



Sponsored By



2025 Summer Skating School
6 Weeks - July 2nd to August 8th, 2025

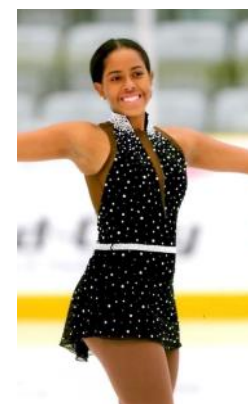
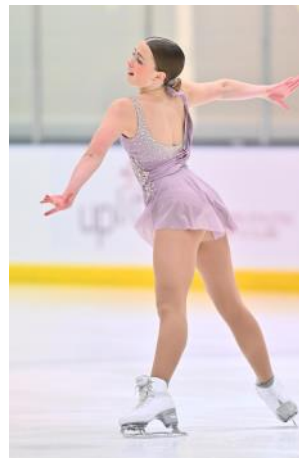
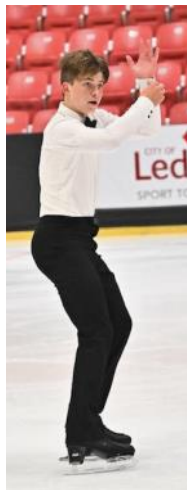
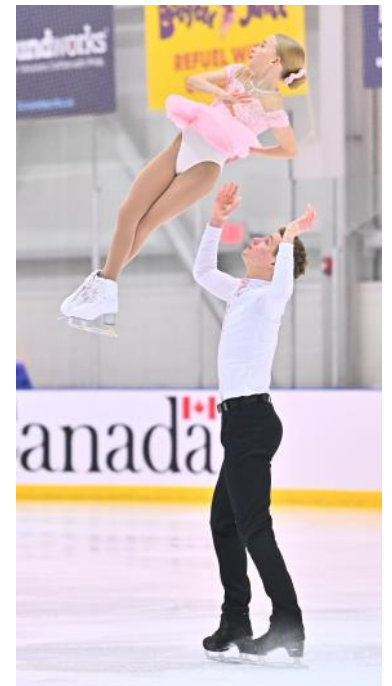
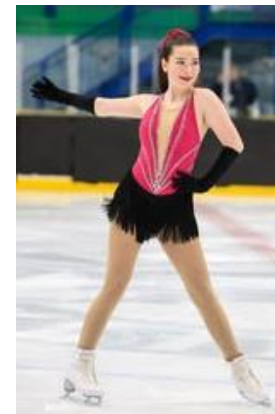
skateregina@myaccess.ca
(306) 586-4898

LOOKING FOR A PLACE TO?

- Fine tune your skating techniques or skills....
- Get an edge on the competitive season....
- Have fun while training in a world class facility....

***LOOK NO FURTHER THAN THE SKATE REGINA
SUMMER SCHOOL!***

***Training Centre for Skate Canada National & Provincial Champions
& Challenge Qualifiers***



Skate Regina 2025 Summer School Schedule - WEEK 1

For the Week of: July 2, 2025 (Wednesday)

Monday	Tuesday	Wed July 2			Thu July 3			Fri July 4			
9:00 AM	NO ICE	NO ICE	Jr/Int Freeskat			Jr/Int Freeskat			Jr/Int Freeskat		
9:15 AM											
9:30 AM											
9:45 AM											
10:00 AM			Int/Sr EDGE Class	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Off-ice DANCE 10:30-11:15	Int/Sr SPIN Class	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Jump class 10:00-10:30	Jr/Int Freeskat		
10:15 AM			10:00-10:30			10:15-11:00			10:00-10:45		
10:30 AM			Int/Sr Freeskat						Flood		
10:45 AM			10:30-11:15								
11:00 AM											
11:15 AM			Flood					Int/Sr Freeskat	Jr/Int Level 10 Off-ice at Cooperators 11:00-11:45	Jr Prep/Academy Off-ice 11:00-11:45	
11:30 AM											
11:45 AM			Jr/Int Freeskat		Int/Sr Off-ice DANCE 11:30-12:15	Jr/Int Freeskat		11:15-11:45	11:00-11:45		
12:00 PM			11:30-12:15			Jr/Int Spin Class			Flood		
12:15 PM			Jr/Int EDGE Class						Int/Sr Freeskat		
12:30 PM			12:15-12:45			Flood			12:00-12:45		
12:45 PM			Flood						Flood		
1:00 PM				Sr/Pair Freeskat		Open Freeskat					
1:15 PM			Open Freeskat	12:45-1:30		12:30-1:15			Sr/Pair Freeskat		
1:30 PM			1:00-1:45			Flood			1:00-1:45		
1:45 PM			Flood								
2:00 PM				Int/Sr Freeskat							
2:15 PM	Int/Sr Freeskat			1:30-2:15							
2:30 PM	2:00-2:45			Flood			Int/Sr Off-ice Level 10 2:15-3:15				
2:45 PM	Flood			Int/Sr Freeskat							
3:00 PM				2:30-3:15							
3:15 PM	Int/Sr Freeskat										
3:30 PM	3:00-3:45										
3:45 PM											
4:00 PM						Int/Sr Off-ice Level 10 3:45-4:45					
4:15 PM											
4:30 PM											
4:45 PM											



Skate Regina 2025 Summer School Schedule - WEEK 2

For the Week of: July 7, 2025 (Monday)

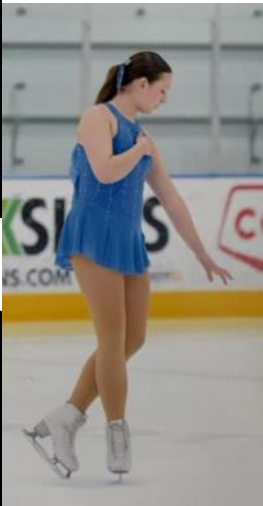
Mon July 7			Tue July 8			Wed July 9			Thu July 10			Fri July 11		
9:00 AM	Jr/Int Freeskate 1 9:00-9:45		Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45		
9:15 AM														
9:30 AM	Flood		Flood			Flood			Flood			Flood		
9:45 AM	Int/Sr EDGE Class 10:00-10:30		Int/Sr Group Class			Int/Sr EDGE Class 10:00-10:30			Int/Sr SPIN Class			Int/Sr SPIN Class		
10:00 AM		Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00		Jr/Int Jump class 10:00-10:30		Jr Prep/Academy Off-ice 10:15-11:00		Jr Prep/Academy Off-ice 10:15-11:00		Jr/Int Freeskate 2 10:00-10:45		
10:15 AM	Int/Sr Freeskate 1 10:30-11:15		Jr/Int Off-ice DANCE 10:30-11:15				Int/Sr Freeskate 1 10:30-11:15		Int/Sr Freeskate 1 10:15-11:00					
10:30 AM													Jr Prep/Academy Off-ice 11:00-11:45	
10:45 AM	Int/Sr Freeskate 1 10:30-11:15		Flood											
11:00 AM														
11:15 AM	Flood													
11:30 AM	Jr/Int Freeskate 2 11:30-12:15		Int/Sr Off-ice DANCE 11:30-12:15			Int/Sr Jump class 11:45-12:15	Jr/Int Freeskate 2 11:30-12:15		Int/Sr Freeskate 2 11:15-12:00			SIMULATIONS 11:00-11:45		
11:45 AM									Jr/Int Freeskate 2 11:15-12:00					
12:00 PM			Jr/Int Group Class											
12:15 PM	Jr/Int EDGE Class 12:15-12:45								Jr/Int Spin Class			Int/Sr Freeskate 1 11:45-12:30		
12:30 PM														
12:45 PM	Flood											Flood		
1:00 PM		Sr/Pair Freeskate 2:15-3:00											Jr/Int Level 10 Off-ice at Cooperators 11:00-11:45	
1:15 PM	Open Freeskate 1:00-1:45													
1:30 PM														
1:45 PM	Flood													
2:00 PM														
2:15 PM	Int/Sr Freeskate 2 2:00-2:45													
2:30 PM														
2:45 PM	Flood													
3:00 PM														
3:15 PM	Int/Sr Freeskate 3 3:00-3:45													
3:30 PM														
3:45 PM														
4:00 PM														
4:15 PM														
4:30 PM														
4:45 PM														



Skate Regina 2025 Summer School Schedule - WEEK 3

For the
Week of: July 14, 2025 (Monday)

Mon July 14				Tue July 15			Wed July 16			Thu July 17			Fri July 18		
9:00 AM	Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45		
9:15 AM															
9:30 AM															
9:45 AM	Flood	Jr Prep/Academy Off-ice 10:15-11:00		Flood		Jr/Int Jump class 10:00-10:30	Flood			Flood		Jr/Int Jump class 10:00-10:30	Flood		
10:00 AM	Int/Sr EDGE Class 10:00-10:30			Int/Sr Group Class			Int/Sr EDGE Class 10:00-10:30			Int/Sr SPIN Class			Int/Sr SPIN Class		
10:15 AM															
10:30 AM	Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Off-ice DANCE 10:30-11:15	Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00		Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Off-ice DANCE 10:30-11:15	Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00		Jr/Int Freeskate 2 10:00-10:45		
10:45 AM													Flood		
11:00 AM															
11:15 AM	Flood			Flood			Flood			Flood			SIMULATIONS 11:00-11:45	Jr Prep/Academy Off-ice 11:00-11:45	
11:30 AM	Jr/Int Freeskate 2 11:30-12:15			Jr/Int Freeskate 2 11:15-12:00			Jr/Int Freeskate 2 11:30-12:15			Jr/Int Freeskate 2 11:15-12:00					
11:45 AM															
12:00 PM				Jr/Int Group Class		Int/Sr Jump class 11:45-12:15			Int/Sr Off-ice DANCE 11:30-12:15	Jr/Int Spin Class		Int/Sr Jump class 11:45-12:15	Int/Sr Freeskate 1 11:45-12:30	Jr/Int Level 10 Off-ice at Cooperators 11:00-11:45	
12:15 PM	Jr/Int EDGE Class 12:15-12:45			Flood			Jr/Int EDGE Class 12:15-12:45			Flood					
12:30 PM															
12:45 PM	Flood			Open Freeskate 12:30-1:15						Open Freeskate 12:30-1:15					
1:00 PM															
1:15 PM	Open Freeskate 1:00-1:45			Flood			Open Freeskate 1:00-1:45			Flood			SIMULATIONS 12:45-1:30		
1:30 PM															
1:45 PM	Flood			Int/Sr Freeskate 2 1:30-2:15						Int/Sr Freeskate 2 1:30-2:15			Int/Sr Freeskate 2 1:30-2:15		
2:00 PM															
2:15 PM	Int/Sr Freeskate 2 2:00-2:45	Int/Sr Freeskate 3 2:00-2:45			Int/Sr Freeskate 3 2:00-2:45		Int/Sr Freeskate 2 2:00-2:45	Int/Sr Freeskate 3 2:00-2:45			Int/Sr Freeskate 3 2:00-2:45			Int/Sr Freeskate 3 2:00-2:45	
2:30 PM															
2:45 PM															
3:00 PM															
3:15 PM															
3:30 PM															
3:45 PM				Int/Sr Off-ice Level 10 3:15-4:15						Int/Sr Off-ice Level 10 3:15-4:15			Int/Sr Off-ice Level 10 3:15-4:15		
4:00 PM															
4:15 PM															
4:30 PM															
4:45 PM															



Skate Regina 2025 Summer School Schedule - WEEK 4

For the
Week of: July 21, 2025 (Monday)

Mon July 21				Tue July 22			Wed July 23			Thu July 24			Fri July 25		
9:00 AM	Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45		
9:15 AM															
9:30 AM															
9:45 AM	Flood	Jr Prep/Academy Off-ice 10:15-11:00		Flood		Jr/Int Jump class 10:00-10:30	Flood			Flood		Jr/Int Jump class 10:00-10:30	Flood		
10:00 AM	Int/Sr EDGE Class 10:00-10:30			Int/Sr Group Class			Int/Sr EDGE Class 10:00-10:30			Int/Sr SPIN Class			Int/Sr SPIN Class		
10:15 AM															
10:30 AM	Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Off-ice DANCE 10:30-11:15	Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00		Int/Sr Freeskate 1 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Jr/Int Off-ice DANCE 10:30-11:15	Int/Sr Freeskate 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00		Jr/Int Freeskate 2 10:00-10:45		
10:45 AM													Flood		
11:00 AM															
11:15 AM	Flood			Flood			Flood			Flood			SIMULATIONS 11:00-11:45	Jr Prep/Academy Off-ice 11:00-11:45	
11:30 AM	Jr/Int Freeskate 2 11:30-12:15			Jr/Int Freeskate 2 11:15-12:00			Jr/Int Freeskate 2 11:30-12:15			Jr/Int Freeskate 2 11:15-12:00					
11:45 AM															
12:00 PM				Jr/Int Group Class		Int/Sr Jump class 11:45-12:15			Int/Sr Off-ice DANCE 11:30-12:15	Jr/Int Spin Class		Int/Sr Jump class 11:45-12:15	Int/Sr Freeskate 1 11:45-12:30	Jr/Int Level 10 Off-ice at Cooperators 11:00-11:45	
12:15 PM	Jr/Int EDGE Class 12:15-12:45			Flood			Jr/Int EDGE Class 12:15-12:45			Flood					
12:30 PM															
12:45 PM	Flood	Int/Sr Freeskate 2 12:30-1:15		Open Freeskate 12:30-1:15	Int/Sr Freeskate 2 12:30-1:15			Int/Sr Freeskate 2 12:30-1:15		Open Freeskate 12:30-1:15	Int/Sr Freeskate 2 12:30-1:15			Int/Sr Freeskate 2 12:30-1:15	
1:00 PM															
1:15 PM	Open Freeskate 1:00-1:45			Flood			Open Freeskate 1:00-1:45			Flood			SIMULATIONS 12:45-1:30		
1:30 PM															
1:45 PM	Flood			Int/Sr Freeskate 3 1:30-2:15						Int/Sr Freeskate 3 1:30-2:15			Int/Sr Freeskate 3 1:30-2:15		
2:00 PM															
2:15 PM	Int/Sr Freeskate 3 2:00-2:45						Int/Sr Freeskate 3 2:00-2:45								
2:30 PM															
2:45 PM															
3:00 PM				Int/Sr Off-ice Level 10 2:45-3:45						Int/Sr Off-ice Level 10 2:45-3:45			Int/Sr Off-ice Level 10 2:45-3:45		
3:15 PM															
3:30 PM															
3:45 PM															
4:00 PM															
4:15 PM															
4:30 PM															
4:45 PM															

Skate Regina 2025 Summer School Schedule - WEEK 5

For the Week of: July 28, 2025 (Monday)

Mon July 28				Tue July 29			Wed July 30			Thu July 31			Friday
9:00 AM	Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			Jr/Int Freeskate 1 9:00-9:45			NO ICE
9:15 AM													
9:30 AM	Flood			Flood			Flood			Flood			
9:45 AM													
10:00 AM	Int/Sr EDGE Class 10:00-10:30			Jr Prep/Academy Off-ice 10:15-11:00			Int/Sr SPIN Class			Jr/Int Jump class 10:00-10:30			
10:15 AM		Int/Sr Freeskate 1 10:15-11:00			Int/Sr Freeskate 1 10:30-11:15								
10:30 AM	Int/Sr Freeskate 1 10:30-11:15	Jr/Int Off-ice DANCE 10:30-11:15	Flood			Jr/Int Off-ice DANCE 10:30-11:15	Flood						
10:45 AM													
11:00 AM													
11:15	Flood			Jr/Int Freeskate 2 11:15-12:00			Flood			Jr/Int Freeskate 2 11:15-12:00			
11:30 AM	Jr/Int Freeskate 2 11:30-12:15	Int/Sr Off-ice DANCE 11:30-12:15			Int/Sr Jump class 11:45-12:15		Jr/Int Freeskate 2 11:30-12:15			Int/Sr Off-ice DANCE 11:30-12:15			
11:45 AM			Jr/Int Spin Class			Jr/Int Spin Class		Int/Sr Jump class 11:45-12:15					
12:00 PM													
12:15 PM	Jr/Int EDGE Class 12:15-12:45			Flood			Jr/Int EDGE Class 12:15-12:45		Flood				
12:30													
12:45 PM	Flood			Open Freeskate 12:30-1:15	Int/Sr Freeskate 2 12:30-1:15		Flood			Open Freeskate 12:30-1:15	Int/Sr Freeskate 2 12:30-1:15		
1:00 PM	Open Freeskate 1:00-1:45	Int/Sr Freeskate 2 1:00-1:45		Flood			Open Freeskate 1:00-1:45	Int/Sr Freeskate 2 1:00-1:45		Flood			
1:15 PM													
1:30 PM				Int/Sr Freeskate 3 1:30-2:15			Flood			Int/Sr Freeskate 3 1:30-2:15			
1:45 PM	Flood												
2:00 PM	Int/Sr Freeskate 3 2:00-2:45						Int/Sr Freeskate 3 2:00-2:45						
2:15 PM													
2:30 PM													
2:45 PM													
3:00 PM					Int/Sr Off-ice Level 10 2:45-3:45								
3:15 PM													
3:30 PM													
3:45 PM													
4:00 PM													



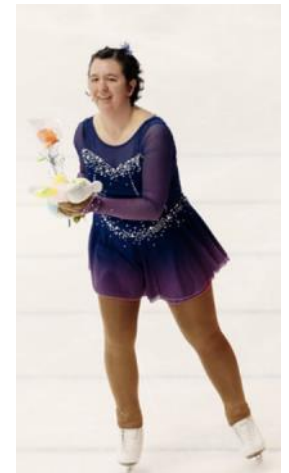
Skate Regina 2025 Summer School Schedule - WEEK 6

For the Week of: August 5, 2025 (Tuesday)

Monday		Tue August 5			Wed August 6			Thu August 7			Fri August 8		
9:00 AM	NO ICE	Jr/Int Freeskat 1 9:00-9:45			Jr/Int Freeskat 1 9:00-9:45			Jr/Int Freeskat 1 9:00-9:45			Jr/Int Freeskat 1 9:00-9:45		
9:15 AM		Flood			Flood			Flood		Flood			
9:30 AM		Int/Sr Group Class		Jr/Int Jump class 10:00-10:30	Int/Sr EDGE Class 10:00-10:30		Int/Sr SPIN Class	Jr/Int Jump class 10:00-10:30	Jr/Int Freeskat 2 10:00-10:45				
9:45 AM													
10:00 AM		Int/Sr Freeskat 1 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Int/Sr Freeskat 1 10:30-11:15	Jr/Int Off-ice DANCE 10:30-11:15	Jr Prep/Academy Off-ice 10:15-11:00	Jr Prep/Academy Off-ice 10:15-11:00	Flood					
10:15 AM													
10:30 AM		Flood			Flood		Flood		Int/Sr Freeskat 1 11:00-11:45	Jr Prep/Academy Off-ice 11:00-11:45	Jr/Int Level 10 Off-ice at Cooperators 11:00-11:45		
10:45 AM		Jr/Int Freeskat 2 11:15-12:00					Jr/Int Freeskat 2 11:15-12:00						
11:00 AM													
11:15 AM		Int/Sr Group Class		Int/Sr Jump class 11:45-12:15	Jr/Int Freeskat 2 11:30-12:15		Jr/Int Spin Class		Int/Sr Jump class 11:45-12:15	Flood			
11:30 AM		Flood					Flood		Flood				
11:45 AM													
12:00 PM		Open Freeskat 12:30-1:15					Open Freeskat 12:30-1:15						
12:15 PM		Flood			Jr/Int EDGE Class 12:15-12:45		Flood		Int/Sr Freeskat 2 12:00-12:45				
12:30 PM					Flood								
12:45 PM													
1:00 PM		Int/Sr Freeskat 2 1:30-2:15			Open Freeskat 1:00-1:45		Open Freeskat 1:00-1:45			Int/Sr Off-ice Level 10 1:15-2:15			
1:15 PM													
1:30 PM													
1:45 PM													
2:00 PM													
2:15 PM													
2:30 PM													
2:45 PM													
3:00 PM													
3:15 PM													
3:30 PM													
3:45 PM													
4:00 PM													



Skate Regina



Package Information and Fees

Registration fees will be derived by totalling the week and session rates then applying the applicable discount.

Week 1 is a three day week. Weeks 2, 3 and 4 are five day weeks while weeks 5 and 6 are four day weeks.

Note, a \$60 registration fee will be added to the package fees.

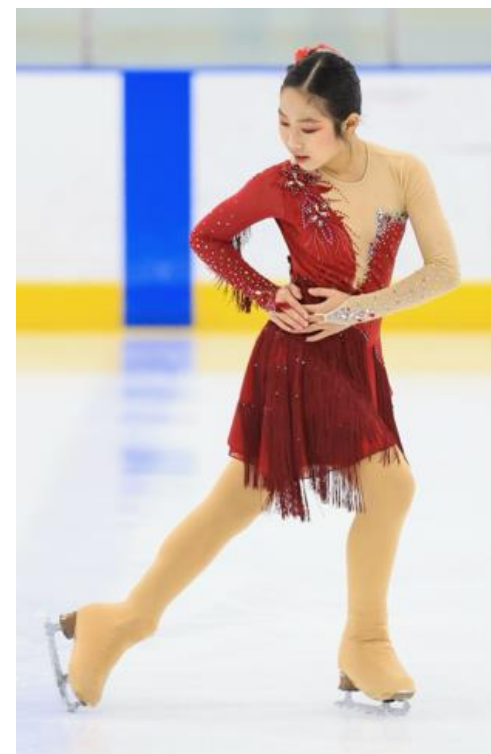
All packages include:

- 1, 2 or 3 free skate sessions per day/per week purchased. Note, 3 session packages include 3 sessions on Monday thru Thursday and 2 sessions on Friday where applicable.
- For Junior/Intermediate and Intermediate/Senior skaters there will be two 45-minute dance off-ice dance training sessions per week (depending on the week).
- Two 30 minute edge classes per week (depending on the week).
- One 15 minute spin class per week and one 15 minute group session.
- Two 30 minute off-ice jump classes.
- Additional off-ice sessions provided by Level 10, not included in these package fees, are offered. (Details are provided on the last two pages of the brochure).

	Packages Offered						
	Week 1	Weeks 2,3,4	Weeks 5,6	3 week discount	4 week discount	5 week discount	6 week discount
Sessions/day	Rate	Weekly Rate	Weekly Rate	12%	14%	16%	18%
1	\$145	\$235	\$190				
2	\$185	\$315	\$250				
3	\$240	\$390	\$315				

Simulations:

- Simulations are offered on July 11th, 18th, and 25th
- Space is limited
- Cost is \$25 per simulation



Additional Information

Level of Skating Guideline

Junior/Intermediate: Star 2 to Pre-novice

Intermediate/Senior: Pre-novice and higher

Groupings:

Final groupings will be at the discretion of the summer school directors based on the number of skaters registered and coaching availability.

Coaching Staff: See Skate Regina website for details.

To Register

- ☞ Registration for Skate Regina members begins on April 22nd at 8:00 AM and for non-members on April 24th at 8:00 AM.
- ☞ On April 22nd, Skate Regina members will be sent a priority registration link to access the registration web page.
- ☞ On April 24th, registration opens to non-members and access to the web page can be found on the Skate Regina website under the registration link.
- ☞ For simulations, please add your skater to the waitlist for each simulation requested. Once the Summer School Directors fill the simulations, you will receive an invoice that can be paid online before the beginning of summer school. Refunds for simulations will only be given if another skater is able to take the spot.

Cancellation Policy

- ☞ The cancellation deadline is June 7th. After June 7th, refunds will be considered for medical reasons substantiated by a doctor's medical certificate. Requests must be received in writing. The \$60.00 administration fee will be withheld on all refunds.

Tuition Tax Credit

Effective January 2021, Skate Regina has been approved as an Educational Institution by the Minister of Human Resources and Skills Development Canada. This certification enables Skate Regina to issue a tuition tax credit receipt for amounts over \$100 in respect of students 16 years of age and older. This tuition tax credit is valid for programs that provide students with sufficient skills to work in, or improves that student's existing skills in an occupation. Social or recreational courses are not eligible for the Tuition Tax Credit.

Level 10 Off-ice Training Information

OFF-ICE TRAINING OPPORTUNITY

Skate Regina coach, Christine Laprairie, of Level 10 Fitness Regina, will be providing an in-person fitness training program for Skate Regina 2025 summer school skaters. All sessions will focus on improving strength, jump height, core, mobility, flexibility and balance.

Christine holds a Bachelor of Kinesiology in Human Kinetics degree. Christine is a part owner of Level 10 Fitness, National Strength and Conditioning Certified Specialist, Saskatchewan Sports Medicine & Science Consultant and works with many Skate Regina and Skate Saskatchewan figure skaters. See the following brochure page for instructions on how to register for Christine's off-ice sessions.



Level 10 Off-ice Training Opportunity

(Location, Schedules, Investment, Registration Instructions)

Junior/Intermediate Figure Skating Group - Fridays 11:00 am to 11:45am (all sessions at the Cooperators Arenas)

- Fridays at 11:00am to 11:45am: July 4th, July 11th, July 18th, July 25th, and August 8th

Investment per session: \$15.00 plus tax, or a punch pass.

(Skaters must PRE-REGISTER by calling or emailing Level 10 as explained below).

Intermediate/Senior Figure Skating Group - Tuesday/Thursday/Friday at 2121 Grant Rd. Level 10 Facility

- **Week 1:** Thursday, July 3 → 3:45-4:45pm / Friday, July 4 → 2:15-3:15pm
- **Week 2:** Tuesday, July 8 → 3:45-4:45pm / Thursday, July 10 → 3:45-4:45pm / Friday, July 11 → 2:45-3:45pm
- **Week 3:** Tuesday, July 15 → 3:15-4:15pm / Thursday, July 17 → 3:15-4:15pm / Friday, July 18 → 3:15-4:15pm
- **Week 4:** Tuesday, July 22 → 2:45-3:45pm / Thursday, July 24 → 2:45-3:45pm / Friday, July 25 → 2:45-3:45pm
- **Week 5:** Tuesday, July 29 → 2:45-3:45pm / Thursday, July 31 → 2:45-3:45pm
- **Week 6:** Tuesday, August 5 → 2:45-3:45pm / Thursday, August 7 → 2:45-3:45pm / Friday, August 8 → 1:15-2:15pm

Investment (Punch Pass Options):

- 5 punch pass = \$110 + tax (\$22/session)
- 10 punch pass = \$180 + tax (\$18/session)
- 15 punch pass = \$255 + tax (\$17/session)
- 20 punch pass = \$330 + tax (\$16.50/session)
- Drop in session = \$25 + tax

*Punch passes from Spring Level 10 training can be used.

**Punch passes do not expire and can be used for future sessions as Level 10 runs off-ice sessions all year long.

***Skaters must PRE-REGISTER for all classes by *calling* or *emailing* Level 10 as explained below. Note, there is no online booking.

To Book/Register: 1. Create a level 10 account at <https://level10regina.com/waivers>; 2. Email Level10fitness@sasktel.net with athlete name and the dates they wish to register for, or call Level 10 at (306) 337-0010 to register. Payment is via credit card (on file or over the phone), e-transfer or payment at the front desk on the day of the first registered session.