



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, 2018.

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 2018 & Winter 2019 CanSkate, Pre-Can and Parent & Tot

- **GROUP LESSONS START:** Monday Oct. 1, Wednesday Oct. 3, Thursday Oct. 4 and Saturday Oct. 6.
- **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 5:55-6:40 pm; Sat 11:15 -12:00 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 highly recommended that skaters are at least 3.5 years old.**

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

**\$335 for 20 sessions** - Fall & Winter (MUST register PRIOR TO start of the Fall season)

**Cost Parent & Tot: \$235 for 10 sessions: 1 skater + 1 parent Skate Canada fee** - Fall only (or Winter only)

**\$370 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 & Teen Learn-to-Skate** INVISTA Centre: *Saturday 9:00-9:45 am*

It is never too late to learn to skate! Adults and teenagers of all ages can enjoy a 45 minute program learning to skate in a relaxed and friendly group lesson atmosphere. Session includes a 45 minute group lesson with a certified coach. Skaters receive ongoing incentives and a report card in December and March. **This program is on at the same time and ice as the Pre-Junior session.**

**Cost: \$220 for 10 sessions** - Fall only (or Winter only)

**\$355 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 21<sup>ST</sup> & 23<sup>RD</sup> FROM 5-7 PM AT INVISTA CENTRE AND SEPTEMBER 12 AT INVISTA CENTRE FROM 6:30-8:30 PM. WE ALSO BE AT THE BOYS & GIRLS CLUB ON SATURDAY SEPTEMBER 15<sup>TH</sup> FROM 10:00 TO 2:00 PM.** 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, 2018). We do NOT accept debit cards, credit cards or e-transfers.

**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 Chocolates that total a value of \$30. 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	\$200	\$335
2 <sup>nd</sup> , 3 <sup>rd</sup> or more CanSkater in same family	\$190	\$320
Parent and Tot	\$235	\$370
Pre-Junior (please see page 3 for program info.)	\$220	
Pre-Junior + CanSkate session	\$355	
Adult Learn-to-Skate	\$220	\$355
<b>2 Days/week skating</b>	<b>10 week session</b>	<b>20 week session</b>
1 CanSkater	\$335	\$605
<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	\$335	\$605
2 <sup>nd</sup> CanSkater in same family 1 day/week	\$190	\$320

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, including inclement weather.



## Pre-Junior STARSkate Program

### Must have completed CanSkate Stage 4

Deadline for Fall Program: by September 15, 2018.

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

- **SESSION STARTS: Saturday October 6; TIME: 9:00-9:45 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: \$220 for 10 weeks Pre-Jr (Oct 6 to Dec 8, 2018). \$355 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.**
- ◆ **Pre-Juniors are on at the same time and ice as our Adult & Teen Learn-to-Skate program**

#### **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, including inclement weather.

## 2018 - 2019 Recreational Group Programs Registration Form

**Deadline for Fall Programs:** by September 15, 2018 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 list any medical issues you think coaches should be aware of				

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

CanSkate	Mon 6:20-7:05 pm	Wed 6:15-7:00pm	Thurs 5:55-6:40pm	Sat 11:15-12:00am
Pre-Can or Parent & Tot	Mon 6:20-7:05pm	Wed 6:15-7:00pm	Thurs 5:55-6:40pm	Sat 11:15-12:00am
<b>Pre-Junior</b>				<b>Sat 9:00-9:45am</b>
<b>Adult Learn-to-Skate</b>				<b>Sat 9:00-9:45am</b>

**PLEASE MARK SESSION** with an **X**

Fall-10 weeks

Winter-10 weeks

Fall/Winter-20 weeks

**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>	=

**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, 2018). We do NOT accept debit cards, credit cards, or e-transfers. **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 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). Pre-Jr session is on the same ice as the Adult-Learn-to-Skate.

<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>(5:55-6:40pm)</b>	<b>(11:15-12:00am)</b>	<b>(9:00-9:45 am)</b>
Oct 1, 2018	Oct 3, 2018	Oct 4, 2018	Oct 6, 2018	Oct 6, 2018
Oct 15, 2018	Oct 10, 2018	Oct 11, 2018	Oct 13, 2018	Oct 13, 2018
Oct 22, 2018	Oct 17, 2018	Oct 18, 2018	Oct 20, 2018	Oct 20, 2018
Oct 29, 2018	Oct 24, 2018	Oct 25, 2018	Oct 27, 2018	Oct 27, 2018
Nov 5, 2018	Nov 7, 2018	Nov 1, 2018	Nov 3, 2018	Nov 3, 2018
Nov 12, 2018	Nov 14, 2018	Nov 8, 2018	Nov 10, 2018	Nov 10, 2018
Nov 19, 2018	Nov 21, 2018	Nov 15, 2018	Nov 17, 2018	Nov 17, 2018
Nov 26, 2018	Nov 28, 2018	Nov 22, 2018	Nov 24, 2018	Nov 24, 2018
Dec 3, 2018	Dec 5, 2018	Nov 29, 2018	Dec 1, 2018 - <b>CAT</b>	Dec 1, 2018- <b>CAT</b>
Dec 10, 2018	Dec12, 2018	Dec 6, 2018	Dec 8, 2018	Dec 8, 2018

**Note: the movement from Kingston Transit pad to the **Cataraqui Arena (CAT)** located at 1030 Sunnyside Rd (near Sydenham Rd and 401) on Dec 1**

**Saturday December 15, Santa Skate 11:15 – 12:00 am – 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 2018 Kingston Transit Rink, INVISTA Centre on same ice as Pre-Junior

**Saturday**  
**(9:00-9:45 am)**  
Oct 6, 2018  
Oct 13, 2018  
Oct 20, 2018  
Oct 27, 2018  
Nov 3, 2018  
Nov 10, 2018  
Nov 17, 2018  
Nov 24, 2018  
Dec 1, 2018- **CAT**  
Dec 8, 2018

## Skate Kingston's Recreational group program Winter Sessions 2019 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). Pre-Jr session is on the same ice as the Adult-Learn-to-Skate.

<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>(5:55-6:40pm)</b>	<b>(11:15-12:00am)</b>	<b>(9:00-9:45 am)</b>
Jan 7, 2019	Jan 2, 2019	Jan 3, 2019	Jan 5, 2019 - <b>CAT</b>	Jan 5, 2019- <b>CAT</b>
Jan 14, 2019	Jan 9, 2019	Jan 10, 2019	Jan 12, 2019	Jan 12, 2019
Jan 21, 2019	Jan 16, 2019	Jan 17, 2019	Jan 19, 2019	Jan 19, 2019
Jan 28, 2019	Jan 23, 2019	Jan 24, 2019	Jan 26, 2019	Jan 26, 2019
Feb 4, 2019	Jan 30, 2019	Jan 31, 2019	Feb 2, 2019	Feb 2, 2019
Feb 11, 2019	Feb 6, 2019	Feb 7, 2019	Feb 9, 2019	Feb 9, 2019
Feb 18, 2019	Feb 13, 2019	Feb 14, 2019	Feb 16, 2019	Feb 16, 2019
Feb 25, 2019	Feb 20, 2019	Feb 21, 2019	Feb 23, 2019	Feb 23, 2019
Mar 4, 2019	Feb 27, 2019	Feb 28, 2019	Mar 2, 2019- <b>CAT</b>	Mar 2, 2019- <b>CAT</b>
Mar 11, 2019	Mar 6, 2019	Mar 7, 2019	Mar 9, 2019- <b>CAT</b>	Mar 9, 2019- <b>CAT</b>

**Note: the movement from Kingston Transit Rink to the **Cataraqui Arena (CAT)** located at 1030 Sunnyside Rd (near Sydenham Rd and 401) on **Jan 5, Mar 2 and Mar 9.****

**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 Winter Sessions 2019 Kingston Transit Rink, INVISTA Centre on same ice as Pre-Junior

**Saturday**  
**(9:00-9:45 am)**  
Jan 5, 2019- **CAT**  
Jan 12, 2019  
Jan 19, 2019  
Jan 26, 2019  
Feb 2, 2019  
Feb 9, 2019  
Feb 16, 2019  
Feb 23, 2019  
Mar 2, 2019- **CAT**  
Mar 9, 2019- **CAT**