



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

Tel: 613-546-4291 x 1892

www.SkateKingston.com

We have a MAILBOX at INVISTA Centre

Recreational Group Skating Winter 2026 Program INFORMATION

Deadline for Winter Program Registration: Sunday January 4th, 2026

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

PLEASE NOTE:

- Registration opens online at <https://Skatekingston.uplifterinc.com> on **Thursday November 27th at 7:30 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. 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 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.** Note that registration for our programming requires a non-refundable \$63 Skate Canada fee and \$30 non-refundable fundraising fee. **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, or the Director of CanSkate.

Skate Kingston Contact Information

Skate Kingston Office Administrator - Bonnie Howse

President - Kat Popielaty

Director of CanSkate – Tonya Van De Ven

howsebonnie.sk@gmail.com

kat.popielaty@gmail.com

tonyavandeven@gmail.com

General Information:

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.

Advanced CanSkate is a program that serves CanSkaters who have completed their CanSkate Stage 4 badge or have been recommended to register by a coach. This session structure is similar to our CanSkate program, following the same fundamentals by working on more comprehensive skill development. Skaters will continue to work on their remaining CanSkate badges. Skate Kingston welcomes skaters who are interested in figure skating, and those looking to improve their skills for hockey. Skaters will receive ongoing incentives and a report card at the end of the session. **This program is on at the same time and ice as another group program.**

NOTE:

To be eligible for Winter 2026 CanSkate, Pre-Can, or Advanced CanSkate skaters MUST BE 4 years old or turning 4 years old by March 31, 2026.

Adult and Teen Learn-to-Skate allows adults and teenagers (12 years and older) to enjoy a 40-minute program learning to skate or improve base skills in a relaxed and friendly group lesson atmosphere. Session includes a 40-minute group lesson with a certified coach. Skaters receive ongoing incentives and a report card at the end of the session.

Skate Canada Helmet Policy:

CSA hockey helmets are **mandatory** for children and adults until skater has passed CanSkate Stage 5. Please refer to the Skate Kingston website for more information regarding the Skate Canada official helmet policy. **Note that children will NOT be allowed on the ice without a CSA hockey helmets. No exceptions.**

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.

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

WINTER Recreational Skating Programming:

Winter CanSkate INVISTA Centre CUPE 109 Ice Pad, UFIT Ice Pad Centre 70, Memorial Centre, (10 classes):

- *Monday 6:00 – 6:45 pm (January 5 – March 9, 2026)*
- *Wednesday 6:05 – 6:50 pm (January 7 – March 11, 2026)*
- *Thursday 5:40 – 6:25 pm (January 8 – March 12, 2026)*
- *Saturday 9:35 am – 10:20 am (January 10 – March 14, 2026)*
- *Saturday 11:40 am – 12:25 pm (January 10 – March 14, 2026)*

Cost \$222.00 (plus \$63.00 Mandatory Skate Canada & Safe Sport Fee – *if not already paid in Fall 2025*)

Advanced CanSkate INVISTA Centre CUPE 109 Ice Pad, Centre 70, Kinsmen Ice Pad (10 classes):

- *Wednesday 5:10 – 5:55 (January 7 – March 11, 2026)*
- *Saturday 8:40 – 9:25 am (January 10 – March 14, 2026)*

Cost: \$242.00 (plus \$63.00 Mandatory Skate Canada & Safe Sport Fee – *if not already paid in Fall 2025*)

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, Centre 70, Kinsmen Ice Pad (10 classes):

- *Saturday 8:00 – 8:40 am (January 10 – March 14, 2026)*

Cost: \$237.00 (plus \$63.00 Mandatory Skate Canada & Safe Sport Fee – *if not already paid in Fall 2025*)

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

Multiple Skater/Day Discounts:

For every registered skating session over 1 session per season per family (recreational programming only), a discount will be provided (up to a maximum of 5 sessions):

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%

Fundraising Commitment:

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. This money will be used for the following Skate Kingston events: Theme Days, Ice Show, and AGM & Awards Banquet.

There is a mandatory \$30.00 fundraising fee required for each family enrolled in Skate Kingston Recreational Programs for the combined Fall/Winter or the separate Fall and/or Winter Sessions. This mandatory fundraising fee paid with registration may be recouped by selling chocolates that total a value of \$30. These chocolates will be distributed sometime during the first few weeks of the session.

Families with skaters in both CanSkate & STARSkate programs are ONLY required to do the STARSkate fundraising and volunteer commitments (see STARSkate package). Fundraising fee is NOT charged to families that have a statement of request for financial assistance (e.g. Jump Start), but volunteer commitment applies (see STARSkate package). Skaters moving to STARSkate from CanSkate during the fall or winter season will be required to fulfill all or partial STARSkate volunteer and fundraising commitments depending on length of season remaining. Fees would be determined and pro-rated.