



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

CanSkate Newsletter



Welcome back after an extended Christmas break to Skate Kingston. We are so excited for the Winter CanSkate Session to begin!! All Skate Canada Programs operate under the same system structure to keep your child moving on the ice. At Skate Kingston, we are proud to be a club that can offer you a program that is taught far and wide across our Nation.

For up to date information, please visit our website www.skatekingston.com for your guide to monthly schedules, STARSkate 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](https://www.instagram.com/skate_kingston).

PARENT ORIENTATION MEETINGS – Please read through the Parent Orientation Package (sent with this newsletter). 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 Calendar below) for your child's session, we will be having parent orientation meetings – February 7th, 9th, 10th and 12th. This is a great opportunity for you to meet Tonya Van De Ven (Director of CanSkate), 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 the upper stands and will start after the warm up, when your child's lesson begin. Information about our PreSTAR Program will be discussed as well.

CANSKATE PARENTS – MUST remain at the arena in the upper stands while your child is on the ice. Coaches and PA's are not permitted to take children to the washroom. 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 (QR code) upon entering the arena.

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.**

January/February 2022

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

CHANGE ROOMS – Reminder that there are only 9 skaters per dressing room.

THEME DAYS – Each Month we will be having a Theme Week. This month's theme is "Red, White and Pink" Feb 14th, 16th, 17th and 19th.



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.

CLUB CLOTHING – Clothing can now be ordered through the Skate Kingston Website. Please follow the link to access the clothing. <https://specialtytrophies.ca/skatekingston/>

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

CanSkate Calendar – January/February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 	January 31 CanSkate Starts 6:20 – 7:05	1	CanSkate Starts 6:20 – 7:05	CanSkate Starts 5:50 - 6:35	4	PreSTAR and Adult LTS Starts 8:00-8:45 CanSkate Starts 8:55-9:40 CanSkate Starts 11:15 – 12:00
6	7 CanSkate 6:20 – 7:05 Parent Orientation Meeting	8	9 CanSkate 6:20 – 7:05 Parent Orientation Meeting	10 CanSkate 5:50 - 6:35 Parent Orientation Meeting	11	PreSTAR and Adult LTS 8:00-8:45 CanSkate 8:55-9:40 CanSkate 11:15 – 12:00 Parent Orientation Meeting
13	14 CanSkate 6:20 – 7:05 RED WHITE AND PINK THEME WEEK	15	16 CanSkate 6:20 – 7:05 RED WHITE AND PINK THEME WEEK	17 CanSkate 5:50 - 6:35 RED WHITE AND PINK THEME WEEK	18	PreSTAR and Adult LTS 8:00-8:45 CanSkate 8:55-9:40 CanSkate 11:15 – 12:00 RED WHITE AND PINK THEME WEEK
20	21 CanSkate 6:20 – 7:05	22	23 CanSkate 6:20 – 7:05	24 CanSkate 5:50 - 6:35	25	PreSTAR and Adult LTS 8:00-8:45 CanSkate 8:55-9:40 CanSkate 11:15 – 12:00
27	28 CanSkate 6:20 – 7:05					