

Sports at Heriot-Watt

Sport	Programme	Training			Coach	Commitment	Standard	Trials	Cost	
		Day	Time	Venue						
American Football	Club	Mixed	Tuesday	7.00 - 10.00pm	OutSyn	F	OO	*	70	
		Flag Football	Wednesday	1.30 - 2.30pm	AcSyn	F	O	*	E20	
	Basketball	Club	Mens 2 / Local League	Monday	7.00 - 8.45am	SH1 - Court C	F	OOO	***	£15 (+£15 team)
			Men Development Squad	Monday	5.30 - 7.00pm	SH1 - Court C	F	OOO	***	
			Women's	Monday	5.30 - 7.00pm	SH1 - Court B	F	O	*	
			Mens 1 / National League	Tuesday	5.30 - 7.00pm	SH1 - Court A	F	O	*	
			Mens 2 / Local League	Thursday	5.30 - 7.00pm	SH1 - Court C	F	OO	**	
			Mens 1 / National League	Friday	7.00 - 8.45am	SH1 - Court B	F	OOO	***	
			Mixed	Sunday	8.00 - 9.00pm	Stu1	F	O	*	
			Mixed	Wednesday	2.00 - 4.00pm	Stu2	V	O	*	
Cheerleading	Club	Mixed	Wednesday	4.00 - 5.00pm	Stu1	V	O	*	£30	
		Mixed	Wednesday	2.00 - 4.00pm	Stu2	V	O	*	£15	
Dance	Club	Mixed	Wednesday	2.00 - 5.00pm	Stu2	V	O	*	£30 (+£35 team for Mens 1, U20 and 3)	
		Mixed	Sunday	2.00 - 5.00pm	Stu2	V	O	*		
Football	Club	Mens 1	Thursday	7.00 - 8.30pm	AcSyn	F	OOO	***	£15	
		Mens U20	Monday	7.00 - 8.30pm	OutSyn	F	OOO	***		
		Mens 3	Thursday	5.30 - 7.00pm	AcSyn	F	OOO	***		
		Mens 4	Thursday	5.30 - 7.00pm	OutSyn	F	OOO	***		
		Mens 5	Monday	5.30 - 7.00pm	InSyn	F	O	*		
		Mens 6	Monday	5.30 - 7.00pm	InSyn	F	O	*		
		Sunday League	Sunday	6.00 - 8.00pm	OutSyn	V	O	*		
		Women's	Monday	5.30 - 7.00pm	AcSyn	V	OO	*		
		Man	Tuesday	5.30 - 7.00pm	InSyn	V	OO	*		
		Women	Tuesday	5.30 - 7.00 pm	InSyn	V	OO	*		
Gaelic	Club	Women	Thursday	5.30 - 7.00pm	OutSyn	V	OO	*	£10	
		Men	Thursday	5.30 - 7.00pm	OutSyn	V	OO	*		
Golf	Club	Mixed Team	Various	Various	EXT	F	OO	***	£10 (+£45 team)	
		Mixed Open	Various	Various	EXT	F	O	*		
Handball	Club	Mixed	Wednesday	7.30 - 9.00pm	EXT - Peffermill	F	O	*	£10	
		Mixed	Wednesday	3.30 - 5.00pm	SH1 - Court B	V	O	*		
Hockey	Club	Mens 1	Monday	8.30 - 10.00pm	EXT - Peffermill	F	OO	***	£20	
		Mens 2	Monday	8.30 - 10.00pm	EXT - Peffermill	V	OO	***		
		Women's 1	Monday	6.00 - 7.30pm	EXT - Meagalland	F	OO	***		
		Women's 2	Monday	6.00 - 7.30pm	EXT - Meagalland	V	OO	***		
Netball	Club	1s	Thursday	5.30 - 7.00pm	SH1	F	OOO	***	£15 (+£5 Team)	
		2s	Thursday	5.30 - 7.00pm	SH1	F	OOO	***		
		3s	Thursday	5.30 - 7.00pm	SH1	V	O	*		
		Beginners	Wednesday	2.00 - 3.30pm	SH1 - Court A + B	V	O	*		
Rugby	Club	Mens 1 / 2	Monday	5.30 - 7.00pm	OutSyn	F	OOO	***	£20	
		Open	Friday	3.30 - 5.30pm	OutSyn	F	OOO	***		
Ultimate Frisbee	Club	Touch Rugby	Sunday	9.00 - 9.30pm	AcSyn	V	O	*	£10	
		Mens	Tuesday	7.00 - 8.30am	InSyn	V	OOO	***		
Volleyball	Club	Mens Team	Thursday	7.00 - 8.30pm	OutSyn	V	OOO	***	£15 (+£15 Team)	
		Mixed Rec	Wednesday	4.30 - 5.30pm	AcSyn	V	O	*		
		Mens Team	Friday	3.00 - 5.30pm	OutSyn	V	O	*		
		Women's Team	Friday	7.30 - 9.00am	SH1 - Court C	V	OOO	***		
Archery	Club	Mixed	Friday	7.30 - 9.00am	SH1 - Court B	V	OOO	***	£15	
		Mixed	Friday	4.30 - 6.00pm	SH1 - Court B	V	OO	**		
Badminton	Club	Mixed	Tuesday	6.45 - 8.45pm	SH2	F	OO	*	£10 (+£15 team)	
		Mixed	Friday	6.45 - 8.45pm	SH2	F	OO	*		
Boxing	Club	Open	Saturday	8.30 - 11.00am	SH2	F	OO	***	£15	
		Open	Monday	5.15 - 8.45pm	SH1 - Court A	F	OOO	***		
Fencing	Club	Open	Monday	6.45 - 8.45pm	SH2	V	O	*	£15	
		Mixed	Wednesday	4.00 - 6.45pm	SH2	V	O	***		
Snowsports	Club	Open	Friday	5.15 - 8.45pm	SH2	V	O	*	£15 (+£50 Race Team)	
		Open	Friday	5.15 - 8.45pm	SH2	V	O	*		
Squash	Club	Beginners	Tuesday	5.45 - 7.15pm	EXT	F	O	*	£17.50 (£26 for non students)	
		Development Training	Monday	8.00 - 9.00am	SH2	F	OOO	***		
		Team Training	Monday	6.30 - 8.30pm	SC	F	OO	***		
		Club Night	Tuesday	5.30 - 8.30pm	SC	F	O	*		
Swimming	Club	Beginners	Wednesday	2.00 - 3.00pm	SC	F	OOO	***	£20	
		East League	Wednesday	7.00 - 8.30pm	SC	F	OOO	***		
		Team	Wednesday	7.30 - 8.30pm	EXT	F	OOO	***		
		Open	Monday	6.00 - 7.15pm	EXT	F	O	*		
Tennis	Club	Mixed	Thursday	8.30 - 9.30pm	EXT	F	OOO	**	£15 (+£15 Team)	
		Mixed	Tuesday	8.30 - 9.30pm	SH2	F	O	*		
Table Tennis	Club	BUCS Matches / Open	Wednesday	1.15 - 4.15pm	EXT	F	O	*	£5	
		Open	Friday	4.30 - 6.00pm	SH1 - Court A	V	O	*		
Athletics	Club	Open	Monday	5.15 - 6.45pm	SH2	F	OO	**	£15	
		Open	Tuesday	5.30 - 7.00pm	EXT	F	OO	**		
Rowing	Club	Open	Wednesday	3.00 - 4.30pm	EXT - Saughton	F	OO	***	£90	
		Open	Monday	5.15 - 6.45pm	SH2	V	OOO	***		
		Open	Monday	7.00 - 8.00am	FW	V	OO	**		
		Open	Tuesday	7.00 - 8.00am	FW	V	OOO	***		
		Open	Friday	5.00 - 7.00pm	FW	V	OO	**		
		Open	Friday	7.00 - 8.00am	FW	V	OOO	***		
Cycling	Club	Open	Friday	5.00 - 7.00pm	FW	V	OO	**	£15	
		Open	Various	Various	EXT	V	O	*		
Equestrian	Club	Open	Various	Various	EXT - Houston Farms	V	OOO	***	£10 (+£25 team)	
		Open	Various	Various	EXT - Houston Farms	V	O	*		
Kayaking	Club	Open	Various	Various	EXT	V	OO	*	£33	
		Open	Monday	6.00 - 8.00pm	SH2 - Climbing Wall	V	O	*		
Mountaineering	Club	Open	Monday	6.00 - 8.00pm	SH2 - Climbing Wall	V	O	*	£5	
		Open	Excursions + Trips	Various	Various	V	O	*		
Aikido	Club	Mixed	Tuesday	7.30 - 8.30pm	Stu2	V	O	*	£10	
		Mixed	Saturday	5.30 - 7.30pm	Stu1	V	O	*		
Jiu Jitsu	Club	Open	Sunday	2.00 - 4.00pm	Stu1	V	O	*	£10	
		Open	Wednesday	8.00 - 10.00pm	Stu1	V	O	*		
Taekwondo	Club	Open	Monday	7.30 - 9.30pm	Stu1	F	O	*	£10	
		Open	Thursday	8.00 - 10.00pm	Stu1	F	O	*		



Programme	Programme ran by:	Commitment	Competition	Travel	Attendance	Standard
Recreational Sport	Led by the Sports Union President.	OOO	Weekly University and/or Weekend Leagues	Nationally	Required at all training	Previous experience
Club	Run by Club coaches. Guided by the Sports Union.	OO	Regular University Competition Opportunities Only Campus Competitions	Mostly locally Locally/ on Campus	More flexible Fully flexible participation	*** Experienced ** Intermediate * Beginner/Any
Coach	Facility	Venue	Competition	Travel	Attendance	Standard
Sessions lead by	SH1	Sports Hall 1	WARRIOR	EXT	External Facility	Cost
P Paid Coach	SH2	Sports Hall 2	WARRIOR	AcSyn	Academy Synthetic	Cost for each programme is additional to Oriam Membership
V Volunteer Coach	SC	Squash Courts	WARRIOR	OutSyn	Outdoor Synthetic Pitch	
No Coach	Stu1	Fitness Studio 1	WARRIOR	InSyn	Indoor Synthetic Pitch	
	Stu2	Fitness Studio 2	WARRIOR	FW	Free Weights Gym	
Equipment	Membership: All students must join Oriam before joining a SU Club					TRIALS
All equipment is provided apart from items that are deemed personal	Gold (Calendar Year)	£188	Bronze (Academic Semester)	£112	Due to take place at the start of Semester 1. Please contact the club for individual team trial dates and times. If there is no trial process you are free to turn up at any club session	
Clubs do have a limited number of personal items which can be borrowed for introductory sessions	Silver (Academic Year)	£158	Pay as You Play	£5.10 (Fitness) £3.10 (Sport)		

