

OLYMPIC	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20	ARENA	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20	ARENA
5.00 - 5.15	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.45			5.00 - 5.15								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 RC/CP	Group 3 5.50 - 6.50 JS/JI	Group 2B 5.50 - 6.50 TG/RC/LF	Group 4 6.00 - 7.00 RC/LF/CP	Group 3 5.50 - 6.50 JS/JI/TG			6.00 - 6.15	Practice Ice NISA Level 1+ 6.00-7.00	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	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 JS/JI/GV	Group 2A 7.00 - 8.00 JS/JI/GV	Group 2A 7.00 - 8.00 JS/JI/GV	Group 2B 7.00 - 8.00 TG/LF/CP	Group 2A 7.00 - 8.00 JS/JI/GV			7.00 - 7.15	Practice Ice 2S* 7.00-8.00 SKUK8+	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	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	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30			8.00 - 8.15	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	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	Group 1 8.40 - 9.50 JS/GV	Group 1 8.40 - 9.50 JS/GV	Group 1 8.40 - 9.50 JI/GV	Group 1 8.40 - 9.50 JS/JI	Group 1 8.40 - 9.50 JS/GV			9.00 - 9.15	Skate UK 8.45-9.15	Skate UK 8.45-9.15	Skate UK 8.45-9.15	Skate UK 8.45-9.15	Skate UK 8.45-9.15	Skate UK 8.45-9.15	Skate UK 8.45-9.15	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								10.00 - 10.15	Parent & Toddler 10.00 - 10.45	Parent & Toddler 10.00 - 10.45	Parent & Toddler 10.00 - 10.45	Parent & Toddler 10.00 - 10.45	Parent & Toddler 10.00 - 10.45	Parent & Toddler 10.00 - 10.45	Parent & Toddler 10.00 - 10.45	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 Session 10.30-12.30	Parent & Toddler Session SS/LS 10.30-11.15 Public Session 10.30-12.30	Public Session 10.30-12.30	Public Session 10.30-12.30	Public Session 10.30-12.30			11.00 - 11.15	Public Skating 10.00 - 12.00 (1 - 1's)	Public Skating 10.00 - 12.00 (1 - 1's)	Public Skating 10.00 - 12.00 (1 - 1's)	Public Skating 10.00 - 12.00 (1 - 1's)	Public Skating 10.00 - 12.00 (1 - 1's)	Public Skating 10.00 - 12.00 (1 - 1's)	Public Skating 10.00 - 12.00 (1 - 1's)	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								12.00 - 12.15	Speed Club 12.30 - 1.30	Speed Club 12.30 - 1.30	Speed Club 12.30 - 1.30	Speed Club 12.30 - 1.30	Speed Club 12.30 - 1.30	Speed Club 12.30 - 1.30	Speed Club 12.30 - 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 - 3.45	Public Skating 1.15 - 3.45	Public Skating 1.15 - 3.45	Public Skating 1.15 - 3.45	Public Skating 1.15 - 3.45			1.00 - 1.15	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15	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								2.00 - 2.15	Public Skating 2.30 - 5.00	Public Skating 2.30 - 5.00	Public Skating 2.30 - 5.00	Public Skating 2.30 - 5.00	Public Skating 2.30 - 5.00	Public Skating 2.30 - 5.00	Public Skating 2.30 - 5.00	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								3.00 - 3.15	Family Disco	Family Session	Family Session	Family Session	Family Session	Family Session	Family Session	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	Lessons Only 4.15-4.45	SKUK8+ Practice Ice 2S* 4.15-5.45 SKUK8+	SKUK8+ Practice Ice 2S* 4.15-5.30 SKUK8+	Panthers 4.15-5.15	Lessons Only 4.15-4.45			4.00 - 4.15	Adult Figure & Dance Class SS/JB 5.30-7.00	Adult Figure & Dance Class SS/JB 5.30-7.00	Adult Figure & Dance Class SS/JB 5.30-7.00	Adult Figure & Dance Class SS/JB 5.30-7.00	Adult Figure & Dance Class SS/JB 5.30-7.00	Adult Figure & Dance Class SS/JB 5.30-7.00	Adult Figure & Dance Class SS/JB 5.30-7.00	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	Ice Dance Class 4.45-5.45 LF/KB							5.00 - 5.15	Junior Hockey U18 Div 2 5.30-7.00	Junior Hockey U18 Div 2 5.30-7.00	Junior Hockey U18 Div 2 5.30-7.00	Junior Hockey U18 Div 2 5.30-7.00	Junior Hockey U18 Div 2 5.30-7.00	Junior Hockey U18 Div 2 5.30-7.00	Junior Hockey U18 Div 2 5.30-7.00	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	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's 6.00 - 7.30	Skate UK/Jnr. Acad 5.45-6.15 TG/RC/CP/KB	Child S8UK Star 5.45-6.15	Junior Hockey U9 & U11's 6.00 - 7.15			6.00 - 6.15	Nottingham Vipers 7.30-8.45	Nottingham Vipers 7.30-8.45	Nottingham Vipers 7.30-8.45	Nottingham Vipers 7.30-8.45	Nottingham Vipers 7.30-8.45	Nottingham Vipers 7.30-8.45	Nottingham Vipers 7.30-8.45	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								7.00 - 7.15	Public Skating 7.30 - 9.30 Club Session	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	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	Skate UK 7.30-8.00	Jun. Hockey U15's 7.45-9.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00				8.00 - 8.15	Nottingham Knights 9.00-10.00	Nottingham Knights 9.00-10.00	Nottingham Knights 9.00-10.00	Nottingham Knights 9.00-10.00	Nottingham Knights 9.00-10.00	Nottingham Knights 9.00-10.00	Nottingham Knights 9.00-10.00	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	Portable Barrier Public Skating 7.30 - 9.30		Scrimmage /Barrier 8.30-9.30					9.00 - 9.15	Nottingham Sheriffs 10.00 - 11.00	Nottingham Sheriffs 10.00 - 11.00	Nottingham Sheriffs 10.00 - 11.00	Nottingham Sheriffs 10.00 - 11.00	Nottingham Sheriffs 10.00 - 11.00	Nottingham Sheriffs 10.00 - 11.00	Nottingham Sheriffs 10.00 - 11.00	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	North Stars 10.00-11.00	Jun. Hockey U18's A 9.30-11.00						10.00 - 10.15	Lions Academy 10.00-11.00	Lions Academy 10.00-11.00	Lions Academy 10.00-11.00	Lions Academy 10.00-11.00	Lions Academy 10.00-11.00	Lions Academy 10.00-11.00	Lions Academy 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								11.00 - 11.15	Jun. Hockey U18'sB 11.15-12.30	Jun. Hockey U18'sB 11.15-12.30	Jun. Hockey U18'sB 11.15-12.30	Jun. Hockey U18'sB 11.15-12.30	Jun. Hockey U18'sB 11.15-12.30	Jun. Hockey U18'sB 11.15-12.30	Jun. Hockey U18'sB 11.15-12.30	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								



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 (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.45			5.00 - 5.15								5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								
5.30 - 5.45								5.30 - 5.45								
5.45 - 6.00	Group 4 6.00 - 7.00 RC/TG/SS	Group 3 5.50 - 6.50 JS/JI/TG	Group 2B 5.50 - 6.50 TG/RC/LF	Group 4 6.00 - 7.00 RC/TG/LF	Group 3 5.50 - 6.50 JS/JI/TG			5.45 - 6.00	Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15					5.45 - 6.00
6.00 - 6.15								6.00 - 6.15								
6.15 - 6.30								6.15 - 6.30								
6.30 - 6.45	Group 3 7.00 - 8.00 JS/JI/TG	Group 2A 7.00 - 8.00 JI/JS/TG	Group 2A 7.00 - 8.00 JI/JS/TG	Group 2B 7.00 - 8.00 TG/RC/LF	Group 2A 7.00 - 8.00 JI/JS/TG			6.30 - 6.45	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY/WC	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Group 2A 6.00 - 7.00 JI/JS	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	TG/RC/CP Group 2B 6.00 - 6.55		6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								
7.00 - 7.15								7.00 - 7.15								
7.15 - 7.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30			7.00 - 7.15	Practice Ice 2S* 7.00-8.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	Group 3 7.00 - 8.00 JS/JI	Practice Ice 2S* 8.00-9.00 SKUK8+	JS/TG/RC Group 3 6.55 - 7.50		7.00 - 7.15
7.30 - 7.45								7.30 - 7.45								
7.45 - 8.00								7.45 - 8.00								
8.00 - 8.15	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30			8.00 - 8.15	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	RC/TG/CP Group 4 8.00 - 9.00		8.00 - 8.15
8.15 - 8.30								8.15 - 8.30								
8.30 - 8.45								8.30 - 8.45								
8.45 - 9.00	Group 1 8.40 - 9.50 JS/JI	Group 1 8.40 - 9.45 JI/JS	Group 1 8.40 - 9.50 JS/JI	Group 1 8.40 - 9.45 JI/JS	Group 1 8.40 - 9.45 JS/JI			8.45 - 9.00	Sk8UK Tots 8.15-8.45	Skate UK 8.45-9.15	Skate UK 9.15 - 9.45					8.45 - 9.00
9.00 - 9.15								9.00 - 9.15								
9.15 - 9.30								9.15 - 9.30								
9.30 - 9.45								9.30 - 9.45	GB Speed 9.15-11.00	GB Speed 9.15-11.00	GB Speed 9.15-11.00	GB Speed 9.15-11.00	GB Speed 9.15-11.00	Panthers 9.15-10.00		9.30 - 9.45
9.45 - 10.00								9.45 - 10.00								
10.00 - 10.15								10.00 - 10.15								
10.15 - 10.30	Public Session 10.30-12.30	Parent & Toddler Session SS/LS 10.30-11.15 Public Session 10.30-12.30	Public Session 10.30-12.30	Public Session 10.30-12.30	Public Session 10.30-12.30			10.15 - 10.30	Parent & Toddler 10.00 - 10.45 Public Skating 10.00 - 12.00 (Families) (1 - 1's)	Public Skating 10.00 - 12.00 (1 - 1's)	Public Skating 10.00 - 12.00 (1 - 1's)					10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								
10.45 - 11.00								10.45 - 11.00								
11.00 - 11.15								11.00 - 11.15	Practice Ice 2S* 11.15-12.15 SKUK8+	Panthers 11.15-12.45	Panthers 11.15-12.45	Panthers 11.15-12.45	Panthers 11.15-12.45	Group 1 11.15- 12.05 JI		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	Practice Ice 2S* 12.15-1.15 SKUK8+					SY/SS/KB Field Moves 12.05-1.00 L1-4		11.45 - 12.00
12.00 - 12.15								12.00 - 12.15								
12.15 - 12.30								12.15 - 12.30								
12.30 - 12.45								12.30 - 12.45	SkateUK 12.30-1.00	Sk8UK Star 1.00 - 1.30						12.30 - 12.45
12.45 - 1.00								12.45 - 1.00								
1.00 - 1.15								1.00 - 1.15								
1.15 - 1.30	Public Skating 1.15 - 3.45	Public Skating 1.15 - 3.45	Public Skating 1.15 - 3.45	Public Skating 1.15 - 3.45	Public Skating 1.15 - 3.45			1.15 - 1.30	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15						1.15 - 1.30
1.30 - 1.45								1.30 - 1.45								
1.45 - 2.00								1.45 - 2.00								
2.00 - 2.15								2.00 - 2.15	Public Skating 2.30 - 5.00	Family Disco						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	Public Skating 2.30 - 5.00	Family Session						2.45 - 3.00
3.00 - 3.15								3.00 - 3.15								
3.15 - 3.30								3.15 - 3.30								
3.30 - 3.45								3.30 - 3.45	Group 1 2.50 - 3.55 JI/JS	Group 1 2.50 - 3.55 JS/JI	Practice Ice 2S* 2.30-3.30 SKUK8+	Group 1 2.50 - 3.55 JI/JS	Group 1 2.50 - 3.55 JS/JI	Notts Synchro Academy 2.15-5.00		3.30 - 3.45
3.45 - 4.00								3.45 - 4.00								
4.00 - 4.15								4.00 - 4.15								
4.15 - 4.30	Lessons Only 4.15-4.45	GB Speed 4.15-5.45	RC/TG/LF Group 4 4.10 - 5.10	GB Speed 4.15-5.30	Lessons Only 4.15-4.45			4.15 - 4.30	JI/JS/CP Group 2 A 4.10 - 5.00	JI/TG/CP Group 2 A 4.10 - 5.10	Private Booking 3.45-4.45 MB	JI/JS/CP Group 2 A 4.10 - 5.00	JS/TG/CP Group 2 A 4.10 - 5.10			4.15 - 4.30
4.30 - 4.45								4.30 - 4.45								
4.45 - 5.00								4.45 - 5.00								
5.00 - 5.15	Ice Dance Class 4.45-5.45 SY/KB							5.00 - 5.15	TG/RC/CP Group 2 B 5.00 - 6.00	JS/JI/TG Group 3 5.10 - 6.00	JI/JS/TG Group 2A 5.10-6.00	JI/JS/CP Group 3 5.00 - 6.00	TG/RC/WC Group 2B 5.20 - 6.20			5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								
5.30 - 5.45								5.30 - 5.45								
5.45 - 6.00	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's 6.00 - 7.30	Skate UK/Jnr. Acad 5.45-6.15SY/RC/CP/WC	Child S8UK Star 5.45-6.15	Junior Hockey U9 & U11's 6.00 - 7.15			5.45 - 6.00	Practice Ice 2S* 6.15-7.15 SKUK8+	TG/CP/KB Group 2B 6.10 - 7.00	JS/JI/TG Group 3 6.10-7.00					5.45 - 6.00
6.00 - 6.15								6.00 - 6.15								
6.15 - 6.30								6.15 - 6.30								
6.30 - 6.45	Skate UK 7.30-8.00	Jun. Hockey U15's 7.45-9.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30			6.30 - 6.45	Adult Figure & Dance Class SS/JB 5.30-7.00		Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 7.15-8.45	Notts Synchro Academy 7.15-8.45	RC/WC/KB Field Moves 6.30-7.30 L5 - L10		6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								
7.00 - 7.15								7.00 - 7.15								
7.15 - 7.30	Portable Barrier Public Skating 7.30 - 9.30							7.15 - 7.30	Speed Club 8.30 - 9.30	Junior Hockey U13B/15B 8.15 - 9.45						7.15 - 7.30
7.30 - 7.45								7.30 - 7.45								
7.45 - 8.00								7.45 - 8.00								
8.00 - 8.15								8.00 - 8.15	Nottingham Knights 8.45-9.45							8.00 - 8.15
8.15 - 8.30								8.15 - 8.30								
8.30 - 8.45								8.30 - 8.45								
8.45 - 9.00			Scrimmage /Barrier 8.30-9.30					8.45 - 9.00	Nottingham Sheriffs 10.00 - 11.00							8.45 - 9.00
9.00 - 9.15								9.00 - 9.15								
9.15 - 9.30								9.15 - 9.30								
9.30 - 9.45		Jun. Hockey U18's A 9.30-11.00						9.30 - 9.45	Nottingham Vipers 10.00-11.15							9.30 - 9.45
9.45 - 10.00								9.45 - 10.00								
10.00 - 10.15								10.00 - 10.15								
10.15 - 10.30	North Stars 10.00-11.00							10.15 - 10.30	Nottingham Phantoms 10.00-11.00							10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								
10.45 - 11.00								10.45 - 11.00								
11.00 - 11.15								11.00 - 11.15								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								11.45 - 12.00

AUG 2017

STC\*\* - subject to coach on ice during sessions

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







OLYMPIC	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10	ARENA	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10	ARENA
5.00 - 5.15	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Dance Only) 5.00 - 5.50	Group 3 5.00-5.55	Practice Ice (Lessons Only) 5.00 - 5.45			5.00 - 5.15					CONVERSION			5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								
5.30 - 5.45	Group 4 6.00 - 7.00	Group 3 5.45 - 6.45	Group 2B 5.45-6.45	Group 4 5.55-6.50	Group 3 5.50 - 6.50			5.30 - 5.45								5.30 - 5.45
5.45 - 6.00								5.45 - 6.00								
6.00 - 6.15	Group 3 7.00 - 8.00	Group 2A 6.45-7.45	Group 2A 6.45-7.45	Group 2B 6.50-7.45	Group 2A 7.00 - 8.00			6.00 - 6.15								6.00 - 6.15
6.15 - 6.30								6.15 - 6.30								
6.30 - 6.45	Lessons Only 8.00 - 8.30	Group 1 7.55 - 9.00	Group 1 7.55 - 9.00	Group 1 7.55 - 9.00	Lessons Only 8.00 - 8.30			6.30 - 6.45								6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								
7.00 - 7.15	Group 1 8.40 - 9.50	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	GB Short Track 9.15-11.15	Group 1 8.40 - 9.50			6.45 - 7.00								6.45 - 7.00
7.15 - 7.30								7.15 - 7.30								
7.30 - 7.45	Parent & Toddler Session SS/MY 10.30-11.15	Panthers 11.15-12.45	Panthers 11.15-12.45	Panthers 11.30-13.00	Lessons Only 8.00 - 8.30			6.60 - 6.15								6.60 - 6.15
7.45 - 8.00								6.60 - 6.15								
8.00 - 8.15	Public Session 10.30-12.30	Parent & Toddler 1.15 - 1.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45			6.60 - 6.15								6.60 - 6.15
8.15 - 8.30								6.60 - 6.15								
8.30 - 8.45	Public Skating 1.15 - 3.45	Group 1 3.00-4.00	Practice Ice 2S* 3.00-4.00 SKUK8+	Group 1 3.00-4.00	GB Short Track 3.00-4.30			6.60 - 6.15								6.60 - 6.15
8.45 - 9.00								6.60 - 6.15								
9.00 - 9.15	Lessons Only 4.15-4.45	Group 2 A 4.10 - 5.00	Group 4 4.10 - 5.00	Group 2 A 4.10 - 5.00	Ice Dance Class 4.45-5.45			6.60 - 6.15								6.60 - 6.15
9.15 - 9.30								6.60 - 6.15								
9.30 - 9.45	Ice Dance Class 4.45-5.45 SY	Group 2B/3 5.00 - 5.45	Group 2A & 3 5.00 - 5.45	Group 3 5.00 - 5.45				6.60 - 6.15								6.60 - 6.15
9.45 - 10.00								6.60 - 6.15								
10.00 - 10.15	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U9 & U11's 6.00 - 7.15			6.60 - 6.15								6.60 - 6.15
10.15 - 10.30								6.60 - 6.15								
10.30 - 10.45	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15 - 6.45	Skate UK 6.45 - 7.15			6.60 - 6.15								6.60 - 6.15
10.45 - 11.00								6.60 - 6.15								
11.00 - 11.15	Portable Barrier Public Skating 7.30 - 9.30	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Skate UK 7.30-8.00				6.60 - 6.15								6.60 - 6.15
11.15 - 11.30								6.60 - 6.15								
11.30 - 11.45	North Stars 10.00-11.00	Jun. Hockey U18's Div 1 9.30-11.00	Scrimmage /Barrier 8.30-9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30			6.60 - 6.15								6.60 - 6.15
11.45 - 12.00								6.60 - 6.15								
1.00 - 1.15	Public Skating 1.15 - 3.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			6.60 - 6.15								6.60 - 6.15
1.15 - 1.30								6.60 - 6.15								
1.30 - 1.45	Public Skating 1.15 - 3.45	Group 1 3.00-4.00	Practice Ice 2S* 3.00-4.00 SKUK8+	Group 1 3.00-4.00	GB Short Track 3.00-4.30			6.60 - 6.15								6.60 - 6.15
1.45 - 2.00								6.60 - 6.15								
2.00 - 2.15	Lessons Only 4.15-4.45	Group 2 A 4.10 - 5.00	Group 4 4.10 - 5.00	Group 2 A 4.10 - 5.00	Ice Dance Class 4.45-5.45			6.60 - 6.15								6.60 - 6.15
2.15 - 2.30								6.60 - 6.15								
2.30 - 2.45	Ice Dance Class 4.45-5.45 SY	Group 2B/3 5.00 - 5.45	Group 2A & 3 5.00 - 5.45	Group 3 5.00 - 5.45				6.60 - 6.15								6.60 - 6.15
2.45 - 3.00								6.60 - 6.15								
3.00 - 3.15	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U9 & U11's 6.00 - 7.15			6.60 - 6.15								6.60 - 6.15
3.15 - 3.30								6.60 - 6.15								
3.30 - 3.45	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15 - 6.45	Skate UK 6.45 - 7.15			6.60 - 6.15								6.60 - 6.15
3.45 - 4.00								6.60 - 6.15								
4.00 - 4.15	Portable Barrier Public Skating 7.30 - 9.30	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Skate UK 7.30-8.00				6.60 - 6.15								6.60 - 6.15
4.15 - 4.30								6.60 - 6.15								
4.30 - 4.45	North Stars 10.00-11.00	Jun. Hockey U18's Div 1 9.30-11.00	Scrimmage /Barrier 8.30-9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30			6.60 - 6.15								6.60 - 6.15
4.45 - 5.00								6.60 - 6.15								
5.00 - 5.15	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U9 & U11's 6.00 - 7.15			6.60 - 6.15								6.60 - 6.15
5.15 - 5.30								6.60 - 6.15								
5.30 - 5.45	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15 - 6.45	Skate UK 6.45 - 7.15			6.60 - 6.15								6.60 - 6.15
5.45 - 6.00								6.60 - 6.15								
6.00 - 6.15	Portable Barrier Public Skating 7.30 - 9.30	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Skate UK 7.30-8.00				6.60 - 6.15								6.60 - 6.15
6.15 - 6.30								6.60 - 6.15								
6.30 - 6.45	North Stars 10.00-11.00	Jun. Hockey U18's Div 1 9.30-11.00	Scrimmage /Barrier 8.30-9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30			6.60 - 6.15								6.60 - 6.15
6.45 - 7.00								6.60 - 6.15								
7.00 - 7.15	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U9 & U11's 6.00 - 7.15			6.60 - 6.15								6.60 - 6.15
7.15 - 7.30								6.60 - 6.15								
7.30 - 7.45	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15 - 6.45	Skate UK 6.45 - 7.15			6.60 - 6.15								6.60 - 6.15
7.45 - 8.00								6.60 - 6.15								
8.00 - 8.15	Portable Barrier Public Skating 7.30 - 9.30	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Skate UK 7.30-8.00				6.60 - 6.15								6.60 - 6.15
8.15 - 8.30								6.60 - 6.15								
8.15 - 8.30	North Stars 10.00-11.00	Jun. Hockey U18's Div 1 9.30-11.00	Scrimmage /Barrier 8.30-9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30			6.60 - 6.15								6.60 - 6.15
8.30 - 8.45								6.60 - 6.15								
8.45 - 9.00	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U9 & U11's 6.00 - 7.15			6.60 - 6.15								6.60 - 6.15
9.00 - 9.15								6.60 - 6.15								
9.15 - 9.30	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15 - 6.45	Skate UK 6.45 - 7.15			6.60 - 6.15								6.60 - 6.15
9.30 - 9.45								6.60 - 6.15								
9.45 - 10.00	Portable Barrier Public Skating 7.30 - 9.30	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Skate UK 7.30-8.00				6.60 - 6.15								6.60 - 6.15
10.00 - 10.15								6.60 - 6.15								
10.00 - 10.15	North Stars 10.00-11.00	Jun. Hockey U18's Div 1 9.30-11.00	Scrimmage /Barrier 8.30-9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30			6.60 - 6.15								6.60 - 6.15
10.15 - 10.30								6.60 - 6.15								
10.30 - 10.45	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U9 & U11's 6.00 - 7.15			6.60 - 6.15								6.60 - 6.15
10.45 - 11.00								6.60 - 6.15								
11.00 - 11.15	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15 - 6.45	Skate UK 6.45 - 7.15			6.60 - 6.15								6.60 - 6.15
11.15 - 11.30								6.60 - 6.15								
11.30 - 11.45	Portable Barrier Public Skating 7.30 - 9.30	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Skate UK 7.30-8.00				6.60 - 6.15								6.60 - 6.15
11.45 - 12.00								6.60 - 6.15								
1.00 - 1.15	Public Skating 1.15 - 3.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			6.60 - 6.15								6.60 - 6.15
1.15 - 1.30								6.60 - 6.15								
1.30 - 1.45	Public Skating 1.15 - 3.45	Group 1 3.00-4.00	Practice Ice 2S* 3.00-4.00 SKUK8+	Group 1 3.00-4.00	GB Short Track 3.00-4.30			6.60 - 6.15								6.60 - 6.15
1.45 - 2.00								6.60 - 6.15								
2.00 - 2.15	Lessons Only 4.15-4.45	Group 2 A 4.10 - 5.00	Group 4 4.10 - 5.00	Group 2 A 4.10 - 5.00	Ice Dance Class 4.45-5.45			6.60 - 6.15								6.60 - 6.15
2.15 - 2.30								6.60 - 6.15								
2.30 - 2.45	Ice Dance Class 4.45-5.45 SY	Group 2B/3 5.00 - 5.45	Group 2A & 3 5.00 - 5.45	Group 3 5.00 - 5.45				6.60 - 6.15								6.60 - 6.15
2.45 - 3.00								6.60 - 6.1								



OLYMPIC	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17	ARENA	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17	ARENA
5.00 - 5.15	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Dance Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.45			5.00 - 5.15	CONVERSION			CONVERSION				5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								
5.30 - 5.45	Group 4 6.00 - 7.00	Group 3 5.50 - 6.50	Group 2B 5.50-6.45	Group 4 6.00 - 7.00	Group 3 5.50 - 6.50			5.30 - 5.45		Dance Only			Dance Only			5.30 - 5.45
5.45 - 6.00								5.45 - 6.00								
6.00 - 6.15	Group 3 7.00 - 8.00	Group 2A 7.00 - 8.00	Group 2A 6.45-7.45	Group 2B 7.00 - 8.00	Group 2A 7.00 - 8.00			6.00 - 6.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				6.00 - 6.15
6.15 - 6.30								6.15 - 6.30								
6.30 - 6.45	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Group 1 7.55 - 9.00	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30			6.30 - 6.45		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								
7.00 - 7.15	Group 1 8.40 - 9.50	Group 1 8.40 - 9.45	GB Short Track	Group 1 8.40 - 9.45	Group 1 8.40 - 9.50			6.45 - 7.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				6.45 - 7.00
7.15 - 7.30								7.15 - 7.30								
7.30 - 7.45	Practice Ice 2S* 11.00-12.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Panthers 11.15-12.45	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+			6.45 - 7.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				6.45 - 7.00
7.45 - 8.00								7.45 - 8.00								
8.00 - 8.15	Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45 Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			7.00 - 7.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.00 - 7.15
8.15 - 8.30								8.15 - 8.30								
8.30 - 8.45	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+	Group 4 4.10 - 5.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+			7.15 - 7.30		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.15 - 7.30
8.45 - 9.00								8.45 - 9.00								
9.00 - 9.15	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Group 2A & 3 5.00 - 5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Ice Dance Class 4.45-5.45			7.30 - 7.45		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.30 - 7.45
9.15 - 9.30								9.15 - 9.30								
9.30 - 9.45	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U11's 6.00 - 7.15 CW			7.45 - 8.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.45 - 8.00
9.45 - 10.00								9.45 - 10.00								
10.00 - 10.15	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30			7.45 - 8.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.45 - 8.00
10.15 - 10.30								10.15 - 10.30								
10.15 - 10.30	Portable Barrier Public Skating 7.30 - 9.30	Scrimmage /Barrier 8.30-9.30						7.45 - 8.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.45 - 8.00
10.30 - 10.45								10.30 - 10.45								
10.30 - 10.45	North Stars 10.00-11.00	Jun. Hockey U18's Div 1 9.30-11.00	Jun. Hockey U20's 10.00 - 11.15	Nottingham Lions 10.00 - 11.45	Lions Academy 10.00-11.00			7.45 - 8.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.45 - 8.00
10.45 - 11.00								10.45 - 11.00								
11.00 - 11.15	Public Skating 7.30 - 9.30							7.45 - 8.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.45 - 8.00
11.15 - 11.30								11.15 - 11.30								
11.15 - 11.30	Public Skating 7.30 - 9.30							7.45 - 8.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.45 - 8.00
11.30 - 11.45								11.30 - 11.45								
11.30 - 11.45	Public Skating 7.30 - 9.30							7.45 - 8.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.45 - 8.00
11.45 - 12.00								11.45 - 12.00								
11.45 - 12.00	Public Skating 7.30 - 9.30							7.45 - 8.00		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				7.45 - 8.00
11.45 - 12.00								11.45 - 12.00								
1.00 - 1.15	Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45 Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
1.15 - 1.30								1.15 - 1.30								
1.30 - 1.45	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+	Group 4 4.10 - 5.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
1.45 - 2.00								1.45 - 2.00								
1.45 - 2.00	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Group 2A & 3 5.00 - 5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Ice Dance Class 4.45-5.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
2.00 - 2.15								2.00 - 2.15								
2.15 - 2.30	Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45 Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
2.30 - 2.45								2.30 - 2.45								
2.30 - 2.45	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+	Group 4 4.10 - 5.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
2.45 - 3.00								2.45 - 3.00								
3.00 - 3.15	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Group 2A & 3 5.00 - 5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Ice Dance Class 4.45-5.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
3.15 - 3.30								3.15 - 3.30								
3.30 - 3.45	Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45 Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
3.30 - 3.45								3.30 - 3.45								
3.45 - 4.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+	Group 4 4.10 - 5.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
4.00 - 4.15								4.00 - 4.15								
4.15 - 4.30	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Group 2A & 3 5.00 - 5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Ice Dance Class 4.45-5.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
4.30 - 4.45								4.30 - 4.45								
4.45 - 5.00	Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45 Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
5.00 - 5.15								5.00 - 5.15								
5.00 - 5.15	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+	Group 4 4.10 - 5.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
5.15 - 5.30								5.15 - 5.30								
5.30 - 5.45	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U11's 6.00 - 7.15 CW			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
5.45 - 6.00								5.45 - 6.00								
6.00 - 6.15	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
6.00 - 6.15								8.00 - 8.15								
6.15 - 6.30	Portable Barrier Public Skating 7.30 - 9.30	Scrimmage /Barrier 8.30-9.30						8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
6.15 - 6.30								8.00 - 8.15								
6.30 - 6.45	Public Skating 7.30 - 9.30							8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
6.30 - 6.45								8.00 - 8.15								
6.45 - 7.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+	Group 4 4.10 - 5.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
7.00 - 7.15								8.00 - 8.15								
7.00 - 7.15	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Group 2A & 3 5.00 - 5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Ice Dance Class 4.45-5.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
7.15 - 7.30								8.00 - 8.15								
7.30 - 7.45	Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45 Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
7.30 - 7.45								8.00 - 8.15								
7.30 - 7.45	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+	Group 4 4.10 - 5.00	GB Short Track 3.00-4.30	Practice Ice 2S* 3.45-4.45 SKUK8+			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
7.45 - 8.00								8.00 - 8.15								
8.00 - 8.15	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U11's 6.00 - 7.15 CW			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
8.00 - 8.15								8.00 - 8.15								
8.15 - 8.30	Skate UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30			8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
8.15 - 8.30								8.00 - 8.15								
8.15 - 8.30	Portable Barrier Public Skating 7.30 - 9.30	Scrimmage /Barrier 8.30-9.30						8.00 - 8.15		Practice Ice NISA Level 1+		Practice Ice NISA Level 1+				8.00 - 8.15
8.30 - 8.45								8.00 - 8.15								
8.30 - 8.4																



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	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Dance Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.45			5.00 - 5.15	Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	CONVERSION		Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15			5.15 - 5.30
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 - 6.50	Group 2B 5.50-6.45	Group 4 6.00 - 7.00	Group 3 5.50 - 6.50	Practice Ice NISA Level 1+ 6.00-7.00	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	6.00 - 6.15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	CONVERSION	Group 2A 6.00 - 7.00	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Group 2B 6.00 - 6.55	Notts Synchro Academy	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 7.00 - 8.00	Group 2A 6.45-7.45	Group 2B 7.00 - 8.00	Group 2A 7.00 - 8.00	Practice Ice 2S* 7.00-8.00 SKUK8+	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	7.00 - 7.15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	CONVERSION	Group 3 7.00 - 8.00	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Group 3 6.55 - 7.50	6.00-8.15	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	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Group 1 7.55 - 9.00	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30		8.00 - 8.15	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	CONVERSION	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	Group 4 8.00 - 9.00	Notts Synchro Academy	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	Group 1 8.40 - 9.50	Group 1 8.40 - 9.45	GB Short Track	Group 1 8.40 - 9.45	Group 1 8.40 - 9.45	Skate UK 8.45 - 9.15	Skate UK 8.45-9.15	9.00 - 9.15	Skate UK 8.45-9.15	Skate UK 8.45-9.15	CONVERSION	GB Short Track	GB Short Track	Panthers 9.15-10.00	Notts Synchro Academy	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	Practice Ice 2S* 11.00-12.00 SKUK8+	Adult Socialice Public Skating 10.00 - 11.30	9.15-11.00	Mavericks Summer Camp 10.00 - 11.30	Mavericks Summer Camp 10.00 - 11.30	Public Skating 10.00 - 12.00	Public Skating 10.00 - 12.00	10.00 - 10.15	Public Skating 10.00 - 12.00	Public Skating 10.00 - 12.00	CONVERSION	GB Short Track	GB Short Track	Group 2A 10.15 - 11.05	Synchro Academy	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	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Panthers 11.15-12.45	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	(1 - 1's)	(1 - 1's)	11.00 - 11.15	SkateUK 12.30-1.00	Sk8UK Star 1.00 - 1.30	CONVERSION	Panthers 11.15-12.45	Panthers 11.15-12.45	Mavericks Summer Camp 12.30-2.00	Mavericks Summer Camp 1.00-2.30	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	Parent & Toddler 1.15 - 1.45 Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45 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 1.30 - 2.15	Public Skating 1.30 - 2.15	12.00 - 12.15	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15	CONVERSION	Practice Ice 2S* 1.30-2.30 SKUK8+	Practice Ice 2S* 1.30 - 2.30 SKUK8+	Notts Synchro Academy 2.15-3.15	Mavericks Summer Camp 4.00-5.30	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	GB Short Track 3.00-4.30	GB Short Track 3.00-4.30	Practice Ice 2S* 3.00-4.00 SKUK8+	Practice Ice 2S* 3.00-4.00 SKUK8+	Practice Ice 2S* 3.00-4.00 SKUK8+	Public Skating 2.30 - 5.00	Public Skating 2.30 - 5.00	1.00 - 1.15	Group 1 2.40-3.55 J/JGV	Group 1 2.50 - 3.55	CONVERSION	Group 1 2.50 - 3.55	Group 1 2.40 - 3.55	Mavericks Summer Camp 3.30-5.00	Mavericks Summer Camp 4.00-5.30	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	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Group 4 4.10 - 5.00	Mavericks Summer Camp 4.00-5.30	Mavericks Summer Camp 4.15-5.45	Mavericks Summer Camp 4.00-5.30	Mavericks Summer Camp 4.15-5.45	2.00 - 2.15	Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.10	CONVERSION	Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.10	Mavericks Summer Camp 3.30-5.00	Mavericks Summer Camp 4.00-5.30	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	EIHA Learn to Play Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Practice Ice 2S* 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U11's 6.00 - 7.15 CW	Public Skating 2.30 - 5.00	Public Skating 2.30 - 5.00	3.00 - 3.15	Group 2 B 5.00 - 6.00	Group 3 5.10 - 6.00	CONVERSION	Notts Synchro Academy 6.15 - 8.15	Notts Synchro Academy 6.10 - 7.00	Nottingham Panthers v Braehead Clan	7.00 Face Off	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 UK 7.30-8.00	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK/Jnr. Acad 5.45-6.15	Skate UK 6.15-6.45	Skate UK 6.45 - 7.15 CW	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	4.00 - 4.15	Adult Figure Skating Class KB/JB 7.00-8.00	Notts Synchro Academy 7.00-8.00	CONVERSION	Notts Synchro Academy 7.00-8.00	Nottingham Panthers v Braehead Clan	7.00 Face Off	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	Portable Barrier Public Skating 7.30 - 9.30	Jun. Hockey U18's Div 1 9.30-11.00	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.45 - 7.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	5.00 - 5.15	Speed Club 8.15-9.15	Junior Hockey U13B/15B 8.15 - 9.45	CONVERSION	Notts Synchro Academy 8.15-9.45	Notts Synchro Academy 8.15-9.45	Nottingham Panthers v Braehead Clan	7.00 Face Off	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	Skate UK 7.30-8.00	Jun. Hockey U18's Div 1 9.30-11.00	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.45 - 7.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	6.00 - 6.15	Nottingham Phantoms 9.30-10.30	CONVERSION	CONVERSION	Notts Synchro Academy 8.15-9.45	Notts Synchro Academy 8.15-9.45	Nottingham Panthers v Braehead Clan	7.00 Face Off	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	Jun. Hockey U20's 10.00 - 11.15	Skate UK 7.30-8.00	Skate UK 6.45 - 7.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	7.00 - 7.15	Nottingham Phantoms 9.30-10.30	CONVERSION	CONVERSION	Notts Synchro Academy 8.15-9.45	Notts Synchro Academy 8.15-9.45	Nottingham Panthers v Braehead Clan	7.00 Face Off	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	Scrimmage /Barrier 8.30-9.30	Jun. Hockey U20's 10.00 - 11.15	Skate UK 7.30-8.00	Skate UK 6.45 - 7.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	8.00 - 8.15	Nottingham Phantoms 9.30-10.30	CONVERSION	CONVERSION	Notts Synchro Academy 8.15-9.45	Notts Synchro Academy 8.15-9.45	Nottingham Panthers v Braehead Clan	7.00 Face Off	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	Lions Academy 10.00-11.00	Jun. Hockey U18'sB 11.15-12.30	Skate UK 7.30-8.00	Skate UK 6.45 - 7.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	9.00 - 9.15	Nottingham Phantoms 9.30-10.30	CONVERSION	CONVERSION	Notts Synchro Academy 8.15-9.45	Notts Synchro Academy 8.15-9.45	Nottingham Panthers v Braehead Clan	7.00 Face Off	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	EIHA Midlands Conference 11.15-01.15		Skate UK 7.30-8.00	Skate UK 6.45 - 7.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	10.00 - 10.15	Nottingham Phantoms 9.30-10.30	CONVERSION	CONVERSION	Notts Synchro Academy 8.15-9.45	Notts Synchro Academy 8.15-9.45	Nottingham Panthers v Braehead Clan	7.00 Face Off	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	EIHA Midlands Conference 11.15-01.15		Skate UK 7.30-8.00	Skate UK 6.45 - 7.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	11.00 - 11.15	Nottingham Phantoms 9.30-10.30	CONVERSION	CONVERSION	Notts Synchro Academy 8.15-9.45	Notts Synchro Academy 8.15-9.45	Nottingham Panthers v Braehead Clan	7.00 Face Off	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								

SEP  
2017

STC\*\* - subject to  
coach on ice  
during sessions

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



OLYMPIC	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 1	ARENA	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 1	ARENA			
5.00 - 5.15	Practice Ice (Lessons Only) 5.00 - 6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessonse Only) 5.00 - 5.50	Group 3 5.00-5.55	Practice Ice (Dance Only) 5.00 - 5.50			5.00 - 5.15	Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Dance Only Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15					5.00 - 5.15			
5.15 - 5.30								5.15 - 5.30								5.15 - 5.30	5.15 - 5.30	5.15 - 5.30	5.15 - 5.30
5.30 - 5.45								5.30 - 5.45								5.30 - 5.45	5.30 - 5.45	5.30 - 5.45	5.30 - 5.45
5.45 - 6.00								5.45 - 6.00								5.45 - 6.00	5.45 - 6.00	5.45 - 6.00	5.45 - 6.00
6.00 - 6.15								6.00 - 6.15								6.00 - 6.15	6.00 - 6.15	6.00 - 6.15	6.00 - 6.15
6.15 - 6.30	Group 4 6.00 - 7.00	Group 3 5.50 - 6.50	Group 2B 5.50 - 6.50	Group 4 5.55-6.50	Group 3 5.50 - 6.50	Group 2B 6.00 - 6.55	Group 2A 6.50-7.45	6.00 - 6.15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15					6.00 - 6.15			
6.15 - 6.30								6.15 - 6.30								6.15 - 6.30	6.15 - 6.30	6.15 - 6.30	6.15 - 6.30
6.30 - 6.45								6.30 - 6.45								6.30 - 6.45	6.30 - 6.45	6.30 - 6.45	6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								6.45 - 7.00	6.45 - 7.00	6.45 - 7.00	6.45 - 7.00
7.00 - 7.15								7.00 - 7.15								7.00 - 7.15	7.00 - 7.15	7.00 - 7.15	7.00 - 7.15
7.15 - 7.30	Group 3 7.00 - 8.00	Group 2A 7.00 - 8.00	Group 2A 7.00 - 8.00	Group 2B 6.50-7.45	Group 2A 6.50-7.45	Group 3 6.55 - 7.50	Group 1 7.55-9.00	7.00 - 7.15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY					7.00 - 7.15			
7.15 - 7.30								7.15 - 7.30								7.15 - 7.30	7.15 - 7.30	7.15 - 7.30	7.15 - 7.30
7.30 - 7.45								7.30 - 7.45								7.30 - 7.45	7.30 - 7.45	7.30 - 7.45	7.30 - 7.45
7.45 - 8.00								7.45 - 8.00								7.45 - 8.00	7.45 - 8.00	7.45 - 8.00	7.45 - 8.00
8.00 - 8.15								8.00 - 8.15								8.00 - 8.15	8.00 - 8.15	8.00 - 8.15	8.00 - 8.15
8.15 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Lessons Only 8.00 - 8.30	Group 1 7.55 - 9.00	Group 1 7.55 - 9.00		Group 1 7.55 - 9.00	8.00 - 8.15	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+	Practice Ice 2S* 8.00-9.00 SKUK8+					8.00 - 8.15			
8.15 - 8.30								8.15 - 8.30								8.15 - 8.30	8.15 - 8.30	8.15 - 8.30	8.15 - 8.30
8.30 - 8.45								8.30 - 8.45								8.30 - 8.45	8.30 - 8.45	8.30 - 8.45	8.30 - 8.45
8.45 - 9.00								8.45 - 9.00								8.45 - 9.00	8.45 - 9.00	8.45 - 9.00	8.45 - 9.00
9.00 - 9.15								Group 1 8.40 - 9.50								Group 1 8.40 - 9.45	Group 1 8.40 - 9.50	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00
9.15 - 9.30	9.15 - 9.30	9.15 - 9.30	9.15 - 9.30	9.15 - 9.30	9.15 - 9.30														
9.30 - 9.45	9.30 - 9.45	9.30 - 9.45	9.30 - 9.45	9.30 - 9.45	9.30 - 9.45														
9.45 - 10.00	9.45 - 10.00	9.45 - 10.00	9.45 - 10.00	9.45 - 10.00	9.45 - 10.00														
10.00 - 10.15	Practice Ice 2S* 11.00-12.00 SKUK8+	Adult Socialice Public Skating 10.00 - 11.30	Practice Ice 2S* 11.00-12.00 SKUK8+	Panthers 11.15-12.45	Panthers 11.15-12.45	(1 - 1's)	Public Skating 10.00 - 12.00		10.00 - 10.15	Parent & Toddler 10.00 - 10.45	Public Skating 10.00 - 12.00	(Families)							
10.15 - 10.30								10.15 - 10.30	10.15 - 10.30							10.15 - 10.30	10.15 - 10.30	10.15 - 10.30	
10.30 - 10.45								10.30 - 10.45	10.30 - 10.45							10.30 - 10.45	10.30 - 10.45	10.30 - 10.45	
10.45 - 11.00								10.45 - 11.00	10.45 - 11.00							10.45 - 11.00	10.45 - 11.00	10.45 - 11.00	
11.00 - 11.15								11.00 - 11.15	11.00 - 11.15							11.00 - 11.15	11.00 - 11.15	11.00 - 11.15	
11.15 - 11.30	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Panthers 11.15-12.45	Panthers 11.15-12.45	(1 - 1's)	Speed Club 12.30 - 1.30	11.00 - 11.15	SkateUK 12.30-1.00	Sk8UK Star 1.00 - 1.30						11.00 - 11.15			
11.15 - 11.30								11.15 - 11.30								11.15 - 11.30	11.15 - 11.30	11.15 - 11.30	11.15 - 11.30
11.30 - 11.45								11.30 - 11.45								11.30 - 11.45	11.30 - 11.45	11.30 - 11.45	11.30 - 11.45
11.45 - 12.00								11.45 - 12.00								11.45 - 12.00	11.45 - 12.00	11.45 - 12.00	11.45 - 12.00
12.00 - 12.15								12.00 - 12.15								12.00 - 12.15	12.00 - 12.15	12.00 - 12.15	12.00 - 12.15
12.15 - 12.30	Public Skating 1.15 - 2.45	Parent & Toddler 1.15 - 1.45 Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Notts Synchro Academy 1.30 - 2.15	Notts Synchro Academy 1.30 - 2.15	12.00 - 12.15	Practice Ice 2S* 1.30-2.30 SKUK8+	Practice Ice 2S* 1.30-2.30 SKUK8+						12.00 - 12.15			
12.15 - 12.30								12.15 - 12.30								12.15 - 12.30	12.15 - 12.30	12.15 - 12.30	12.15 - 12.30
12.30 - 12.45								12.30 - 12.45								12.30 - 12.45	12.30 - 12.45	12.30 - 12.45	12.30 - 12.45
12.45 - 1.00								12.45 - 1.00								12.45 - 1.00	12.45 - 1.00	12.45 - 1.00	12.45 - 1.00
1.00 - 1.15								GB Short Track 3.00-4.30								Practice Ice 2S* 3.00-4.00 SKUK8+	Practice Ice 2S* 3.00-4.00 SKUK8+	Group 1 3.00-4.00	Group 1 3.00-4.00
1.15 - 1.30	1.15 - 1.30	1.15 - 1.30	1.15 - 1.30	1.15 - 1.30	1.15 - 1.30														
1.30 - 1.45	1.30 - 1.45	1.30 - 1.45	1.30 - 1.45	1.30 - 1.45	1.30 - 1.45														
1.45 - 2.00	1.45 - 2.00	1.45 - 2.00	1.45 - 2.00	1.45 - 2.00	1.45 - 2.00														
2.00 - 2.15	2.00 - 2.15	2.00 - 2.15	2.00 - 2.15	2.00 - 2.15	2.00 - 2.15														
2.15 - 2.30	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Practice Ice 2S* 4.45-5.45 SKUK8+	Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.00	2.15 - 2.30	Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.10						2.15 - 2.30			
2.30 - 2.45								2.30 - 2.45								2.30 - 2.45	2.30 - 2.45	2.30 - 2.45	2.30 - 2.45
2.45 - 3.00								2.45 - 3.00								2.45 - 3.00	2.45 - 3.00	2.45 - 3.00	2.45 - 3.00
3.00 - 3.15								3.00 - 3.15								3.00 - 3.15	3.00 - 3.15	3.00 - 3.15	3.00 - 3.15
3.15 - 3.30								3.15 - 3.30								3.15 - 3.30	3.15 - 3.30	3.15 - 3.30	3.15 - 3.30
3.30 - 3.45	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 5.45-6.15	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Junior Hockey U11's 6.00 - 7.15 JG/JU	Junior Hockey Match 5.30-7.15	Junior Hockey Match 5.30-7.00	3.30 - 3.45	Practice Ice 2S* 6.15-7.15 SKUK8+	Group 2B 6.10 - 7.00						3.30 - 3.45			
3.45 - 4.00								3.45 - 4.00								3.45 - 4.00	3.45 - 4.00	3.45 - 4.00	3.45 - 4.00
4.00 - 4.15								4.00 - 4.15								4.00 - 4.15	4.00 - 4.15	4.00 - 4.15	4.00 - 4.15
4.15 - 4.30								4.15 - 4.30								4.15 - 4.30	4.15 - 4.30	4.15 - 4.30	4.15 - 4.30
4.30 - 4.45								4.30 - 4.45								4.30 - 4.45	4.30 - 4.45	4.30 - 4.45	4.30 - 4.45
4.45 - 5.00	Jun. Hockey U15's Div 1 7.45-9.15	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Adult Learn to Play Ice Hockey Portable Barrier Public Skating 7.30 - 9.30	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	4.45 - 5.00	Adult Figure Skating Class SS/JB 7.15-8.15	Notts Synchro Academy 7.00-8.00	Nottingham Panthers v Belfast Giants	NICK CAVE & THE BAD SEEDS	EVENT	Notts Synchro Academy 2.15-5.00		4.45 - 5.00			
5.00 - 5.15								5.00 - 5.15								5.00 - 5.15	5.00 - 5.15	5.00 - 5.15	5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								5.15 - 5.30	5.15 - 5.30	5.15 - 5.30	5.15 - 5.30
5.30 - 5.45								5.30 - 5.45								5.30 - 5.45	5.30 - 5.45	5.30 - 5.45	5.30 - 5.45
5.45 - 6.00								5.45 - 6.00								5.45 - 6.00	5.45 - 6.00	5.45 - 6.00	5.45 - 6.00
6.00 - 6.15	Jun. Hockey U18's Div 1 9.30-11.00	Scrimmage /Barrier 8.30-9.30	Scrimmage /Barrier 8.30-9.30	Nottingham Lions 10.00 - 11.45	Lions Academy 10.00-11.00	Lions Academy 10.00-11.00	Lions Academy 10.00-11.00	5.45 - 6.00	Speed Club 8.30 - 9.30	Junior Hockey U13B/15B 8.15 - 9.45	7.30 Face Off					5.45 - 6.00			
6.15 - 6.30								6.15 - 6.30								6.15 - 6.30	6.15 - 6.30	6.15 - 6.30	6.15 - 6.30
6.30 - 6.45								6.30 - 6.45								6.30 - 6.45	6.30 - 6.45	6.30 - 6.45	6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								6.45 - 7.00	6.45 - 7.00	6.45 - 7.00	6.45 - 7.00
7.00 - 7.15								7.00 - 7.15								7.00 - 7.15	7.00 - 7.15	7.00 - 7.15	7.00 - 7.15
7.15 - 7.30	North Stars 10.00-11.00	Jun. Hockey U20's 10.00 - 11.15	Jun. Hockey U20's 10.00 - 11.15	Nottingham Lions 10.00 - 11.45	Nottingham Lions 10.00-11.00	Nottingham Lions 10.00-11.00	Nottingham Lions 10.00-11.00	6.00 - 6.15	Nottingham Outlaws 9.45-10.45	Nottingham Phantoms 10.00-11.00						6.00 - 6.15			
7.30 - 7.45								7.30 - 7.45								7.30 - 7.45	7.30 - 7.45	7.30 - 7.45	7.30 - 7.45
7.45 - 8.00								7.45 - 8.00								7.45 - 8.00	7.45 - 8.00	7.45 - 8.00	7.45 - 8.00
8.00 - 8.15								8.00 - 8.15								8.00 - 8.15	8.00 - 8.15	8.00 - 8.15	8.00 - 8.15
8.15 - 8.30								8.15 - 8.30								8.15 - 8.30	8.15 - 8.30	8.15 - 8.30	8.15 - 8.30
8.30 - 8.45	Jun. Hockey U18'sB 11.15-12.30							8.15 - 8.30	Mavericks Scrimmage 11.00-12.00							8.15 - 8.30			
8.45 - 9.00								8.45 - 9.00								8.45 - 9.00	8.45 - 9.00	8.45 - 9.00	8.45 - 9.00
9.00 - 9.15								9.00 - 9.15								9.00 - 9.15	9.00 - 9.15	9.00 - 9.15	9.00 - 9.15
9.15 - 9.30								9.15 - 9.30								9.15 - 9.30	9.15 - 9.30	9.15 - 9.30	9.15 - 9.30
9.30 - 9.45								9.30 - 9.45								9.30 - 9.45	9.30 - 9.45	9.30 - 9.45	9.30 - 9.45
9.45 - 10.00	EIHA Midlands Conference 11.15-01.15							9.45 - 10.00	Sep/Oct 2017	STC** - subject to coach on ice during sessions	2S* - Subject to a minimum of 2 skaters on ice during session.					9.45 - 10.00			
10.00 - 10.15								10.00 - 10.15								10.00 - 10.15	10.00 - 10.15	10.00 - 10.15	10.00 - 10.15
10.15 - 10.30								10.15 - 10.30								10.15 - 10.30	10.15 - 10.30	10.15 - 10.30	10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								10.30 - 10.45	10.30 - 10.45	10.30 - 10.45	10.30 - 10.45
10.45 - 11.00								10.45 - 11.00								10.45 - 11.00	10.45 - 11.00	10.45 - 11.00	10.45 - 11.00
11.00 - 11.15	EIHA Midlands Conference 11.15-01.15							11.00 - 11.15	Mavericks Scrimmage 11.00-12.00							11.00 - 11.15			
11.15 - 11.30								1											