

SPORTS @ HERIOT-WATT



Curant	Cassian	Dav.	T i	Vanus	Caaab	Camanaitus ant	Chan dayd	Twinte	Manahayahin
Sport	Session	Day Tuesday	Time 7.30 - 9.30pm	Venue	Coacn	Commitment °	Standard *	iriais	Membership
Aikido	Mixed	Saturday Sunday	5.30 - 7.30pm 1.00 - 3.00pm	Stul	P	0	x x		E30.00
American	Video Analysis Mixed S&C	Tuesday Tuesday Wednesday	7.00 - 8.00pm 8.00 - 10.00pm 1.15 - 2.15pm	Chapman Suite OutSyn S&C Gym	V V P	00 00 00	× × ×		£90.00 (incl. Flag Football)
Football	Mixed	Thursday	8.30 - 10.00pm	Acsyn	V	00	×		£25.00
AL	Flag Football Mixed Team	Wednesday Tuesday	2.30 - 4.00pm 6.45 - 9.45pm 12.30 - 3.00pm	AcSyn SH2	V P V	0 0	×		(access to Flag Football only) E30.00
Archery	Mixed S&C	Wednesday Friday Thursday	7.00 - 9.45pm 7.30 - 8.30pm	Performance Gym	P P	000	XXX XX		£50.00
Athletics	Track Session	Wednesday Friday	3.00 - 4.30pm 7.00 - 8.00pm	EXT - Saughton Track EXT - Saughton Track	P V	00	XX XX		£32.00
	Parkrun Social Run	Saturday Saturday	9.30am 11am 5.30 - 7.00pm	Oriam Walled Garden EXT - Meadows	V	0 00	× ×		E32.00
	Open Team	Monday	6.45 - 8.15pm 8.15 - 9.45pm	SH1 - Court A	V V P	0 0 000	X XXXX	+	
Badminton	Open Rec Team	Tuesday Wednesday	3.00 - 4.00pm 3.00 - 4.00pm	SH2	V P	0 000	X XXX	+	£25.00 (+ £20 team)
	Team Development Team	Thursday	5.15 - 6.45pm 6.45 - 7.45pm	SH2	P P	000	XXX	+	
	Rec Mens	Monday Friday	7.45 - 9.45pm 5.30 - 7.00pm 7.30 - 9.30am	SH1 - Court B SH1 - Court A	V P P	0000	X XXX XXX	+	
Basketball	Womens	Monday Tuesday	7.00 - 9.00am 5.30 - 7.00pm	SH1 - Court C SH1 - Court A	P P	00 00	xx xx	+	£35.00 (+ £30 Team)
	Rec	Tuesday Friday	4.30 - 6.00pm	SH1 - Court A SH1 - Court A	V V	0	x x		Ç. 2-2 - 1-2-2
	Open Land Training	Mon, Wed, Fri Monday	11.00 - 12.00pm 5.15 - 6.45pm	SH2 Oriam Reception EXT - Strathclyde	V V	0 00	x xx		
Boat (Rowing)	Water Session Water Session	Saturday	B.00 - 1.00pm B.00 - 1.00pm	Park EXT - Strathclyde Park	P	000	xxx		£80.00 (+ £100 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	×		£25.00
	Pom - Rec Pom - Team	Friday Tuesday	4.00 - 5.30pm 5.00 - 5.45pm 5.45 - 6.30pm	Stul	V V	0 0	x x xx	+	
Cheerleading	Pom - Jeam Mixed	Wednesday	7.00 - 9.00am 2.15 - 4.15pm	Stul	v	00	xx x		£40.00
Cui - l	Open	Sunday Wednesday	3.00 - 9.00pm 1.00-2.30pm	AcSyn	P V	000	xx x	+	£30.00
Cycling	Nets	Sunday	tbc	EXT- James Gillespie HS	v	0	X		(+ £20 team)
Cycling	Open Highland (Comp)	Var	5.30 - 6.15pm	EXT	•	00	xx	+	£40.00
	Highland (Rec) Tap (Rec) Tap (Comp)	Tuesday	5.15 - 7.00pm 7.00 - 7.45pm 7.45 - 8.30pm	Stu2		0 0 00	x x xx	+	
	Jazz (Rec) Jazz (Comp)		7.45 - 8.50pm 1.00 - 1.45pm 2.00 - 2.45pm	Stul		00	xx xx x	+	
Dance	Lyrical (Rec) Lyrical (Comp)	Wednesday	2.45 - 3.30pm 3.30 - 4.15pm	Stu2	v	0	X XX	+	£35.00
	Contemporary (Rec) Contemporary (Comp) Ballet (Comp)		4.15 - 5.00pm 5.00 - 5.45pm 5.30 - 6.15pm	Stu1 Stu2		0 00 00	x xx xx	+	
	Ballet (Comp) Ballet (Rec) Street (Rec)	Thursday	5.30 - 6.15pm 6.15 - 7.00pm 7.00 - 7.45pm	Stu2		00	xx x x	*	
Equestrian	Street (Comp) Competition Teams	Wednesday	7.45 - 8.30pm tbc	EXT - Easterton	P	00	XX XXX	+	£32.00
-	Beginner/Intermediate Mixed	Wednesday	3.00 - 4.30pm 4.30 - 6.00pm	SH2 - Court 3&4	P	000	X X XXX		£37.50
Fencing		Friday Monday	4.00 - 5.30pm 7.00 - 8.30pm	OutSyn	V	0	XXX XXX	+	£37.5U
	Mens Is Mens 2s	Thursday Monday	7.00 - 8.30pm 5.00 - 7.30pm	AcSyn InSyn	P	000	xxx xxx	+	£50.00
	Mens 3s/20s	Thursday Monday Thursday	7.00 - 8.30pm 7.00 - 8.30pm 5.00 - 7.30pm	OutSyn OutSyn		000	XXX XXX	+ +	(+£38 Team)
Football	Mens 4s Mens 5s	Monday	5.30 - 7.00pm	AcSyn InSyn		00	XX XX	+ +	£50.00
	Mens 6s Intramural Football	Sunday	6.00 - 10.00pm	OutSyn	٧	00	xx x	+	Weekly Fee
	Womens	Monday Friday	7.00 - 8.30pm 7.30 - 9.00am 9.15 - 10.15am	AcSyn OutSyn S&C Gym	Р	00	×× ×	*	E50.00
P1	Team	Tuesday Wednesday	7.30 - 9.00am 2.30 - 4.00pm	SH2 SH1- Court B	V	00	XX XX	+ +	£30.00
Futsal	Women's Recreational	Thursday Wednesday	4.00 - 5.30pm 4.00 - 5.00pm	SH2 SH1- Court B/C	V V	0	×		(+ £25 Team)
Gaelic Football	Mens	Tuesday Thursday Tuesday	5.30 - 7.00pm	InSyn (1/4) OutSyn (1/3) InSyn (1/4)	v	000000000000000000000000000000000000000	× × ×		E30.00
C - 15	Womens Mixed Team	Thursday		OutSyn (1/3)		00	×	+	£25.00
Golf Handball	Mixed Open Team	Tuesday	7.00 -9.00am	EXT SHI - Court A&B	P	00	X XX		(+ £30 Team) £25.00
	Club Mens Is Womens Is	Wednesday	5.30 - 7.00pm	SHI - Court B&C	P P	000	X XXX	+	
Hockey	Mens 2s Womens 2s	Monday	8.30 - 10.00pm	Peffermill	P P	00	XX XX		£45.00
Ice Skating	Open	Thursday	6.15 - 9.00pm 8.00 - 9.30pm	EXT - Murrayfield Ice Arena EXT - Balerno HS	v	0	×		£25.00
Kayak	Open	Last Fri of month Fortnightly	8.00 - 9.00pm 8.00 - 9.00pm	EXT - Balerno HS EXT - Pinkston EXT - Trips	v	00	×		E30.00
Lifting	Weightlifting Weight & Powerlifting	Tuesday Friday	6.30 - 8.00pm 6.30 - 8.00pm	Performance Gym	P P	0	×		£45.00
Mountaineering	Open	Monday Tuesday	5.15 - 6.45pm 5.15 - 6.45pm	SH2 SH2	v	0	×		£25.00
NI - 71 11	1s & 2s S&C	Excursio Monday Tuesday	7.15 - 8.45pm 7.45 - 8.45am	Various SH1 Court A S&C Gym	V P	000 000	XXX	+	£35.00
Netball	Recreational/ Club Team Training	Wednesday Thursday	1.00 - 2.30pm 5.30 - 7.00pm	SH1	V P	0 000	x xxx	+	(+ £30 Team)
Rugby	Mens	Monday Friday Monday	4.00 - 7.00pm 3.00 - 5.00pm 8.30 - 10.00pm	OutSyn AcSyn	P P	00 000 00	× ××× ×	+	E50.00
Rugby	Womens S&C	Friday Various	8.30 - 10.00pm B.30 - 10.00am Various	AcSyn S&C Gym	P P	00	× × ×x		E20.00
	5&C Intermediate Ski	Thursday Monday	7.30 - 8.30pm 7.30 - 8.30pm	Performance Gym	P	00	xx x		
Snowsports	Beginner Ski Rec. Ski/Snowboard Ski	Tuesday	6.15 - 7.15pm	EXT- Hillend	P	00	×		£25.00 (+ £95 Team)
	Race/Freestyle Beginners	Wednesday Monday	2.45 - 4.15pm 5.30 - 6.30pm	50.7.	P	000	xxx x	+	
Squash	Development Training Club Night Racketball	Tuesday Thursday	6.30 - 8.00pm 5.30 - 8.30pm 6.00 - 7.00pm	SC 3-6	V	00	xx xx x	+	£45.00
	Open S&C	Monday Tuesday	8.00 - 9.30pm 8.45 - 9.45am	EXT - Queensferry HS S&C Gym	P P	00 000	XX XXX	+	
Swimming	Land Session S&C	Wednesday Thursday	7.45 - 8.45am 6.30 - 7.30pm	Performance Gym EXT - James Gillespie	V P	000	x	+	E50.00
J	Open Open	Thursday	B.45 - 9.45pm B.30 - 9.45pm	HS EXT - James Gillespie	P P	00	xx		
	Race Team Team	Sunday Thursday	tbc 5.00 - 7.00pm	tbc TT Studio	P	000	xxx xx	+	
Table Tennis	Recreational Team	Wednesday Friday	5.00 - 7.00pm 5.00 - 6.30pm	TT Studio/SC TT Studio/SC	v	0 00	x	+	£25.00 (+ £25 Team)
Taekwondo	Club Open	Monday Thursday	6.30 - 8.30pm 7.45 - 9.45pm 7.00 - 9:45pm	Studio 1 Stu1	P	0 0	× ×		£25.00
	Beginners Training Beginners Hitting		5.00 - 6.00pm 5.00 - 7.00pm			0	× × ×		
	Intermediate Training Intermediate/Dev Team Hitting	Monday	7.00 - 8.00pm B.00 - 9.00pm		٧	0	x xx		
	Beginners Training Beg/Inter Hitting Intermediate Training	Wednesday	1.00 - 2.00pm 2.00 - 3.00pm 3.00 - 4.00pm	and the state of t	Р	0 0	x x		
Tennis	Intermediate Training Beginners Training	Monday	3.00 - 4.00pm 4.00 - 5.00pm 9.00 - 10.00pm	Indoor Tennis Courts	V	0 0	x x xx	+	£35.00 (+ £30 Team)
	Development Training	Thursday Tuesday	12.00 - 2.00pm 7.00 - 9.00am		P P	00 000	XX XXX	+	
	Team	Thursday Sunday	2.00 - 4.00pm 7.00 - 9.00pm 5.00 - 7.00pm		P V V	000	XXX XXX	+	
Ultimate Frisbee	Recreational Experienced Mixed	Last Sat of each month Tuesday Thursday	5.00 - 7.00pm 7.30 - 9.00am 5.30 - 7.00pm	InSyn (1/2) OutSyn (1/3)	P V	0 000 00	X XXX XX		£27.50 (a £10.50 Team)
	Beginners Mens 1	Wednesday Tuesday	4.00 - 5.30pm 5.30 - 7.00pm	AcSyn	V P	0 000	x xxx	+	(+ £10.50 Team)
	Womens 1 Mens 2 Mens 1 & Womens 1	Tuesday Wednesday	5.30 - 7.00pm 7.00 - 9.00am		P V	000	XX XX	+	
Volleyball	Mens 1 & Womens 1 Recreational	Friday Monday Wednesday	7.00 - 9.00am 4.00 - 5.30pm 1.00 - 2.30pm	SH1	P V V	00 0	xxx x	+	£40.00 (+ £45 Team)
	5&C	Friday Monday	4.30 - 6.00pm 5.30 - 6.30pm	Performance Gym	V P	0 000	x xx	+	
	5&C	Monday	6.30 - 7.30pm	Hydro	Р	000	xx	+	



Visit the clubs' <u>webpage</u>



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HWSportsUnion



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Membership All students must join Oriam in order to join an SU Club								
Student Recurring Card Payment*	£25.90 p/month		*Oriam membership must remain valid for the duration of club participation					
Student Annual**	£195.50	**Valid from 1st September - 31st May						
Training Dates								
The majority of club activity occurs within semester time, starting from Week 1, including reading weeks, in both semesters. Some competition may fall outwith Heriot-Watt term dates.								
Facilities								
SH1/2	Sports Hall 1/2	Sports Hall 1/2		External Facility				

	Trials							
	Where applicable, trials are due to take place at the start of Semester 1. See club's social media channels for trial dates, times and sign ups. If no trial process you are free to turn up to any club session.							
to tail up to diff titul session.								
Standard								
	XXX	(Experienced				
	XX			Intermediate				
	X		Beginner/Any					
		Commitment						
	000	Weekly University/Weekend Leagues	Nationally	Required at all training				
00		Regular University Competition Opportunities	Mostly Locally	More flexible				
		Only Campus Competitions	Locally/On Campus	Fully flexible participation				