

# Skate Kingston 2025-2026 General On-Ice Schedule

Effective September 29, 2025

\*\*\*\*\* Schedule is subject to change \*\*\*\*\*

Skating is on the CUPE 109 ice pad at the INVISTA Centre unless otherwise noted on the monthly calendars.

Special Olympic Ice on Saturdays is at the Memorial Centre.

Monday	Tue	Wednesday	Thursday	Fri	Saturday
				<b>STAR C/D</b> 6:00 - 7:00 am <b>STAR A/B/C</b> 7:00 - 7:50 am	
					<b>Adult/Teen LTS</b> 8:00 - 8:40 AM
					<b>Adv. CanSkate</b> 8:40 - 9:25 AM
					<b>AdultSTAR 1-4</b> 8:40 - 9:25 AM
					FLOOD 9:25-9:35 AM
					<b>CanSkate</b> 9:35 - 10:20 AM
					FLOOD 10:20-10:30 AM
					<b>STAR B (4-13 pts)</b> 10:30-11:30 AM
					FLOOD 11:30-11:40 AM
					<b>CanSkate</b> 11:40 AM - 12:25 PM
					<b>Special Olympics</b> 11:00-11:50 AM Memorial Ctr
					FLOOD 12:25 - 12:35 PM
					<b>STAR C/STAR D (14+ pts)</b> 12:35 - 1:50 PM
		<b>STAR B (4-13 pts)</b> 4:00 - 4:50 PM	<b>STAR C/STAR D (14+ pts)</b> 4:00 - 5:00 PM		
		FLOOD 4:50 - 5:00 PM			
		<b>STAR A (0-3 pts)</b> 5:00 - 5:45 PM	<b>STAR D (22+ pts)</b> 5:00 - 5:30 PM		
		<b>Adv. CanSkate</b> 5:00 - 5:45 PM	FLOOD 5:30 - 5:40 PM		
<b>STAR B (4-13 pts)</b> 5:00 - 5:45 PM		FLOOD 5:45 - 5:55 PM	<b>CanSkate</b> 5:40 - 6:25 PM		
FLOOD 5:45 - 5:55 PM		<b>CanSkate</b> 5:55 - 6:40 PM	FLOOD 6:25 - 6:35 PM		
<b>CanSkate</b> 5:55 - 6:40 PM		FLOOD 6:40 - 6:50 PM	<b>STAR B/C (4-21 pts)</b> 6:35 - 7:50 PM		
FLOOD 6:40 - 6:50 PM		<b>STAR C/STAR D (14+ pts)</b> 6:50 - 8:00 PM	FLOOD 7:50 - 8:00 PM		
<b>STAR C/STAR D (14+ pts)</b> 6:50 - 7:50 PM		<b>STAR D (22+ pts)</b> 8:00 - 8:50 pm	<b>AdultSTAR 5+</b> 8:00 - 8:50 PM		
FLOOD 7:50 - 8:00 PM		FLOOD 8:50 - 9:00 PM	FLOOD 8:50 - 9:00 PM		
<b>STAR D (22+ pts)</b> 8:00 - 8:50 pm					
FLOOD 8:50 - 9:00 PM					

**MORNING ICE:** See monthly calendar for specific dates

KSSC A.M. Ice: Fridays 6 am - 7:50 am