

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	
SAM PILATO	FACILITY SUPERVISOR	226-4937	FRONT DESK	
TERESA RILEY	FACILITY SUPERVISOR	226-4937	FRONT DESK	
BRUCE WRIGHT	FACILITY SUPERVISOR	226-4937	FRONT DESK	

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

STRIPLIN CENTER

SUNDAY	2:00 PM – 10:00 PM
MONDAY-THURSDAY	8:00 AM – 10:00 PM
FRIDAY	8:00 AM – 8:00 PM
SATURDAY	10:00 AM – 4:00 PM

STRIPLIN POOL

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

THANKSGIVING BREAK HOURS

WEDNESDAY, NOV. 22	8:00 AM – 5:00 PM (IF NOT EARLIER!)
THURSDAY, NOV. 23 – SATURDAY, NOV. 25	CLOSED
SUNDAY, NOV. 26	2:00 PM – 10:00 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>	<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

<u>SPORT</u>	<u>WOMEN'S CHAMPION</u>	<u>MEN'S CHAMPION</u>
FLAG FOOTBALL	CHI OMEGA	SIGMA CHI
INNER TUBE WATER POLO	CHI OMEGA	SIGMA CHI
7V7 SOCCER	TBD	TBD
VOLLEYBALL	TBD	TBD
RACQUETBALL SINGLES	DNP	TBD
TENNIS SINGLES	DNP	TBD

2018 EXPLORATIONS TERM

<u>SPORT</u>	<u>ENTRIES DUE</u>	<u>PLAY BEGINS</u>
3-ON-3 BASKETBALL	FRI., JAN. 5 @ 4PM	WEEK OF JAN. 8
H-O-R-S-E	WED., JAN. 10 @ 5PM	WED., JAN. 10 @ 5PM
FREE THROW SHOOTING	WED., JAN. 17 @ 5PM	WED., JAN. 17 @ 5PM
3-POINT SHOOTING	WED., JAN. 24 @ 5PM	WED., JAN. 24 @ 5PM

2018 SPRING TERM

<u>SPORT</u>	<u>ENTRIES DUE</u>	<u>PLAY BEGINS</u>
BASKETBALL	WED., FEB. 14 @ 5PM	WEEK OF FEB. 19
DODGE BALL	WED., FEB. 14 @ 5PM	WEEK OF FEB. 19
RACQUETBALL DOUBLES	WED., FEB. 21 @ 5PM	WEEK OF FEB. 26
TENNIS DOUBLES	WED., FEB. 21 @ 5PM	WEEK OF FEB. 26
KICKBALL	WED., MAR. 21 @ 5PM	WEEK OF APRIL 9
SOFTBALL	WED., MAR. 21 @ 5PM	WEEK OF APRIL 9
ULTIMATE	WED., MAR. 21 @ 5PM	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. 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
SAT., MARCH 24 TRIP INTEREST DEADLINE:	BIKE & YOGA TRIP FRI., MARCH 16*	DOWNTOWN BIRMINGHAM
FRI., MARCH 30 – SAT., MARCH 31 TRIP INTEREST DEADLINE:	PADDLEBOARD & KAYAK TRIP FRI., MARCH 23*	GULF SHORES, AL
FRI., APRIL 6 – SUN., APRIL 8 TRIP INTEREST DEADLINE:	BACKPACKING TRIP FRI., MARCH 30*	GEORGIA APPALACHIAN TRAIL
SAT., APRIL 14 TRIP INTEREST DEADLINE:	CANOEING TRIP FRI., APRIL 6*	WHEELER WILDLIFE REFUGE

*** CONTACT MIKE ROBINSON (MROBINSO@BSC.EDU OR 226-4936) BY 2:00PM OF THE DEADLINE DATE TO RESERVE A SPACE FOR THE TRIP.**

LIKE US ON:

FACEBOOK
BSC STRIPLIN CENTER

ORGSYNC
PHYSICAL FITNESS & RECREATION