

SPORTS AND FITNESS CLASSES

Activity/Location	Fee	Level	Days	Time	# Lessons	Dates
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AQUATICS

Swim Conditioning (Session A) Hec Ed Pavilion Pool	\$30.66	Adv	TTh	5:45 pm - 7:15 pm	8	6/26 - 7/19
Swim Conditioning (Session B) Hec Ed Pavilion Pool	\$30.66	Adv	TTh	5:15 pm - 6:45 pm	8	7/24 - 8/16
Swimming (Session A) Hec Ed Pavilion Pool	\$25.00	Beg	MW	4:30 pm - 5:10 pm	7	6/25 - 7/18
		AdvBeg	MW	5:15 pm - 5:55 pm	7	6/25 - 7/18
		Int	MW	6:00 pm - 6:40 pm	7	6/25 - 7/18
		Beg	TTh	4:10 pm - 4:50 pm	8	6/26 - 7/19
		AdvBeg	TTh	5:00 pm - 5:40 pm	8	6/26 - 7/19
Swimming (Session B) Hec Ed Pavilion Pool	\$25.00	Beg	MW	4:30 pm - 5:10 pm	8	7/23 - 8/15
		AdvBeg	MW	5:15 pm - 5:55 pm	8	7/23 - 8/15
		Int	TTh	4:30 pm - 5:10 pm	8	7/24 - 8/16

CYCLING

Indoor Cycling Cycling Studio	\$75.28	All	MWF	7:00 am - 8:00 am	23	6/25 - 8/17
	\$54.75	All	TTh	5:30 pm - 6:30 pm	16	6/26 - 8/16

DANCE

Hip Hop Dance IMA Archery Room	\$35.00	All	TTh	5:00 pm - 6:00 pm	16	6/26 - 8/16
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FITNESS

Ab Lab IMA Archery Room	\$21.90	All	MW	5:45 pm - 6:15 pm	15	6/25 - 8/15
ABSolute Conditioning IMA Mat Room B	\$38.33	All	MW	5:30 pm - 6:30 pm	15	6/25 - 8/15
Boot Camp Field Turf (Outside)	\$38.33	All	TTh	7:30 am - 8:30 am	16	6/26 - 8/16
Cardio Dance IMA Studio 111	\$38.33	All	TTh	5:15 pm - 6:15 pm	16	6/26 - 8/16
Cardio Kickboxing IMA Studio 216	\$38.33	All	MW	4:30 pm - 5:30 pm	15	6/25 - 8/15
High/Low Aerobics IMA Studio 216	\$49.28	All	MWF	7:00 am - 8:00 am	23	6/25 - 8/17
H.I.T (High Intensity Training) IMA Studio 216	\$38.33	Int	TTh	5:30 pm - 6:30 pm	16	6/26 - 8/16
Total Toning IMA Studio 216	\$32.85	All	MW	5:45 pm - 6:30 pm	15	6/25 - 8/15
		All	TTh	4:30 pm - 5:15 pm	16	6/26 - 8/16

SPORTS

Rowing WAC	\$35.00	Beg	M-F	6:15 am - 8:15 am	12	7/9 - 7/24
Outdoor Tennis (Session A) IMA Courts 1, 2, 3	\$35.00	Beg	M-Th	8:00 am - 9:00 am	10	6/25 - 7/11
		AdvBeg	M-Th	4:30 pm - 5:30 pm	10	6/25 - 7/11
		Adv	M-Th	5:30 pm - 6:30 pm	10	6/25 - 7/11
		Int	Sat	11:10 am - 12:50 pm	6	6/23 - 7/28
		Beg	Sat	1:00 pm - 2:40 pm	6	6/23 - 7/28
Outdoor Tennis (Session B) IMA Courts 1, 2, 3	\$35.00	AdvBeg	M-Th	8:00 am - 9:00 am	10	7/23 - 8/7
		Int	M-Th	4:30 pm - 5:30 pm	10	7/23 - 8/7
		Adv	M-Th	5:30 pm - 6:30 pm	10	7/23 - 8/7
Golf Student Faculty/Staff Alumni General Public	\$30.00 \$45.00 \$60.00 \$70.00			Golf class registration takes place continuously at the Golf Range until the first class meeting or until the class fills. For additional information, call the Golf Range at 206-543-8759 or visit our website at depts.washington.edu/ima .		

TRX SUSPENSION TRAINING

TRX Training (Session A) Special Conditioning Room	\$120.45	All	MWF	8:00 am - 8:25 am	11	6/25 - 7/20
		All	MWF	8:30 am - 8:55 am	11	6/25 - 7/20
	\$76.65	All	MW	5:00 pm - 5:25 pm	7	6/25 - 7/18
		All	MW	5:30 pm - 6:55 pm	7	6/25 - 7/18
TRX Training (Session B) Special Conditioning Room	\$131.40	All	MWF	8:00 am - 8:25 am	12	7/23 - 8/17
		All	MWF	8:30 am - 8:55 am	12	7/23 - 8/17
	\$87.60	All	MW	5:00 pm - 5:25 pm	8	7/23 - 8/15
		All	MW	5:30 pm - 5:55 pm	8	7/23 - 8/15

WEIGHT TRAINING

Weight Training IMA Room 212B	\$27.38	Beg	TTh	5:30 pm - 6:30 pm	10	6/26 - 7/26
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YOGA

Beginning Yoga IMA Studio 316	\$65.00	Beg	MWF	6:45 am - 8:00 am	23	6/25 - 8/17
Hatha Flow IMA Studio 316	\$45.00	All	TTh	4:00 pm - 5:15 pm	16	6/26 - 8/16
		All	TTh	5:30 pm - 6:45 pm	16	6/26 - 8/16
Hatha Yoga IMA Studio 316	\$45.00	All	MW	5:30 pm - 6:45 pm	15	6/25 - 8/15
Vinyasa Flow IMA Studio 316	\$40.00	All	MW	12:00 pm - 1:00 pm	15	6/25 - 8/15
	\$45.00	Int	TTh	6:45 am - 8:00 am	16	6/26 - 8/16

Registration and Class Information

(206) 543-2571 / imafit@uw.edu / depts.washington.edu/ima

Registration Begins: June 4, 2012

Instruction in a variety of sports and fitness activities is available through the Department of Recreational Sports Programs (IMA) on a non-credit basis.

Walk-In	Programs Office (3rd floor, IMA) Hours M-F 9:00 am - 6:00 pm Hours M-F (starting June 11) 8:30 am - 5:30 pm Cash/Check/VISA/Mastercard/Discover are accepted.
Fax	206-685-4661 VISA/Mastercard/Discover are accepted. Fax registration must be received two business days prior to the class start date.

Mail-In	Summer 2012, UW Sports & Fitness Classes Registration Box 354090 Seattle, WA 98195-4090 Check/VISA/Mastercard/Discover are accepted. Mail-in registration must be post-marked one week prior to the class start date.
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Forms are available online at: depts.washington.edu/ima
Registration will continue until the class fills or the second class has met.

Refund Policy See refund policy at depts.washington.edu/ima

Eligibility Classes are limited to currently enrolled Summer Quarter UW students, Spring Quarter students who have purchased a Summer IMA Membership, and faculty/staff who have purchased an IMA Membership. Registration for UW student and faculty/staff spouses and registered same sex domestic partners (IMA members) begins June 18, 2012. **UW Extension students and Branch Campus students are not eligible.**

Holidays No classes will be held on Wednesday, July 4.

Note: Class fees include Washington State sales tax where applicable.

INTRAMURAL SPORTS

ima@uw.edu / 206-543-8558 / depts.washington.edu/ima
Intramural Sports Registration Begins June 4

SOCCER LEAGUES

Leagues are offered for men's and co-rec teams in recreational divisions. Teams consist of seven players and play in a five-week round robin schedule. All teams without a forfeit will advance to a single elimination playoff tournament. Intramural championship t-shirts will be awarded to the champions of each division.

Entry Fee	\$45.00/team
Entry Deadline	June 20, 5:00 pm
Free Agent Meeting	June 21, 4:00 pm IMA Meeting Room
Play Begins	June 26

SPORTS OFFICIALS NEEDED

Intramural Sports Officials are vital to the success of our Intramural Sports Program. Intramural officiating is a great way to develop strong leadership characteristics, learn new skills, improve one's self-confidence, and earn money. Previous officiating experience is preferred, but not required. Training clinics are scheduled for each sport to help teach rules, mechanics, procedures, and responsibilities. Individuals may both officiate and play in the same sport. Students interested in officiating must attend all scheduled clinics. All clinics will be held at the IMA. Call (206) 543-8558 for more information.

Soccer	\$9.04/game
Softball	\$11.30/game
Officials Orientation	June 19, 4:00 pm, IMA Meeting Room

FREE AGENTS PROGRAM

The Free Agents Program assists individuals in becoming participants on teams. If you are interested in a particular activity, visit the IMA Programs Office while entries are still open and sign up on the Free Agents Roster. Individuals on the Free Agents Roster are encouraged to attend the activity's Free Agent meeting.

CLUB SPORTS

imaclubs@uw.edu / 206-543-9499 / depts.washington.edu/ima

Experience being part of a team, learn a martial art, or participate in the development of a new sport. Let the Club Sports Program introduce you to a new activity this Summer. Club Sports offer individuals the opportunity to compete, learn new skills, and meet others. They also provide a rewarding experience through organized activities such as tournaments, clinics, and local competition. For more information, call, e-mail, or stop by the IMA Programs Office (3rd floor, IMA).

Individual Sports	Team Sports	Martial Arts
Archery	Cycling	Aikido Shin Ryu
Badminton	Lacrosse (M/W)	Judo
Climbing	Rowing	Karate (Shotokan)
Kayak	Rugby (M/W)	Kendo
Tennis	Sailing	Kung Fu
Table Tennis	Ultimate (M/W)	Tai Chi
	Volleyball (M)	
	Yacht	