

## Sport, Health and Recreation

Aberdeen is one of the most successful universities in Scottish and British levels of university sporting competition. In summer 2009 the University, in partnership with Aberdeen City Council and supported by **sports**scotland, opened Phase 1 of a new £28 million flagship sport facility, with the aim of becoming the centre of excellence for sport in north-east Scotland.

### Aberdeen Sports Village

Whether a budding sports star of the future or just an occasional exerciser, these first-class sports facilities, backed up with an array of excellent services, provide the ideal venue for a range of activities, available to all students, at all levels.

#### Facilities in the Sports Village include:

Full size indoor football pitch; indoor athletics area (135m running straight with throwing and jumping areas); large sports hall; 4 squash courts (2 glass-backed); large fitness suite and performance gymnasium; 2 studios; 400 metre outdoor athletics track and stadium; floodlit water based hockey pitch; performance and Well-being Centre (with physiotherapy clinic); and a crèche, café and spectator seating.

#### Services provided include:

Exercise classes that cater for a wide range of tastes and levels of ability, from novice to advanced, including lunchtime and evening classes such as aerobics, circuits, sports conditioning, boxfit, body conditioning, step and studio cycling. There's also personal advice on all aspects of fitness and training, health-related fitness, nutrition and weight management, fitness assessments, body fat analysis and 1-to-1 training.

Ambitious plans are being developed for Phase 2 of the Sports Village which will have as a showpiece a 50 metre swimming pool, with 25m diving pool and health suite. It is anticipated that on site construction works will begin in mid 2011 to enable the Aquatic Centre to open to the public in early 2014.

The facility will allow the North of Scotland to play an integral part in the run up to the London 2012 Olympic Games and future Commonwealth Games. It will be a training ground for elite athletes and allow sports stars of the future to achieve their full potential and compete at the highest level. Add to this a vibrant and growing Sports Union with 58 sports clubs, 3,500 members, numerous events and six intra-mural leagues and we look forward to greeting students for a sporting experience second to none!



- [Aberdeen Sports Village](#)
- [Aquatic Centre](#)

## Sports Union

The **Sports Union** boasts the second largest number of clubs of any Scottish University and are proud to offer competitive sport aimed at beginner level all the way up to international. Most clubs compete regionally, in British University & College Sport (BUCS) and Scottish University Sport (SUS) leagues against teams from any of 150 Universities.

We run the second largest intra-mural programme in Scotland, with leagues for students to enter and compete against other University of Aberdeen students. We currently provide rugby, six-a-side football, eleven-a-side football, squash, indoor cricket and hockey leagues. We host the Blues Ball annually with 600 guests celebrating the years sporting achievements and nationally recognised rugby, football, cricket and hockey tournaments. One of the highlights of the sporting calendar is Superteams, a multi-discipline event which attracts over 600 participants and is designed for those wishing to enjoy a light hearted, fun filled day of sport with a healthy element of competitiveness! If you're a fan of a sport that is not covered - then you can start up your own club!

- **Sports Union**

## Other Facilities

### King's Pavilion and Playing Fields

The King's Pavilion contains a swimming pool and changing facilities. The attractive outdoor playing fields boast two rugby pitches, a lacrosse pitch, an artificial cricket wicket, as well as a single tennis court and three additional tennis courts, which double as a floodlit training area during winter.

### Balgownie Playing Fields

Situated two miles from the King's campus in the Bridge of Don, Balgownie plays host to football and shinty teams, providing extensive pitches and changing rooms.

### Hillhead Centre

Situated approximately one mile from King's campus next to the Hillhead Halls of Residence, the Hillhead Centre plays host to an exclusive stadium grass football pitch, a full-size sand-dressed synthetic pitch, and an impressive sports pavilion.

We also have a boathouse on the banks of the river Dee which serves the thriving rowing club, as well as a climbing bothy in Royal Deeside.

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