



**Skate Kingston (SK), INVISTA Centre**  
1350 Gardiners Road, Kingston, ON K7P 0E5  
Tel: 613-544-4442 x 1892 | [www.SkateKingston.com](http://www.SkateKingston.com)  
SK MAIL BOX is beside reception desk at INVISTA Centre

## 2022 STARSkate Skating Programs INFORMATION

**Summer 2022 (July 12 – August 25)**

Operated at INVISTA Centre, CUPE 109 Ice pad

### PLEASE NOTE:

- Registration will be through Google Forms <https://forms.gle/cAf4DM6EhwBxeyBx7> and online at <https://Skatekingston.uplifterinc.com>. Payment via credit card is preferred, but you can also choose cash or cheque which can be dropped off at the Skate Kingston mailbox by the INVISTA Centre front desk.
- STARSkate sessions are reserved for youth under 20 years of age. Exceptions to age limitations must be approved by the Skate Kingston Board of Directors.

### Skate Kingston Refund Policy:

Refund requests must be made in writing before July 21<sup>st</sup>, 2022. Requests for refund after this date are at the discretion of the board and a medical note is mandatory. A \$45 non-refundable insurance and administrative fee will apply to all refunds processed. **NSF cheque charge \$30.00.**

**Please see attached summer schedule for times, and Appendix A for Skating Level Matrix**

**IMPORTANT NOTE FOR STAR A:** There will be no formal group lesson during summer skating. STAR A skaters must have a private coach and be able to work on their own when not with their coach. Please speak to your coach directly to determine coaching options.

### PRICE:

**STAR A:** \$26.00 per session. There is no minimum number of sessions.

**STAR B:** \$30.00 per session. There is no minimum number of sessions.

**STAR C:** \$34.00 per session. There is no minimum number of sessions.

**NOTE:** Skate Canada registration fee of \$44 will be added to the package when registering online (if not already paid for this year) and is not included in pricing below.

Once you have determined the dates that you want to register for, please complete this [Google Form](#). The Google form submission is the first step of the registration process. Once your form is submitted, it will be reviewed, and an invoice will be created on Uplifter, at which point you must complete the registration on Uplifter.

\*\*\* You will only pay for the sessions you register for. Note that after your invoice is paid, there will be no changes allowed to skating dates.

**NOTE:** If you later want to ADD skating sessions, you will again need to submit this Google form, and a second invoice will be created at that time.

*PLEASE NOTE: 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. No refunds will be given for loss of ice out of Skate Kingston's control and any makeup ice is at the discretion of the City of Kingston.*

**Requests to Skate on a Different Session (e.g., STAR A skater on STAR B; STAR B skater on STAR C):**

If you would like to add skating sessions that you are not yet qualified for according to the matrix, please have your coach send an email to the President of SK to request permission from the Board of Directors. Note that these requests will only be approved if there is room on the other session, and if it is safe to do so. Skaters asking to switch should be close to qualifying for the session they are requesting.

**Guest Skating:**

There is no official "guest skating" during the summer. If you would like to skate, please fill out the Google Form and request your day. Please contact Bonnie Howse if you have any questions.

**Credits:**

All credits from Winter and Spring 2022 (program assistant and bingo credits) will be added to Uplifter and must be used as soon as possible. Questions about credits should be directed to SK Office Administrator Bonnie Howse.

**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 agrees to abide by all rules of Skate Kingston and all Skate Canada rules in effect from time to time. **Liability Waiver and Release must be read and signed during the online registration.** Please direct any concerns or questions to the President.

**Name/Photograph Release:**

Permission for name/photograph publishing (e.g. publishing results, photographs in local papers, other printed material or postings on the Skate Kingston website or other social media) must be reviewed and completed during the online registration. Please direct any concerns or questions to the Office Administrator.

**Feedback**

All comments/suggestions/feedback are to be sent in writing either to the President, Office Administrator, or the Registrar.

**Skate Kingston Contact Information**


Skate Kingston Office Phone  
Skate Kingston Office Administrator - Bonnie Howse  
Registrar – Kelly James  
President – Kat Popielaty

613- 544-4442 ext 1892  
[bhowse@cogeco.ca](mailto:bhowse@cogeco.ca)  
[ktjames73@gmail.com](mailto:ktjames73@gmail.com)  
[kat.popielaty@gmail.com](mailto:kat.popielaty@gmail.com)



# July 2022


All ice is on CUPE 109 ice pad  
(unless otherwise noted)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Please "LIKE" our Facebook page  			1	2
3	4	5	6	7	8	9
10	11	<b>12</b> <b>STAR B</b> 4:00 – 5:10 pm <i>Flood 5:10 – 5:20 pm</i> <b>STAR C</b> 5:20 – 6:50 pm	<b>13</b> <b>STAR C</b> 4:00 – 5:40 pm <i>Flood 5:40 – 5:50 pm</i> <b>STAR A</b> 5:50 – 6:50 pm	<b>14</b> <b>STAR C</b> 4:00 – 5:30 pm <i>Flood 5:30 – 5:40 pm</i> <b>STAR B</b> 5:40 – 6:50 pm	15	16
17	18	<b>19</b> <b>STAR B</b> 4:00 – 5:10 pm <i>Flood 5:10 – 5:20 pm</i> <b>STAR C</b> 5:20 – 6:50 pm	<b>20</b> <b>STAR C</b> 4:00 – 5:40 pm <i>Flood 5:40 – 5:50 pm</i> <b>STAR A</b> 5:50 – 6:50 pm	<b>21</b> <b>STAR C</b> 4:00 – 5:30 pm <i>Flood 5:30 – 5:40 pm</i> <b>STAR B</b> 5:40 – 6:50 pm	22	23
24	25	<b>26</b> <b>STAR B</b> 4:00 – 5:10 pm <i>Flood 5:10 – 5:20 pm</i> <b>STAR C</b> 5:20 – 6:50 pm	<b>27</b> <b>STAR C</b> 4:00 – 5:40 pm <i>Flood 5:40 – 5:50 pm</i> <b>STAR A</b> 5:50 – 6:50 pm	<b>28</b> <b>STAR C</b> 4:00 – 5:30 pm <i>Flood 5:30 – 5:40 pm</i> <b>STAR B</b> 5:40 – 6:50 pm	29	30
31						



# August 2022

All ice is on CUPE 109 ice pad  
(unless otherwise noted)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 STAR B 4:00 – 5:10 pm <i>Flood 5:10 – 5:20 pm</i> STAR C 5:20 – 6:50 pm	3 STAR C 4:00 – 5:40 pm <i>Flood 5:40 – 5:50 pm</i> STAR A 5:50 – 6:50 pm	4 STAR C 4:00 – 5:30 pm <i>Flood 5:30 – 5:40 pm</i> STAR B 5:40 – 6:50 pm	5	6
7	8	9 STAR B 4:00 – 5:10 pm <i>Flood 5:10 – 5:20 pm</i> STAR C 5:20 – 6:50 pm	10 STAR C 4:00 – 5:40 pm <i>Flood 5:40 – 5:50 pm</i> STAR A 5:50 – 6:50 pm	11 STAR C 4:00 – 5:30 pm <i>Flood 5:30 – 5:40 pm</i> STAR B 5:40 – 6:50 pm	12	13
14	15	16 STAR B 4:00 – 5:10 pm <i>Flood 5:10 – 5:20 pm</i> STAR C 5:20 – 6:50 pm	17 STAR C 4:00 – 5:40 pm <i>Flood 5:40 – 5:50 pm</i> STAR A 5:50 – 6:50 pm	18 STAR C 4:00 – 5:30 pm <i>Flood 5:30 – 5:40 pm</i> STAR B 5:40 – 6:50 pm	19	20
21	22	23 STAR B 4:00 – 5:10 pm <i>Flood 5:10 – 5:20 pm</i> STAR C 5:20 – 6:50 pm	24 STAR C 4:00 – 5:40 pm <i>Flood 5:40 – 5:50 pm</i> STAR A 5:50 – 6:50 pm	25 STAR C 4:00 – 5:30 pm <i>Flood 5:30 – 5:40 pm</i> STAR B 5:40 – 6:50 pm	26	27
28	29	30	31			Please "LIKE" our Facebook page 

## APPENDIX A: Skate Kingston Skating Level Matrix

**Skate Kingston's qualifications for STAR A, B & C are based on STAR points outlined below.**

LEVEL	FREESKATE	SKILLS	DANCE
<b>STAR A</b> 0-3 STAR points	Must have completed CanSkate Stage 6		
<b>STAR B</b> 4-14 STAR points	Need Completed STAR 1	Need Completed STAR 1	Need Completed STAR 1
	<b>AND</b> at least 4 STAR points total		
<b>STAR C</b> At least 15 STAR points	Need Completed STAR 3	Need Completed STAR 6	Need Completed STAR 6
	<b>AND</b> at least 15 STAR points total		

*Note: Please see the point system below to determine points.*

### POINT SYSTEM:

STAR Level	Freeskate points	Skills points	Dance points
STAR 1	1	1	1
STAR 2	2	2	2
STAR 3	3	3	3
STAR 4	4	4	4
STAR 5	5	5	5
STAR 6	6	6	6

*Note: This point system continues to STAR 10*

Skaters can have different levels (points) for the different disciplines of FreeSkate, Skills and Dance – but must have certain overall total points for qualification for the sessions. In addition to the total points to be on a session, skaters must have completed certain tests to qualify.

**Example 1:** Jenny has completed her full STAR 2 Freeskate; STAR 4 Skills; and all STAR 3 dances. See green highlight for points total. Jenny has a total score of  $2+4+3 = 9$ . Based on the chart above, Jenny qualifies for B session.

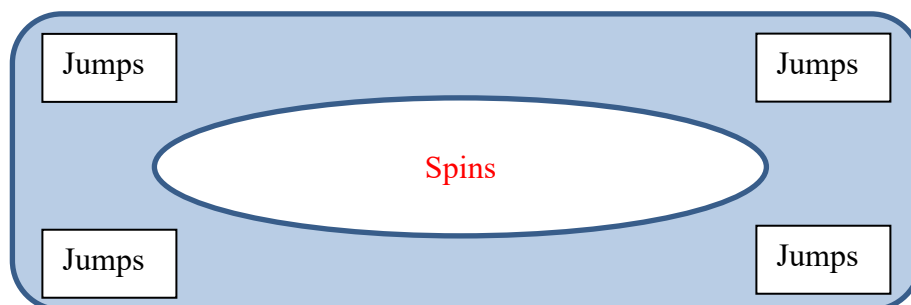
**Example 2:** John has completed his full STAR 1 Freeskate; STAR 1 Skills; and STAR 1 dances. He is working on his STAR 2 dances but has not passed all of them. See purple highlight for points total. John has a total score of  $1+1+1 = 3$ . While John has all the level requirements for STAR B, he does NOT have the STAR points need to be eligible for STAR B. He is therefore eligible for STAR A.



## Ice Etiquette and Staying Safe

At Skate Kingston, we want all of our skaters to be safe. Please read these rules and tips and make sure you understand them. You need to sign this and return it saying you have read and understood the rules, and a parent or a guardian needs to sign as well.

- Always make sure you are looking out for other skaters, even when you are skating backwards. **Pay attention all the time.**
- You can practice your spins in the middle oval of the rink. You can practice your jumps in the corners of the rink.



- **Listen and recognize music.** If another skater is practicing their program or their dance to their music, they have the right of way. This means that other skaters should make sure they are getting out of the way of the skater who is skating to their solo/dance music. **Skaters must watch for skaters in a lesson or skating to their solo or dance music.** (*Ask your coach to identify solo/dance music so you know what to listen for.*)
- If another skater is having a lesson with their coach, please make sure you get out of their way (unless you are doing your dance or your program to music).
- If you fall, get up immediately.
- Don't talk to coaches when they are working with other skaters.
- Please show courtesy to all skaters and coaches. If you get in another skater's way, please be polite and apologize.
- Skaters can request to have their music played once outside of their lesson. If time permits, they can play their music once more in a lesson. Please make sure to sign up on the music sign-in sheet.
- Skaters are NOT permitted to use personal electronic devices while skating.