

Fort Henry Heights Skating Club- Program Schedule – December 2023

30/11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2 Constantine <i>(see schedule below)</i> Adult/Teen 6:45 -8:15 pm	
3 Constantine <i>(see schedule below)</i>	4 Catarqui Kinsmen Ice 4:30-5:20 pm STAR 1-3 STAR 4-GOLD	5	6	7 Catarqui Kinsmen Ice 4:00-5:20 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	8	9 Constantine <i>(see schedule below)</i> Adult/Teen 6:45 -8:15 pm	
10 Constantine <i>(see schedule below)</i>	11 Catarqui Kinsmen Ice 4:30-5:20 pm STAR 1-3 STAR 4-GOLD	12	13	14 Catarqui Kinsmen Ice 4:00-5:20 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	15	16 Constantine <i>(see schedule below)</i> SANTA SKATE Adult/Teen 6:45 -8:15 pm	
17 Constantine <i>(see schedule below)</i> SANTA SKATE	18 Catarqui Kinsmen Ice 4:30-5:20 pm STAR 1-3 STAR 4-GOLD	19	20	21 Catarqui Kinsmen Ice 4:00-5:20 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	22	23 STARSkate/ STAR 1-3 Plus <i>(As per schedule)</i> Rec Programming Cancelled	
24 All Classes Cancelled	25 <i>Happy Holidays</i> 	Note: Recreation Programming resumes January 6-7, 2024 STARSkate Programming resumes January 4, 2024 Wishing everyone Happy Holidays and all the Best for a Happy New Year!					

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 CANSKATE SET UP
 10:00-10:45 am CANSKATE/ PRE CANSKATE/PARENT ASSIST (A Session)
 10:45-11:30 am CANSKATE /PRE CANSKATE/PARENT ASSIST (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

Constantine - Sunday 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 CANSKATE SET UP
 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