

Students must attend first day to secure spot

MIT PE

Print syllabus from Stellar and bring to first two classes

Quarter 1, 2009

September 14-October 22

| Slots | Activity | Days | Time | Location | Lab fee | Notes |
|-------|---|--------------|-----------------|----------------------------|---------|--|
| 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 | |
| 20 | Backpacking - Mountain | Sat,Sun, Mon | Oct. 10, 11, 12 | White Mountains, NH | \$275 | (Columbus Day Weekend) Transportation, instruction, meals, and gear provided. Leave at 8am and return at 7pm |
| 9 | Backpacking - Urban | Fri, Sat,Sun | Oct. 2, 3, 4 | Blue Hills, Quincy, MA | \$150 | Leave Friday 3p, Return Sunday 5p |
| 16 | Badminton | MW | 1:00 PM | Rockwell - South | \$5 | |
| 16 | Badminton | MW | 2:00 PM | Rockwell - South | \$5 | |
| 16 | Badminton | TR | 1:00 PM | Rockwell Cage - south | \$5 | |
| 19 | Climbing - Top rope | F | 2:00-6:00 PM | Metro Rock Gym | \$105 | Course dates: Sept. 18, 25, October 2. Transportation, gear and instruction provided. Shuttle leaves from Z Center (Amherst/Dansford) at 2p and returns by 6p. |
| 20 | Dance - Tango - Beg. | TR | 3:00 PM | duPont T-Club Lounge | none | |
| 20 | Dance - Tango - Beg. | TR | 4:00 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 | |
| 16 | Fencing-Foil | MW | 2:00 PM | duPont Fencing Room | none | |
| 14 | Golf | MW | 10:00 AM | Briggs Field B,C, D | \$10 | Meet in Z Center lobby 1st day |
| 14 | Golf | MW | 11:00 AM | Briggs Field B,C, D | \$10 | Meet in Z Center lobby 1st day |
| 14 | Golf | TR | 11:00 AM | Briggs Field B,C, D | \$10 | Meet in Z Center lobby 1st day |
| 14 | Golf | TR | 1:00 PM | Briggs Field B,C, D | \$10 | Meet in Z Center lobby 1st day |
| 14 | Golf | TR | 2:00 PM | Briggs Field B,C, D | \$10 | Meet in Z Center lobby 1st day |
| 30 | Group Exercise - Boot Camp 1 | MW | 5:00 PM | Z MAC Court | none | |
| 12 | Group Exercise - Cycle | TR | 12:00 PM | Alumni Wang | none | |
| 30 | Group Exercise - Pilates 1 | TR | 5:00 PM | duPont T-Club Lounge | none | |
| 30 | Group Exercise - PiYo | TR | 8:00 AM | duPont T-Club Lounge | none | |
| 30 | Group Exercise - Step 1 | MW | 6:00 PM | duPont T-Club Lounge | none | |
| 30 | Group Exercise - Yoga 1 | MW | 5:00 PM | duPont T-Club Lounge | none | |
| 30 | Group Exercise - Yoga 1 | TR | 12:00 PM | duPont T-Club Lounge | none | |
| 30 | Group Exercise - Yoga 2 | TR | 6:00 PM | duPont T-Club Lounge | none | |
| 30 | Karate | MW | 2:00 PM | duPont T-Club Lounge | none | |
| 13 | Kayaking | M | 3:00p-7:00p | Charles River | \$150 | Course dates: September 14, 21, 28. Successfully complete swim and boat test by 9/10. Print proof of swim test from PE Registration site - history. Transportation, gear and instruction provided. Shuttle leaves from Z (Amherst/Dansford) at 3p and returns by 7p. |
| 13 | Pistol - Beg. | MW | 1:00 PM | duPont Pistol Range | \$25 | Must attend first 4 classes |
| 13 | Pistol - Beg. | MW | 2:00 PM | duPont Pistol Range | \$25 | Must attend first 4 classes |
| 13 | Pistol - Beg. | TR | 1:00 PM | duPont Pistol Range | \$25 | Must attend first 4 classes |
| 13 | Pistol - Beg. | TR | 2:00 PM | duPont Pistol Range | \$25 | Must attend first 4 classes |
| 20 | Intro to Jogging/Running (5k) | MW | 11:00 AM | Steinbrenner Outdoor Track | none | Meet in Zesiger first day. |
| 35 | Sailing - Beg. | TR | 11:00 AM | Sailing Pavilion | none | Successfully complete swim and boat test by 9/10. Print proof of swim test from PE Registration site history. |
| 35 | Sailing - Beg. | TR | 1:00 PM | Sailing Pavilion | none | Successfully complete swim and boat test by 9/10. Print proof of swim test from PE Registration site history. |
| 35 | Sailing - Beg. | TR | 2:00 PM | Sailing Pavilion | none | Successfully complete swim and boat test by 9/10. Print proof of swim test from PE Registration site history. |
| 35 | Sailing - Inter. | F | 1:00-2:30 PM | Sailing Pavilion | none | Successfully complete swim and boat test by 9/10. Print proof of swim test from PE Registration site history. |
| 20 | Self defense for Women | TR | 11:00 AM | Wrestling room | none | |
| 30 | Sport Taekwondo | MW | 7:30 PM | duPont Gym #1 | none | |
| 28 | Swim - Beg. | MW | 2:00 PM | Zesiger Pool | none | Suit needed, goggles recommended |
| 14 | Swim - Beg. | MW | 11:00 AM | Zesiger Pool | none | Suit needed, goggles recommended |
| 28 | Swim - Beg. | MW | 1:00 PM | Zesiger Pool | none | Suit needed, goggles recommended |
| 28 | Swim - Beg. | TR | 1:00 PM | Zesiger Pool | none | Suit needed, goggles recommended |
| 28 | Swim - Beg. | TR | 2:00 PM | Zesiger Pool | none | Suit needed, goggles recommended |
| 14 | Swim - Beg. | TR | 11:00 AM | Zesiger Pool | none | Suit needed, goggles recommended |
| 18 | Swim - SCUBA | R | 7:00-10:00 PM | Alumni Pool | \$350 | Prereq: swim 200 yards, tread water for 10 minutes Dates: 9/17, 24, 10/1, 8, 15, 22, 29 |
| 18 | Swim - SCUBA | T | 7:00-10:00 PM | Alumni Pool | \$350 | Prereq: swim 200 yards, tread water for 10 minutes. Dates: 9/15, 22, 29, 10/6,20, 27, 11/3 |
| 16 | Tennis - Beg. | MW | 11:00 AM | Tennis courts - west | \$10 | Bring own tennis racket and non-marketing shoes. Meet in Z Center lobby 1st day. |
| 16 | Tennis - Beg. | TR | 1:00 PM | Tennis courts - west | \$10 | Bring own tennis racket and non-marketing shoes. Meet in Z Center lobby 1st day. |
| 16 | Tennis - Beg. | TR | 2:00 PM | Tennis courts - west | \$5 | Bring own tennis racket and non-marketing shoes. Meet in Z Center lobby 1st day. |
| 20 | Upgrade your Health and Happiness Stress management | TR | 1:00 PM | duPont T-Club Lounge | none | |
| 20 | Upgrade your Health and Happiness Nutrition/Fitness | MW | 1:00 PM | duPont T-Club Lounge | none | |
| 20 | Upgrade your Health and Happiness Nutrition/Fitness | TR | 11:00 AM | duPont T-Club Lounge | none | |
| 20 | Upgrade your Health and Happiness Nutrition/Fitness | TR | 2:00 PM | duPont T-Club Lounge | none | |
| 20 | Upgrade your Health and Happiness Nutrition/Fitness | TR | 7:00 PM | duPont T-Club Lounge | none | |
| 18 | Weight Training | MW | 1:00 PM | duPont Weight room | none | Must attend first 4 classes, bring syllabus from Stellar |
| 18 | Weight Training | MW | 2:00 PM | duPont Weight room | none | Must attend first 4 classes, bring syllabus from Stellar |
| 18 | Weight Training | TR | 1:00 PM | duPont Weight room | none | Must attend first 4 classes, bring syllabus from Stellar |
| 18 | Weight Training | TR | 2:00 PM | duPont Weight room | none | Must attend first 4 classes, bring syllabus from Stellar |
| 18 | Weight Training - Women only | MW | 11:00 AM | duPont Weight room | none | Must attend first 4 classes, bring syllabus from Stellar |

No classes Monday, Oct. 12

Switch day = Monday classes held on Tuesday, Oct. 13