SPORTS @ HERIOT-WATT



| | Sport | Session | Day | Training Time | Venue | Coach | Commitment | Standard | Trials | Membership | | |
|--|-------------------|---|----------------------------------|---|--|----------|-----------------|---------------------------------------|--------|--------------------------------|---|--|
| | эроп | Jession | | | venue | Coacii | Communent | Stariuaru | IIIais | Membership | | |
| | Aikido | Mixed | Tuesday Saturday | 7.30 - 9.30pm 5:30 - 7.30pm | Stu1 | Р | 0 | * | | £19 | | |
| | | Video Analysis | Sunday Tuesday | 1.00 - 3.00pm 6.45 - 7.45pm | Chapman Suite | v | 00 | * | | | | |
| | | Mixed S&C | Tuesday Wednesday | 8.00 - 10.00pm 1.15 - 2.15pm | OutSyn S&C Gym | V | 00 | * | | £82 (incl. Flag Football) | | |
| | American Football | Mixed | Friday | 8.30 - 10.00pm | Acsyn | V | 00 | * | | £22 | | |
| | | Flag Football | Wednesday | 2.30 - 4.00pm | AcSyn | v | 0 | * | | (access to Flag Football only) | | |
| | Archery | Mixed Team | Tuesday Wednesday | 6.45 - 9.45pm 12.30 - 3.00pm | SH2 | P | 0 | * | | £30 | | |
| | | Mixed | Friday | 6.45 - 9.45pm | Performance Gym | Р | 0 | * | | | | |
| | Athletics | S&C Social Run | Monday Tuesday | 7.30 - 8.30pm 5.30 - 6.30pm | HW Campus Run | V | 000 | ** | | £25 | | |
| | | Track Session Endurance/Sprint | Wednesday Friday | 3.00 - 4.30pm 5.30 - 6.30pm | EXT - Saughton Track EXT-Saugton Park | P V | 00 | ** | | £35 | | |
| | | Parkrun Endurance | Saturday Sunday | 9.30am 5.30 - 6.30pm | Oriam Walled Garden EXT - Saughton | V V | 0 | * | | | | |
| | | Open | Monday | 5:30 - 7.00pm 6.45 - 8.15pm | SH1 - Court A | V V | 0 | * | | | | |
| | Badminton | Team Open Rec | Tues, Thurs | 8.15 - 9.45pm 11.00 - 12.00pm | SH2 | P V | 000 | *** | | £20 | | |
| | | Team Team | Wednesday | 2.30 - 4.00pm 5.15 - 6.45pm | SH1 - Court C | P P | 000 | *** | · · | (+ £35 team) | | |
| | | Open | Thursday | 6.45 - 8.15pm 8.15 - 9.45pm 5.30 - 7.00pm | SH2 | V | 0 | * | | | | |
| | | Mens | Monday Friday | 5.30 - 7.00pm 7.30 - 9.30am | SH1 SH2 | P P | 000 | *** | 7 | | | |
| | Basketball | Womens | Monday Tuesday | 7.30 - 9.00am 5.30 - 7.00pm | SH1 - Court C SH1 - Court A | P | 00 | ** | | £25 | | |
| | Dasketball | S&C Rec | Thursday Tuesday | 6.45 - 7.45pm 4.00 - 5.30pm | S&C Gym SH1 - Court A | P V | 000 | ** | · · | (+ £25 Team) | | |
| | | | Friday Mon. Wed. Fri | 4.30 - 6.00pm 11.00 - 12.00pm | SH1 - Court A SH2 | V | 0 | * | | | | |
| | | Open Land Training Water Session | Monday Wednesday | 5.15 - 6.45pm 1.00 - 4.00pm | Oriam Reception EXT - Canal | v | 00 | ** | | | | |
| | Boat | Water Session Water Session | Saturday Sunday | 8.00 - 1.00pm 8.00 - 1.00pm | EXT - Strathclyde Park EXT - Strathclyde Park | P P | 000 | *** | | £65 (+ £85 Competitive) | | |
| | | Erg Sessions - Open | Daily Monday | Oriam Opening 5.15 - 6.45pm | Rowing Studio | V P | 00 | * | | | | |
| | Boxing | Open | Tuesday Wednesday | 5.15 - 6.45pm 4.00 - 6.00pm | SH2 | P V | 0 | * | | £22 | | |
| | | Pom - Rec | Friday | 5.15 - 6.45pm 6.00 - 7.00pm | | v v | | * | | | | |
| | | Pom - Team | Monday Wednesday | 7.00 - 8.00pm 7.00 - 9.00am | Stu2 | V | 00 | ** | | | | |
| | Cheerleading | Mixed | Wednesday Wednesday Sunday | 7.00 - 9.00am 2.15 - 4.15pm 3.00 - 9.00pm | Stu1 | V | 000 | ** | | £35 | | |
| | | Team | Friday | 7.00 - 8.00am | A00- | v | 000 | ** | ż | 600 | | |
| | Cricket | Fielding Nets | Tuesday Sunday | 7.30 - 9.00am 9.00 - 10.00am | AcSyn EXT- James Gillespie HS | v | | * | | £22 (+ £10 team) | | |
| | Cycling | Open | V | arious | EXT | - | 0 | * | | £29 (+ £34 Mountain Biking) | | |
| | | Jazz (Team) Jazz (Rec) | Tuesday | 5.30 - 6.15pm 6.15 - 7.00pm | Stu2 | | 00 | ** | · · | | | |
| | | Street (Rec) Street (Team) | | 7.00 - 7.45pm 7.45 - 8.30pm 1.15 - 2.00pm | | | 00 | ** | | | | |
| | | Lyrical (Team) Lyrical (Rec) | | 2.00 - 2.45pm | Stu1 Stu2 | | 00 | ** | · · | | | |
| | Dance | Ballet (Rec) Ballet (Comp) | Wednesday | 2.45 - 3.30pm 3.30 - 4.15pm | | V | 00 | ** | 7 | £25 | | |
| | | Contemporary (Rec) Contemporary (Team) | - | 4.15 - 5.00pm 5.00 - 5.45pm | Stu1 Stu2 | | 000 | ** | - · | | | |
| | | Highland (Team) Highland (Rec) | Thursday | 5.30 - 6.15pm 6.15 - 7.00pm | Stu2 | | 00 | ** | - · | | | |
| | | Tap (Rec) Tap (Team) | | 7.00 - 7.45pm 7.45 - 8.30pm 8.00 - 9.00am | | | | ** | - / | | ļ | |
| | Equestrian | Fitness Competition Teams | Tuesday | 9.00 - 10.00am | Stu2 EXT - Easterton | v | 000 | *** | | £32 | | |
| | | Beginner/Intermediate | Wednesday | 10.00 - 11.00am 1.00 - 3.00pm 3.00 - 4.30pm | EXT - Lasswade | v | 0 | * | | (+ £40 Team) | L | |
| | Fencing | Mixed Mixed | Wednesday Wednesday | 4.30 - 6.00pm | SH2 - Court 3&4 | P P | 000 | *** | - | £33 | | |
| | | Mixed Mens 1s | Friday Monday | 5.15 - 6.45pm | OutSyn | v | 000 | *** | 7 | | | |
| | | Mens U20 | Thursday Monday | 7.00 - 8.30pm | AcSyn OutSyn | P | 000 | *** | 7 | £45 | | |
| | | Mens 3s | Thursday Monday | | AcSyn InSyn | | 000 | *** | 7 | (+ £35 Team) | | |
| | Football | Mens 4s | Thursday Monday | | OutSyn | | 000 | *** | 7 | | | |
| | | Mens 5s Mens 6s | Monday Monday | 5.30 - 7.00pm | InSyn | v | 00 | ** | 7 | £45 | | |
| | | Intramural Football Womens | Sunday Monday | 6:00 - 10:00pm 7.00 - 8.30pm | OutSyn AcSyn | Р | 00 | * | | Weekly Fee £30 | | |
| | Futsal | Team | Tuesday Wednesday | 7.30 - 9.00am 2.30 - 4.00pm | SH2 SH1- Court B | V V | 00 | ** | 7 | £20 (+ £15 Team) | | |
| | | Recreational Mens | Wednesday Tuesday | 4.00 - 5.00pm | SH1- Court B/C InSyn (1/4) | v | 0 | * | | | | |
| | Gaelic Football | Womens | Thursday Tuesday | 5.30 - 7.00pm | OutSyn (1/3) InSyn (1/4) | V | 00 | * | | £22 | | |
| | Golf | Mixed Team | Thursday | arious | OutSyn (1/3) EXT | Р | 000 | *** | 7 | £15 | | |
| | Handball | Mixed Open Mixed | Monday | 7.30 - 9.00am | SH2 | v | | * | | (+ £45 Team) £19.50 | | |
| | | Women Men | Wednesday | 5.30 - 7.00pm 5.30 - 7.00pm | SH1 - Court B SH1 - Court C | · | 00 | * | | £19.50 | L | |
| | Hookey | Mens 1s Womens 1s | Monday | 8.30 - 10.00pm | EXT - Peffermill | P | 000 | *** | 7 | £35 | | |
| | Hockey | Mens 2s Womens 2s | | | | P | 00 | ** | | 1.35 | | |
| | Ice Skating | Fitness Open | Friday tbc | 8.00 - 9.00am tbc | SH1- Court A EXT - Murrayfield Ice Arena | <u>v</u> | 0 | * | | £15 | | |
| | Kayak | Open | Tuesday Last Fri of month | 8.15 - 9.45pm 4.30 - 6.30pm 7.30 - 9.00pm | EXT - Queensferry HS EXT - Pinkston | v | 00 | * | | £60 | | |
| | Lifting | Weightlifting Weight & Powerlifting | Monday Friday | 6.30 - 8.00pm | Performance Gym Performance Gym | P P | 0 | * | | £40 | L | |
| | Mountaineering | Open | Monday Excursi | 6.00 - 8.00pm ions + Trips | SH2 - Climbing Wall Various | v | | * | | £23 | L | |
| | Netball | 1s & 2s S&C | Monday Tuesday | 7.30 - 9.00am 7.45 - 8.45am | SH1 Court A S&C Gym | V P | 0 000 000 | *** | 7 | £20 | [| |
| | Newall | Team Training Recreational/ Club | Thursday Wednesday | 5.30 - 7.00pm | SH1 SH1 | P V | 000 | *** | - | (+ £15 Team) | | |
| | | Mens | Monday Friday | 1.00 - 2.30pm 5.00 - 7.00pm 3.00 - 5.00pm | OutSyn | P P | 000 | * *** | - | £35 | | |
| | Rugby | Womens | Monday Friday | 8.30 - 10.00pm 9.15 - 10.45am | AcSyn InSync | P P | 00 | * | | Loo | | |
| | | S&C Beginner Ski | Various Tuesday | Various 7.30 - 9pm | S&C Gym | Р | 000 | ** | | £40 | | |
| | Snowsports | Intermediate Ski Ski Race/Freestyle | Wednesday | 2.45 - 4.15pm | EXT- Hillend | Р | 00 | * *** | - | £25 (+ £95 Team) | | |
| | | Rec. Ski/Snowboard Beginners | Various | Various 5.30 - 7.00pm | EXT - Various | P | 0 | ** | | | | |
| | Squash | Development Training Club Night | - Monday Tuesday | 7.00 - 8.30pm 5.30 - 8.30pm | SC 3-6 | v | 00 | ** | · · · | £30 | | |
| | | Womens/HIIT Open | Wednesday Monday | 5.30 - 6.30pm 8.00 - 9.30pm | SC 5 & 6 EXT - Queensferry HS | P P | 00 | ** | | | | |
| | Swimming | S&C S&C | Tuesday Thursday | 7.30 - 8.30am 6.45 - 7.45pm | Performance Gym Performance Gym | P P | 000 | ** | 7 | £40 | | |
| | | Open Open | Thursday Friday | 8.45 - 9.45pm 8.30 - 9.45pm | EXT - James Gillespie HS EXT - James Gillespie HS | P P | 00 | ** | | (+ £20 Team) | | |
| | | Race Team Team | Sunday Tuesday | 12.30 - 2.30pm 5.00 - 8.00pm | EXT- Queensferry HS TT Studio | Р | 000 | *** | | | | |
| | Table Tennis | Recreational Team | Wednesday | 5.00 - 7.00pm 5.00 - 6.30pm | TT Studio/SC TT Studio/SC | v | 0 | * | | £25 (+ £15 Team) | | |
| | Tankwondo | Club | Friday | 6.30 - 8.30pm 7.45 - 9.45pm | Studio 1 Stu1 | Р | 0 | * * * * * * * * * * * * * * * * * * * | | £17 | | |
| | Taekwondo | Open Development Training | Thursday Monday | 7.15 - 9:45pm 8.30 - 10.00pm | EXT - Thistle Tennis Club* | | 00 | ** | 7 | £17 £30 | | |
| | Tennis | Beginners Recreational | Wednesday | 1.30 - 3.00pm 3.00 - 4.30pm | Oriam Indoor Tennis Centre coming soon! | Р | 0 | * | / | £30 (+ £20 Team) | | |
| | Ultimate Frisbee | Experienced Mixed | Tuesday Thursday | 7.30 - 9.00am 5.30 - 7.00pm | InSyn (1/2) OutSyn (1/3) | P V | 000 00 | *** | | £22 | [| |
| | | Beginners Mens 1 & 2 Team | Wednesday Tuesday | 4:00 - 5.30pm 5.30 - 7.00pm | AcSyn | V P | 000 | *** | 7 | (+ £10 Team) | | |
| | Volleybali | Womens 1 & 2 Team Mens 2 &Womens 2 | Tuesday Wednesday | 5.30 - 7.00pm 7:00 - 9:00am | | P V | 000 | ** | · / | | | |
| | | Mens 1 & Womens 1 | Friday Monday | 7:00 - 9:00am 4.00 - 5.30pm | SH1 | P V | 00 | *** | | £22 (+ £30 Team) | | |
| | , | Recreational | Wednesday Friday | 1.00 - 2.30pm 4.30 - 6.00pm | | V V | 0 0 | * | | (+£30 Team) | | |
| | | S&C | Monday Thursday | 6.00 - 7.00pm 4.30 - 5.30pm | Hydropool Performance Gym | P P | 000 | ** | | | | |
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| | | | | | Key | | | | | |
|---|------------------------|--|-----------|--------------------------------|--------------------|-------------------|------------------------|--|----------------------|--|
| | Commitment Competition | | | Travel | | Attendance | Standard | | | |
| | 000 | Weekly University and/or Weekend Leagues | | | Nationally | Rec | uired at all training | *** | Experienced | |
| | 00 | Regular University Competition Opportunities | | | Mostly Locally | More flexible | | ** | Intermediate | |
| | 0 | O Only Campus Competitions | | | Locally/on campus | Fully | flexible participation | * | Beginner/Any | |
| | | | | | | | | | | |
| | Facility | | | | Coach | Sessions Lead by: | Trials | | | |
| | SH1/2 | Sports Hall 1/2 | EXT | External Facility | | P | Paid Coach | Where applicable, trials are due to take place at the start o | | |
| | SC | Squash Courts | AcSyn | | ny Synthetic Pitch | V | Volunteer Coach | Semester 1. See club's social media channels for trial dates, | | |
| | Stu1/2 | Fitness Studio 1/2 | In/OutSyn | Indoor/Outdoor Synthetic Pitch | | | No Coach | times and sign ups. If no trial process you are free to turn u | | |
| | TTS | Table Tennis Studio | S&C | Strength 8 | & Conditioning Gym | | | | to any club session. | |
| | | | | | | | • | | | |
| Membership: All students must join Oriam in order to join an SU Club Training Dates | | | | | | | | | | |









