

**Training Ice 12th September - 23rd October 2011**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
05:30	Competitive Training Ice (A) Minimum standard - NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)					Competitive Training Ice (A) Minimum standard - NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)		05:30	
05:45								05:45	
06:00								06:00	
06:15								06:15	
06:30	Competitive Training Ice (B) Minimum standard - NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 3 Dance)					Competitive Training Ice (B) Minimum standard - NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)		06:30	
06:45								06:45	
07:00								07:00	
07:15	Competitive Training Ice (C) Minimum standard - NISA Level 1 Field Moves (plus either NISA Level 1 Free or NISA Level 2 Dance)					Resurface		07:15	
07:30								07:30	
07:45								07:45	
08:00								08:00	
08:15	Resurface					Saturday Training Ice - minimum standard Skate UK Level 8 (maximum standard NISA Level 4)		08:15	
08:30								08:30	
08:45	Training Ice - minimum standard Skate UK Level 8	Training Ice - minimum standard Skate UK Level 8	Training Ice - minimum standard Skate UK Level 8	Training Ice - minimum standard Skate UK Level 8	Training Ice - minimum standard Skate UK Level 8	Courses		08:45	
09:00								09:00	
09:15								09:15	
09:30								09:30	
09:45								09:45	
10:00								10:00	
10:15	Resurface					Resurface		10:15	
10:30								10:30	
10:45	Resurface		Resurface		Resurface		10:45		
11:00	Adult Ice		Adult Ice						
11:15									
11:30					Resurface				
11:45	Resurface		Resurface						
<b>Lunchtime Training Ice</b>									
13:15							Training Ice - minimum standard Skate UK Level 8	13:15	
13:30								13:30	
13:45								13:45	
<b>Afternoon/Evening Training Ice</b>									
17:15	Children's Training Ice - min standard Skate UK Level 8 - max standard NISA Level 7 Under 21 years old				Training Ice - minimum standard Skate UK Level 8 16.45 - 18.30				16:45
19:00									18:30