

## Festival of Sport and Exercise (FSE) 2018

The FSE is your opportunity to get involved with sport and activity at Heriot-Watt. There are sessions run by all of our sports clubs and recreational sports, and a range of Oriam fitness classes on offer. No previous experience is required so get along to as many as you can and try something new!

AREA	DATE	SPORT	VENUE	FORMAT	TIME
SU Ambassador	Tuesday 4th	SU Tour of Oriam	Oriam Reception	Quick Start	1200 - 1230
Off Campus		Golf	Braids Driving Range (Meet at Oriam Reception)	Book On	12:30
Club		Handball	SH1	Quick Start	13:00 - 15:00
		Women's Rugby	Academy Synthetic		13:00 - 14:00
		Mixed Touch Rugby	Academy Synthetic		13:00 - 14:00
		Badminton	SH2		13:00 - 15:00
Off Campus		Hockey	Peffermill (Meet at Oriam Reception)	Book On	14:00 - 17:00
Club		Athletics	Academy Synthetic	Quick Start	14:00 - 16:00
		Dance	Studio 1		14:00 - 16:00
		Men's Rugby	Outdoor Rugby		15:00 - 16:30
SU Ambassador		SU Tour of Oriam	Oriam Reception	Quick Start	15:00 - 15:30
Club		Men's Gaelic Football	Outdoor Synthetic	Quick Start	15:30 - 17:00
		Women's Gaelic Football	Outdoor Synthetic		15:30 - 17:00
		Volleyball	SH1		16:30 - 18:00
		Ultimate Frisbee	Indoor Synthetic		16:00 - 17:30
SU Ambassador		SU Tour of Oriam	Oriam Reception	Quick Start	15:00 - 15:30
Club	Aikido	Studio 1	Drop-in	19:30 - 21:30	
Off Campus	Cycling (Beginner)	Glentress (Meet at Oriam Reception)	Book On	11:15 - 18:00	
SU Ambassador	SU Tour of Oriam	Oriam Reception	Quick Start	12:00 - 12:30	
Club	Archery	SH2	Quick Start	Drop-in 12:00 - 14:00	
	Flag Football	Outdoor Synthetic		13:00 - 14:00	
	Netball	SH1		13:00 - 15:00	
Off Campus	Tennis	Edinburgh Sports Club (Meet at University Reception)	Book On	13:00 - 15:00	
Club	Squash (Beginners)	Squash Courts	Quick Start	Drop-in 13:30 - 15:30	
	Women's Football	Academy Synthetic		14:00 - 16:00	
	Cheerleading	Studio 1		14:00 - 16:00	

Drop In: Can drop in at any time | Quick Start: Arrive at the start of the session | Book On: Must be booked online

**Please note:** meet up times may be earlier than the time stated so check when signing up or contact the club on: (ClubName)@hw.ac.uk

Contact: Jane Benson | Sports Union President | SUPresident@hw.ac.uk | 0131 451 8435

 /Heriot Watt Sports Union
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AREA	DATE	SPORT	VENUE	FORMAT	TIME
SU Ambassador	Wednesday 5th	SU Tour of Oriam	Oriam Reception	Quick Start	1500 - 1530
Club		Men's Football	Indoor Pitch	Quick Start	1530 - 1730
		Boxing	SH2		1500 - 1700
		Mountaineering	SH2 - Wall	Drop-in	1500 - 1700
		American Football	Outdoor Synthetic	Quick Start	1500 - 1800
		Tennis	SH1	Drop-in	1530 - 1730
SU Ambassador	SU Tour of Oriam	Oriam Reception	Quick Start	1800 - 1830	
Off Campus	Swimming	Balerno High School (Meet at Oriam Reception)	Book On	1930 - 2100	
Club	Thursday 6th	Women's Basketball	SH1	Quick Start	1200 - 1330
SU Ambassador		SU Tour of Oriam	Oriam Reception	Quick Start	1200 - 1230
Off Campus		Boat	Strathclyde Park (Meet at University Reception)	Book On	1200 - 1600
Club		Men's Basketball	SH1	Quick Start	1330 - 1500
		Jiu Jitsu	Studio 1		1400 - 1600
		Badminton	SH2		1500 - 1700
SU Ambassador	SU Tour of Oriam	Oriam Reception	Quick Start	1500 - 1530	
Club	Squash (Experienced)	Squash Courts	Quick Start	1530 - 1730	
	Fencing	SH2		1600 - 1800	
SU Ambassador	SU Tour of Oriam	Oriam Reception	Quick Start	1800 - 1830	
Club	TKD	Studio 1	Quick Start	2000 - 2200	
Sports Fair	Fri 7th	All Clubs	Oriam, SH1	Quick Start	1200 - 1400
Off Campus	Fri 7th	Kayak	Threipmuir Reservoir (Meet at Oriam Reception)	Book On	1430 - 1630
	Sat 8th	Cycling (Advanced)	Innerleithen (Meet at Oriam Reception)		1000 - 1700
	Tue 11th	Snowsports	Glasgow Snowdome (Meet at University Reception)		2000 - 2200
	Wed 12th	Boat	Strathclyde Park (Meet at University Reception)		13:00
	Wed 12th	Equestrian (Beginners)	TBC		TBC (contact club)
	Thu 13th	Equestrian (Advanced)	TBC		TBC (contact club)
	Sat 15th	Boat	Strathclyde Park (Meet at University Reception)	10:00	

Drop In: Can drop in at any time | Quick Start: Arrive at the start of the session | Book On: Must be booked online

All Book On sessions can be booked online via the Sports Union Website: [www.hw.ac.uk/sports](http://www.hw.ac.uk/sports)

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