



INVISTA Centre 1350 Gardiners Road, Kingston, ON K7P 0E5

Tel: 613-546-4291 x 1892

[www.SkateKingston.com](http://www.SkateKingston.com)

\*\*\*We have a MAILBOX at INVISTA Centre\*\*\*

## Spring 2023 Recreational Group Skating Program INFORMATION

Register early SPACE IS LIMITED. Registration will be accepted until classes are full.

**NOTE REGARDING CANSKATE: Parent & Tot programming will not be available for the Spring of 2023.**

### PLEASE NOTE:

- Registration opens online at <https://Skatekingston.uplifterinc.com> on **Tuesday March 7th at 8 pm**. Payment via credit card is preferred, but you can also choose cash or cheque which can be mailed or dropped off at the Skate Kingston mailbox by the INVISTA Centre front desk. For anyone that has not used our online registration system, please see the following link on the Skate Kingston website: <http://skatekingston.com/registration/>. New members to our club, can create an account at any time to save time once registration opens. **Be sure that you list the parent who is financially responsible for the account, as the MEMBER, and skaters as the PARTICIPANTS.**

### Skate Kingston Refund Policy:

Requests must be made in writing before the 3<sup>rd</sup> week of skating. Fees will be prorated. Requests for refund after this time are at the discretion of the board and a medical note is mandatory. A \$45 non-refundable insurance and administrative fee will apply. **NSF cheque charge \$30.00.**

*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.*

### 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.

### Feedback

All comments/suggestions/feedback are to be sent in writing either to the President, Director of CanSkate or the Registrar.

### Skate Kingston Contact Information

Skate Kingston Office Phone

Skate Kingston Office Administrator - Bonnie Howse

President - Kat Popielaty

613-546-4291 ext 1892

[bhowse@cogeco.ca](mailto:bhowse@cogeco.ca)

[kat.popielaty.sk@gmail.com](mailto:kat.popielaty.sk@gmail.com)

**IMPORTANT – One parent/guardian MUST remain in the arena during their child's lesson. Spectators are encouraged to sit in the upper stands throughout the session.**

## **PROGRAMS - Spring 2023 (April - May 2023)**

**CanSkate** INVISTA Centre, CUPE 109 Ice Pad (8 classes):

- *Tuesday 6:20 – 7:05 pm (April 4 – May 23)*
- *Wednesday 6:20 – 7:05 pm (April 5 – May 24)*
- *Thursday 5:50 – 6:35 pm (April 6 – May 25)*

**CanSkate** is a 45-minute program taught in a group format by certified coaches and focuses on continuous movement emphasizing the use of dynamic group teaching concepts including fast track, fun zone and station rotation. The CanSkate curriculum is organized into three fundamental areas; Balance, Control and Agility which concentrate on forward and backward skills, stopping, edges, speed, turning and jumping. Skaters will receive ongoing incentives and a report card at the end.

**Pre-Can** is a sub-group on the Canskate session that is for non-skaters who stay in their own area of the ice. Coaches will determine if skaters need to be in Pre-Can or can be placed in another group as they progress during the session. We look at the information that you provide in the PARTICIPANT Profile on Uplifter to help determine all Skater placements in groups.

**NOTE: To be eligible for Spring 2023 CanSkate or Pre-Can, skaters MUST BE 4 years old or turning 4 years old by May 31, 2023.**

**Cost:** \$176.00 + \$44.00 Mandatory Skate Canada & Safe Sport Fee (if not already paid)= \$220.00

**Pre-STAR** INVISTA Centre, CUPE 109 Ice Pad:

- *Monday 5:50 – 6:35 pm (7 classes; April 3 – May 29) – no classes on Easter Monday or Victoria Day*
- *Wednesday 5:10 – 5:55 pm (8 classes; April 5 – May 24)*

The Pre-Star Program (Pre-Star) is a program that serves as a transition between CanSkate and STARSkate. This program is geared to skaters who show an interest in figure skating and have a basic skating background. Skaters generally have completed CanSkate Stage 4 badge or have been recommended to register by a coach, and will continue to work on remaining CanSkate badges. Please note that skaters must wear figure skates. Skaters will receive ongoing incentives and a report card at the end of the session.

**This program shares ice with another program.**

**Cost:**

**Monday Pre-STAR:** \$166.00 + \$44.00 Mandatory Skate Canada Fee (if not already paid)= \$210.00

**Wednesday Pre-STAR:** \$186.00 + \$44.00 Mandatory Skate Canada Fee (if not already paid)= \$230.00

*Please note that this program may not run if minimum registration numbers are not reached.*

**Adult & Teen Learn-to-Skate** INVISTA Centre, CUPE 109 Ice Pad:

- *Monday 5:50 – 6:35 pm (7 classes; April 3 – May 29) – no classes on Easter Monday or Victoria Day*

Adults and teenagers (12 years and older) can enjoy a 45-minute program learning to skate or improving base skills in a relaxed and friendly group lesson atmosphere. Session includes a 45-minute group lesson with a certified coach. Skaters receive ongoing incentives and a report card at the end of the session. **This program is on at the same time and ice as the Pre-STAR session.**

**Cost:** \$166.00 + \$44.00 Mandatory Skate Canada Fee (if not already paid)= \$210.00

*Please note that this program may not run if minimum registration numbers are not reached.*

**Skate Canada Helmet Policy:**

CSA hockey helmets are mandatory for children and adults until the skater has passed CanSkate Stage 5. Please refer to the Skate Kingston website for more information regarding the Skate Canada official helmet policy.

**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.