


Club Training



All RGU Sports Clubs have their own dedicated space within the union website, where you will be able to access all the information needed on your club including training times, contact details and resources for taking part in club activity.

Simply visit **Clubs A-Z** (rguunion.co.uk) and click on the sports club you are involved in. From there you will get an overview of that clubs offering:



Squash


squash@rguunion.co.uk
www.facebook.com/RGUsquash
[rgusquash](#)

We are a club open to everyone, providing both competitive and casual squash with brilliant socials. We have paired up with Aberdeen Uni squash which provides us with more people to train with, access to teams in the local Grampian squash leagues and a more social events. On top of this we currently have one team in BUCS mens scottish Div 1.

Committee:
President: Owen Hunter
Vice-President: Kyle Reid
Social Secretary: Logan Scott
Social Media Officer: Gabriela Proszowska
Health and Wellbeing Officer: Aiden Rooney

Regular events include:
Training: Wednesday: 14:30 - 16:30 Saturday: 17:30 - 19:30 Sunday: 18:30 - 20:30
Our annual events are:
Halloween club tournament
Christmas Doubles tournament
Follow our social media for updates on other regular events throughout the year.

The contact details of the club will contain an email address ([\[sport\]@rguunion.co.uk](mailto:[sport]@rguunion.co.uk)), this will automatically redirect to the president of the club. You can use this email address to get in touch with them directly about any questions or concerns you may have.



Badminton

badminton@rguunion.co.uk
www.facebook.com/rgubadminton
[rgubadminton](#)

Starting in the 1990's, RGU Badminton club began as a fairly small local club which has since grown into a thriving club that competes against many other Scottish Universities.

At RGU Badminton we encourage people of all abilities to play games and socialise with others in a casual and relaxed setting. With special events throughout the year there are plenty opportunities to meet new people and experience things you haven't before! With a friendly and helpful committee any queries can be resolved and chats are always welcomed, and we all look forward to seeing new faces on the courts.

There are also a number of chances to play competitively, with BUCS matches, local league play, SSS, and even competitions within the

Training times are on a Tuesday and Friday evening from 8pm-10pm in the hall at RGU SPORT.

Committee:
President: Andrew McDonald
Vice-President: Leona Rhind
Team Captain: Scott Allen
Wellbeing Officer: Rebecca Goodbrand
Social Secretary: Louise Andrew
Fundraising Officer: Keanu Patterson

On the site you will also see the times and where clubs practice.

TIMETABLE

DAY	TIME	CLUB	VENUE
Monday	1200-1300	Weightlifting	RGU SPORT
	1800-2000	Netball	RGU SPORT
	1800-2200	Basketball	RGU SPORT
	1900-2200	Shelterstone	RGU SPORT
	2000-2200	Volleyball	RGU SPORT
	2000-2200	Swimming and WP	RGU SPORT
	2030-2200	Dance	RGU SPORT
	1710-1830	Squash	ASV
	1800-1930	Hockey	ASV
	1945-2100	Athletics	ASV
	1900-2200	Football	Garthdee Astro
	1930-2200	Rugby	Woodside
Tuesday	1730-1900	Netball	RGU SPORT
	2000-2200	Badminton	RGU SPORT
	2000-2200	Dance	RGU SPORT
	2030-2200	Kickboxing	RGU SPORT
	2000-2200	Tennis	Cults Tennis Club
	1900-2030	Shinty	Garthdee Astro
	2030-2200	GAA	Garthdee Astro
Wednesday	0700-0900	Badminton	RGU SPORT
	0700-0900	Cheer	RGU SPORT
	0700-0900	Kickboxing	RGU SPORT
	1300-1600	Shelterstone	RGU SPORT
	1400-1600	Weightlifting	RGU SPORT
	1500-1700	Boxing	RGU SPORT
	1300-1730	Rifle	Denwood
	1400-1500	Curling	Curl Aberdeen
	1330-1530	Gymnastics	Aberdeen Gymnastics Centre
	1330-1530	Cheerleading	Aberdeen Gymnastics Centre
	1500-1600	Athletics	ASV
	1600-1900	Squash	ASV
	1500-1800	Snowsports	Garthdee Snowsports
	Afternoon	Equestrian	Aberdeen Riding Centre
	Afternoon	Golf	Kings Links Aberdeen
	Afternoon	MTB	tbc
Afternoon	Rowing	Boat House	
Thursday	2000-2200	Swimming and WP	RGU SPORT
	2100-2200	Cricket	RGU SPORT

Day	TIME	CLUB	VENUE
Friday	0700-0900	Cheer	RGU SPORT
	0700-0900	Dance	RGU SPORT
	1800-2000	Cheer	RGU SPORT
	1800-2000	Volleyball	RGU SPORT
	1800-2000	Basketball	RGU SPORT
	1900-2200	Weightlifting	RGU SPORT
	1930-2130	Boxing	RGU SPORT
	2000-2200	Badminton	RGU SPORT
	2000-2200	Rugby	RGU SPORT
	1800-1930	Hockey	ASV
	1800-2000	Tennis	Westburn
	1900-2000	GAA	Garthdee Astro
Saturday	1200-1730	Rifle	Denwood
Sunday	1200-1400	Tennis	Aberdeen Tennis Centre
	tbc	Trampolining	ASV
	tbc	Kickboxing	RGU SPORT