

MIT PE
Quarter 1, 2010

Cap.	Activity	Days	Time	Location	Rain back up	Lab fee	Notes
30	Akido	TR	4:00 PM	duPont wrestling room		none	
14	Archery	MW	1:00 PM	Rockwell Cage - north		\$15	
14	Archery	MW	2:00 PM	Rockwell Cage - north		\$15	
14	Archery	TR	11:00 AM	Rockwell Cage - north		\$15	
14	Archery	TR	1:00 PM	Rockwell Cage - north		\$15	
14	Archery	TR	2:00 PM	Rockwell Cage - north		\$15	
10	Backpacking	Sat,Sun, Mon	October 9, 10, 11	AMC at White Mountains, NH		\$275	(Columbus Day Weekend) Transportation, instruction, meals, and gear provided.
16	Badminton	MW	2:00 PM	Rockwell Cage- South		\$5	
16	Badminton	TR	1:00 PM	Rockwell Cage - south		\$5	
19	Climbing - Top Rope	F	2:00-6:00 PM	MetroRocks Gym September 24, October 1, & 8		\$110	Transportation, gear and instruction provided. Shuttle leaves from Z (Amherst/Dansford) at 2p and returns by 6p.
24	Dance - Ballroom	MW	8:00 PM	duPont T-Club Lounge		none	
24	Dance - Hip Hop	MW	7:00 PM	duPont T-Club Lounge		none	
24	Dance - Hip Hop	MW	3:00 PM	duPont T-Club Lounge		none	
24	Dance - Salsa	TR	8:00 PM	duPont T-Club Lounge		none	
30	Dance - Square	TR	8:15 PM	Student Center		none	
24	Dance - Swing	TR	11:00 AM	duPont T-Club Lounge		none	
24	Dance - Tango beginner	TR	3:00 PM	duPont T-Club Lounge		none	
24	Dance - Tango beginner	TR	4:00 PM	duPont T-Club Lounge		none	
20	Engineering a Healthy and Happy Life at MIT - Nutrition/Fitness	MW	1:00 PM	duPont T-Club Lounge		none	
20	Engineering a Healthy and Happy Life at MIT - Nutrition/Fitness	MW	2:00 PM	duPont T-Club Lounge		none	
20	Engineering a Healthy and Happy Life at MIT - Nutrition/Fitness	TR	2:00 PM	duPont T-Club Lounge		none	
20	Engineering a Healthy and Happy Life at MIT - Nutrition/Fitness	TR	7:00 PM	duPont T-Club Lounge		none	
20	Engineering a Healthy and Happy Life at MIT - Stress management	TR	1:00 PM	duPont T-Club Lounge		none	
16	Fencing - Sabre	TR	1:00 PM	duPont Fencing Room		none	
16	Fencing-Foil	MW	1:00 PM	duPont Fencing Room		none	
14	Golf	MW	10:00 AM	Briggs Field B,C, D	Johnson Rink	\$10	Meet in Z Center lobby 1st day
14	Golf	MW	11:00 AM	Briggs Field B,C, D	Johnson Rink	\$10	Meet in Z Center lobby 1st day
14	Golf	TR	11:00 AM	Briggs Field B,C, D	Johnson Rink	\$10	Meet in Z Center lobby 1st day
14	Golf	TR	1:00 PM	Briggs Field B,C, D	Johnson Rink	\$10	Meet in Z Center lobby 1st day
14	Golf	TR	2:00 PM	Briggs Field B,C, D	Johnson Rink	\$10	Meet in Z Center lobby 1st day
12	Group Exercise - Cycle	TR	12:00 PM	Alumni Wang		none	
25	Group Exercise Pilates 1	TR	5:00 PM	duPont T-Club Lounge		none	
25	Group Exercise PiYo	TR	8:00 AM	duPont T-Club Lounge		none	
25	Group Exercise Step 1	MW	6:00 PM	duPont T-Club Lounge		none	
25	Group Exercise Yoga 1	MW	5:00 PM	duPont T-Club Lounge		none	
25	Group Exercise Yoga 1	TR	12:00 PM	duPont T-Club Lounge		none	
25	Group Exercise Yoga 2	TR	6:00 PM	duPont T-Club Lounge		none	
16	Kayaking	M	3:30p-6:30p	Charles River Kayak at Charles River September 20, 27, October 4		\$150	Prereq: MIT boat test. Transportation, gear and instruction provided. 1st class meets at MIT medical Atrium at 3p to complete paper work.
20	Running (5k)	MW	11:00 AM	Steinbrenner Outdoor Track	Johnson Track	none	Meet in Z Center lobby first day
35	Sailing	TR	11:00 AM	Sailing Pavilion		none	Successfully complete swim and boat test prior to class beginning. Print proof of swim test from PE Registration site - History.
35	Sailing	TR	1:00 PM	Sailing Pavilion		none	Successfully complete swim and boat test prior to class beginning. Print proof of swim test from PE Registration site - History.
35	Sailing	TR	2:00 PM	Sailing Pavilion		none	Successfully complete swim and boat test prior to class beginning. Print proof of swim test from PE Registration site - History.
35	Sailing-Intermed.	F	1-2:30 PM	Sailing Pavilion		none	Must have taken beginner sailing or equivalent as well as successfully complete swim and boat test prior to class beginning. Print proof of swim test from PE Registration site -History.
20	Self defense for women	MW	11:00 AM	duPont wrestling room		none	
40	Sport Taekwondo	MW	7:30 PM	duPont Gym #1		none	
14	Swim - Beg.	MW	11:00 AM	Zesiger Pool		none	Suit needed, goggles recommended
14	Swim - Beg.	MW	1:00 PM	Zesiger Pool		none	Suit needed, goggles recommended
14	Swim - Beg.	MW	2:00 PM	Zesiger Pool		none	Suit needed, goggles recommended
14	Swim - Beg.	TR	11:00 AM	Zesiger Pool		none	Suit needed, goggles recommended
14	Swim - Beg.	TR	1:00 PM	Zesiger Pool		none	Suit needed, goggles recommended
14	Swim - Beg.	TR	2:00 PM	Zesiger Pool		none	Suit needed, goggles recommended
18	Swim - SCUBA	R	7:00-10:00 PM	United Divers at Alumni Pool	Classroom 8p-10p	\$350	Prereq: swim 200 yards, tread water for 10 minutes Dates: 9/16, 23, 30, 10/7, 14, 21, 28
18	Swim - SCUBA	T	7:00-10:00 PM	United Divers at Alumni Pool	Classroom 8p-10p	\$350	Prereq: swim 200 yards, tread water for 10 minutes. Dates: 9/14, 21, 28, 10/5, 12, 19, 26
16	Tennis - Beg.	MW	11:00 AM	Tennis courts - west	Johnson 2nd floor infield	\$5	Non-marketing shoes required. Meet in Z Center lobby 1st day.
16	Tennis - Beg.	TR	1:00 PM	Tennis courts - west	Johnson 2nd floor infield	\$5	Non-marketing shoes required. Meet in Z Center lobby 1st day.
16	Tennis - Beg.	TR	2:00 PM	Tennis courts - west	Johnson 2nd floor infield	\$5	Non-marketing shoes required. Meet in Z Center lobby 1st day.
30	Ultimate Frisbee	MW	2:00 PM	Johnson 2nd floor infield	Also book Berry or Roberts	none	
18	Weight Training	MW	1:00 PM	duPont Weight room		none	must attend first 4 classes
18	Weight Training	MW	2:00 PM	duPont Weight room		none	must attend first 4 classes
18	Weight Training	TR	11:00 AM	duPont Weight room		none	must attend first 4 classes
18	Weight Training	TR	1:00 PM	duPont Weight room		none	must attend first 4 classes
18	Weight Training	TR	2:00 PM	duPont Weight room		none	Must attend first 4 classes
18	Weight Training - women only	MW	11:00 AM	duPont Weight room		none	Must attend first 4 classes

MUST ATTEND FIRST DAY OF COURSE TO SECURE SPOT.
Bring syllabus to first two days of class.