

Fort Henry Heights Skating Club – Calendar - September 2025

0925

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOUR DAY	2 BACK TO SCHOOL 	3 BACK TO SCHOOL 	4	5	6 Constantine (see schedule below) STAR 3-5 STAR 6--GOLD Starts
7 Constantine (see schedule below) STAR 3-5 STAR 6--GOLD	8	9	10	11	12	13 Constantine (see schedule below) STAR 3-5 STAR 6--GOLD
14 Constantine (see schedule below) STAR 3-5 STAR 6--GOLD	15	16	17	18 Cataraqi Kinsmen Ice 4:00-5:20 pm STAR 6-Gold 4:30-5:20 pm STAR 3-5 Plus	19	20 NO STAR Ice Adult/Teen Starts (see schedule below)
21 Constantine (see schedule below) STAR 3-5 STAR 6--GOLD PA Training 9:00-11:00 am	22 Cataraqi Kinsmen Ice 4:30-5:20 pm STAR 3-5 STAR 6-GOLD	23	24	25 Cataraqi Kinsmen Ice 4:00-5:20 pm STAR 6-Gold 4:30-5:20 pm STAR 3-5 Plus	26 Constantine Friday Slice of ice 7:00-8:50 pm STAR 3-Gold	27 Constantine (see schedule below) STAR 1-2 Starts Pre STAR Starts CanSkate Starts
28 Constantine (see schedule below)	29 Cataraqi Kinsmen Ice 4:30-5:20 pm STAR 3-5 STAR 6-GOLD	30	1 OCTOBER	2 Cataraqi Kinsmen Ice 4:00-5:20 pm STAR 6-Gold 4:30-5:20 pm STAR 3-5 Plus	3	4 Constantine (see schedule below)

CONSTANTINE - Saturday Schedule

6:00-8:50 am **STAR 6-GOLD**
7:50-8:50 am FLOOD
 8:00-8:50 am **STAR 3-5 & STAR 6-GOLD GROUPS (Plus 7:10-8:00 am)**
8:50-9:00 am FLOOD
 9:00-9:50 am **PRE STAR AND STAR 1-2**
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 6-GOLD**
7:50-8:50 am FLOOD
 8:00-8:50 am **STAR 3-5 & STAR 6-GOLD GROUPS (Plus 7:10-8:00 am)**
8:50-9:00 am FLOOD
 9:00-9:50 am **PRE STAR AND STAR 1-2**
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