


Fort Henry Heights Skating Club – Calendar - February 2025

0125

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 "60 YEARS"				30 Jan Cataraqui Ice Cancelled	31 Jan Elizabeth Manley Seminar	1 Constantine <i>(see schedule below)</i> Adult/Teen <i>(see schedule below)</i>
2 Constantine <i>(see schedule below)</i>	3 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD	4	5	6 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus	7	8 Constantine <i>(see schedule below)</i> Adult/Teen <i>(see schedule below)</i>
9 Constantine <i>(see schedule below)</i>	10 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD	11	12	13 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus		15 Constantine <i>(see schedule below)</i> Adult/Teen <i>(see schedule below)</i>
16 Constantine <i>(see schedule below)</i>	17 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD	18	19	20 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus	21	22 Constantine <i>(see schedule below)</i> Adult/Teen <i>(see schedule below)</i>
23 Constantine <i>(see schedule below)</i>	24 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD	25	26	27 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus	28	

CONSTANTINE - Saturday Schedule

6:00-8:50 am STAR 5-GOLD
8:00-8:50 am STAR 2-4 & STAR 5-GOLD GROUPS (Plus 7:10-8:00 am)
8:50-9:00 am FLOOD
9:00-9:50 am PRE STAR AND STAR 1
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
Adult/Teen -- 7:00-7:45 pm A/CANSKATE 1-3 7:45-8:30 pm A/CANSKATE 4-6
7:00-8:50 pm A/STAR 1-3 GROUP 7:00-8:50 pm A/STAR Ice

CONSTANTINE - Sunday Schedule

6:00-8:50 am STAR 5-GOLD
8:00-8:50 am STAR 2-4 & STAR 5-GOLD GROUPS (Plus 7:10-8:00 am)
8:50-9:00 am FLOOD
9:00-9:50 am PRE STAR AND STAR 1
9:50-10:00 am CANSKATE SET UP
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