

6-NIGHT FAMILY CAMP SAMPLE SCHEDULE

TABLE OF CONTENTS

PAGE 2: SCHEDULE

PAGE 3: WHAT TO PACK

PAGE 4: FAQ

PAGE 5: OFF-SITE EXCURSIONS



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

FAMILY CAMP: SCHEDULE

ACTIVITIES AND TIMES ARE SUBJECT TO CHANGE

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

DAY 1

- 4:30–6:15 p.m.** **Check-in:** meet family assistant, welcome-to-camp photo
Lake Time: Swimming, zip line, water slide, aqua park, kayaking, canoeing, catch & release fishing
Open Rec @ Lodge: cornhole, volleyball, carpetball, ping pong
- 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

DAY 2

- 7:45–8:15 a.m.** **Breakfast** @ The Lodge
- 8:30–8:45 a.m.** **Morning Family Devotions**
- 9:00–10:30 a.m.** **Zip Lines / Creek Splashing / Open Rec** @ The Lodge
- 10:45 am–12:15 p.m.** **Lake Time**
- 12:15–12:45 p.m.** **Change & Free Time** @ The Lodge
- 12:45 p.m.** **Lunch** @ The Lodge
- 1:30–3:00 p.m.** **Family Ministry Project** @ The Lodge Back Porch
- 3:00–5:00 p.m.** **Parent Free Time / Kids Rec Time**
- 5:30 p.m.** **Dinner** @ The Lodge
- 6:30 p.m.** **Cornhole Tournament**
- 7:30 p.m.** Board games, outdoor rec @ Lodge, campfire & s'mores, free time

DAY 3

- 7:45–8:15 a.m.** **Breakfast** @ The Lodge
- 8:30–8:45 a.m.** **Morning Family Devotions**
- 9:00–10:30 a.m.** **Zip Lines / Creek Splashing / Open Rec** @ The Lodge
- 10:45 am–12:15 p.m.** **Lake Time**
- 12:15–12:45 p.m.** **Change & Free Time** @ The Lodge
- 12:45 p.m.** **Lunch** @ the Lodge
- 1:30–4:00 p.m.** **Couple Session** @ The Lodge
Games & Crafts for Kids
Youth @ The Lodge
- 4:15–5:30 p.m.** **Free Time / Open Rec** @ The Lodge
- 5:30 p.m.** **Dinner** @ The Lodge
- 6:30–8:15 p.m.** **Family Fishing** @ The Lake
- 8:30 p.m.** Board games, bingo, campfire & s'mores, free time

DAY 4

- 7:45–8:15 a.m.** **Breakfast** @ The Lodge
- 8:30–8:45 a.m.** **Morning Family Devotions**
- 9:00–10:30 a.m.** **Archery Tag / Creek Splashing / Open Rec** @ The Lodge
- 10:45 am–12:15 p.m.** **Lake Time**
- 12:15–12:45 p.m.** **Change & Free Time** @ The Lodge
- 12:45 p.m.** **Lunch** @ the Lodge
- 1:30–3:30 p.m.** **Swimming Excursion** @ nearby pool

(DAY 4 CONTINUED)

- 3:30–5:15 p.m.** **Leap of Faith or Outdoor Rec** @ The Lodge
- 5:30–8:30 p.m.** **Couples Dinner/Date** @ The Lodge
Kids Dinner @ Creekside & Rec
- 8:45 p.m.** Board games, campfire & s'mores, free time

DAY 5

- 7:45–8:15 a.m.** **Breakfast** @ The Lodge
- 8:30–8:45 a.m.** **Morning Family Devotions**
- 9:00–10:30 a.m.** **Pedal Karts / Creek Splashing / Open Rec** @ The Lodge
- 10:45 am–12:15 p.m.** **Lake Time**
- 12:15–12:45 p.m.** **Change & Free Time** @ The Lodge
- 12:45 p.m.** **Lunch** @ The Lodge
- 1:30–5:30 p.m.** **Offsite Excursion / Free time**
- 5:30 p.m.** **Dinner** @ The Lodge
- 6:30 p.m.** **Family Session 2** @ The Lodge
- 7:30 p.m.** Movie night, board games, outdoor rec @ The Lodge, campfire & s'mores, free time

DAY 6

- 7:45–8:15 a.m.** **Breakfast** @ The Lodge
- 8:30–8:45 a.m.** **Morning Family Devotions**
- 9:00–10:30 a.m.** **Zip Lines / Creek Splashing / Open Rec** @ The Lodge
- 10:45 am–12:15 p.m.** **Lake Time**
- 12:15–12:45 p.m.** **Change & Free Time** @ The Lodge
- 12:45 p.m.** **Lunch** @ The Lodge
- 1:30–3:00 p.m.** **Volleyball / Kickball / Wiffle Ball**
- 3:00–5:00 p.m.** **Giant Swings / Climbing Tower**
Camp Store open 3:30–4:00 p.m.
- 5:30 p.m.** **Dinner** @ The Lodge
- 6:30 p.m.** **Carpet Ball Tournament** @ the Canopy by Creekside Pavilion
- 7:30 p.m.** **Family Line/Square Dance** @ The Summit
- 9:00 p.m.** Board games, campfire & s'mores, free time

DAY 7

- 7:45–8:15 a.m.** **Breakfast** @ The Lodge
- 8:30–9:00 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** @ the Lake
- 11:00–11:15 a.m.** **Cardboard Boat Regatta Race**
- 11:15–12:00 p.m.** **Change @ Creekside restrooms**
Camp store open for souvenirs/snacks
- 12:15 p.m.** **Lunch** @ The Lodge
- 1:00 p.m.** **Closing session / Trophy Presentation / 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 game
- **ATHLETIC SHOES OR HIKING BOOTS** which are required for some of the Adventure Rec activities (see info that follows).
- **TOILETRY/PERSONAL ITEMS.** Men should bring shaving items. Some toiletry items are available at the Camp Store for purchase if needed. Basic toiletries (soap and shampoo) are in the room.
- **SWIMSUIT, BEACH TOWEL, SUNSCREEN & WATERPROOF SHOES.** Swimsuits should be modest. One piece or tankinis are recommended for women and girls.
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. WET WILLIE WATERSLIDE: Participants must weigh no more than 250 lbs.
- **SAND TOYS (optional):** Deer Run has some 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**

JULY ONLY

- **A NICER OUTFIT** (business casual) for the romantic dinner.
- **OPTIONAL:** Fun 4th of July gear/clothing such as red, white, and blue hats, socks, necklaces, shirts, shorts, etc.
- **FOLDING CHAIRS OR BLANKETS** for watching fireworks

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 online during online registration or by logging into your online account after registration; see next page).

JUNE & JULY: Money for optional off-site excursions.

JULY ONLY: Money for food trucks at the off-site 4th of July Celebration.

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.

Lifejackets 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?

Only registered, paid participants are allowed on Deer Run property during Family Camp. 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. It is best to call in advance (615.794.2918) to let our staff know you are visiting, so we can greet you upon arrival.

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.

You can view your camper's purchases and balance in your online account.

Purchase Camp Bucks for each camper in your family in your online account. When visiting the Camp Store, purchases are charged against the total Camp Bucks in your account. If you do not have enough money in your account, you will need to pay with cash or a credit card. Camp Bucks do not expire. If unused, they remain in your account.



FAMILY CAMP: OFF-SITE EXCURSION OPTIONS

Scheduled and paid for on your own during the off-site/free time which is scheduled during family camp.

Activity	Address	Location	Cost	Ages	How long it takes	Driving Time	Comments
Museums							
Camton Plantation	1345 Eastern Flank Circle	Franklin	Adult: \$18 Children 6-12: \$8 Under 6: free	Any	1 hr	20 min	
Country Music Hall of Fame	222 5th Ave S, Nashville, TN 37203	Nashville	adult 24.95; kid (6-12): 14.95, 5 & under Free	Any	2-3 hours	40 min	
The Parthenon	25th @ West End Ave	Nashville	Adult: \$6, Children 4-17: \$4	Any		44 min	
The Hermitage	4580 Rachels Ln, Hermitage, TN 37076	Nashville	Adults: \$20, Students (13-18): \$15, Children (6-12): \$10	Any	2-4 hours	53 min	
Cheekwood Botanical Garden & Museum of Art	1200 Forrest Park Dr, Nashville, TN 37205	Nashville	Adult: \$20, College Student: \$16, Youth: \$13, Under 2: Free	Any	2 hours	40 min	Have backpacks and other interactive things for kids
Adventure Science Center	800 Fort Negley Blvd, Nashville, TN 37203	Nashville	Generals Admission 13+: \$14.95, 2-12: \$10.95, under 2: FREE	Any	2-3 hours	38 min	
The Carter House	1140 Columbia Ave, Franklin, TN 37064	Franklin	Adult: \$18 Children 6-12: \$8 Under 6: free	Any		15 min	Open 9am to 5pm Monday through Saturday
The Nashville Zoo	3777 Nolensville rd.	Nashville	Adults and teens: \$16, Children (2-12): \$11 & Parking: \$5	Any	2 hours	40 min	9am-6pm
Lane Motor Museum	702 Murfreesboro Pike, Nashville, TN 37210		Adults: \$12, Youth (6-17): \$3, 5 & Under: Free	Any		39 min	
Opryland Hotel	2800 Opryland Dr, Nashville, TN 37214	Nashville	Free			48 min	Indoor Garden
The Frist Center for Visual Arts Center	919 Broadway, Nashville, Tennessee, 37203	Nashville	\$12 for adults 18+, kids are free	Any		37 min	Art Museum
Rippavilla Plantation	5700 Main st. spring Hill, Tennessee, 37174	Spring Hill	\$12 for adults, seniors 62+ is \$10, kids ages 6-12 is \$7, and under 6 is free	Any	about 1 hour	23 min	Guided Tour
Hatch Show Print	224 5h Ave. South, Nashville, TN, 37203		\$18 per person		45 Mins	42 min	
Storytellers Museum & Hideaway Farm	9676 Old Highway 46, Bon Aqua, TN 37025		\$19.95 for adults, \$17.95 for seniors 60+, \$15.95 for students 10+, Kids 9 and under are free, as well as active duty military			31 min	
Outdoor Activities							
The River Rats	4361 US-431, Columbia, TN 38401	Columbia	\$25 per kayak or \$40 per canoe; \$40 tandem kayaks	Any	3-4 hours	30 min	canoe & kayak rental, M-F 9am-6pm; Sat-Sun 8am-6pm
Duck Canoe	1395 TN-99, Lewisburg, TN	Lewisburg	4 & up: \$10; \$20 per person for canoes; \$25 per kayak	4 & up	no time limits, but must be at take out point at 6pm	35 min	canoe & kayak rental, M-F launch times 9am-1pm
Creekside Riding Academy & Stables	2359 Lewisburg Pike, Franklin, TN 37064	Franklin	per person: \$40	Call for ages	90 min	19 min	
Paddle Dog Adventures	1008 Westhaven Blvd, Franklin, TN 37064	Franklin	SUP Boards: \$20, Canoes, Kayaks, Paddle Boats: \$15	No age limit		16 min	
Soar	3794 Carothers Pkwy, Franklin, TN 37067	Franklin	\$45 for adults; \$40 for kids age 8-17; \$35 for kids age 3-7	3+	2-3 hours	21 min	Aerial Park
Go USA Fun Park	Fun Park, 2270 Armory Dr, Murfreesboro, TN 37129	Murfreesboro	Mini Golf-, 13+: \$5, 12 and under: \$4; Go Karts \$7 a ride (kids ride free with adults; Batting Cages: \$1 for 16 balls; Driving Range: \$7/bucket; and Arcade			31 min	Hours 10am-10pm
Indoor Activities							
AboveAll Extreme Air Sports	1647 Mallory Ln, Brentwood, TN 37027	Brentwood	from \$10-\$20 depending on age and amount of time	Any	1-2 hours	26 min	10 am-9pm
Sky Zone Trampoline Park	1113 Murfreesboro Rd, Franklin, TN 37064	Franklin	from \$10-\$25 depending on amount of time	Any	30 min-2 hours	20 min	12-7 pm
Lazer Quest	166 2nd Ave N, Nashville, TN 37201	Nashville	\$9 per person laser tag, \$15 person escape game		30 min-1 hour	42 min	2pm-9pm
Climb Nashville East	1900 Eastland Ave #104	Nashville	With Gear--Adult: \$18.50, Youth: \$16.50 Without Gear--Adult: \$13.75 Youth: \$11.75 Intro Package: \$27.50			43 min	Intro Package: Day pass, gear, and belay lesson
Climb Nashville West	3600 Charlotte Ave, Nashville, TN 37209	Nashville	With Gear--Adult: \$20.50, Youth: \$18.50 Without Gear--Adult: \$15.75 Youth: \$13.75 Intro Package: \$29.50			41 min	Intro Package: Day pass, gear, and belay lesson
Breakout Games Escape Room	1209 Lakeview Dr, Franklin, TN 37067	Franklin	\$25 per person plus tax		1 hour	22 min	Escape Game
Parks							
Liberty Park	1669 E McEwen Dr, Franklin, TN 37067	Franklin	Free			25 min	Frisbee Golf
Pinkerton Park	405 Murfreesboro Rd, Franklin, TN 37064	Franklin	Free			20 min	
Percy Werner							
Radnor Lake		Oak Hill	Free			37 min	Swimming
Percy Priest Lake		Nashville	Free			44 min	Swimming
Stones River Battle Field	Stones River National Battlefield, 3501 Old Nashville Hwy, Murfreesboro, TN 37129	Murfreesboro	Free			39 min	Walking/ Biking trail
Shopping							
Downtown Franklin	Main Street, Franklin	Franklin				19 min	unique local shops
Cool Springs Galleria	Cool Springs Blvd, Franklin, TN 37067	Franklin				23 min	
Opry Mills	433 Opry Mills Dr, Nashville, TN 37214	Nashville				46 min	