



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

## **2025 STARSkate Skating Programs INFORMATION**

**Summer 2025 (June 17 – August 21)**

Operated at INVISTA Centre, Selkirk Lifestyles Home Ice Pad

### **PLEASE NOTE:**

- Registration will be through Uplifter online at <https://Skatekingston.uplifterinc.com> as follows:
  - **SK Home Club Youth Skaters: Sunday June 1st, 2025 at 7 pm**
  - **Non-Home Club Youth Skaters: Wednesday June 4, 2025 at 7 pm**
  - **Adult STARSkaters: TBD based on youth numbers – please put in request to [skatekingstoninfo@gmail.com](mailto:skatekingstoninfo@gmail.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.
- Similar to previous sessions, qualifications will be based on a point system (outlined in Appendix A).
- 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 before registration.

**Please note:** There is no switching of home clubs for Summer session. Any non-home club skaters who register before Wednesday June 4<sup>th</sup> at 7:00 pm will have their registration cancelled.

### **Skate Kingston Refund Policy:**

Summer registration is non-refundable. Please ensure you are comfortable with the days skating BEFORE you register. Requests for refund for summer programming is at the discretion of the board. A \$15 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**

***NOTE: New skaters to Skate Kingston should make sure to add their Skate Canada information to their Uplifter profile, or the Skate Canada registration fee of \$62 may be charged at invoicing.***

### **Off-Ice for STARSkaters:**

Off-ice opportunities are available (see monthly calendar) and it is encouraged that all skaters participate in off-ice if they are able. Off-Ice this summer is available once per week (days may vary) and is free for all those wishing to participate.

**ALL SUMMER SKATING IS “DROP-IN” only. You can pick/choose the days you wish to skate based on the schedule when registering on Uplifter.**

**IMPORTANT NOTE:** After your invoice is created and paid, there will be no changes allowed to skating dates chosen. *If you later want to ADD skating sessions, you may do so via Uplifter if there is room.*

	STAR A	STAR B	STAR C
Programming	<ul style="list-style-type: none"> <li>- Coach led for full on-ice time</li> <li>- Group/semi-private and private lessons</li> <li>- A private coach is NOT required</li> </ul>	<ul style="list-style-type: none"> <li>- Includes 10 minutes coach-led stroking per session</li> <li>- A private coach is mandatory</li> </ul>	<ul style="list-style-type: none"> <li>- Including 10 minutes of coach-led stroking per session</li> <li>- A private coach is mandatory</li> </ul>
Drop-In Cost per session	\$28.00	\$25.00	\$32.00
Off-Ice (no fee)	Wednesdays 5:20 – 5:40 pm	June: Tuesdays 7:00 – 7:40 pm July: Thursdays 7:00 – 7:40 pm August: Tuesdays 7:00 – 7:40 pm	

*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.*

**B Skaters wishing to skate 3 days per week this summer:** Please have your PRIVATE COACH contact the Board of Directors to request to skate on Wednesdays. Requests from parents will NOT be accepted or responded to.

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

If you would like to add skating sessions that you are not yet qualified for according to the matrix, or that you are over-qualified for, please have your skater's 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. Note that requests from parents will NOT be accepted or responded to.

#### **Guest Skating:**

There is no “guest skating” during the summer. If you would like to skate, please register for the dates you’d like to skate through Uplifter as the entire summer is “drop-in”, provided you are eligible. Adult STARSkaters must request approval from the board before registering by emailing [skatekingstoninfo@gmail.com](mailto:skatekingstoninfo@gmail.com).

#### **Adult STAR Skating:**

Priority is given to youth under 20 for all summer ice. If you are an Adult STARSkater and wish to skate in the summer, please send an email to [skatekingstoninfo@gmail.com](mailto:skatekingstoninfo@gmail.com) to request permission from the Board of Directors before registering on Uplifter. Requests may be granted ONLY if there is room, and only after all youth have had the chance to register.

#### **Credits:**

All credits from Winter and Spring 2025 (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.

**Skate Kingston Contact Information**

Skate Kingston Office Phone

613-546-4291 x 1892

Skate Kingston Office Administrator - Bonnie Howse

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

President - Kat Popielaty

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


General Info

[skatekingstoninfo@gmail.com](mailto:skatekingstoninfo@gmail.com)



# June 2025



All ice is on **Selkirk Lifestyles Home Ice Pad**

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



# July 2025


All ice is on Selkirk Lifestyle Homes Ice Pad

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



# August 2025

All ice is on **Selkirk Lifestyle Homes Ice Pad**

SUN	MON	TUESDAY	WEDNESDAY	THURSDAY	FRI	SAT
		Please "LIKE" our Facebook page 			1	2
3	4	5 STAR B 4:00 – 5:10 pm Flood 5:10 – 5:20 pm STAR C 5:20 - 6:50 pm STAR B/STAR C Off-Ice 7:00 – 7:40 pm	6 STAR C 4:00 – 5:40 pm STAR A Off-Ice 5:20 - 5:40 pm Flood: 5:40 – 5:50 pm STAR A 5:50 - 6:50 pm	7 STAR C 4:00 – 5:30 pm Flood 5:30 – 5:40 pm STAR B 5:40 - 6:50 pm	8	9
10	11	12 STAR B 4:00 – 5:10 pm Flood 5:10 – 5:20 pm STAR C 5:20 - 6:50 pm STAR B/STAR C Off-Ice 7:00 – 7:40 pm	13 STAR C 4:00 – 5:40 pm STAR A Off-Ice 5:20 - 5:40 pm Flood: 5:40 – 5:50 pm STAR A 5:50 - 6:50 pm	14 STAR C 4:00 – 5:30 pm Flood 5:30 – 5:40 pm STAR B 5:40 - 6:50 pm	15 FINAL HIGH ASSESSMENT PULLS DUE	16
17	18	19 STAR B 4:00 – 5:10 pm Flood 5:10 – 5:20 pm STAR C 5:20 - 6:50 pm STAR B/STAR C Off-Ice 7:00 – 7:40 pm	20 STAR C 4:00 – 5:40 pm STAR A Off-Ice 5:20 - 5:40 pm Flood: 5:40 – 5:50 pm STAR A 5:50 - 6:50 pm	21 HIGH ASSESSMENT DAY 4 pm – 7 pm	22	23
24/31	25	26	27	28	29	30

## 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> 0-4 STAR points	Must have completed CanSkate Stage 6		
<b>STAR B</b> 5-17 STAR points	Need Completed STAR 1	Need Completed STAR 1	Need Completed STAR 1
	<b>AND</b> at least 5 STAR points total		
<b>STAR C</b> At least 18 STAR points	Need Completed STAR 4	Need Completed STAR 6	Need Completed STAR 6
	<b>AND</b> at least 18 STAR points total		

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

### POINT SYSTEM:

STAR Level	Freestyle 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 Freestyle; 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 Freestyle; 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.

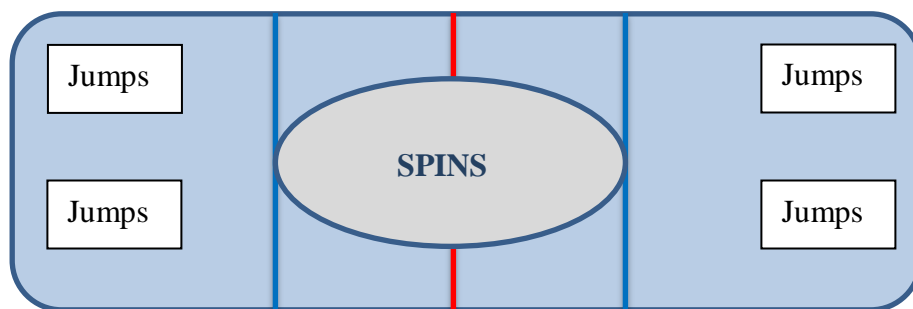


## Ice Etiquette and Staying Safe

*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.
- Please do not interrupt 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.