

SPORTS @ HERIOT-WATT



SPORTS UNION



Sport	Session	Day	Training		Coach	Commitment	Standard	Trials	Membership
			Time	Venue					
Aikido	Mixed	Tuesday	7.30 - 9.30pm	Stu1	P	O	*		E17
		Saturday	5.30 - 7.30pm			O	*		
		Sunday	2.00 - 4.00pm			O	*		
American Football	Video Analysis	Tuesday	6.45 - 7.45pm	Chapman Suite	V	O	*		E60 (includes access to Flag Football sessions)
	Mixed	Tuesday	8.00 - 10.00pm	OutSyn	V	OO	*		
	S&C	Wednesday	1.15 - 2.15pm	S&C Gym	P	OO	*		
	Mixed	Friday	8.30 - 10.00pm	AcSyn	V	OO	*		
	Flag Football	Wednesday	2.30 - 4.00pm	AcSyn	V	O	*		E15 (access to Flag Football Sessions only)
Archery	Mixed	Tuesday	6.45 - 9.45pm		P	O	*		E25
	Team	Wednesday	12.30 - 3.00pm	SH2	V	OO	***		
	Mixed	Friday	6.45 - 9.45pm		P	O	*		
Athletics	Circuits - Open	Monday	5.15 - 6.45pm	SH2 (Courts 2-4)		OO	*		E20
	Open	Tuesday	5.30 - 7.00pm	EXT - HW Campus Run	V	OO	*		
	Open	Wednesday	3.00 - 4.30pm	EXT - Saughton		OO	*		
	Endurance	Sunday	09.30 - 11.00am	Oriam Reception		OO	*		
Badminton	Team	Monday	5.30 - 7.00pm	SH1 - Court A	P	OOO	***		E15 (+ E35 team)
	Open	Monday	6.45 - 8.15pm	SH2	V	O	*		
	Team	Wednesday	1.00 - 2.30pm	SH1 - Court C	V	OOO	***		
	Open	Wednesday	5.15 - 6.45pm	SH2	V	O	*		
Basketball	Team	Thursday	6.45 - 8.15pm	SH2	V	O	*		E25 (+ E20 Team)
	Team	Monday	8.15 - 9.45pm		P	OOO	***		
	Mens 1s	Monday	5.30 - 7.00pm	SH1 - Court C	P	OOO	***		
	Mens 2s	Friday	7.30 - 9.30am	SH2	P	OOO	***		
	Rec	Monday	5.30 - 7.00pm	SH1 - Court B	V	OO	**		
		Friday	7.30 - 9.30am	SH2	V	OO	**		
	Womens	Tuesday	5.30 - 7.00pm	SH1 - Court A	P	OO	**		
Boat	Circuits - Open	Monday	5.15 - 6.45pm	SH2 (Courts 2-4)	V	OOO	***		E60 (+ E75 Competitive)
	Water Session	Wednesday	1.00 - 4.00pm	EXT - Canal		OO	**		
	Water Session	Saturday	8.00 - 1.00pm	EXT - Strathclyde Park	P	OOO	***		
	Water Session	Sunday	8.00 - 1.00pm	EXT - Strathclyde Park	P	OOO	***		
Boxing	Open	Daily	Oriam Opening	Rowing Studio	V	OO	*		E20
		Monday	5.15 - 6.45pm	SH2 - Court 1	V	O	*		
		Tuesday	5.15 - 6.45pm	SH2 (full)	P	O	*		
Cheerleading	Open	Wednesday	3.00 - 4.30pm	SH2 - Court 1&2	V	O	*		E30
	Team	Monday	5.15 - 6.45pm	Stu2	V	O	*		
	Mixed	Wednesday	7.00 - 9.00am		V	OO	**		
Cricket	Fielding	Friday	6.45 - 7.45pm	AcSyn	V	OOO	***		E20
	Nets	Tuesday	7.30 - 9.00am		V	O	*		
		Sunday	11.00am - 12.30pm	EXT - James Gillespie HS	V	O	*		
Cycling	Open	Various		EXT		O	*		E22
	Tip (Team)	Tuesday	5.30 - 6.15pm			OO	**		
Dance	Tap (Rec)	Tuesday	6.15 - 7.00pm	Stu2		O	*		E20
	Jazz (Rec)		7.00 - 7.45pm			O	*		
	Jazz (Team)		7.45 - 8.30pm			OO	**		
	Highland (Rec)		1.15 - 2.00pm	Stu1		O	*		
	Highland (Team)		2.00 - 2.45pm			OO	**		
	Street (Rec)	Wednesday	2.45 - 3.30pm	Stu2	V	O	*		
	Street (Team)		3.30 - 4.15pm			OO	**		
	Contemporary (Rec)		4.15 - 5.00pm	Stu1		O	*		
	Contemporary (Team)		5.00 - 5.45pm	Stu2		OO	**		
	Ballet (Rec)	Thursday	5.30 - 6.15pm			OO	**		
Equestrian	Competition Teams	Wednesday	9.00 - 10.00am	EXT - Gleneagles	V	OOO	***		E25 (+ E35 Team)
	Beginner/Intermediate		10.00 - 11.00am	EXT - Lasswade		O	*		
			1.00 - 3.00pm			O	*		
Fencing	Team	Monday	7.30 - 9.00am	SH2	P	OOO	***		E25
	Mixed	Wednesday	3.00 - 4.30pm	SH2 - Court 3&4	P	OO	**		
	Mixed	Wednesday	4.30 - 6.00pm		P	OOO	***		
Football	Mixed	Monday	5.15 - 6.45pm		V	O	*		E35 (+ E30 Team)
	Mens 1s	Thursday		AcSyn		OOO	***		
	Mens U20	Monday	7.00 - 8.30pm	AcSyn	P	OOO	***		
	Mens 3s	Monday		AcSyn		OOO	***		
	Mens 4s	Thursday		InSyn		OOO	***		
	Mens 5s	Monday	5.30 - 7.00pm	InSyn		OO	**		
	Mens 6s	Monday		InSyn		OO	**		
	Intramural Football	Sunday	6.00 - 10.00pm	OutSyn	V	O	*		
Futsal	Team	Monday	7.00 - 8.30pm	AcSyn	P	OO	*		E15 (+ E10 Team)
	Recreational	Wednesday	4.00 - 5.30pm	SH1/SH2	V	O	*		
	Team	Wednesday	5.30 - 7.00pm	SH1 - Court B	V	O	*		
Gaelic Football	Mens	Tuesday	5.30 - 7.00pm	InSyn (1/4)	V	OO	*		E20
		Thursday		OutSyn (1/3)	V	OO	*		
	Womens	Tuesday		InSyn (1/4)	V	OO	*		
Golf	Mixed Team	Various		EXT	P	OOO	***		E1250 (+ E45 Team)
	Mixed Open					O	*		
Handball	Mixed	Tuesday	7.30 - 9.00am	SH1/SH2	V	O	*		E17.50
	Women	Wednesday	4.00 - 5.30pm	SH1 - Court C	V	OO	*		
Hockey	Mens 1s	Monday	8.30 - 10.00pm	EXT - Peffermill	P	OOO	***		E25
	Mens 2s				P	OO	**		
	Womens 2s				P	OO	**		
	Rec	Friday	6.30 - 8.00pm	EXT - Meggetland	V	O	*		
Kayak	Open	Friday	8.00 - 9.00pm	SH1 - Court A	V	O	*		E47
		Tuesday	8.15 - 9.45pm	EXT - Queensferry HS	V	OO	*		
Lifting	Weightlifting & Powerlifting	Monday	6.30 - 8.00pm	S&C Gym	P	O	*		E30
		Wednesday	2.15 - 3.45pm	S&C Gym	P	O	*		
Mountaineering	Open	Friday	6.30 - 8.00pm	S&C Gym	V	O	*		E15
	Excursions + Trips	Monday	6.00 - 8.00pm	SH2 - Climbing Wall	V	O	*		
Netball	1s & 2s	Monday	7.30 - 9.00am	SH1 - Court A	V	OOO	***		E15 (+ E10 Team)
	S&C	Tuesday	8.00 - 9.00am	S&C Gym	P	OOO	***		
	Team Training	Thursday	5.30 - 7.00pm	SH1	P	OOO	***		
	Recreational/ Club	Wednesday	2.30 - 4.00pm	SH1 - Court B+C	V	O	*		
Rugby	Mens	Monday	5.00 - 7.00pm	OutSyn	P	OOO	***		E25
		Friday	3.00 - 5.00pm	AcSyn	P	O	*		
	Womens	Monday	8.30 - 10.00pm	AcSyn	P	OO	**		
		Friday	9.15 - 10.45am	InSyn	P	OO	**		
Snowsports	S&C	Various		S&C Gym	P	OOO	***		E35
	Beginner Ski	Tuesday	7.30 - 9pm			OO	*		
	Intermediate Ski					OO	*		
Squash	Begin/Int. Snowboard	TBC	TBC	EXT - Hillend	P	O	*		E20 (+ E60 Team)
	Ski Race/Freestyle	Wednesday	2.45 - 4.15pm			OOO	***		
	Rec. Ski/Snowboard	Various	Various	EXT - Various		O	*		
	Rec. Ski/Snowboard	Monday				OO	**		
Swimming	Team Training (1s & 2s)	Monday	7.00 - 9.00am	SC 1-4		OOO	***		E25
	Beginners	Monday	5.30 - 7.00pm		P	OO	**		
	Team Training (3s & Dev)	Monday	7.00 - 8.30pm	SC 3-6		O	*		
	Club Night	Tuesday	5.30 - 8.30pm		V	O	*		
Table Tennis	Womens/HIT	Wednesday	3.00 - 5.00pm	SC 5 & 6	P	OO	*		E30 (+ E15 Team)
	Open	Monday	8.00 - 9.30pm	EXT - Queensferry HS	P	OO	**		
	S&C	Tuesday	7.00 - 8.00am	Performance Gym	P	OOO	***		
	Beginners	Wednesday	7.30 - 9.00pm	EXT - Balerno HS	V	OO	**		
	S&C	Thursday	7.00 - 8.00pm	Performance Gym	P	OOO	***		
Taekwondo	Race Team	Thursday	8.45 - 9.45pm	EXT - James Gillespie HS	P	OOO	***		E20
	Open	Friday	8.30 - 9.45pm	EXT - James Gillespie HS	P	OO	**		
	Fitness	Wednesday	7.30 - 9.00am	AcSyn	V	O	*		
Tennis	Team	Tuesday	5.00 - 6.00pm	TT Studio		OO	**		E15 (+ E15 Team)
	Recreational	Wednesday	5.00 - 7.00pm	TT Studio/SC	V	OO	**		
	Team	Wednesday	5.00 - 6.30pm	TT Studio/SC	V	OO	**		
	Club	Friday	6.30 - 8.30pm	Studio 1		O	*		
Ultimate Frisbee	Open	Monday	7.45 - 9.45pm	Stu1	P	O	*		E15
		Thursday	7.15 - 9.45pm			O	*		
	Open	Wednesday	6.30 - 4.30pm	EXT - Edinburgh Sports Club	P	OOO	***		
Volleyball	Womens Team	Friday	6.30 - 8.00pm			OOO	***		E20 (+ E20 Team)
	Mens Team	Friday	8.00 - 9.30pm			OOO	***		
	Experienced	Tuesday	7.30 - 9.00am	InSyn (1/2)	V	OOO	***		
	Mixed	Thursday	5.30 - 7.00pm	OutSyn (1/2)	V	OO	**		
	Beginners	Wednesday	4.00 - 5.30pm	AcSyn	V	O	*		
	Mens 1 & 2 Team	Tuesday	5.30 - 7.00pm	SH1 - Court B	P	OOO	***		
	Mens 2	Wednesday	7.00 - 9.00am	SH1 - Court C	V	OOO	***		
	Mens 1	Friday	7.00 - 9.00am	SH1 - Court B	V	OOO	***		
Womens 1 & 2 Team	Tuesday	5.30 - 7.00pm	SH1 - Court C	P	OOO	***			
Womens 2	Wednesday	7.00 - 9.00am	SH1 - Court B	V	OO	**			
Womens 1	Friday	7.00 - 9.00am	SH1 - Court B	V	OO	**			
Recreational	Monday	4.00 - 5.30pm	SH1 Court B	V	O	*			
	Wednesday	1.00 - 2.30pm	SH1 Court B	V	O	*			
	Friday	4.30 - 6.00pm	SH1 Court B&C	V	O	*			
	S&C	Various	Various	Performance Gym	P	OOO	***		



Key

Commitment	Competition	Travel	Attendance	Standard
OOO	Weekly University and/or Weekend Leagues	Nationally	Required at all training	*** Experienced
OO	Regular University/Competition Opportunities	Mostly locally	More flexible	** Intermediate
O	Only Campus Competitions	Locally/ on Campus	Fully flexible participation	* Beginner/Any
Facility	Facility	Coach	Sessions lead by:	
SH1	Sports Hall 1	EXT	P	Paid Coach
SH2	Sports Hall 2	AcSyn	V	Volunteer Coach
SC	Squash Courts	OutSyn		No Coach
Stu1	Fitness Studio 1	InSyn		
Stu2	Fitness Studio 2	S&C		
Membership: All students must join Oriam before joining a SU Club				
Gold (Calendar Year)	E200	Pay as You Play	E5.80 (Fitness) E3.40 (Sport)	Due to take place at the start of Semester 1. Please contact club for trial dates and times. If no trial process you are free to turn up at any club session.
Silver (Academic Year)	E168			
Bronze (Academic Semester)	E115			



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