

**Quarter 3 Open Sections  
February 13 - March 22**

Rev 2/8/2012

Activity	Title	Meetings	Capacity	Registered	Open Spots	Fee	Notes
Aquatics	SCUBA Diving	R 7:00 PM Alumni Pool 25 yard	18	10	8	\$350	Must pass SCUBA pre-test on first day of class (200 yard swim and tread water for 10 minutes); must be 18 years of age. The fee for this course is \$350. Note there is a \$175 non-refundable deposit upon registering for this course. <b>Contact mitpe@mit.edu by Mon, Feb 13 at noon.</b>
Aquatics	Swimming, Beginner	MW 2:00 PM Zesiger Teaching Pool	14	4	14	None	Swim suit required, goggles recommended.
Aquatics	Swimming, Beginner	TR 2:00 PM Zesiger Teaching Pool	14	11	3	None	Swim suit required, goggles recommended.
Fitness	Jogging/Running	MW 1:00 PM Johnson Indoor Track	20	12	8	None	Meet in Z Center Media Room (W35-199) for 1st class.
Fitness	Weight Training	MW 2:00 PM Du Pont Varsity Weight Room	18	14	4	None	Students must attend first 4 classes and bring handout printed from Stellar to class.
Fitness	Group Exercise - Boot Camp for Athletes	MW 2:00 PM Johnson Indoor Track	20	11	9	\$10	Timed mile: 9 minute mile or less Push ups in 1 minute: 25 or more Body-Weight squats in 1 minute: 30 or more Full sit ups in 1 minute: 30 or more
Health and Wellness	Fitness / Nutrition	TR 1:00 PM Du Pont Multi-Purpose Room	18	13	5	None	
Health and Wellness	Fitness / Stress management	MW 1:00 PM Du Pont Multi-Purpose Room	18	10	8	None	
Individual Sports	Badminton	MW 1:00 PM Rockwell Cage South	16	14	2	\$5	Clothing should be loose and comfortable (i.e. shorts or sweat pants). Court shoes preferred.
Individual Sports	Badminton	MW 11:00 AM Rockwell Cage South	16	12	4	\$5	Clothing should be loose and comfortable (i.e. shorts or sweat pants). Court shoes preferred.
Individual Sports	Skate, Intermediate	MW 11:00 AM Johnson Ice Rink 2	20	12	8	\$15	Pre-Req: Beginner Skate or Equivalent. \$15 is skate rental fee.
Individual Sports	Skate, Intermediate	MW 1:00 PM Johnson Ice Rink 2	20	16	4	\$15	Pre-Req: Beginner Skate or Equivalent. \$15 is skate rental fee.
Individual Sports	Skate, Intermediate	MW 2:00 PM Johnson Ice Rink 2	20	5	15	\$15	Pre-Req: Beginner Skate or Equivalent. \$15 is skate rental fee.
Individual Sports	Skate, Intermediate	TR 1:00 PM Johnson Ice Rink 2	20	18	2	\$15	Pre-Req: Beginner Skate or Equivalent. \$15 is skate rental fee.
Individual Sports	Self-Defense for Women	TR 1:00 PM Du Pont Wrestling Room	20	10	10	None	This is an all female course.
Team Sports	Basketball	TR 1:00 PM Du Pont Court	25	15	5	None	
Team Sports	Broomball	TR 11:00 AM Johnson Ice Rink	30	10	20	\$10	Athletic shoes/sneakers
Outdoor Education	Top Ropes Climbing	F 2:00 PM Off Campus	19	14	5	\$110	Availability Fridays 2pm-6pm, February 24, March 2 and 9. \$110 fee includes instruction, equipment, and transportation. Note: there is a \$55 non-refundable fee for this course. <b>Contact mitpe@mit.edu if interested.</b>

**Unless otherwise noted, go to first class session to sign up for open spots.**