

# Training Ice Timetable

## Mon 1st Sept - 25th October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competitive Ice (1) 5.30am - 6.30am					Competitive Training Ice (2) 5.30am - 6.30am
Competitive Ice (2) 6.30am - 7.30am					Competitive Training Ice (3) 6.30am - 7.30am
Competitive Ice (3) 7.30am - 8.30am					Training Ice (5) 7.30am - 8.30am
8.30am Resurface					
Training Ice (4) 8.45am - 9.45am					Course
Training Ice (4) 9.45am - 10.45am					Course
Courses 11.00 - 12.00	Recreational Training ice (5) 10.45 - 11.45	Courses 11.00 - 12.00	Lesson Ice 10.45 - 11.45	Recreational Training ice (5) 10.45 - 11.45	Course
Afternoon/Evening Training Ice					
Training Ice (6) 5.00pm - 6.00pm Under 21		Courses 16.00 - 17.30	Courses Training Ice (5) 17.30 - 19.00 (plus Lesson Ice)	Courses Training Ice (4) 5.00pm - 6.30pm	
Training Ice (6) 6.00pm - 7.00pm Under 21			Cones may be out		

### Key

- 1 Competitive Training Ice Minimum standard - BIS Level 3 Full Test and above (BIS Level 2 can skate up if having a lesson)
  - 2 Competitive Training Ice Minimum standard - BIS Level 1 Full Test and above (BIS L1 one part, can skate up if having a lesson)
  - 3 Competitive Training Ice Minimum standard - BIS Level 1 one part (Skate UK L8 can skate up if having a lesson)
  - 4 Training Ice minimum standard Skate UK Level 8 and above
  - 5 Recreational Training Ice Minimum level Skate UK L6 - Max BIS L4
  - 6 Children's Training Ice minimum standard Skate UK Level 8 Under 21 years old
- Competitive Ice is for competitive skaters only  
Lesson Ice No BIS tests

All sessions detailed on this notice are for members of Training Ice or Skate Direct customers who have private lessons  
Skaters should get on and off ice at start and finish times  
Skaters should only go on sessions suitable to their standard. If unsure which sessions to skate on the Ice Co-ordinator or your coach can advise.

**Skaters may only use 2 Early Morning Training Ice sessions on Saturdays**

In the event of unacceptable behaviour and/or a situation that is deemed unsafe, the Ice Co-ordinator or Ice Rink Duty Officer, will ask the skate to leave

All skaters must check in at reception for each session before getting on the ice

[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)  
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