

## **Fernie-April 25-27, 2025**

### **SAMPLE TENTATIVE Itinerary**

**This schedule serves as an example of what the Fernie weekend looks like – this is based on past years and times/schedule items will vary based on several factors.**

#### **Friday**

9:30-Bus leaves from U of C

\*Swimmers bring lunch on the bus – NO NUTS/PEANUTS OR NUT PRODUCTS

2:00 Check into condos at Lizard Creek Lodge

2:30 Both buses depart for the pool

3:00 Meet warm-up

4:00 Meet start

7:30 Session scheduled to end

8:15 Dinner catered at Lizard Creek Lodge

#### **Saturday**

Breakfast at 6:00am for all\*\*11 and overs will have free time until lunch, a second breakfast has been requested for the older swimmers

6:30 Bus departs to pool

6:45 Meet warm-up for 10 and unders

7:45 Meet start for 10 and unders

10:00 AM chaperones pick up any additional snacks needed for pool

12:45 Projected end to Session – all swimmers to eat lunch at hotel approximately between 12:30 and

1:30 \*\*10 and unders will have “free time” until dinner time (monitored)

1:15 PM chaperones and 11 and under swimmers depart for pool

1:45 Meet warm up for 11 and over

2:45 Meet start for 11 and over

7:00 Bus heads back to hotel

7:15 Dinner catered at Lizard Creek Lodge

#### **Sunday**

Breakfast at 6:00am for all\*\*11 and overs will have free time until lunch, a second breakfast has been requested for the older swimmers

6:30 Bus departs to pool

6:45 Meet warm-up for 10 and unders

7:45 Meet start for 10 and unders

10:00 AM chaperones pick up any additional snacks needed for pool and lunches

12:45 Projected end to Session – lunches will be eaten at the pool

1:45 Meet warm up for 11 and over

2:45 Meet start for 11 and over

4:30 Dinner pick up for “late” crew

5:30 Bus heads back to Calgary

9:00 Estimated arrival back in Calgary

\*Parents: an email will be sent out when the buses arrive in Fernie to let you know about the safe arrival. Coach Amy will also send an email out when each bus departs from Fernie. An approximate arrival time will be emailed out to the families when they are about an hour from Calgary. A cell phone number that can be texted in emergencies will be sent out closer to departure.