WEIGHT LIFTING INTRO (13-17yrs)

Dear Parents/Guardians/Participants,

Welcome to SFU Summer Camps! In preparation for a fun-filled and memorable camp experience, we have outlined some important information below:

**Sign-in/Sign-out:**
- **Location:** SFU Lorne Davies Complex (LDC) – Central Gym
- **Drop-off Time:** 9:15 am (9:30 am start)
- **Pick-up Time:** 11:30 am
- **Pick-up Authorization & Self Sign Out:** With consent, self-sign-out privileges are permissible to campers aged 12 years and older, allowing participants to sign-out of camp without an adult present. First and last name of additional adults authorized to pick-up your child from camp can also be included. For both cases, please notify the Camps Registration Office at: camps@sfu.ca

**What to Bring:**
Water bottle, athletic clothes and shoes, and any additional labelled equipment.

*SFU Camps asks that parents and caregivers exercise care when preparing lunches and snacks and to carefully check labels to avoid sending products that may contain nuts or traces of nuts.*

**Notes:**

1) If your child is late or sick please phone **778-782-4965**, and leave a message with your child’s name and camp.

2) If there are any details about your child you would like us to know before camps begin, please fill out the participant inclusion form available at the following online link: https://www.sfu.ca/camps/CampInfo/participant-inclusion.html

For additional camp information & policies please refer to our website: camps.sfu.ca

* SEE PAGE 2 FOR MAPS/DIRECTIONS *
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Maps/Directions

Driving Directions:

- 20 minutes courtesy parking is available in the West Visitor Parkade. Please do not pay at the parking meter (non-refundable). If you receive a parking violation ticket during your 20 minutes of courtesy parking, please present the ticket directly to Camps Programmers to have your ticket annulled by SFU Parking Services.

- Directions to West Visitor Parkade:
  Once on Gaglardi Way, continue straight through the roundabout to merge onto University Drive West. Continue straight through the first set of traffic lights before arriving at an all-way stop sign next to the Visitor’s Parkade. Turn right to access the parkade. Once inside the parkade, immediately turn right at the stop sign, and then proceed to the second level (Level 08). You will now be on the Central Gym level. Follow signs for camps sign-in/out.

  A full-sized driving map is available online at the following link:
  https://www.sfu.ca/content/dam/sfu/camps/Documents/Maps/Summer%20Parking%20Map.jpg

  For more clarity, watch our video directions on how to drive to the parkade:
  - From Gaglardi Way: https://www.youtube.com/watch?v=ria52I53hA&t=
  - From Hastings Street: https://www.youtube.com/watch?v=cDF0oWGMEFk

Bus Directions:

- Arrive by bus at SFU TRANSPORTATION CENTRE BAY 2.
- Walk back towards the university building and cross the street towards Lorne Davies Complex.
- Walk down the outdoor corridor alongside the swimming pool’s glass wall. Follow signs directing you to camps sign-in/out at Central Gym.

  A bus map is available online at the following link:
  https://www.sfu.ca/content/dam/sfu/camps/Documents/Maps/Bus%20Map.jpg