

LABOR DAY



September 3–6, 2010

FAMILY CAMP

WELCOME

SCHEDULE

to CASCADES!

We hope you enjoy this beautiful place full of new and old friends, and are blessed by our sessions and programming this year. Worship sessions will be led by Trinity Covenant Church of Salem, Oregon. Activities and programs will be led by Cascades staff. Take this opportunity to relax, spend some time with your family, and be renewed during your time at Family Camp. Have fun while you're here, and let us know if we can do anything to improve your stay!

ACTIVITIES INFO

Sunrise Ranch

- **Trail Rides Sign-ups @ Pop Machine (Nisqually)**—8:45a Saturday 10:30a, 1:00p, 2:30p, 4:00p. Sunday 1:00p, 2:30p, 4:00p. Riders must be 10 yrs old and able to mount unassisted. Long pants and sturdy shoes required.
- **Pony Rides** 10 yrs & under, Saturday and Sunday 1-2:00p @ the Ranch. *No sign-ups necessary!*

Outdoor Options

- **"High Adrenaline" Ziplines** Saturday 11:00a, 1:00p & 2:00p. Sunday 1:00p & 2:00p. Sign up at Canteen @ 8:45am for your time slot. (Riders must be between 100 & 250lbs and over 10 years old. \$8)
- **Rubicon Northwest** Running Saturday and Sunday at 3:00p. Sign up at the canteen, (\$8 per driver, passengers are free - must be 13 years and up to drive)
- **Climbing Tower** Open Saturday and Sunday from 1-3:00p. Climbers must be at least 48 inches tall.
- **Paintball** Sunday at 1:00p. Sign up at the Canteen. (\$15 per player, 13 years and up)
- **West Lawn Games** Saturday and Sunday @ 3p. Garbage Can Baseball, Dr. Dodge, etc!

Water Fun

- **Swim!** Open from 10:30-11:45a (Sat only) & 1-5p (Sat-Sun). Bob & Blob - 48" min. height.
- **Waterslide** Running Saturday and Sunday from 3:30-5p @ Liberty Ridge, 48" minimum height.
- **Boats** Open 7a-5p Children 12 & under must be accompanied by an adult, ALL boaters must wear lifejackets!

Hands-On

- **Rockets** may be purchased at the canteen for \$15. Build them at the Rec. Hall Saturday 10:30a-12p & 1-5:00p, Sunday 1-2:00p and launch them @ the Ball Field, Sunday at 2:30p.
- **Rocket-Cars** are available at the canteen for \$15. Build them at the Rec. Hall Saturday 10:30a-12p & 1-5:00p, Sunday 1-2:00p. Launch them @ the Sport Court, Sunday at 3:30p.

Activities sign-ups are 8:45a outside Nisqually every morning.

Friday, Sept. 3rd

- 6:30 Check-in, Espresso & Gift Store open
- 7:00 **Hayrides** pick up @ Nisqually Parking Lot
- 8:00 Evening Session: *Chris Haydon, Senior Pastor*
- 9:00 **S'mores** campfires @ Liberty Ridge, Timber Rock Amphitheater, H.S./M.S. meet @ flagpole for s'mores @ Lakeside Chapel

Saturday, Sept. 4th

- 8:00 Breakfast
- 8:45 Trail Ride & Activity sign-ups @ Nisqually
- 9:00 Morning Session: *Dawn Taloyo, Associate Pastor*
- 10:30 Family Free Time, **Rocket Car & Rocket Building** Friendship Bracelets & Stick-Bugs @ Rec. Hall, **Zipline**, Garbage Can Baseball @ West Lawn
- 12:00 Lunch
- 1-5:00 Family Free Time, @ Rec. Hall, **Rocket Car & Rocket Building**, Puzzle Making @ Rec. Hall.
- 3:00 Game: Dr. Dodge @ Westlawn
- 5:30 Dinner
- 6:30 **Family Games** @ West Lawn
- 7:30 Evening Session: *Chris Haydon, Senior Pastor*
- 9:00 **Tiki-Torch Waterslide** @ Liberty Ridge (M.S.included) High School: **Treasure Hunt** starting @ Lib Ridge

Sunday, Sept. 5th

- 8:00 Breakfast
- 8:45 Trail Ride & Activity sign-ups @ Nisqually
- 10:00 Morning Session: *Chris Haydon, Sr. Pastor*
- 12:00 **Chicken BBQ** @ West Lawn
- 1-5:00 Family Free Time, **Rocket Car & Rocket Building** @ Rec. Hall, Bookmarks, God's Eyes @ Rec. Hall
- 2:30 **Rocket Launch** @ Ball Field
- 3:30 **Rocket-Car Launch** @ Sport Court
- 5:30 Dinner
- 6:30 Evening Session: *Mike Upchurch, Youth Pastor*
- 8:00 **Family Fun Feature Presentation: Up** @ Rainier Ctr.
- 8:30 Middle & High School: **Floats** @ Liberty Ridge

Monday, Sept. 6th

- 7:45, 8:15, 8:45 **Pancake Cookouts** (*sign-ups Sunday afternoon @ Canteen*)
- 8:00 Breakfast @ Nisqually
- 10:00 Morning Session: *Dawn Taloyo, Associate Pastor* (**Please check-out before Morning Session**)
- 11:00 Camp Ends. Come again next year!

KIDS' PROGRAM

During Sessions...

- **Nursery-2 yrs** Conference Rm (upstairs above espresso stand)
 - **3 yrs - K** Timberidge (out of diapers!)
 - **1st-3rd grade** Meets at West Lawn
 - **4th-6th grade** Meets at Liberty Ridge
- Nursery can be dropped off at the start of the service. Other groups are dismissed mid-service and return at the end of the session.*

FOOD

- **Meal plan** participants are asked to show wristbands for entry to the dining room for all meals (8a breakfast, 12:00p lunch & 5:30p dinner).
- All guests are welcome at the Sunday Chicken BBQ.
- Sign up for Monday's Paradise Point Pancake Breakfast Sunday afternoon at the Canteen. (Tickets can be purchased for those not on the meal plan \$7.50-adults, \$4.25-1-11 yrs.)
- **Meal tickets may be purchased for extra guests at the canteen when space is available.**

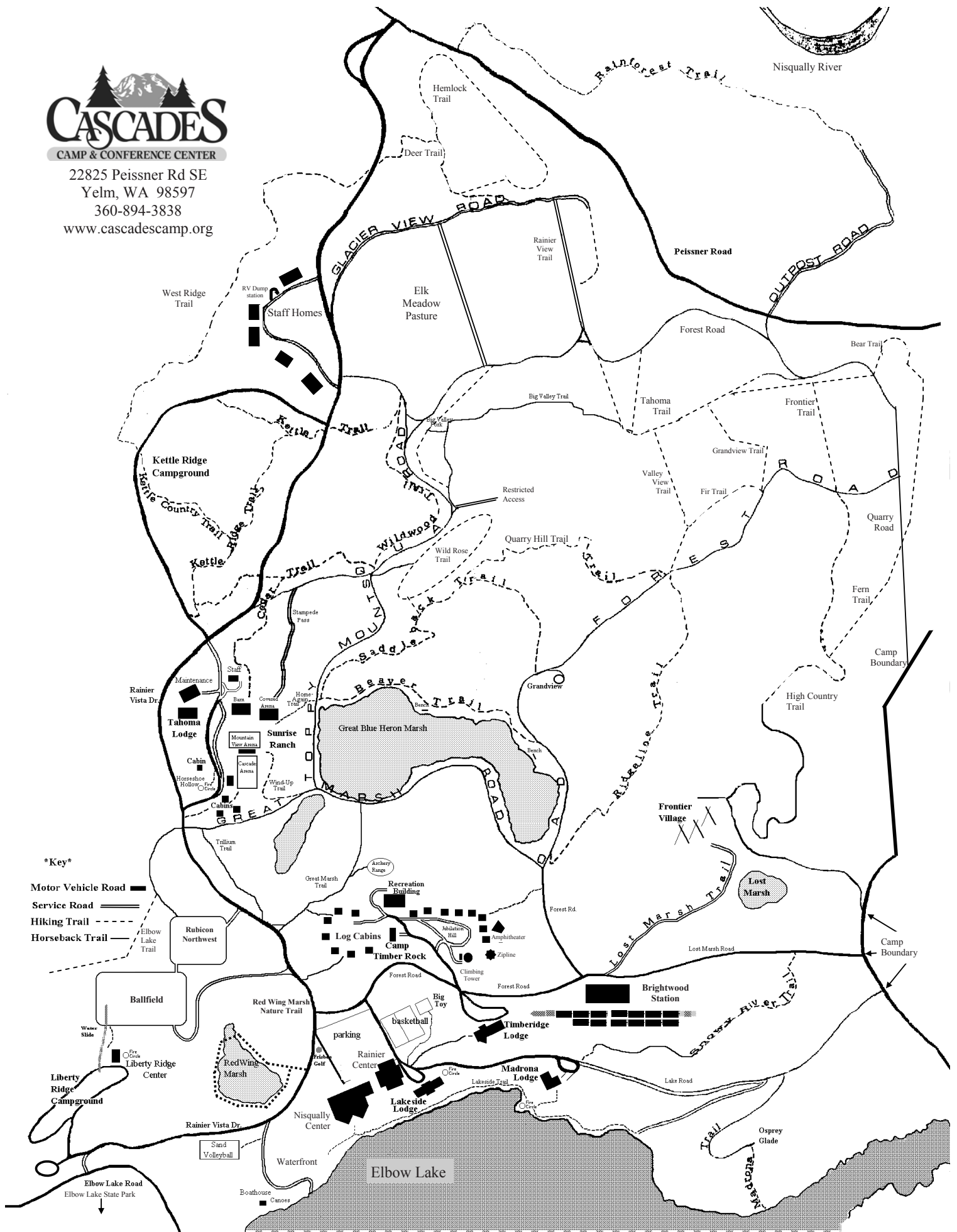
Please have any additional day guests register in the main office and pay the \$10 day fee.

Return room keys to designated boxes in back of Rainier Ctr. and at Espresso Stand before final session.



CASCADES
CAMP & CONFERENCE CENTER

22825 Peissner Rd SE
Yelm, WA 98597
360-894-3838
www.cascadescamp.org



Key

- Motor Vehicle Road
- Service Road
- Hiking Trail
- Horseback Trail

SAFETY

- Please respect and listen to Cascades staff operating games and activities!
- **Bike** only on the roads—no bikes on trails. Wear helmets!
- **No Fires.** A county-wide burn ban limits fires to staff-operated events.
- No fireworks, firearms or alcohol, please.
- **Speed limit** is 15-20 mph (horses, bikes & kids on road).
- **Pets** must be kept on a leash, quiet, and may not enter any buildings. Please clean up after your furry friends!
- **Swim ONLY** when lifeguards are on-duty.
- **Fish** from boats/fishing dock only. NO fishing in swim areas.
- **No ATVs**, please.

HOURS

- **Espresso** is open from 7:30a-9p and is closed during meals and meetings.
- **Gift Store** Opens at 8:30a - 9pm and is closed during meals and meetings.
- **Canteen** 10:30a-9p and is closed after evening meetings. (Activity sign-ups @ 8:45a)
- **Waterfront**
 - Swimming 10:30-11:45a (Sat. only), 1-5:00p
 - Boats 7a-5p (No boats Mon.)