

**Lammas Leisure Centre Ice Rink Programme  
Apr-11**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Saturday	
5.30am		5.30am		5.30am		5.30am		5.30am		5.30am		5.30am	
6am		6am		6am		6am		6am		6am	Resurface	6am	Resurface
6.30am		6.30am		6.30am		6.30am		6.30am		6.30am		6.30am	
7am	Resurface	7am	Resurface	7am	Resurface	7am	Resurface	7am	Resurface	7am		7am	
7.30am	Artistic Ice	7.30am	Artistic Ice	7.30am	Artistic Ice	7.30am	Artistic Ice	7.30am	Artistic Ice	7.30am		7.30am	
8am		8am		8am		8am		8am		8am	Artistic Ice	8am	Artistic Ice
8.30am		8.30am		8.30am		8.30am		8.30am		8.30am		8.30am	
9am	Artistic Ice	9am	Artistic Ice	9am	Artistic Ice	9am	Artistic Ice	9am	Artistic Ice	9am		9am	
9.30am		9.30am		9.30am		9.30am		9.30am		9.30am		9.30am	
10am		10am		10am		10am		10am	Fun Skate	10am		10am	
10.30am		10.30am		10.30am		10.30am		10.30am	Polar Cubs (under 5yrs)	10.30am		10.30am	
11am		11am		11am		11am		11am		11am	Skate UK	11am	Skate UK
11.30am		11.30am		11.30am		11.30am		11.30am		11.30am	Fun Skate (Happy Hour)	11.30am	Resurface
12noon	Fun Skate	12noon	Fun Skate	12noon	Fun Skate	12noon	Fun Skate	12noon	Fun Skate	12noon	Resurface	12noon	Fun Skate
12.30pm	Resurface	12.30pm	Resurface	12.30pm	Resurface	12.30pm	Resurface	12.30pm	Resurface	12.30pm		12.30pm	Resurface
1pm	Resurface	1pm	Resurface	1pm	Resurface	1pm	Resurface	1pm	Resurface	1pm	Artistic Ice	1pm	Fun Skate
1.30pm		1.30pm	Artistic Ice	1.30pm	Skate UK Adults	1.30pm	Artistic Ice	1.30pm		1.30pm	Artistic Ice	1.30pm	Fun Skate
2pm		2pm	Polar Cubs (under 5yrs)	2pm	Skate UK Pre-stage	2pm	Polar Cubs (under 5yrs)	2pm		2pm		2pm	Resurface
2.30pm		2.30pm		2.30pm		2.30pm		2.30pm		2.30pm		2.30pm	Ice Party
3pm		3pm		3pm		3pm		3pm		3pm	Family Disco	3pm	Resurface
3.30pm	Fun Skate	3.30pm	Fun Skate	3.30pm	Fun Skate	3.30pm	Artistic Ice	3.30pm		3.30pm	Resurface	3.30pm	Resurface
4pm	Resurface	4pm	Resurface	4pm	Resurface	4pm	Resurface	4pm	Fun Skate	4pm		4pm	GB Sledge Hockey, Sledge Hockey OR Family Inclusive Sess
4.30pm		4.30pm		4.30pm		4.30pm		4.30pm	Resurface	4.30pm	Ice Party	4.30pm	
5pm	Skate UK	5pm	Skate UK	5pm		5pm		5pm	Polar Bears (under 10's)	5pm	Resurface	5pm	Resurface
5.30pm		5.30pm		5.30pm		5.30pm		5.30pm		5.30pm		5.30pm	Sutton Sting Ice Hockey Club
6pm	Fun Skate	6pm		6pm		6pm	Fun Skate	6pm	Resurface	6pm	Ice Party	6pm	
6.30pm	Resurface	6.30pm	Fun Skate	6.30pm	Fun Skate	6.30pm	Resurface	6.30pm	Evolution Disco (10 - 14yrs)	6.30pm	Resurface	6.30pm	Resurface
7pm	Sutton Sting Ice Hockey Club	7pm	Resurface	7pm	Resurface	7pm	Artistic Ice	7pm		7pm	Sutton Sting Ice Hockey Club (matches)	7pm	
7.30pm		7.30pm	Ashfield Ice Skating Club	7.30pm		7.30pm		7.30pm		7.30pm		7.30pm	Sutton Sting Ice Hockey Club
8pm		8pm		8pm		8pm		8pm	Resurface	8pm		8pm	
8.30pm		8.30pm		8.30pm		8.30pm		8.30pm	Sub Zero Disco (14yrs+)	8.30pm	Resurface	8.30pm	
9pm		9pm		9pm		9pm	Adult Skate UK	9pm		9pm	Sub Zero Disco (over 14yrs)	9pm	
9.30pm	Resurface	9.30pm	Resurface	9.30pm		9.30pm	Skate UK	9.30pm		9.30pm		9.30pm	
10pm	Sutton Sting Ice Hockey Club	10pm	Sutton Sting Ice Hockey Club	10pm	Resurface	10pm	Resurface	10pm	Resurface	10pm		10pm	
10.30pm		10.30pm		10.30pm		10.30pm	Sutton Sting Ice Hockey Club	10.30pm		10.30pm	Resurface	10.30pm	
11pm	Resurface	11pm	Resurface	11pm	Private hire	11pm	Resurface	11pm		11pm		11pm	Resurface
11.30pm		11.30pm		11.30pm	Resurface	11.30pm	Resurface	11.30pm		11.30pm		11.30pm	

**We champion standards by adhering to the IRMA National Guidelines for ice rink management**

**Skate UK** - a learn to skate programme suitable for all ages and abilities from complete beginners to more advanced. Skate safe, skate for fun - enrol on Skate UK. Plus also ask about the Skate UK Star programme.  
**Pre-stage** - a learn to skate programme for under 4's

**Fun Skate** - Have a great time at our public sessions, suitable for all ages and abilities.

( Please note that private skating lessons do take place on fun skate sessions )

**Parties** - They're as individual as you are so why not have a party with a REAL difference? Make a birthday MASSIVE, fun for all. Disco lights and your own DJ!!

**Artistic Ice** - Tuition is on a one to one basis and, to ensure you receive the best possible tuition, all of our coaches are police checked by the Criminal Records Bureau and hold relevant governing body qualifications. Give it a go!

**Polar Cubs** - A parent and toddler session with toys and games to teach under 5's to skate.

**Polar Bears** - Family fun for under 10's. Come and enjoy!! (Parents / adults optional but under 8's must be accompanied at all times)

**Family Disco** - for all the family, young or old. There's disco lights and music for everyone provided by one of our house DJ's.  
**Evolution Disco Sessions** - Massive sounds and fun for children aged between 10 -14yrs. Parents / adults optional.  
**Sub Zero Disco** - It doesn't get any cooler, latest sounds, best DJ's and lights..... PURE ENERGY!!

**These sessions are specialised or private and only available through joining the club or booking.**

In the interests of health and safety and enjoyment please note that ice resurfacing may take place during any session.

The programme maybe subject to change. Please check with reception for changes.