

OLYMPIC	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28	ARENA	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28	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 - 5.50	Group 3 5.00 - 5.50 JS/MO/CP		5.00 - 5.15								5.00 - 5.15
5.15 - 5.30						Group 2B 5.50-6.40 JS/MO/CP		5.15 - 5.30								5.15 - 5.30
5.30 - 5.45						Group 4 6.00 - 7.00 RC/LK/SS		5.30 - 5.45								5.30 - 5.45
5.45 - 6.00						Group 4 6.00 - 7.00 RC/LK/SS		5.45 - 6.00								5.45 - 6.00
6.00 - 6.15	Group 4 6.00 - 7.00 RC/LK/SS	Group 3 5.50-6.45 JS/J/LK	Group 2B 5.50-6.45 LK/JS/MO	Group 4 6.00 - 7.00 RC/LK/SS	Group 3 5.50 - 6.50 JS/J/RC	Group 4 6.40-7.30 MO/CP/SS	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	6.00 - 6.15	(Dance Academy) 6.00-7.00 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Group 2A 6.00 - 7.00 JI/JS	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 NC			6.00 - 6.15
6.15 - 6.30							Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	6.15 - 6.30								6.15 - 6.30
6.30 - 6.45							Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	6.30 - 6.45								6.30 - 6.45
6.45 - 7.00							Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15	6.45 - 7.00								6.45 - 7.00
7.00 - 7.15	Group 3 7.00 - 7.45 RC/LK/SS	Group 2A 6.45-7.45 JS/J/LK	Group 2A 6.45-7.45 JI/JS/MO	Group 2B 7.00 - 8.00 LK/SS	Group 2A 6.50-7.50 JS/J/RC	Group 1 & 2A 7.40-8.40 JI/MO/CP	Sk8UK Tots Jnr. Acad 8.15 - 8.45 SY/KK/SS/TK	7.00 - 7.15								7.00 - 7.15
7.15 - 7.30							Skate UK/Jnr. Acad 8.45-9.15	7.15 - 7.30								7.15 - 7.30
7.30 - 7.45							Skate UK 9.15 - 9.45	7.30 - 7.45								7.30 - 7.45
7.45 - 8.00							Skate UK 9.45 - 10.15	7.45 - 8.00								7.45 - 8.00
8.00 - 8.15							Skate UK 10.15 - 10.45	8.00 - 8.15								8.00 - 8.15
8.15 - 8.30	Group 1 8.10-9.15 RC	Group 1 7.55 - 9.00 JI/JS	Group 1 7.55 - 9.00 JI/JS	Group 1 8.10-9.15 JI/JS	Group 1 8.00-9.00 JI/JS		Public Skating 10.00 - 12.00	8.15 - 8.30								8.15 - 8.30
8.30 - 8.45								8.30 - 8.45								8.30 - 8.45
8.45 - 9.00								8.45 - 9.00								8.45 - 9.00
9.00 - 9.15								9.00 - 9.15								9.00 - 9.15
9.15 - 9.30								9.15 - 9.30								9.15 - 9.30
9.30 - 9.45								9.30 - 9.45								9.30 - 9.45
9.45 - 10.00	GB Short Track 9.30-11.00	Practice Ice 2S*/SKUK8+ 9.00-9.45	Practice Ice 2S*/SKUK8+ 9.00-9.45	Practice Ice 2S* 9.30-10.45 SKUK8+	Practice Ice 2S* 9.30-10.45 SKUK8+	Speed Club 8.50-9.45		9.45 - 10.00								9.45 - 10.00
10.00 - 10.15								10.00 - 10.15								10.00 - 10.15
10.15 - 10.30								10.15 - 10.30								10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								10.30 - 10.45
10.45 - 11.00								10.45 - 11.00								10.45 - 11.00
11.00 - 11.15								11.00 - 11.15								11.00 - 11.15
11.15 - 11.30								11.15 - 11.30								11.15 - 11.30
11.30 - 11.45								11.30 - 11.45								11.30 - 11.45
11.45 - 12.00								11.45 - 12.00								11.45 - 12.00
12.00 - 12.15								12.00 - 12.15								12.00 - 12.15
12.15 - 12.30								12.15 - 12.30								12.15 - 12.30
12.30 - 12.45								12.30 - 12.45								12.30 - 12.45
12.45 - 1.00								12.45 - 1.00								12.45 - 1.00
1.00 - 1.15								1.00 - 1.15								1.00 - 1.15
1.15 - 1.30	Public Session 11.15-3.45	Public Session 11.15-3.45	Public Session 11.15-3.45	Public Session 11.15-3.45	Public Session 11.15-3.45	Public Skating 11.00-5.00 Tots Zone		1.15 - 1.30								1.15 - 1.30
1.30 - 1.45								1.30 - 1.45								1.30 - 1.45
1.45 - 2.00								1.45 - 2.00								1.45 - 2.00
2.00 - 2.15								2.00 - 2.15								2.00 - 2.15
2.15 - 2.30								2.15 - 2.30								2.15 - 2.30
2.30 - 2.45								2.30 - 2.45								2.30 - 2.45
2.45 - 3.00								2.45 - 3.00								2.45 - 3.00
3.00 - 3.15								3.00 - 3.15								3.00 - 3.15
3.15 - 3.30								3.15 - 3.30								3.15 - 3.30
3.30 - 3.45								3.30 - 3.45								3.30 - 3.45
3.45 - 4.00								3.45 - 4.00								3.45 - 4.00
4.00 - 4.15								4.00 - 4.15								4.00 - 4.15
4.15 - 4.30								4.15 - 4.30								4.15 - 4.30
4.30 - 4.45								4.30 - 4.45								4.30 - 4.45
4.45 - 5.00								4.45 - 5.00								4.45 - 5.00
5.00 - 5.15	Ice Dance Class 4.45-5.45 SY	Practice Ice 2S* 4.15-5.45 SKUK8+	Practice Ice 2S* 4.30-5.30 SKUK8+	Practice Ice 2S* 4.15-5.30 SKUK8+	Practice Ice 2S* 4.15-5.15 SKUK8+			5.00 - 5.15								5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								5.15 - 5.30
5.30 - 5.45								5.30 - 5.45								5.30 - 5.45
5.45 - 6.00								5.45 - 6.00								5.45 - 6.00
6.00 - 6.15								6.00 - 6.15								6.00 - 6.15
6.15 - 6.30								6.15 - 6.30								6.15 - 6.30
6.30 - 6.45								6.30 - 6.45								6.30 - 6.45
6.45 - 7.00								6.45 - 7.00								6.45 - 7.00
7.00 - 7.15								7.00 - 7.15								7.00 - 7.15
7.15 - 7.30								7.15 - 7.30								7.15 - 7.30
7.30 - 7.45								7.30 - 7.45								7.30 - 7.45
7.45 - 8.00								7.45 - 8.00								7.45 - 8.00
8.00 - 8.15								8.00 - 8.15								8.00 - 8.15
8.15 - 8.30								8.15 - 8.30								8.15 - 8.30
8.30 - 8.45								8.30 - 8.45								8.30 - 8.45
8.45 - 9.00								8.45 - 9.00								8.45 - 9.00
9.00 - 9.15								9.00 - 9.15								9.00 - 9.15
9.15 - 9.30								9.15 - 9.30								9.15 - 9.30
9.30 - 9.45								9.30 - 9.45								9.30 - 9.45
9.45 - 10.00								9.45 - 10.00								9.45 - 10.00
10.00 - 10.15								10.00 - 10.15								10.00 - 10.15
10.15 - 10.30								10.15 - 10.30								10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								10.30 - 10.45
10.45 - 11.00								10.45 - 11.00								10.45 - 11.00
11.00 - 11.15								11.00 - 11.15								11.00 - 11.15
11.15 - 11.30								11.15 - 11.30								11.15 - 11.30
11.30 - 11.45								11.30 - 11.45								11.30 - 11.45
11.45 - 12.00								11.45 - 12.00								11.45 - 12.00
																22.10.18

OCTOBER 2018

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





OLYMPIC	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18	ARENA	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18	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 - 5.50			5.00 - 5.15	(Dance Academy) 6.00-7.00 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	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								6.00 - 6.15								
6.15 - 6.30	Group 4 6.00 - 7.00	Group 3 5.50-6.45	Group 2B 5.50-6.45	Group 4 6.00 - 7.00	Group 3 5.50 - 6.50	Group 2B 6.00 - 7.00	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	6.00 - 6.15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	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
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 8.10-9.15	Group 1 8.00-9.00		Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY		8.00 - 8.15	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	
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								Practice Ice 2S* 10.00-11.30 SKUK8+	Public Session 10.00-11.30							Practice Ice 2S* 9.15-10.15 SKUK8+
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+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Skate with the Panthers 11.30-12.30	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 11.00-12.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+			10.00 - 10.15	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+	Practice Ice 2S* 12.00 - 1.00 SKUK8+	
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
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	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 1.15 - 2.45				12.00 - 12.15	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	
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
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	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 1.15 - 2.45					2.00 - 2.15	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	
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								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
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	Practice Ice 2S* 3.45-4.45 SKUK8+	Practice Ice 2S* 3.45-4.45 SKUK8+	Practice Ice 2S* 4.15-5.30 SKUK8+	Practice Ice 2S* 4.30-5.30 SKUK8+	Practice Ice 2S* 3.15-4.15 SKUK8+	Practice Ice 2S* 4.15-5.15 SKUK8+	Practice Ice 2S* 4.15-5.15 SKUK8+						4.00 - 4.15	Practice Ice 2S* 4.15-5.15 SKUK8+	Practice Ice 2S* 4.15-5.15 SKUK8+	
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	Practice Ice 2S* 4.45-5.45 SKUK8+	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Public Skating Family Session 5.30-7.00	Public Skating Family Session 5.30-7.00			Public Skating Family Session 5.30-7.00
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 Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15-6.45	Nottingham Junior Ice Hockey U15 Div 2 5.30-7.15	Nottingham Junior Ice Hockey U15 Div 2 5.30-7.15	Nottingham Junior Ice Hockey U15 Div 2 5.30-7.15							6.00 - 6.15	Nottingham Junior Ice Hockey U15 Div 2 5.30-7.15	
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								Junior Hockey U9 & U11's 7.15-8.30	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK 7.30-8.00	Skate UK 7.30-8.00	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night		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 Synchro Academy 8.45-9.45	Jun. Hockey U18's Div 1 9.30-11.00	Public Skating 7.30 - 9.30	Jnr. Play Hockey 8.00-8.45 Adult Play Hockey 8.45-9.30	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night								8.00 - 8.15	Public Skating 7.30 - 9.30 Club Night
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								North Stars 10.00-11.00	Jun. Hockey U20 10.00-11.15	Sen. Hockey Lions 10.00 - 11.30	Lions Academy 10.00-11.00	Nottingham Cyclones 10.00 - 11.00	Nottingham Cyclones 10.00 - 11.00	Nottingham Cyclones 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	Mavericks E Team 11.15-12.15														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								Mavericks C/D Teams 10.45-12.15							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															

NOVEMBER 2018

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

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

23.10.18



OLYMPIC	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 1	Sunday 2	ARENA	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 1	Sunday 2	ARENA
5.00 - 5.15	Practice Ice (Dance Only) 5.00-6.00	Practice Ice (Lessons Only) 5.00 - 5.50	Practice Ice (Lessons Only) 5.00 - 5.50	Group 2B 5.00-5.55	Practice Ice (Dance Only) 5.00 - 5.50	Group 3 5.00 - 5.50		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 - 6.50	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	6.00 - 6.15			CONVERSION					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 6.50-7.50	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	7.00 - 7.15								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	Group 1 8.00-9.00	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		8.00 - 8.15								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 9.15-11.00	GB Short Track 9.15-11.00	Nottingham Panthers 10.00-10.45	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	Speed Club 8.50-9.45		9.15 - 9.30								9.15 - 9.30
9.15 - 9.30								9.15 - 9.30								
9.30 - 9.45								9.30 - 9.45								
9.45 - 10.00								9.45 - 10.00								
10.00 - 10.15	Nottingham Panthers 11.15-12.00	Nottingham Panthers 11.15-12.45	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Nottingham Panthers 11.15-12.45	Nottingham Panthers 11.15-12.45	Skate UK 9.45 - 10.15		10.00 - 10.15								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	Skate UK 12.15-12.45	SKUK Practice				Public Skating 11.00-5.00		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								
12.00 - 12.15	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			12.00 - 12.15								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	Group 1 3.00-4.00	Group 1 3.00-4.00	UON Ice Skating Society 3.00-4.00	Group 1 3.00-4.00	Group 1 3.00-4.00	Family Club Session 2.45-5.00		1.00 - 1.15								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	Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.00	Group 2 A 4.15- 5.00	Group 2 A 4.10 - 5.00	Group 2 A 4.00-4.45			2.00 - 2.15								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 - 5.45	Skate UK/Jnr. Acad 5.45-6.15	Child S8UK Star 5.45-6.15	Group 2B 4.45-5.30	Nottingham Junior Ice Hockey 5.30-7.15		3.00 - 3.15								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 Div 1 6.00-7.30	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15 - 6.45	Public Skating Family Session 5.30-7.00	Nottingham Junior Ice Hockey U13's Div 2 5.30-7.15		4.00 - 4.15								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 7.15-8.30	Jun. Hockey U15's Div 1 7.45-9.15	Skate UK 7.30-8.00	Skate UK 7.30-8.30	Public Skating 7.30 - 9.30 Club Night	Nottingham Junior Ice Hockey U18 Div 1 7.30-9.45		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	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. Play Hockey 8.00-8.45	Adult Play Hockey 8.45-9.30		6.00 - 6.15								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	North Stars 10.00-11.00	Mavericks A/B Teams 11.15-12.45	Mavericks E Team 11.15-12.15	Jun. Hockey U20 10.00-11.15	Sen. Hockey Lions 10.00 - 11.30	Lions Academy 10.00-11.00		7.00 - 7.15								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	Mavericks In House Match 7.30-9.30	Nottingham Knights 9.45-10.45						8.00 - 8.15								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	Mavericks C/D Teams 11.45-01.15							9.00 - 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	EIHA Midlands Conference 11.15-1.15							10.00 - 10.15								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	U11 Trial							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								

NOV/DEC 2018  
 STC\*\* - subject to coach on ice during sessions  
 2S\* - Subject to a minimum of 2 skaters on ice during session.

OLYMPIC	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9	ARENA	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9	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	Group 2B 5.00-5.55	Practice Ice (Dance Only) 5.00 - 5.50	Group 3 5.00 - 5.50		5.00 - 5.15	CONVERSION							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	6.00 - 6.15	(Dance Academy) 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					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	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	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	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 Tots/Jnr. Acad 8.15 - 8.45	8.00 - 8.15	Lessons Only 8.00 - 8.30	Practice Ice 2S* 8.00-9.00	Practice Ice 2S* 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								8.45 - 9.00								
9.00 - 9.15			GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	Speed Club 8.50-9.45	Skate UK 8.45-9.15	9.00 - 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	Practice Ice 2S* 10.00-11.00 SKUK8+	Public Session 10.00-11.30				Skate UK 9.45 - 10.15	Skate UK 10.15 - 10.45	10.00 - 10.15	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	Panthers 9.30-11.00					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	Practice Ice 2S* 11.00-12.00 SKUK8+							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								
12.00 - 12.15	Skate UK 12.15-12.45 SKUK Practice	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Skate with the Panthers 11.30-12.30	Nottingham Panthers 11.15-12.45	Nottingham Panthers 11.15-12.45			12.00 - 12.15	Practice Ice 2S* 12.00-1.00 SKUK8+							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 11.00-5.00		1.15 - 1.30								1.15 - 1.30
1.15 - 1.30								1.15 - 1.30								
1.30 - 1.45								1.30 - 1.45								
1.45 - 2.00								1.45 - 2.00								
2.00 - 2.15		Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45	Public Skating 1.15 - 2.45			2.00 - 2.15								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			UON Ice Skating Society 3.00-4.00	Group 1 3.00-4.00	Group 1 3.00-4.00	Family Club Session 2.45-5.00		3.00 - 3.15	Group 1 2.50-4.00	Group 1 2.50-4.00		STEPBACK! THE 90'S	JEFF WAYNE'S THE WAR OF THE WORLDS	DEF LEPPARD	MARIAH CAREY	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	Practice Ice 2S* 3.45-4.45 SKUK8+	Practice Ice 2S* 3.45-4.45 SKUK8+						4.00 - 4.15								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	Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Practice Ice 2S* 4.15-5.30 SKUK8+	Group 2 A 4.10 - 5.00	Group 2B 4.45-5.30			5.00 - 5.15	Group 2 A 4.10 - 5.00	Group 2 A 4.10 - 5.10	Group 4 4.10 - 5.10					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 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	Public Skating Family Session 5.30-7.00	Nottingham Junior Ice Hockey U11's 5.30-7.15		6.00 - 6.15	Practice Ice 2S* 6.15-7.15 SKUK8+	Group 2B 6.10 - 7.00	Group 2A 5.10-6.00					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	Jun. Hockey U9's & 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 6.15 - 6.45				7.00 - 7.15	Adult Figure Skating Class JB/SS 7.15-8.15	Notts Synchro Academy 7.00-8.00	Notts Synchro Academy 7.15-8.45					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 Synchro Academy 8.45-9.45	Jun. Hockey U18's Div 1 9.30-11.00	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30	Public Skating 7.30 - 9.30 Club Night	Public Skating 7.30 - 9.30 Club Night		8.00 - 8.15								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			Barrier Hockey 8.00-8.45 Adult Skate Hockey 8.45-9.30	Jnr. Play Hockey 8.00-8.45 Adult Play Hockey 8.45-9.30				9.00 - 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	North Stars 10.00-11.00		Jun. Hockey U20 10.00-11.15	Sen. Hockey Lions 10.00 - 11.30	Lions Academy 10.00-11.00	Nottingham Cyclones 10.00 - 11.00		10.00 - 10.15	Mavericks A/B Teams 9.45-11.15	Nottingham Phantoms 10.00-11.00	CONVERSION					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								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								
	Mavericks E Team 11.15-12.15			Mavericks C/D Teams 11.45-01.15	Jun. Hockey U18B 11.15-12.30	EIHA Midlands Conference 11.15-1.15 U13 Trial		11.15 - 11.30								11.15 - 11.30
								11.30 - 11.45								
								11.30 - 11.45								
								11.45 - 12.00								
								DECEMBER 2018	STC** - subject to coach on ice during sessions	2S* - Subject to a minimum of 2 skaters on ice during session.						6.9.18







OLYMPIC	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30	ARENA	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30	ARENA																																																											
5.00 - 5.15	Practice Ice (Dance Only) 5.00 - 6.00	CHRISTMAS DAY CLOSED	BOXING DAY CLOSED					5.00 - 5.15	EVENT LOAD IN	CHRISTMAS DAY CLOSED	BOXING DAY	LOAD IN	ELF THE MUSICAL	ELF THE MUSICAL	ELF THE MUSICAL	5.00 - 5.15																																																											
5.15 - 5.30								5.00 - 5.15																																																																			
5.30 - 5.45	Group 4 6.00 - 7.00																			5.15 - 5.30																																																							
5.45 - 6.00																				5.15 - 5.30																																																							
6.00 - 6.15	Group 2B & 3 7.00 - 8.00																								5.30 - 5.45																																																		
6.15 - 6.30																									5.30 - 5.45																																																		
6.30 - 6.45	Group 1 & 2A 8.10-9.15																													5.45 - 6.00																																													
6.45 - 7.00																														5.45 - 6.00																																													
7.00 - 7.15	GB Short Track 8.00-9.45																																		6.00 - 6.15																																								
7.15 - 7.30																																			6.00 - 6.15																																								
7.30 - 7.45	GB Short Track 9.30-11.00																																							6.15 - 6.30																																			
7.45 - 8.00																																								6.15 - 6.30																																			
8.00 - 8.15																																													6.30 - 6.45																														
8.15 - 8.30																																													6.30 - 6.45																														
8.30 - 8.45																																																			6.45 - 7.00																								
8.45 - 9.00																																																			6.45 - 7.00																								
9.00 - 9.15																																																									7.00 - 7.15																		
9.15 - 9.30																																																									7.00 - 7.15																		
9.30 - 9.45																																																															7.15 - 7.30												
9.45 - 10.00																																																															7.15 - 7.30												
10.00 - 10.15																																																																					7.30 - 7.45						
10.15 - 10.30																																																																					7.30 - 7.45						
10.30 - 10.45																																																																											7.45 - 8.00
10.45 - 11.00																																																																											7.45 - 8.00
11.00 - 11.15									8.00 - 8.15																																																																		
11.15 - 11.30									8.00 - 8.15																																																																		
11.30 - 11.45														8.15 - 8.30																																																													
11.45 - 12.00														8.15 - 8.30																																																													
12.00 - 12.15																				8.30 - 8.45																																																							
12.15 - 12.30																				8.30 - 8.45																																																							
12.30 - 12.45																										8.45 - 9.00																																																	
12.45 - 1.00																										8.45 - 9.00																																																	
1.00 - 1.15																																9.00 - 9.15																																											
1.15 - 1.30																																9.00 - 9.15																																											
1.30 - 1.45																																						9.15 - 9.30																																					
1.45 - 2.00																																						9.15 - 9.30																																					
2.00 - 2.15																																											9.30 - 9.45																																
2.15 - 2.30																																											9.30 - 9.45																																
2.30 - 2.45																																																	9.45 - 10.00																										
2.45 - 3.00																																																	9.45 - 10.00																										
3.00 - 3.15																																																							10.00 - 10.15																				
3.15 - 3.30																																																							10.00 - 10.15																				
3.30 - 3.45																																																													10.15 - 10.30														
3.45 - 4.00																																																													10.15 - 10.30														
4.00 - 4.15																																																																			10.30 - 10.45								
4.15 - 4.30																																																																			10.30 - 10.45								
4.30 - 4.45																																																																									10.45 - 11.00		
4.45 - 5.00																																																																									10.45 - 11.00		
5.00 - 5.15																																																																									11.00 - 11.15		
5.15 - 5.30																																																																									11.00 - 11.15		
5.30 - 5.45																																																																									11.15 - 11.30		
5.45 - 6.00																																																																									11.15 - 11.30		
6.00 - 6.15																																																																									11.30 - 11.45		
6.15 - 6.30																																																																									11.30 - 11.45		
6.30 - 6.45																																																																									11.45 - 12.00		
6.45 - 7.00																																																																									11.45 - 12.00		
7.00 - 7.15																																																																									12.00 - 12.15		
7.15 - 7.30																																																																									12.00 - 12.15		
7.30 - 7.45																																																																									12.15 - 12.30		
7.45 - 8.00																																																																									12.15 - 12.30		
8.00 - 8.15																																																																									12.30 - 12.45		
8.15 - 8.30																																																																									12.30 - 12.45		
8.30 - 8.45																																																																									12.45 - 1.00		
8.45 - 9.00																																																																									12.45 - 1.00		
9.00 - 9.15																																																																									1.00 - 1.15		
9.15 - 9.30																																																																									1.00 - 1.15		
9.30 - 9.45																																																																									1.15 - 1.30		
9.45 - 10.00																																																																									1.15 - 1.30		
10.00 - 10.15																																																																									1.30 - 1.45		
10.15 - 10.30																																																																									1.30 - 1.45		
10.30 - 10.45																																																																									1.45 - 2.00		
10.45 - 11.00																																																																									1.45 - 2.00		
11.00 - 11.15																																																																									2.00 - 2.15		
11.15 - 11.30																																																																									2.00 - 2.15		
11.30 - 11.45																																																																									2.15 - 2.30		
11.45 - 12.00																																																																									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		
																																																																									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		
																																																																									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		
																																																																									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		
																																																																									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		
																																																																									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		
																																																																									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		
																																																																									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		
																																																																									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		
																																																																									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 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 - 5.50	Group 3 5.00 - 5.50		5.00 - 5.15								5.00 - 5.15
5.15 - 5.30								5.15 - 5.30								5.15 - 5.30
5.30 - 5.45								5.30 - 5.45								5.30 - 5.45
5.45 - 6.00								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 6.00 - 7.00	Group 3 5.50 - 6.50	Group 2B 5.50-6.40	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15 SY	6.00 - 6.15	(Dance Academy) 6.00-7.00 SY	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Practice Ice NISA Level 1+ 6.00 - 7.00 Max 15	Group 2A 6.00 - 7.00	NISA Level 1+ 6.00 - 7.00 Max 15			6.00 - 6.15
6.15 - 6.30							Practice Ice NISA Level 1+ 7.00 - 8.00 Max 15 SY	6.15 - 6.30								6.15 - 6.30
6.30 - 6.45								6.30 - 6.45								6.30 - 6.45
6.45 - 7.00								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 2B 7.00 - 8.00	Group 2A 6.50-7.50	Group 4 6.40-7.30		7.00 - 7.15								7.00 - 7.15
7.15 - 7.30								7.15 - 7.30								7.15 - 7.30
7.30 - 7.45								7.30 - 7.45								7.30 - 7.45
7.45 - 8.00								7.45 - 8.00								7.45 - 8.00
8.00 - 8.15								8.00 - 8.15								8.00 - 8.15
8.15 - 8.30	Group 1 8.10-9.15	Group 1 7.55 - 9.00	Group 1 7.55 - 9.00	Group 1 8.10-9.15	Group 1 8.00-9.00	Group 1 & 2A 7.40-8.40		8.15 - 8.30								8.15 - 8.30
8.30 - 8.45								8.30 - 8.45								8.30 - 8.45
8.45 - 9.00								8.45 - 9.00								8.45 - 9.00
9.00 - 9.15								9.00 - 9.15								9.00 - 9.15
9.15 - 9.30								9.15 - 9.30								9.15 - 9.30
9.30 - 9.45								9.30 - 9.45								9.30 - 9.45
9.45 - 10.00								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	GB Short Track 9.15-11.00	Public Session 10.00-11.30	Practice Ice 2S* 10.00-11.00 SKUK8+	Skate UK 9.45 - 10.15	Public Skating 10.00 - 12.00	10.00 - 10.15	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00	Panthers 9.30-11.00	GB Short Track 9.15-11.00	GB Short Track 9.15-11.00			10.00 - 10.15
10.15 - 10.30							Tots Zone	10.15 - 10.30								10.15 - 10.30
10.30 - 10.45								10.30 - 10.45								10.30 - 10.45
10.45 - 11.00								10.45 - 11.00								10.45 - 11.00
11.00 - 11.15	Practice Ice 2S* 11.00-12.00 SKUK8+				Practice Ice 2S* 11.00-12.00 SKUK8+			11.00 - 11.15								11.00 - 11.15
11.15 - 11.30								11.15 - 11.30								11.15 - 11.30
11.30 - 11.45								11.30 - 11.45								11.30 - 11.45
11.45 - 12.00								11.45 - 12.00		Panthers 11.15-12.45		Panthers 11.15-12.45	Panthers 11.15-12.45			11.45 - 12.00
12.00 - 12.15								12.00 - 12.15								12.00 - 12.15
12.15 - 12.30	Skate UK 12.15-12.45 SKUK Practice	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Skate with the Panthers 11.30-12.30	Practice Ice 2S* 12.00 - 1.00 SKUK8+	Practice Ice 2S* 12.00 - 1.00 SKUK8+			12.15 - 12.30	Practice Ice 2S* 12.15-1.15 SKUK8+						12.15 - 12.30	
12.30 - 12.45								12.30 - 12.45								12.30 - 12.45
12.45 - 1.00								1.00 - 1.15								1.00 - 1.15
1.00 - 1.15								1.15 - 1.30								1.15 - 1.30
1.15 - 1.30								1.30 - 1.45								1.30 - 1.45
1.30 - 1.45								1.45 - 2.00								1.45 - 2.00
1.45 - 2.00	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		2.00 - 2.15								2.00 - 2.15
2.00 - 2.15								2.15 - 2.30								2.15 - 2.30
2.15 - 2.30								2.30 - 2.45								2.30 - 2.45
2.30 - 2.45								2.45 - 3.00								2.45 - 3.00
2.45 - 3.00								3.00 - 3.15								3.00 - 3.15
3.00 - 3.15								3.15 - 3.30								3.15 - 3.30
3.15 - 3.30								3.30 - 3.45								3.30 - 3.45
3.30 - 3.45								3.45 - 4.00								3.45 - 4.00
3.45 - 4.00								4.00 - 4.15								4.00 - 4.15
4.00 - 4.15	Practice Ice 2S* 3.45-4.45 SKUK8+	Practice Ice 2S* 3.45-4.45 SKUK8+		Practice Ice 2S* 3.30-4.30 SKUK8+	Practice Ice 2S* 3.15-4.15 SKUK8+	Family Club Session 2.45-5.00 Tots Zone		4.15 - 4.30								4.15 - 4.30
4.15 - 4.30								4.30 - 4.45								4.30 - 4.45
4.30 - 4.45								4.45 - 5.00								4.45 - 5.00
4.45 - 5.00								5.00 - 5.15								5.00 - 5.15
5.00 - 5.15	Ice Dance Class 4.45-5.45	Practice Ice 2S* 4.45-5.45 SKUK8+	Practice Ice 2S* 4.15-5.30 SKUK8+	Practice Ice 2S* 4.30-5.30 SKUK8+	Practice Ice 2S* 4.15-5.15 SKUK8+			5.15 - 5.30								5.15 - 5.30
5.15 - 5.30								5.30 - 5.45								5.30 - 5.45
5.30 - 5.45								5.45 - 6.00								5.45 - 6.00
5.45 - 6.00								6.00 - 6.15								6.00 - 6.15
6.00 - 6.15								6.15 - 6.30								6.15 - 6.30
6.15 - 6.30								6.30 - 6.45								6.30 - 6.45
6.30 - 6.45	Skate Hockey 6.00 - 7.00	Jun. Hockey U13's Div 1 6.00-7.30	Skate UK/Jnr. Acad 6.15-6.45	Skate UK 6.15 - 6.45	Skate UK 6.45 - 7.15	Nottingham Junior Ice Hockey U13 Div 1 5.30-7.15	Nottingham Junior Ice Hockey U13 Div 1 5.30-7.15	6.45 - 7.00								6.45 - 7.00
6.45 - 7.00								7.00 - 7.15								7.00 - 7.15
7.00 - 7.15								7.15 - 7.30								7.15 - 7.30
7.15 - 7.30								7.30 - 7.45								7.30 - 7.45
7.30 - 7.45								7.45 - 8.00								7.45 - 8.00
7.45 - 8.00								8.00 - 8.15								8.00 - 8.15
8.00 - 8.15								8.15 - 8.30								8.15 - 8.30
8.15 - 8.30								8.30 - 8.45								8.30 - 8.45
8.30 - 8.45								8.45 - 9.00								8.45 - 9.00
8.45 - 9.00								9.00 - 9.15								9.00 - 9.15
9.00 - 9.15								9.15 - 9.30								9.15 - 9.30
9.15 - 9.30								9.30 - 9.45								9.30 - 9.45
9.30 - 9.45								9.45 - 10.00								9.45 - 10.00
9.45 - 10.00								10.00 - 10.15								10.00 - 10.15
10.00 - 10.15								10.15 - 10.30								10.15 - 10.30
10.15 - 10.30								10.30 - 10.45								10.30 - 10.45
10.30 - 10.45								10.45 - 11.00								10.45 - 11.00
10.45 - 11.00								11.00 - 11.15								11.00 - 11.15
11.00 - 11.15								11.15 - 11.30								11.15 - 11.30
11.15 - 11.30								11.30 - 11.45								11.30 - 11.45
11.30 - 11.45								11.45 - 12.00								11.45 - 12.00
11.45 - 12.00																12.10.18

JANUARY 2019

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

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

British Synchronized Skating Championships 2019.00

British Synchronized Skating Championships 2019.00