



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

# CANSKATE NEWSLETTER

Welcome back to the Spring Session 2025 at Skate Kingston! We are so excited for the new CanSkate, Advanced CanSkate and Adult/Teen LTS Sessions to begin, and are excited to welcome back all new and returning skaters to Skate Kingston. 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 announce we are an **EXCEEDED** CanSkate Excellence Club!

For up to date information, please visit our website [www.skatekingston.com](http://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](http://www.facebook.com/SkateKingston) and follow us on Instagram at **skate\_kingston**.

**REMINDERS:** Please refer to the calendars attached for Cancelled Sessions.

**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.

**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 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.**

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

**CANSKATE DIRECTOR** – For any questions that arise on Monday Adult LTS or Thursday CanSkate Sessions, please see Julie Hughes as she will be the CanSkate Director on duty.

**CLOTHING** – Please make sure that your child is dressed appropriately. Warm clothing but not too restricting. Please also make sure that they are wearing warm (not fluffy) mittens or gloves.

**For questions and/or concerns, please contact our Director of CanSkate:**

Tonya Van De Ven at [tonyavandeven@gmail.com](mailto:tonyavandeven@gmail.com) or by phone at 613-453-7689