

LABOR DAY FAMILY CAMP

- 2018 -



WELCOME

WELCOME TO CASCADES

We hope you enjoy this beautiful place full of new and old friends. This year's speaker, Michael Thomas, is the Lead Pastor of Radiant Covenant Church in Seattle, WA. Leading us in worship through song is Jelani Greenidge, Co-Pastor of Sunset Covenant Church in Portland, OR and the Secret 5. Activities and other services are provided by Cascades' summer staff who come to camp from all over the country to serve God in this ministry. Please enjoy getting to know them during your stay, and let us know if we can better your experience in any way!

HOURS

Espresso

7:30am-5pm

Gift Store

8:30am-5pm

Canteen

8:30am-5pm

All retail locations are closed during meals & sessions.

Waterfront

10:45am-12pm

1-5pm

Boating

7am - 5pm

Waterslide

3pm - 5pm

WIRELESS INTERNET

WiFi is available for all guests - no password required! Select "Cascades WiFi" in your internet settings, and enjoy online access.

WE VALUE YOUR FEEDBACK

Will you help us prepare for future family camps with your feedback? At the end of your stay with us, please take a moment to fill out the following evaluation. We do read each and every one!

[HTTP://BIT.LY/LDFC2018](http://bit.ly/LDFC2018)

IMPORTANT INFO

SAFETY REMINDERS

- No fires, fireworks, firearms, open flames, ATVs, or alcohol.
- For your safety, please respect and listen to Cascades staff operating games and activities.
- **Bikes:** Please stay on roads and off trails. Don't forget your helmet!
- **Speed Limit:** 15 mph or slower - horses, bikes, and kids are around!
- **Pets:** Pets must be kept on a leash, quiet, and may not enter any buildings. Please clean up after your furry friends!
- **Swimming:** Swim only when lifeguards are on-duty (see page 2).
- **Boats:** All boaters must wear life jackets. Children under 13 years must be accompanied by an adult.
- **Fishing:** Fish from boats and the fishing dock only. No fishing in swim areas. Fishing license required for 15+ years.
- **Quiet Hours:** 10pm-7am
- **Emergencies:** Please call 911 and alert Cascades staff members living in Tahoma Lodge #1-4 or Timberidge Lodge #7-10.

DINING

- **Wristbands:** Guests will be asked to show yellow wristbands for all meals.
- **BBQ Lunch:** All registered guests wearing yellow or red (BBQ only) wristbands are invited to attend the Sunday BBQ.
- **Pancake Cookout:** Sign up for Monday's Paradise Point Pancake Cookout at the Canteen on Sunday at 1pm. Those not on the meal plan can purchase tickets as space allows.
- **Day Guests:** Please have any additional day guests register at the Canteen, pay the \$11/day program fee, and pick up a green wristband.
- **Meal Tickets:** Additional tickets can be purchased for day guests and non-meal plan guests at the Canteen as space allows.
- **Beverages:** Covered beverages only in Rainier Center and Summit Chapel. Please let us know if you spill!

ACTIVITIES

EXTREME ACTIVITIES

Zip Lines: 10:45am & 1pm (Saturday & Sunday) | Sign-up required | Must weigh between 80-250 lbs for individual and tandem riders | Tandem available for children 5+ yrs under 85 lbs (must ride with parent/guardian over 18 yrs)

Climbing Tower: 4pm (Saturday & Sunday) | No sign-up required | Climbers must fit harness (roughly 5+ yrs)

Paintball: 2:30pm (Saturday) | Sign-up required | \$15 per person | Must be 13+ yrs to play

Rubicon: 2:30pm (Sunday) | Sign-up required | \$3 per rider

Waterslide: 3-5pm (Saturday & Sunday) | No sign-up required

Rocket Cars: \$13 each | Purchase at the Canteen | Construction is on the East Lawn during Morning Options and from 1-2:15pm | *The Rocket Car Blast* is on Sunday at 4pm next to the Sport Court

Cardboard Boats: Sign-up required; maximum of 5 teams | Construction is in the Timber Rock Rec Hall during Morning Options and from 1-2:15pm | *The Cardboard Boat Regatta* is on Sunday at 2:30pm at the waterfront

Sign up for Zip Line, Paintball, Rubicon, & Cardboard Boats outside the Canteen at 8:40am. If there is any space left after morning sign-ups, sign-up sheets will be available in the Canteen throughout the day.

RANCH ACTIVITIES

Trail Rides: 10:45am, 1pm, 2:30pm, & 4pm (Saturday & Sunday) | 10 yrs & older

Pony Rides: 1-2pm (Saturday & Sunday) | Under 10 yrs | No sign-ups required

Sign up for Trail Rides outside the Canteen at 8:40am! If there is any space left after morning sign-ups, sign-up sheets will be available in the Canteen throughout the day.

ACTIVITIES

MORNING OPTIONS

SATURDAY & SUNDAY | 10:45AM-12PM

Creation Station: Arts and crafts under the pop-up tents on the East Lawn

Archery: Meet at the Nisqually flagpole at 10:45am or meet staff out at the Archery Range at 11am

6 & Under Adventures: Parachute games, play-doh, bubbles, and silly story time on the Nisqually back patio

Rocket Car Construction: Construction under the pop-up tents on the East Lawn - see "Extreme Activities" on page 4 for more information

Cardboard Boat Construction: Construction in the Timber Rock Rec Hall - see "Extreme Activities" on page 4 for more information

History of Cascades (SATURDAY ONLY): Join Bryce and Bonnie Nelson in Summit Chapel to hear the story and legacy behind Cascades

Zip Lines: See "Extreme Activities" on page 4 for more information

Trail Rides: See "Ranch Activities" on page 4 for more information

Waterfront: For all of you hardcore morning swimmers out there...

KIDS DROP-OFF HOURS

SATURDAY & SUNDAY | 1-4PM

Children ages 4 yrs-6th grade can be dropped off at Brightwood Station at 1pm or 2:30pm, and picked up at either 2:30pm or 4pm. Please share with staff where you plan to be during the times they have your children in case of emergency.

Saturday | 1pm - Tag-a-Thon

Saturday | 2:30pm - Sprout Ball

Sunday | 1pm - Sprinkler Games

Sunday | 2:30pm - Bingo

FRIDAY

DAILY SCHEDULE

- 6:00pm** Arrival & Check-In
- 7:30pm** Session #1 - Rainier Center
- 9:00pm** Glow-in-the-Dark Waterslide - Liberty Ridge
Plus a "fun-sized" waterslide for the little ones!
- Family Campfires & S'mores - Liberty Ridge, Lakeside,
& Timber Rock Amphitheater
- Middle/High School: Campfire & S'mores
- Cedarwood Chapel (*Meet by the Nisqually flagpole or head straight there!*)
- 10:00pm** Quiet Hours

KIDS PROGRAMS DURING SESSIONS

- Nursery** Conference Room (above the espresso stand)
- 3-5 years** Lakeside Lodge
- 6-8 years** Timber Rock Rec Hall
- 9-12 years** West Lawn
- 13+ years** Timberidge Lodge

Nursery can be dropped off just prior to the start of the session, upstairs above the espresso stand. All other children are dismissed prior to the message and will return at the close of the session. Please pick up all children promptly at the end of the session.

SATURDAY

DAILY SCHEDULE

- 8:00am** Breakfast
- 8:40am** Saturday Activity Sign-Ups - Outside the Canteen
See page 4 for details!
- 9:00am** Session #2 & Installation of New Executive Director - Rainier Center
- 10:45am** Morning Options
See page 5 for details!
- 12:00pm** Lunch
- 1:00pm** Kids Drop-Off: Tag-a-Thon - Brightwood Station
See page 5 for details!
- Slip 'n Slide Kickball - West Lawn
- 2:30pm** Kids Drop-Off: Sprout Ball - Brightwood Station
See page 5 for details!
- Archery Tag - Sport Court
- 4:00pm** Wrist Rocket Slingshot Adventure - Giant Killers Pit
Meet at the Nisqually flagpole at 4pm or meet staff out at the Giant Killers Pit at 4:15pm!
- Pirate Treasure Hunt - Start by the Canteen
- 5:30pm** Dinner
- 6:30pm** Session #3 - Rainier Center
- 8:15pm** Choose Your Own Adventure:
- Swing Dancing Lessons - Brightwood Station
 - Bunco - Summit Chapel
 - Make Your Own Ice Cream - Nisqually Back Patio
 - Middle/High School: Glow-in-the-Dark Ultimate Frisbee - Timber Rock (*Meet by the Nisqually flagpole or head straight there!*)
- 10:00pm** Quiet Hours

SUNDAY

DAILY SCHEDULE

- 8:00am** Breakfast
- 8:40am** Sunday Activity Sign-Ups - Outside the Canteen
See page 4 for details!
- 9:00am** Session #4 - Rainier Center
- 10:45am** Morning Options
See page 5 for details!
- 12:00pm** BBQ Lunch - West Lawn
- 1:00pm** Kids Drop-Off: Sprinkler Games - Brightwood Station
See page 5 for details!
Nuke 'Em Tournament - Sand Volleyball Court
- 2:30pm** Kids Drop-Off: Bingo - Brightwood Station
See page 5 for details!
Cardboard Boat Regatta - Waterfront
- 4:00pm** BB Guns & Tomahawks - Giant Killers Pit
Meet at the Nisqually flagpole at 4pm or meet staff out at the Giant Killers Pit at 4:15pm!
Rocket Car Blast - Next to the Sport Court
- 5:30pm** Dinner
- 6:30pm** Session #5 - Rainier Center
- 8:15pm** The Greatest Show on Earth - Brightwood Station
Balloons animals, tightrope walking, face painting, cotton candy, popcorn, juggling lessons, circus games, & general clowning around!
Middle/High School: The Greatest Show on Earth
- 10:00pm** Quiet Hours

MONDAY

DAILY SCHEDULE

7:45am, 8:15am, & 8:45am: Pancake Cookout Times
Sign-up at the Canteen on Sunday at 1pm!

8:00am Breakfast - Nisqually
For meal plan guests who did not sign up for the Pancake Cookout!

9:00am Pack & Move Out of Lodges
Please be out of lodges prior to the session! Keys can be dropped off in Rainier Center or at the espresso stand.

10:00am Session #6 - Rainier Center

COMING UP AT CASCADES

Adult Horse Roundup Retreat: September 7-9

PacNWC Women Ministries Retreat: September 21-23

PacNWC Clergy, Staff, & Family Retreat: October 1-3

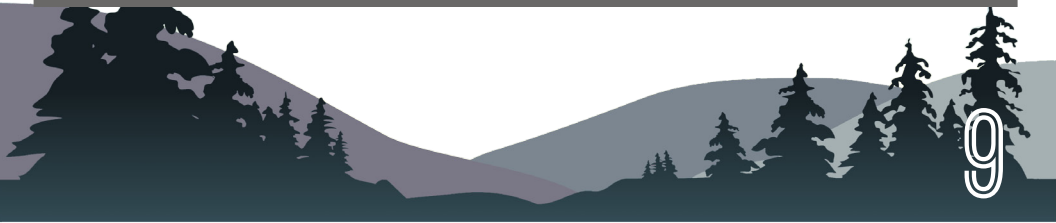
Middle School Thunder Retreat: October 19-21

High School M.U.D. Retreat: February 1-3

Year-Round Horse Programs: Dates Vary

Visit our website for more information on youth & high school programs

REGISTER ONLINE AT
CASCADESCAMP.ORG/REGISTER



SESSION NOTES



SESSION NOTES



CASCADES

CAMP & CONFERENCE CENTER

22825 Peissner Road SE | Yelm, WA 98597
 360.894.3838 | cascadescamp.org

To Main Entrance

Cascades Map Key:

-  Parking
 -  Main Office
 -  Public Wi-Fi
 -  Restroom
 -  Restroom with Shower
 -  Activities
 -  Camping
 -  Fire Ring
 -  Dining
 -  Espresso
- 1/8 mile

*Building sizes are not to scale

-  Paved Road
-  Gravel Road
-  Walking trail

