

CREATING LIFELONG MEMORIES

YMCA CAMP IHDUHAPI

2017 Overnight Camp



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**EARLY BIRD REGISTRATION NOW
THROUGH DECEMBER 31, 2016**

Save \$25 off your camp fees and receive a
limited edition Camp Ihduhapi t-shirt.

TRADITIONAL CAMP
Ages 7-14

LEADERSHIP CAMP
Ages 13-16

campihduhapi.org

IHDUHAPI (EE-do-hop-ee) FROM THE LAKOTA "INDEPENDENCE"

LIFE AT CAMP IHDUHAPI

Camp life at Ihduhapi provides a warm and nurturing environment. Campers lodge in cabins in groups of 8-12 campers plus two staff members. Camp Ihduhapi empowers girls and boys to be their best.

- ◆ Traditional camp is a way to participate in many time-honored camp activities.
- ◆ Camp Ihduhapi campers spend time with their assigned cabin and along with the other campers in small and large group activities.
- ◆ Full week session campers do an overnight in tents.
- ◆ In partnership with lead staff, program specialists assist in waterfront, arts and crafts, horses and administration, plus more.
- ◆ We provide a well-balanced diet and our kitchen staff prides themselves on creating good-tasting meals. A salad bar is provided at lunch and dinner and fresh fruit and milk is offered each day. Vegetarian option also available.
- ◆ Campers eat their meals family style as a cabin group.
- ◆ Girls and boys participate in camp activities on equal footing while they experience diverse points of views.

ACHIEVEMENT OPTIONS

Our Traditional Camp day includes four activity times. Campers choose four Achievement Options to participate in over the length of their session. Examples:

- ◆ Recreational Swimming
- ◆ Canoeing
- ◆ Sports & Games
- ◆ Archery
- ◆ Yipahudhi (camp newspaper)
- ◆ Nature Education
- ◆ Outdoor Cooking
- ◆ Arts & Crafts
- ◆ Team Building
- ◆ Music
- ◆ Kayaking (ages 10+)
- ◆ Paddleboarding (12+)

OUR MISSION

To foster physical, mental and spiritual growth by providing a fun-filled, challenging and supportive environment in which to learn about nature, others and oneself.

**UNPLUGGED
NO ELECTRONICS**

GENERAL INFORMATION

WELL-TRAINED STAFF

Camp Ihduhapi is staffed with a year-round Executive Director, a Program Director, and a Building Superintendent. On a seasonal basis, college students and graduates join the staff to fill many important roles in counseling and specialist positions.

A well-trained, enthusiastic staff is crucial to an exciting and unforgettable camping experience. Each staff member undergoes an extensive and professional eight-day training program in preparation for our campers' arrival. Camp Ihduhapi staff members are carefully selected based on leadership skills, prior experience working with children, decision-making capabilities, respect for the environment and safety awareness.

Staff are certified in CPR and First Aid based on job responsibility.

HEALTH, SAFETY & WELLNESS

The safety of each child is our primary concern. We are American Camp Association (ACA) accredited. This assures you that YMCA Camp Ihduhapi practices measure up to 290 national standards that go a step beyond our state's basic licensing requirements. ACA accredited camps voluntarily go through a rigorous risk-management process to provide a supervised, positive environment with controlled boundaries where children can grow. ACA standards establish criteria for areas such as: Emergency Preparedness, Transportation, Health Care, Program Practices, and Living Areas.

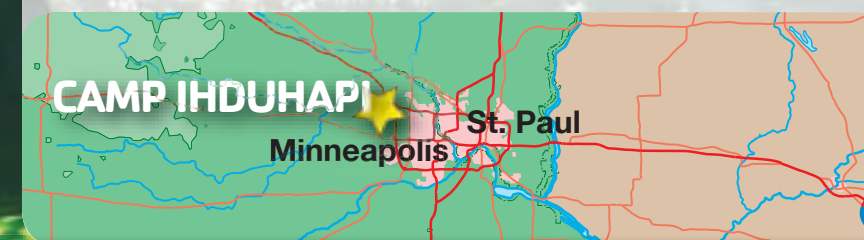
At Camp Ihduhapi:

- ◆ We have a health care provider on the property at all times.
- ◆ Staff members are trained in safety and first aid.
- ◆ Ambulance emergency response time is seven minutes.

LOCATION

Camp Ihduhapi is conveniently located, close to home and just far enough away, only 22 miles west of the Twin Cities near Loretto, Minnesota. On 175 acres, the camp is situated on beautiful Lake Independence, a stunning backdrop and perfect environment for all camp activities. Camp Ihduhapi's spacious grounds are maintained to suit all varieties of camp interests. Camp Ihduhapi's location is ideal for both first time and returning campers.

3425 Ihduhapi Road, Loretto, MN 55357



CAMP SESSIONS

A DAY AT CAMP IHDUHAPI

- 7:00 a.m. Road Runners or Yoga (optional)
- 7:30 a.m. Polar Bears (optional) and wake-up bell
- 8:00 a.m. Flag Raising
- 8:05 a.m. Inspiration
- 8:15 a.m. Breakfast
- 9:00 a.m. Service Projects/Cabin Clean-up/Cabin Activity
- 10:00 a.m. Specialty Camp or Achievement 1
- 11:00 a.m. Specialty Camp continued or Achievement 2
- Noon Meet with cabin/prepare for lunch
- 12:15 p.m. Lunch and Mail
- 1:15 p.m. Rest Hour
- 2:30 p.m. Specialty Camp or Achievement 3
- 3:30 p.m. Specialty Camp continued or Achievement 4
- 4:30 p.m. Meet in Commons
- 4:50 p.m. Flag Lowering
- 5:00 p.m. Dinner
- 6:00 p.m. Cabin Activity (small group activities)
- 7:00 p.m. All-Camp Game
- 8:00 p.m. Evening Activity
- Sunday Opening Campfire & Skit Night
- Monday Out of Camp Camping Night – half of camp goes on an overnight. All Camp Games & Traditional Campfire – for those remaining in camp
- Tuesday Out of Camp Camping Night – other half of camp goes on an overnight. All Camp Games & Traditional Campfire – for those remaining in camp
- Wednesday Theme Night! Themed activities such as a dance, carnival or floating campfire.
- Thursday Picnic-style dinner, closing campfire, and reflections.
- 8:00 p.m. Campfire and Taps Talk
- 9:00 p.m. KYBO time (Keep Your Bodies Orderly – a.k.a. wash up before bed!)
- 9:45 p.m. Reflections in Cabins
- 10:00 p.m. Cabin Lights-Out

THEME DAYS

Theme Days add extra fun for campers and are part of Camp Ihduhapi's rich tradition. Campers (and counselors) get wildly creative, dress-up and spend the day on theme-related activities, including all-camp games such as Counselor Hunt, Capture the Flag, or Trench. Theme Day may also include a dance, carnival or floating campfire. Past themes include Hollywood Day, Pirate Day, Minnesota Day, Medieval Day, Superhero Day and many more.



SUMMER SAMPLERS

Ages 7 – 14 see specific weeks

Kids who want to try overnight camp will love our Summer Sampler. For 4 days and 3 nights, campers enjoy life in the great outdoors. Camp will manage the achievement schedule to provide a variety of camp activities; this is a great way for kids to get the feel of overnight camp.

Dates	Fee: \$420
June 11-14	7-14 year olds
July 9-12	7-9 year olds
July 16-19	10-12 year olds
July 23-26	7-9 year olds
July 30-Aug. 2	10-12 year olds
Aug. 20-23	7-14 year olds

TRADITIONAL CAMP

Ages 7-14

Traditional Camp is a great way for kids to spend 6 days participating in many time-honored camp activities. Campers choose four Achievement Options when they arrive at camp and will spend an hour on each Achievement activity every day except Theme Day. During other activity times, such as Cabin Activity, campers choose as a group an activity to do together.

Dates	Fee: \$590
June 18-23	
July 9-14	
July 16-21	
July 23-28	
July 30-Aug. 4	
Aug. 6-11	
Aug. 13-18	

SPECIALTY CAMPS

Two hours each day are set aside for Specialty Camp activities, weather permitting. Specialty Camps give campers more time to spend on their favorite camp activities while still having a traditional camp experience. Campers enrolled in Specialty Camps also choose two Achievement Options to participate in for another two hours (one hour each) during program time.

NATURE CAMP

AGES 9 – 12

We expanded our popular Nature Achievement to a week-long Specialty Camp where the focus is on 'all-things nature!' Activities may include studying aquatic ecology, learning about recycling and leave-no-trace camping, playing nature focused games, and exploring all of the diversity that Camp Ihduhapi has right in our backyard!

Dates **Fee: \$620**

June 18-23

HORSE CAMP

Ages 8 – 14

(max 14 campers each session)

Our Horse Camp is perfect for beginner riders! Campers learn basic horse care, riding safety, and techniques such as mounting, dismounting, and controlling the horse. Campers spend two consecutive hours each day at the Ranch for riding and instruction. They may also take to the trail or ride through the Camp Ihduhapi forest at the end of the week.

Dates **Fee:**

June 11-14 sampler \$500

June 18-23 \$715

July 9-14 \$715

July 16-21 \$715

July 23-28 \$715

July 30- Aug. 4 \$715

Aug. 6-11 \$715

Aug. 13-18 \$715

Aug. 20-23 sampler \$500





ARTS & CRAFTS

Ages 8 – 12
(max 20 campers each session)

Campers will spend two hours each day working on Arts & Crafts projects. Creativity becomes reality when we combine art and nature while at camp. Daily projects as well as a week-long group project allow our campers to express themselves as artists.

Dates

Fee: \$620

June 18–23

ATTENTION RNS

If you would like to volunteer for one session at YMCA Camp Ihduhapi as the camp Health Care Provider, we will waive the cost of your child to come to camp (\$590 maximum credit). A second child is 50% off. You must be a licensed RN by the state of Minnesota. Call the Camp Executive Director at 763-479-1146 for details.

OUTDOOR CHALLENGE CAMP

Ages 10 – 14

(max. 18 campers each week)

Outdoor Challenge Camp combines Camp Ihduhapi's renowned High Ropes Challenges and Group Initiatives with excellent facilitators to create an opportunity for campers to strengthen their character and learn group cohesion skills. Climbers spend two hours each day experiencing some of the high and low ropes events including the Climbing Wall, Leap of Faith, Giant Zipline, High V's, Giant's Ladder, and Tree Highs Course.

Dates

Fee: \$700

June 18-23

July 9-14

July 16-21

July 23-28

July 30-Aug. 4

Aug. 6-11

Aug. 13-18

PERFORMING ARTS

Ages 10 – 14

Anyone interested in exploring a variety of creative activities in the visual and performing arts! Voice projection, stage presence, choreography, and character development are only a few skills that participants will learn about in this exciting addition.

This exciting program emphasizes all aspects of Performing Arts; creativity, music, dance, costuming and fun! Culminating in a short performance at the end of the week! "Jazz Hands" not included.

Dates

Fee: \$620

July 16-21

Aug. 6-11





WATER SKIING CAMP

Ages 10 – 14

(max 14 campers each session)

Campers will spend two hours each day participating in all aspects of water skiing. They will learn boating etiquette, water ski equipment care, and how to get up on skis from deep water. This is a good program for beginners and for kids to hone water skiing skills such as cutting in and out of the wake or dropping a ski. On the last day, everyone really relaxes as we take to the water for tube rides!

Dates

Fee: \$700

July 9-14

July 16-21

July 23-28

July 30-Aug. 4

Aug. 6-11

TEEN EXTREME

Age 12 – 14

(Groups are single gender)

For those teens that want to try something different from our Traditional Camp, we offer the Teen Extreme Program. This adventurous program combines a variety of outdoor excursions and in-camp activities. Groups typically leave Camp Ihduhapi for the day and return at night to stay in their own cabin. Groups may have the opportunity to camp out at a state or national park for one night. During past sessions, campers have enjoyed activities such as rock climbing, a guided cave tour, trail hiking or a guided kayak tour, weather permitting.

Dates

Fee: \$725

June 18-23 (Girls)

July 30 - Aug. 4 (Boys)

LEADERSHIP DEVELOPMENT

Our Leadership Development Programs build the whole person – spirit, mind and body – through a variety of activities, projects and team-building activities. Campers learn leadership skills built upon the YMCA’s core values of Caring, Honesty, Respect and Responsibility and learn valuable lessons that will last a lifetime.

EXPLORERS – CANOEING

Entering Grade 8-9 (Groups are co-ed)

6 days – This program introduces kids to the wonderful adventures of a river trip! The program starts with campers getting to know each other and practicing canoeing skills in camp. The next three days are spent paddling down a river where groups cook their own meals and sleep in tents. This is a great trip for campers to learn outdoor skills and team building during their explorations!

Dates **Fee: \$725**
July 23-28

VOYAGEURS – HIKING

Entering Grade 8-9 (Groups are co-ed)

13 days – This exciting program is for kids who want to experience the challenge of camping outdoors and working as part of a team! After their time on trail, Voyageurs return to Camp Ihduhapi and participate in activities with an emphasis on supporting younger campers.

Dates **Fee: \$1,285**
July 9-21

JUNIOR LEADERS – CANOEING

Entering Grade 10 (Groups are co-ed)

13 days – This leadership immersion program is for teen campers who would like to develop their leadership and camping skills in the great outdoors. The first few days are spent at camp focusing on leadership and service learning. The next couple of days take Junior Leaders on a canoeing adventure in northwest Wisconsin. Campers are involved in planning their daily schedule, including the trip route and meals, with the guidance of trained Trail Guides.

Dates **Fee: \$1,285**
July 9-21



COUNSELORS IN TRAINING (CIT)

Canoeing

Entering Grade 11 (Groups are co-ed)

3 weeks – This program is for teens that want to develop mentoring and leadership opportunities as Camp Counselors. CITs build counseling skills by working together on team building and leadership skills necessary in guiding younger campers. Activities start on site at Camp Ihduhapi and then travel to YMCA Camp Menogyn, in northern Minnesota, where they spend a few days paddling the lakes with a trained Menogyn Wilderness Guide. The last week is spent at Camp Ihduhapi applying their new skills by shadowing experienced counselors in a cabin of younger campers and leading all camp activities.

Dates **Fee: \$1,495**
July 23- Aug 11

Y LEAD • OVERNIGHT CAMP

**Leadership
Experience
Aptitude
Determination**

Entering Grade 12 (Groups are co-ed)

3-weeks – This program provides sample workshops and skills trainings that our accomplished camp staff experience during their pre-camp staff training. It is designed to provide young leaders with more skills when entering the work force. These skills will be transferable to camp and non-camp jobs. Sessions include: how to work with children, emergency preparedness, and customer service with parents. Hands-on interaction with campers and camp staff is a major component. Campers go home each weekend.

Meals and housing provided for campers while at Camp Ihduhapi. Spaces are limited and volunteer applications and interview times must be submitted to the Camp Program Director. Call 763-479-1146 for more information and an application.

Deadline for applications is April 1, 2017.

Dates **Fee: \$575**
July 9 - 14
July 16 - 21
July 23 - 28

SPECIALTY CAMPS

WELLNESS DISCOVERY CAMP

Ages: 10-15

Turning kids on to healthy habits is what this camp is all about. And, we do it in a fun, outdoor setting! Wellness Discovery Camp is designed for kids ages 10 to 15 who want to improve their health and wellness. Learning sessions include topics such as healthy eating, taste testing, stress management and yoga. The remainder of the time is spent on traditional camp activities.

At camp kids will:

- Take control and engage in wellness lifestyle practices that will help them achieve their best self.
- Experience nutritious food choices that taste great, including appropriately portioned, balanced meals and dietician approved snacks.
- Discover fun activities that promote wellness.

Along with experienced camp counselors, the camp team includes specialists from the University of Minnesota Children's Hospital Pediatric Weight Management Program.

Dates

July 5-8

Fee: \$520

Wednesday-Saturday



CAMP SUPERKIDS

a camp for kids with asthma

Camp Superkids is an exceptional summer experience where children with moderate-to-severe asthma learn how to manage their asthma while being active, meeting new friends, and just being kids. Contact the American Lung Association in Minnesota for price and registration information. Call Ruby Hocker at 651-268-2146 or visit the web at www.lungusa.org/associations/states/minnesota/events-programs/asthma-camp-1.html

Dates

June 25 – 30



SUMMER REGISTRATION

TO REGISTER

- ◆ We're going green, register online at campihduhapi.org
- ◆ To download a registration form go to campihduhapi.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. This includes a Health Exam form, Camper Personal History form, and Medication Permission forms (if applicable). Forms can be found at campihduhapi.org website under Forms and Publications.
- ◆ A new physical exam is required each year before attending camp.
- ◆ 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 campihduhapi.org or call for an application at 612-822-2267. Apply by June 1, 2017.

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 statement/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.

CONFIRMATION

- ◆ Email confirmation will be sent immediately upon completion of online registration.
- ◆ Confirmation will be sent within three weeks upon receiving manual 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 campihduhapi.org. Please review thoroughly.

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 Program Director at YMCA Camp Ihduhapi, 763-479-1146.

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 Ihduhapi.

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.

GETTING TO CAMP

YMCA Camp Ihduhapi is conveniently located just 30 minutes west of Minneapolis, in Loretto, MN. Please refer to your Parent Handbook for directions and a map to camp. Because of our close proximity to the Twin Cities, Camp Ihduhapi does not offer bus transportation.

DROP-OFF AND PICK-UP

- ◆ Drop-off is from 1:00–2:30 p.m. on first day of session.
- ◆ Pick-up is from 1:00–2:30 p.m. on last day of session.

Online registration available campihduhapi.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 Icaghowan
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

YEAR ROUND PROGRAMS

FALL, WINTER, SPRING

TEAM BUILDING

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

CONFERENCE & RETREATS

Nature provides the ultimate meaningful environment for gathering people, promoting ideas and inspiring minds. Camp Ihduhapi 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.

YUKON DAYS

Yukon Days is for boys and girls ages 7 – 16 who can't wait until summer to come back to camp! Campers stay in our cozy heated cabins overnight. Action packed days filled with winter outdoor adventures.

DAY CAMP IHDUHAPI

AGES 4-14

YMCA Day Camp Ihduhapi is the perfect environment to explore all the benefits of camp while allowing campers to return home each afternoon. Few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in physical, social and educational activities.

For more information on any of these programs visit campihduhapi.org.

CALENDAR OF EVENTS

Yukon Days	Dec 28-29
Easter Egg Hunt	April 15
Alumni Event	TBD



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

YMCA CAMP IHDUHAPI
3425 Ihduhapi Road
Loretto, Minnesota 55357

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

IMPORTANT DATES TO MEET CAMP STAFF

MN PARENT CAMP FAIR @ COMO ZOO

SATURDAY, FEBRUARY 25

10 a.m. – 2 p.m.

YMCA SUMMER PROGRAMS FAIR @ ALL YMCA BRANCH LOCATIONS

SATURDAY, MARCH 4

9 a.m. – Noon



NEW CAMPER ORIENTATIONS / OPEN HOUSE

See Ihduhapi for yourself! Bring your whole family, too. Take a tour, learn about Traditional Camp activities and highlights, and meet the camp staff.

ALL OPEN HOUSE EVENTS ARE FREE!

SUNDAY, JUNE 4, 1–4 p.m.

Overnight and Day Camp Tours ongoing.

Formal presentations for overnight camp held 2–2:30 pm and 3–3:30 pm.



“Like” us on Facebook.

Visit us at campihduhapi.org

Have a question?

Contact us at 612-822-2267

Email us at: info@CampIhduhapi.org



SAVE \$25 BY REFERRING A FRIEND
See page 13 for more information.