



Panthers Session Schedule – August 2024 to June 2025

(shown by age-group – youngest to oldest)



Age-Group	Day	Confirmed Venues	Time	Lead Coach
U8 / U10 / u12 Boys & Girls (Primary 3 to 6)	Friday	Mackie Academy, Stonehaven	5pm to 6.30pm	Jodie, Alivia
U10 / U12 Boys & Girls (Primary 4 to 7)	Monday Tuesday Thursday	Aberdeen Grammar School Portlethen Academy NESCOL, Fraserburgh	6pm to 7.30pm 6pm to 7.30pm 6.15pm to 7.30pm	Woody Ityona Leo
U8 / U10 / U12 / U14 Future Ballerz	Saturday (various dates) Sunday (various dates)	ISA ISA	12.30pm to 2.30pm 12.30pm to 2.30pm	Leo & Team Leo & Team
U14 Girls (birth year 2012 & 2011)	Tuesday Wednesday Thursday Thursday Sunday	ISA (Flyers lead session) ISA (IGNITE) Aberdeen Grammar School NESCOL, Fraserburgh ISA (IGNITE)	6.30pm to 8pm 6.30pm to 8pm 6pm to 7.30pm 7.30pm to 9pm 10.30am to 12.30pm	Martin Jackie Mandy Leo Jackie
U16 Girls (birth year 2010 & 2009)	Tuesday Wednesday Thursday Thursday Saturday Sunday	ISA (Flyers lead session) ISA (IGNITE) Aberdeen Grammar School NESCOL, Fraserburgh ISA (IGNITE) ISA (IGNITE)	6.30pm to 8pm 8pm to 9.30pm 6pm to 7.30pm 7.30pm to 9pm 12.30pm to 2.30pm 10.30am to 12.30pm	Martin Mandy Mandy Leo Mandy Leo
U18 Girls (birth year 2008 & 2007)	Tuesday Wednesday Thursday Thursday Saturday	Portlethen Academy ISA (IGNITE) Aberdeen Grammar School NESCOL, Fraserburgh ISA (IGNITE)	7.30pm to 9.30pm 8pm to 9.30pm 7.30pm to 9.30pm 7.30pm to 9pm 12.30pm to 2.30pm	Aaron Mandy Arash Leo Mandy
Senior Women	Tuesday Thursday Sunday (from 6 October)	Portlethen Academy Aberdeen Grammar School Portlethen Academy	7.30pm to 9.30pm 7.30pm to 9.30pm 3pm to 5pm	Aaron Arash Coaches



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U14 Boys (birth year 2012 & 2011)	Wednesday	ISA (IGNITE)	6.30pm to 8pm	Miroslaw
	Thursday	NESCOL, Fraserburgh	7.30pm to 9pm	Leo
	Friday	Portlethen Academy	5.30pm to 7.30pm	Miroslaw
	Saturday	ISA (IGNITE)	10.30am to 12.30pm	Miroslaw
U16 Boys (birth year 2010 & 2009)	Wednesday	ISA	8pm to 9.30pm	Wendy
	Thursday	ISA (IGNITE)	6.30pm to 8pm	Martin
	Thursday	NESCOL, Fraserburgh	7.30pm to 9pm	Leo
	Friday	ISA	6.30pm to 8.30pm	Silvana
U18 Boys (birth year 2008 & 2007)	Sunday	ISA (IGNITE)	12.30pm to 2.30pm	Martin
	Tuesday	RGU (Flyers lead session)	8pm to 10pm	Matthew
	Wednesday	ISA	8pm to 9.30pm	Wendy
	Thursday	ISA (IGNITE)	8pm to 9.30pm	Martin
	Thursday	NESCOL, Fraserburgh	7.30pm to 9pm	Leo
Senior Men	Friday	ISA	6.30pm to 8.30pm	Silvana
	Saturday	ISA (IGNITE)	12.30pm to 2.30pm	Matthew
	Monday	Aberdeen Grammar School	7.30pm to 9.30pm	Woody
	Friday	Aberdeen Grammar School	7pm to 9pm	Woody
	Sunday (from 6 October)	Portlethen Academy	3pm to 5pm	Coaches