

Summer 2009 Physical Education Interphase Options:
Registration: Monday, May 18-May 25. First come, First serve.

Earn points this summer through swimming, weight training, or sailing! Register at <http://mitpe.com>.

All Interphase students must sign up for swimming unless you are certain you can test out and swim 100 yards. If you are sure you can complete the swim test, you may elect to sign up for sailing or weight training instead. The Interphase program will cover the cost of one course – your student account will not be charged. Your student account will be charged the course fee if you elect to take additional courses. Students must complete 8 hours of instruction to earn two points toward eight point General Institute Requirement.

Weight Training - Beginner (2 points)

This is an introductory course for those with limited or no experience in the weight room. Participants will learn proper techniques of lifting and spotting. The course will provide basic information to create an individual workout program. Students must attend 1st 4 classes to remain in the course.

Dates: June 30-August 6

Day/Time: Tues. and Thurs. 4:15 pm-5:00pm

Dates: June 30-August 6

Day/Time: Tues. and Thurs. 5:15pm-6:00pm

Location: DuPont Weight room

Min Participants: 8, Max Participants: 16, Min age: 16

Sailing - Beginner (2 points)

This course is an introduction to the basic fundamentals of sailing with theory and practice. Take advantage of MIT's fine sailing facility on the Charles River. Participants must also present a boating swim test certificate to first class. Boat test offered at the Z center 8a or 8p TWR during the summer.

Dates: June 29-August 5

Day/Time: Mon. and Wed. 4:15 pm-5:00pm

Dates: June 30-August 6

Day/Time: Tues. and Thurs. 4:15 pm-5:00pm

Location: Sailing Pavilion, Memorial Drive

Prerequisite: Boat test (200 yard swim and tread water for 10 minutes) and Basic sailing or equivalent.

Min Participants: 8, Max Participants: 30, Min age: 16

Swimming – Beginner, Advance Beginner and Intermediate (2 points) Three sections (beginner, advance beginner and intermediate swim) are offered from 4:00 pm-5:00pm. Beginners will receive instruction on floating, gliding, kicking and elementary backstroke. Front crawl stroke will be introduced. Advance beginner course and Intermediate course is designed increase a swimmer's confidence and refine skills in deep water and develop skills to pass the MIT swimming test. There will be instruction on the crawl, elementary backstroke, sidestroke and breaststroke. Class ratio will be one instructor to every twelve students.

Dates: June 29-August 5

Day/Time: Mon. and Wed. 4:00 pm-5:00pm

Dates: June 30-August 6

Day/Time: Tues. and Thurs. 4:00 pm-5:00pm

Location: Alumni Pool/Wang Center

Prerequisite: Goggles are highly recommended Min Participants: 20, Max

Participants: 40, Min age: 16