

BIRMINGHAM-SOUTHERN COLLEGE

DEPARTMENT OF PHYSICAL FITNESS AND RECREATION

STAFF MEMBERS

MIKE ROBINSON	DIRECTOR	226-4936	STRIPLIN 105	mrobinso@bsc.edu
IRENE WHIDDON	ADMINISTRATIVE ASSISTANT	226-4935	STRIPLIN 100	iwhiddon@bsc.edu
FRED FULLERTON	FACILITY SUPERVISOR	226-4937	FRONT DESK	ffullert@bsc.edu
RUSSELL STRICKLAND	FACILITY SUPERVISOR	226-4937	FRONT DESK	rstrickl@bsc.edu
ANTHEA WILLIAMS	FACILITY SUPERVISOR	226-4937	FRONT DESK	awilliam@bsc.edu
BRUCE WRIGHT	FACILITY SUPERVISOR	226-4937	FRONT DESK	bwright@bsc.edu

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

2 BASKETBALL/VOLLEYBALL COURTS	*	STRENGTH TRAINING ROOM
INDOOR JOGGING/WALKING TRACK	*	CARDIOVASCULAR & STRETCHING/CORE ROOM
INDOOR SWIMMING POOL	*	AEROBICS/MARTIAL ARTS STUDIO
GOLF SIMULATOR	*	RACQUETBALL COURT
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

STRIPLIN CENTER

Sunday	2:00 PM – 10:00 PM
Monday-Friday	7:00 AM – 10:00 PM
Saturday	10:00 AM – 6:00 PM

STRIPLIN CENTER POOL

Please call 226-4937 for a current daily schedule of the swimming pool hours.

FITNESS/WELLNESS PROGRAMS

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

THE PROGRAMS WILL NOT MEET DURING WINTER BREAK (JAN. 31-FEB. 4)

AND WILL RESUME ON SUNDAY, FEB. 5

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>5:00 PM</u> YOGA	<u>5:00 PM</u> BOOT CAMP	<u>5:00 PM</u> BOOT CAMP	<u>5:00 PM</u> YOGA	<u>5:00 PM</u> BOOT CAMP	<u>5:00 PM</u> MARTIAL ARTS
<u>6:00 PM</u> BOOT CAMP	<u>6:00 PM</u> MARTIAL ARTS		<u>6:00 PM</u> MARTIAL ARTS		
	<u>7:00 PM</u> ZUMBA				

INTRAMURAL SPORTS

2012 EXPLORATIONS TERM CHAMPIONS

3-ON-3 BASKETBALL:	WOMEN – JUSTICE LEAGUE	MEN – BLAZIN' BADGERS
H-O-R-S-E CONTEST:	WOMEN – N/A	MEN – LEE SPRATLING
FREE THROW SHOOTING CONTEST:	WOMEN – SYDNEY DARNALL	MEN – AARON CROWE
3-POINT SHOOTING CONTEST:	WOMEN – N/A	MEN – LEE SPRATLING

2012 SPRING TERM ENTRY DUE DATES

WEDNESDAY, FEBRUARY 15 12:00 PM BASKETBALL & DODGE BALL
WEDNESDAY, FEBRUARY 22 12:00 PM DOUBLES TOURNAMENTS (TENNIS AND RACQUETBALL)
WEDNESDAY, MARCH 14 12:00 PM KICKBALL, SOFTBALL & ULTIMATE

SOUTHERN OUTDOOR RECREATION

CLIMBING WALL @ UAB RECREATION CENTER

SUNDAY, 12:00-6:00 PM & TUESDAY AND THURSDAY, 5:00-9:00 PM

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

2012 EXPLORATIONS & SPRING TERMS TRIPS

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

2ND ANNUAL WALL CRAWL COMPETITION @ UAB RECREATION CENTER

SATURDAY, FEBRUARY 11

* COMPETITION BEGINS AT 9:00 AM

BACKPACKING TRIP @ TALLADEGA NATIONAL FOREST, AL

FRIDAY – SUNDAY, FEBRUARY 24-26

* INFORMATION MEETING – MONDAY, FEBRUARY 20

CLIMBING TRIP @ SAND ROCK, AL

SATURDAY, MARCH 3

* INFORMATION MEETING – MONDAY, FEBRUARY 27

PADDLING TRIP @ CAHABA RIVER, AL

SUNDAY, MARCH 11

* INFORMATION MEETING – MONDAY, MARCH 5

HIKING TRIP @ CUMBERLAND PLATEAU FALLS, TN

FRIDAY – SUNDAY, MARCH 30-APRIL 1

* INFORMATION MEETING – MONDAY, MARCH 26

CANOEING/BACKPACKING TRIP @ FONTANA LAKE, NC

FRIDAY – SUNDAY, APRIL 13-15

* INFORMATION MEETING – MONDAY, APRIL 9

HIKING TRIP @ WALLS OF JERICO, AL

SATURDAY, APRIL 14

* INFORMATION MEETING – MONDAY, APRIL 9

CANOEING TRIP @ BARTRAM CANOE TRAIL, AL

FRIDAY – SUNDAY, APRIL 20-22

* INFORMATION MEETING – MONDAY, APRIL 16

BACKPACKING TRIP @ PISGAH NATIONAL FOREST, NC

FRIDAY – SUNDAY, APRIL 27-29

* INFORMATION MEETING – MONDAY, APRIL 23