

# CAF Calgary Summer Camp 2018 Information Package

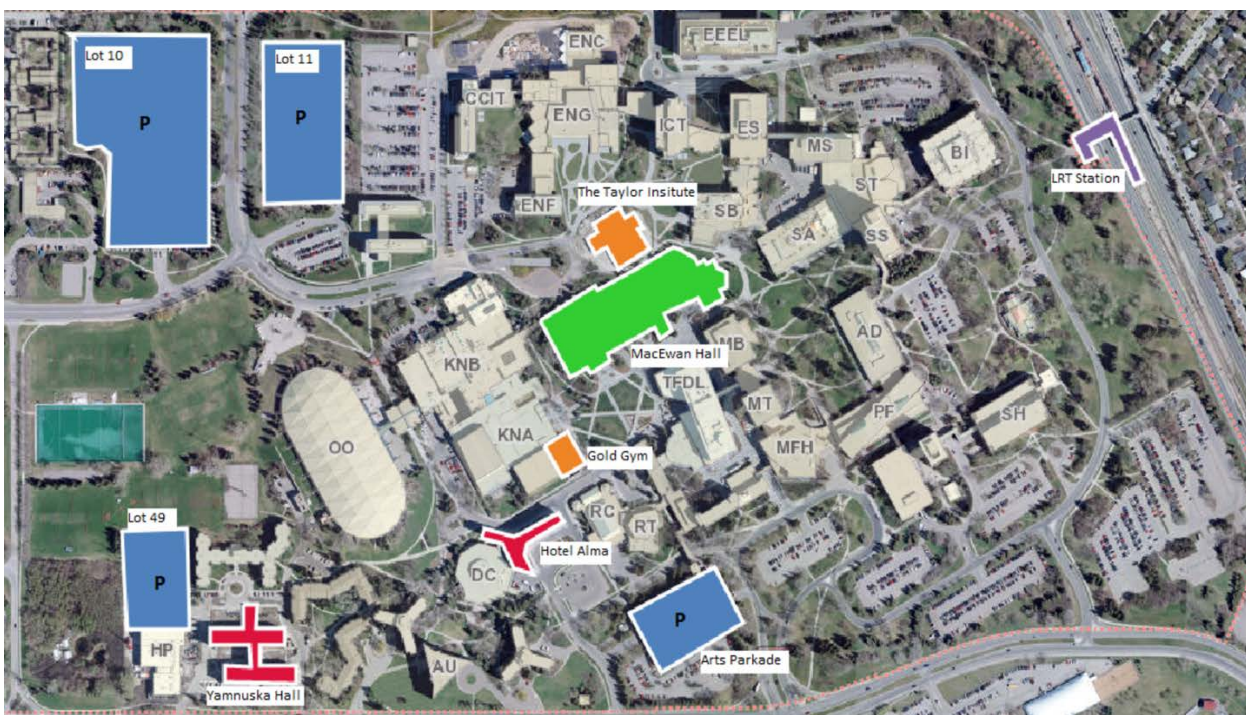
**Dates:** Saturday June 23 to Friday June 29

**Location:** University of Calgary, 2500 University Drive NW Calgary, AB T2N 1N4

Being held in the "Gold Gym" in the KNA (Kinesiology Block A) Building

**University of Calgary site map: Key CAF Summer Camp Locations**

University of Calgary link to [Campus Map](#)







## Training Schedule (as of 2018 June 18)

	Fri Jun 22	Sat Jun 23	Sun Jun 24	Mon Jun 25	Tue Jun 26	Wed Jun 27	Thu Jun 28	Fri Jun 29
8:00-8:30		Registration	Registration	Registration	Registration	Registration	Registration	Registration
8:30-9:30		EC	EC	EC	EC	EC	EC	Osawa Sensei
9:45-10:45		Osawa Sensei	Osawa Sensei	Osawa Sensei	Osawa Sensei	Osawa Sensei	Osawa Sensei	9:00-10:30
11:00-12:00		Osawa Sensei	Osawa Sensei	Osawa Sensei	Osawa Sensei	Osawa Sensei	Osawa Sensei	Clean-up & Depart
12:00-2:00		Lunch	Group Photo Lunch	Lunch	CAF AGM 1:00-4:30 Senate Rm  Free afternoon	Lunch	Lunch	
2:00-3:00		Weapons	Weapons	Weapons		Weapons	Yudansha Grading	
3:15-4:45		TBA	TBA	TBA		TBA		
4:30-5:30		Osawa Sensei	Osawa Sensei	Osawa Sensei		TBA		
Evening	Registration 6:30-8:00			G. Hewson "Which Way Aikido?" Lecture 6:00-7:00 Senate Rm		Children's Class Event 6:30-8:00 Senate Rm	Banquet 6:00-10:00	
EC - Examination Committee member teaching				Senate Rm - Senate Room in Hotel Alma				
TBA - Instructors to be announced when camp begins								

Google Map showing 'to and from' YYC Airport:

[Google Map - Airport Route to/from University](#)

## Airport Public Shuttle

### Route 300 - BRT – Bus transit from Airport to Calgary City Centre

Rapid, limited-stop service to downtown via Centre Street. Special fares apply.

Route 300 provides service between the Calgary International Airport and downtown. A \$10.50 fare from the airport includes all-day access to our buses and CTrains. Your return trip to the airport is also included if you are travelling on the same day. Catch the bus from the airport at Bay 7 (located across Arrivals Door 2) or Bay 32 (located across Arrivals Door 15). Passes can be purchased at the airport Mac's stores (located near Arrivals doors 1 and 11), or at ticket vending machines located at Bay 7 or Bay 32. Cash may also be provided to the operator (no change provided), or you can show a valid monthly pass. Except when boarding at the airport, you can ride the Route 300 using regular fares or transfers from any location. Children age 5 and under ride for free.

### Transit Directions from YYC Airport to University (2500 University Dr. NW) through Calgary Downtown

Start at YYC Airport Domestic Terminal

Take 300BRT to Downtown

Get off at Centre St N @ 78<sup>th</sup> Ave N

Walk north on Centre St N toward 78 Ave NW

Turn right onto 78 Ave NW

Turn left onto Centre St N

Turn right

Take East Bound number 20 Heritage @ 78 Ave N Terminal (approx.39 min)

Get off @ Craigie Hall on University way

Walk southwest on University Way NW toward Campus Dr NW

Turn right to stay on University Way NW

Turn right onto University Gate NW

Turn right

Turn left

Destination will be on the left

**To Hotel Alma (Yamnaska Hall 3500 24<sup>th</sup> Ave NW - on south side of Alma parking lot)**

169 University Gate NW, Calgary, AB T2N 1N4

YYC Airport Domestic Terminal

Take 300BRT to Downtown

Get off @ Centre St N and 40<sup>th</sup> Ave NW

Walk north on Centre St NW toward 40 Ave NW

Turn left onto 40 Ave NW

Take 73Circle Route @ west bound 40<sup>th</sup> Ave N and Centre St N ( approx 29 min)

Get off @ 24<sup>th</sup> Ave NW @ Upper PL

Walk east on 24 Ave NW toward Udell Rd NW

Turn left onto University Gate NW

Destination will be on the left

**CAF Summer Camp Organizers Shuttle Rides**

Shuttle rides from the YYC Airport to the University of Calgary may be available. Please e-mail [caf2018rides@yahoo.com] with Arrival and Departure information to check on availability a minimum of two days ahead of arrival time.

## Getting Around

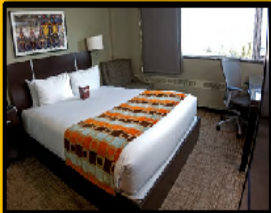



Via: [Uber](#) Uber rates: YYC to U of C Approx. cost: \$28 - \$35 for Uber X, \$44 - \$57 for Uber XL

Via: [Public Transit](#)

Via: [Taxi Services](#) YYC to University costs approximately \$50

Via: [Car Rentals](#)

## Accommodations

<div><b>HOTEL ALMA</b> <small>AT THE UNIVERSITY OF CALGARY</small></div> <div><b>SUMMER RESIDENCE</b> <small>AT THE UNIVERSITY OF CALGARY</small></div>	
<b>CAF Summer Camp</b> June 20 <sup>th</sup> to 29 <sup>th</sup> , 2018	
Eurostyle Standard Rooms at Hotel Alma \$129/night Two Bedroom Flats at Alma \$129/night; additional \$10 per night for the 3 <sup>rd</sup> and 4 <sup>th</sup> individual One Bedroom Apartment at Yamnuska Hall \$75/night Three Bedroom Apartment at Yamnuska Hall \$164/night; additional \$10 per night for the 4 <sup>th</sup> , 5 <sup>th</sup> and 6 <sup>th</sup> individual Valid for the nights of June 20 <sup>th</sup> to 29 <sup>th</sup> , 2018 and exclusive of taxes and fees.	
<b>Location</b> Set in the vibrant heart of the University of Calgary campus, and only 10 minutes away from downtown.	
<b>Complimentary Amenities only at Hotel Alma and Summer Residence at Alma</b> Continental Breakfast in Bistro Alma (not included for Two Bedroom Flats at Alma) Access to all University of Calgary Fitness Facilities (not included for Two Bedroom Flats at Alma) Wired or wireless Internet access Local Phone Calls Long Distance Phone Calls within Canada and Continental USA	
For reservations please contact us toll-free at 1-877-498-3203, 403-220-3203, or via email at <a href="mailto:stay@hotelalma.ca">stay@hotelalma.ca</a> . Please ask for the CAF Summer Camp rate, before Tuesday, May 22 <sup>nd</sup> , 2018. After Tuesday, May 22 <sup>nd</sup> , 2018 reservations will be given at the best available rate and based on availability.	

UNIVERSITY OF CALGARY  
169 UNIVERSITY GATE NW  
CALGARY, ALBERTA T2N 1N4

These rooms have microwave but no other cooking facilities.

Rates do not include taxes.

Please register for residence accommodation directly with the University of Calgary (Hotel Alma) by calling 1-877-498-3203 or 1-403- 220-3203 or via email at [stay@hotelalma.ca](mailto:stay@hotelalma.ca) .

Our block of rooms will be released to the public on May 22, 2018. Rooms are available based on demand after that.

When booking please indicate you are with the Aikido Summer Camp

Booking for Yamnuska Hall is also done through [Hotel Alma](#)

## Laundry facilities

Each building is equipped with laundry facilities. Machines cost **\$2.25** to wash and **\$2.00** to dry. You can add money to your laundry card with credit or debit card at the reload machines in Cascade, Yamnuska, Norquay, Brewster, Castle and the Dining Centre (cash accepted at Dining Centre location only). **If there is more than \$10 on your card when you move-out,** you can request a refund by mailing your card to Coinamatic.

Lost or unreturned laundry cards are subject to a **\$10 replacement fee**.

## Eating and shopping close by Hotel Alma and Yamnuska Hall

Link to: [Food & Ammenities Near Hotel Alma](#)

Link to: [University of Calgary Food and Retail Directory](#)

## On Campus – Hours vary during summer season

- Last Defence Lounge (restaurant and lounge)
- Black lounge & Den (restaurant and pub)
- Starbucks
- Tim Horton's
- High Capacity Food court (with 15 independent food outlets)
- Bookstore (books, University branded clothing, souvenirs and more)
- Varsity Pharmacy and Natural Health
- Olympic Oval
- Olympic size swimming pool

## Off Campus (walking or short driving distance)

Market Mall distance from U of C: 3.2 km

Brentwood Mall distance from U of C: 1.4 km

Stadium Mall distance from U of C: 1.2 km

Kensington Shopping District distance from U of C: 4 km

- Nicks Steakhouse (offers awesome pizzas too)
- The Keg Steakhouse
- Moxie's Restaurant
- Milestones Restaurant
- Kensington shopping and dining district



- Stadium Mall shopping and dining
- Brentwood shopping and dining
- Market Mall (second largest shopping centre under one roof in Calgary)
- McMahon Football Stadium (Calgary Stampeders home)

### **Calgary Attractions**

Heritage Park	<a href="https://www.heritagepark.ca/">https://www.heritagepark.ca/</a>
Calgary Zoo	<a href="https://www.calgaryzoo.com/">https://www.calgaryzoo.com/</a>
Glenmore Reservoir	<a href="http://www.calgary.ca/CSPS/Recreation/Pages/Sailing-school/Glenmore-Reservoir.aspx">http://www.calgary.ca/CSPS/Recreation/Pages/Sailing-school/Glenmore-Reservoir.aspx</a>
Fort Calgary	<a href="http://www.fortcalgary.com/">http://www.fortcalgary.com/</a>
Bowness Park	<a href="https://www.ucalgary.ca/outdoorcentre/bowness-park">https://www.ucalgary.ca/outdoorcentre/bowness-park</a>
Glenbow Museum	<a href="http://www.glenbow.org/">http://www.glenbow.org/</a>
Calgary Tower	<a href="http://www.calgarytower.com/">http://www.calgarytower.com/</a>
Spark Science Center	<a href="http://www.sparkscience.ca/">http://www.sparkscience.ca/</a>
Military Museum	<a href="https://themilitarymuseums.ca/">https://themilitarymuseums.ca/</a>

### **University of Calgary Access to Recreational Facilities**

For guests staying in residences, UofC offers discounted passes to the recreational facilities at the University including fitness room, pool, racquet centre, climbing wall. Recreational pass purchased from the Front Desk is \$5.00 (regular adult price is \$10.50, youth - \$7.50). Access to recreational facilities is only during public hours <https://www.ucalgary.ca/activeliving/hours> The Aquatic Centre posts its schedule two-three weeks in advance. The Front Desk will be able to assist with schedule information if needed. Access to Fitness room only for guests 17+ years old. Any rental equipment or towel service is extra. Hotel Alma guests, staying in Eurostyle Standard rooms or One-Bedroom Suites have complimentary access to recreational facilities. Recreation pass are required for entry and can be obtained from the Front Desk