

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 SPRING TERM HOURS OF OPERATION

<u>STRIPLIN CENTER</u>	
SUNDAY	2:00 PM – 8:00 PM
MONDAY-THURSDAY	7:00 AM – 10:00 PM
FRIDAY	7:00 AM – 8:00 PM
SATURDAY	10:00 AM – 6:00 PM

STRIPLIN POOL
PLEASE CALL 226-4937 FOR A CURRENT DAILY
SCHEDULE OF THE SWIMMING POOL HOURS.

FINAL EXAMS WEEK & MEMORIAL DAY WEEK HOURS

MON., MAY 22 & TUE., MAY 23	7:00 AM – 10:00 PM
WED., MAY 24	7:00 AM – 8:00 PM
THU., MAY 25 & FRI., MAY 26	8:00 AM – 8:00 PM
SAT., MAY 27 – MON., MAY 29	CLOSED
TUE., MAY 30 – FRI., JUNE 2	8:00 AM – 8:00 PM
SAT., JUNE 3	10:00 AM – 2:00 PM
SUN., JUNE 4	2:00 PM – 6:00 PM

FITNESS/ WELLNESS PROGRAMS

ALL PROGRAMS ARE HELD IN THE STRIPLIN CENTER AEROBICS STUDIO

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

2016 FALL TERM

SPORT

INNER TUBE WATER POLO
FLAG FOOTBALL
7V7 SOCCER
VOLLEYBALL

WOMEN'S CHAMPION

KAPPA DELTA/ZETA TAU ALPHA
CHI OMEGA
KAPPA DELTA
ALPHA CHI OMEGA/CHI OMEGA

MEN'S CHAMPION

SIGMA CHI
BASEBALL TEAM
STAFF INFECTION
SIGMA CHI

2017 EXPLORATIONS TERM

SPORT

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

WOMEN'S CHAMPION

DNP
DNP
DNP
DNP

MEN'S CHAMPION

TEAM 4
LANTRICE GREEN
NICK KOZBIEL
JACOB WEINACKER

2017 EXPLORATIONS TERM

SPORT

BASKETBALL
DODGE BALL
RACQUETBALL DOUBLES
TENNIS DOUBLES
KICKBALL
SOFTBALL
ULTIMATE

WOMEN'S CHAMPION

ALPHA CHI OMEGA
KAPPA DODGERS
DNP
DNP
KAPPA DELTA
CHI OMEGA/PI BETA PHI
KAPPA DELTA

MEN'S CHAMPION

SIGMA CHI
HUGH JASS BALLERZ
KYNDALL WATERS & MIKE ROBINSON
DNF
OLD HEADZ
KAPPA ALPHA
OLD HEADZ

2016-17 SPORTSWOMAN OF THE YEAR

NICOLE NEWTON

2016-17 SPORTSMEN OF THE YEAR

SAWYER HICKS & JAKE MARTIN

2016-17 ALL-SPORTS CHAMPIONS

KAPPA DELTA & SIGMA CHI

SOUTHERN OUTDOOR RECREATION

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

OUTDOOR RECREATION SCHEDULE

TRIPS FOR THE 2017-18 SCHOOL YEAR ARE CURRENTLY BEING PLANNED AND WILL BE ANNOUNCED AS SOON AS TRIP ARRANGEMENTS ARE FINALIZED.

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

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