



## Spring 2018 Recreational Group Skating Programs

**IMPORTANT – please note:**

- ◆ **HELMET POLICY:** CSA hockey helmets are mandatory for EVERY ADULT AND CHILD PARTICIPATING in any of the recreational group programs for those who have not passed CanSkate Stage 5. Please refer to the Skate Kingston website for more information regarding the Skate Canada official helmet policy.
- ◆ **PRICES DO NOT INCLUDE SKATE CANADA FEES** (if applicable, see Registration form)

**CanSkate Program - Includes Pre-Can and Parent & Tot (suggested age 3.5 & up)**

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.

**Pre-Can and Parent & Tot** (together on ice) is a 45 minute introductory program in a group 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). 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. Skaters receive ongoing incentives and a report card at the end. This program is on the ice at the same time as the CanSkate session.

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|---------------------|--|-----------------|
| <b>7 Sessions:</b>  | TUESDAYS 6:10-6:55 pm (April 10, 17, 24; May 1, 8, 15, 22)   | <b>\$140.00</b> |
| <b>7 Sessions:</b>  | THURSDAYS 6:25-7:10 pm (April 12, 19, 26; May 3, 10, 17, 22) | <b>\$140.00</b> |
| <b>14 sessions:</b> | TUESDAYS and THURSDAYS                                       | <b>\$250.00</b> |

**Pre-Junior - For skaters who have completed CanSkate Stage 4 (Includes 45 minute Group Lesson)**

The Pre-Junior STARSkate program will provide an opportunity to those skaters eager to focus on figure skating (skaters must wear figure skates). The program offers a 45 minute on-ice group lesson by a NCCP Certified Professional Coach. The program is geared as a transition between CanSkate and the Junior STARSkate program. Ribbons, badges and report cards, similar to the CanSkate program will be given out. **This program will only run if sufficient enrollment.**

|                    |  |                 |
|--------------------|--|-----------------|
| <b>8 Sessions:</b> | TUESDAYS 5:15-6:00 pm (April 10, 17, 24; May 1, 8, 15, 22, 29) | <b>\$230.00</b> |
|--------------------|--|-----------------|

**STARSkate “A” Session – For skaters who have completed CanSkate Stage 5 (Includes 30 minute Group Lesson)**

This program will offer a 45 minute on-ice session, which includes a 30 minute group lesson by a certified coach. This program is the next step from CanSkate. **Skaters must have completed CanSkate Stage 5 and are working on Stage 6 & STAR 1 Tests.** Private lessons may also be arranged in this program; however parents will be responsible to make these arrangements and to pay the coaching fees associated with private or semi-private lessons.

|                    |  |                 |
|--------------------|--|-----------------|
| <b>8 Sessions:</b> | TUESDAYS 5:15-6:00 pm (April 10, 17, 24; May 1, 8, 15, 22, 29) | <b>\$210.00</b> |
|--------------------|--|-----------------|

**Adult (& Teenagers) Learn-to-Skate (50 minute session)/Adult STARSkate (70 minute session)**

This program will offer a 50 minute on-ice session for Adult LTS skaters and 70 minutes for Adult STARSkaters. The Adult Learn-to-Skate registrants must meet a sufficient enrollment for Skate Kingston to operate the 30 minute Adult Learn-to-Skate group lesson with a certified coach. **Private lessons can be arranged with coaches;** however, skaters will be responsible to make private coaching arrangements and to pay any coaching fees associated with private or semi-private lessons. **SEE HELMET POLICY.**

|                    |   |                 |
|--------------------|---|-----------------|
| <b>7 Sessions:</b> | MONDAYS 8:00–8:50 pm – LTS; 7:40-8:50 pm - STARSkate (April 9, 16, 23, 30; May 7, 14, 28) |                 |
|                    | StarSkate Adult (without Group Lesson)  | <b>\$165.00</b> |
|                    | Adult Learn-to-Skate with Group Lesson  | <b>\$205.00</b> |

- ◆ CONTACT INFORMATION:** Skate Kingston Registrar
- Kate Laird
- [kathleen.ruth.laird@gmail.com](mailto:kathleen.ruth.laird@gmail.com)
- Skate Kingston President
- Krista Richardson
- [kristar@sympatico.ca](mailto:kristar@sympatico.ca)
- Skate Kingston Office Administrator Bonnie Howse
- [bhowse@cogeco.ca](mailto:bhowse@cogeco.ca)
- Skate Kingston Office Phone 613-544-4442 ext 1892



**Spring 2018  
Recreational Group Skating Programs  
REGISTRATION FORM**

Deadline March 24<sup>th</sup> –REGISTER EARLY – SPACE IS LIMITED -will accept registrations until full

Skater's Name (Last) \_\_\_\_\_ (First) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

Birth date MM/DD/YYYY \_\_\_\_\_ Age \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Email address \_\_\_\_\_ Telephone # \_\_\_\_\_

Parents Names \_\_\_\_\_

Skate Canada # (if known) \_\_\_\_\_ Home Club \_\_\_\_\_

Parent&Tot: Skater Parent Name \_\_\_\_\_ Birth date MM/DD/YYYY \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Previous skating experience (Program or Club, if not SK CanSkate Program) \_\_\_\_\_

Last CanSkate Badge or Ribbons attained (if applicable) \_\_\_\_\_

STARSkate Tests \_\_\_\_\_ Private Coach (if applicable) \_\_\_\_\_

**PLEASE CIRCLE THE PROGRAM FOR REGISTRATION** (prices below do not include \$36.00 Skate Canada Fee)

\_\_\_\_\_ **CanSkate and Pre-Can** **OR** \_\_\_\_\_ **Parent & Tot - PLEASE MARK with X appropriate Program**  
 \_\_\_\_\_ 7 Sessions \_\_\_\_\_ Tuesday **OR** \_\_\_\_\_ Thursday Session – **MARK DAY with X** \$140.00  
 \_\_\_\_\_ 14 Sessions - Combined Sessions: Tuesday and Thursday \$250.00

**Pre-Junior Session** \_\_\_\_\_ 8 Sessions - Tuesday \$230.00

**STARSkate "A" Session** (Includes 30 min Group Lesson)  
 \_\_\_\_\_ 8 Sessions - Tuesday \$210.00

**Adult Skating – PLEASE MARK** \_\_\_\_\_ 7 Sessions without Group Lessons \$165.00  
 \_\_\_\_\_ 7 Sessions with Group Lessons (Learn-to-Skate) \$205.00

**ADD: Skate Canada fee** (If not registered in any Skate Canada program for 2017/18 season, \$ 36.00

**\$36 is required for EACH NEW skater and/or parent on the ice in Parent & Tot program (\$72 total for P&T)**

**Minus \$50 Early-bird deposit for those Starskaters who provided this deposit if applicable -** Minus \$50

**TOTAL FEE** \_\_\_\_\_ \$ \_\_\_\_\_

**RECEIVED** Cash: \_\_\_\_\_ Cheque # \_\_\_\_\_ **payable to: "Skate Kingston"** Amount \_\_\_\_\_ Dated \_\_\_\_\_

**SKATE KINGSTON REFUND POLICY:** Requests must be made in writing before the start of the second week of spring session. Fees will be prorated. After this a medical note is required and a \$40 non-refundable administrative fee will apply. **NSF cheque charge \$30.00**

**REGISTRATION FORMS** can be mailed, or dropped into the Skate Kingston mail box at the INVISTA Centre or to the Skate Kingston office (upper level Kingston Transit Pad, INVISTA Centre). Please provide an email address in order to receive any notices or updates regarding the program.

**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 shall participate in Skate Kingston on-ice or off-ice activities will 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 photographs in local papers, other printed material or post on their website or other social media: Yes  No**

SIGNATURE of Skater/Parent/or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_