

# CLUB TRAINING TIMES 2018/19



**CLUBS  
& SOCS**



Club	Training Times	Venue
Aikido	Mon & Thurs 7.30-9pm (Dance Ireland) Tue 8-9.30pm & Sat 12.30-2pm (Handball Court)	Handball Court/Dance Ireland Foley St.
Archery	Mon 8-10am, Tue & Thurs 8-9pm and Wed & Fri 4-7pm	Arena
Athletics	Mon 6.15pm, Tue & Thurs 5.15m, Wed 1.15pm & 2.15pm. Email enda.fitzpatrick@dcu.ie for specific event training times.	Meet Sports Complex( GLA)
Badminton	Mon 6-9pm, Wed 2-4pm & Thurs 8-9pm (Arena) & Thurs 6.30-8pm (HALL SPC)	Arena/Hall SPC
Basketball (M)	Tue & Thurs 6-8pm	Arena
Basketball (W)	Mon 8-9pm, Tues & Thurs 6-8pm & Wed 4-5pm	Arena
Boxing	Mon 6-8pm (Minor Hall/Boxing room), Tue 7-9pm (Boxing Room), Wed 7-10pm (Minor Hall/Boxing room), Thurs 6-8pm (Boxing room)	Minor Hall/Boxing Room/SPC
Camogie	Tue 8-9pm (Ashbourne, Purcell & Intermediate) & Thurs 6-7pm (Ashbourne, Purcell & Intermediate)	Sports Campus
Canoe	Wed 9-10pm. Contact dcucanoe@gmail.com for information.	ALSAA Pool
Caving	Wed 5-7pm & Fri 6-10pm	Minor Hall
Cricket	Monday 6-7pm (Hall SPC) and Thursday 4-6pm (Arena)	Hall SPC/Arena
Cycling	Mon, Wed & Fri 6pm road cycle (Meet outside Henry Grattan) + Fri 6-7pm (Boxing Room)	Meet Henry Grattan/ Boxing Room
Equestrian	Thurs 6pm. Contact equestrian.dcu@gmail.com for more details.	Kilronan Equestrian Centre
Fencing	Mon 8-9pm (Minor Hall), Tues 5-7pm (Arena), Wed 5-6pm (Arena), Thurs 6-7pm (Arena) & Sun 10.30am-12pm (Minor Hall)	Minor Hall/Arena
Futsal	Tue 5-6pm (Arena) & Mon & Wed 6-7 pm (New Hall, SPC)	Arena/Hall SPC
GAA Handball	Mon 5-6pm (Arena) & 7-10pm (Handball Court), Tue 6-8pm (Handball Court), Wed 5-7pm Handball Court	Handball Court & Arena
Gaelic Football (Ladies)	Tue 6-8pm (All Ladies Football teams) & Thurs 7-9pm (All Ladies Football teams)	Sports Campus
Gaelic Football (Mens)	Mon 7-8pm (Fresher A), Mon 8-9pm (Sigerson & Inter), 9-10pm (Trench & Fresher B&C), Tue 9-10pm (Fresher B&C), Wed 8-9pm (Sigerson & Inter), Thurs 9-10pm (Fresher B&C)	Sports Campus
Golf	Contact DCU.Golf100@gmail.com for training times.	Portmarnock Golf Club
Gymnastics & Trampoline	Mon 7-9pm, Wed 6-8pm & Fri 4-7pm	Arena
Hockey	Tuesday 7-8pm (Trinity Hockey Club Santry) & Sunday 7-9pm (Three Rock Rovers)	Trinity/Three Rock Hockey Club
Hurling	Mon 7-8pm (Fresher A&B), Mon 8-9pm (Fitzgibbon & Inter), Wed 7-8pm (Fitzgibbon & Inter), Wed 9-10pm (Ryan & Fresher)	Sports Campus
Karate	Wed 7-8pm (Arena) & Thurs 6-8pm & Sat 11am-12.30 (Handball Court)	Arena/Handball Court



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@studentsupport



DCU Clubs and Societies



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Mixed Martial Arts	Mon 5-7pm & Wed 8-10pm (Handball Court) & Fri 2-4pm (Minor Hall)	Handball Court/Minor Hall
Olympic Handball	Tue 8-9pm	Arena
Powerlifting	Contact dcu.powerlifting@gmail.com for training times.	Sports Campus
Rock Climbing	Tue & Thurs 5-8pm	Minor Hall
Rowing	Tue & Thurs 7.30-8.30am & Wed 2-3pm (Fitness Centre) & Neptune Rowing Club, contact dcu.rowing@gmail.com for training times.	Neptune Rowing Club/Fitness Centre
Rugby (M)	Mon 6-8 pm & Wed 3-5pm	Sports Campus
Rugby (W)	Mon 6-8pm & Wed 3-5pm	Sports Campus
Soccer (M)	Mon 7.30-9.30am & 4-6pm (Sports Campus), Tues 4-6pm, Wed 7.30-9.30am, 1-2pm & 2-4pm (Grass) Tues and Thurs 8.15-9.45pm, Wed 3.15-5.15pm (7-a-side)	Sports Campus 7-a-side pitch
Soccer (W)	Mon 7-8.15pm & Thurs 6.45-8.15pm	7-a-side pitch
Soccer Powerchair	Tues & Thurs 7-9pm	Arena
Squash	Mon 7-10 pm, Wed 5-8 pm & Thurs 7-10pm	Squash Court
Sub aqua	Tue 7-9pm (Coolock),Thurs 6-7pm (DCU Pool)	Coolock Pool/DCU Pool
Surf 'n Sail	Wed (DCU Pool Wed 7.30-9am) Sailing: Sat AM Royal St George Yacht Club, Wakeboarding: Wed 2pm Wakedock DCU Pool - Wed 7.30-9am	DCU Pool/Royal St. George Yacht Club/Wakedock
Swimming	Mon & Tues 7.30-9.30am, Wed: 2-3pm, Thurs: 7.30-9am, Fri 1.30-3pm	DCU Pool
Table Tennis	Wed 3-5pm Court 2	Arena
Tae Kwon Do	Tues 8-9pm and Thurs 8-10pm	Minor Hall
Tennis	Tue, Wed & Thurs 6.30-8.30am and Tue & Wed 7-9pm	National Tennis Centre
Triathlon	Mon, Tues & Wed 6.30-7.30am. Email enda.fitzpatrick@dcu.ie for athletics & cycling training.	DCU pool
Ultimate Frisbee	Mon 8-10pm & Tue & Fri 6-8pm (7-a-side) & Thurs & Fri 5-6pm (Arena)	7-a-side pitch/Arena
Volleyball	Mon 5-7pm, Wed 5-8pm & Fri 7-9am	Arena
Weightlifting	Beginners Mon 5.30-6.30pm & Thur 7.30-8.30pm (House 19) & Advanced Wed 2-4pm & Fri 1-3pm (Sports Campus Gym)	House 19/ Sports Campus Gym

