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OUR GOAL IS YOUR SUCCESS.

Allegheny Campus

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South Campus Fitness Center

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Directions to South Campus

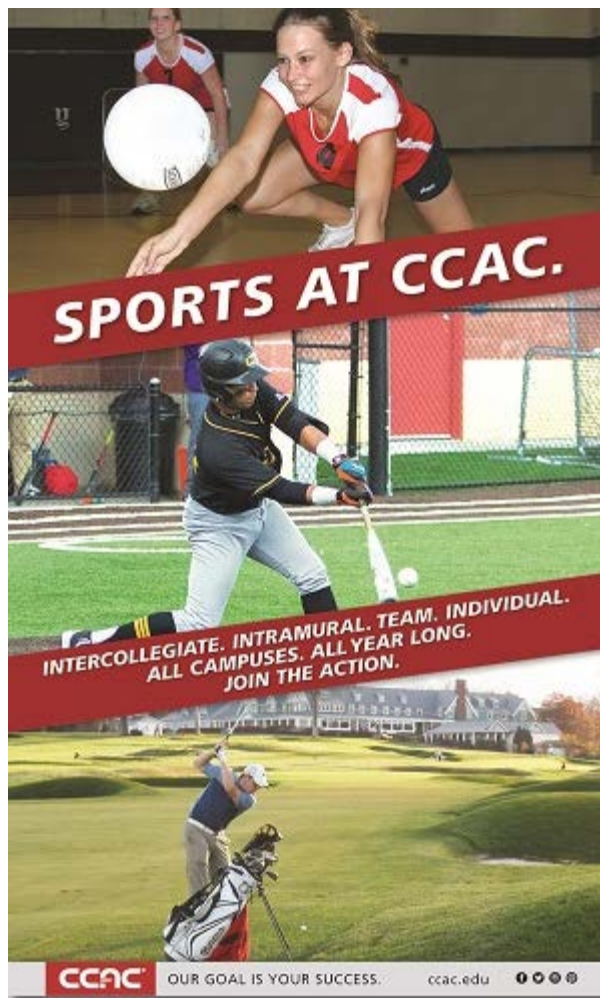
CCAC Centers

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## Athletics

Most people do not think of athletics when they think of a community college, but CCAC offers a wide variety of intercollegiate and intramural athletics for both men and women. Sports provide opportunities for students to enhance their overall experience at the college by encouraging lifelong wellness, sportsmanship and academics.

CCAC is a member of the **National Junior College Athletic Association (NJCAA)**. The NJCAA serves as the national governing body for two-year collegiate athletics in the United States and is the nation's second-largest national intercollegiate sports organization (second to the NCAA). Each year nearly 60,000 student-athletes from 525 member colleges compete in 28 different sports.



Contact your  
Campus  
Student Life  
Office

Is recreation more your speed? If you are interested just in having a little fun or staying in shape, the vast selection of campus intramural sports offers a great way to balance your academic life, relieve stress and meet other students. Each campus has a well-equipped fitness center which is free to students with a student ID.

### Allegheny Campus

Office of Student Life,  
CCAC Allegheny  
Campus  
Physical Education  
Building 431  
412.237.2675

### Boyce Campus

Office of Student Life,  
CCAC Boyce Campus  
S521  
724.325.6622

### North Campus

Office of Student Life,  
CCAC North Campus  
Room 1020  
412.369.3692

### South Campus

Office of Student Life,  
CCAC South Campus  
A-406  
412.469.6244

Get involved today. Make the most of your time at CCAC.

### Allegheny Campus Cougars

Men's Basketball  
Women's  
Basketball  
Men's Cross  
Country  
Men's Golf  
Women's Cross  
Country  
Women's Golf  
Men's Bowling  
Women's Bowling

### Boyce Campus St. Bernards

Men's  
Basketball  
**Men's Baseball**  
**Bowling**  
Cross Country  
**Golf: Schedule**  
Women's  
Basketball  
**Volleyball**

### North Campus Huskies

Co-ed Bowling  
Cross Country  
Golf  
Men's Ice Hockey  
Men's Basketball  
(Intramural)  
Co-ed Soccer  
(Intramural)

### South Campus Tigers

Men's Baseball  
Men's Bowling  
Men's Cross  
Country  
Women's Bowling  
Women's Cross  
Country  
Women's Softball  
In-line Hockey  
(intramural)

## Allegheny Campus Fitness Facility Hours

CCAC students, faculty, administrators and staff with current ID cards and appropriate clothing are permitted to use the free time areas. No guests are permitted. Black-bottomed shoes are not permitted on the gym floor.

Fitness Center: Monday and Friday, 7:00 AM — 4:30 PM  
Tuesday, Wednesday and Thursday, 7:00 AM — 6:00 PM

Gymnasium: Monday, Wednesday and Friday, 11:00 AM — 2:00 PM and 2:00 PM — 3:00 PM  
(off basketball season) and Tuesday and Thursday, 10 :00 AM — 11:00 AM

Weight Room: Monday-Friday, 2:00 PM — 4:00 PM

Lockers are given out in the Athletic Office (P-400) at no cost to the students on a first come first serve basis. Personal items are not permitted in the free time areas. Open lockers are available at the racquetball court level, outside the weight room should you choose to bring your own lock. Personal locks may not be left on lockers overnight.

Racquets and racquetballs are available for student use. It is suggested that safety goggles be worn for your protection.

Please notify security at X2662 in case of an accident or injury

## Boyce Campus Fitness Center

### Boyce Campus Fitness Center

#### Hours

MONDAY 8:30 AM – 3:30 PM

TUESDAY 11:00 AM – 3:30 PM

WEDNESDAY 8:30 AM – 3:30 PM

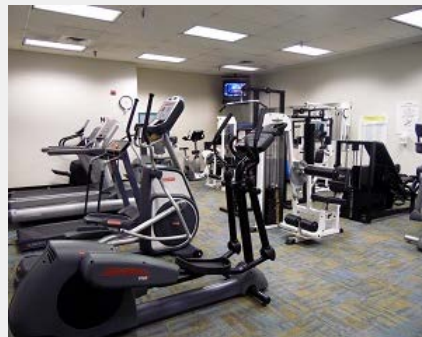
THURSDAY 11:00 AM – 3:30 PM

FRIDAY 9:00 AM – 3:00 PM

\*Fitness Center Open Hours modified due to Health and Physical Education academic classes on these days.

The Student Life Fitness Center at CCAC Boyce Campus offers state-of-the-art aerobic and strength training equipment in an incredibly convenient location-right here on campus! Students and staff are welcome to take advantage of this proficient facility as a resource for health and wellness.

**Ms. Joyce Pauli**, Fitness Center Coordinator, is available for assistance during open hours. The Fitness Center is located on the third level in the West Wing, room W306. The Center is free of charge to all current CCAC students and staff. A validated Student ID Card or Employee ID Card is required. Proper gym attire is required.



## North Campus Fitness Facility and Gymnasium

### North Campus Fitness Center

The Fitness Center at North Campus combines the latest technology and research in the fitness industry in order to help students, faculty and staff improve their fitness level for general wellbeing or athletic performance.

### Fitness Center Usage

The Fitness Center is available to all CCAC credit students, faculty and staff. You must be registered for

credit classes during the current academic term and present a valid copy of your student identification card in order to use the fitness center. The rules for the fitness center are posted at the front desk and must be followed by all students, faculty and staff.

Lockers are available for the entire academic term for \$10.00. Students may pay for lockers at the Student Life office.

#### **Fitness Center Basics**

The North Campus Fitness Center has strength training machines, treadmills, ellipticals, stair climbers, upright and recumbant bikes, safety free-weight training rack, Olympic weights/benches and a fully loaded dumbbell rack. The three staff members are all certified personal trainers who are able and willing to assist you in constructing a work out plan for you! Locker room changing areas and showers are available (you must bring your own towel/toiletries).

#### **Hours of Operation:**

Mondays and Wednesdays 9:00-5:00

Tuesdays and Thursdays 9:00-4:00

Fridays 9:00-1:00

If you have any questions regarding the Fitness Center, please call 412.369.3728 or email [Ellen Bauman](#), Fitness Center coordinator.

[Read More >](#)

## South Campus Fitness Center

The South Campus Fitness Center is over 2,000 square feet and has Cybex and Strive strength training machines, an indoor track, treadmills, bikes, ellipticals, stair climbers, stationary bikes, safety free-weight training rack, Olympic weights/benches and two fully loaded dumbbell racks. Lockers and showers are available for the term at \$10.00 (you must bring your own towel/toiletries).

#### **Fitness Center Usage**

The fitness center is available to all CCAC credit students, faculty and staff. You must be registered for credit classes during the current academic term and present a valid copy of your student identification card in order to use the fitness center. The rules for the fitness center are posted at the front desk and must be followed by all students, faculty and staff.

**Spring 2018 Hours of Operation:** Monday - Thursday: 11:00 a.m.- 4:30 p.m. Friday: 11:00 a.m.- 2:00 p.m.

Fitness Center workshops are offered throughout the semester, however, there is limited space. If you have any questions regarding the Fitness Center, please call 412.469.4309 or email Stephanie Green, Fitness Center Coordinator.

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**Blackboard**

**Former Students:**

Login to **CCAC Central eServices**.

Visit **Transcript and Degree Verification** for instructions on requesting transcripts.

Click the **Blackboard logo** to access the classes for which you've enrolled.



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