

OLYMPIC	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27	ARENA	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27	ARENA
5.00 - 5.15	Practice Ice (Dance Only) 5.00 - 6.00 SY	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Dance Only) 5.00 - 5.50 SY	LF/RC Group 2B 5.00-5.55	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice NISA Level 1+ 6.00 - 7.00	Practice Ice NISA Level 1+ 6.00 - 7.00	5.00 - 5.15	EVENTS	EVENTS	EVENTS	EVENTS	CONVERSION	Practice Ice NISA Level 1+ 6.00 - 7.00	Practice Ice NISA Level 1+ 7.00 - 8.00	5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								
5.30 - 5.45								5.30 - 5.45								
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9.45 - 10.00	9.45 - 10.00															
10.00 - 10.15	Practice Ice 2S* 10.00-11.00 SKUK8+	Public Session 10.00-11.30	Practice Ice 2S* 10.00-11.00 SKUK8+	Public Session 10.00-11.30	Practice Ice 2S* 10.00-11.00 SKUK8+	Practice Ice 2S* 10.00-11.00 SKUK8+	Public Skating 10.00 - 12.00	10.00 - 10.15	Tots Zone	Public Skating 1.45 - 5.00	Tots Zone	Public Skating 1.45 - 5.00	Practice Ice 2S* 3.15-4.15 SKUK8+	Practice Ice 2S* 4.15-5.15 SKUK8+	10.00 - 10.15	
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11.45 - 12.00	11.45 - 12.00															

OLYMPIC	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2	Sunday 3	ARENA	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2	Sunday 3	ARENA
5.00 - 5.15	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.45	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Group 2B 6.00 - 7.00 CP/SS	Practice Ice Lessons Only 6.00 - 7.00 Max 15 SY/GW	5.00 - 5.15	(Dance Academy) 5.45-7.00 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	JS/CP Group 2A 6.00 - 7.00	Dance Only	Group 3 6.00-7.00 JS/MO	Notts Synchro Academy 6.00-9.30	5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								
5.30 - 5.45	RC/SS/RW/LF Group 4 6.00 - 7.00	JS/LF/RW Group 3 5.50 - 6.50	LF/JS/MO Group 2B 5.50 - 6.50	RC/LF/RW Group 4 6.00 - 7.00	JS/RC Group 3 5.50 - 6.50	Practice Ice 2S* 7.00-8.15 SKUK8+	Practice Ice Lessons Only 7.00 - 8.00 Max 15 SY/GW	5.30 - 5.45	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	JS/CP/RW Group 3 7.00 - 8.00	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 NC	Group 4 7.00-8.00 JS/CP/MO	Notts Synchro Academy 6.00-9.30	5.30 - 5.45
5.45 - 6.00								5.45 - 6.00								
6.00 - 6.15	RC/RW/LF Group 3 7.00 - 8.00	JS/CP Group 2A 6.50-7.50	JS/LF/MO Group 2A 6.50-7.50	RC/LF Group 2B 7.00 - 8.00	JS/RC Group 2A 6.50-7.50	Group 1 8.00-9.00 JS	Practice Ice 2S*/SKUK8+ 9.00-10.00	6.00 - 6.15	Practice Ice 2S* 9.00-10.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	Inspire Hockey Camp 8.15-9.45	Inspire Hockey Camp 8.15-9.45	Inspire Hockey Camp 8.15-9.45	Group 2A 8.10-9.00 JI/MO/CP	Notts Synchro Academy 6.00-9.30	6.00 - 6.15
6.15 - 6.30								6.15 - 6.30								
6.30 - 6.45	Group 1 8.10-9.15 JI	Practice Ice 2S*/SKUK8+ 9.00-10.00	Practice Ice 2S*/SKUK8+ 9.00-9.45	Lessons Only 9.15-9.45	Practice Ice 2S*/SKUK8+ 9.00-9.45	Group 1 8.10-9.15 JS	Skate UK Intensive 10.00-11.00	6.30 - 6.45	Public Skating 10.00 - 12.00	Speed Camp 10.00-11.30	Skate UK Intensive 12.00-1.00	Skate UK Intensive 12.00-1.00	Skate UK Intensive 12.00-1.00	Group 1 9.10-10.00 JI	Notts Synchro Academy 6.00-9.30	6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								
7.00 - 7.15	Practice Ice 2S*/SKUK8+ 10.00-11.00	Practice Ice 2S*/SKUK8+ 10.00-11.00	Skate UK Intensive 10.00-11.00	Skate UK Intensive 10.00-11.00	Skate UK Intensive 10.00-11.00	Public Skating 11.00-5.00 Tots Zone	Public Skating 1.45 - 5.00 Tots Zone	7.00 - 7.15	Public Skating 1.45 - 5.00 Tots Zone	Practice Ice 2S* 11.00-12.00 SKUK8+	Practice Ice 2S* 12.00-1.00 SKUK8+	Skate UK Intensive 12.00-1.00	Skate UK Intensive 12.00-1.00	Skate UK Intensive 12.00-1.00	Notts Synchro Academy 6.00-9.30	7.00 - 7.15
7.15 - 7.30								7.15 - 7.30								
7.30 - 7.45	Public Session 11.15-4.15	Public Session 11.15-4.15	Public Session 11.15-4.15	Public Session 11.15-4.15	Public Session 11.15-4.00	Family Club Session 2.45-5.00 Tots Zone	Public Skating 7.30 - 9.30 Club Night	7.30 - 7.45	Adult Scrimmage 1.30-2.30	Speed Camp 1.30-2.30	Inspire Hockey Camp 1.15-2.15	Inspire Hockey Camp 1.15-2.15	Inspire Hockey Camp 1.15-3.15	EIHA Masters Recreational Ice Hockey Tournament 10.45-20.00	EIHA Masters Recreational Ice Hockey Tournament 10.00-7.30	7.30 - 7.45
7.45 - 8.00								7.45 - 8.00								
8.00 - 8.15	Tots Zone	Tots Zone	Tots Zone	Tots Zone	Tots Zone	RA Private Booking 4.30-5.30	Public Skating Family Session Tots Zone 5.30-7.00	8.00 - 8.15	TC Group 1 2.50-4.00	JS Group 1 2.50-4.00	JS Group 1 2.50-4.00	JS Group 1 2.50-4.00	Field Moves 6.10-6.50 L5-10 CP/JS Field Moves 6.50-7.30 L1-4	Notts Synchro Academy 6.15 - 8.30	Notts Synchro Academy 7.15-8.45	8.00 - 8.15
8.15 - 8.30								8.15 - 8.30								
8.30 - 8.45	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Practice Ice 2S* 4.45-5.45 SKUK8+	Practice Ice 2S* 4.45-5.45 SKUK8+	Practice Ice 2S* 4.45-5.45 SKUK8+	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	8.30 - 8.45	Royal Navy 5.30-6.30	Practice Ice 2S* 6.15-7.15 SKUK8+	Adult Figure Skating Class JB/SS 7.15-8.15	Junior Hockey U13B/15B 8.15 - 9.45	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 8.45 - 10.30	Notts Synchro Academy 7.15-8.45	8.30 - 8.45
8.45 - 9.00								8.45 - 9.00								
9.00 - 9.15	Skate Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK Jnr. Acad 5.45-6.15 CP/SS/RW/RC	Child S8UK Star 5.45-6.15	Skate UK 6.15 - 6.45	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	9.00 - 9.15	Practice Ice 2S* 7.00-8.00 SKUK8+	LF/SS Group 2B 5.00 - 6.00	JS/CP/MO Group 3 5.10 - 6.00	JS/MO/CP Group 2A 5.10-6.00	JS/CP/MO Group 2A 4.10 - 5.10	JS/CP/MO Group 3 5.00 - 6.00	Field Moves 6.10-6.50 L5-10 CP/JS Field Moves 6.50-7.30 L1-4	9.00 - 9.15
9.15 - 9.30								9.15 - 9.30								
9.30 - 9.45	Junior Hockey U9 & U11's 7.15-8.30	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK Jnr. Acad 6.15-6.45	Skate UK 6.45 - 7.15	Skate UK 6.45 - 7.15	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	9.30 - 9.45	Royal Navy 8.30-10.30	Practice Ice 2S* 7.00-8.00 SKUK8+	Speed Club 8.30-9.30	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 8.45 - 10.30	Adult Scrimmage 9.00 - 10.00	9.30 - 9.45
9.45 - 10.00								9.45 - 10.00								
10.00 - 10.15	Nottingham Synchro Academy 8.45-9.45	Jun. Hockey U18's Div 1 9.30-11.00	Barrier Hockey 8.00-8.45 Adult Skate Hockey 8.45-9.30	Jnr. Skate Hockey 8.00-8.45 Adult Play Hockey 8.45-9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	10.00 - 10.15	Royal Navy 8.30-10.30	Practice Ice 2S* 7.00-8.00 SKUK8+	Speed Club 8.30-9.30	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 8.45 - 10.30	Adult Scrimmage 9.00 - 10.00	10.00 - 10.15
10.15 - 10.30								10.15 - 10.30								
10.30 - 10.45	North Stars 10.00-11.00	Jun. Hockey U18's Div 1 9.30-11.00	Barrier Hockey 8.00-8.45 Adult Skate Hockey 8.45-9.30	Jnr. Skate Hockey 8.00-8.45 Adult Play Hockey 8.45-9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	10.30 - 10.45	Royal Navy 8.30-10.30	Practice Ice 2S* 7.00-8.00 SKUK8+	Speed Club 8.30-9.30	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 8.45 - 10.30	Adult Scrimmage 9.00 - 10.00	10.30 - 10.45
10.45 - 11.00								10.45 - 11.00								
11.00 - 11.15	Nottingham Outlaws 10.15-11.15	Jun. Hockey U18's Div 1 9.30-11.00	Barrier Hockey 8.00-8.45 Adult Skate Hockey 8.45-9.30	Jnr. Skate Hockey 8.00-8.45 Adult Play Hockey 8.45-9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	11.00 - 11.15	Royal Navy 8.30-10.30	Practice Ice 2S* 7.00-8.00 SKUK8+	Speed Club 8.30-9.30	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 8.45 - 10.30	Adult Scrimmage 9.00 - 10.00	11.00 - 11.15
11.15 - 11.30								11.15 - 11.30								
11.30 - 11.45	Nottingham Outlaws 10.15-11.15	Jun. Hockey U18's Div 1 9.30-11.00	Barrier Hockey 8.00-8.45 Adult Skate Hockey 8.45-9.30	Jnr. Skate Hockey 8.00-8.45 Adult Play Hockey 8.45-9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	11.30 - 11.45	Royal Navy 8.30-10.30	Practice Ice 2S* 7.00-8.00 SKUK8+	Speed Club 8.30-9.30	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 8.45 - 10.30	Adult Scrimmage 9.00 - 10.00	11.30 - 11.45
11.45 - 12.00								11.45 - 12.00								

MAY/JUNE 2018

STC** - subject to coach on ice during sessions

2S* - Subject to a minimum of 2 skaters on ice during session.

OLYMPIC	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24	ARENA	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24	ARENA									
5.00 - 5.15	Ice Rink Maintenance	Ice Rink Maintenance	Ice Rink Maintenance	Ice Rink Maintenance	Ice Rink Maintenance	Ice Rink Maintenance	Ice Rink Maintenance	5.00 - 5.15	Practice Ice (Dance Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Dance Only) 5.00 - 5.50	Group 2B 5.00-5.55	Practice Ice (Dance Only) 5.00 - 5.50 NC	Group 3 5.00 - 5.50	ARENA	5.00 - 5.15									
5.15 - 5.30								5.15 - 5.30																	
5.30 - 5.45								5.30 - 5.45																	
5.45 - 6.00								5.45 - 6.00																	
6.00 - 6.15								Group 4 6.00 - 7.00	Group 3 5.50-6.45	Group 2B 5.50-6.45	Group 4 5.55-6.50	Group 3 5.50 - 6.50	Group 2B 5.50-6.40	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY/GW		6.00 - 6.15									
6.15 - 6.30																6.15 - 6.30									
6.30 - 6.45								6.30 - 6.45																	
6.45 - 7.00								6.45 - 7.00																	
7.00 - 7.15								Group 3 7.00-8.00	Group 2A 6.45-7.45	Group 2A 6.45-7.45	Group 3 6.50-7.45	Group 2A 6.50-7.50	Group 4 6.40-7.30			Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY/GW	7.00 - 7.15								
7.15 - 7.30																	7.15 - 7.30								
7.30 - 7.45								7.30 - 7.45																	
7.45 - 8.00								7.45 - 8.00																	
8.00 - 8.15								Group 1 8.10-9.15	Group 1 7.55 - 9.00	Group 1 7.55 - 9.00	Group 1 7.55 - 9.00	Group 1 8.00 - 9.00	Group 1 & 2A 7.40-8.40				Sk8UK TotsJnr. Acad 8.15 - 8.45	8.00 - 8.15							
8.15 - 8.30																		8.15 - 8.30							
8.30 - 8.45								8.30 - 8.45																	
8.45 - 9.00								8.45 - 9.00																	
9.00 - 9.15								GB Short Track 9.30-11.15	Public Session 10.00-11.30	GB Short Track 9.15-11.00	Public Session 10.00-11.30	GB Short Track 9.15-11.00	Skate UK 9.45 - 10.15					Skate UK 10.15 - 10.45	9.00 - 9.15						
9.15 - 9.30																			9.15 - 9.30						
9.30 - 9.45								9.30 - 9.45																	
9.45 - 10.00								9.45 - 10.00																	
10.00 - 10.15								SKUK8+ Practice Ice 2S* 11.45 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Public Skating 10.00 - 12.00						Tots Zone	10.00 - 10.15					
10.15 - 10.30																				10.15 - 10.30					
10.30 - 10.45								10.30 - 10.45																	
10.45 - 11.00								10.45 - 11.00																	
11.00 - 11.15								Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 11.00-5.00 Tots Zone							SkateUK 12.30-1.00	11.00 - 11.15				
11.15 - 11.30																					11.15 - 11.30				
11.30 - 11.45								11.30 - 11.45																	
11.45 - 12.00								11.45 - 12.00																	
12.00 - 12.15								Group 1 3.00-4.00	Group 1 3.00-4.00	Practice Ice 2S* 3.00-4.00 SKUK8+	Group 1 3.00-4.00	Group 1 3.00-4.00	Family Club Session 2.45-5.00								Sk8UK Star 1.00 - 1.30	12.00 - 12.15			
12.15 - 12.30																						12.15 - 12.30			
12.30 - 12.45								12.30 - 12.45																	
12.45 - 1.00								12.45 - 1.00																	
1.00 - 1.15								Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45									Public Skating 1.45 - 5.00	1.00 - 1.15		
1.15 - 1.30																							1.15 - 1.30		
1.30 - 1.45								1.30 - 1.45																	
1.45 - 2.00								1.45 - 2.00																	
2.00 - 2.15								Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.00	Group 4 4.10 - 5.00	Group 2 A 4.10 - 5.00	Group 2 A 4.00-4.45	Tots Zone										Public Skating Tots Zone	2.00 - 2.15	
2.15 - 2.30																								2.15 - 2.30	
2.30 - 2.45								2.30 - 2.45																	
2.45 - 3.00								2.45 - 3.00																	
3.00 - 3.15								Group 2B & Dance 5.00 - 5.45	Group 2B & 3 5.00 - 6.00	Group 2A & 3 5.00 - 5.45	Group 3 5.00 - 5.45	Group 2B 4.45-5.30	Clarke & Co Adult Hockey Camp 5.20-7.20											Clarke & Co Adult Hockey Camp 5.30-7.30	3.00 - 3.15
3.15 - 3.30																									3.15 - 3.30
3.30 - 3.45	3.30 - 3.45																								
3.45 - 4.00	3.45 - 4.00																								
4.00 - 4.15	Skate Hockey 6.00 - 7.00	Jun. Hockey U13's 6.30-7.30	Skate UK/Jnr. Acad 5.45-6.15	Skate UK/Jnr. Acad 6.15-6.45	Public Skating Family Session Tots Zone 5.30-7.00	Public Skating 5.30-7.00	Public Skating Tots Zone	4.00 - 4.15																	
4.15 - 4.30								4.15 - 4.30																	
4.30 - 4.45	4.30 - 4.45																								
4.45 - 5.00	4.45 - 5.00																								
5.00 - 5.15	Jun. Hockey U9's & U11's 7.15-8.15	Jun. Hockey U15's & U18's 7.45-8.45	Skate UK 6.45 - 7.15	Skate UK 6.45 - 7.15	Skate UK 7.30-8.00	Skate UK 7.30-8.00		Public Skating 7.30 - 9.30 Club Night	5.00 - 5.15																
5.15 - 5.30									5.15 - 5.30																
5.30 - 5.45	5.30 - 5.45																								
5.45 - 6.00	5.45 - 6.00																								
6.00 - 6.15	Nottingham Synchro Academy 8.45-9.45	Speed Club 9.00-10.00	Skate UK/Jnr. Acad 5.45-6.15	Skate UK/Jnr. Acad 6.15-6.45	Jnr. Skate Hockey 8.00-8.45	Adult Play Hockey 8.45-9.30			Nottingham Synchro Academy 7.45-9.45	6.00 - 6.15															
6.15 - 6.30										6.15 - 6.30															
6.30 - 6.45	6.30 - 6.45																								
6.45 - 7.00	6.45 - 7.00																								
7.00 - 7.15	North Stars 10.00-11.00	Nottingham Phantoms 10.15-11.15	Skate UK 6.45 - 7.15	Skate UK 6.45 - 7.15	Barrier Hockey 8.00-8.45 Adult Skate Hockey 8.45-9.30	Nottingham Outlaws 8.45-9.30				Nottingham Knights 10.00-11.00	7.00 - 7.15														
7.15 - 7.30											7.15 - 7.30														
7.30 - 7.45	7.30 - 7.45																								
7.45 - 8.00	7.45 - 8.00																								
8.00 - 8.15	Nottingham Outlaws 10.15-11.15	Nottingham Outlaws 10.15-11.15	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Jnr. Skate Hockey 8.00-8.45	Adult Play Hockey 8.45-9.30					Nottingham Cyclones 10.00 - 11.00	8.00 - 8.15													
8.15 - 8.30												8.15 - 8.30													
8.30 - 8.45	8.30 - 8.45																								
8.45 - 9.00	8.45 - 9.00																								
9.00 - 9.15	Nottingham Outlaws 10.00-11.00	Nottingham Phantoms 10.15-11.15	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Jnr. Skate Hockey 8.00-8.45	Adult Play Hockey 8.45-9.30						Scrimmage	9.00 - 9.15												
9.15 - 9.30													9.15 - 9.30												
9.30 - 9.45	9.30 - 9.45																								
9.45 - 10.00	9.45 - 10.00																								
10.00 - 10.15	Nottingham Cyclones 10.00 - 11.00	Nottingham Cyclones 10.00 - 11.00	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Jnr. Skate Hockey 8.00-8.45	Adult Play Hockey 8.45-9.30							Nottingham Cyclones 10.00 - 11.00	10.00 - 10.15											
10.15 - 10.30														10.15 - 10.30											
10.30 - 10.45	10.30 - 10.45																								
10.45 - 11.00	10.45 - 11.00																								
11.00 - 11.15	Nottingham Knights 10.00-11.00	Nottingham Knights 10.00-11.00	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Jnr. Skate Hockey 8.00-8.45	Adult Play Hockey 8.45-9.30								Nottingham Knights 10.00-11.00	11.00 - 11.15										
11.15 - 11.30															11.15 - 11.30										
11.30 - 11.45	11.30 - 11.45																								
11.45 - 12.00	11.45 - 12.00																								

JUNE 2018

STC** - subject to coach on ice during sessions

2S* - Subject to a minimum of 2 skaters on ice during session.

