

BIRMINGHAM-SOUTHERN COLLEGE

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 ROOM
INDOOR JOGGING/WALKING TRACK	*	CARDIOVASCULAR & TRX 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

2017 SUMMER TERM HOURS OF OPERATION

<u>STRIPLIN CENTER</u>		<u>STRIPLIN POOL</u>
SUNDAY	2:00 PM – 6:00 PM	PLEASE CALL 226-4937 FOR A CURRENT DAILY SCHEDULE OF THE SWIMMING POOL HOURS.
MONDAY-FRIDAY	8:00 AM – 8:00 PM	
SATURDAY	10:00 PM – 2:00 PM	

- THE STRIPLIN CENTER WILL CLOSE AT 5PM ON MONDAY, JULY 3RD AND WILL BE CLOSED ON TUESDAY, JULY 4TH, IN OBSERVANCE OF THE INDEPENDENCE DAY HOLIDAY. THE STRIPLIN CENTER WILL REOPEN AT 8AM ON WEDNESDAY, JULY 5TH.
- THE STRIPLIN CENTER WILL BE OPEN FROM 8AM-12PM ON FRIDAY, JULY 28TH.

FITNESS/WELLNESS PROGRAMS

ALL PROGRAMS ARE HELD IN THE STRIPLIN CENTER AEROBICS STUDIO

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

ALL FITNESS/WELLNESS PROGRAMS, WITH THE EXCEPTION OF MARTIAL ARTS, WILL RESUME THE WEEK OF AUGUST 21. THE MARTIAL ARTS PROGRAM WILL CONTINUE THROUGH THE SUMMER MONTHS, MEETING AT 5:00PM ON MONDAY, WEDNESDAY AND FRIDAY.

INTRAMURAL SPORTS

2017 FALL TERM

SPORT

INNER TUBE WATER POLO
FLAG FOOTBALL
RACQUETBALL SINGLES
TENNIS SINGLES
7V7 SOCCER
VOLLEYBALL

ENTRIES DUE

WED., SEPT. 13 @ 5PM
WED., SEPT. 13 @ 5PM
WED., SEPT. 20 @ 5PM
WED., SEPT. 20 @ 5PM
WED., OCT. 4 @ 5PM
WED., OCT. 4 @ 5PM

PLAY BEGINS

WEEK OF SEPT. 18
WEEK OF SEPT. 18
WEEK OF SEPT. 25
WEEK OF SEPT. 25
WEEK OF OCT. 15
WEEK OF OCT. 15

2018 EXPLORATIONS TERM

SPORT

3-ON-3 BASKETBALL
H-O-R-S-E
FREE THROW SHOOTING
3-POINT SHOOTING

ENTRIES DUE

FRI., JAN. 5 @ 4PM
WED., JAN. 10 @ 5PM
WED., JAN. 17 @ 5PM
WED., JAN. 24 @ 5PM

PLAY BEGINS

WEEK OF JAN. 8
WED., JAN. 10 @ 5PM
WED., JAN. 17 @ 5PM
WED., JAN. 24 @ 5PM

2017 EXPLORATIONS TERM

SPORT

BASKETBALL
DODGE BALL
RACQUETBALL DOUBLES
TENNIS DOUBLES
KICKBALL
SOFTBALL
ULTIMATE

ENTRIES DUE

WED., FEB. 14 @ 5PM
WED., FEB. 14 @ 5PM
WED., FEB. 21 @ 5PM
WED., FEB. 21 @ 5PM
WED., MAR. 21 @ 5PM
WED., MAR. 21 @ 5PM
WED., MAR. 21 @ 5PM

PLAY BEGINS

WEEK OF FEB. 19
WEEK OF FEB. 19
WEEK OF FEB. 26
WEEK OF FEB. 26
WEEK OF APRIL 9
WEEK OF APRIL 9
WEEK OF APRIL 9

SOUTHERN OUTDOOR RECREATION

FOR MORE INFORMATION ABOUT ANY OF THE TRIPS, PLEASE CONTACT MIKE ROBINSON AT 226-4936.

OUTDOOR RECREATION SCHEDULE

SUN., AUG. 27 MON., AUG. 21 – THU., AUG. 24	WHITE WATER RAFTING TRIP SIGN-UP @ STRIPLIN FRONT DESK	OCOEE RIVER, TN
SAT., SEPT. 16 PRE-TRIP MEETING	PADDLEBOARDING/HIKING TRIP TUE., SEPT. 12	OAK MOUNTAIN STATE PARK, AL
FRI.-SUN., SEPT. 29-OCT. 2 PRE-TRIP MEETING	CANOEING/BACKPACKING TRIP TUE., SEPT. 27	FONTANA LAKE, NC
FRI.-SUN., OCT. 6-8 PRE-TRIP MEETING	BACKPACKING/HIKING TRIP TUE., OCT. 3	SOUTH CHEAHA WILDERNESS, AL
FRI., OCT. 13 PRE-TRIP MEETING	PADDLING TRIP TUE., OCT. 10	CAHABA RIVER, AL
FRI.-SAT., OCT. 20-21 PRE-TRIP MEETING	CAMPING/KAYAKING TRIP TUE., OCT. 17	COOSA RIVER, AL
SAT.-MON., OCT. 28-30 PRE-TRIP MEETING	BOULDERWEEN/CAMPING TRIP TUE., OCT. 24	HORSE PENS 40, AL
SAT., NOV. 11 PRE-TRIP MEETING	WILD CAVING TRIP TUE., NOV. 7	TUMBLING ROCK, AL

*** ALL PRE-TRIP MEETINGS WILL BE HELD AT 5:00PM IN THE STRIPLIN CENTER CONFERENCE ROOM**

ADDITIONAL TRIPS FOR THE 2018 E-TERM AND SPRING TERM ARE CURRENTLY BEING PLANNED AND WILL BE ANNOUNCED AS SOON AS TRIP ARRANGEMENTS ARE FINALIZED.

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BSC STRIPLIN CENTER