

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

2018 SPRING TERM HOURS OF OPERATION

<u>STRIPLIN CENTER</u>		<u>STRIPLIN POOL</u>
SUNDAY	2:00 PM – 10:00 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	

DAYLIGHT SAVINGS TIME

EFFECTIVE SUNDAY, MARCH 11, THE STRIPLIN CENTER'S SUNDAY HOURS WILL BE 2:00 PM – 8:00 PM.

SPRING BREAK & EASTER WEEKEND HOURS

SATURDAY, MARCH 24	10:00 AM – 2:00 PM
SUNDAY, MARCH 25	2:00 PM – 6:00 PM
MONDAY, MARCH 26 – WEDNESDAY, MARCH 28	8:00 AM – 8:00 PM
THURSDAY, MARCH 29	8:00 AM – 5:00 PM
FRIDAY, MARCH 30 – SUNDAY, APRIL 1	CLOSED
MONDAY, APRIL 2	8:00 AM – 8:00 PM

FITNESS/WELLNESS PROGRAMS

ALL PROGRAMS ARE HELD IN THE STRIPLIN CENTER AEROBICS STUDIO

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

2017 FALL TERM

SPORT

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

WOMEN'S CHAMPION

CHI OMEGA
CHI OMEGA
CHI OMEGA
CHI OMEGA
(DID NOT PLAY)

MEN'S CHAMPION

SIGMA CHI
SIGMA CHI
EVIL
SIGMA CHI
ANDREW SCHAPER

2018 EXPLORATIONS TERM

SPORT

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

WOMEN'S CHAMPION

(DID NOT PLAY)
(DID NOT PLAY)
KRISTEN PHILLIPS
(DID NOT PLAY)

MEN'S CHAMPION

SIGMA CHI
CAMERON LUSTER
MACK MOSBY
CHAD HARTLEY

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

SAT., FEB. 10 ENTRY DEADLINE:	CLIMBING WALL COMPETITION 8:00 AM ON SAT., FEB. 10* @ UAB REC CENTER	UAB REC CENTER
SAT., FEB. 24 TRIP INTEREST DEADLINE:	CLIMBING TRIP FRI., FEB. 16*	SAND ROCK, AL
SAT., MARCH 3 TRIP INTEREST DEADLINE:	MOUNTAIN BIKING TRIP FRI., FEB. 23*	TANNEHILL STATE PARK, AL
SAT., MARCH 24 TRIP INTEREST DEADLINE:	BIKING & YOGA TRIP FRI., MARCH 16*	DOWNTOWN BIRMINGHAM, AL
FRI., APRIL 6 – SUN., APRIL 8 TRIP INTEREST DEADLINE:	BACKPACKING TRIP THU., MARCH 29*	GEORGIA APPALACHIAN TRAIL, GA
SAT., APRIL 14 TRIP INTEREST DEADLINE:	CANOEING TRIP FRI., APRIL 6*	WHEELER WILDLIFE REFUGE, AL

** CONTACT MIKE ROBINSON (MROBINSO@BSC.EDU OR 226-4936) BY 12:00PM OF THE DEADLINE DATE TO RESERVE A SPACE FOR THE TRIP.*

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