

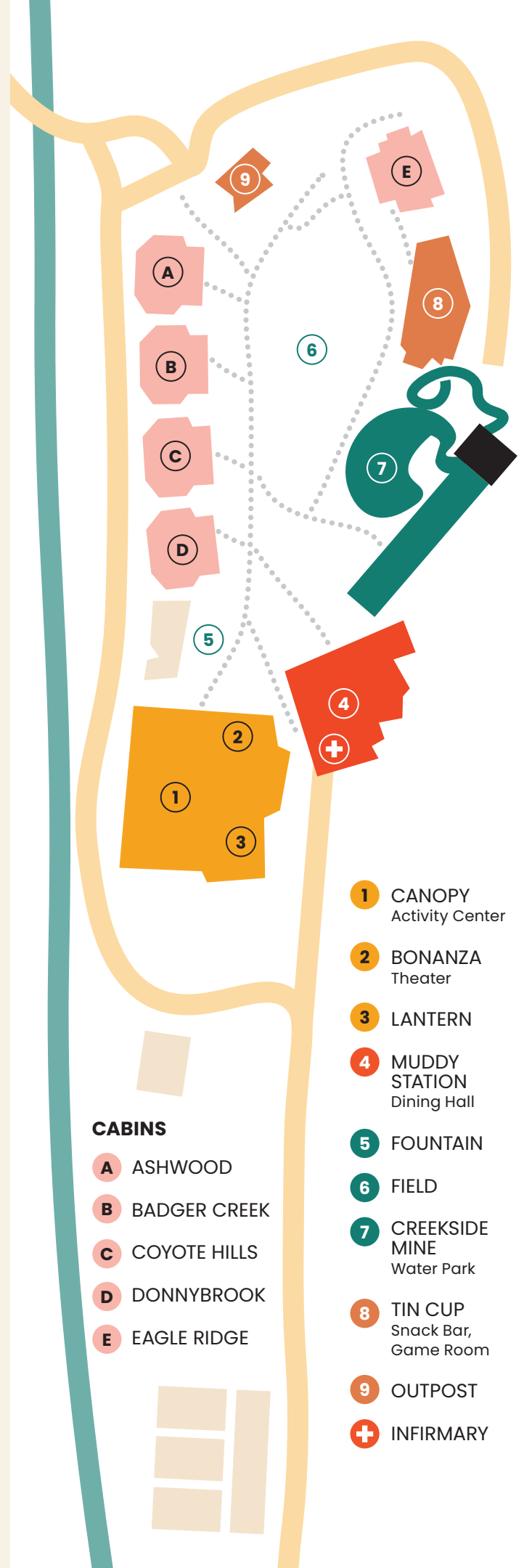
Welcome to

flok FAMILY CAMP 2025

CREEKSIDE CAMP TIPS

- Check-in is at the Outpost. If you arrive late, find a staff member.
- Cell service is unavailable and WiFi is limited. Free landline phones are always available at camp.
- The Coffee Bar in the Tin Cup opens at 7:30AM every day.
- There are scales, water, and supplies for mixing formula in Muddy Station.
- There are ice machines outside the cabins, small shared refrigerators between cabins, and a large refrigerator outside Muddy Station to store formula.
- FREE low-pro snacks available in Muddy Station all camp long!
- Please wear your name tags - it helps us get to know each other.
- There's a talent show Saturday Night. Put your name on the signup sheet on the Muddy Station stage and start practicing!
- The Nest is our name for childcare activities.
- Fill your bingo card by visiting vendors, participating in activities, and more to win a prize!

NEED HELP? flok staff will be wearing red flok Family Camp tees on Thursday and Friday!





2025 Itinerary

DAY 1: Thu, June 5

- 3:00 – 5:00 PM **9** Check-In
- 6:30 – 7:30 PM **4** Dinner & Announcements
- 7:30 – 8:00 PM **2** Learn About YoungLife (optional)
- 8:00 – 9:00 PM **2** Mixer Games/Ice Breaker
- 9:00 – 10:00 PM **7** Swim & Slide
- 10:00 – 11:00 PM **6** Teen Activity
- 11:00 PM Lights Out

DAY 2: Fri, June 6

- 7:30 – 8:30 AM **4 8** Coffee Available
- 8:30 – 9:30 AM **4** Breakfast
- 9:30 – 10:30 AM **2** flok Update
- 10:30 – 11:00 AM **2** Low Phe Life (Animated Series)
- 11 AM – 12:30 PM **4** Back to Basics Cooking Workshop
- 4** Kids Cooking Activity
- 3** The Nest (Ages 0–6)
- 12:30 – 1:30 PM **4** Lunch
- 1:30 – 1:45 PM BREAK
- 1:45 – 4:00 PM **2** Optional Talent Show Participant Rehearsal
- 1:45 – 2:30 PM **1** Kid/Teen Crafts
- 1** Sm. Groups: Athletics & IEM, Clinical Trials 1–2–3, Caregivers of Young Children, Volunteering with flok
- 2:30 – 5:00 PM **1** FREE TIME: Adventure Course, YoungLife Store, Snack Bar, Water Park, Yoga (4 PM)
- 1 8 7 6**
- 5:00 – 6:00 PM BREAK
- 6:00 – 7:00 PM **4** Dinner
- 7:00 – 8:30 PM **2** Science Night
- 3** The Nest – Movie Night (Ages 0–6)
- 8** The Nest – Movie Night (Ages 7–12)
- 9:00 – 11:00 PM **1** Silent Disco 13+
- 11:00 PM Lights Out

DAY 3: Sat, June 7

- 7:30 – 8:30 AM **4 8** Coffee Available
- 8:00 – 8:30 AM **2** Church Service (optional)
- 8:30 – 9:30 AM **4** Breakfast
- 9:00 – 11:00 AM **4** Community Fair (AM Session)
- 10:30 – 11:15 AM **1** Small Groups: Low Pro Lunch Ideas, Transitioning to Independence (Caregivers of 14–20), Adult Roundtable 21+
- 11:30AM – 12:15 PM **2** Group Photo & Camp Olympics
- 12:30 – 1:30 PM **6** Lunch
- 1:00 – 3:00 PM **4** Community Fair (PM Session)
- 2:00 – 4:30 PM **1** FREE TIME: Adventure Course, YoungLife Store, Camp Craft, flok Gear Store, Snack Bar, Water Park, Yoga (3:30 PM)
- 1 8 4 8 7 6**
- 5:00 – 6:00 PM **1** All Ages Silent Disco
- 6:00 – 7:00 PM **4** Dinner
- 7:00 – 8:00 PM **2** Talent Show
- 8:00 – 8:30 PM BREAK
- 8:30 – 10:00 PM **7** Swim & Slide
- 8** Free Treats
- 10:00 – 11:00 PM **8** Teen Hangout
- 11:00 PM Lights Out

DAY 4: Sun, June 8

- 7:30 – 8:30 AM **4 8** Coffee Available
- 8:30 – 9:30 AM **4** Breakfast
- 9:30 – 10:30 AM Pack up & clean up!
- 10:30 AM **4** Check out, pick up to-go lunch

- 1** CANOPY
- 4** MUDDY STATION
- 7** WATER PARK
- 2** BONANZA
- 5** FOUNTAIN
- 8** TIN CUP
- 3** LANTERN
- 6** FIELD
- 9** OUTPOST

See other side for Creekside map