FACILITIES

IMA
Free weights; 400+ single-station weight machines/cardio machines; indoor track; men’s and women’s locker rooms with saunas; universal locker room; 4 multi-purpose studios with hardwood floors and mirrors including an archery room; 5 gymnasiums (3 basketball gyms, 1 gym with 3 volleyball courts, 1 gym with 4 (or 8) badminton courts and basketball); 8 racquetball/handball courts; 3 North American squash courts; 4 international squash courts; 2 padded mat rooms; special conditioning room with heavy and speed bags; personal training studio; TRX Room (for personal training only); group cycling studio (for fitness classes only); classroom; lounge with 60 inch HD TV; outdoor sports fields (2 synthetic turf fields with lights and 2 grass fields); tennis courts; swimming pools; Dawg Bites Cafe: fresh grab-and-go salads and sandwiches, cold drinks, espresso and smoothies available for purchase.

SWIMMING POOLS
uw.edu/ima/facilities/aquatics • (206) 543 - 7593
IMA SWIMMING POOL
Lap swim always available. Pool closes 1 hour prior to building closure each night. The pool is equipped with a lift for those wanting help in and out of the water. 25 yards. Water temperature is 82 °F.

HEC ED PAVILION POOL (PAV)
Lap Swim Hours Mon - Fri, 11:30 am - 1:00 pm. Affinity lap swim Tue, Thu, Fri, 7:00 am - 8:30 am. The PAV Pool is located next to the IMA at the east end of the Hec Ed Pavilion. The PAV Pool is an extension of the IMA and requires IMA membership for admittance. See website for specific dates and closures.

WATERFRONT ACTIVITIES CENTER (WAC)
wu.edu/ima/waterfront • (206) 543 - 9433
The WAC is located directly behind Husky Stadium on Union Bay and the Montlake Cut. The WAC offers canoe and rowboat rentals, a lounge/meeting room available for use by university groups and departments. Rental fees apply.

GOLF RANGE
uw.edu/ima/golf • (206) 543 - 8759 • recgolf@uw.edu
The Golf Driving Range is located at the north end of parking lot E1 and is open to current UW students, faculty/staff, alumni and the general public. The range is night-lighted and has 43 tees (20 covered), 2 chipping and putting greens and target greens. Classes are offered monthly. Bucket and class fees apply.

MEMBERSHIP
Registered matriculated UW students with a Husky Card pay for membership through SAF. IMA members may sponsor one guest per day 16 years of age or older (proof of age required). Visit website for additional guest policies.

MEMBERSHIP FEES**
Faculty/Staff Annual (current & retired) $291.75*
Faculty/Staff Quarter (current & retired) $87.53*
Faculty/Staff Single Use $7.45
Guest Fee $10.00

Faculty/Staff Spouse/RDP/Plus One Annual $366.35*
Faculty/Staff Spouse/RDP/Plus One Quarter $102.58*
Student Spouse/RDP/Plus One Quarter $77.95

* Can be paid/purchased through payroll deduction
** Prices include sales tax where applicable.

HOURS
Autumn, Winter, Spring Quarters
Mon - Fri 6:00 am - 10:30 pm
Sat 9:00 am - 9:30 pm
Sun 11:00 am - 8:30 pm

Summer Quarter
Mon - Fri 6:00 am - 9:30 pm
Sat 11:00 am - 6:30 pm
Sun 1:00 pm - 5:30 pm

For holiday and revised hours, visit website.

LEARN MORE AT RECREATION.UW.EDU
(206) 543 - 4590 • recinfo@uw.edu
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.

Intramural fees are additional to IMA membership.

Autumn Quarter
3-on-3 Soccer, 6’ and Under Basketball, Bowling, Dodgeball, Flag Football, Punt-Pass-Kick, Swim Meet, Volleyball

Winter Quarter
5-on-5 Soccer, Basketball, Bowling, Futsal, Log Rolling, Innertube Basketball, Table Tennis, Volleyball, Volleyball Doubles

Spring Quarter
3-on-3 Basketball, 4-on-4 Volleyball, Bowling, Cardboard Boat Races, Flag Football Passing, Punt-Pass-Kick, Soccer, Softball, Spikeball, Tennis, Ultimate

Summer Quarter
2-on-2 Sand Volleyball, Soccer, Softball, Tennis Singles, Ultimate, Spikeball

The IMA offers classes in aquatics, cardio and dance, health and safety, martial arts, mindfulness, strength and conditioning, and weight training. Class fees are additional to an IMA membership.

The Gear Garage houses equipment for rent, including general camping gear, paddle boards, bikes, avalanche safety, fly fishing and backpacking gear. Equipment rental fees apply.

The climbing program offers the UW community three different climbing facilities and a host of programs and classes. Climbing fees are additional to IMA membership.

The Waterfront Activities Center (WAC) is located directly behind Husky Stadium on Union Bay and the Montlake Cut. Boat rental fees apply.

The Golf Range is located at the north end of parking lot E1 and is open to current UW students, Faculty/Staff, alumni and the general public. Classes are offered monthly. Bucket and class fees apply.

WELLNESS

The Golf Range is located at the north end of parking lot E1 and is open to current UW students, Faculty/Staff, alumni and the general public. Classes are offered monthly. Bucket and class fees apply.

Gear Garage
Located at the WAC, the Gear Garage houses equipment for rent, including general camping gear, paddle boards, bikes, avalanche safety, fly fishing and backpacking gear. Equipment rental fees apply.

Climbing
The climbing program offers the UW community three different climbing facilities and a host of programs and classes. Climbing fees are additional to IMA membership.

Boat Rentals
The Waterfront Activities Center (WAC) is located directly behind Husky Stadium on Union Bay and the Montlake Cut. Boat rental fees apply.

The Golf Range is located at the north end of parking lot E1 and is open to current UW students, Faculty/Staff, alumni and the general public. Classes are offered monthly. Bucket and class fees apply.

FRIDAY NIGHT ACTIVITIES
uw.edu/ima/about/friday-night-activities
Admission is free for IMA members and all equipment is provided. Faculty/Staff without an IMA membership must pay the Faculty/Staff single use fee of $7.45*. Guests (16 years of age or older) are allowed with a sponsor and must pay the guest fee of $10.00*.

Roller Skating
Year Around (except academic breaks) | IMA Gym A

Archery
Year Around (except academic breaks) | IMA Archery Room

Log Rolling
Autumn - Spring | IMA Pool

*Prices include sales tax where applicable.

CLASSES
uw.edu/ima/classes
(206) 543 - 2571 • recreg@uw.edu
The IMA offers classes in aquatics, cardio and dance, health and safety, martial arts, mindfulness, strength and conditioning, and weight training. Class fees are additional to an IMA membership.

PERSONAL TRAINING
uw.edu/ima/personal-training
(206) 616 - 2072 • cwigton@uw.edu
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 an IMA membership.

UWILD ADVENTURES
uw.edu/ima/uwild
(206) 685 - 0869 • uwild@uw.edu
Gear Garage
Located at the WAC, the Gear Garage houses equipment for rent, including general camping gear, paddle boards, bikes, avalanche safety, fly fishing and backpacking gear. Equipment rental fees apply.

Climbing
The climbing program offers the UW community three different climbing facilities and a host of programs and classes. Climbing fees are additional to IMA membership.

REC CLUBS
uw.edu/ima/rec-clubs
(206) 543 - 9499 • recclubs@uw.edu
Rec Clubs are voluntary registered student organizations established by students who are motivated by a common interest by activity.

Individual
Alpine Ski, Archery, Badminton, Boxing, Climbing (Recreational), Cycling, Equestrian, Kayak, Running, Squash, Table Tennis, Tennis, Triathlon

Martial Arts
Aikido Shin Ryu, Brazilian Jiu Jitsu, Judo, Karate Shotokan, Kendo, Kung Fu/Tai Chi, Tae Kwon Do, Wushu

Team
Baseball, Climbing (Competitive), Ice Hockey, Lacrosse (M/W), Rowing, Rugby (M/W), Sailing, Soccer (M/W), Ultimate (M/W), Volleyball (M/W), Water Polo (M/W), Wrestling

DISABILITY ACCOMMODATIONS
To request disability accommodations, contact (206) 543-6452 (TTY), (206) 685-7264 (Fax), or dso@uw.edu preferably at least 10 days in advance of the event.

STUDENT EMPLOYMENT
UW Recreation offers a number of opportunities for part-time employment. Refer to uw.edu/ima/about/ima-employment for current openings and an online application. Contact recjobs@uw.edu for more information.