

Physical Education: Summer 2010 Registration begins Monday, May 17

Earn points this summer through swimming, sailing or SCUBA! **Register through www.mitpe.com.** Students must complete 8 hours of instruction to earn points toward General Institute Requirement. DAPER membership required. Minimum age for physical education courses is 16 years old. *Classes will not meet Monday, July 5.*

Sailing - Beginner (2 points)

This course is an introduction to the basic fundamentals of sailing with theory and practice. Take advantage of MIT's fine sailing facility on the Charles River. Pre-requisite: Boat test (100 yard swim and tread water for 10 minutes). The first class is held at Alumni pool to complete boat test. Bring swim suit and goggles. Class will not meet Monday, July 5.

Day/Time: Mon. and Wed. 4:00 pm-5:00pm
Section A: June 30-August 11
Day/Time: Tues. and Thurs. 4:00 pm-5:00pm
Section B: July 1-August 10
Cost: \$75.00

SCUBA Certification (4 points)

Learn the practical skills to be a safe open-water SCUBA diver. Course fee includes pool sessions, classroom meetings with all appropriate equipment provided. Students must provide own mask, fin and snorkel for open water dives. Instruction, transportation and all other equipment included. Pre-requisite: Must pass SCUBA swim test on first day of class (100 yard swim and tread water for 10 minutes) and complete health form.

Day/Time: Tues. and Thurs. 7:00 pm-10:00 pm
Session I: July 8-July 29, Open water dives TBA
Session II: Aug. 5-Aug. 26, Open water dives TBA
Cost: \$350, \$175 non refundable deposit
Location: Alumni/Wang Pool

Swimming – Beginner, Advance Beginner and Intermediate (2 points)

Three sections (beginner, advance beginner and intermediate swim) are offered from 4:00 pm-5:00pm. Beginners will receive instruction on floating, gliding, kicking and elementary backstroke. Front crawl stroke will also be introduced. The Advance beginner course and Intermediate course are designed to increase a swimmer's confidence and refine skills in deep water as well as develop skills to pass the MIT swimming test. There will be instruction on the crawl, elementary backstroke, sidestroke and breaststroke. Pre-requisite: Goggles are highly recommended. *Classes will not meet Monday, July 5.*

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Section A: June 30-August 11
Day/Time: Tues. and Thurs. 4:00 pm-5:00pm
Section B: July 1 -August 10
Cost: \$75.00
Location: Alumni Pool/Wang Center

Upgrade Your Health and Happiness – Fitness and Nutrition (2 points)

This course is designed to provide health and wellness information that is relevant to campus life, enhances and helps balance academics, athletics, and personal life. Topics for class include the components and benefits of a healthy diet and physical activity as well as tips on how to achieve personal goals. Developing personalized fitness and nutrition plans makes it possible for all participants to surpass their current levels of efficiency and reach their potential.

Day/Time: Mon. and Wed. 5:00 pm-6:00 pm
Section A: July 7-August 11
Cost: \$75.00
Location: DuPont T-club lounge