

CYPRESS SKI CLUB

SUMMER CAMPS 2025



INSPIRING SKIERS IN SUMMER

This summer, Cypress Ski Team coaches will foster a year long love of the mountains in young athletes.

Focusing on fostering commitment and training for the winter season, athletes will develop a deeper a passion for sport.

Activities are designed develop creativity, responsibility, ecological awareness, and a greater understanding of BC's nature.

OUR MISSION:

- Foster a team spirit
- Keep athletes active and fit for the upcoming winter
- Enjoy the mountain in a different way
- Discover new activities
- Work on commitment and perseverance



U8 · U10 · U12

WEEK 1 · JULY 7-11

North Vancouver



MONDAY

Morning: Hike Hollyburn
Afternoon: Cypress Roller Coaster



TUESDAY

Morning: Biking Demon Forest
Afternoon: Swimming at 30th Pool



WEDNESDAY

All Day: Orienteering Race at
Lighthouse Park



THURSDAY

All Day: Learn to fish with
Freshwater Fisheries Society



FRIDAY

Morning: Rafting Paradise Valley
Afternoon: Water Games Furry Creek



U8 · U10 · U12

WEEK 2 · JULY 14-18

Burnaby

MONDAY

Morning: Hike The Grouse Grind
Afternoon: Grouse Mountain Shows



TUESDAY

All Day: Learn about BC Birds in
Bird Reifel Sanctuary



WEDNESDAY

Morning: Orienteering Race at
Belcarra Park
Afternoon: Swimming Jug Island



THURSDAY

Morning: Biking at Stanley Park
Afternoon: Water Games at Stanley Park



FRIDAY

Morning: Kayaking in Deep Cove
Afternoon: Hiking at Quarry Rock



U8 · U10 · U12

WEEK 3 · JULY 21-25

North Vancouver



MONDAY

Morning: Hike The Grouse Grind
Afternoon: Grouse Mountain Shows



TUESDAY

Morning: Ambleside Orienteering Race
Afternoon: Sport Games Ambleside



WEDNESDAY

Morning: Capilano Suspension Bridge
Afternoon: Capilano Salmon Hatchery



THURSDAY

All Day: Biking Bowen Island



FRIDAY

Morning: Via Ferrata
in Sea to Sky Gondola
Afternoon: Water
Games at Murrin Lake



U8 · U10 · U12

WEEK 3 · JULY 28 - AUGUST 1

Burnaby

MONDAY

Morning: Hike Hollyburn
Afternoon: Cypress Roller Coaster



TUESDAY

All Day: Fishing with Freshwater
Fisheries Society of BC



WEDNESDAY

Morning: Burnaby Village Museum
Afternoon: Deer Lake Orienteering Race



THURSDAY

Morning: Biking at Stanley Park
Afternoon: Water Games at Stanley Park



FRIDAY

All Day: Maple Ridge Adventure Park



OVERNIGHT CAMP

Cheakamus Centre Squamish

Spend quality time with your children and connect with other parents and athletes through group activities.

AGES CSC U8-U16, All-mountain athletes and their parents.

SCHEDULE Thursday, July 3, 10am - Friday, July 4, 12pm

EXPERIENCE Established in 1969, Cheakamus Centre is an overnight environmental education facility located on 165 ha of ecological reserve near Squamish, BC. Campers will stay in rustic cabins, stay up late under the stars, and build bonds with friends and family through a series of Olympiad-style games. Accommodations and meals are included.

FEE ~\$250.00. Transportation is not included.

REGISTRATION Fill out the registration form once per child.



U14 · U16 · AM

WEEK 1 · JULY 7-11

North Vancouver



MONDAY

Morning: dryland training
Afternoon: North Shore Pump Track



TUESDAY

Morning: Grouse Grind hike
Afternoon: dryland training



WEDNESDAY

Morning: Orienteering games
Afternoon: Orienteering race at lighthouse Park



THURSDAY

Morning: Via Ferrata at Sea to Sky Gondola
Afternoon: Water Games at Murrin Lake



FRIDAY

Morning: Lynn Valley Trail Run (10/20km)
Afternoon: Laser Games at Laserdome Plus



U14 · U16 · AM

WEEK 2 · JULY 14-18

Burnaby

MONDAY

Morning: Climbing at the Hive
Afternoon: Dryland at Empire Field



TUESDAY

Morning: Trampoline Park
Afternoon: Dryland at Hume Park



WEDNESDAY

Morning: Dryland training in Stanley Park
Afternoon: Rollerblading



THURSDAY

Morning: Trail run
Afternoon: Beach games



FRIDAY

Morning: Dryland training at Burnaby Mountain Park
Afternoon: Trail Run & Cycling



U14 · U16 · AM

WEEK 3 · JULY 21-25

North Vancouver



MONDAY

Morning: Hike the Grouse Grind and dryland training

Afternoon: Ultimate Frisbee



TUESDAY

Morning: Dryland training at Inter River Park

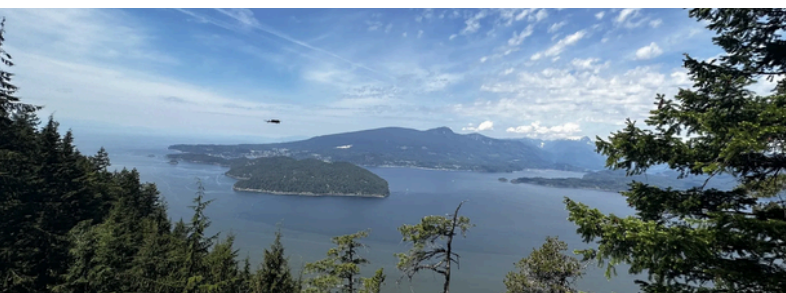
Afternoon: Rollerblading and pump track



WEDNESDAY

Morning: Kayaking in Deep Cover

Afternoon: Dryland training



THURSDAY

All Day: Hike Bowen Island



FRIDAY

Morning: Biking Demon Forest Lynn Valley

Afternoon: Swimming at 30th Pool Lynn Valley



U14 · U16 · AM

WEEK 4 · JULY 28 - AUGUST 1

Burnaby

MONDAY

All day: Hike Saint Mark Summit from the Cypress Club Cabin



TUESDAY

Morning: Dryland training in Stanley Park
Afternoon: Rollerblading



WEDNESDAY

Morning: Dryland training at Burnaby Lake
Afternoon: Deer Lake Orienteering Race



THURSDAY

Morning: Dryland Training at The Amazing Brentwood
Afternoon: Karting



FRIDAY

Morning: Dryland training at Burnaby Mountain Park
Afternoon: Run & Biking



REGISTRATION

ELIGIBILITY U8-U12 born 2014-2018 · U14-U16-AM born 2009-2013
For insurance purposes, athletes must be registered with Cypress Ski Club for the 2025/2026 season to be eligible for summer camps. First year athletes born 2017 or later are welcome. Race and All-mountain athletes welcome.

SCHEDULE Monday to Friday from 8am-4pm.

LOCATIONS Pick-up and drop-off locations vary daily, but each week will be primarily located in either Burnaby or North Vancouver. A daily schedule will be provided via TeamSnap. Transportation from pick-up and drop-off locations to activities is included, public transit, team van, and parent vehicles may be used.

GEAR Campers must bring a ready-to-eat lunch, water, snacks, appropriate clothing and their own bike, rollerblades, and helmets.

FEE \$500.00 / week. Includes activity fees. No single day option.

REGISTRATION Fill out the registration form once per child. Choose all weeks that apply and the overnight camps if desired. The form will close on **May 1**, and payments will be requested by Plooto.

[REGISTRATION FORM](#)

