

# Fort Henry Heights Skating Club- Program Schedule – February 2024

Revised 6/02/24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>Cataraqui Kinsmen Ice</b> 4:00-5:20 pm <b>STAR 4-Gold</b> 4:30-5:20 pm <b>STAR 1-3 Plus</b>	2	3 <b>NO STARSkate</b> See Replacement Ice Wed – 31 Jan <b>All Rec Programming Cancelled</b>
4 <b>STARSkate Memorial Centre</b> 7:00-9:50 am <b>All Skating Programs Cancelled</b>	5 <b>Cataraqui Kinsmen Ice</b> 4:30-5:20 pm <b>STAR 1-3</b> <b>STAR 4-GOLD</b>	6	7	8 <b>Cataraqui Kinsmen Ice</b> 4:00-5:20 pm <b>STAR 4-Gold</b> 4:30-5:20 pm <b>STAR 1-3 Plus</b>	9	10 <b>Constantine</b> <i>(see schedule below)</i>  <b>Adult/Teen</b> 6:45 -8:15 pm
11 <b>Constantine</b> <i>(see schedule below)</i>	12 <b>Cataraqui Kinsmen Ice</b> 4:30-5:20 pm <b>STAR 1-3</b> <b>STAR 4-GOLD</b>	13	14 	15 <b>Cataraqui Kinsmen Ice</b> 4:00-5:20 pm <b>STAR 4-Gold</b> 4:30-5:20 pm <b>STAR 1-3 Plus</b>	16	17 <b>Constantine</b> <i>(see schedule below)</i>  <b>Adult/Teen</b> 6:45 -8:15 pm
18 <b>Constantine</b> <i>(see schedule below)</i>  <b>Adult/Teen</b> 6:00 -7:30 pm <b>Constantine (Make-up)</b>	19 <b>Cataraqui Kinsmen Ice</b> 4:30-5:20 pm <b>STAR 1-3</b> <b>STAR 4-GOLD</b>	20	21	22 <b>Cataraqui Kinsmen Ice</b> 4:30-5:50 pm <b>STAR 4-Gold</b> 5:00-5:50 pm <b>STAR 1-3 Plus</b>	23	24 <b>Constantine</b> <i>(see schedule below)</i>  <b>Adult/Teen</b> 6:45 -8:15 pm
25 <b>Constantine</b> <i>(see schedule below)</i>	26 <b>Cataraqui Kinsmen Ice</b> 4:30-5:20 pm <b>STAR 1-3</b> <b>STAR 4-GOLD</b>	27	28	29 <b>Cataraqui Kinsmen Ice</b> 4:00-5:20 pm <b>STAR 4-Gold</b> 4:30-5:20 pm <b>STAR 1-3 Plus</b>		

Constantine - Saturday Schedule	Constantine - Sunday Schedule
6:15-8:50 am <b>STARSKATE</b>	6:15-8:50 am <b>STARSKATE</b>
8:00-8:50 am <b>STAR 1-3 (Plus 7:10-8:00 am)</b>	8:00-8:50 am <b>STAR 1-3 (Plus 7:10-8:00 am)</b>
8:50-9:00 am <b>FLOOD</b>	8:50-9:00 am <b>FLOOD</b>
9:00-9:50 am <b>PRE STAR AND HOCKEY CANSKATE</b>	9:00-9:50 am <b>PRE STAR AND HOCKEY CANSKATE</b>
9:50-10:00 am <b>CANSKATE SET UP</b>	9:50-10:00 am <b>CANSKATE SET UP</b>
10:00-10:45 am <b>CANSKATE/ PRE CANSKATE/PARENT ASSIST (A Session)</b>	10:00-10:45 am <b>CANSKATE/PRE CANSKATE /PARENTASSIST (A Session)</b>
10:45-11:30 am <b>CANSKATE /PRE CANSKATE/PARENT ASSIST (B Session)</b>	10:45-11:30 am <b>CANSKATE/PRE CANSKATE /PARENTASSIST (B Session)</b>
<b>Note: CanSkate Sessions include 10 minute off-ice warm up</b>	<b>Note: CanSkate Sessions include 10 minute off-ice warm up</b>
<b>A Session: 9:50 am to 10:45 am      B Session 10:35 am to 11:30 am</b>	<b>A Session: 9:50 am to 10:45 am      B Session 10:35 am to 11:30 am</b>
6:45-8:15 pm <b>ADULT/TEEN SKATE</b>	