



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 2026 STARSkate Skating Programs INFORMATION

January to March 2026

Drop-In Opportunities: See calendar

Operated at INVISTA Centre, CUPE 109 Ice pad

Skate Kingston Home Club Registration begins **Sunday December 21st @ 7 pm**

Non-Home Club Registration begins **Tuesday December 23rd @ 7 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.**
- Qualifications will be based on a point system (outlined in Appendix A).
- **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 \$63 will be added to the package when registering online, if not already paid in Fall 2025, as it is not included in pricing below.

NOTE: All STAR B, C and D skaters must have a private coach. A private coach for STAR A is not required. 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, per-minute ice time costs, max skaters on sessions, total ice time provided (including needed flood time) and club coaching/administrative costs.

NOTE FOR ANY “SPLIT” SESSIONS: These sessions are FIRST COME FIRST SERVED. If you wish to have your skater signed up for this session, please register EARLY!

STAR A STARSkate: STAR A is a fully club-coached session. Prices include all coaching costs (including off-ice warm up).

Package	Price
Wednesday (shared ice)	\$305.00
Saturday (shared ice with STAR B)	\$250.00

STAR B STARSkate: STAR B includes at least 10 minutes of stroking, and at least 15-minutes of coach-led group lesson each session. A private coach is mandatory for this session.

Package	Price
Monday	\$165.00
Wednesday	\$245.00
Thursday (shared ice with STAR C)	\$265.00
Saturday (shared ice with STAR A)	\$240.00

STAR C STARSkate: Includes at least 10-minutes of coach-led group stroking each session. A private coach is mandatory for this session.

Package	Price
Monday (shared with D)	\$255.00
Wednesday (shared with D)	\$275.00
Thursday (4 pm – shared with D)	\$215.00
Thursday (6:35 pm – shared with B)	\$270.00
Saturday (shared with D)	\$215.00

Note: C skaters can choose EITHER the 4 pm or the 6:35 pm session on Thursdays – NOT BOTH

STAR D STARSkate: Depending on the session, may include 10-minutes of coach-led group stroking. A private coach is mandatory for this session. D sessions (not shared) will be limited to between 10 and 12 skaters on the ice at a time.

Package	Price
Monday (6:55 pm - shared with STAR C)	\$255.00
Monday (8:10 pm)	\$215.00
Wednesday (7:00 pm - shared with STAR C)	\$275.00
Wednesday (8:10 pm)	\$215.00
Thursday (4:00 pm - shared with C)	\$215.00
Thursday (5:00 pm)	\$145.00
Saturday (shared with C)	\$215.00

NEW: KSSC Friday Morning Ice

Kingston Synchronized Skating Club (KSSC) is sharing their Friday morning ice with us for the upcoming season. There is no club-organized coaching on morning ice – private coaching ONLY. Please see the calendar for available dates.

NOTE: KSSC Friday morning ice is reserved for YOUTH skaters only.

Friday morning KSSC Ice	Price
STAR C/D 6:00–7:00 am	\$165.00
STAR A/B/C 7:00-7:50 am	\$140.00

IMPORTANT: All skaters wishing to register for morning ice are **REQUIRED** to have a private coach in attendance at the rink during their skating time. If your private coach is not available on a given day, please ensure another coach is present for the skater. Skaters who do not have a private coach on the ice will NOT be able to participate in morning ice. There will be no exceptions to this policy, and no refunds provided.

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

ADULT STARSkate STAR 5+ (or equivalent): Thursdays 8:00-8:50 pm

- Price: \$165.00

ADULT STARSkate STAR 1-4: Saturdays 8:40-9:25 am

- Price: \$130.00
- This session is on shared ice with youth skaters

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 skatekingstoninfo@gmail.com to 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. Note: There are no discounts on morning ice.

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%

Off-Ice

Off-ice opportunities are still being determined. Off-ice will start in January 2026. More information to follow.

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.

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 \$75.00. 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 registered session per skater (up to a maximum of **10** hours per family). This volunteer commitment spans the Fall AND Winter season (and includes Ice Show 2026 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:

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 2026.

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, 2025 for Fall volunteer commitment, and one due January 31st, 2026 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

howsebonnie.sk@gmail.com

President - Kat Popielaty

kat.popielaty@gmail.com

STARSkate Co-Directors

- Hilary Whitall
- Elleni Kypriotakis
- Alisha Anderson

hilarywhitall@gmail.com

elleni.kypriotakis@gmail.com;

alishamcanderson1982@gmail.com

General Info

skatekingstoninfo@gmail.com

APPENDIX A: Skater Level Matrix

Levels as of End-of-Day August 21st, 2025

LEVEL	POINTS NEEDED	SESSION STRUCTURE	PRIVATE COACH REQUIRED
STAR A	0-3 points	Fully club coached, including stroking, and group/semi-private lessons.	No
STAR B	4-13 points	Club coached group stroking and skills sessions included	Yes
STAR C	14-21 points	Club coached group stroking including	Yes
STAR D	22+ points	Open – no group programming	Yes

Skaters can move up levels and/or sub-levels for Winter 2026.

Note: Artistic program tests are NOT taken into consideration for points calculations.

How do I know how many points my skater has?

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
Completed GOLD Freestyle, Skills and/or Dance is worth 12 points*

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.

Example 1: Julia has completed her STAR 5 Freestyle; Gold Skills, and Gold Dances. She has a total of score of $5 + 12 + 12 = 29$ points. Based on the chart above, Julia qualifies for D session.

Example 2: 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, Julia qualifies for B session.

If you would like to confirm your skater's points levels (or expected points level based on upcoming tests), **please contact your private coach**, or if you do not have a private coach, **contact STARSkate Co-Director Hilary Whittall**.

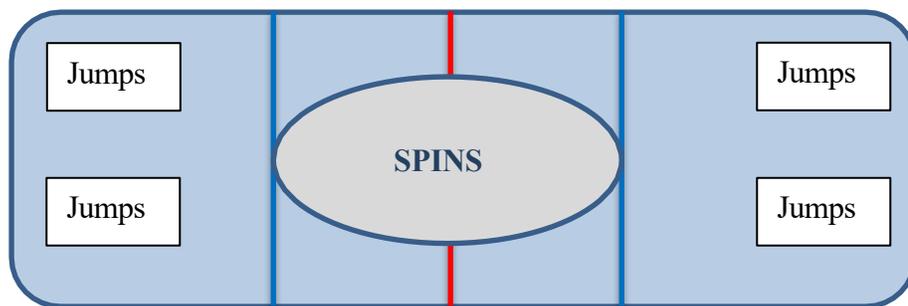


Skate Kingston Skater Ice Etiquette

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, 2025