

# Point Grey – Jericho Hill Centre

## Bike/Swim combo camp schedule

Jericho Hill  
Centre

[4196 W 4<sup>th</sup> Ave,  
Vancouver](#)

### Facility Requirements:

- 1. Swim caps are required in the pool** for all swimmers aged 3 years and older. Please bring your own swim cap. If you do not have one, caps will be available on site to purchase while quantities last.
- 2. Building access code:** Use access code **(64646)** for entry into Jericho Hill Centre.
- 3. Showering before your lesson.** All participants must shower prior to entering the pool.
- 4. Shoes on deck.** No outdoor shoes are allowed on deck at any time. All swimmers and parents/guardians must wear indoor shoes or be barefoot while on deck.
- 5. No food or drinks on deck.**

**1:00 PM – 4:00 PM: Bike Camp**  
**4:00 PM – 4:30 PM: Transition & Snack**  
**4:30 PM – 6:30 PM: Swim Camp**

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

### **Drop-off**

Check in will take place at the Pedalheads tent on the west side of the grass field, near the upper parking lot

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

### **Pickup**

- Please pick up your child directly from the pool.
- Parents/guardians will be responsible for changing campers at pick up. Campers will be out of the water at 6:20 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, then proceed outside (where you check in) to collect bike, helmet and belongings.

### **Don't forget to bring:**

1. A bicycle and a bike helmet
2. Bathing suit, towel and swim cap (required)
3. Appropriate footwear and clothing for cycling
4. Any required medication, such as Epi-pen or puffers
5. 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
6. One labelled bag for swimming with a bathing suit, towel, swim cap, indoor pool shoes with clean soles, and optional items such as goggles and wet bag
7. Wet bag for bathing suit and towel after swim camp (optional)
8. Goggles (optional)

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## PEDALHEADS OFFICE HOURS

Toll free: 1.888.886.6464 Monday to Friday

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