



Fort Henry Heights Skating Club- STARSkate & Adult – September 2018

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 LABOUR DAY	4 BACK TO SCHOOL 	5	6 WELCOME BACK! Invsta Kingston Transit 6:00-7:30 am STARSKATE OPEN	7	8
9	10	11	12	13 Catarqui Kinsmen Ice 6:00-7:30 am STARSKATE OPEN	14	15 Catarqui Kinsmen Ice 7:30-9:30 am STARSKATE OPEN
16 Catarqui Kinsmen Ice 7:30-9:30 am STARSKATE OPEN	17 Catarqui Kinsmen Ice 4:00-5:30 pm STARSKATE OPEN 4:40-5:20 pm STAR 1-5	18	19	20 Catarqui Kinsmen Ice 6:00-7:30 am STARSKATE OPEN	21	22 Catarqui Kinsmen Ice 7:30-9:30 am STARSKATE OPEN 8:30-9:30 am STAR 1-5
23 Catarqui Kinsmen Ice 7:30-9:30 am STARSKATE OPEN 8:30-9:30 am STAR 1-5	24 Kinsmen 4:00-5:30 pm STARSKATE OPEN 4:40-5:20 pm STAR 1-5	25	26	27 Catarqui Kinsmen Ice 6:00-7:30 am STARSKATE OPEN	28 PA DAY Catarqui Catarqui Ice 5:00-6:30 pm Adult Session STARSKate Guest	29 Constantine See Schedule Below No Adults Ice See September 28
30 Constantine See Schedule Below						

Constantine - Saturday Schedule

Effective 29 Sept 18

6:00-8:50 am STARSKATE
 8:00-8:50 am STAR 1-5
 8:50-9:00 am FLOOD
 9:00-9:50 am PRE STAR
 9:00-9:50 am CAN POWER SKATE (SKILLS & DRILLS)
 9:50-10:00 am FLOOD
 10:00-10:45 am CANSKATE/ PRE CANSKATE/PARENT ASSIST (A Session)
 10:45-11:30 am CANSKATE /PRE CANSKATE/PARENT ASSIST (B Session)

Constantine - Sunday Schedule

Effective 30 Sept 18

6:00-8:50 am STARSKATE
 8:00-8:50 am STAR 1-5
 8:50-9:00 am FLOOD
 9:00-9:50 am PRE STAR
 9:00-9:50 am CAN POWER SKATE (SKILLS & DRILLS)
 9:50-10:00 am FLOOD
 10:00-10:45 am CANSKATE/PRE CANSKATE /PARENTASSIST (A Session)
 10:45-11:30 am ADVANCED CAN POWER SKATE