

Fremont

Trail/swim combo camp schedule

Fremont Village

815 Village Drive, Unit
160, Port Coquitlam

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)
- We recommend attending with two backpacks, one for the bike portion, and the other for the swim portion

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

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 for biking with a nut-free snack, lunch, water bottle and optional weather dependent items such as mosquito repellent, rain gear and/or sunscreen and a change of clothes in the case of rain
4. One labelled bag for swimming with a bathing suit, towel, indoor pool shoes with clean soles, and optional items such as goggles and/or swim cap
5. Wet bag for bathing suit and towel after swim camp (optional)

Can't find what you're looking for?

Get in touch



PEDALHEADS OFFICE HOURS

Toll free: 1.888.886.6464 Monday to Friday

Office: 604.874.6464 9am to 5pm PST/PDT

Email: info@pedalheads.com pedalheads.com