

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

Revised 28/01

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 <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>	5	6 <b>Constantine</b> <i>(see schedule below)</i>  <b>Adult/Teen</b> 6:45 -8:15 pm
7 <b>Constantine</b> <i>(see schedule below)</i>	8 <b>Cataraqui Kinsmen Ice</b> 4:30-5:20 pm <b>STAR 1-3</b> <b>STAR 4-GOLD</b>	9	10	11 <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>	12	13 <b>Constantine</b> <i>(see schedule below)</i>  <b>Adult/Teen</b> 6:45 -8:15 pm
14 <b>Constantine</b> <i>(see schedule below)</i>	15 <b>Cataraqui Kinsmen Ice</b> 4:30-5:20 pm <b>STAR 1-3</b> <b>STAR 4-GOLD</b>	16	17	18 <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>	19	20 <b>Constantine</b> <i>(see schedule below)</i> <b>Adult/Teen</b> <b>Cataraqui</b> 7:00-9:30 pm
21 <b>Constantine</b> <i>(see schedule below)</i>	22 <b>Cataraqui Kinsmen Ice</b> 4:30-5:20 pm <b>STAR 1-3</b> <b>STAR 4-GOLD</b>	23	24	25 <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>	26	27 <b>Constantine</b> <i>(see schedule below)</i>  <b>Adult/Teen</b> <b>Cancelled</b>
28 <b>Constantine</b> <i>(see schedule below)</i>	29 <b>Cataraqui Kinsmen Ice</b> 4:30-5:20 pm <b>STAR 1-3</b> <b>STAR 4-GOLD</b>	30 <b>Adult/Teen</b> 6:45-8:15 pm  <b>Make Up Session</b> <b>(Sat 3rd Feb)</b>	31 <b>STARSkate</b> 6:45 – 8:45 pm <b>Star 1-3 (Plus)</b> 6:45 – 7:40 pm <b>Make Up Session</b> <b>(Sat Feb 3rd)</b>	1 Feb <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

6:00-8:50 am **STARSKATE**  
 8:00-8:50 am **STAR 1-3** (Plus 7:10-8:00 am)  
 8:50-9:00 am **FLOOD**  
 9:00-9:50 am **PRE STAR AND HOCKEY CANSKATE**  
 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  
 6:45-8:15 pm **ADULT/TEEN SKATE**

## Constantine - Sunday Schedule

6:00-8:50 am **STARSKATE**  
 8:00-8:50 am **STAR 1-3** (Plus 7:10-8:00 am)  
 8:50-9:00 am **FLOOD**  
 9:00-9:50 am **PRE STAR AND HOCKEY CANSKATE**  
 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