



2023
LABOR DAY
SAMPLE SCHEDULE
family camp

Welcome

welcome to cascades

We hope you enjoy this beautiful place full of new and old friends. This year, we welcome Rev. Peter Ahn, founding/lead pastor from Metro Community Church in Englewood, NJ., who will be bringing messages to challenge and inspire. We also welcome Pastor Peter Gothold, from Kent Covenant Church, who will lead us in worship through song. 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

Sat/Sun: 7:30am-5pm
Mon: 7:30am-12pm
closed during meals & sessions

Gift Store

Sat/Sun: 8:30-10am & 1-5pm
Mon: 8:30am-12pm
closed during meals & sessions

Canteen

Sat/Sun: 8:30-10am, 1-5pm & 7-9pm
Mon: 8:30am-12pm
closed during meals & sessions

Summit Chapel

All weekend

Swimming & Water Toys

Sat/Sun 1-5pm

Boating

All weekend

Waterslide

Sat/Sun 1-5pm

wifi

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

maintenance

Is something broken or does your lodging need attention? Scan the QR code 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 and safety reminders

- No fires, fireworks, firearms, open flames, 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! Park bikes in designated areas.
- **Speed Limit:** 15 mph 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:** Grab a trail map in the Nisqually Center Lobby or at the Rec Shed and enjoy our many hiking trails. Please stay on camp property.
- **Swimming:** Swim only when lifeguards are on-duty (see page 2)
- **Boats:** Children under 13 years 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:** Please wear your wristband all weekend long: Green - all meals | Red - dinners & pancake cookout.
- **Meal Service:** All meals will be served family style in Nisqually Center.
- **Sunday Dinner BBQ:** All registered guests are welcome at the Sunday BBQ for dinner on the West Lawn.
- **Pancake Cookout:** All registered guests are welcome at the Sunday morning Pancake Cookout on the West Lawn. No sign-up needed!
- **Day Guests:** Please have any additional guests register at the Canteen and pay the \$15 program fee.
- **Meal Tickets:** Additional tickets can be purchased for day guests and those on the dinners only meal plan at the Canteen as space allows.



Activities

sign-up activities

sign-up outside Rainier Center at 9am the day-of

Sunset Park Adventure Course: 4pm (Saturday) & 1pm (Sunday) | 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.

Zip Line: 1pm & 2:30pm (Saturday) & 2:30pm (Sunday) | Must weigh between 80-250 lbs for individual and tandem riders | Tandem available for children 5+ yrs under 80 lbs (must ride with parent/guardian over 18 yrs).

Climbing Tower: 4pm (Saturday & Sunday) | Climbers must fit harness (roughly 5+ yrs).

Rocket Cars: \$20 each | Purchase at the Canteen | Construction is on the East Lawn during afternoon options 1-4pm | *The Rocket Car Blast* is on Sunday at 4pm next to the Sport Court.

Cardboard Boats: Maximum of 8 teams | Construction is in the Timber Rock Rec Hall from 1-2:30pm Saturday & Sunday | *The Cardboard Boat Regatta* will kick off at Elbow Lake at 3pm Sunday.

Pickleball Tournament: Join us for the first ever Cascades Pickleball Tournament located at the Sport Court! | Maximum 8 teams for each category | Doubles tournament starts at 1pm Saturday & Singles tournament starts at 2:30pm Saturday | The championship for both Doubles and Singles kicks off at 7pm Sunday.

Each individual may only be signed up for one activity. If you are signing up on behalf of others, please only sign up for members of your immediate family. If you've participated in an activity before, we would encourage you to let others go first! If there is any space left after morning sign-ups, sign-up sheets will be available at the Espresso Stand throughout the day.

Activities

summit chapel

Summit Chapel will be available as an indoor space to hang out all weekend. Board games available for use. Please respect noise levels while others are present.

afternoon options

saturday and sunday | 1-5pm

Crafts: 1-4pm | Located on the East Lawn.

Rocket Car Construction: 1-4pm | Construction under the tent in front of Rainier Center. See page 4 for more information.

Cardboard Boat Construction: 1-2:30pm | Construction in the Timber Rock Rec Hall. See page 4 for more information.

Waterfront: Boating, swimming, and fishing at Elbow Lake. **Only swim and use water toys when staffed - Sat/Sun 1-5pm.**

Archery: Meet at the Nisqually flagpole by 2:15pm or meet staff at the Archery Range around 2:30pm.

Waterslide: Located at Liberty Ridge Center | Must be 4ft to slide.

Pony Rides: 1-2pm **(Sunday Only)** | Must be under 10yrs | Located at Sunrise Farms.

Photobooth: Take a photo with your family and friends at the Labor Day Family Camp photobooth. Available all weekend. Located at the "A" lawn by the Nisqually Center parking lot.



Friday

daily schedule

- 6:00pm** Arrival & Check-In
- 7:00pm** Session #1 (Rainier Center)
No kids programs for this session
- 8:30pm** Waterslide (Liberty Ridge)
Must be 4ft to slide
- Campfires & S'mores (Liberty Ridge Center, Brightwood Lawn, & Timber Rock Amphitheater)
- 10:00pm** Quiet Hours

kids programs during sessions

saturday and sunday only

- 2 & 3 yrs** Lakeside Lodge
- 4 yrs - K** West Lawn/Playground
- 1st - 3rd** Camp Timber Rock
- 4th - 6th** Ballfield

2 & 3 yrs can be dropped off at the start of the service. 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 session's end.

summit chapel

During sessions, Summit Chapel will be available with a live audio feed for folks with young and active kids.











Saturday

daily schedule

- 8:00am** Breakfast
- 9:00am** Saturday Activity Sign-Ups (Outside Rainier Center)
See page 4 for details!
- 10:00am** Session #2 (Rainier Center)
- 12:00pm** Lunch
- 1:00pm** Afternoon Options
See page 5 for details!
- Pickleball Tournament - Doubles (Sport Court)
Sign-up outside Rainier Center at 9am!
- 2:30pm** Afternoon Options
See page 5 for details!
- Pickleball Tournament - Singles (Sport Court)
Sign-up outside Rainier Center at 9am!
- 4:00pm** Afternoon Options
See page 5 for details!
- 5:30pm** Dinner
- 7:00pm** Seattle Sounders vs. Portland Timbers (Summit Chapel)
- Outdoor Movie: *Ratatouille* (East Lawn)
Rated G. Bring a blanket or lawn chair!
- *Special Canteen Hours: 7-9pm**
- 10:00pm** Quiet Hours



Cascades Map Key:

-  Parking
-  Main Office
-  Wi-Fi
-  Restroom
-  Restroom with Shower
-  Activities
-  Camping
-  Fire Ring
-  Dining
-  Espresso

1/8 mile

*Building sizes are not to scale

To Main Entrance



SUN PEAKS

FA

Mountain View Arena

Pony Rides

Ranch Cabins 1-3

Archery Range

Log Cabins 1-7

Frisbee Golf

Nisqually Center

West Lawn

Playground

Sand Volleyball Court

Sauna

Water

RV Sites

Liberty Ridge Campground

Barbecue

Waterslide

Ball Field

Paintball

Sunset Park Adventure Course

Horseshoe Hollow

R4

Tahoma Lodge

Deer Ridge Lodge

Covered Arena

Cascade Arena

CASCADES

CAMP & CONFERENCE CENTER

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



Sunday

daily schedule

- 8:00am** Breakfast
- 9:00am** Sunday Activity Sign-Ups (Outside Rainier Center)
See page 4 for details!
- 10:00am** Session #3 (Rainier Center)
- 12:00pm** Lunch
- 1:00pm** Afternoon Options
See page 5 for details!
- Pony Rides (Sunrise Farms)
- 3:00pm** Afternoon Options
See page 5 for details!
- Cardboard Boat Regatta (Waterfront)
- 4:00pm** Afternoon Options
See page 5 for details!
- Rocket Car Blast (Next to Sport Court)
- 5:30pm** Dinner: BBQ (West Lawn)
- 7:00pm** Pickleball Championship (Sport Court)
- Glow-in-the-Dark Waterslide (Liberty Ridge)
Must be 4ft to slide.
- Bubble Fun (Brightwood Back Patio)
- Lawn Games (West Lawn)
- Ice Cream Social (Timber Rock Rec Hall)
Middle & High School only!
- 10:00pm** Quiet Hours

Monday

daily schedule

- 8:00am** Pancake Cookout (West Lawn)
No sign-up needed! All guests regardless of meal plan are welcome.
- 9:00am** Pack & Move Out of Lodges
Please be out of lodges prior to the session! Keys can be dropped off outside Nisqually Center Lobby.
- 10:00am** Session #4 (Rainier Center)
No kids programs for this session
- 11:30am** See You Next Year!

coming up at cascades

Harvest Getaway Weekend: Oct. 27-29, 2023

S.A.L.T. Reunion Christmas Retreat: Dec. 29-30, 2023

Sixties+ Retreat: March 1-3, 2024

Grandparent & Grandkid Retreat: May 3-5, 2024

[visit cascades.org](https://cascades.org) for more information

pacnwc events coming up at cascades

Women's Retreat: Sept. 22-24, 2023

Ministry Families Retreat: Oct. 2-4, 2023

Middle School Thunder Retreat: Oct. 13-15, 2023

High School M.U.D. Retreat: Nov. 10-12, 2023

[visit pacnwc.org](https://pacnwc.org) for more information



Session

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Session Notes

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Session

[illegible]

Session Notes





Want to view the booklet on your
phone? Scan this for a PDF version



www.cascades.org



www.facebook.com/cascadescamp



www.instagram.com/cascades1989

