



**CLUBS
& SOCS**

DCU SPORTS CLUBS TRAINING TIMES 2019/20



Club	Day	Time	Facility
Aikido	Monday	7:30-9pm	Dance Ireland
	Tuesday & Thursday	8-9.30pm	Handball Court (GLA)
	Saturday	12.30-2pm	Handball Court (GLA)
Archery	Monday	8-10am	Arena (GLA)
	Tuesday & Thursday	8-9pm	Arena (GLA)
	Friday	4-7pm	Arena (GLA)
Athletics	Contact clubsandsocs@dcu.ie for training times.		
Badminton	Monday	6-9pm	Arena (GLA)
	Wednesday	2-4pm	Arena (GLA)
	Thursday	8-9pm	Arena (GLA)
	Thursday	6.30-8pm	Sports Hall (SPD)
Basketball (Men's)	Tuesday & Thursday	6-8pm	Arena (GLA)
Basketball (Women's)	Monday	8-9pm	Arena (GLA)
	Tuesday & Thursday	6-8pm	Arena (GLA)
	Wednesday	4-5pm	Arena (GLA)
Boxing	Monday	6-8pm	Minor Hall/Boxing room (GLA)
	Tuesday	7-9pm	Boxing Room (GLA)
	Wednesday	7-10pm	Minor Hall/Boxing room (GLA)
	Thursday	6-8pm	Boxing Room (GLA)
Camogie	Tuesday & Thursday	7-8pm	Sports Campus
Canoe	Wednesday	9-10pm	ALSAA Pool
Caving	Wed 5-7pm	5-7pm	Minor Hall (GLA)
Cricket	Friday	5-9pm	Minor Hall (GLA)
Cycling	Thursday	4-6pm	Arena (GLA)
	Monday, Wednesday & Friday	6pm	Meet outside Henry Grattan
Equestrian	Friday	6-7pm	Boxing Room
	Thursday	6pm	Kilronan Equestrian Centre
	Monday	8-9pm	Minor Hall (GLA)
Fencing	Tuesday	5-7pm	Arena (GLA)
	Wednesday	5-6pm	Arena (GLA)
	Thursday	6-7pm	Arena (GLA)
	Sunday	10.30am-12pm	Minor Hall (GLA)
	Monday	5-6pm	Arena (GLA)
	Monday	7-10pm	Handball Court (GLA)
GAA Handball	Tuesday	6-8pm	Handball Court (GLA)
	Wednesday	5-7pm	Handball Court (GLA)
	Tuesday	8-10pm (Fresher)	Sports Campus
Gaelic Football (Men's)	Thursday	8-10pm (Fresher)	Sports Campus
	For training times for all other teams, please contact paulobrien.gaa@dcu.ie		
Gaelic Football (Women's)	Tuesday	6-8pm	Sports Campus
	Thursday	7-8pm	Sports Campus
Golf	Contact DCU.Golf100@gmail.com for training times.		
Gymnastics & Trampoline	Monday	7-9pm	Arena (GLA)
	Wednesday	6-8pm	Arena (GLA)
	Friday	4-7pm	Arena (GLA)
Hockey	Tuesday	7-8pm	Trinity Hockey Club, Santry
	Sunday	7-9pm	Three Rock Rovers Hockey Club



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DCU Clubs and Societies



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Hurling	Monday	7-8pm (Fresher)	Sports Campus
	Wednesday	5.30-6.30pm (Fresher)	Sports Campus
	For training times for all other teams, please contact paulobrien.gaa@dcu.ie		
Karate	Wednesday	7-8pm	Arena (GLA)
	Thursday	6-8pm	Handball Court (GLA)
	Saturday	11am-12.30	Handball Court (GLA)
Mixed Martial Arts	Monday	5-7pm	Handball Court (GLA)
	Wednesday	7-10pm	Handball Court (GLA)
	Friday	2-4pm	Minor Hall (GLA)
Powerlifting	Tuesday	2-4pm	Minor Hall (GLA)
Rock Climbing	Tuesday	5-8pm	Minor Hall (GLA)
	Thursday	5-10pm	Minor Hall (GLA)
Rowing	Tuesday & Thursday	7.30-8.30am	Fitness Centre (GLA)
	Wednesday	2-3pm	Fitness Centre (GLA)
Contact dcu.rowing@gmail.com for training times in Neptune Rowing Club.			
Rugby (Men's)	Monday	6-8pm	Sports Campus
	Wednesday	3-5pm	Sports Campus
Rugby (Women's)	Monday	6-8pm	Sports Campus
	Tuesday & Thursday	7-9pm	Sports Campus
	Wednesday	3-5pm	Sports Campus
Soccer (Men's)	Monday & Wednesday	7.30-9.30am	Sports Campus
	Monday & Tuesday	4-6pm	Sports Campus
	Tuesday & Thursday	8.15-9.45pm	Sports Campus
	Wednesday	1-4pm & 3.30-5.30pm	Sports Campus
	Wednesday	3.15-5.15pm	7-a-side pitch (GLA)
Soccer (Women's)	Monday	7-8.15pm	7-a-side pitch (GLA)
	Thursday	6.45-8.15pm	7-a-side pitch (GLA)
Soccer Powerchair	Tuesday & Thursday	7-9pm	Arena (GLA)
Sub Aqua	Tuesday	7-9pm	Coolock Pool
	Thursday	6-7pm	DCU Pool (GLA)
Surf 'n Sail	Wednesday	7.30-9am	DCU Pool (GLA)
	Wednesday	2pm	Wakedock
	Saturday	Various	Royal St George Yacht Club
Swimming & Waterpolo	Monday & Tuesday	7.30-9.30am	DCU Pool (GLA)
	Wednesday	2-3pm	DCU Pool (GLA)
	Thursday	7.30-9am	DCU Pool (GLA)
	Friday	1.30-3pm	DCU Pool (GLA)
Table Tennis	Wednesday	3-5pm	Arena (GLA)
Tennis	Tuesday, Wednesday & Thursday	6.30-8.30am	National Tennis Centre
	Tuesday & Wednesday	7-9pm	National Tennis Centre
Triathlon	Mon, Tue, Wed, Thurs & Fri	6.30-7.30am	DCU Pool (GLA)
Ultimate Frisbee	Monday	8-10pm	7-a-side pitch (GLA)
	Tuesday & Friday	6-8pm	7-a-side pitch (GLA)
	Thursday & Friday	5-6pm	Arena (GLA)
Volleyball	Monday	5-7pm	Arena (GLA)
	Wednesday	5-8pm	Arena (GLA)
	Friday	7-9am	Arena (GLA)
Weightlifting	Tuesday & Wednesday	5-6pm	House 19 (GLA)
	Tuesday	2-4pm	Sports Campus Gym
	Friday	1-3pm	Sports Campus Gym

* Please note training times may be subject to change. Please contact the club directly for more information'

GLA - DCU Glasnevin Campus
SPD -DCU St Patrick's Campus Drumcondra