



INVISTA Centre  
1350 Gardiners Road, Kingston, ON K7P 0E5  
Tel: 613-544-4442 x 1892  
[www.SkateKingston.com](http://www.SkateKingston.com)

\*\*\*We have a MAILBOX at INVISTA Centre\*\*\*

## Recreational Group Skating Program INFORMATION

Deadline for Fall Programs: by September 15, 2017.

Register early SPACE IS LIMITED. Will accept registrations until classes are full.

Skate Kingston offers Skate Canada sanctioned recreational group skating lessons with NCCP Certified Professional Coaches. These two pages provide information about our programs to help you complete the REGISTRATION FORM. Visit our website for updates, special events and news.

**IMPORTANT – Parents MUST remain in the arena during their child's lesson.**

### PROGRAMS- Fall 2017 & Winter 2018 CanSkate, Pre-Can and Parent & Tot

- **GROUP LESSONS START:** Monday Oct. 2, Wednesday Oct. 4, Thursday Oct. 5 and Saturday Oct. 7.
- **MANDATORY FEES (SKATE CANADA & SAFE SPORT):** \$36, included in all recreational program costs

INVISTA Centre: *Mon 6:20-7:05 pm; Wed 6:15-7:00 pm; Thurs 6:00-6:45 pm; Sat 10:20 -11:05 am*

**CanSkate** is a 45 minute program taught in a group format by certified coaches and focuses on continuous movement emphasizing the use of dynamic group teaching concepts including fast track, fun zone and station rotation. The CanSkate curriculum is organized into three fundamental areas; Balance, Control and Agility which concentrate on forward and backward skills, stopping, edges, speed, turning and jumping. Skaters will receive ongoing incentives and a report card at the end. This program is for children who have completed Pre-Can or have some basic skating skills. It is recommended that skaters are at least 3.5-4 years old.

**Pre-Can and Parent & Tot** are on ice with CanSkaters but in a separate group with a 45 minute introductory format lead by a certified coach. This format provides the skater the opportunity to begin to learn the basics of skating either on their own (**Pre-Can**) OR with one parent/guardian on the ice with them (must be the same parent each week due to Skate Canada insurance fees). Often children learn best without a parent/guardian on the ice. If the child will not go on their own the parent/guardian is there to assist, support and encourage and must be able to skate on their own to participate in this program. Parents are encouraged to transition their child to be on their own once they are ready. Participating parents must wear a CSA hockey helmet. Skaters receive ongoing incentives and a report card at the end. It is recommended that skaters are at least 3-3.5 years old.

**Cost CanSkate & Pre-Can:** \$190 for 10 sessions - Fall only (or Winter only)

\$320 for 20 sessions - Fall & Winter (MUST register PRIOR TO start of the Fall season)

**Cost Parent & Tot:** \$225 for 10 sessions: 1 skater + 1 parent Skate Canada fee - Fall only (or Winter only)

\$350 for 20 sessions: 1 skater + 1 parent Skate Canada fee- Fall & Winter (MUST register PRIOR TO start of the Fall season). *For a different parent or guardian to skate an additional Skate Canada fee is required.*

**Adult Learn-to-Skate** INVISTA Centre: *Thursday 8:00-8:50 pm*

It is never too late to learn to skate! Adults (and teenagers) of all ages can enjoy a 50 minute program learning to skate in a relaxed and friendly group lesson atmosphere. Session includes a 30 minute group lesson with a certified coach. Skaters receive ongoing incentives and a report card in December and March. This program is on the ice at the same time as the Adult STARSkate session.

**Cost:** \$200 for 10 sessions - Fall only (or Winter only)

\$330 for 20 sessions - Fall and Winter (MUST register PRIOR TO start of the Fall season)

**SKATE CANADA HELMET POLICY** CSA hockey helmets are mandatory for every adult and child participating. Please see Skate Kingston website for more information.

**REGISTRATION FORMS** and cheques will be accepted until classes are full. **SKATE KINGSTON WILL BE HOLDING REGISTRATION ON AUGUST 22<sup>ND</sup> & 24<sup>TH</sup> FROM 5-7 PM AT INVISTA CENTRE AND SEPTEMBER 13 AT INVISTA CENTRE FROM 6:30-8:30PM.** Forms may also be mailed OR dropped off in the Skate Kingston mailbox at the INVISTA centre. **We accept cash, cheque or money order payable to: Skate Kingston** (cheque may be post-dated to Sept. 15, 2017). We do NOT have debit or credit card capabilities.

## FUNDRAISING COMMITMENT

Fundraising is a very important part of any non-profit organization. At Skate Kingston this will help to keep ice and program costs reasonable for everyone and contributes to events that are held throughout the year. This money will be used for the following Skate Kingston events: Theme Days, Ice Show, and AGM & Awards Banquet.

**There is a mandatory \$30.00 fundraising fee required for each family** enrolled in Skate Kingston Recreational Programs for the combined Fall/Winter or the separate Fall and/or Winter Sessions. This mandatory fundraising fee paid with registration may be recouped by selling the bag of 15 Lamontagne Chocolates for \$2 each. These chocolates will be distributed sometime during the first few weeks of the session.

**Families with skaters in both CanSkate & STARSkate programs** are ONLY required to do the STARSkate fundraising and volunteer commitments (see STARSkate package). Fundraising fee is NOT charged to families that have a statement of request for financial assistance (e.g. Jump Start), but volunteer commitment applies (see STARSkate package). Skaters moving to STARSkate from CanSkate during the fall or winter season will be required to fulfill all or partial STARSkate volunteer and fundraising commitments depending on length of season remaining. Fees would be determined and pro-rated.

**FAMILY DISCOUNT OR MULTIPLE SESSIONS EXAMPLES:** (NOTE- not exhaustive list, please contact Skate Kingston if you have questions, via phone or visit website for further contact information)

**All packages below include the Skate Canada \$36 mandatory fee**

<b>1 Day/week skating</b>	<b>10 week session</b>	<b>20 week session</b>
1 <sup>st</sup> CanSkater or Pre-Can Skater	\$190	\$320
2 <sup>nd</sup> , 3 <sup>rd</sup> or more CanSkater in same family	\$180	\$305
Parent and Tot	\$225	\$350
Pre-Junior (please see page 3 for program info.)	\$205	
Pre-Junior + CanSkate session	\$335	
Adult Learn-to-Skate	\$200	\$330

<b>2 Days/week skating</b>	<b>10 week session</b>	<b>20 week session</b>
1 CanSkater	\$320	\$575

<b>Mixture 1 &amp; 2 Day/week skating</b>	<b>10 week session</b>	<b>20 week session</b>
1 <sup>st</sup> CanSkater 2 days/week	\$320	\$575
2 <sup>nd</sup> CanSkater in same family 1 day/week	\$180	\$305

Please use **ONE REGISTRATION FORM PER SKATER AND CLEARLY MARK** program choices with an **X** on each form (page 4 of package). **TO DETERMINE TOTAL FAMILY FEES**, add up all package fees (based on individual rate, family discount, number of days/week and session) and **add to fundraising fee (\$30)**. **ENTER FEES ON REGISTRATION FORM - One cheque per family permissible.**

**SKATE KINGSTON REFUND POLICY** Requests must be made in writing before the third week of skating lessons. Fees will be prorated. Requests for refund after the second week of skating lessons are at the discretion of the board and a medical note is mandatory. A \$40 non-refundable insurance and administrative fee will apply. **NSF cheque charge \$30.00.** Schedules and information are subject to change. Skate Kingston is not responsible for loss of ice due to events beyond our control.



## Pre-Junior STARSkate Program

### Must have completed CanSkate Stage 4

Deadline for Fall Program: by September 15, 2017.

**Register early SPACE IS LIMITED. Will accept registrations until session is full.**

- **SESSION STARTS: Saturday October 7; TIME: 9:10-9:55 am**
- **MANDATORY FEES (SKATE CANADA & SAFE SPORT): \$36 is included in the program cost**
- **This program will only run if sufficient numbers**

The Pre-Junior STARSkate program provides an opportunity to those skaters eager to focus on figure skating by introducing skaters to the disciplines of figure skating, along with continuing to work on CanSkate Stage 5. **It is highly recommended that skaters also participate in a regular CanSkate session with the Pre-Junior program.** The program will offer a 45 minute on-ice group lesson by a NCCP Certified Professional Coach. Ribbons, badges and report cards, similar to the CanSkate program will be given out. **Skaters must have completed CanSkate Stage 4 to join this program** and must wear figure skates. Those skaters who have completed Stage 5 and are interested in figure skating would go directly to our Junior STARSkate program, please see separate STARSkate package (posted on website).

**Cost: \$205 for 10 weeks Pre-Jr (Oct 7 to Dec 9, 2017). \$335 for 10 weeks Pre-Jr + CanSkate session**

#### **IMPORTANT – please note:**

- ◆ **HELMET POLICY: CSA hockey helmets are mandatory** until skater has passed CanSkate Stage 5. Please refer to the Skate Kingston website for more information regarding the Skate Canada official helmet policy.
- ◆ **Parents MUST remain in the arena during their child's lesson.**

#### **FUNDRAISING COMMITMENT**

Is the same as the other Recreational programs (see page 2 above).

**SKATE KINGSTON REFUND POLICY** Requests must be made in writing before the third week of skating lessons. Fees will be prorated. Requests for refund after the second week of skating lessons are at the discretion of the board and a medical note is mandatory. A \$40 non-refundable insurance and administrative fee will apply. **NSF cheque charge \$30.00.** Schedules and information are subject to change. Skate Kingston is not responsible for loss of ice due to events beyond our control.



## 2017 - 2018 Recreational Group Programs Registration Form

**Deadline for Fall Programs:** by September 15, 2017 to better guarantee spot. **Will accept until classes full.**

**PLEASE PRINT** Skater Information. **PLEASE USE ONE FORM PER SKATER.**

Surname:		First name:		Init.
Street address:				
City:		Province:		Postal Code:
Birthdate: MM/DD/YYYY		Age:		Male / Female
Skate Canada number:			Home Club No: <b>1000493 - Skate Kingston</b>	
Previous skating experience ( <b>Program or Club, if not in Skate Kingston CanSkate program previously</b> ):				
Highest CanSkate Badge Level Achieved as of Registration Date:		0 1 2 3 4 5 6	(Please Circle)	
Parent/Guardian Name:			Parent/Guardian Name:	
Skating Parent NAME for Parents & Tots program if applicable:		M / F	Skating Parents Birthdate: (MM/DD/YYYY)	
<b>E-Mail Address:</b> (used only for internal Skate Kingston communications to members)				
Home Phone:		Cell:		Work:
Emergency Contact:			Phone:	

**PLEASE MARK PROGRAM** day(s) with an **X**

CanSkate	Mon 6:20-7:05 pm	Wed 6:15-7:00pm	Thurs 6:00-6:45pm	Sat 10:20-11:05am
Pre-Can or Parent & Tot	Mon 6:20-7:05pm	Wed 6:15-7:00pm	Thurs 6:00-6:45pm	Sat 10:20-11:05am
<b>Pre-Junior</b>				Sat 9:10-9:55am
Adult Learn-to-Skate			Thurs 8:00-8:50pm	

<b>PLEASE MARK SESSION</b> with an <b>X</b>	<b>Fall-10 weeks</b>	<b>Winter-10 weeks</b>	<b>Fall/Winter-20 weeks</b>
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### TOTAL FEES

**PAYMENT:** Cash \_\_\_\_\_  
 Cheque # \_\_\_\_\_  
 Received \_\_\_\_\_  
 Staff initials \_\_\_\_\_

<b>Skater Package Price</b> (Refer to Information pages for rates)	
<b>Mandatory Fundraising</b> (1 annual fee per family)	<b>+ \$30</b>
<b>Total Fees</b>	<b>=</b>

**REFUND POLICY:**  
 Requests must be in writing before the third week of skating lessons (\$40 non-refundable). After this a medical note is required. More details on page 2. Please Note: Skate Kingston is not responsible for loss of ice due to events beyond our control.

**We accept cash, cheque or money order payable to: Skate Kingston** (may post-date cheque to September 15, 2017). We do NOT have debit or credit card capabilities.  
**Liability Waiver and Release:** It is understood and agreed that Skate Kingston shall NOT be responsible or held liable for any damages, injury, or loss of property to any member, guest or visitor to Skate Kingston regardless of the reason or nature of such damage, loss or injury. Every member, guest or visitor who participates in Skate Kingston on-ice or off-ice activities shall use the Club facilities at his or her own risk. The signatory shall indemnify Skate Kingston and hold them harmless from any claims. The undersigned acknowledges having received and read and also agrees to abide by all rules of Skate Kingston and all Skate Canada rules in effect from time to time.

**I hereby grant permission to Skate Kingston to publish results, photographs in local papers, other printed material or post on the Skate Kingston website or other social media.**

Yes  No

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**STAFF USE ONLY**  
**SC REGISTERED** \_\_\_\_\_

## Skate Kingston's Recreational group program Fall Sessions 2017 Kingston Transit (KT) Rink, INVISTA Centre (unless otherwise noted)

CanSkate, Pre-Can and Parent & Tot sessions Mon, Wed, Thurs & Sat. The Pre-Jr program Saturday is for those skaters interested in figure skating; it is highly recommended that skaters also participate in a CanSkate session (For more details see page 3 of the Recreational information package).

<u>Monday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>	<u>Pre-Junior Saturday</u>
<b>(6:20-7:05pm)</b>	<b>(6:15-7:00pm)</b>	<b>(6:00-6:45pm)</b>	<b>(10:20-11:05am)</b>	<b>(9:10-9:55 am)</b>
Oct 2, 2017	Oct 4, 2017	Oct 5, 2017	Oct 7, 2017	Oct 7, 2017
Oct 16, 2017	Oct 11, 2017	Oct 12, 2017	Oct 14, 2017	Oct 14, 2017
Oct 23, 2017	Oct 18, 2017	Oct 19, 2017	Oct 21, 2017 – <b>CAT</b>	Oct 21, 2017 – <b>CAT</b>
Oct 30, 2017	Oct 25, 2017	Oct 26, 2017	Oct 28, 2017	Oct 28, 2017
Nov 6, 2017	Nov 1, 2017	Nov 2, 2017	Nov 4, 2017 – <b>CAT</b>	Nov 4, 2017– <b>CAT</b>
Nov 13, 2017	Nov 8, 2017	Nov 9, 2017	Nov 11, 2017	Nov 11, 2017
Nov 20, 2017	Nov 15, 2017	Nov 16, 2017	Nov 18, 2017	Nov 18, 2017
Nov 27, 2017	Nov 22, 2017	Nov 23, 2017	Nov 25, 2017	Nov 25, 2017
Dec 4, 2017	Nov 29, 2017	Nov 30, 2017	Dec 2, 2017 - <b>CAT</b>	Dec 2, 2017- <b>CAT</b>
Dec 11, 2017	Dec 6, 2017	Dec 7, 2017	Dec 9, 2017 – <b>CAT</b>	Dec 9, 2017- <b>CAT</b>

**Note: the movement from Kingston Transit pad to the **Catarqui Arena (CAT)** located at 1030 Sunnyside Rd (near Sydenham Rd and 401) on **Oct 21, Nov 4, Dec 2 and Dec 9.****

**Saturday December 16, Santa Skate 10:20 – 11:05am – at Kingston Transit Rink**

**Reminders: A parent or guardian MUST remain at the rink during the lesson.**

**Skaters (and parent in Parent & Tot) including Adult Learn-to-Skate MUST wear a helmet at all times.**

## Skate Kingston's Adult Learn-to-Skate Fall Sessions 2017 Kingston Transit Rink, INVISTA Centre

**Thursday**  
**(8:00-8:50pm)**  
Oct 5, 2017  
Oct 12, 2017  
Oct 19, 2017  
Oct 26, 2017  
Nov 2, 2017  
Nov 9, 2017  
Nov 16, 2017  
Nov 23, 2017  
Nov 30, 2017  
Dec 7, 2017

## Skate Kingston's Recreational group program Winter Sessions 2018 Kingston Transit (KT) Rink, INVISTA Centre (unless otherwise noted)

CanSkate, Pre-Can and Parent & Tot sessions Mon, Wed, Thurs & Sat. The Pre-Jr program Saturday is for those skaters interested in figure skating; it is highly recommended that skaters also participate in a CanSkate session (For more details see page 3 of the Recreational information package).

<u>Monday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>	<u>Pre-Jr Saturday</u>
<b>(6:20-7:05pm)</b>	<b>(6:15-7:00pm)</b>	<b>(6:00-6:45pm)</b>	<b>(10:20-11:05am)</b>	<b>(9:10-9:55 am)</b>
Jan 8, 2018	Jan 3, 2018	Jan 4, 2018	Jan 6, 2018 - <b>CAT</b>	Jan 6, 2018- <b>CAT</b>
Jan 15, 2018	Jan 10, 2018	Jan 11, 2018	Jan 13, 2018	Jan 13, 2018
Jan 22, 2018	Jan 17, 2018	Jan 18, 2018	Jan 20, 2018	Jan 20, 2018
Jan 29, 2018	Jan 24, 2018	Jan 25, 2018	Jan 27, 2018	Jan 27, 2018
Feb 5, 2018	Jan 31, 2018	Feb 1, 2018	Feb 3, 2018	Feb 3, 2018
Feb 12, 2018	Feb 7, 2018	Feb 8, 2018	Feb 10, 2018	Feb 10, 2018
Feb 19, 2018	Feb 14, 2018	Feb 15, 2018	Feb 17, 2018	Feb 17, 2018
Feb 26, 2018	Feb 21, 2018	Feb 22, 2018	Feb 24, 2018	Feb 24, 2018
Mar 5, 2018	Feb 28, 2018	Mar 1, 2018	Mar 3, 2018- <b>CAT</b>	Mar 3, 2018- <b>CAT</b>
Mar 12, 2018	Mar 7, 2018	Mar 8, 2018	Mar 10, 2018- <b>CAT</b>	Mar 10, 2018- <b>CAT</b>

**Note: the movement from Kingston Transit Rink to the **Catarauqui Arena (CAT)** located at 1030 Sunnyside Rd (near Sydenham Rd and 401) on **Jan 6, Mar 3 and Mar 10.****

**Reminders: A parent or guardian MUST remain at the during the lesson.**

**Skaters (and parent in Parent & Tot) including Adult Learn-to-Skate MUST wear a helmet at all times.**

## Skate Kingston's Adult Learn-to-Skate Winter Sessions 2018 Kingston Transit Rink, INVISTA Centre

**Thursday**  
**(8:00-8:50pm)**  
Jan 4, 2018  
Jan 11, 2018  
Jan 18, 2018  
Jan 25, 2018  
Feb 1, 2018  
Feb 8, 2018  
Feb 15, 2018  
Feb 22, 2018  
Mar 1, 2018  
Mar 8, 2018