

Fort Henry Heights Skating Club- STAR Skate – September 2022

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5 LABOUR DAY	6 BACK TO SCHOOL 	7	8	9	10 Constantine <i>(see schedule below)</i>
11 Constantine <i>(see schedule below)</i>	12 Cataraqui Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:40-5:20 pm STAR 1-3	13	14	15 Cataraqui Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	16	17 Constantine <i>(see schedule below)</i> PA Training 9:00-11:00 am
18 Constantine <i>(see schedule below)</i> PA Training 9:00-11:00 am	19 Cataraqui Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:40-5:20 pm STAR 1-3	20	21	22 Cataraqui Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	23	24 Constantine <i>(see schedule below)</i> CanSkate Starts Adult/Teen Starts
25 Constantine <i>(see schedule below)</i> CanSkate Starts	26 Cataraqui Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:40-5:20 pm STAR 1-3	27	28	29 Cataraqui Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	30	

Constantine - Saturday Schedule <i>Effective 24 Sept 22</i>	Constantine - Sunday Schedule <i>Effective 25 Sept 22</i>
6:15-8:50 am STARSKATE	6:00-8:50 am STARSKATE
8:00-8:50 am STAR 1-3 (Plus 7:10-8:00 am)	8:00-8:50 am STAR 1-3 (Plus 7:10-8:00 am)
8:50-9:00 am FLOOD	8:50-9:00 am FLOOD
9:00-9:50 am PRE STAR AND HOCKEY CANSKATE	9:00-9:50 am PRE STAR AND HOCKEY CANSKATE
9:50-10:00 am FLOOD	9:50-10:00 am FLOOD
10:00-10:45 am CANSKATE/ PRE CANSKATE/PARENT ASSIST (A Session)	10:00-10:45 am CANSKATE/PRE CANSKATE /PARENTASSIST (A Session)
10:45-11:30 am CANSKATE /PRE CANSKATE/PARENT ASSIST (B Session)	10:45-11:30 am CANSKATE/PRE CANSKATE /PARENTASSIST (B Session)
8:00-9:30 pm ADULT/TEEN SKATE	Note: CanSkate Sessions include 10 minute off-ice warm up <i>A Session: 9:50 am to 10:45 am</i> <i>B Session 10:35 am to 11:30 am</i>