

Club	Date	Start Time	End Time	Location	Cost (if not free e.g. transport fee)	Description/Info (including how to sign-up if necessary)	Capacity Limit
Aikido	29/01/20	19:00	20:30	Pavillion	Free	Meet in the pavillion, next to the national pool, at 7pm for a great introduction to Aikido, no experience or kit is necessary, just come in comfortable clothes (something like joggers is fine) Join our group on Facebook for more information/announcements.	None
American Football	19/01/2020	13:00	16:00	National Pool	Free	Meet at the national pool for the bus to Morriston Leisure Centre. No experience necessary. The club will supply helmets and shoulderpads so anyone can come along to try on the kit and try a new, high intensity, contact sport. Training and game times allow you to play alongside other sports if you find yourself wanting to play 2 sports. Message our social media pages for any more info.	12
Archery	01/02/20	10:00	13:00	Bay Campus Sports Hall	Free	Meet at bay sports hall at 10 am. No previous experience is required and all kit will be provided.	
Athletics	29/1/2020	15:00	16:00	Indoor Track	Free	Various events.	
Athletics	28/1/2020	18:30	20:00	Outdoor track	Free	Sprints only, meet at outdoor track start line.	
Badminton	31/01/20	19:00	21:00	Sketty Lane Sports Hall	Free	Meet at Sketty lane sports hall at 7pm, bring your own rackets if you can otherwise the sports hall kindly offer some spares. Contact our club email via the SU Badminton page or our Facebook group for any queries! Hope to see many new faces!	none
Boxing	27/1/2020	19:00	21:00	Pavillion	Voluntary £1 Charity Donatio	We welcome new members year-round, so we're reminding everyone that we're always about to help you learn something new! It's a mixture of cardio training and basic boxing skill instruction by experienced coaches and boxers. Everything is progressed and instructed inline with ability, so don't worry about being put outside of your comfort zone... unless you want to be! No equipment needed bar trainers and water.	
Canoe	28/01/2020, 30/01/2020	20:40	22:00	Welsh National Pool	£1	Meet at the Welsh National Pool reception for a taster pool session with the canoe club on Tuesday and Thursday.	
Cheerleading	27/01/2020	20:30	21:30	Indoor track, Sketty Lane	Free	This session will be the perfect opportunity to have a go at cheerleading and see if you fancy joining our Game Day squad. It'll be lighthearted and relaxed for anyone who would just like to have a go, whether they have any experience or not. Meeting at the indoor track, in the sports village at 8.30pm Monday 27th. Contact our facebook page 'Swansea Sirens University Cheerleading club' if you have any concerns or queries.	None but can we know numbers by 25/01 please
Dodgeball	03/02/2020	19:00	20:00	Bay sports hall	Free	Come along to Bay sports hall in sporting attire. No previous experience is required.	none
Equestrian	29/01/2020	12:30 onwards	15:00/16:00	Meet at Sports Village	£2-£5 transport cost	Unfortunately due to insurance purposes we cannot offer riding sessions to non-members. However, we invite you to come to the yard for a social day! This is a chance to see the yard, meet the horses & instructors, meet the committee and current members! Food and drinks will also be provided. If you would like to come, please email us or message us on Facebook ASAP so we know numbers in order to arrange transport!	None but can we know numbers by 23/01 please
Jiu Jitsu	24/01/20 and 29/01/20	17:00	19:00	Sports Pavilion	Free	Come to the training in sports clothing and bring a water bottle with you. Visit Swansea University Jiu Jitsu Club page on Facebook for more information.	
Kickboxing	28/01/2020	19:00	20:30	Pavillion	Free	Meet outside Fulton house at 6.30pm for those who are unsure about the pavillion location.	none
Korfball	16/02/20	13:00	14:30	Sketty Lane Sports Hall	Free	Join our facebook group Swansea University Korfball 19/20, or email us on korfball@swansea-sports.co.uk. The session is open to males and females and for all abilities. If you fancy trying a new sport, come along to out give it a go session.	none
Lacrosse	06/02/2020	17:00	18:00	Sketty Lane Astroturf	Free	Meet outside Fulton House at 16:45, wear active clothes and trainers/ astros (no studs). All equipment will be provided but bring your own if you have it, all abilities welcome! Any queries contact any of our social medias or send us an email!	
Lifesaving	28/01/2020	20:45	22:00	National Pool	Free	Meet in the National pool foyer at 20:45, all you need is swimming trunks/costume. No previous experience is required. Any questions pop us a message on Facebook	
Men's Cricket	02/02/2020	12:00	13:00	Sports Hall, Sketty Lane Sports Village	Free	A taster session for Men's cricket. All abilities are welcome, there is no cost. Meet at the Sports Hall, at Sketty Lane Sports Village. This year the cricket club have 2 BUCS teams and a friendly team, we'd love to see any new faces!	
Men's Hockey	28/01/2020	19:30	21:30	Sketty Lane Astroturf	Free	Meet at the astro turfs for 7:30 for an intro to hockey and to give it a try, all abilities are welcome. A Stick will be supplied if you don't have one, bring water and shin pads and/or a gum shield if you have them! Get in touch with the club on social media or email if you have any questions.	
Mountaineering	29/01/2020	20:00	22:00	Sketty Lane Sports Hall	Free	Meet outside Fulton House at 19:45! Wear active clothes and bring some water. All abilities welcome, and all equipment will be provided.	
Netball	29/01/2020	14:00	15:00	Outdoor Netball court	Free	Meet at the outdoor courts next to the astro at 1:50pm to get registered. All abilities are welcome, this is the chance to join the club and play socially each week. Please wear supportive trainers to prevent ankle injuries and warm clothing, don't forget water! If you have any questions please email netball@swansea-sports.co.uk, can't wait to meet you all, see you there!	

Road Cycling	28/01/2020 29/01/2020 02/02/2020	19:00 (28/01) 14:00 (29/01) 10:00 (2/2)		meet at the front of Fulton House	Free	28/01 will be an introductory chaingang with two ability groups, it's great for getting used to group riding. 29/01 there will be 3 group rides a social ride, womens ride and a faster ride. There should be something for all abilities. 02/02 will be a social ride of about 40-50km and a faster ride for 80-90km. All rides meet at the front of Fulton House. Everyone needs to have a road bike and helmet. Bike lights are compulsory for the chaingang (front and rear). Feel free to contact our Facebook page for more information.	none
Rowing	29/01/19	14:30	15:30	Swansea Marina, behind sainsburys	Free	Come and meet the squads during a training session and see what we get up to! We'll show you around and then join us on our social later on.	
Rugby League	03/02/19	18:30	19:30	Astroturf, Sketty Lane	Free	Meet at the astroturfs just before 18:30 for a taster session of rugby league. We welcome all abilities and levels of experience! Bring trainers, water, training kit and any appropriate gear for contact. We will have a senior member of the club waiting outside Fulton House at 18:15 if anyone is struggling to find us. Please contact us if you have any questions via Facebook or Instagram!	None
Sailing	05/02/2020	13:00	17:00	Tata Steel Sailing Club	Free	Come give Sailing a try, whether you're a seasoned pro or just wanna try something new! Meet outside the National Pool or Bay Tesco's at 13:00, where we'll all drive down to the sailing club and get started! Bring any sailing/waterproof kit of you have any, if you don't its chill, we got you! Just bring clothes and shoes that you don't mind getting a little wet. If you want to get in touch with us email us or go to our facebook page!	
Squash	05/02/2020	17:00	19:30	Swansea Tennis & Squash Club	Free	Please wear non-marking or white coloured sole shoes. Anyone with black soled shoes will not be allowed to play as this damages the court floors. Wear active clothes. Racquets can be borrowed for free. All abilities welcome, and beginners encouraged to try! The Swansea Tennis & Squash Club is up on the hill behind the Wales National Pool. Any questions, please join our Facebook group 'Swansea University Squash'	None
Swimming	30/01/2020	20:00	21:30	Welsh National Pool	Free	Meet at the National Pool on poolside. You will need goggles and swimming trunks/costume (No bikinis/ beach shorts). The club is focused towards swimmers with previous swimming experience of all 4 strokes and capable of swimming 200m without stopping.	
Taekwondo	29/01/2020	16:00	17:00	Sports Pavillion	Free	Meet outside Fulton House at 3:50 for anyone who isn't sure how to get to the Pavillion.	
Ultimate Frisbee	26/01/2020	14:00	16:00	Sketty Lane Rugby Pitches	Free	Meet at the rugby pitches at 2pm for an introduction to the sport and to try it out - all abilities are welcome. Bring water and studs with you as the ground can be slippery (trainers are also okay). Get in touch with the club on social media or email if you have any questions.	
Ultimate Frisbee	29/01/2020	14:00	16:00	Singleton Park Gatehouse	Free	This is a specific womens only taster session. Meet at the bottom of Singleton Park (over the road from the COOP) at 2pm for an introduction to the sport and to try it out - all abilities are welcome. Bring water and studs with you as the ground can be slippery (trainers are also okay). Get in touch with the club on social media or email if you have any questions or would like directions to the location.	
Windsurfing	29/01/2020	13:00	16:00	Fulton House/Tafarn Tawe	£2 transport cost	Sign up here: https://swansea windsurf.co.uk/session_sign_up.html Facebook event: https://www.facebook.com/events/475338050059917/ Meet outside fulton house or tafarn tawe at 13:00 - no experience needed! If you haven't got a wetsuit you can get one from the Sport Swansea office for a £20 deposit with Sport Swansea membership. Any questions get in touch with the club on facebook or by email.	
Women's Cricket	02/02/2020	11:00	12:00	Sports Hall, Sketty Lane Sports Village	Free	A taster session for women's cricket. All abilities are welcome, there is no cost. This year the cricket club are entering a BUCS Women's team and we'd love to see any new faces interested in playing women's cricket!	
Women's Football	23/01/2020	18:30	20:30	Fairwood	£1 Transport cost	Contact the club Facebook page or email the club to arrange transport to and from fairwood.	10
Womens Hockey	21/01/2019	19:30	21:00	Hockey pitches, Sketty Lane	Free	Meet at the astro turfs for 19:30 for an intro to hockey and to give it a try, all abilities are welcome. A Stick will be supplied if you don't have one, bring water and shin pads and a gum shield if you have them! Get in touch with the club on social media or email if you have any questions.	
Women's Rugby	03/02/20	20:00	21:00	Sketty Lane Pitches	Free	All abilities welcome to come down the Sketty lane and give women's rugby a go! Bring water and come in gym kit that you don't mind getting a little dirty. Rugby boots and gum shields are not necessary! Get in touch via our social media with any queries!	
Women's Water Polo	28/01/2020 & 02/02/2020	20:00 (28/1) 11:15 (2/2)	22:00 (28/1) 13:15 (2/2)	Welsh National Pool	Free	Meet at the national pool in reception. You will need goggles and swimming costume.	