

# DEPARTMENT OF PHYSICAL FITNESS AND RECREATION

## STAFF MEMBERS

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## LARRY D. STRIPLIN, JR. PHYSICAL FITNESS & RECREATION CENTER

2 BASKETBALL/VOLLEYBALL COURTS	*	STRENGTH TRAINING AND CARDIOVASCULAR ROOM
INDOOR JOGGING/WALKING TRACK	*	AEROBICS/MARTIAL ARTS STUDIO
INDOOR SWIMMING POOL	*	RACQUETBALL COURT
GOLF SIMULATOR	*	RECREATION ROOM
LOCKER ROOMS	*	VENDING AREA

### DEPARTMENT AND PROGRAM INFORMATION

CALL 226-4936

BASKETBALL COURT, RACQUETBALL COURT AND GOLF SIMULATOR RESERVATIONS

CALL 226-4937

## HOURS OF OPERATION - 2010 FALL TERM

<u>STRIPLIN CENTER</u>		<u>STRIPLIN CENTER POOL</u>
Sunday	2 PM – 10 PM	Hours TBA
Monday-Friday	8 AM – 10 PM	
Saturday	10 AM – 6 PM	

## INTRAMURAL SPORTS

### FALL 2010

FLAG FOOTBALL, 7V7 SOCCER, SIMULATOR GOLF TOURNAMENT AND TEAM PUNT, PASS & KICK  
ENTRIES ARE DUE BY 12PM ON WED., SEPT. 15<sup>TH</sup>.

SINGLES TOURNAMENTS - TENNIS, TABLE TENNIS, RACQUETBALL, 8-BALL, 9-BALL AND CLOSEST-TO-THE-PIN  
ENTRIES ARE DUE BY 12PM ON WED., SEPT. 22<sup>ND</sup>.

VOLLEYBALL AND INNERTUBE WATER POLO  
ENTRIES ARE DUE BY 12PM ON WED., OCT. 13<sup>TH</sup>.

### INTERIM 2011

3-ON-3 BASKETBALL  
ENTRIES ARE DUE BY 12PM ON THU., JAN. 6<sup>TH</sup>.

BASKETBALL SHOOTING COMPETITIONS WILL TAKE PLACE ON WEDNESDAYS AT 5PM  
H-O-R-S-E (JAN. 12<sup>TH</sup>), FREE-THROW (JAN. 19<sup>TH</sup>) AND 3-POINT (JAN. 26<sup>TH</sup>).

### SPRING 2011

BASKETBALL AND DODGEBALL  
ENTRIES ARE DUE BY 12PM ON WED., FEB. 9<sup>TH</sup>.

DOUBLES TOURNAMENTS - TENNIS, TABLE TENNIS, RACQUETBALL AND FOOSBALL  
ENTRIES ARE DUE BY 12PM ON WED., FEB. 16<sup>TH</sup>.

SOFTBALL, KICKBALL AND ULTIMATE  
ENTRIES ARE DUE BY 12PM ON WED., MARCH 9<sup>TH</sup>.

## FITNESS/WELLNESS PROGRAMS

ALL PROGRAMS ARE HELD IN THE STRIPLIN CENTER AEROBICS/MARTIAL ARTS STUDIO

*THE FITNESS PROGRAMS WILL START AGAIN THE WEEK OF SEPTEMBER 5, 2010.*

### SUNDAY

5 PM YOGA  
6 PM BOOT CAMP  
7 PM PILATES

### MONDAY

5 PM BOOT CAMP  
6 PM MARTIAL ARTS  
7 PM ZUMBA

### TUESDAY

5 PM BOOT CAMP

### WEDNESDAY

5 PM YOGA  
6 PM MARTIAL ARTS

### THURSDAY

5 PM BOOT CAMP  
6 PM PILATES

## SOUTHERN OUTDOOR RECREATION

ALL INFORMATION MEETINGS WILL BE HELD AT 5:00 PM IN THE STRIPLIN CENTER CONFERENCE ROOM

*FOR MORE INFORMATION ABOUT ANY TRIPS, PLEASE CONTACT MIKE ROBINSON AT 226-4936*

### **CLIMBING WALL**

TUESDAYS, 5:00-9:00 PM

### **UAB RECREATION CENTER**

COST: \$7

*CURRENT BSC ID CARD IS MANDATORY TO BE ADMITTED TO THE UAB RECREATION CENTER*

### FALL '10 TRIPS

### **WHITE WATER RAFTING TRIP**

SUNDAY, SEPTEMBER 5

### **OCOEE RIVER, TN**

\* SIGN UP IN THE STRIPLIN CENTER BY THURSDAY, SEPT. 2

### **CAVING TRIP**

SATURDAY, SEPTEMBER 11

### **TUMBLING ROCK, AL**

\* INFORMATION MEETING: TUESDAY, SEPT. 7

### **WHITE WATER RAFTING TRIP**

SATURDAY, SEPTEMBER 18

### **OCOEE RIVER, TN**

\* INFORMATION MEETING: MONDAY, SEPT. 13

### **CANOEING TRIP**

FRIDAY-SUNDAY, SEPTEMBER 24-26

### **BLACK WATER, FL**

\* INFORMATION MEETING: MONDAY, SEPT. 20

### **CLIMBING TRIP**

FRIDAY-SUNDAY, OCTOBER 1-3

### **MUIR VALLEY, KY**

\* INFORMATION MEETING: MONDAY, SEPT. 27

### **RAPPELLING TRIP**

FRIDAY, OCTOBER 8

### **PALISADES PARK, AL**

\* INFORMATION MEETING: MONDAY, OCT. 4

### **WILDERNESS SERVICE PROJECT**

SATURDAY, OCTOBER 9

### **SIPSEY, AL**

\* INFORMATION MEETING: MONDAY, OCT. 4

### **BACKPACKING TRIP (FALL BREAK)**

WEDNESDAY-SUNDAY, OCTOBER 13-17

### **NEW HAMPSHIRE**

\* INFORMATION MEETING: TUESDAY, SEPT. 7

### **CANOEING/BACKPACKING TRIP**

FRIDAY-SUNDAY, OCTOBER 22-24

### **FONTANA LAKE, NC**

\* INFORMATION MEETING: MONDAY, OCT. 18

### **BACKPACKING TRIP**

FRIDAY-SUNDAY, NOVEMBER 12-14

### **SIPSEY, AL**

\* INFORMATION MEETING: MONDAY, NOV. 8