

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 FALL TERM HOURS OF OPERATION

<u>STRIPLIN CENTER</u>		<u>STRIPLIN POOL</u>
SUNDAY	2:00 PM – 8:00 PM	PLEASE CALL 226-4937 FOR A CURRENT DAILY SCHEDULE OF THE SWIMMING POOL HOURS.
MONDAY-THURSDAY	8:00 AM – 10:00 PM	
FRIDAY	8:00 AM – 8:00 PM	
SATURDAY	10:00 AM – 4:00 PM	

ON NOVEMBER 5th, DUE TO THE END OF DAYLIGHT SAVINGS TIME,
THE SUNDAY HOURS WILL CHANGE TO 2:00 PM – 10:00 PM.

FITNESS/ WELLNESS PROGRAMS

ALL PROGRAMS ARE HELD IN THE STRIPLIN CENTER AEROBICS STUDIO

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<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		

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

2018 SPRING 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.-SUN., SEPT. 30-OCT. 1 PRE-TRIP MEETING	CANOEING/BACKPACKING TRIP TUE., SEPT. 26	GREAT SMOKEY MOUNTAIN NATIONAL PARK, NC
FRI.-SUN., OCT. 6-8 PRE-TRIP MEETING	BACKPACKING/HIKING TRIP TUE., OCT. 3	SOUTH CHEAHA WILDERNESS, AL
SAT., OCT. 14 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., OCT. 28 PRE-TRIP MEETING	BOULDERING TRIP TUE., OCT. 24	HORSE PENS 40, AL

SUN., OCT. 29
PRE-TRIP MEETING

MOUNTAIN BIKING TRIP
TUE., OCT. 24

OAK MOUNTAIN STATE PARK, AL

FRI.-SUN., NOV. 3-5
PRE-TRIP MEETING

BIKING/CAMPING TRIP
TUE., OCT. 31

CHIEF LADIGA TRAIL, 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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