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

Spring 2026 STARSkate Skating Programs INFORMATION

April 1 – May 28, 2026

Operated at INVISTA Centre, CUPE 109 Ice pad

This information relates to Skate Kingston Spring 2026 STARSkate Program information ONLY.

Registration begins as follows:

- **Skate Kingston Home Club skater registration begins Thursday March 12th at 8:00 pm**
- **Non-Home Club skater registration begins Sunday March 15th at 8:00 pm**

Please note: There is no switching of home clubs for Spring or Summer session. Any non-home club skaters who register before Sunday March 15th at 8:00 pm will have their registration cancelled.

As a reminder, Adult STARSkaters wishing to skate on youth ice are required to be registered for the Adult STAR session. Requests to skate on youth ice will need to be submitted to the SK General Email, skatekingstoninfo@gmail.com, for review by the board when all youth registration is complete. Approval may be granted if there is room on youth ice.

Deadline for Spring 2026 registration is Monday March 31st @ 9 pm

IMPORTANT INFORMATION REGARDING THE FIRST WEEK OF SPRING SKATING:

All skating in the first week of April is drop-in ONLY. In order to participate, you must register separately for these sessions.

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. 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**.
- 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.

Skate Kingston Refund Policy:
Requests for refund must be made in writing prior to the end of the second week of skating. Requests for refund after this time will be at the discretion of the board. A $15 non-refundable insurance and administrative fee will apply. **NSF cheque charge $30.**

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 is currently allowed, and a dance partnering 20 min guest fee is available at the discretion of the board.

Credits
Credits will be uploaded shortly. **If you are expecting credits, and would like to use them towards Spring registration, please select "Pay in Person" when completing your registration**, so that your invoice can be updated once credits are uploaded. Questions about credits should be directed to SK President, Kat Popielaty.

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.

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	hilarywhitall@gmail.com
• Elleni Kypriotakis	elleni.kypriotakis@gmail.com;
• Alisha Anderson	alishamcanderson1982@gmail.com
General Info	skatekingstoninfo@gmail.com

Skate Canada registration fee of $63 will be added to the package when registering online (if not already paid since September), as it is <u>not</u> included in pricing below. If you have paid the Skate Canada fee at a different club, please ensure the skater's Skate Canada number is listed in their participant profile before completing the registration. If you are incorrectly charged the Skate Canada fee, please email Bonnie *<u>prior to paying</u>* for your registration so that your invoice can be updated.

STAR A STARSkate: Includes 100% on-ice coaching. No private coach needed.

Package	Price
Monday (6 sessions) *shared ice*	$145.00
Thursday (8 sessions) *shared ice*	$190.00

No Ice Monday April 6th and May 18th

STAR B STARSkate: Includes 10-minute stroking and at least 10-minute group lesson. Private coach is mandatory for this session.

Package	Price
Monday (6 sessions)	$110.00
Tuesday (8 sessions) *shared with C*	$155.00
Wednesday (8 sessions)	$165.00

No Ice Monday April 6th and May 18th

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

Package	Price
Monday (6 sessions)	$145.00
Tuesday (8 sessions) *shared with B*	$135.00
Tuesday (8 sessions)	$70.00
Wednesday (8 sessions) *shared with D*	$160.00
Thursday (8 sessions) *shared with D*	$160.00

No Ice Monday April 6th and May 18th

STAR D STARSkate: May include 10-minutes of stroking each session. Private coach is mandatory for this session.

Package	Price
Monday (6 sessions)	$200.00
Tuesday (8 sessions)	$260.00
Wednesday (8 sessions) *shared with C*	$160.00
Wednesday (8 sessions)	$125.00
Thursday (8 sessions) *shared with C*	$160.00

No Ice Monday April 6th and May 18th

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

Wednesdays 8:05 – 8:50 pm 8 sessions Price: $120.00

NOTE: Youth STARSkate session ice for Adult skaters wanting to do more than one session will be limited this Spring based on numbers. *To qualify for STARSkate session ice, Adult STARSkaters <u>MUST</u> be registered for Adult STARSkate.*

This program will not run if registration minimums are not met.

Off-Ice for all STARSkate Registrants:

Skate Kingston is excited to continue supporting skaters' development both on and off the ice. As part of our training program, we will be supporting structured **off-ice sessions** to help skaters build strength, balance, coordination, and flexibility.

Off-ice training plays an important role in skating development and is strongly supported by Skate Canada. These sessions help skaters improve their jumps, spins, posture and overall performance while helping reduce injury.

Our focus areas will be:

- Dynamic warm-ups and stretching
- Strength and conditioning
- Jump training
- Stretch and flexibility

What to Bring/Wear:

- Running shoes
- Comfortable athletic clothing
- Water bottle
- Skipping rope

Off Ice schedule:

- Mondays: 5:30 - 6:15 PM
- Tuesdays: 5:30 - 6:15 PM
- Wednesdays: 5:20 - 6:05 PM
- Thursdays: 7:05 - 7:50 PM

We encourage all skaters to attend to maximize their progress on the ice. We also will be providing positive, engaging and age-appropriate programs. We look forward to implementing this program and hope to see everyone out this spring!

COST: No charge. Skaters however **MUST** be registered on Uplifter for the sessions they plan to attend.

APPENDIX A: Skater Level Matrix

Levels as of End-of-Day March 26th, 2026

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

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	Freeskate 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 Freeskate, 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 Freeskate; 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.

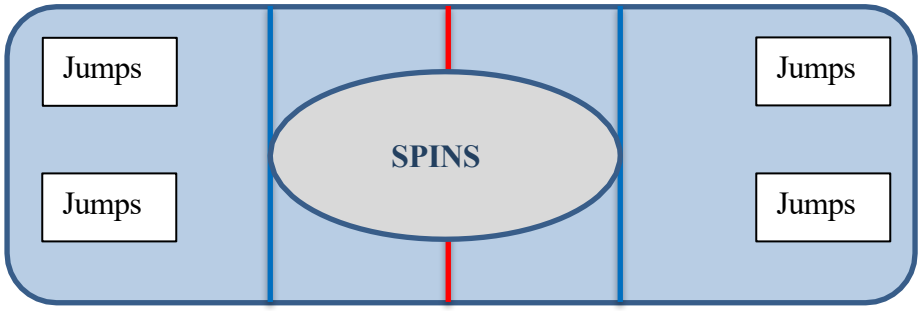
Example 2: Jenny has completed her full STAR 2 Freeskate; STAR 4 Skills; and all STAR 3 dances. See green highlight for points total. Jenny has a total score of 2+4+3 = 9. Based on the chart, Julia qualifies for B session.

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 Whitall**.

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