



Panthers Session Schedule – October 2025 to June 2026

(shown by age-group – youngest to oldest)



Age-Group	Day	Confirmed Venues	Time	Lead Coach
U8 / U10 / u12 (Primary 3 to 7 Boys & Girls)	Friday	Mackie Academy, Stonehaven	5pm to 6.30pm	Jodie, Alivia
U10 / U12 (Primary 4 to 7 Boys & Girls)	Monday Tuesday Thursday	Aberdeen Grammar School Portlethen Academy NESCOT, Fraserburgh	6pm to 7.30pm 6pm to 7.30pm 6.15pm to 7.30pm	Woody Ityona Leo
U8 / U10 / U12 Future Ballerz (Primary 3 to 7 Boys & Girls)	Saturday & Sunday (not a weekly session)	ISA (Individual programme dates)	10.30pm to 2.30pm	Leo & Team
U14 Girls (birth year 2012 & 2013)	Tuesday Wednesday Thursday Thursday Sunday	ISA (Flyers/Panthers Inter-Club) ISA (GRAMPIAN IGNITE) Aberdeen Grammar School NESCOT, Fraserburgh ISA (GRAMPIAN IGNITE)	6.30pm to 8pm 6.30pm to 8pm 6pm to 7.30pm 7.30pm to 9pm 10.30am to 12.30pm	Martin Jackie Jackie Leo Jackie
U16 Girls (birth year 2010 & 2011)	Tuesday Wednesday Thursday Thursday Sunday	ISA (Flyers/Panthers Inter-Club) ISA (GRAMPIAN IGNITE) Aberdeen Grammar School NESCOT, Fraserburgh ISA (GRAMPIAN IGNITE)	6.30pm to 8pm 6.30pm to 8pm 6pm to 7.30pm 7.30pm to 9pm 12.30pm to 2.30pm	Martin Jackie Mandy Leo Leo
U18 Girls (birth year 2008 & 2009)	Tuesday Wednesday Thursday Thursday Saturday	Portlethen Academy ISA (GRAMPIAN IGNITE) Aberdeen Grammar School NESCOT, Fraserburgh ISA (GRAMPIAN IGNITE)	7.30pm to 9.30pm 6.30pm to 8pm 7.30pm to 9.30pm 7.30pm to 9pm 12.30pm to 2.30pm	Fraser Mandy Fraser Leo Mandy
Senior Women (birth year 2007 or earlier)	Tuesday Thursday	Portlethen Academy Aberdeen Grammar School	7.30pm to 9.30pm 7.30pm to 9.30pm	Fraser Fraser



Panthers Session Schedule – October 2025 to June 2026

(shown by age-group – youngest to oldest)



Age-Group	Day	Confirmed Venues	Time	Lead Coach
U14 Boys (birth year 2012 & 2013)	Wednesday (new) Thursday Friday Saturday	ISA (PBC & GRAMPIAN IGNITE) NESCOL, Fraserburgh Portlethen Academy ISA (GRAMPIAN IGNITE)	8pm to 9.30pm 7.30pm to 9pm 5.30pm to 7.30pm 10.30am to 12.30pm	Miroslaw & Jackie Leo Miroslaw Miroslaw
U16 Boys (birth year 2010 & 2011)	Wednesday Thursday Thursday Friday Sunday	Portlethen Academy (new venue) ISA (GRAMPIAN IGNITE) NESCOL, Fraserburgh ISA ISA (GRAMPIAN IGNITE)	7pm to 9pm 7pm to 8.15pm 7.30pm to 9pm 6.30pm to 8.30pm 10.30pm to 12.30pm	Wendy Rory Leo Silvana Rory
U18 Boys (birth year 2008 & 2009)	Tuesday Wednesday Thursday Thursday Friday Sunday	RGU (GRAMPIAN IGNITE) Portlethen Academy (new venue) ISA (GRAMPIAN IGNITE) NESCOL, Fraserburgh ISA ISA (GRAMPIAN IGNITE)	8pm to 10pm 7pm to 9pm 7pm to 8.15pm 7.30pm to 9pm 6.30pm to 8.30pm 12.30pm to 2.30pm	Martin Wendy Martin Leo Silvana Martin
Senior Men (birth year 2007 or earlier)	Monday Thursday Friday	Aberdeen Grammar School RGU (GRAMPIAN IGNITE) ISA	7.30pm to 9.30pm 8pm to 10pm 6.30pm to 8.30pm	Nick Edvinas Nick