

## Fort Henry Heights Skating Club – Calendar - January 2025

1124

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>"60 YEARS"</b>			1	2 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus	3	4 Constantine (see schedule below)  Adult/Teen (see schedule below)
5 Constantine (see schedule below)	6 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD	7	8	9 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus	10	11 Constantine (see schedule below)  Adult/Teen (see schedule below)
12 Constantine (see schedule below)	13 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD	14	15	16 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus	17	18 Constantine (see schedule below) <b>PJ DAY</b>  Adult/Teen (see schedule below)
19 Constantine (see schedule below) <b>PJ DAY</b>	20 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD	21	22	23 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus	24	25 Constantine (see schedule below)  Adult/Teen (see schedule below)
26 Constantine (see schedule below)	27 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD	28	29	30 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus	31	

## 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  
 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