

# Training Ice Timetable

## 13th April - 23rd May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Competitive Ice (1)</b> 5.30am - 6.30am					<b>Competitive Training Ice (2)</b> 5.30am - 6.30am
<b>Competitive Training Ice (2)</b> 5.30am - 6.30am					<b>Competitive Training Ice (3)</b> 6.30am - 7.30am
<b>Competitive Ice (3)</b> 7.30am - 8.30am					<b>Training Ice (5)</b> 7.30am - 8.30am
8.30am Resurface					
<b>Training Ice (4)</b> 8.45am - 9.45am					Course
<b>Training Ice (4)</b> 9.45am - 10.45am					Course
Courses 11.00 - 12.00	Recreational Training ice (5) and Lesson Ice 10.45 - 11.45	Courses 11.00 - 12.00	Recreational Training ice (5) and Lesson Ice 10.45 - 11.45	Recreational Training ice (5) 10.45 - 11.45	Course
<b>Afternoon/Evening Training Ice</b>					
<b>Training Ice (6)</b> 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	<b>BIS Tests</b>
<b>Training Ice (6)</b> 6.00pm -7.00pm Under 21			Cones may be out		<b>Thursday 21st May</b>

**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 / Slower Paced Training Ice Minimum level Skate UK L6 - Max BIS L2
  - 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 - suitable for slower paced skaters

All sessions detailed on this notice are for members of Training Ice or Skate Direct customers who have private lessons here.

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 skater to leave the ice.

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

[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)  
01483 443322

