

# Fort Henry Heights Skating Club- Program Schedule – October 2022

Sept 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Constantine See Schedule Below	3 Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:30-5:20 pm STAR 1-3	4	5	6 Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	7	8 Constantine See Schedule Below  Adult 8:00-9:30 pm
9 Constantine See Schedule Below	10 No Skating 	11	12	13 Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	14	15 Constantine See Schedule Below  Adult 8:00-9:30 pm
16 Constantine See Schedule Below	17 Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:30-5:20 pm STAR 1-3	18	19	20 Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	21	22 Constantine See Schedule Below  Adult 8:00-9:30 pm
23 Constantine See Schedule Below	24 Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:30-5:20 pm STAR 1-3	25	26	27 Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	28	29 Constantine See Schedule Below "Costume Day"  Adult 8:00-9:30 pm
30 Constantine See Schedule Below "Costume Day"	31 Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:30-5:20 pm STAR 1-3					

## Constantine - Saturday Schedule

6:15-8:50 am STARSKATE  
 8:00-8:50 am STAR 1-3 (Plus 7:10-8:00 am)  
 8:50-9:00 am FLOOD  
 9:00-9:50 am PRE STAR AND HOCKEY CANSKATE  
 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)  
 8:00-9:30 pm ADULT/TEEN SKATE

## Constantine - Sunday Schedule

6:00-8:50 am STARSKATE  
 8:00-8:50 am STAR 1-3 (Plus 7:10-8:00 am)  
 8:50-9:00 am FLOOD  
 9:00-9:50 am PRE STAR AND HOCKEY CANSKATE  
 9:50-10:00 am FLOOD  
 10:00-10:45 am CANSKATE/PRE CANSKATE /PARENTASSIST (A Session)  
 10:45-11:30 am CANSKATE/PRE CANSKATE /PARENTASSIST (B Session)

**Note:** CanSkate Sessions include 10 minute off-ice warm up

A Session: 9:50 am to 10:45 am

B Session 10:35 am to 11:30 am