

Recreational Programme

| Sport | Session | Training | | | Get in touch with questions or to confirm attendance! |
|--------------------|-------------------------|--------------------|-----------------|---------------------------------|---|
| | | Day | Time | Venue | |
| Aikido | Open Rec | Sunday | 1.00 - 3.00pm | Stu1 | Aikido@hw.ac.uk/@hwaikido |
| American Football | Flag Football (w8 only) | Wednesday | 2.30 - 4.00pm | AcSyn | Archery@hw.ac.uk/@heriotwattarchery |
| Archery | Mixed | Tues, Fri | 6.45 - 9.45pm | SH2 | AmericanFootball@hw.ac.uk/@hwuafc |
| Athletics | Social Run | Tuesday | 5.30 - 6.30pm | HW Campus Run | Athletics@hw.ac.uk/@hwuathletes |
| | Park Run | Saturday | 9.30am | Oriam Walled Garden | |
| Badminton | Open Rec | Tues, Thurs | 11.00 - 12.00pm | SH2 | Badminton@hw.ac.uk/@heriotwattbadminton |
| Basketball | Open | Mon, Wed, Fri | 11.00 - 12.00pm | SH2 | Basketball@hw.ac.uk/@hwubbc |
| Boat | Land Training | Monday | 5.15 - 6.45pm | Oriam Reception | Boat@hw.ac.uk/@hwubc |
| | Water Session | Wednesday | 1.00 - 4.00pm | EXT - Canal | |
| Boxing | Open Rec | Wednesday | 4.00 - 6.00pm | SH2 | Boxing@hw.ac.uk/@hwu_boxing |
| | | Friday | 5.15 - 6.45pm | | |
| Cheerleading | Pom - Rec | Monday | 6.00 - 7.00pm | Stu2 | Cheer@hw.ac.uk/@hwucheer |
| | Rec (w8 only) | Wednesday | 2.15 - 4.15pm | | |
| Cricket | Fielding | Tuesday | 7.30 - 9.00am | AcSyn | Cricket@hw.ac.uk/@hwucricketclub |
| | Nets | Sunday | 9.00 - 10.00am | EXT- James Gillespie HS | |
| Cycling | Open | Various | | EXT | Cycling@hw.ac.uk/@heriotwattcycling |
| Dance | Jazz (Rec) | Tuesday | 6.15 - 7.00pm | Stu2 | Dance@hw.ac.uk/@hwudc |
| | Street (Rec) | | 7.00 - 7.45pm | | |
| | Lyrical (Rec) | 2.00 - 2.45pm | | | |
| | Ballet (Rec) | Wednesday | 2.45 - 3.30pm | Stu1 | |
| | Contemporary (Rec) | | 4.15 - 5.00pm | | |
| | Highland (Rec) | Thursday | 6.15 - 7.00pm | Stu2 | |
| | Tap (Rec) | | 7.00 - 7.45pm | | |
| Equestrian | Beginner/Intermediate | Wednesday | 1.00 - 3.00pm | EXT - Lasswade | Equestrian@hw.ac.uk/@heriotwattequestrian |
| Fencing | Mixed | Wednesday | 3.00 - 4.30pm | SH2 - Court 3&4 | Fencing@hw.ac.uk/@hwufencingofficial |
| | Mixed | Friday | 5.15 - 6.45pm | | |
| Football | Intramural Football | Sunday | 6.00 - 10.00pm | OutSyn | IMFootball@hw.ac.uk/@hwufc_ |
| | Womens Rec | Friday | 11.00am-12.00pm | InSyn | |
| Futsal | Recreational | Wednesday | 4.00 - 5.00pm | SH1- Court B/C | Futsal@hw.ac.uk/@hwfutsal |
| Handball | Open | Wednesday | 5.30 - 7.00pm | SH1 - Court B/C | Handball@hw.ac.uk/@hwuhandball |
| Ice Skating | Open | Thursday | 6.15 - 9.00pm | EXT - Murrayfield Ice Arena | IceSkating@hw.ac.uk/@heriotwatticeskating |
| Kayak | Open | Tuesday | 8.15 - 9.45pm | EXT - Queensferry HS | Kayak@hw.ac.uk/@hwukayak |
| Lifting | Weight & Powerlifting | Friday | 6.30 - 8.00pm | Performance Gym | Lifting@hw.ac.uk/@hwuliftingclub |
| Mountaineering | Open | Monday | 6.00 - 8.00pm | SH2 - Climbing Wall | Mountaineering@hw.ac.uk/@hwumountaineering |
| | | Excursions + Trips | | Various | |
| Netball | Recreational/ Club | Wednesday | 1.00 - 2.30pm | SH1 | Netball@hw.ac.uk/@hwunetball |
| Snowsports | Rec | Tuesday | 6.45 - 9.00pm | EXT- Hillend | Snowsports@hw.ac.uk/@hwssc Must be able to control turns on blue slope & use drag lift |
| Squash | Club Night | Tuesday | 6.00 - 8.00pm | Squash Courts | Squash@hw.ac.uk/@hwsquash |
| | Womens/HIIT | Wednesday | 5.30 - 6.30pm | SC 1&2 | |
| Swimming | Open | Friday | 8.30 - 9.45pm | EXT - James Gillespie HS | Swimming@hw.ac.uk/@hwsimteam |
| Table Tennis | Recreational | Wednesday | 5.00 - 7.00pm | TT Studio/SC | TableTennis@hw.ac.uk/@hwutabletennis |
| | Club | Friday | 6.30 - 8.30pm | Studio 1 | |
| Taekwondo | Open | Thursday | 7.15 - 9:45pm | Studio 1 | Taekwondo@hw.ac.uk/@hwu_taekwondo |
| Tennis | Recreational | Wednesday | 3.00 - 4.30pm | Thistle Tennis Club/The Meadows | Tennis@hw.ac.uk/@hwutc |
| Ultimate Frisbee | Beginners | Wednesday | 4:00 - 5.30pm | AcSyn | UltimateFrisbee@hw.ac.uk/@hwultimate |
| Volleyball | Recreational | Monday | 4.00 - 5.30pm | SH1 | Volleyball@hw.ac.uk/@hwuvolleyball |
| | | Wednesday | 2.30 - 4.00pm | | |
| | | Friday | 4.30 - 6.00pm | | |
| Various Activities | | Wednesday | 1.30 - 2.30pm | AcSyn | j.moore@hw.ac.uk |