



Skate Kingston (SK), INVISTA Centre
1350 Gardiners Road, Kingston, ON K7P 0E5
Tel: 613-546-4291 x 1892 | www.SkateKingston.com
SK MAIL BOX is beside reception desk at INVISTA Centre

Winter 2025 STARSkate Skating Programs INFORMATION

January 2nd – March 26th, 2025

Drop-In Opportunities March Break: March 10th – 15th

Operated at INVISTA Centre, CUPE 109 Ice pad

Skate Kingston Home Club Registration begins **Friday December 20th @ 6 pm**

Non-Home Club Registration begins **Sunday December 22nd @ 6 pm**

PLEASE NOTE:

- Registration will be online at <https://Skatekingston.uplifterinc.com>. 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. 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.**
- Similar to previous sessions, qualifications will be based on a point system (outlined in Appendix A). **NOTE: If you are now qualified for a new session (i.e. A to B, or B to C), please have your coach reach out to receive approval to move sessions BEFORE you register. Due to a high volume of skaters, moves may not be available until Spring/Summer/Fall 2025.**
- **STARSkate sessions are prioritized for youth aged 19 and under.** Exceptions to age limitations must be approved by the Skate Kingston Board of Directors BEFORE registration. See Adult STARSkate section for more information.

Skate Kingston Refund Policy:

Requests for refund/credit must be made in writing before the 3rd week of skating. Fees will be prorated. There are no refunds after this time unless approved at the discretion of the Board of Directors. A \$15 non-refundable administrative fee will apply to all refunds/credits issued. **NSF cheque charge \$30.00.**

PLEASE NOTE: 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.

Schedule

The attached schedule is subject to change. Please check Skate Kingston website (www.skatekingston.com) and submit your e-mail address when registering online to ensure you receive all notices and updates.

Guest Skating/Dance Partnering:

Guest skating will be available as "Drop-In" through Uplifter if there is room available on the session. Dance partnering sessions (20 mins) can also be purchased via our "Products" page.

Skate Canada annual registration fee has increased! The fee of \$62 will be added to the package when registering online, as it is not included in pricing below. If you have already paid the fee in the Fall, it will not be charged again.

NOTE: If you are changing your Home Club to Skate Kingston, please add a note to your invoice before paying, or send an email to Bonnie Howse to let us know.

NOTE: All STAR B and C skaters must have a private coach. A private coach for STAR A is not required, but recommended. If you are a new STAR A skater or are new to Skate Kingston, please refer to the following link <http://skatekingston.com/coaches/our-coaches/> for a list of STARSkate private coaches.

All prices below consider the number of total sessions of skating for the season, plus total ice time provided and club coaching costs.

NOTE FOR THURSDAY AND SATURDAY STAR A/B Split session: This session is FIRST COME FIRST SERVED. If you wish to have your skater signed up for this session, please register EARLY!

STAR A STARSkate: Includes at least 40-minutes of coach-led group lesson time each session. A private coach is recommended (but no longer mandatory) for this session.

Package	Price
Wednesday	\$ 280.00
Thursday (shared ice with STAR B)	\$ 260.00
Saturday (shared ice with STAR B)	\$ 200.00

STAR B STARSkate: NEW: Includes at least 15-minutes of coach-led group lesson each session. A private coach is mandatory for this session. All sessions will be divided into dedicated sessions (e.g. stroking, dance, spins, open time etc).

Package	Price
Monday	\$ 270.00
Wednesday	\$ 285.00
Thursday (shared ice with STAR A)	\$ 270.00
Saturday (shared ice with STAR B)	\$ 180.00

STAR C STARSkate: NEW: Includes at least 10-minutes of coach-led group lesson each session. All sessions will be divided into dedicated sessions (e.g. stroking, skills/field moves, spins, and open time). A private coach is mandatory for this session.

Package	Price
Monday	\$ 360.00
Wednesday	\$ 360.00
Thursday	\$ 340.00
Saturday	\$ 250.00

ADULT STARSkate (Age 18+): Must have completed CanSkate Stage 6 or any STAR tests



Due to an overwhelming number of registrants for our Adult STARSkate programming, Skate Kingston has made some updates to accommodate those interested, while also maintaining safety and enjoyment on the ice. Adult STARSkate will now be split into two separate groups, with added ice time on Saturdays as follows:

ADULT STARSkate STAR 5+ (or equivalent): Thursdays 7:55-8:50 pm

- Price: \$275.00

ADULT STARSkate STAR 1-4 (no jumps above single axel): Saturdays 8:40-9:25 am

- Price: \$250.00
- Cost includes opportunity with a coach on ice to assist from 9:00 to 9:25 am

If you are unsure which program you are eligible for, please speak to your coach.

NOTE: STARSkate session ice for Adult skaters wanting to do more than one session will be limited this Winter based on numbers. *To qualify for youth STARSkate session ice, Adult STARSkaters MUST be registered for Adult STARSkate (there will be NO exceptions to this policy). Please contact SK President Kat Popielaty for request to skate on youth STARSkate.*

Multiple Skater/Day Discounts:

For every registered skating session over 1 session per season per family, a discount will be provided:

Sessions Per Family	Discount
1 st session	None
2 nd session	Session cost less 10%
3 rd session	Session cost less 15%
4 th session	Session cost less 20%
5 th session	Session cost less 25%

Off-Ice

Off-ice opportunities are available (see monthly calendar) and it is encouraged that all skaters participate in off-ice if they are able. **To encourage participation, all off-ice for the Fall/Winter 2024-2025 season will be provided AT NO COST to skaters who have signed up for programming** (NOTE: Guest skaters not signed up for Fall/Winter programming are not eligible for free off-ice).

Off-ice begins January 2nd. We ask that all skaters sign up for the generic “Off-Ice” program (at \$0.00 cost) for their relevant off-ice sessions (STAR A/B/C) to assist in attendance collection if/when the skater attends a session.

Fundraising Commitment

Fundraising is mandatory for all skaters with at least a partial package (HOME CLUB AND NON-HOME CLUB skaters). Fundraising is a very important part of any non-profit organization. At Skate Kingston this will help to keep ice and program costs reasonable for everyone and contributes to events that are held throughout the year.

If you are new to Skate Kingston for the Winter 2025 season! We will again be selling chocolates. This fundraiser is mandatory for all STARSkaters. Each STARSkate family will receive chocolate bars to be sold for a total fundraising commitment of up to \$30.00. The skaters will sell these chocolate bars to family and friends and keep the proceeds they earn as the chocolates are paid for in their registration fees.

There will be additional fundraising opportunities available throughout the year. More information will be distributed regarding these options as they become available.

Volunteer Commitment

Each Skate Kingston **HOME CLUB** family will be required to fulfill their volunteer commitment of **2** hours per day skated (up to a maximum of **10** hours per family). This volunteer commitment spans the Fall AND Winter season (and includes Ice Show 2025 should it proceed). Note: if the number of days per week changes for the Winter session (e.g. skater adds a day/removes a day/stops skating etc.), the number of volunteer hours will be averaged accordingly. Please speak to Bonnie Howse or Kat Popielaty for more details.

Important dates:

Please mark the following dates in your calendar for which volunteering opportunities will be available:

- February 23rd, High Assessment Day
- March 17th – 24th, 2025 Ice Show Preparation
 - Volunteers will be needed to help fit and organize costumers for our ice show.
- March 25th, 2025 Ice Show Dress Rehearsal
 - Volunteers will be needed to help lead skaters through dress rehearsal
- March 27th, 2025 Skate Kingston 2025 Ice Show
 - Volunteers will be needed to help run our annual ice show at the INVISTA Centre. Duties will include ice captains, runners, ticket sales, dressing room attendants, security, food/beverage stand, etc.

For families with 2 or more skaters in STARSkate the volunteer commitment is based on the total number of days skating for the family. For example, a family with 2 skaters each skating 2 days per week, that family would have the commitment of 8 hours.

By registering, parents understand that if volunteer hours are not fulfilled, the skater's Uplifter account will be invoiced at a rate of **\$50 per hour** at the end of the Winter season in 2025.

If you would prefer to opt out of your volunteer commitment, please provide this information via email to Bonnie Howse. Two invoices will be provided – one due October 31st, 2024 for Fall volunteer commitment, and one due January 31st, 2025 for Winter volunteer commitment. Each hour of volunteer time will be invoiced at \$50 (to a maximum of 10 hours over the course of the Fall/Winter session).

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 also

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 of Skate Kingston.

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 or via the General Info email box.

Skate Kingston Contact Information

Skate Kingston Office Administrator - Bonnie Howse
President - Kat Popielaty
STAR A Director
STAR B/C Directors
General Info

bhowse@cogeco.ca
kat.popielaty.sk@gmail.com
lil_whitall@hotmail.com
alex2900@live.ca; tdyks0433@gmail.com
skatekingstoninfo@gmail.com

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
STAR A 0-4 STAR points	Must have completed CanSkate Stage 6		
STAR B 5-17 STAR points	Need Completed STAR 1	Need Completed STAR 1	Need Completed STAR 1
AND at least 5 STAR points total			
STAR C At least 18 STAR points	Need Completed STAR 4	Need Completed STAR 6	Need Completed STAR 6
AND at least 18 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.

As of August 30th, 2024

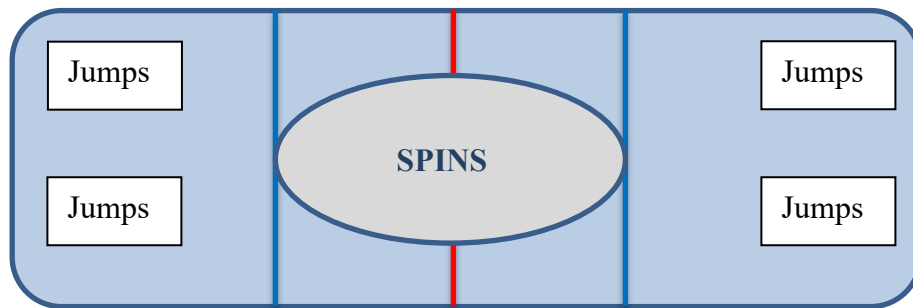


Skate Kingston Skater Ice Etiquette

Skate Kingston aims to promote a safe, supportive environment for the skating community that equally respects our common interests and our differences for all skaters to enjoy the sport and fulfill their individual goals within a team spirit.

Guidelines for safe and fun skating sessions

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



- **Individuals skating to program/dance music have the right of way in ALL cases.** *Listen and recognize music and look to see who is skating.* This means that other skaters and coaches (even those in a private lesson) should leave space for those doing their program/dance to their music. Skaters should ask their coaches to identify solo/dance music so it can be recognized.
- 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).
- All skaters who accidentally run into each other or cut each other off are encouraged to say “I’m sorry” or excuse themselves in a polite manner, even if it appears that the other person is more at fault. It shows graciousness, maturity and respect – qualities that bring out the best in all of us.
- 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 only 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.
- Warm-ups are NOT permitted in the lobby space at INVISTA. The only place skaters can warm up is outside (lots of green space) or in our rink by the boards/in the changerooms. This includes practicing jumps, jump-rope, cardio, etc.
- All skaters must get off the ice as soon as the session ends, and before the Zamboni starts flooding.

As of August 28, 2023