OPEN GYM REC / INTRAMURALS

Delaware Hall Gymnasium
9:00 a.m. - 1:30 p.m. Monday - Friday
(hours subject to change)

• Badminton
• Basketball (half court & full court)
• Dodgeball
• Floor Hockey
• Soccer (half court & full court)
• Table Tennis
• Tennis
• Ultimate Frisbee
• Volleyball

To participate: Stop by the gym during the above times to speak with the gym attendant.

Current Cougar ID is required.
All recreation activities are coed.
All skill levels are welcome.*

Laced, non-marking athletic shoes are required.
Shirts must be worn and cover upper torso.
Carry out food or drinks are not allowed.
Bottled water and packaged snacks are permitted.

Full Court sports: Exercise / gym clothes are required. No street clothes will be permitted.

*Except Tennis - school, college, or club ranking is required.

CONTACT

For the latest updates and news, please visit:

Facebook: ColumbusStateCougars
Twitter: CSCC_Cougars

For more information, you may contact the
Department Athletics and College Recreation by
Phone: (614) 287-5092
E-mail: athletics@csc.edu
Or visit us online at www.csc.edu/campus-life

CSCC Athletics and College Recreation
550 E. Spring Street
Delaware Hall Athletic Center Room 134
Columbus, OH 43215

IMPORTANT DATES

Summer Semester dates:
Monday, May 20 - Friday, August 2

Dates of closure:
Thursday, July 4 (Independence day)
Columbus State Community College is beginning its 25th season of National Junior College Athletic Association (NJCAA) competition in the 2013-2014 academic year. The college currently sponsors five intercollegiate sports at the NJCAA DII (scholarship) level:
- Women’s volleyball
- Men’s basketball
- Men’s golf
- Women’s basketball
- Women’s golf

CSCC also competes as a member of the Ohio Community College Athletic Conference. In addition to its intercollegiate sports programs, the college supports a coed cheerleading squad. The cougar cheerleaders can be seen all around campus cheering at Men’s and Women’s basketball games and other CSCC events.

**FITNESS CENTER**

Delaware Hall 082 (in basement)
(614) 287-5918

**Hours of Operation:**
8:00 a.m. - 7:00 p.m. Monday - Thursday
8:00 a.m. - 6:00 p.m. Friday
CLOSED Saturday - Sunday

The Fitness Center features:
- Treadmills
- Stationary Bikes
- Ellipticals
- Free Weights
- Weight Machines
- Medicine Balls
- Jump Ropes
- Resistance Bands

The locker rooms are locked at all times. In order to gain access to the locker rooms, your Cougar ID will need to be activated. Students must go to Public Safety and fill out a request form (fees must be paid in full). Employees will need to e-mail their ID # to jcollin1@csc.edu.

**Locker Rentals**

Students are not permitted to rent an overnight locker. Students may use the lockers during business hours at no charge. Items must be removed from lockers by the end of the business day.

Employees are permitted to rent a locker at a cost. $25/semester or $65/year. Employees must pay for the rental at the Cashier’s office then bring the receipt to the Athletics office to select a locker.

**Rules and Regulations**

- Fitness Center staff reserves the right to request identification at any time.
- All CSCC students, staff, and faculty must present a Cougar ID when entering the fitness center. Cards that are expired or without the current semester sticker are invalid.
- Everyone must sign in at the front desk prior to using the fitness center.
- Towels are for use in the fitness center ONLY and cannot be taken to the locker rooms.
- The fitness center is not responsible for lost, stolen, or damaged personal property.
- Wipe off equipment after each use with a towel and disinfectant. Disinfectant and towels are provided.
- All participants must adhere to the Student Code of Conduct policies and these rules including any additional rules posted in the fitness center.
- All participants in fitness center activities participate at their own risk.
- Exercising in street clothes is prohibited - Jeans are not permitted. You must wear appropriate exercise apparel and laced, non-marking, athletic or tennis shoes when using the fitness center. Shirts must be worn. Shorts and pants must be secured at the waist. Sagging is not permitted.
- Dropping or slamming weights is not permitted.
- No loitering - spectators are not allowed in the fitness center.
- No profanity, yelling, or verbal abuse.
- **Items and activities prohibited in the Fitness Center:** Food, gum, and beverages, digital cameras, web cams, cameras, and video recorders (unless prior permission is granted by CSCC), chewing tobacco, smoking and use of the facility while under the influence of alcohol or other drugs, bicycles, strollers, skateboards and skates, animals (except dogs assisting disabled individuals), cell phone use, listening to personal music without headphones, and posting announcements, flyers, posters, etc.
- Please report any facility problems or injuries to a staff member immediately.
- All lockers are the property of Columbus State. A fee will be assessed for locker damage caused by negligence or abuse.
- Caution: Wet floors in the locker room may be slippery. Please watch your step.
- Please report any facility problems or injuries to a staff member immediately.
- Staff members reserve the right to check lockers for unreturned towels, equipment, and to resolve safety/security concerns. Members will be notified should this occur.