

Fort Henry Heights Skating Club – Calendar - September 2026

0926

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 BACK TO SCHOOL 	3	4	5
6	7 LABOUR DAY	8	9	10	11	12 Constantine (see schedule below) Pre STAR/STAR 1-2 STAR 3-5 STAR 6- GOLD
13 Constantine (see schedule below) Pre STAR/STAR 1-2 STAR 3-5 STAR 6- GOLD	14	15	16	17	18	19 Constantine (see schedule below) Pre STAR/STAR 1-2 STAR 3-5 STAR 6- GOLD PA Trg – 10:00-11:30 Adult/Teen Starts
20 Constantine (see schedule below) Pre STAR/STAR 1-2 STAR 3-5 STAR 6- GOLD PA Trg – 10:00-11:30	21	22	23	24 Cataraqui Kinsmen Ice 4:00-5:20 pm STAR 6-Gold 4:30-5:20 pm STAR 3-5 Plus	25 Constantine 7:00-8:50 pm STAR 3-Gold	26 Constantine (see schedule below) CanSkate Starts
27 Constantine (see schedule below) CanSkate Starts	28 Cataraqui Kinsmen Ice 4:30-5:20 pm STAR 1-2 STAR 3-5 STAR 6-GOLD	29	30	1 OCTOBER Kinsmen Ice 4:00-5:20 pm STAR 6-Gold 4:30-5:20 pm STAR 3-5 Plus	2 Constantine 7:00-8:50 pm STAR 3-Gold	3 Constantine (see schedule below)

CONSTANTINE - Saturday Schedule

6:00-8:50 am STAR 6-GOLD (Off Ice 9:00-9:40)
 7:50-8:00 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 (Off Ice 8:50-9:00)
 9:50-10:00 am CANSKATE SET UP
 10:00-10:45 am CANSKATE/ PRE CANSKATE (A Session) (Off ice 9:50-10:00)
 10:45-11:30 am CANSKATE /PRE CANSKATE (B Session) (Off ice 10:35-10:45)
Note: CanSkate Sessions include 10 minute off-ice warm up
 Adult/Teen -- 7:00-8:15 pm A/STAR & STAR 1-3
 8:25-9:15 pm A/CANSKATE

CONSTANTINE - Sunday Schedule

6:00-8:50 am STAR 6-GOLD (Off Ice 9:00-9:40)
 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 (Off Ice 8:50-9:00)
 9:50-10:00 am CANSKATE SET UP
 10:00-10:45 am CANSKATE/PRE CANSKATE (A Session) (Off ice 9:50-10:00)
 10:45-11:30 am CANSKATE/PRE CANSKATE (B Session) (Off ice 10:35-10:45)
Note: CanSkate Sessions include 10 minute off-ice warm up