

Quarter 4
March 31 - May 13, 2010

Activity	Days	Time	Location	Cap	Lab Fee	Notes
Aquatics - Swim - Beginner	MW	1:00 PM	Zesiger Pool - Teaching	14	none	Bathing suit required, goggles recommended
Aquatics - Swim - Beginner	TR	11:00 AM	Zesiger pool - Teaching pool	14	none	Bathing suit required, goggles recommended
Aquatics - Swim - Intermediate	TR	1:00 PM	Zesiger pool - Teaching pool	14	none	Pre-requisite: Begin swim or equivalent, Bathing suit required, goggles recommended
Aquatics - Swim - Adv. Technique	TR	1:00 PM	Zesiger Pool - East	20	none	Prerequisite: 100 yards freestyle, Bathing suit required, goggles recommended
Aquatics - SCUBA	TR	7p-10p	Alumni Pool	18	\$ 350.00	4/8, 13, 15, 22, 27, 29, 5/4. Must be able to pass swim test. Good health.
Archery	MW	11:00 AM	Rockwell Cage North	14	\$ 15.00	Must attend 1st 4 classes
Archery	MW	1:00 PM	Rockwell Cage North	14	\$ 15.00	Must attend 1st 4 classes
Archery	MW	2:00 PM	Rockwell Cage North	14	\$ 15.00	Must attend 1st 4 classes
Archery	TR	11:00 AM	Rockwell Cage North	14	\$ 15.00	Must attend 1st 4 classes
Archery	TR	1:00 PM	Rockwell Cage North	14	\$ 15.00	Must attend 1st 4 classes
Archery	TR	2:00 PM	Rockwell Cage North	14	\$ 15.00	Must attend 1st 4 classes
Backpacking	Sat-Mon	Leave at 8am Saturday and return Monday at 7pm	White Mountains, NH April 17-19	4	\$ 275.00	Course fee Includes transportation, instruction, food, guides and equipment.
Badminton	MW	11:00 AM	Rockwell Cage South	16	\$ 5.00	
Badminton	TR	1:00 PM	Rockwell Cage South	16	\$ 5.00	
Modern Squares, Intermediate	TR	8:15 PM-9:15 PM	Student Center	20	none	Need Beginner Square Dance and permission of instructor
Fencing - Foil	TR	1:00 PM	duPont Fencing Room	16	none	Must attend 1st 4 classes
Fencing - Sabre	TR	11:00 AM	duPont Fencing Room	16	none	Must attend 1st 4 classes
Golf	MW	11:00 AM	Briggs Field B.C. D	14	\$ 10.00	Meet in Z Center lobby for 1st class. Rain back up in duPont golf room
Golf	MW	1:00 PM	Briggs Field B.C. D	14	\$ 10.00	Meet in Z center lobby for 1st class. Rain back up in duPont golf room
Golf	MW	2:00 PM	Briggs Field B.C. D	14	\$ 10.00	Meet in Z center lobby for 1st class. Rain back up in duPont golf room
Golf	TR	11:00 AM	Briggs Field B.C. D	14	\$ 10.00	Meet in Z Center lobby for 1st class. Rain back up in duPont golf room
Golf	TR	1:00 PM	Briggs Field B.C. D	14	\$ 10.00	Meet in Z center lobby for 1st class. Rain back up in duPont golf room
Golf	TR	2:00 PM	Briggs Field B.C. D	14	\$ 10.00	Meet in Z center lobby for 1st class. Rain back up in duPont golf room
Group Exercise - Cycling	MW	12:00 PM	Alumni Wang Spin Dome	13	none	
Group Exercise - Step 1	MW	6:00 PM	duPont T Club Lounge	25	none	
Group Exercise - Kickbox 2	TR	5:00 PM	duPont T-Club Lounge	25	none	
Group Exercise - Pilates 1	TR	6:00 PM	duPont T-Club Lounge	25	none	
Group Exercise - PiYo	MW	8:00 AM	duPont T-Club Lounge	25	none	
Group Exercise - Yoga 1	MW	5:00 PM	duPont T-Club Lounge	25	none	
Group Exercise - Yoga 2	TR	12:00 PM	duPont T-Club Lounge	25	none	
Jogging/Running	TR	1:00 PM	Steinbrenner Track	20	none	First class meet in Johnson Track.
Kayak	M	3:00 PM-7:00 PM	Charles River Kayak	20	\$ 150.00	Dates April 26, May 3, 10. instruction and equipment Must attend all 3 days to earn points. Boat test required. 1st day meeting place will be the atrium of MIT Medical.
Pistol - Beginner	MW	11:00 AM	duPont Pistol Range	13	\$ 45.00	Must attend first 4 classes.
Pistol - Beginner	MW	1:00 PM	duPont Pistol Range	13	\$ 45.00	Must attend first 4 classes.
Pistol - Beginner	MW	2:00 PM	duPont Pistol Range	13	\$ 45.00	Must attend first 4 classes.
Pistol - Beginner	TR	11:00 AM	duPont Pistol Range	13	\$ 45.00	Must attend first 4 classes.
Pistol - Intermediate	TR	1:00 PM	duPont Pistol Range	13	\$ 45.00	Must attend first 4 classes.
Pistol - Intermediate	TR	2:00 PM	duPont Pistol Range	13	\$ 45.00	Must attend first 4 classes.
Sailing	TR	11:00 AM	Sailing Pavilion	30	none	Pass boat test
Sailing	TR	1:00 PM	Sailing Pavilion	30	none	Pass boat test
Sailing	TR	2:00 PM	Sailing Pavilion	30	none	Pass boat test
Sailing-Intermediate	F	1:00PM-2:30pm	Sailing Pavilion	30	none	Beginning sailing or equivalent
Self Defense for women	MW	1:00 PM	Wrestling room	20	none	This is an all female course
Soccer - indoor	TR	11:00 AM	Z Center MAC Court	15	none	
Soccer - indoor	TR	1:00 PM	Z Center MAC Court	15	none	
Squash	MW	11:00 AM	Zesiger Courts #1-#6	14	\$ 5.00	Non marking shoes: White or gum soled shoes
Squash	MW	1:00 PM	Zesiger Courts #1-#6	14	\$ 5.00	Non marking shoes: White or gum soled shoes
Tennis - Beg.	TR	1:00 PM	Katz/West Courts	16	\$ 5.00	Meet in Z lobby for 1st class. Rain backup Johnson track infield
Tennis - Beg	MW	11:00 AM	Katz/West Courts	16	\$ 5.00	Meet in Z lobby for 1st class. Rain backup Johnson track infield
Tennis - Beg	MW	2:00 PM	Katz/West Courts	16	\$ 5.00	Meet in Z lobby for 1st class. Rain backup Johnson track infield
Tennis - Beg	TR	2:00 PM	Katz/West Courts	16	\$ 5.00	Meet in Z lobby for 1st class. Rain backup Johnson track infield
Triathlon - beginner	MW	11:00 AM	Zesiger pool - Teaching pool/ MAC/Track	20	none	prerequisite: swim 100 yards freestyle, 1st meeting (Wed) will be on Johnson Indoor Track, Mondays will be in pool
Ultimate Frisbee	TR	11:00 AM	Johnson infield	24	none	
Upgrade your Health and Happiness Fitness Nutrition	MW	1:00 PM	duPont T-Club Lounge	20	none	
Upgrade your Health and Happiness Fitness Nutrition	TR	2:00 PM	duPont T-Club Lounge	20	none	
Upgrade your Health and Happiness Fitness Nutrition	TR	4:00 PM	duPont T-Club Lounge	20	none	
Upgrade your Health and Happiness Stress Management	MW	11:00 AM	duPont T-Club Lounge	20	none	
Upgrade your Health and Happiness Stress Management	MW	4:00 PM	duPont T-Club Lounge	20	none	
Weight Training	MW	1:00 PM	duPont weight room	18	none	Must attend 1st 4 classes
Weight Training	MW	2:00 PM	duPont weight room	18	none	Must attend 1st 4 classes
Weight Training	TR	11:00 AM	duPont weight room	18	none	Must attend 1st 4 classes
Weight Training	TR	1:00 PM	duPont weight room	18	none	Must attend 1st 4 classes

No classes
April 19 and 20, 2010

Weight Training	TR	2:00 PM	duPont weight room	18	none	Must attend 1st 4 classes
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