

Club Training

All RGU Sports Clubs have their own dedicated space on the RGU: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 \(rguunion.co.uk\)](http://clubs.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), 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 venues at which clubs train.

Day	Time	Club	Venue
Monday	0700-0900	Cheerleading	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
	0700-0900 1900-2200	Dance	RGU SPORT
	1800-1930	Hockey	Countesswells
	2000-2130	Athletics	ASV
	1900-2200	Football	Garthdee Astro
	1800-2100	Rugby	Countesswells
Tuesday	0700-0830	Swimming and WP	RGU SPORT
	0700-0900	Cheer	RGU SPORT
	0700-0900	Dance	RGU SPORT
	0730-0830	Hockey	RGU SPORT
	1730-1900	Netball	RGU SPORT
	1830-2030	Tennis	Cults LTC
	2000-2200	Badminton	RGU SPORT
	2030-2200	Kickboxing	RGU SPORT
	1900-2100	Tennis	Cults Tennis Club
	2030-2130	GAA	Garthdee Astro
Wednesday	0700-0900	Badminton	RGU SPORT
	0700-0900	Cheer	RGU SPORT
	1300-1600	Shelterstone	RGU SPORT

	1400-1600	Weightlifting	RGU SPORT
	1500-1700	Boxing	RGU SPORT
	1300-1700	Rifle	Denwood
	1400-1500	Curling	Curl Aberdeen
	1330-1530	Gymnastics	Aberdeen Gymnastics Centre
	1330-1530	Cheerleading	Aberdeen Gymnastics Centre
	1400-1700	Swimming and WP	RGU SPORT
	1500-1800	Snowsports	Garthdee Snowsports
	Afternoon	Equestrian	Hayfield Riding
	Afternoon	Golf	Kings Links Aberdeen
	Afternoon	Rowing	Boat House
	2000-2200	Kickboxing	RGU SPORT
Thursday	2000-2200	Swimming and WP	RGU SPORT
	2000-2130	Athletics	ASV
	1900-2030	GAA	Countesswells
	2100-2200	Cricket	RGU SPORT
Friday	0700-0900	Cheer	RGU SPORT
	0700-0900	Dance	RGU SPORT
	0700-0900		
	1800-2200	Basketball	RGU SPORT
	Afternoon	Equestrian	Hayfield Riding
	1800-2000	Cheer	RGU SPORT
	1800-2000	Volleyball	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	Countesswells
	1800-2000	Tennis	Westburn
Saturday	1200-1700	Rifle	Denwood
Sunday	1200-1400 1900-2100	Tennis	Aberdeen Tennis Centre