



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

Spring 2026 Recreational Group Skating Program INFORMATION

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

PLEASE NOTE:

- Registration opens online at <https://Skatekingston.uplifterinc.com> on **Monday March 9th at 8 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. For anyone that has not used our online registration system, please see the following link on the Skate Kingston website: <http://skatekingston.com/registration/>. 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 must be made in writing before the 2nd week of skating. Fees will be prorated. Requests for refunds after this time are at the discretion of the board. A \$15 non-refundable insurance and administrative fee will apply. **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 Director of CanSkate.

Skate Kingston Contact Information

Skate Kingston Office Phone

613-546-4291 ext 1892

Skate Kingston Office Administrator - Bonnie Howse

howsebonnie.sk@gmail.com

President - Kat Popielaty

skatekingstoninfo@gmail.com

Director of CanSkate – Tonya Van De Ven

tonyavandeven@gmail.com

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.

PROGRAMS - Spring 2026 (April – May 2026)

NOTE:

To be eligible for Spring 2026 CanSkate, or Advanced CanSkate, skaters MUST BE 4 years old or turning 4 years old by May 31, 2026.

CanSkate INVISTA Centre, CUPE 109 Ice Pad (8 classes):

- *Tuesday 5:30 – 6:15 pm (April 7 – May 26)*
- *Wednesday 5:20 – 6:05 pm (April 8 – May 27)*
- *Thursday 6:10 – 6:55 pm (April 9 – May 28)*

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, challenge 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.

Cost: \$177.00 + \$63.00 Mandatory Skate Canada & Safe Sport Fee (if not already paid) = \$240.00

Advanced CANSkate INVISTA Centre, CUPE 109 Ice Pad:

- *Monday 5:25 – 6:15 pm (6 classes; April 13 – May 25) **NOTE: No skating May 18th***
- *Thursday 5:10 – 6:00 pm (8 classes; April 9 – May 28)*

Advanced CanSkate (formerly known as Pre-STAR) is a program that serves CanSkaters who have completed their CanSkate Stage 4 badge or have been recommended to register by a coach. Skaters will continue to work on their remaining CanSkate badges. 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.**

Cost:

Monday Adv CAN: \$144.00 + \$63.00 Mandatory Skate Canada & Safe Sport Fee (if not already paid)
= \$207.00

Thursday Adv CAN: \$192.00 + \$63.00 Mandatory Skate Canada & Safe Sport Fee (if not already paid)
= \$255.00

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:

- *Thursday 7:05 – 7:50 pm (8 classes; April 9 – May 28)*

Adults and teenagers (12 years and older) can enjoy a 45-minute program learning to skate or improve basic skills, in a relaxed and friendly group lesson atmosphere. Session includes a 45-minute group lesson with a certified coach. Skaters receive ongoing incentives and a report card at the end of the session.

Cost: \$212.00 + \$63.00 Mandatory Skate Canada Fee (if not already paid) = \$275.00

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

Skate Canada Helmet Policy:

CSA-approved 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-approved 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.