

## FRIDAYS

### EVENING LASER DISCO SESSION

6.30pm to 9:00pm - £5 per skater, Under 5's £4 + £1 Skate Hire.

Modern music, bright disco & laser lights, smoke machine and loads of fun & games. A great way to kick off your weekend with friends. Live DJ Monthly.



**FAMILY TICKET FOR DISCO & GENERAL PUBLIC SKATING SESSIONS £22.**



*Our resident Ice Skating Coach Karly Robertson looks forward to welcoming you on the ice and share her skill and knowledge to help you develop your skating skills.*

## SATURDAYS

In an effort to offer coaching for all our skaters we have created a series of sessions for not only those who want to improve their skating skills, and train towards achieving Skate UK Certificates, but also those that simply want to enjoy their skating and become a more confident skater. All our coaching lessons are coached by our resident NISA qualified coaches. We also cater for adult only coaching sessions (see below) :

### UK LEARN TO SKATE

9.30am to 10:30am - £7.50 per skater including skate hire. (+ Voucher for free same day general public skating session)

### OPEN COACHING SESSIONS

10:45am to 11:45am - £7.50 per skater including skate hire.

### ADULT OPEN COACHING SESSIONS

11:45am to 12:15pm - £2.00 per skater + £2.00 to coach including skate hire.

### GENERAL PUBLIC SKATING SESSIONS: SATURDAY & SUNDAY AFTERNOONS

2:00pm to 4:00pm - £6.00 per skater, under 5's £4.00 including skate hire.

These popular weekend afternoon ice skating sessions attract skaters of all ages and ability. They are particularly popular with occasional skaters, families and small groups. Great music, lights and fun & games. Party & group bookings are welcome during these sessions.

## SUNDAYS

### OPEN COACHING SESSION

9.30am to 10:30am - £7.50 per person including skate hire.

### UK LEARN TO SKATE

10:45am to 11:45am - £7.50 per person including skate hire. (+ Voucher for free same day general public skating sessions)

### SNOWBABIES SESSION

11:45 to 12:45 pm - £3.50 per child including skate hire, toys, etc. Fun for the younger kids aged 18 months to 5 years. On ice toys, parents go free.

### ADVANCED ICE SKATING LESSONS

12:45 to 1:45 pm - Private coaching from Karly e-mail: [skating@fis.scot](mailto:skating@fis.scot) for more information.

### NEW THURSDAY'S FAMILY SKATING SESSION

Starting January, 2017 - 6pm to 8.30pm.

Visit [www.fis.scot](http://www.fis.scot) for more information

