Important Dates
Summer Semester:
Monday, May 26 - Saturday, August 9

Dates of closure:
Monday, May 26 (Memorial Day)
Friday, July 4 (Independence Day)

Go Cougars!

Department of Athletics
and College Recreation
INTERCOLLEGIATE ATHLETICS
Columbus State Community College completed its 25th season of National Junior College Athletic Association (NJCAA) competition in the 2013-2014 academic year. CSCC also competes as a member of the Ohio Community College Athletic Conference (OCCAC). The college currently sponsors five intercollegiate sports at the NJCAA DII level:

- Women’s volleyball
- Men’s basketball
- Women’s basketball
- Men’s golf
- Women’s golf

In addition to its intercollegiate sports programs, the college supports a coed cheer squad, who can be seen cheering at basketball games and other CSCC events.

FITNESS CLASSES
All classes are FREE to CSCC students and are on a first come, first serve basis. Cougar ID is required. Classes begin the week of June 2.

Aerobics
- Mondays 4:00 - 5:00 p.m. DE 158
- Wednesdays 4:00 - 5:00 p.m. DE 158

Zumba
- Mondays 5:15 - 6:15 p.m. DE 158

Yoga / Pilates
- Tuesdays 5:00 - 6:00 p.m. DE 075B

Total Body Conditioning
- Fridays 11:00 - 12:00 p.m. DE 075A
- Fridays 12:00 - 1:00 p.m. DE 075B

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

Hours of Operation:
8:00 a.m. - 6:00 p.m. Mon- Fri
CLOSED Sat & Sun

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

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

Badminton, Basketball, Dodgeball, Floor Hockey, Soccer, Table Tennis, Tennis, Ultimate Frisbee, Volleyball, and more!

- 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. (Except Tennis – school, college, or club ranking is required.)
- Carry out food or drinks are not allowed.
- Bottled water and packaged snacks are permitted.
- Exercise / gym clothes are required. No street clothes will be permitted.

FITNESS CENTER RULES
- Fitness Center staff reserves the right to request identification at any time. Everyone must sign in at the front desk prior to using the fitness center and present their Cougar ID. Cards that are expired or without the current semester sticker are invalid.
- Towels are for use in the fitness center ONLY and cannot be taken to the locker rooms. It is HIGHLY recommended you bring your own towel if you wish to shower.
- The fitness center is not responsible for lost, stolen, or damaged personal property.
- Wipe off equipment after each use with the provided towels and disinfectant. Disinfectant and towels are provided.
- All participants must adhere to the 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.
- Dropping or slamming weights is not permitted.
- No loitering - spectators are not allowed in the fitness center.
- No profanity, yelling, or verbal abuse. Prohibited items: Food, gum, and beverages (except water bottles), cameras, video recorders (unless prior permission is granted by CSCC), chewing tobacco, smoking, use of the facility while under the influence, bicycles, strollers, skateboards, skates, animals (except dogs assisting disabled individuals), cell phone use, listening to personal music without headphones, and posting flyers, etc.