



*Excel with us - fun... fitness... passion... achievement*

# CanSkate Newsletter



Between wrapping up our fall session and getting organized for the holidays, Skate Kingston had a very busy December. Thank you to all those who participated in our Santa Skate – it was a great success!!!

**CANSKATE START UP** – Reminder the first days of CanSkate are Wednesday, January 2nd, Thursday, January 3<sup>rd</sup>, Saturday, January 5<sup>th</sup> and Monday, January 7<sup>th</sup>. We can't wait to see everyone in the new year!!

**LOCATION CHANGE** – Reminder that Saturday, January 5<sup>th</sup>, all skating sessions will be at the Cataraqui Arena, located at 1030 Sunnyside Rd (near Sydenham Rd and 401).

**PARENT ORIENTATION MEETINGS** – Please read through the Parent Orientation Package (found on the website and was also emailed out to skaters that are new in the Winter Session). This package explains everything you will need to know about our CanSkate Program. It will also give you some important information to keep on file.

On the Second week of lessons (see Calender below) for your child's session, we will be having parent orientation meetings – January 9, 10, 12, and 14. This is a great opportunity for you to meet either Tonya Van De Ven (Mondays and Thursdays) or Hilary Whitall (Wednesdays and Saturdays) – your Directors of Skating Programs, find out a bit more information about the club and its programs, and answer any other questions that you might have about the CanSkate Program. The meetings will be held in a designated change room and will start after the warm up, when your child's lesson begin. Information about our Pre-Junior Program will be discussed as well.

**HELMET POLICY** – Reminder to all parent and tot parents that helmets are mandatory for skaters **and** parents on the ice. Please ensure they are CSA approved hockey helmets.

**CHANGE ROOMS** – Reminder that skaters are to be using the designated change rooms for putting skates on. The city does not allow the use of the lobby for putting on skates.

January 2019

**THEME DAYS** – Each Month we will be having a Theme Week. This month's theme is PJ DAY!!!!  
January 21, 23, 24 & 26. Please feel free to wear your favourite warm Pjs!!!

**CLOTHING** – Please make sure that your child is dressed appropriately. Warm clothing but not too restricting. Please also make sure that they are wearing mittens. Please do not have them wearing any fluffy fabric gloves/mittens as they stick to the ice and leave the fabric pieces behind.

**For questions and/or concerns, please contact our Directors of Skating Programs:**

Tonya Van De Ven at [tonyavandeven@gmail.com](mailto:tonyavandeven@gmail.com)

Hilary Whitall at [lil whitall@hotmail.com](mailto:lil_whitall@hotmail.com)

**REMINDER OF CANSKATE SESSIONS:**

Mondays 6:20 pm – 7:05 pm

Wednesdays 6:15 pm – 7:00 pm

Thursdays 5:55 pm – 6:40 pm

Saturdays 11:15 am – 12:00 pm

**ADULT LEARN TO SKATE:**

Saturdays 9:00 am – 9:45 am

**PRE-JUNIOR:**

Saturdays 9:00 am – 9:45 am