12/2019 | 3/21/2019 | This is an all female class. Students must attend first 4 classes and bring handout printed from Stellar to class. | 2 | N | \$0.00 |