



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

CanSkate Newsletter



Skate Kingston is so thrilled to have CanSkate back up and running and it has been a fantastic start to all the sessions. It is so wonderful to see children enjoying extra curricular activities again and we are happy we can assist with that.

Just a reminder that for up-to-date information, please visit our website www.skatekingston.com for your guide to monthly schedules, newsletters, prices, pictures and other helpful information. "LIKE" us on our Facebook page at www.facebook.com/SkateKingston and follow us on Instagram at **skate_kingston**.

PARENT ORIENTATION MEETINGS – Thank you to all who attended our meetings during the second week of classes. If you were not able to make it, please refer to the Parent Orientation Handbook we sent out in October or go to our website as most of what we covered is there. If you have any questions, please see our Director of CanSkate, or Office Administrator Bonnie Howse.

CANSKATE PARENTS – Please remember you **MUST** remain at the arena in the upper stands (parents are not permitted in the Invista hallways during the session due to COVID regulations) while your child is on the ice. Coaches and PA's are not permitted to take children to the washroom. Just a reminder that due to Covid Protocols, please ensure there is only 2 spectators per skater. Any spectator over the age of 12 must provide proof of full vaccination upon entering the arena.

CHANGE ROOMS – Reminder that change rooms are limited to 9 participants to put skates on. Once you are done, please go into the arena to allow other skaters to sit down. Skaters are to be using the designated change rooms for putting skates on.

WINTER REGISTRATION – There have been several questions regarding Winter registration. We are still waiting on ice permits and city logistics to confirm scheduling, but an email will be

sent out as soon as information is finalized. Please follow us on Facebook and Instagram for updates.

THEME DAYS – There will be a Sports Jersey Theme day on the following days in November – 22nd, 24th, 25th, and 27th. Please wear your favourite Sports Jersey.

PARTICIPANT NAME TAGS – Name tags can be taken off the name tag board at the beginning of each session and attached to your child’s clothing so it is visible for Coaches and PAs. **Please ensure you return name tags at the end of every session.**

CLOTHING – A reminder to please make sure that your child is dressed appropriately. Clothing should be 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 Director of CanSkate:

Tonya Van De Ven at tonyavandeven@gmail.com or by phone at 613-453-7689

REMINDER OF CANSKATE SESSIONS:

Mondays 6:20 pm – 7:05 pm

Wednesdays 6:20 pm – 7:05 pm

Thursdays 5:50 pm – 6:35 pm

Saturdays 8:55 am– 9:40 am

Saturdays 11:15 am – 12:00 pm



ADULT LEARN TO SKATE:

Saturdays 8:00 am – 8:45 am

PRE-STAR:

Saturdays 8:00 am – 8:45 am

CanSkate Calendar – November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CanSkate 6:20 – 7:05	2	3 CanSkate 6:20 – 7:05	4 CanSkate 5:50 - 6:35	5	6 PreSTAR and Adult LTS 8:00-8:45 CanSkate 8:55-9:40 11:15 – 12:00
7	8 CanSkate 6:20 – 7:05	9	10 CanSkate 6:20 – 7:05	11 CanSkate 5:50 - 6:35	12	13 PreSTAR and Adult LTS 8:00-8:45 CanSkate 8:55-9:40 11:15 – 12:00
14	15 CanSkate 6:20 – 7:05	16	17 CanSkate 6:20 – 7:05	18 CanSkate 5:50 - 6:35	19	20 PreSTAR and Adult LTS 8:00-8:45 CanSkate 8:55-9:40 11:15 – 12:00
21	22 CanSkate 6:20 – 7:05 Sports Jersey Theme Week	23	24 CanSkate 6:20 – 7:05 Sports Jersey Theme Week	25 CanSkate 5:50 - 6:35 Sports Jersey Theme Week	26	27 PreSTAR and Adult LTS 8:00-8:45 CanSkate 8:55-9:40 11:15 – 12:00 Sports Jersey Theme Week
	29 CanSkate 6:20 – 7:05	30				