

Fort Henry Heights Skating Club- Program Schedule – November 22

Oct 22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	4	5 Constantine See Schedule Below Adult 8:00-9:30 pm
6 Constantine See Schedule Below	7 Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:30-5:20 pm STAR 1-3	8	9	10 Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	11 	12 Constantine See Schedule Below Adult 8:00-9:30 pm
13 Constantine See Schedule Below	14 Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:30-5:20 pm STAR 1-3	15	16	17 Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	18	19 Constantine See Schedule Below Adult 8:00-9:30 pm SANTA PARADE
20 Constantine See Schedule Below	21 Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:30-5:20 pm STAR 1-3	22	23	24 Kinsmen Ice 4:00-5:30 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	25	26 Constantine See Schedule Below Adult 8:00-9:30 pm
27 Constantine See Schedule Below	28 Kinsmen Ice 4:00-5:30 pm STAR 4-GOLD 4:30-5:20 pm STAR 1-3	29	30			

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