IMA - UW's Campus Sports & Fitness Center  
(206) 543-4590 • washington.edu/ima • ima@uw.edu  
The Department of Recreational Sports Programs strives to provide a variety of facilities, equipment, programs, and experiences which contribute to the health, well-being, fitness, and leisure interests of UW students, faculty, and staff. Membership includes access to the IMA Building, additional fees apply to programming and specialized facilities as outlined in this flier. Check the website for more details.

Facilities

Free Weights/400+ Single-station Weight Machines/Cardio Machines/Indoor Track/Climbing Center/Swimming Pool/Locker Rooms with Saunas/Multi-purpose Studios/Gyms/Racquetball Courts/Squash Courts/Outdoor Sports Fields/Tennis Courts

Hours

Mon - Fri 6:00 am - 10:30 pm  
Sat 9:00 am - 9:30 pm, Sun 11:00 am - 8:30 pm

Membership

Registered matriculated UW students with a current Husky ID card. Faculty/staff memberships available for purchase.

Climbing  
(206) 616-7229 • imacrags@uw.edu

The Climbing Program at the IMA offers the UW community three different climbing facilities and a host of programs and classes. Climbing fees are additional to IMA membership. Go to washington.edu/ima/climbing for more details.

Facilities

Crags Climbing Center (one of the largest university indoor climbing centers), The Climbery (an indoor space for classes, training, and competition), The Husky Rock (located outside the WAC)

Activities

Classes offered monthly, independent of fitness and sport classes, check the website for details, washington.edu/ima/climbing/calendar.

Hours

Climbing hours are independent of IMA hours, check the website for details.

GDR - Golf Driving Range  
(206) 543-8759 • imagolf@uw.edu

The Golf Driving Range is located at the north end of parking lot E1. Additional bucket and class fees apply. Go to washington.edu/ima/golf for more details.

Facilities

Night Lighted/43 Tees (20 covered)/Two Chipping and Putting Greens/Target Greens/Complimentary Parking

Activities

Classes offered monthly, independent of fitness and sport classes. Those interested should call the GDR for more information.

Hours

GDR hours are independent of IMA hours, check the website for details.

WAC - Waterfront Activities Center  
(206) 543-9433 • h2ofront@uw.edu

The Waterfront Activities Center is located directly behind Husky Stadium on Union Bay and the Montlake Cut. Additional rental fees apply. Go to washington.edu/ima/wac for more details.

Facilities

Canoe and Rowboat Rentals/Storage of Non-motorize Craft/Lounge and Meeting Room Rentals

Activities

Kayak Club/Washington Yacht Club/Union Bay Rowing Club/The Husky Rock (outdoor climbing rock)

Hours

WAC hours are independent of IMA hours, check the website for details.

Intramural Sports  
(206) 543-8558 • ima@uw.edu

Come play on a team sport or an individual tournament. Sign up an entire team or join an existing team as a free agent. Intramural fees are additional to IMA Membership. Check the website for more details on the offerings including pricing, deadlines, eligibility, and how to register, washington.edu/ima/intramurals.

Activities

Flag Football/Co-rec Volleyball/6' & Under Basketball/3-on-3 Soccer/Co-rec Dodgeball/Swim Meet/Racquetball

Club Sports  
(206) 543-9499 • imaclubs@uw.edu

Club Sports are voluntary registered student organizations established by students who are motivated by a common interest to participate in a specific sport. Clubs offer a program of instruction, competition or recreational outlets. Let the Club Sports Program introduce you to a new activity. Club fees and commitment vary by sport. Check the website for more details on the club offerings, washington.edu/ima/club-sports.

Activities

Archery/Badminton/Boxing/Climbing/Cycling/Kayak/Running/Skiing (Alpine)/Table Tennis/Tennis/Triathlon/Aikido Shin Ryu/Judo/Karate (Shotokan)/Kendo/Kung Fu/Tai Chi/Tae Kwon Do/Wushu/Dance/Equestrian/Ice Hockey/Lacrosse (M)(W)/Rowing/Rugby (M)(W)/Sailing/Soccer (M)(W)/Squash/Ultimate (M)(W)/Volleyball (M)(W)/Water Polo (M)(W)

Fitness & Sports Classes  
(206) 543-2571 • ima@uw.edu

Sign up for a fitness or sports class this quarter. Class fees are additional to IMA Membership. Check the website for more details on the class offerings this quarter including pricing, deadlines, eligibility, and how to register, washington.edu/ima/sports-fitness.

Aquatics

Aqua Zumba®/Deep Water Exercise/Swim Conditioning/Swim Instruction

Cardio/Dance

Cardio Dance/Cardio Kickboxing/Cardio Latin Dance/Cycling/Hip Hop

Health/Safety

Body Fat Testing/First Aid/Self Defense/Beginning Weight Training

Martial Arts

Aikido Shin Ryu/Judo/Shotokan Karate/Kung Fu/Tae Kwon Do/Tai Chi

Mind/Body

Intro to Meditation/MSBR/Pilates/Beginning Yoga/Gentle Yoga/Hatha Yoga/Iyengar Yoga/Power Yoga/Vinyasa Yoga

Sports

Badminton/Handball/International Squash/Racquetball/Rowing/Tennis (Indoor & Outdoor)

Strength/Conditioning

Ab Lab/ABSolute Conditioning/Circuit Training/High Intensity Training (Int)/Interval Training/Kettlebell Training (Int)/Ski Conditioning/Total Toning/TRX

Personal Training  
(206) 543-2571 • washington.edu/ima/personal-training

Personal training is one-on-one instruction, focusing on you and your goals. Whether your goal is weight loss, strength gain, improved athletic performance or stress relief, our experienced trainers can create a personalized exercise program to meet your needs. Available for IMA members only. Personal Training fees are additional to IMA Membership. Check the website for more details including pricing and how to register, washington.edu/ima/personal-training.
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### Student Employment Opportunities

Part-time employment is available to students in all areas of the Department of Recreational Sports Programs. Refer to [washington.edu/ima/about/ima-employment](http://washington.edu/ima/about/ima-employment) for current job openings and the application. Contact imajobs@uw.edu for more information.

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**UW Holiday - No Classes or Intramurals**

**UW Home Football Games - Parking Affected at IMA**

**Fall Quarter Membership Sales Begin**

**Online Registration Begins - Fitness & Sport Classes, Intramurals, and Climbing Classes - Fall Quarter**

**UW Fall Quarter Begins**

**Intramural Sports Official’s Orientation Meeting**

**Intramural Registration Deadline - Flag Football, Co-rec Volleyball, & 3-on-3 Soccer**

**IMA Fitness & Sport Classes Begin/Classes Drop & Switch Deadline Week**

**Intramural Registration Deadline - 6’ & Under Basketball & Racquetball**

**Intramural Registration Deadline - Swim Meet**

**Intramural Swim Meet**

**Intramural Registration Deadline - Co-rec Dodgeball**

**Winter Quarter Membership Sales Begin**

**IMA Fitness & Sport Classes End**

**UW Fall Quarter Ends**

**Online Registration Begins - Fitness & Sport Classes, Intramurals, and Climbing Classes - Winter Quarter**

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**TAKE PART in HUSKY WELLNESS**

**Connect with us!**

[fb.com/ima.uw](http://fb.com/ima.uw)

[twitter.com/uwima1](http://twitter.com/uwima1)

[washington.edu/ima](http://washington.edu/ima)

[ima@uw.edu](mailto:ima@uw.edu)

**For Disability Accommodations**

To request disability accommodations, contact the Disability Services Office at 206-543-6450 (voice), 206-543-6452 (TTY), 206-685-7264 (Fax), or [dso@uw.edu](mailto:dso@uw.edu), preferably at least 10 days in advance of the event.