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“As the deer pants for streams of water, so my soul pants for you, O God.” Psalm 42:1



FAMILY CAMP: AUG 31-SEPT 3 SCHEDULE

ACTIVITIES AND TIMES ARE SUBJECT TO CHANGE

MANDATORY QUIET TIME FOR ALL FAMILIES: 10:00 PM - 7:00 AM

FRIDAY, AUG 31

- 4:30-6:15 p.m.** **Check-in:** Meet family assistant, Welcome-to-Camp Photo
Lake Time: Swimming, zip line, waterslide, aqua park, kayaking, canoeing, catch & release fishing or relaxing on the beach
- 6:30 p.m.** Dinner @ The Lodge
- 7:30 p.m.** **Family Session 1** @ The Lodge
- 8:45 p.m.** Wagon rides, campfire & s'mores, board games, hang out

SATURDAY, SEPT 1

- 7:45 a.m.** Breakfast @ The Lodge
- 8:30 a.m.** **Morning Family Devotions**
- 9:00-10:15 a.m.** **Couple Session 1** @ The Lodge
 Games & Crafts for Kids
 Youth @ The Lodge
- 10:30 a.m.-12:30 p.m.** **Giant Swings / Climbing Tower / Pedal Karts / Zip Lines**
- 12:45 p.m.** Lunch @ The Lodge
- 1:30-3:00 p.m.** **Lake Time**
- 3:00-5:00 p.m.** **Parent Date Time or Parent / Kids Rec Time**
 Gaga ball, playground, archery & BB guns
- 5:30 p.m.** Dinner @ The Lodge
- 6:30 p.m.** **Carpetball Tournament**
 @ the pavilion across from Creekside
- 7:45 p.m.** **Family Square Dance**
 @ The Summit
- 9:00 p.m.** Campfire & s'mores, board games, bingo, free time

SUNDAY, SEPT 2

- 7:45 a.m.** Breakfast @ The Lodge
- 8:30 a.m.** **Morning Family Devotions**
- 9:00-10:15 a.m.** **Family Session 2** @ The Lodge
- 10:30 a.m.-12:30 p.m.** **Wiffle Ball / Volleyball / Pedal Karts**
- 12:45 p.m.** Lunch @ The Lodge
- 1:30-3:00 p.m.** **Lake Time**
- 3:00-5:00 p.m.** **Zip Lines / Archery Tag / Creek Splashing**
- 5:30 p.m.** Dinner @ The Lodge
- 6:30 p.m.** **Cornhole Tournament**
 Kids and adults
- 7:45 p.m.** Campfire & s'mores, board games, movie, bingo, free time

MONDAY, SEPT 3

- 7:45 a.m.** Breakfast @ The Lodge
- 8:30-9:30 a.m.** **Family Session 3** @ The Lodge
- 9:30-10:00 a.m.** **Check Out of Rooms**
- 10:15-11:00 a.m.** **Cardboard Boat Construction**
- 11:00-11:15 a.m.** **Cardboard Boat Regatta Race**
 @ The Lake
- 11:15 a.m.-12:00 p.m.** Break / Free Time /
 Change in Creekside Showerhouse
 Camp Store open
- 12:15 p.m.** Lunch @ The Lodge
- 1:00 p.m.** **Trophy Presentation**
Closing & Final Camp Photos
- 1:30 p.m.** Camp Ends



FAMILY CAMP WHAT TO PACK

RECREATIONAL ITEMS

- **FISHING EQUIPMENT AND BAIT IF YOU PLAN TO FISH:**
A limited supply of fishing bait and tackle (poles, hooks, sinkers) are available for purchase at the Camp Store. Fish include large mouth and hybrid striped bass, catfish and bluegill. All fishing is catch and release bank fishing only. No fishing is allowed from the docks or in the swim area.
- **BIKES, SCOOTERS, SKATEBOARDS:** You may bring these for your family to ride. Bring appropriate safety equipment: helmets, knee pads, etc. Children must be supervised by an adult while riding. Use extreme caution on the steep hills.

CLOTHING & MORE

- **CASUAL CLOTHING** for outdoor activities and games
- **ATHLETIC SHOES OR HIKING BOOTS** which are required for some of the Adventure Rec activities. See info at right.
- **TOILETRY/PERSONAL ITEMS.** Basic toiletries (soap and shampoo) are in the room. Men should bring shaving items. Some toiletry items are available at the Camp Store for purchase if needed.
- **SWIMSUIT, BEACH TOWEL, SUNSCREEN & WATERPROOF SHOES.** Swimsuits should be modest. One piece or tankinis are recommended for women and girls.
WET WILLIE WATERSLIDE: Participants must weigh no more than 250 lbs. Because the waterslide is made of parachute-like fabric, swimsuits cannot have metal or plastic zippers, grommets or metal of any kind since these damage the fabric on the slide. Guests with these items are not allowed to go down the slide.
- **SAND TOYS (optional):** Deer Run has some sand toys available at the lake.
- **INSECT REPELLENT** for wooded archery & paintball courses plus nighttime activities
- **RAIN GEAR** and umbrellas depending on weather
- **FLASHLIGHT** and extra batteries
- **CAMERA** (or phone) to capture memorable moments
- **BIBLE**

SNACKS & DRINKS

While Deer Run provides meals and a few extra special treats, a refrigerator is available for families to share for storing personal drinks and snacks. Water coolers/fountains are available near recreational areas for your convenience.

SPENDING MONEY

Money for the Camp Store or purchase Camp Bucks during online registration or by logging into your account after registration. See next page for more details.

WHAT NOT TO PACK

- alcoholic beverages, illegal drugs, firearms or fireworks
- clothing with offensive language or promoting persons, bands or products which are offensive
- chewing or bubble gum since it damages property
- anything of value; Deer Run is not responsible for lost or stolen items.

ADVENTURE REC INFO SPRING VALLEY LAKE

The lake is open for Family Camp attendees only during scheduled times. Safety rules are posted at the lake and **MUST** be observed at all times. The lake is closed for walking on the docks, wading or swimming unless a lifeguard is present.

Lif jackets are provided by Deer Run and are **REQUIRED** to be worn by each participant for all lake activities including kayaking and canoeing — regardless of swimming ability. Bank fishing does not require a lifejacket.

LEAP OF FAITH, GIANT SWING, PEDAL KARTS, ZIP LINE ADVENTURES, CLIMBING TOWER

Sturdy shoes such as athletic shoes or hiking boots are **REQUIRED** for safety reasons; flip flops, sandals or open toe shoes are **NOT** allowed. Loose-fitting pants or shorts are recommended for ease of movement.

GIANT SWING: Participants must weigh no more than 275 lbs.

ZIP LINE ADVENTURES: Participants must weigh at least 60 lbs. and no more than 250 lbs.

ACCOMMODATIONS

Guest rooms are assigned by Deer Run. Amenities include a hair dryer, plush towels, pillow top mattress, extra blankets, dual alarm clock/radio, free Wi-Fi. The Great Room has a DVD player, Roku and HD antennae for local channels.



FAMILY CAMP FAQ

WILL THE ENTIRE WEEK BE FILLED WITH SCHEDULED ACTIVITIES OR WILL WE HAVE SOME FREE TIME TO CHOOSE WHAT TO DO ON OUR OWN?

Most activities are scheduled, but there is also free time to relax or enjoy some optional recreation choices.

ARE VISITORS ALLOWED?

We do our best to minimize interruptions for registered families during Family Camp. Therefore, visitors must call in advance (615.794.2918) to let our staff know they are visiting so we can greet them upon arrival. Visitors must check in at The Lodge Office or the Camp Office to get a visitor badge and are only allowed to visit from 9 a.m. to 5 p.m., Monday–Friday.

WHAT IS DEER RUN'S RESPONSE TO THREATENING WEATHER?

Deer Run staff has your safety in mind. Normally, all scheduled recreation and activities take place regardless of weather conditions. In case of heavy rains or thunderstorms, our staff may need to make adjustments to the schedule or facility to accomplish scheduled activities.

FOOD ALLERGIES OR DIETARY REQUESTS

Deer Run cannot accommodate ALL allergies and dietary restrictions; and we cannot prevent, nor guarantee, a cross-contamination-free environment. Our food service team will make every effort to accommodate certain food allergies and dietary restrictions, but doing so is at the discretion of our food service director and may require an additional fee for special food purchases. Individuals with extreme allergies are encouraged to bring their own food.

In order for us to best accommodate food allergies or dietary restrictions, these needs must be communicated to Guest Services no later than 2 weeks prior to your arrival.

IS DEER RUN AFFILIATED WITH A SPECIFIC DENOMINATION?

No. Deer Run is a 501(c)(3) nonprofit, nondenominational Christian ministry. Deer Run has a volunteer board of directors and is funded through user fees, individual donations and grants. Deer Run is not owned, governed or funded by a church or church organization.

WHAT ARE CAMP BUCKS AND HOW ARE THEY USED AT THE CAMP STORE?

Camp Bucks are an easy way to visit the Camp Store to purchase drinks, snacks, merchandise or apparel without having to carry your wallet or purse with you.

Purchase Camp Bucks for your family in your online account.

When visiting the Camp Store, purchases are charged against the total Camp Bucks in your account.

Camp Bucks do not expire. If unused, they remain as a credit in your account.

You may also use cash or a credit card at the Camp Store if you do not purchase Camp Bucks.



Exodus 20:6

Legacy

Deer Run Family Camp