

Fort Henry Heights Skating Club- Program Schedule – November 2023

31/10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	3	4 Constantine <i>(see schedule below)</i> Adult/Teen 6:45 -8:15 pm
5 Constantine <i>(see schedule below)</i> DAYLIGHT SAVINGS TIME	6 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-3 STAR 4-GOLD	7	8	9 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	10	11 Constantine ** (Modified Sched) REMEMBRANCE DAY Adult/Teen 6:45 -8:15 pm
12 Constantine <i>(see schedule below)</i>	13 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-3 STAR 4-GOLD	14	15	16 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	17	18 Constantine <i>(see schedule below)</i> JERSEY DAY SANTA PARADE Adult/Teen 6:45 -8:15 pm
19 Constantine <i>(see schedule below)</i> JERSEY DAY	20 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-3 STAR 4-GOLD	21	22	23 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	24	25 Constantine <i>(see schedule below)</i> Adult/Teen 6:45 -8:15 pm
26 Constantine <i>(see schedule below)</i>	27 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-3 STAR 4-GOLD	28	29	30 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 4-Gold 4:30-5:20 pm STAR 1-3 Plus	Nov 5 th Wreath Orders Due ** Nov 11 th – CANSkate A & B 9:00-9:50 cm Nov 19 th Club Clothing Due	

Constantine - Saturday 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 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

6:00-8:50 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 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