



## EXPRESS CAMP

### Spiritual Outcomes

Our goal for:

#### All Ages

- The gospel of Jesus Christ will be presented with an opportunity for individuals to make a decision to become disciples of Jesus Christ.

#### Elementary

- Focuses on students understanding God's love for them.
- Discovering Christ's promises.
- Offering opportunities to explore examples of Christian character.

### Theme & Worship

This year's curriculum is called Beyond Belief and asks the questions What if God was bigger than you ever imagined? Beyond Belief invites our campers to ask the big questions about God and explore how God can be seen in the vastness of creation, the power of community and even in their own hearts.

Each day, campers will explore the big questions of faith:

- What if...We Belong to God?
- What if...God is Bigger?
- What if...Hope is Real?
- What if...There is More than Enough
- What if...We Speak Up?
- What if...We Change the World?
- What if...We Go Beyond?

Discovery Time is our morning worship held usually in the Dining Hall. We use a Large Group worship and teaching time led by a director, followed by small group discussion and activity application with their cabin and their journey group.

Vespers is our evening worship time and is usually held at Vesper Hill with nature surrounding us. We use a large group setting for worship and teaching time by a director.

### Activities & Recreation

All of the campers enjoy great activities using our challenge by choice philosophy to help them discover not only adventure, but something about themselves.

#### Swimming

The swim area is divided into two sections for experienced and inexperienced swimmers. Experienced swimmers will be determined during swim tests on the first night of camp.

#### Kayaking

All participants are required to wear a lifejacket for kayaking on Lake-of-The-Woods with a partner in a two person kayak.

#### Aqua Glide

Cabin groups will be given the opportunity to enjoy our Aqua Glide Bouncer and Activity Track. Students will enjoy slides, a water trampoline, climbing blocks, and other obstacles. All participants will be required to wear a life jacket.

#### Tubing

Campers ride an inner tube with 1-2 others, pulled behind our pontoon boat. All participants are required to wear a lifejacket for this activity.

#### Archery

Participants will learn to hold a bow and shoot an arrow at a set of targets.

#### Twin Eagle Zip Lines

Two participants race down a pair of zip lines over Weade Hill into the treetops.

#### Mammoth Swing

A 40 ft. tall giant swing holds two participants as the rest of the team pulls the pair up into the air. Upon release, participants swing back and forth like a pendulum.

#### Climbing Wall

A 20 ft. high, vertical, indoor climbing wall has three courses on the wall for participants to choose from and can include challenges.

#### Adventure Trail

Participants will be led through a series of low ropes elements in the woods that will build trust, communication and teamwork amongst everyone in the cabin group.

#### Crafts

A chance for campers to be able to creatively express themselves through art.

#### Nature Center

An opportunity to learn to appreciate and care for nature through exploration.

#### Wilderness

This pioneer site is located deep in the woods, campers will make the trek up to the Wilderness camp, where campers have the opportunity to cook over a campfire and to make a craft with their cabin mates.

## What is unique about Express Camp?

Impact Camp is our 4 day, 3 night experience for grades 3rd-6th graders . What makes our Express Camp special is that this incredible experience packs the most awesome parts of a week long camp into a shorter time frame to help fit a fun filled camp experience into a busy summer schedule. Through sound Biblical teaching, discussion in small groups, and heart-felt campfire worship, students have the opportunity to learn how to pursue a Christ-centered life.

## Daily Schedule Sample

7:40	Morning Watch
8:00-8:30	Breakfast
8:40-9:00	Cabin Clean-Up
9:10-10:10	Discovery Time
10:20-11:20	Activity Rotation
11:30-12:00	Hoopla! (counselor meeting)
12:00-12:40	Lunch & Singing
12:50-5:20	Activity Rotations, <i>including Horizontal Hour</i>
5:30-5:50	Clean Up for Dinner
6:00-6:50	Dinner & Singing
7:00-8:00	Evening Extravaganza
8:00-8:15	Snack
8:30-9:15	Evening Worship
9:30-10:00	Cabin Devotions
10:00	Lights Out

## Cabin Life

### Cabins

*Two of our cabins sleep 10 people and the other eight cabins sleep 12 people. Every cabin will have 2 counselors supervising them. Cabins are in clusters of two (1 boy, 1 girl) to create Journey Groups for all small group activities and meals. All cabins are furnished with bunkbeds. Cabins are located in proximity to the Bath House or the restrooms of Lakewood Lodge.*

Cabin Group names are associated with the following colors during camp:

- Silly Squirrel - Orange
- Rambler Raccoon - Yellow
- Friendly Fox - Red
- Brave Beaver - Blue
- Turbo Turtle - Green

### Cabin Journey Group

A Cabin Journey Group is comprised of the boy and girl cabin in a cluster. Many activities throughout the week will be done with your Journey Group, while some others will be just with your cabin. The purpose of the Journey Group is to “create short-term communities in which persons experience the Christian faith.” A Journey Group is much like a family. You will share meals together, play games, study the Bible, etc all as a giant family. This is a wonderful experience for campers. Within a couple days, many campers will take pride in their Journey Group and start to feel more at home.

We offer family style meals here at Camp Lakewood. This means that your Journey Group will gather around the same table at every meal. Food is served in large bowls and passed around the table for everyone. This creates a wonderful experience for our campers who may not always have the chance to enjoy this kind of setting, have these conversations, and explore the manners at home.

## Bring A Friend Or Come With A Church

Camp is a great place to solidify relationships within a student’s faith community. Invite a friend to join or come with your church to create maximum impact in helping to find stability and foundation in your child’s relationship with Christ.