

IAP Open Courses Post Registration

Updated 12/28/2011

Activity	Title	Fee	Meetings	Capacity	Registered	Open Spots	Notes
Aquatics	Beginner Swimming - Male Only	None	TR 10:00 AM Alumni Pool 25 yard	14	12	2	Suit needed, goggles recommended. This is a male only course. Contact PE Office to be added to course (up to 1/3/2012).
Dance	Israeli Folk	None	TR 2:00 PM Wang Fitness 168	25	6	19	Dress for running and jumping. Contact PE Office to be added to course (up to 1/3/2012).
Dance	Middle Eastern	None	MW 2:00 PM Du Pont T Club Lounge	25	10	15	Wear leotard, tights, or loose-fitting clothes. Contact PE Office to be added to course (up to 1/3/2012).
Dance	Tango, Beginner	None	TR 1:30 PM Zesiger MAC Court	25	11	14	Contact PE Office to be added to course (up to 1/3/2012).
Dance	Tango, Beginner	None	TR 3:00 PM Zesiger MAC Court	25	12	13	Contact PE Office to be added to course (up to 1/3/2012).
Dance	Swing	None	TR 11:00 AM Du Pont T Club Lounge	25	15	10	Contact PE Office to be added to course (up to 1/3/2012).
Fitness	Group Exercise - Step 1	None	TR 6:00 PM Du Pont T Club Lounge	25	18	7	Contact PE Office to be added to course (up to 1/3/2012).
Fitness	Weight Training	None	MTWR 1:00 PM Du Pont Varsity Weight Room	18	15	3	Students must attend first 4 classes and bring handout printed from Stellar to class. Contact PE Office to be added to course (up to 1/3/2012).
Fitness	Group Exercise - Boot Camp for Athletes	None	MW 2:00 PM Johnson Indoor Track	25	13	12	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 Contact PE Office to be added to course (up to 1/3/2012).
Fitness	Group Exercise - Boot Camp for Athletes with HRM	\$10.00	MW 1:00 PM Du Pont T Club Lounge, MW 1:00 PM Johnson Indoor Track	20	8	12	Prerequisites: 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 Contact PE Office to be added to course (up to 1/3/2012).
Health & Wellness	Fitness/Nutrition	None	MW 11:00 AM Du Pont Multi-Purpose Room	18	2	16	Contact PE Office to be added to course (up to 1/3/2012).
Health & Wellness	Fitness/Nutrition	None	TR 12:00 PM Du Pont Multi-Purpose Room	18	1	17	Contact PE Office to be added to course (up to 1/3/2012).
Individual Sports	Tennis, Beginner	\$5.00	MTWR 1:00 PM Johnson Infield	16	5	11	Contact PE Office to be added to course (up to 1/3/2012).
Individual Sports	Volleyball, Intermediate	None	MTWR 2:00 PM Rockwell Cage Main	24	10	14	Contact PE Office to be added to course (up to 1/3/2012).
Team Sports	Broomball	\$10.00	MTWR 10:00 AM Johnson Ice Rink	20	14	6	Contact PE Office to be added to course (up to 1/3/2012).
Outdoor Education	Top Ropes Climbing	\$110.00	R 1:00 PM Off Campus	19	13	6	Meets Jan 12, 19, 26. Contact PE Office to be added to course (up to 1/3/2012).
Outdoor Education	Cross Country Skiing	\$110.00	TWR 4:30 PM Off Campus	14	13	1	Meets Jan 24, 25, 26. Contact PE Office to be added to course (up to 1/3/2012).
Outdoor Education	Downhill Ski	\$200.00	TR 5:30 PM Off Campus	50	15	35	Meets Jan 10, 12, 17, 19, 24, 26. Equipment rental available for \$100. Contact PE Office to be added to course (up to 1/3/2012).
Outdoor Education	Snowboarding	\$200.00	TR 5:30 PM Off Campus	50	15	35	Meets Jan 10, 12, 17, 19, 24, 26. Equipment rental available for \$100. Contact PE Office to be added to course (up to 1/3/2012).

To add an open course through 1/3/2012, contact PE Office by emailing mitpe@mit.edu