



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

CanSkate Newsletter

What a great start to the Winter Season at Skate Kingston! We are fully up and running and skaters are flying around the rink! 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, 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).

CHANGE OF VENUE – Please note that on Saturday, February 4th and March 4th, skating will be at C70 arena on the corner of Days Road and Front Road. Skate times remain the same.

THEME DAYS – Each Month we will be having a Theme Week. This month’s theme is “Red, White and Pink” Feb 6, 8, 9 & 11.

MANDATORY FUNDRAISER – The Annual Mandatory Fundraising fee of \$30 per family was paid with your registration into Skate Kingston programs. This includes a bag of 10 chocolate bars that you can sell to re-coup your money. If you are NEW CanSkate session this Winter season and didn’t skate in the fall, Bonnie will be distributing this chocolate starting Thursday, February 2nd, 2023.

ICE SHOW – Ice show forms have been handed out this week during all skating sessions. This is a fun event that any and ALL skaters are welcome to participate in. Practices will start the week of March 20th after this winter session has been completed. Please return your ice show forms with payment by Saturday, February 11 to Bonnie Howse or the Skate Kingston mailbox.

PARTICIPANT NAME TAGS – Name tags can be taken off bench at the beginning of each session and attached to your child’s clothing, so it is visible for Coaches and PAs. Please do not put the stickers your child receives at the end of the session on the name tags. **Please ensure you RETURN name tags at the end of every session.**

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/>

SATURDAY CANSKATE COORDINATOR – For any questions that arise on Saturday Pre-Star, Adult LTS or CanSkate, please see Trina Dykstra as she will be the Saturday CanSkate Coordinator.


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.

HELMET POLICY – Reminder to all parents that helmets are mandatory for skaters on the ice. Please ensure they are CSA approved hockey helmets. Bicycle and Skiing helmets are NOT PERMITTED.

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 – February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<div>1</div> <div>Pre-Star 5:10-5:55 CanSkate 6:20 – 7:05</div>	<div>2</div> <div>CanSkate 5:50 - 6:35</div>	<div>3</div>	<div>CENTRE70</div> <div>4</div> <div>PreSTAR and Adult LTS 8:00-8:45 CanSkate 11:15 – 12:00</div>
<div>5</div>	<div>6</div> <div>CanSkate 6:20 – 7:05 RED, WHITE AND PINK THEME DAY</div>	<div>7</div>	<div>8</div> <div>Pre-Star 5:10-5:55 CanSkate 6:20 – 7:05 RED, WHITE AND PINK THEME DAY</div>	<div>9</div> <div>CanSkate 5:50 - 6:35 RED, WHITE AND PINK THEME DAY</div>	<div>10</div>	<div>11</div> <div>PreSTAR and Adult LTS 8:00-8:45 CanSkate 11:15 – 12:00 RED, WHITE AND PINK THEME DAY</div>
<div>12</div>	<div>13</div> <div>CanSkate 6:20 – 7:05</div>	<div>14</div>	<div>15</div> <div>Pre-Star 5:10-5:55 CanSkate 6:20 – 7:05</div>	<div>16</div> <div>CanSkate 5:50 - 6:35</div>	<div>17</div>	<div>18</div> <div>PreSTAR and Adult LTS 8:00-8:45 CanSkate 11:15 – 12:00</div>
<div>19</div>	<div>20</div> <div>CanSkate 6:20 – 7:05</div>	<div>21</div>	<div>22</div> <div>Pre-Star 5:10-5:55 CanSkate 6:20 – 7:05</div>	<div>23</div> <div>CanSkate 5:50 - 6:35</div>	<div>24</div>	<div>25</div> <div>PreSTAR and Adult LTS 8:00-8:45 CanSkate 11:15 – 12:00</div>
<div>26</div>	<div>27</div> <div>CanSkate 6:20 – 7:05</div>	<div>28</div>				