

WHERE SUMMER HAPPENS

YMCA CAMP ST. CROIX 2017 OVERNIGHT CAMP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TRADITIONAL CAMP
Ages 7-14

ADVENTURE CAMP
Ages 10-15

LEADERSHIP DEVELOPMENT
Ages 14-17

campstcroix.org

GREETINGS FROM CAMP ST. CROIX



For over a century Camp St. Croix has brought boys and girls out to the bluffs overlooking the St. Croix River to enjoy the best weeks of their summers. From paddling and sailing to horseback riding and rock climbing, campers who come to St. Croix have a ton of fun, challenge themselves, and (most importantly) make friends in a positive, supportive environment.

In traditional camps younger campers get a taste of all that camp has to offer. In adventure camps participants choose their area of focus - sailing, canoeing, rock climbing, bicycling or horseback riding - and spend hours each day building skills and having fun in their area of choice. Our oldest participants take part in our Leadership Development Program, continuing to hone their outdoor abilities while learning group leadership skills. No matter which session your camper attends they will have a safe, fun and enriching experience.

We hope to see your camper out here at Camp St. Croix this coming summer!

Sincerely,

Amy Schneider, Executive Director
amy.schneider@ymcamn.org
715-386-4380

John Bussey, Program Director
john.bussey@ymcamn.org
612-465-0566

OUR MISSION

YMCA Camp St. Croix builds community and teaches respect for self, others, and nature through summer camp, outdoor education and retreats.



LIFE AT CAMP

ACTION FILLED DAYS

Days at Camp St. Croix are fun and action packed. From archery to rock climbing, arts to canoeing, and swimming to outdoor cooking, every camper is guaranteed activities they'll love. In the evenings we play all-camp games, roast marshmallows, and sing camp songs around campfires.

CABIN LIVING

Campers live in cabin groups with nine other kids and two leaders. Campers form close-knit relationships with each other and truly get to know their counselors. Young campers live close to camp center, while older campers live in rustic outposts and may spend time on trail in tents.

A BALANCED DIET

Campers enjoy family style dining with their cabin group at each meal. Along with accommodating dietary restrictions, our kitchen staff offers up a variety of fresh fruit and a lunch and dinner salad bar so campers have a well-rounded dining experience at each meal.

WELL TRAINED STAFF

Our staff are amazing young men and women who make camp safe, fun, and enriching. They are trained on a wide variety of subjects, from leading games to guiding wilderness experiences and from supporting homesick campers to facilitating nightly reflections. Their goal is to make sure every camper has the best week of their summer.

A SAFE, HEALTHY EXPERIENCE

We maintain our American Camp Association (ACA) accreditation by voluntarily meeting 300 health, safety, and program quality standards that go above and beyond the state's basic licensing requirements.

- An ACA-qualified nurse or doctor is on site every day.
- All of our staff are lifeguards and trained in Wilderness First Aid and CPR.
- Hudson Hospital and Clinic is less than two miles from camp.

LEARN MORE ABOUT:

- Buddy requests: page 4
- Medical volunteers: page 5
- Financial assistance: page 7
- Camp Oz and Needlepoint: page 8
- The week of July 2nd: page 9

CAMP ACTIVITIES

- | | | | |
|-----------------|--------------------|---------------------|--------------------------|
| • Arts & Crafts | • Field Games | • Nature Hikes | • Hatchet Throwing |
| • Canoeing | • Tennis | • Campfires | • Human Foosball |
| • Kayaking | • Volleyball | • Outdoor Cooking | • Nine Square in the Air |
| • Sailing | • Soccer | • Rock Climbing | • Shelter Building |
| • Team Building | • Basketball | • Tent Camping | • Music and Theater |
| • Hiking | • Archery | • High Teams Course | • Service Learning |
| • Swimming | • Horseback Riding | | |

Please understand that some activities are limited to certain ages (such as high team building elements) or to participants in certain adventure camps (such as horseback riding)



LOCATION

25 miles east of the Twin Cities in Hudson, Wisconsin.

YMCA CAMP ST. CROIX

532 County Road F
Hudson, WI 54016
Phone: 715-386-4380

TRADITIONAL CAMPS

THREE DAY SUMMER SAMPLER

Most sessions age 7-9; \$310

June 14 – 16	ages 7 – 12
June 25 – 27	
June 28 – 30	
July 2 – 4	
July 5 – 7	
August 6 – 8	
August 9 – 11	

ONE WEEK TRADITIONAL

Most sessions age 7-12; \$590

June 25 – 30	
July 2 – 7	
July 9 – 14	ages 7 – 14
July 16 – 21	ages 7 – 14
July 23 – 28	
July 30 – August 4	
August 6 – 11	

TWO WEEK TRADITIONAL

In partnership with Vertical Endeavors Guided Adventures.

Age 10-14; \$1250

July 9 – 21
July 23 – August 4

BUDDY REQUESTS

Cabin Buddy requests can be made during registration. We allow two friend requests per person, with a maximum age difference of two years.

THE BEST OF CAMP ST. CROIX

THREE DAYS TO TWO WEEKS; AGE 7-15

Our Traditional campers experience the best that St. Croix has to offer.

They have tons of fun with their cabins in the morning, take part in Camper's Choice in the afternoon, join in all camp games in the evening, and round out the day with all camp games and campfires with their cabin groups.

Our youngest campers, typically age 7-10, form our **Pioneer Unit**, those age 10-12 our **Trailblazer Unit**, and our oldest traditional campers make up our **Woodcrafter Unit**. Units form extended families for campers with unit coordinators organizing games and activities throughout the week.

While Pioneers spend all nights at camp in their cabin, Trailblazers and Woodcrafters are introduced to Camp St. Croix's tripping program. One-weekers spend a night camping out in Camp St. Croix's South Forest and two week campers spend four nights on trail paddling and climbing. Please note that traditional campers may not have time do some adventure camp activities, such as horseback riding and sailing.

HORSES

RIDE, GROOM, CARE AND TRAIN

ONE TO FOUR WEEKS, AGE 10-17

Campers in our horse program develop from novice riders to young adults experienced in many aspects of equine care, grooming, riding, and training. For most **Trail Trotters**, their camp session is their first exposure to horseback riding, and their session focuses primarily on developing basic western riding skills. **Boots and Saddles** campers transition from Western to English riding, spending afternoons with our partners at the St. Croix Training Center. **Wranglers**, with us for two weeks, spend more time in activities besides riding such as grooming and training; they train over their weekend with Pine Lake Pastures.

Our horse-focused Leadership Development Program, titled Equestrians, takes campers skills to the next level and introduces them to long-term opportunities in training and equine therapy. Learn more about Equestrians on page 10.

TRAIL TROTTERS

Age 10-12; one week; \$725

June 25 – 30	*girls only
July 2 – 7	
July 9 – 14	*girls only
July 16 – 21	*girls only
July 23 – 28	*girls only
August 6 – 11	

BOOTS AND SADDLES

In partnership with Saint Croix Training Center.

Age 12-14; one week; \$775

June 25 – 30	*girls only
July 2 – 7	
July 9 – 14	*girls only
July 16 – 21	*girls only
July 30 - August 4	*girls only
August 6 – 11	

WRANGLERS

In partnership with Pine Lake Pastures.

Age 13-15; two weeks; \$1,450

July 9 – 21	*girls only
July 23 – August 4	*girls only

RNS AND MDS NEEDED

Volunteer medical professionals support camp by enacting the health plan created by our Hudson-based Advising Physician. They are assisted 24/7 by Camp's staff Health Care Assistants. Contact John Bussey (john.bussey@ymamn.org) to learn more.



FINANCIAL ASSISTANCE AVAILABLE FOR ALL PROGRAMS

CANOEING

PADDLE WILDERNESS LAKES AND STREAMS

ONE TO FOUR WEEKS, AGE 12-17

For over a century St. Croix campers have paddled some of the most gorgeous waterways in North America. It's a tradition we carry on to this day.

Our **Frontiers** campers learn the basics of canoe tripping before they spend two nights camping on the Lower St. Croix River; for most of those campers it is their first time traveling by canoe. Our **Voyageur** campers review paddling skills at Camp, then head north to the Boundary Waters Canoe Area Wilderness with their St. Croix counselor. There they take part in a five day wilderness expedition with logistics and guiding facilitated by our sister camp, YMCA Camp Menogyn.

Our wilderness canoeing focused Leadership Development Program, titled **Explorers**, brings campers deeper still into the wilderness. Learn more on page 10.

FRONTIERS

Age 12-14; one week; \$675

June 25 - 30

July 2 - 7 *\$600; see page 9

July 9 - 14

July 30 - August 4

VOYAGEURS

In partnership with YMCA Camp Menogyn.

Age 13-15; two weeks; \$1300

July 9 - 21

July 23 - August 4

SAILING

EXPERIENCE THE FREEDOM OF WIND

ONE TO FOUR WEEKS, AGE 12-17

On Lake St. Croix, the mile wide portion of river alongside which camp sits, St. Croix campers gain skills that can take them anywhere.

The **First Mates** program is designed to give an introduction to basic sailing skills and techniques on optimist-class boats. First Mates spend a portion of each day receiving sailing instruction and the rest of their time participating in traditional camp activities. Our **Windjammers** graduate to 420s and a variety of other keelboats. The highlights of the Windjammer program are training sessions with the St. Croix Sailing School, a regionally renowned youth sailing academy.

Mariners, our Leadership Development Program that combines rock climbing and sailing, brings campers to the Apostle Islands, Lake Pepin, and Isle Royale; learn more on page 10.

FIRST MATES

Age 12-14; one week; \$675

June 25 - 30

July 2 - 7 \$600; see page 9

July 9 - 14

July 30 - August 4

August 6 - 11

WINDJAMMERS

In partnership with Saint Croix Sailing School.

Age 13-15; two weeks; \$1300

July 9 - 21

July 23 - August 4

FINANCIAL ASSISTANCE AVAILABLE FOR ALL PROGRAMS

Personal Pricing Plans are available for all of Camp St. Croix's sessions, giving those who apply between 10% and 50% off and the opportunity to take part in May workdays to help pay for camp.

Visit campstcroix.org for more information.

ROCK CLIMBING

CLIMB THE BEST OF THE NORTH

ONE TO FOUR WEEKS, AGE 12-17

Our youngest climbers, **Rockers**, learn basic climbing techniques and safety protocols at Camp St. Croix's climbing facilities. Midway through their week Rockers take part in a two-night camping trip to Taylors Falls for some classic outdoor top-rope climbing. **Cliffhangers** similarly begin with safety training at camp before hitting the trail for the crags of Devil's Lake State Park. All of our outdoor climbing is facilitated by our amazing partners Vertical Endeavors Guided Adventures.

Our most advanced climbers and sailors unite to take part in the **Mariners** Leadership Development Program. See page 10 for more information.

ROCKERS

In partnership with Vertical Endeavors Guided Adventures.

Age 12-14; one week; \$675

June 25 - 30	
July 2 - 7	\$600; see p. 9
July 9 - 14	
July 23 - 28	
August 6 - 11	

CLIFFHANGERS

In partnership with Vertical Endeavors Guided Adventures.

Age 13-15; two weeks; \$1300

July 9 - 21	
July 23 - August 4	

FOR YOUTH WITH DIABETES AND EPILEPSY

In partnership with the American Diabetes Association (Camp Needlepoint) and the Epilepsy Foundation of Minnesota (Camp Oz), Camp St. Croix helps make possible the best weeks of summer for hundreds of youth with diabetes and epilepsy. Contact John to learn more (john.bussey@ymcamn.org)

BICYCLING

YOU CAN'T BE SAD WHEN YOU ARE RIDING A BIKE

ONE WEEKS, AGE 12-14

PILOT FOR 2017.

In 2017 Camp St. Croix will be partnering with Art Doyle's Spokes and Peddles to bring the world of bike touring to St. Croix campers. While riding will certainly be a component of our bicycling program, participants will spend the majority of their time building, maintaining, and tuning bicycles. The rides will be the cherries on top: our Rouleurs will take part in a single night overnight bike trip and our Randonneurs a four night trip. All overnight trips will take make use of Wisconsin's amazing network of crushed limestone bicycle trails.

As a pilot program, sessions marked as tentative will be opened only as other sessions fill.

RANDONNEURS

In partnership with Art Doyle's Spokes and Pedals

Age 12-14; one week; \$675

June 25 - 30	
July 2 - 7	\$600; see page 9
August 6 - 11	(tentative)

DURING THE WEEK OF JULY 2 - 7

During the week of July 2 - 7 our Rockers, Randonneurs, Frontiers, and First Makes will share cabins. Campers can expect to enjoy all the best that camp has to offer as well as spend at least 3 hours a day in their skill area of choice. Rather than overnights, the week's capstones will be full day trips to climb at Taylor's Falls, ride the Gandy Dancer, or take to Lake St. Croix by canoe or sailboat.



LEADERSHIP DEVELOPMENT PROGRAMS

BUILD SKILLS FOR LIFE

TWO TO FOUR WEEKS, AGES 14 – 17

The LDP refers to our challenging outdoor leadership progression for youth age 14–17. LDP instructors coach on group facilitation and leadership, teach technical outdoor skills, and ask participants to collaboratively make consequential decisions.

Participants may apply for a space in Explorers, Equestrians, or Mariners without previous experience at Camp St. Croix. Once those courses have been completed a participant may be invited to take part in Advanced Explorers, Advanced Equestrians, and Advanced Mariners.

Acceptance is competitive and limited space is available. Applications will be reviewed on a rolling basis beginning January 1st, 2017. Space is not guaranteed for applications received after March 31, 2017. As with all Camp St. Croix programs, financial assistance is available. The full LDP Information and Application Packet are available at campstcroix.org under the "Forms and Publications" tab.

MARINERS, EXPLORERS

AGE 14–16; 7/23 – 8/4; \$1,300

EQUESTRIANS

AGE 14–16; 7/23 – 8/4; GIRLS ONLY; \$1,450

ADVANCED MARINERS, ADVANCED EXPLORERS

AGE 15–17; 7/9 – 8/4; \$2,600

ADVANCED EQUESTRIANS

AGE 15–17; 7/9 – 8/4; GIRLS ONLY; \$2,750

CAMP ST. CROIX LEADERSHIP DEVELOPMENT MODEL

4 VALUES + 4 ROLES + 5 SKILLS

- Caring
- Honesty
- Respect
- Responsibility
- Self Leader
- Partner
- Team Member
- Team Leader
- Communication
- Grit
- Emotional Intelligence
- Initiative
- Judgment



MARINERS (SAILING/CLIMBING)

IN PARTNERSHIP WITH VERTICAL ENDEAVORS GUIDED ADVENTURES, AMICUS ADVENTURES AND SAIL PEPIN.

Mariners develop skills in both climbing and sailing. On the water, participants hone skills on Optimists, 420s and J22s. After they master the basics they head out on incredible sailing expeditions on Lake Pepin and Lake Superior. They will also build climbing skills in camp before exploring the Upper Midwest's best crags including Devil's Lake and Shovel Point. The Mariner program is heavily instruction focused, meaning Mariners spend significant time coaching younger campers.

EXPLORERS (CANOEING)

IN PARTNERSHIP WITH YMCA CAMP MENOBYN.

Camp St. Croix's Explorers master paddling and portaging skills in the upper reaches of the St. Croix watershed before heading out on multi week canoeing trips in Minnesota's Boundary Waters Canoe Area Wilderness. More than anything else that Camp St. Croix does, the Explorer program teaches wilderness travel skills. The expeditions are not for the faint of heart.

EQUESTRIANS (HORSES)

IN PARTNERSHIP WITH PINE LAKE PASTURES AND CHANGING GAITS EQUINE THERAPY.

Equestrians are the future leaders of our horse program. They gain skills in training, riding, and caring for horses and work with our staff wranglers to teach skills to younger campers. They spend weekends at various training and equine therapy centers in the St. Croix Valley.

FINANCIAL ASSISTANCE AVAILABLE FOR ALL PROGRAMS

MORE ABOUT CAMP

BOLD & GOLD LEADERSHIP DEVELOPMENT FOR YOUTH FROM ALL BACKGROUNDS

The YMCA of the Greater Twin Cities is a national hub for Boys and Girls Outdoor Leadership Development (BOLD & GOLD), an outdoor education program designed to develop multi-cultural leadership skills in young men and women (age 12-17) through challenging outdoor activities.

BOLD & GOLD experiences are open to all with no experience necessary. We work to remove barriers by making programs accessible to all who are interested. Scholarships are available and enable us to create groups that reflect the diversity of our communities.

In 2017 Camp St. Croix will join Camp Menogyn and Camp Widjiwagan in hosting BOLD & GOLD camp sessions.

To learn more visit ymcamn.org/boldgold or contact Program Director Kurt Simer (kurt.simer@ymcamn.org)

2017 STAFFING LIFE CHANGING WORK FOR YOUNG ADULTS

Every summer Camp St. Croix hires eighty staff age 18-25. Many of the best candidates have professional experience working with youth and educational backgrounds in youth work or education in some way. All of our best candidates are enthusiastic, caring, professional and have great senses of humor. Half of our staff are recruited from the Twin Cities while the other half come from the Greater United States and abroad.

To inquire about working at Camp St. Croix contact Camp Director John Bussey (john.bussey@ymcamn.org)

WORLD CAMP A GLOBAL CENTER OF EXCELLENCE

For years Camp St. Croix has welcomed both expatriate and foreign national boys and girls (age 10 - 17) from around the world for a month of classic American summer camp. With cultural immersion elements like American family homestays and field trips (yes, we will go to the Mall of America) the month is absolutely a once in a lifetime opportunity.

In 2017 World Camp will take place from July 8 - August 5. Contact Camp Director John Bussey (john.bussey@ymcamn.org) for more information.



ENVIRONMENTAL EDUCATION

The diverse wildlife and ecosystems present at Camp St. Croix provide unique opportunities to learn about the environment, enrich your present curriculum, build teamwork, enhance self-confidence and provide hands-on experiences with nature.

TEAM BUILDING

For experiences that build teamwork, enhance communication, build self-confidence, leadership and trust turn to Camp St. Croix. We tailor programs to meet your goals and objectives and create an experience uniquely designed for your group's success.

CONFERENCES & RETREATS

Nature provides the ultimate meaningful environment for gathering people, promoting ideas and inspiring minds. Camp St. Croix provides an experience you can count on for your next successful group getaway.

HOMESCHOOL

Join us for hands-on, multi-age, and cross-curricular programming. All programs are designed to fit your needs as a homeschool household. Bring the whole family to experience something new, connect with other families and discover the outdoors.

DAY CAMP DAYCROIX

YMCA Day Camp DayCroix is the perfect environment to explore all the benefits of camp while allowing campers to return home each afternoon. Day Camp is about learning skills, developing character and making friends. Camping teaches self-reliance, a love for nature and the outdoors, and the development of attitudes and practices that build character and leadership. The Day Camp experience is built on the Y's values of caring, honesty, respect and responsibility. Y counselors are dedicated to making sure camp is an amazing experience for every camper.

CALENDAR

- Breakfast with Santa December 10, 2016
- Candlelight Hike and Ski . . . January 14, 2017
- Earth Day April 23, 2017
- For the Love of Croix April 27, 2017
- Prairie Burn Music Festival Sept. 16, 2017

For more info visit campstcroix.org.

DISCOVER Y OVERNIGHT CAMPS

YMCA CAMPING: AN EXPERIENCE LIKE NO OTHER.

At the Y, we embrace adventure. Our camps nurture the development of every camper through providing all of the elements that make a camp experience great: outstanding counselors, well developed programming, unmatched facilities, and a caring culture where campers grow in character and confidence.

We are committed to providing quality programs with a variety of outdoor experiences for both children and families.

OVERNIGHT CAMPS:

Camp St. Croix
Camp Icahowan
Camp Ihduhapi
Camp Warren

TEEN WILDERNESS CAMPS:

Camp Menogyn
Camp Widjiwagan

FAMILY CAMP:

Camp du Nord

"This experience was fantastic for my son. It was empowering for him to be "on trail". He came home changed and ready to take on more challenges."

– Camper Parent

ymcacamps.org

SUMMER REGISTRATION

TO REGISTER

- ◆ We're going green, registration online at campstcroix.org
- ◆ To download a registration form go to campstcroix.org under forms and publications.
- ◆ Registrations accepted now throughout summer 2017.
- ◆ Each registration must be accompanied with a \$150 non-refundable deposit per session. The completed registration materials, along with the deposit will secure your place at camp.

ADDITIONAL CAMP PAPERWORK

- ◆ Additional camper paperwork will be required to attend camp. Forms can be found at campstcroix.org website under Forms and Publications.
- ◆ Complete and bring paperwork with you to camp. DO NOT MAIL.

PAYMENT PLAN

- ◆ The balance of the session fee is due one month prior unless you have a pre-approved payment plan established with the Customer Service Center. If the balance is not paid by one month prior, you may forfeit your place at camp along with the deposit.
- ◆ If you have questions about our payment plan policy or would like to establish a payment plan, please contact the Customer Service Center at the time of registration at 612-822-2267.

FINANCIAL ASSISTANCE – PERSONAL PRICING PLAN

- ◆ The YMCA welcomes all who wish to participate in our programs. The YMCA annually raises funds through our Annual Campaign to help make that possible. Financial Assistance is granted on a first-come, first-served basis. Please visit campstcroix.org or call for an application at 612-822-2267.

CONFIRMATION

- ◆ Email confirmation will be sent immediately upon completion of online registration.
- ◆ Confirmation will be sent within three weeks upon receiving mailed or faxed registration materials and deposit.
- ◆ The Parent Handbook contains important camper information such as packing lists and session information. It can be found at campstcroix.org. Please review thoroughly.

CANCELLATION & CHANGE POLICY

- ◆ Cancellations must be in writing and can be submitted to ymcamn.org/contact_us or faxed to 612-223-6322.
- ◆ Cancellations received one month prior to the session start date will be refunded however, your deposit is nonrefundable.
- ◆ Cancellations made less than one month prior to the session start date are non-refundable and non-transferable.
- ◆ If cancellation is due to a camper's illness or medical reasons, or other uncontrollable circumstance, your camp fees may be refunded minus the deposit when cancellation is accompanied by a doctor's record/official statement.
- ◆ If a camper has a significant discipline problem during a session, we reserve the right to dismiss him or her, without refund, for the remainder of the session.

ACCESSIBILITY

If your child has a disability requiring an accommodation or a special need you would like us to be aware of, please let us know. This information enables us to better meet the needs of your child within available resources. For campers requiring special accommodation for food allergies, disabilities, developmental disorders and behavioral issues, decisions are made on a case-by-case basis. Please contact John Bussey at YMCA Camp St. Croix, 612-465-0566.

NON-DISCRIMINATION STATEMENT

In the operation of the Summer Camp Food Service Program, no child, as defined by the program regulations, will be discriminated against because of race, sex, color, national origin, age, or handicap. Any person, who believes that a child has been discriminated against in any USDA related activity, should write immediately to the Secretary of Agriculture, Washington, DC 20250.

REFER A FRIEND

Refer a friend to camp and receive \$25 credit off your camp fee for each NEW camper. You and your friend(s) must be registered by April 1, 2017 and they must be new to YMCA Camp St. Croix.

Sign up for Refer A Friend when you register for camp. Register online or download the registration form.

Credit is non-refundable and non-transferable. Refer A Friend promotion ends April 1, 2017.

Online registration available campstcroix.org

**FINANCIAL ASSISTANCE
AVAILABLE FOR ALL PROGRAMS**



YMCA OF THE GREATER TWIN CITIES
2125 E Hennepin Ave
Minneapolis, MN 55413

YMCA CAMP ST. CROIX
532 County Rd. F
Hudson, WI 54016

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
YMCA
TWIN CITIES MN

GET TO KNOW CAMP

GET TO KNOW CAMP MN PARENT
CAMP FAIR AT COMO ZOO SATURDAY

SATURDAY, FEBRUARY 25

10 a.m. – 2 p.m.

YMCA SUMMER PROGRAMS FAIR
AT ALL YMCA LOCATIONS

SATURDAY, MARCH 4

9 a.m. – NOON

OPEN HOUSE AT CAMP ST. CROIX

SUNDAY, JUNE 4

11:00 a.m. – 2:00 p.m.

View photos on [flickr.com/campstcroix](https://www.flickr.com/photos/campstcroix/)
Visit us at campstcroix.org

Have a question?
Contact us at 612-822-2267
Email us at: info@campstcroix.org

SAVE \$25 BY REFERRING A FRIEND

See page 15 for more information.

