

# August

## FAMILY GETAWAY

# SAMPLE SCHEDULE

August 5th-7th  
Cascades Camp & Conference Center



**WE'RE SO GLAD YOU ARE HERE!** You're in for an easygoing, laid-back, "choose your own adventure" style weekend. Take time to enjoy one another's company, pick and choose from our self-serve activities, and enjoy the beautiful grounds at your own pace. Please let us know if there's any way our staff can serve you this weekend!

### GENERAL INFO

- **Sunday Worship Service:** A brief worship service will be facilitated by Faith Covenant Church at 10am on Sunday morning at Liberty Ridge Center. All are welcome!
- **Need Something?** For non-emergent assistance (i.e. - fire alarm issues, lock-outs, paper product needs, etc.), locate a staff member in the Nisqually Center area. If you need assistance after dark, head up to Deer Ridge Lodge and follow the instructions provided.
- **WiFi:** Select "Cascades\_WiFi" in your settings and enjoy free, online access.
- **Pets:** No pets are allowed inside lodging. Pets at Liberty Ridge must be kept on leash, and quiet. Don't forget to clean up after your furry friends!
- **Quiet Hours:** Thank you for respecting your neighbors from 10pm-7am!
- **Check-out:** Camp ends on Sunday at 11am. Lodging guests, please return your keys to the key drop bin outside Nisqually Center before you leave.
- **Campsites:** Campsites are assigned. Please limit your setup to one site.
- **Campfires:** No campfires (including above-ground pits) at individual campsites. Propane fires are the only exception.
- **Liberty Ridge Outdoor Kitchen:** Cook your meal, clean up, and then make room for others to use the space. Place your charcoal in the fire-proof metal garbage can provided.

### HEALTH & SAFETY

- **Speed Limit:** Please drive slowly (10-15mph) and keep driving to a minimum when possible.
- **Hiking:** Hiking to Fossil Rock is prohibited, but please enjoy our other trails. You can find trail maps and suggestions at the Rec Shed next to the Sport Court. Other than our suggested hikes, please stay within camp boundaries.
- **ATVs & Bikes:** No ATVs, please. Bikes are welcome, but must stay on paved roads. Don't forget your helmet!
- **Prohibited:** Please refrain from the use of alcohol, fireworks, firearms, open flames, or weapons.
- **Masks:** Masks are optional in all spaces. Please be respectful of those who choose to do so.
- **COVID-19 Exposure:** If you or any member of your family exhibits signs of illness during or after your stay, please notify the Cascades staff and head home as soon as possible.
- **Emergencies:** Please call 911 and then alert Cascades staff. If assistance is needed after dark, head up to Deer Ridge Lodge and follow the instructions provided. AEDs are located in the Nisqually Center kitchen and Deer Ridge Lodge.

# HOURS

- **Espresso Stand:** Saturday 7:30-9:30am & 11:30am-5pm | Sunday 8:30-10:30am
- **Gift Store:** Saturday 1-4pm
- **Canteen:** Saturday 1-4pm
- **Waterfront:** Saturday 1-5pm | Life jackets required for water toys and boating. Kayaks and Paddle Boards available. Must be 13+ years to boat without an adult.
- **Canoes & Row Boats:** All weekend | Life jacket required. Children must be 13+ years to boat without an adult.
- **Rec Equipment:** Available at the Sport Court.
- **Evening Waterslide & S'mores:** Saturday 7-8pm | Located at the Liberty Ridge Center. Must be 4ft tall to slide - no exceptions.
- **Additional Self-Serve Options:** Hiking, biking, fishing, Frisbee Golf Course, Gaga Ball Pit, Sand Volleyball Court, and the Sport Court are available all weekend.

# DINING

- **Meal Service:** Meals will be served "family" style in the dining room in Nisqually Center for those on the meal plan. Meals will be served at the following times:  
 Breakfast (Saturday): 8-8:30am | Brunch (Sunday): 9:30-10am  
 Lunch: 12-12:30pm  
 Dinner: 5:30-6pm

