

# FREMONT

## TRAIL/SWIM COMBO CAMP SCHEDULE

### FREMONT

815 Village Drive, Unit  
160, Port Coquitlam

Please take a look at your confirmation e-mail to find your child's combo camp schedule. This will determine the drop off and pick up area and procedures.

#### To find your schedule:

- Open your e-mail confirmation
- Look under your child's registration
- Locate the "Time" & "ComboCamp" subheadings

Once you have identified your time slot, please refer to one of the two options on the next page for your schedule for the week.

# Trail AM, Swim PM

## 9:00 AM – 12:00 PM : Trail Camp

Check in outside the Fremont pool front entrance

- Check in with our manager (in a green shirt). You will be directed on where to meet your bike instructor
- Please apply sunscreen prior to camp (weather dependent)

## 12:00 PM – 1:30 PM: Transition, Lunch, & Other Activities

## 1:30 PM – 3:20pm PM: Swim Camp

- Please pick up your child directly from the pool
- **Campers will be out of the water at 3:20 PM**
- Please be prepared with your order confirmation number – this is how we will sign you out
- Please collect your child and belongings from the pool deck

# Swim AM, Trail PM

## 9:00 AM – 11:00 AM: Swim Camp

Check-in is outside the Fremont pool front entrance

- Please have your child arrive in their swim gear, ready to swim
- Check in with our manager (in a green shirt). Your child will then be taken indoors with their swim instructor. Bikes and bags will be securely stored indoors

## 11:00 AM – 12:30 PM: Transition, Lunch, & Other Activities

## 12:30 PM – 3:30 PM: Trail Camp

- Pick up will be outside of the pool entrance at 3:30 pm
- Please be prepared with your order confirmation number – this is how we will sign you out.
- Collect your child and belongings and exit the camp/area

# ADDITIONAL IMPORTANT INFORMATION

Please arrive 10 minutes early on the first day to check in.

## Don't forget to bring:

1. A bicycle and a bike helmet
2. Appropriate footwear and clothing for cycling
3. One labelled backpack that includes:
  - Nut-free snack and lunch
  - Refillable water bottle, already filled
  - Weather dependent items (as needed), mosquito repellent, sunscreen, rain gear, change of clothes in case of rain
  - Bathing suit
  - Towel
  - Indoor pool shoes with clean soles
  - Optional swim items: Goggles, Swim cap
4. Wet bag for bathing suit and towel after swim camp

CAN'T FIND WHAT YOU'RE LOOKING FOR?  
GET IN TOUCH



## PEDALHEADS OFFICE HOURS

Toll free: 1.888.886.6464 Monday to Friday

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