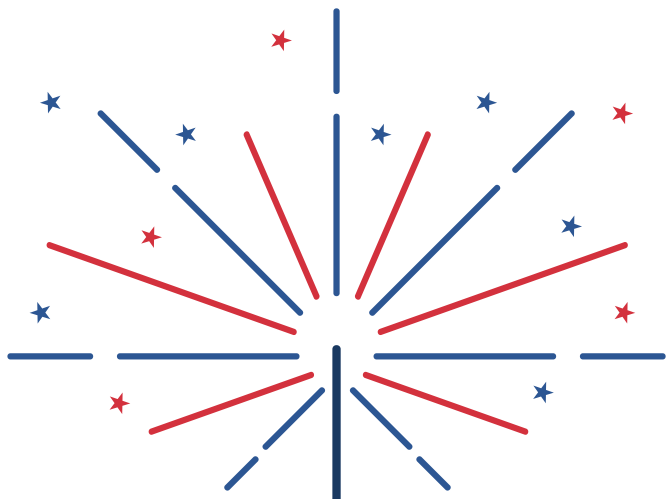


**INDEPENDENCE**  
**SAMPLE SCHEDULE**  
**DAY**

*Family Camp*



**2023**

# Welcome!

**WELCOME TO CASCADES!** We pray that this will be a great experience for you and your family! We are excited to welcome Rev. Úna Lucey-Lee, associate pastor at Fountain of Life Covenant Church in Madison, WI, who will share in the evenings and at the Sunday morning session. We are also happy to welcome Dr. Nijay Gupta, a professor at Northern Seminary who will lead morning bible studies. We are blessed to have Rev. Matt Randles from Cascade Covenant Church leading us in worship through song. The activities and services are provided by Cascades' summer staff who come to camp from all over the country to spend their summer serving God in this ministry; enjoy getting to know them during your stay, and please let us know how we can better your experience!

## HOURS

### Espresso

Wed: 2:30-5pm

Thurs-Sat: 7am-5pm

Sun: 7am-2pm

\*Closed during meals and Sunday session\*

### Canteen

Thurs-Sat: 9:30am-5pm;

Sun: 8:30am-2pm

\*Closed during meals and Sunday session\*

### Gift Store

Thurs-Sat: 9:30am-5pm

Sun: 8:30am-2pm

\*Closed during meals and Sunday session\*

### Waterfront

1pm - 5pm (Thu-Sat)

### Boating

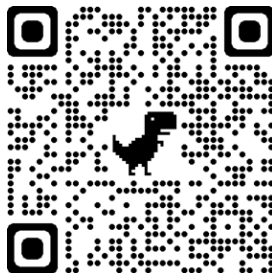
7am - 5pm (to 1pm Sun)

### Waterslide

1pm - 5pm (Thu-Sat)

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

Is something broken or does your lodging need attention? Scan the QR code below and fill out the maintenance form.



If the situation is urgent (i.e. - leaking pipe), please locate a staff member right away!

# Important Info

## HEALTH & SAFETY INFORMATION

- For your safety, please respect and listen to Cascades staff operating games and activities.
- No fires, fireworks, firearms, open flames, or alcohol.
- **Bikes:** Please stay on roads and off trails. Don't forget your helmet! Park bikes in designated areas.
- **Speed Limit:** 15mph or slower - bicyclists, walkers, 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!
- **Hiking:** Hiking to Fossil Rock is restricted, but enjoy our other trails!
- **Swimming:** Swim only when lifeguards are on-duty (see page 2).
- **Boats:** Children under 13 yrs must be accompanied by an adult. All boaters must wear life jackets.
- **Quiet Hours:** 10pm-7am
- **Emergencies:** Please call 911 and alert Cascades staff by calling the **program host phone (360) 375-5709**. If you need assistance in the evening or after dark, head up to Deer Ridge Lodge and follow instructions provided. AEDs are located in the Nisqually Center kitchen and Deer Ridge Lodge.
- **Need Something?** For assistance (i.e. - fire alarm issues, lock-outs, paper product needs, etc., locate a staff member. If you need assistance after hours, please call or text the **program host phone: (360) 375-5709**.

## DINING INFORMATION

- **Wristbands:** Meal plan participants will be asked to show wristbands for entry to the dining room for all meals: Green - all meals | Yellow - dinners only | Red - BBQs only
- **BBQ:** All registered guests are welcome at the Friday Beef BBQ and Sunday Salmon BBQ. Please wear your wristbands!
- **Pancake Cookout:** Sign up for Sunday's Paradise Point Pancake Cookout at the Canteen on Saturday at 9am. (Those not on the meal plan can purchase tickets as space allows. \$15 for adults, and \$8 for 11yrs or younger.)
- **Meal Service:** All meals will be served family style in Nisqually Center.
- **Day Guests:** Please have any additional guests register at the Canteen and pay the \$15 program fee.

# Activities

## EXTREME ACTIVITIES

**Sign-Up:** Outside Rainier Center at 9am the day-of

- **Sunset Park Adventure Course:** Thurs-Sat 2:30pm; Fri 4pm | Must be 5ft or taller and between 45-250lbs. Close-toed shoes required. Do not climb on the adventure course when it is not staffed.
- **Paintball:** Thurs & Sat: 4pm | \$10 | Meet at the Ball Field | Must be 13+ yrs to play | Sign-ups required
- **Climbing Tower:** Thurs-Sat: 4pm | Climbers must fit harness (roughly 5+ yrs) | Sign-ups required
- **Waterslide:** Thurs-Sat: 1-5pm | No sign-up required | Must be 4ft to slide
- **Zip Line:** Thurs-Sat: 1pm | Must weigh between 80-250lbs. for individual and tandem riders | Tandem available for children 5+ yrs. under 80 lbs (must ride with parent/guardian over 18 yrs) | Sign-ups required
- **Pony Rides:** Thurs-Sat: 10:30am | Under 10yrs | Meet at Sunrise Ranch | No sign-ups necessary
- **Pinecars:** \$20 each at the Canteen | Construction on the East Lawn Thurs & Fri 10:30am-12pm & 1-5pm | Show & race will be at 10:30am on Saturday outside Rainier Center | Note: All pinecars must be purchased & made at Cascades this year in order to compete

## KIDS DROP OFF INFO

**Thursday-Saturday  
9:30-10:30am**

Parents/Guardians: Drop off your kids (4 yrs - 6th grade) up to 15 minutes before 9:30am at the West Lawn and our staff will entertain them.

**Please pick up your children promptly at 10:30am**

# Activities

## MORNING OPTIONS

Thursday-Saturday

10:30am-12pm

- **Pinecar Construction:** Purchase at the Canteen and construct on the East Lawn (see page 4)
- **Extreme Activities:** Pony rides (see page 4)
- **Crafts:** Fun crafts for all ages: Patriotic Pinwheels, Handprint Eagle Paintings, Star Keychains, and Popsicle Stick Planes | East Lawn
- **Waterfront:** Boating, and fishing at Elbow Lake  
*Swim only when lifeguards are on duty (see page 2)*

## AFTERNOON OPTIONS

Thursday-Saturday

1-5pm

- **Crafts:** Fun crafts for all ages: Patriotic Pinwheels, Handprint Eagle Paintings, Star Keychains, and Popsicle Stick Planes | East Lawn
- **Pinecar Construction:** Purchase at the Canteen and construct on the East Lawn (see page 4)
- **Kiddie Waterslide:** Liberty Ridge | no height requirement
- **Extreme Activities:** Sunset Park Adventure Course, Climbing Tower, Paintball, Waterslide & Zipline (see page 4)
- **Waterfront:** Boating, swimming, & fishing at Elbow Lake

# Wednesday, June 28<sup>th</sup>

## DAILY SCHEDULE

- 3:00pm** Arrival & Check-In
- 5:30pm** Dinner
- 6:30pm** Session (Rainier Center)
- 8:00pm** Sunset Park Ribbon Cutting (Sunset Park)  
Torch Lit Waterslide (Liberty Ridge)  
*Must be 4ft to slide*  
Kiddie Waterslide (Liberty Ridge)  
S'mores (Lakeside Fire Pit, Timber Rock Amphitheater, Liberty Ridge Center, Liberty Ridge Picnic Shelter, & Brightwood Lawn)
- 10:00pm** Good Night!

## KIDS PROGRAMS

- 2 & 3yrs** | Lakeside Lodge
- 4yrs - K** | West Lawn/Playground
- 1st - 3rd** | Camp Timber Rock
- 4th - 6th** | Ballfield
- 7th - 12th** | Friday night: one time event - see page 8

2 & 3yrs can be dropped off at the start of the service. All other children will be dismissed just prior to the message and will return at the close of the session. Please pick them up at the session's end.

# Thursday, June 29<sup>th</sup>

## DAILY SCHEDULE

- 8:00am** Breakfast
- 9:00am** Sign-ups (outside Rainier Center)
- 9:30am** Bible Study (Summit Chapel)  
Kids Drop Off (West Lawn)  
*See page 4 for details!*
- 10:30am** Morning Options  
*See page 5 for details!*  
Across-the-Lake Swim (Waterfront)  
*Sign up outside Rainier Center ahead of time!*  
*Must be 13yrs or older*
- 12:00pm** Lunch
- 1:00pm** Afternoon Options  
*See page 5 for details!*  
Water Balloon Games (West Lawn)
- 2:30pm** Make Your Own Cake Pop (Nisqually Back Patio)
- 4:00pm** Archery (Meet at Flagpole)
- 5:30pm** Dinner
- 6:30pm** Session (Rainier Center)
- 8:00pm** Family Fued (Rainier Center)
- 10:00pm** Good Night!

# Friday, June 30<sup>th</sup>

## DAILY SCHEDULE

- 8:00am** Breakfast
- 9:00am** Sign-ups (outside Rainier Center)
- 9:30am** Bible Study (Summit Chapel)  
Kids Drop Off (West Lawn)  
*See page 4 for details!*
- 10:30am** Morning Options  
*See page 5 for details!*  
Elbow Lake 5k Run/Walk (Nisqually Parking Lot)  
*Sign up outside Rainier Center ahead of time!*  
*Must be 13yrs or older*
- 12:00pm** Lunch
- 1:00pm** Afternoon Options  
*See page 5 for details!*  
Paper Airplane Competition (West Lawn)
- 2:30pm** Patriotic Fruit Kabobs (Nisqually Back Patio)
- 4:00pm** Kickball (Ballfield)
- 5:30pm** Beef BBQ (West Lawn)
- 6:30pm** Session (Rainier Center)
- 8:00pm** Torch Lit Waterslide (Liberty Ridge)  
*Must be 4ft to slide*  
Kiddie Waterslide (Liberty Ridge)  
S'mores (Lakeside Fire Pit, Timber Rock Amphitheater, Liberty Ridge Center, Liberty Ridge Picnic Shelter, Brightwood Lawn, & **Cedarwood Chapel (Middle & High School Only!)**)
- 10:00pm** Good Night!



# Saturday, July 1<sup>st</sup>

## DAILY SCHEDULE

- 8:00am** Breakfast
- 9:00am** Sign-ups (outside Rainier Center)  
*Pancake sign-ups at the Canteen!*
- 9:30am** Bible Study (Summit Chapel)  
Kids Drop Off (West Lawn)  
*See page 4 for details!*
- 10:30am** Morning Options  
*See page 5 for details!*  
Pinocar Show & Race (Outside Rainier Center)
- 12:00pm** Lunch
- 1:00pm** Afternoon Options  
*See page 5 for details!*  
Scavenger Hunt (Meet at Flagpole)
- 2:30pm** Make Your Own Mousse (Nisqually Back Patio)
- 4:00pm** Soccer (Ballfield)
- 5:30pm** Dinner
- 6:30pm** Session (Rainier Center)  
*Cascades Staff Commissioning*
- 8:00pm** An Evening Under the Sea (West Lawn)
- 10:00pm** Good Night!

# Sunday, July 2<sup>nd</sup>

## DAILY SCHEDULE

- 7:45, 8:15, & 8:45am** Paradise Point Pancake Cookout  
*Sign-up at the Canteen on Saturday at 9am!*
- 8:00am** Breakfast (Nisqually)  
*For meal plan guests who did not sign up for the pancake cookout!*
- 9:00am** Pack up Before Session  
*Key Drop outside Nisqually Center*
- 10:00am** Session (Rainier Center)
- 12:00pm** Salmon BBQ (West Lawn)
- 1:00pm** See You Next Year!

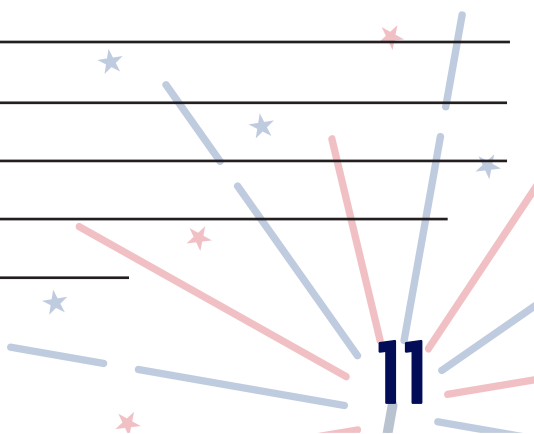
## COMING UP AT CASCADES

- Brightwood Station:** Varying dates in July
- Camp Timber Rock:** Varying dates in July
- Rainier Kids Day Camp:** Varying dates in July & August
- High School S.A.L.T. Programs:** Varying dates in July & August
- Summer Family Getaway:** August 11-13
- Labor Day Family Camp:** September 1-4
- Harvest Getaway Weekend:** October 27-29
- S.A.L.T. Reunion Christmas Retreat:** December 29-30
- Sixties+ Retreat:** March 1-3
- Grandparent & Grandkid Retreat:** May 3-5

**MORE INFO AT [CASCADES.ORG](http://CASCADES.ORG)**

# Session Notes

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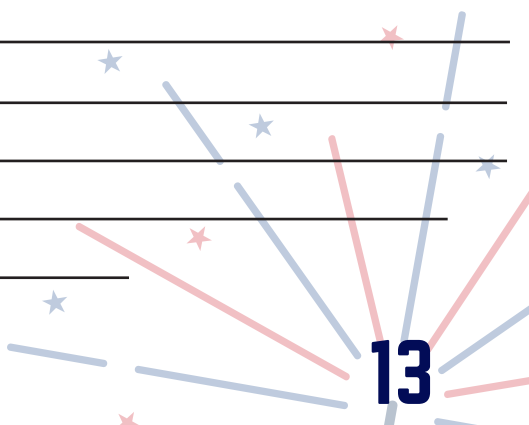


# Session Notes

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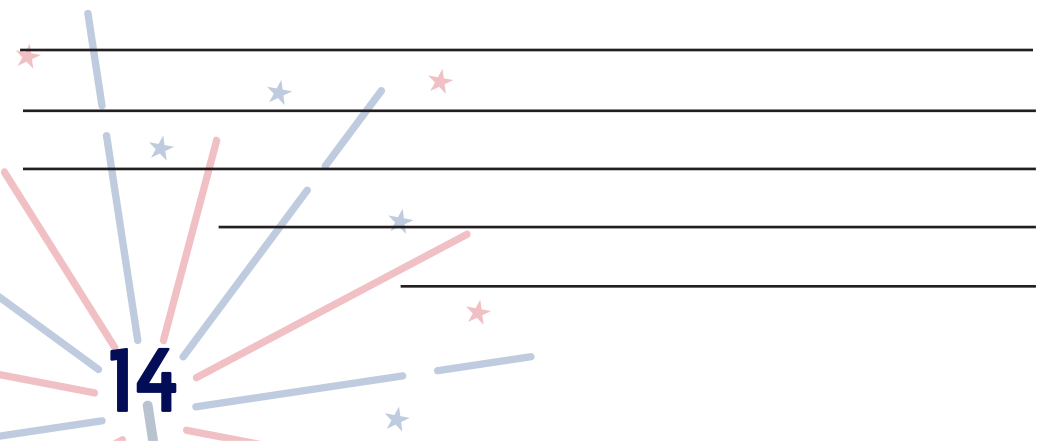


A series of horizontal lines for writing notes. The page is decorated with stars and lines in the top left corner.



# Session Notes

Blank lined area for taking notes.



# Session Notes

Handwriting practice area with horizontal lines and decorative stars.

# CASCADES

## CAMP & CONFERENCE CENTER

22825 Reisser 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

Power Road, Gravel Road, Walking trail

Trail, Archery Range, Horseback Riding Area

Ball Field, Waterfront, Waterfront, West Lawn, Playground, Sand Volleyball Court, Tennis, Tennis, Liberty Ridge Campground

\*Building sizes are not to scale

1/8 mile