

Fort Henry Heights Skating Club – Calendar - September 2024

0724

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--------|--|
| | 2 LABOUR DAY | 3 BACK TO SCHOOL  | 4 BACK TO SCHOOL  | 5 | 6 | 7 Constantine (see schedule below) STAR 2-GOLD Starts |
| 8 Constantine (see schedule below) STAR 2-GOLD Starts | 9 | 10 | 11 | 12 | 13 | 14 Constantine (see schedule below) PA Training 9:00-10:30 am |
| 15 Constantine (see schedule below) PA Training 9:00-10:30 am | 16 Cataraqi Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD | 17 | 18 | 19 Cataraqi Kinsmen Ice 4:30-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus | 20 | 21 Constantine (see schedule below) CanSkate Starts Adult/Teen Starts (see schedule below) |
| 22 Constantine (see schedule below) CanSkate Starts | 23 Cataraqi Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD | 24 | 25 | 26 Cataraqi Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus | 27 | 28 Constantine (see schedule below) Adult/Teen (see schedule below) |
| 29 Constantine (see schedule below) | 30 Cataraqi Kinsmen Ice 4:30-5:20 pm STAR 1-4 STAR 5-GOLD | 1 OCTOBER | 2 | 3 Cataraqi Kinsmen Ice 4:00-5:20 pm STAR 5-Gold 4:30-5:20 pm STAR 1-4 Plus | 4 | 5 Constantine (see schedule below) Adult/Teen (see schedule below) |

CONSTANTINE - Saturday Schedule

Effective 21 Sep 24

| | |
|---|---|
| 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

Effective 22 Sept 24

| | |
|---|--|
| 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) |
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