

Lammas Leisure Centre Ice Rink Programme

TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
06:45 - 08:45	Artistic Ice	06:45 - 08:45	Artistic Ice	06:45 - 08:45	Artistic Ice	06:45 - 08:45	Artistic Ice	06:45 - 08:45	Artistic Ice	05:45 - 08:00	Artistic Ice	06:45 - 08:00	Artistic Ice
	Mini Resurface		Mini Resurface		Mini Resurface		Mini Resurface		Mini Resurface				
09:00 - 10:30	Fun Skate	09:00 - 10:00	Happy Hour	09:00 - 11:30	Fun Skate	09:00 - 11:30	Fun Skate	09:00 - 10:00	Practice Ice	08:00 - 11:00	Skate UK	08:00 - 11:00	Skate UK
	Resurface	10:00 - 11:00	Polar Cubs		Resurface		Resurface	10:00 - 11:00	Polar Cubs		Resurface		Resurface
11:00 - 12:15	Fun Skate	11:30 - 13:30	Fun Skate	12:00 - 13:00	Practice Ice	12:00 - 13:30	Fun Skate	11:00 - 12:00	Happy Hour	11:15 - 12:00	Artistic Ice	11:15 - 13:30	Fun Skate
	Resurface		Mini Resurface	13:00 - 14:00	Skate UK		Resurface	12:30 - 14:00	Fun Skate	12:00 - 13:00	Happy Hour		Resurface
13:00 - 15:30	Fun Skate	13:45 - 15:45	Fun Skate	14:00 - 15:30	Happy Hour	14:00 - 17:30	Fun Skate	14:00 - 15:00	Ladies Only Skate Session	13:00 - 14:00	Polar Cubs	14:00 - 15:00	Private Hire
	Resurface		Mini Resurface		Resurface		Resurface	15:30 - 16:30	Fun Skate	14:30 - 18:00	Club (Sutton Sting)	15:30 - 16:30	Private Hire
16:00 - 17:00	Skate UK	16:00 - 17:00	Skate UK	16:00 - 18:00	Fun Skate	17:45 - 18:45	Practice Ice	16:30 - 17:30	Polar Bears Disco			17:00 - 18:00	Private Hire
17:00 - 18:00	Practice Ice	17:00 - 18:45	Fun Skate		Resurface		Mini Resurface		Resurface				Resurface
	Mini Resurface		Resurface	18:45 - 21:30	Club (LISC)	19:00 - 21:00	Skate UK	18:00 - 19:30	Teen's Disco	18:30 - 20:30	Family Fun Skate	18:30 - 23:00	Club (Sutton Sting)
18:15 - 22:30	Club (Sutton Sting)	19:00 - 20:45	Fun Skate		Resurface	21:15 - 22:30	Practice Ice	20:00 - 21:00	Teen's Disco				
	Maintenance Resurface	21:00 - 22:00	Practice Ice	21:45 - 22:45	Club (Sutton Sting)		Resurface		Maintenance Resurface	20:45 - 22:30	Practice Ice		Maintenance Resurface
			Maintenance Resurface		Maintenance Resurface								

LEARN TO SKATE

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.

FUN SKATE

Have a great time at our public sessions, suitable for all ages and abilities. Penguin skating aids.

HAPPY HOUR

Have a great time at our public sessions, suitable for all ages and abilities. Penguin skating aids. Free skate hire and discounted skate price!

PARTIES/PRIVATE HIRE

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!! Corporate bookings also available.

ICE

Sessions must be booked in advance.

Artistic Ice Professionally coached one to one lessons or by coach invitation only.

Practice Ice Practice time for skaters above Skate UK level 8.

POLAR CUBS

A parent and toddler session with toys, games and penguin skating aids. With a qualified coach present. Siblings are welcome on weekday holiday sessions.

POLAR BEARS

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

DISCO SESSIONS

Disco for all the family, young or old. There's disco lights and music for everyone provided by one of our house DJ's.

LADIES ONLY SESSIONS

A one hour session with qualified coaches to learn to skate, learn new techniques but most all have fun on the ice.

CLUBS

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

Timetable correct as at April 2017. Please check public notice boards and www.everyoneactive.com for any timetable changes.