

Physical Education Schedule

Monday, February 8 - Thursday, March 18

Activity	Days	Time	Location	Capacity	Fee	Notes
Aquatic - SCUBA	R	7p-10p	Alumni Pool/ Classroom	18	\$350	Pre req pass swim test, health screening
Aquatic- SCUBA	T	7p-10p	Alumni Pool/ Classroom	18	\$350	Pre req pass swim test, health screening
Aquatic Swim - Begin	TR	11:00 AM	Z-Teaching pool	14	na	Swim suit required, goggles recommended
Aquatic Swim - Begin	TR	1:00 PM	Z-Teaching pool	14	na	Swim suit required, goggles recommended
Aquatic Swim - Beginner	MW	1:00 PM	Z-Teaching pool	14	na	Swim suit required, goggles recommended
Archery	MW	1:00 PM	Rockwell North	14	\$15	Must attend first four classes
Archery	MW	2:00 PM	Rockwell North	14	\$15	Must attend first four classes
Archery	MW	11:00 AM	Rockwell North	14	\$15	Must attend first four classes
Archery	TR	11:00 AM	Rockwell North	14	\$15	Must attend first four classes
Archery	TR	1:00 PM	Rockwell North	14	\$15	Must attend first four classes
Archery	TR	2:00 PM	Rockwell North	14	\$15	Must attend first four classes
Backpack/Hiking	Sat, Sun, Mon	April 17-19	White Mountains	10	TBD	Lv at 8am Sat. Rt at 7p Mon.
Badminton - Beginner	TR	1:00 PM	Rockwell South	16	\$5	
Badminton - Beginner	MW	1:00 PM	Rockwell South	16	\$5	
Badminton - Beginner	MW	2:00 PM	Rockwell South	16	\$5	
Badminton - Beginner	TR	2:00 PM	Rockwell South	16	\$5	
Badminton - Intermediate	MW	11:00 AM	Rockwell South	16	\$5	Must take beginner badminton or equivalent
Basketball	TR	1:00 PM	DuPont Courts	25	na	
Chemistry of the Body SP. 235	RS	4:00:00 PM/8	Z-Pool and MAC	0	na	Register through ESG
Climbing - Top Rope	F	2:00 PM- 6:00 PM	Metro Rocks, Everett, MA	19	\$110	
Cross Country Ski	M	5:00 PM- 8:30 PM	Weston ski track	14	\$225	Must attend all 3 sessions to earn points: 2/15, 2/22, 3/1
Dance - Tango Beginner	TR	3:00 PM	DuPont T-Club	20	na	
Dance - Tango Beginner	TR	4:00 PM	DuPont T-Club	20	na	
Fencing - Sabre	TR	2:00 PM	DuPont Fencing room	16	na	Must attend first four classes
Fencing-Foil	MW	2:00 PM	DuPont Fencing room	16	na	Must attend first four classes
Group X - cycling	MW	12:00 PM	Wang Fitness Center	13	na	
Group X - Kickbox 1	TR	5:00 PM	DuPont T-Club	25	na	
Group X - Nia	TR	8:00 PM	DuPont T-Club	25	na	
Group X - PiYo	MW	8:00 AM	DuPont T-Club	25	na	
Group X - Step 2	MW	6:00 PM	DuPont T-Club	25	na	
Group X - Yoga 1	MW	5:00 PM	DuPont T-Club	25	na	
Group X - Yoga 2	TR	12:00 PM	DuPont T-Club	25	na	
Group X -Pilates 2	TR	6:00 PM	DuPont T-Club	25	na	
Hockey	TR	2:00 PM	Johnson Ice Arena	0	\$15	Must provide stick, prereq. Begin skate or equivalent.
Pistol - Beg.	MW	1:00 PM	DuPont Pistol range	13	\$45	Must attend first four classes
Pistol - Beg.	MW	2:00 PM	DuPont Pistol range	13	\$45	Must attend first four classes
Pistol - Intermediate	TR	2:00 PM	DuPont Pistol range	13	\$45	Must complete MIT beginner Pistol and attend first four classes.
Pistol-Beginner	TR	1:00 PM	DuPont Pistol range	13	\$45	Must attend first four classes
Self Defense for Women	MW	11:00 AM	DuPont T-Club Lounge	20	na	Women only.
Skate - Beginner	MW	11:00 AM	Johnson Ice Arena	20	\$15	Helmet required (provided)

No Class on

Monday, February 15, Tuesday February 16 is switch day. (Monday classes are held)

Physical Education Schedule

Monday, February 8 - Thursday, March 18

Activity	Days	Time	Location	Capacity	Fee	Notes
Skate - Beginner	MW	11:00 AM	Johnson Ice Arena	0	\$15	Helmet required (provided)
Skate - Beginner	MW	1:00 PM	Johnson Ice Arena	20	\$15	Helmet required (provided)
Skate - Beginner	MW	1:00 PM	Johnson Ice Arena	0	\$15	Helmet required (provided)
Skate - Beginner	MW	2:00 PM	Johnson Ice Arena	20	\$15	Helmet required (provided)
Skate - Beginner	MW	2:00 PM	Johnson Ice Arena	0	\$15	Helmet required (provided)
Skate - Beginner	TR	1:00 PM	Johnson Ice Arena	0	\$15	Helmet required (provided)
Skate - Figure	TR	11:00 AM	Johnson Ice Arena	24	\$15	Pre requisite begin skate.
Skate - Intermediate	MW	11:00 AM	Johnson Ice Arena	20	\$15	
Skating - Beginner	TR	1:00 PM	Johnson Ice Arena	20	\$15	Helmet required (provided)
Skating - Figure	TR	11:00 AM	Johnson Ice Arena	0	na	
Skating - Figure	TR	11:00 AM	Johnson Ice Arena	0	na	
Skating - Hockey	TR	2:00PM	Johnson Ice Arena	30	\$15	Must provide stick, prereq. Begin skate or equivalent.
Skating - Intermediate	MW	1:00 PM	Johnson Ice Arena	20	\$15	Helmet required (provided)
Skating - Intermediate	MW	2:00 PM	Johnson Ice Arena	20	\$15	Helmet required (provided)
Skating - Intermediate	TR	1:00 PM	Johnson Ice Arena	20	\$15	Helmet required (provided)
Squash	MW	2:00 PM	Z Center Squash	14	\$5	
Squash	TR	11:00 AM	Z Center Squash	14	\$5	
Squash	TR	11:00 AM	Z Center Squash	0	\$5	
Squash	TR	1:00 PM	Z Center Squash	14	\$5	
Squash	TR	1:00 PM	Z Center Squash	0	\$5	
Tennis - Beginner	MW	2:00 PM	Johnson Athletic Center - court 1-4	16	\$5	
Tennis - Beginner	TR	11:00 AM	Johnson Athletic Center - court 1-4	16	\$5	
Tennis - Beginner	MW	1:00 PM	Johnson Athletic Center - court 1-4	16	\$5	
Triathlon - Introduction	MW	11:00 AM	Z pool/Johnson Track/MAC	20	na	Beginners only. Must be able to swim 100 yards.
Upgrade Your Health and Happiness - Fit/Nut	MW	1:00 PM	DuPont T Club	20	na	
Upgrade Your Health and Happiness - Fit/Nut	TR	11:00 AM	DuPont T-Club	20	na	
Upgrade Your Health and Happiness - Fit/Nut	TR	2:00 PM	DuPont T Club	20	na	
Upgrade Your Health and Happiness - Stress management	MW	3:00 PM	DuPont T-Club	20	na	The dates for top ropes course are Feb. 26, March 5, March 12. Must be present for all sessions to earn points.
Upgrade Your Health and Happiness - Stress management	TR	7:00 PM	DuPont T-Club	20	na	
Weight Training	MW	1:00 PM	DuPont Weight room	18	na	Must attend 1st 4 sessions
Weight Training	MW	2:00 PM	DuPont Weight room	18	na	Must attend 1st 4 sessions
Weight Training	TR	11:00 AM	DuPont Weight room	18	na	Must attend first 4 classes
Weight Training	TR	2:00 PM	DuPont Weight room	18	na	Must attend 1st 4 sessions
Weight Training for Women	MW	11:00 AM	DuPont Weight room	18	na	Women only. Must attend first 4 classes

No Class on

Monday, February 15, Tuesday February 16 is switch day. (Monday classes are held)