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

Facilities
- Canoe and Rowboat Rentals/Storage of Non-motorize Craft/Лounge and Meeting Room Rentals
- 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
- Basketball/Volleyball/Innterube Basketball/4-on-4 Soccer/Badminton/Volleyball Doubles/Bowling

### Club Sports

(206) 543-9499 • imacubs@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/W/Rugby (M) /W/S/Sailing/Soccer (M) /W/Squash/Ultimate (M) /W/Volleyball (M) /W/Water Polo (M) /W

### Fitness & Sports Classes

(206) 543-2571 • imafit@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/Step Interval/Hip Hop

#### Health/Safety
- Body Fat Testing/First Aid & CPR/Self Defense

#### Martial Arts
- Aikido Shin Ryu/Judo/Shotokan Karate/Kung Fu/Tae Kwon Do

#### Mind/Body
- Intro to Meditation/Mindfulness Serving Life/Pilates/Adaptive Yoga/Beginning Yoga/Gentle Yoga/Hatha Yoga/Iyengar Yoga/Intermediate Yoga/Vinyasa Yoga

### Sports

- Badminton/Handball/International Squash/Racquetball/Tennis (Indoor)

### Strength/Conditioning
- Ab Lab/ABSolute Conditioning/Circuit Training/High Intensity Training (Int)/Interval Training/Total Toning/TRX

### Weight Training

- Beginning Weight Training

### 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.
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 for current job openings and the application. Contact imajobs@uw.edu for more information.

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, preferably at least 10 days in advance of the event.

Connect with us!
fb.com/ima.uw
twitter.com/uwima1
uw.edu/ima
ima@uw.edu

12/1 Winter Quarter Membership Sales Begin
12/29 Online Registration Begins - Fitness & Sport Classes, Intramurals, and Climbing Classes - Winter Quarter
1/5 UW Winter Quarter Begins
1/6 Intramural Sports Official’s Orientation Meeting
1/7 Intramural Registration Deadline - Basketball, Volleyball, & 4-on-4 Soccer
1/14 Intramural Registration Deadline - Innertube Basketball, Badminton & Volleyball Doubles
1/19 UW Holiday - No Classes or Intramurals
1/20 IMA Fitness & Sport Classes Begin/Classes Drop & Switch Deadline Week
2/16 UW Holiday - No Classes or Intramurals
3/2 Spring Quarter Membership Sales Begin
3/13 IMA Fitness & Sport Classes End
3/20 UW Winter Quarter Ends
3/23 Online Registration Begins - Fitness & Sport Classes, Intramurals, and Climbing Classes - Spring Quarter