



READY TO RIDE?



Groms Pro Day Camp (Full Day)

MONDAY MAY 11, 2026

- 9:00am - 4:00pm

DROP-OFF & PICK-UP LOCATION:

- Cougar Smith Park
(Park Entrance off Faber Road)



What to bring!

- **Helmet**
- **Knee pads (optional)**
- **Gloves**
- **Backpack**
- **Water bottle**
- **Athletic shoes (no crocs)**
- **Weather ready athletic clothing**
- **Healthy lunch and snacks**
- **Spare tube (must fit the riders tire)**
- **Please leave go pros at home**



BIKES MUST BE IN SAFE AND EFFICIENT RIDING CONDITION. WE DO NOT PROVIDE BIKES FOR PARTICIPANTS

Information

- **If weather is poor, adjustments to the schedule may be made. These will be communicated through email and phone call.**
- **Refunds will be issued for the cancelled session**
- **No refunds are issues for riders missing sessions due to personal reasons**
- **Please dress for the weather and arrive in clothes that can get wet, muddy and keep riders warm in cold weather and cool in hot weather**
- **Please call Echo Centre at 250-723-2181 if you are unable to attend in advance to the start of the session.**



Echo Centre 250-723-2181 | Echo Aquatic and Fitness Centre 250-720-2514
Alberni Valley Multiplex 250-720-2518 | Alberni Valley Museum 250-720-2863
4255 Wallace Street, Port Alberni, BC V9Y 3Y6



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