



# THINK SUMMER

YMCA DAY CAMP IHDUHAPI 2020  
AGES 4 - 15

[daycampihduhapi.org](http://daycampihduhapi.org)

Membership not required for enrollment.



**SAVE**  
ON SUMMER  
PROGRAMS

March 4 - 10

April 13 - 24

Offers listed inside.



# QUICK GUIDE

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**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

The Y is a movement that enables kids to realize their potential, provides lifelong skills and offers ways for families to have fun together.

## **YMCA DAY CAMP IHDUHAPI**

3425 Ihduhapi Road  
Loretto, MN 55357  
P 763-479-1146

# OPEN HOUSE

**Sunday, May 31; 1 - 4 p.m.**  
at Day Camp Ihduhapi

For information or changes due to inclement weather, your Parent Handbook and samples of a typical day visit our website

[daycampihduhapi.org](http://daycampihduhapi.org)

[daycampihduhapi.org](http://daycampihduhapi.org)



# YMCA DAY CAMP IHDUHAPI

Led by dedicated Y counselors, Day Camp provides nature based programming and an inclusive culture. Day Camp builds on the Y's core values of caring, honesty, respect and responsibility and promises an amazing experience for every camper.

**Day Camp Hours:** 9 a.m. – 4 p.m.

**Ages 4 - 15**

See the Day Camp experience for yourself at [daycampihduhapi.org](http://daycampihduhapi.org)

**Location:**

On the north shore of Lake Independence outside of Loretto, Minnesota; 175 beautiful acres of woods, prairie and wetlands.

**Day Camp Ihduhapi**

3425 Ihduhapi Road  
Loretto, MN 55357

**Camp Phone:** 763-479-1146

**Before & After Care and Bus Transportation are provided. See page 11.**

**“My child loves camp, he comes home dirty, exhausted and happy every day. I love that he is active and learning at the same time.” – Day Camp Parent**

[daycampihduhapi.org](http://daycampihduhapi.org)

**REGISTER EARLY & SAVE**

Visit [daycampihduhapi.org](http://daycampihduhapi.org) for the most updated information.

Through January 31  
March 4 – 10  
April 13 – 24

\$20 OFF SESSION  
\$15 OFF SESSION  
\$10 OFF SESSION



# TRADITIONAL DAY CAMPS

## Wee Backpackers Camp

**Ages 4 & 5 year olds or entering Kindergarten in fall, 2020**  
 June 8 – August 21\*

\*No program July 3, fee prorated

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Start your child's appreciation of the great outdoors by enrolling him or her in Wee Backpackers! From the moment campers arrive each day, counselors guide them through traditional camp experiences including hiking, nature study, swimming, group games, and arts and crafts. They have opportunities to sing songs, tell stories and meet new friends. All activities are geared to show your preschool camper the wonders of nature. Wee Backpackers is carried out in small groups under the watchful eye of counselors trained to meet the needs of young campers. The Wee Backpacker program maintains a low staff to child ratio.

## Traditional Day Camp

**Entering grades 1 – 6 in fall, 2020**  
 June 8 – August 21\*

\*No program July 3, fee prorated

Member Participants: \$235/week

Non-Member Program Participants: \$260/week

Campers explore hiking through wooded trails, studying the wonders of nature, canoeing along lake shores and conquering many challenges under the leadership of well-trained staff. Exciting activities may include archery, swimming, nature studies, canoeing, fort building, camp crafts, cookouts and group games!

## Summer Extravaganza

**Entering grades 1 – 7 in fall, 2020**

Weeks of August 24 and August 31

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

This is the last chance to enjoy the great outdoors at camp before summer ends! We've combined all of our camp's highlights into an incredible jam-packed session. Horsebackrides, canoeing, swimming are all part of the fun.



"Like" us on Facebook.

**SCHOLARSHIPS AVAILABLE FOR ALL PROGRAMS.**



# ARTS AND IMAGINATION

Kids are encouraged to express themselves, increase self-awareness and foster the creative spirit.

At YMCA Specialty Camps, day campers spend approximately two hours of each day in their specialized activity. The remainder of the day is spent enjoying Traditional Camp activities.

Samples of a typical day can be found at [daycampihduhapi.org](http://daycampihduhapi.org)

## Arts and Crafts Camp

**Entering grades 1–3 in fall, 2020**

Weeks of June 8, June 22, June 29, July 6, July 20, July 27 and August 17

\*No program July 3, fee prorated

**Entering grades 4 – 6 in fall, 2020**

Weeks of June 15, July 13, August 3 and August 10

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Campers discover their artistic side and let their imaginations soar. Kids create a variety of projects that may include: sketching, watercolors or paints, nature collages, picture frames, necklaces and bracelets, and much more. Campers create masterpieces to take home and enjoy!

## Dragons, Fairies and Princesses Camp

**Entering grades 1 – 3 in fall, 2020**

Weeks of June 8, June 22, July 13, July 27 and August 10

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Campers let their imaginations soar in this magical fairy tale-themed camp. Adventures will include themed arts and crafts, a mystical quest and a special tea party!

## Pirate Camp

**Entering grades 1 – 3 in fall, 2020**

Weeks of July 6, July 20 and August 3

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Arrrrrgh! Young Buccaneers learn the swashbuckling lingo of pirates, play games like Capture the Pirate Flag, try their balancing skills as they walk the plank, go on treasure hunts and a whole lot more!

## Duct Tape Camp

**Entering grades 4 – 6 in fall, 2020**

Weeks of June 15, July 6 and July 27

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Creativity is unlimited when the medium is duct tape! Kids learn how to craft with duct tape and make amazing things like bags, wallets, jewelry, and almost anything they can think of. Duct tape arts and crafts are one of the hottest trends.

**SCHOLARSHIPS AVAILABLE FOR ALL PROGRAMS.**

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# NATURE AND SCIENCE DAY CAMPS

Kids are inspired to explore our natural environment and delight in the wonders of discovery.

At YMCA Specialty Camps, day campers spend approximately two hours of each day in their specialized activity. The remainder of the day is spent enjoying Traditional Camp activities.

Samples of a typical day can be found at [daycampihduhapi.org](http://daycampihduhapi.org)

## Fish, Frogs and Forts Camp

Entering grades 1 – 3 in fall, 2020

Weeks of June 15, June 29, July 13 and August 3

\*No program July 3, fee prorated

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Filled with exploration and environmental education, we'll focus on fort building and discovery of insects, fish and frogs. Campers learn basic fishing skills while practicing the catch-and-release method. Bait and fishing equipment is provided at camp but you may bring your own.

## Critters and Crawlers Camp

Entering grades 1 – 3 in fall, 2020

Weeks of June 8, June 22, July 6, July 13,

July 27 and August 3

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Campers become "Eco-Explorers" as they investigate the natural surroundings at camp. We will take forest treks, prairie walks and beach tours to explore our local wildlife. Activities include bug safaris, nature hunt, and more!



### Full Steam Ahead Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 15, June 22, July 13, July 20, July 27 and August 10

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

This camp is perfect for our young scholars who are passionate about Science, Technology, Engineering, and Mathematics. Campers will spend the week engaged in hands on, interactive projects. We will figure out how things work and why it's important. Activities may include robotics, science experiments, plus more! There will be lots of learning, using their imaginations, and exploring the indoors and outdoors at camp!

### Outdoor Living Skills Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 15, June 22, July 13 and July 20

Member Participants: \$265/week

Non-Member Program Participants: \$290/week

Kids develop their outdoor living skills in this exciting, hands-on specialty camp! Campers discover the finer points of preparing for a big outdoor adventure. Participants will learn a variety of useful camping skills that may include building a fire, making camp shelters, knot tying, campfire cooking and more!

### WATER EXPLORATION

#### Sailing Camp

Entering grades 4 – 6 in fall, 2020

Weeks of July 27 and August 10

Member Participants: \$280/week

Non-Member Program Participants: \$305/week

Sailing is a life-long sport teaching teamwork and an appreciation for the outdoors. Participants will spend 3 full days of excitement and exploration on the water. The other 2 days, will be spent doing traditional camp activities. Sailing Instructors are US Sailing Certified, highly experienced and energetic and teach basic sailing concepts including: wind identification, upwind sailing, navigation and water safety. Participants will begin on land and then sail Lake Minnetonka. Sailors work in teams to manage onboard jobs including rigging, sail trim and steering. Participants must bring: water bottle, change of clothes, water shoes and towel. Lifejackets will be provided by camp. Transportation from Camp Ihduhapi to Lake Minnetonka will be provided on the 3 days of sailing.

### SCHOLARSHIPS AVAILABLE FOR ALL PROGRAMS.

#### REGISTER EARLY & SAVE

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Through January 31

March 4 – 10

April 13 – 24

\$20 OFF SESSION

\$15 OFF SESSION

\$10 OFF SESSION



# OUTDOOR SPORTS DAY CAMPS

Kids have fun in the fresh air learning about equipment and technique.

At YMCA Specialty Camps, day campers spend approximately two hours of each day in their specialized activity. The remainder of the day is spent enjoying Traditional Camp activities.

Samples of a typical day can be found at [daycampihduhapi.org](http://daycampihduhapi.org)

## Archery/Slingshot Camp

**Entering grades 1 – 3 in fall, 2020**

Weeks of June 15, June 22, June 29, July 13 and August 3

\*No program July 3, fee prorated

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Two amazing and traditional target sports, the bow and arrow and the slingshot, are very popular today. Participants will gain understanding and learn to properly use them both safely. Campers will learn to make and use their own targets, learn about different types of bows, and the basics of aiming and target shooting. Equipment is provided

## Archery Camp

**Entering grades 4 – 6 in fall, 2020**

Weeks of June 8, July 6, July 20, July 27,

August 10 and August 17

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

While learning the fundamentals of archery, campers examine equipment close up, identify the parts of the bow and arrow, and learn the technique behind drawing the bow and releasing the arrow. Instructors teach proper grip, stance and aim alignment. Equipment is provided.

## Fishing Camp

**Entering grades 4 – 6 in fall, 2020**

Weeks of June 8, June 22, July 6, July 20 and August 10

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Kids get hooked on fishing as they learn basic fishing skills. Lake Independence provides the scene for fishing fun using the catch-and-release method. Campers can bring their own pole and tackle, or equipment will be provided.

## Climbing Camp

**Entering grades 4 – 6 in fall, 2020**

Weeks of June 8, June 22, July 13, July 20,

August 3 and August 10

Member Participants: \$295/week

Non-Member Program Participants: \$320/week

Campers embark on a climbing adventure! Campers will gain new skills and self-confidence every day through a variety of climbing activities. Campers test their strength, strategy, and skill while learning safety procedures, belay techniques, knot tying and proper climbing techniques.

**SCHOLARSHIPS AVAILABLE  
FOR ALL PROGRAMS.**





# HORSE CAMPS

Come experience the joys of horseback riding at Horse Camp! Camp Ihduhapi riding programs are progressively structured to provide campers with a fun experience of interacting with gentle horses. Instructors are trained in horsemanship and carefully match the experience level of the child with an appropriate horse.

Safety is our top priority at horse camp. For all horse programs, we recommend that participants wear heeled leather shoes or boots. Long pants and protective helmets are required of all participants. Helmets will be provided by the camp. Our horse camp is a progressive recreational riding program and is not intended to replace formal riding lessons. Alternative programs may be planned if weather conditions such as extreme heat, rain or wind jeopardize the safety of campers or horses.

## REGISTER EARLY & SAVE

Visit [daycampihduhapi.org](http://daycampihduhapi.org) for the most updated information.

### Li'l Pardners Camp

Entering grades 1 – 3 in fall, 2020

Weeks of June 15, June 29, July 13, July 27 and August 10

\*No program July 3, fee prorated

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

This specialty camp will have kids saying "Howdy" with a big grin. They'll giddy-up for a pony ride, and sing fun campfire songs all in the great outdoors! Participants will also enjoy L'il Pardners and traditional day camp activities throughout the week. One day a week will be spent at the horse stables.

### Colts – Introductory Level

Entering grades 2 – 4 in fall, 2020

Weeks of June 8 – August 17

\*No program July 3, fee prorated

Member Participants: \$340/week

Non-Member Program Participants: \$365/week

Colts is a one-hour-per-day introductory program for campers with little or no experience around horses. First-time riders will build confidence and skills while learning the basics of western horseback riding. Instruction includes safety, leading, mounting, dismounting, reining, and basic trail riding. The remainder of the day is spent in traditional camp activities.

### Buckaroos – Intermediate Level

Entering grades 4 – 6 in fall, 2020

Weeks of June 8 – August 17\*

\*No program July 3, fee prorated

Member Participants: \$355/week

Non-Member Program Participants: \$380/week

Buckaroos is an intermediate program for campers with at least one year of riding experience. One hour of daily instruction includes a basic skill review, intermediate ring riding, and trotting. The remainder of the day is spent in traditional camp activities.

### Circle Y Camp – Advanced Level

Entering grades 5 – 7 in fall, 2020

Two-Week Sessions: June 8 – 19, June 22 – July 2, July 6 – 17, July 20 – 31, August 3 – 14, August 17 – 28

\*No program July 3, fee prorated

Member Participants: \$685/two-weeks

Non-Member Program Participants: \$710/two-weeks

In Circle Y Camp, experienced riders spend ten hours per week in advanced riding instruction including mounting, trotting and ring work. Riders also learn about proper horse care such as feeding, grooming and saddling.

Through January 31  
March 4 – 10  
April 13 – 24

\$20 OFF SESSION  
\$15 OFF SESSION  
\$10 OFF SESSION





# TEENS AND LEADERSHIP DAY CAMPS

Young people build self-confidence and leadership skills through new adventures and experiences.

Teen specialty campers spend a portion of each day in their specialized activity. The remainder of the day is spent enjoying Traditional Camp activities.

Samples of a typical day can be found at [daycampihduhapi.org](http://daycampihduhapi.org)

## Leaders-in-Training

Entering grades 7 – 9 in fall, 2020

2-Week Sessions: June 8 - 19, June 22 - July 2, July 6 - 17, July 20 - 31, August 3 - 14 and August 17 - 28

\*No program July 3, fee prorated

Member Participants: \$360/two-weeks

Non-Member Program Participants: \$385/two-weeks

Rise to the challenge in Leaders-in-Training Camp and discover your leadership qualities. You will learn and develop the necessary camp skills needed to lead camper activities, as well as group responsibility through activity planning. You will have opportunities to shadow counselors and assist staff in camp activities. There will be plenty of time to hang out with friends – new and old. Come experience camp from a whole new perspective!

## Junior Counselor

Do you love working with kids in a camp setting? Here's your chance to take a leadership role! Junior Counselors are assigned to a group and assist the Senior Counselors in leading and carrying out a variety of Day Camp programs. Junior Counselors help campers acquire feelings of high self-esteem, self-worth and competence in an outdoor setting. Previous experience in the LIT program or working with children is required. Candidates will be selected through an application and interview process. Contact the Day Camp director for more information: 763-230-9308 or [eric.fallon@ymcamn.org](mailto:eric.fallon@ymcamn.org)

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# BEFORE AND AFTER CARE

For your convenience and peace of mind, our Before and After Care provides the camper with supervised activities prior to and following the end of the program day. Call 612-230-9622 for more information.

Fee: \$40 per week

## LOCATIONS AND TIMES:

### Day Camp Ihduhapi

3425 Ihduhapi Road  
Loretto, MN 55357

Drop off: 7 – 9 a.m.

Pick up: 4 – 6 p.m.



# TRANSPORTATION

The YMCA provides safe and reliable transportation each day for our campers to begin their adventure! Transportation is provided by YMCA-owned vans, leased vans, and busses. All drivers have completed special training. Transportation is provided to and from camp. Convenient locations have been selected in your neighborhood. Please select only one bus stop during registration.

**Individuals picking up campers must have a photo ID and be listed on the Authorized Pick-up list.**

**BUS STOPS:** Please note: All bus times are available online.

### MAPLE BUS Offered weeks of June 8 – August 31

**Rush Creek Elementary**, Maple Grove

**Bass Lake Playfield**, Plymouth

**Medina Entertainment Center**, Medina

**Arrive at Camp Ihduhapi**, Loretto

### OAK BUS Offered weeks of June 8 – August 31

**St. Louis Park Central Community Center**, St. Louis Park

**Wayzata Gleason Lake Elementary**, Plymouth

**Plymouth Creek Christian Church**, Medina

**Arrive at Camp Ihduhapi**, Loretto

Bus information available on [daycampihduhapi.org](http://daycampihduhapi.org)



# YMCA CAMP IHDUHAPI OVERNIGHT CAMP

## Grades 2 – 12

Beginning and returning campers have been experiencing the magic of camping for over 80 years at Camp Ihduhapi. Beginning campers discover the fun and excitement of overnight camp here. Returning campers revive their favorite activities, renew friendships and relish a camp they can call their own. Close to home (yet just far enough away), Camp Ihduhapi is only 22 miles west of Minneapolis, on beautiful Lake Independence.

Campers enjoy both traditional activities and exciting specialty programs at Camp Ihduhapi. Girls and boys participate in camp activities on equal footing while they experience diverse points of views.

Camp Ihduhapi welcomes campers and staff of all backgrounds and brings the camp together each day for reflection time.

- Summer Samplers
- Traditional Camp
- Arts & Crafts Camp
- Performing Arts Camp
- Teen Extreme Camp
- Outdoor Challenge Camp
- Horse Camps

For more information or to register visit [campihduhapi.org](http://campihduhapi.org) or call 612-822-8867

## Leadership Development Programs

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
- Voyageurs – Hiking
- Junior Leaders – Canoeing
- Counselors in Training
- Ihduhapi Internship

## Fall, Winter, Spring Programs

### 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.

### 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.

## REGISTER EARLY & SAVE

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# FAMILY ADVENTURE DAYS

Whether you are a current camp family, are interested in learning more about camp or are looking for some family fun, we have something for everyone!

## Possible Activities:

- Trail Rides
- Snowshoeing
- Target Sports – Archery, Slingshot, Hatchet
- Climbing
- High Ropes

Learn more at [ymcamn.org/familyadventuredays](http://ymcamn.org/familyadventuredays)





## OPEN HOUSE

**Sunday, May 31; 1 – 4 p.m.**

Join the summer camp staff, other parents and youth to learn more about our programs and the outrageous adventure that awaits your camper. Our staff will be on hand to answer your questions, give tours, and provide the details you seek. No reservations are required.

## FRIDAY FAMILY FUN

**Every Friday during Day Camp; 3 – 4 p.m.**

We bring families together to have fun. That's what Friday Family Fun is all about – an opportunity to enjoy camp fun with the whole family. It's a time where your camper can show you the exciting things they've experienced at day camp. Meet the counselors and tour the camp. See the activities your camper has enjoyed all week long. Enjoy a snack as a family and attend an all-camp program of fun songs and more!

## PROGRAM ACCESS

The Y is committed to the policy that all persons should have equal access to its programs, facilities, and enjoyment without regard to race, ability, creed, national origin and sex. The Y will accommodate special needs into existing programs to the extent that financial and physical resources permit. So we may provide a positive experience, please contact the Y if your child has any special needs requiring any accommodations.

## ACCOMMODATION PROCESS

Consideration is given to the individual needs of every child and the ability of the program to meet those needs. Please inform the Y during the enrollment process if you or your child requires any special accommodation. It is helpful for a smooth program transition to have a conference prior to enrollment. This information enables the Y to better meet your needs or those of your child, within available resources and to the extent reasonable. All staff that will be working with a child with special needs will be informed of how to care for or meet those needs in a timely fashion through a meeting or written notification.

## YMCA SCHOLARSHIPS

We look forward to having you with us! YMCA Scholarships are a needs-based scholarship fund made available through Y Annual Fund – individual and business contributions to our communities. Learn more about YMCA Scholarships and apply online at: [ymcamn.org/scholarships](http://ymcamn.org/scholarships). Call 612-230-9622 if you have questions about the application process.

## HOW TO REGISTER

- We have gone green! Register online at [daycampihduhapi.org](http://daycampihduhapi.org). For registration assistance contact 612-230-9622.

## DAY CAMP

- A \$50 non-refundable deposit is required per camp session. The deposit is applied to the session fee. To receive the member rate, the child must be a family/dual member at the time of registration and during participation in the program. Register online or find forms at [daycampihduhapi.org](http://daycampihduhapi.org) under Forms and Publications. Please review the Day Camp handbook for important information.
- Confirmation will be sent via email after registration. You will be billed for the remaining balance, due the week prior to the start of the session. Online registration requires automatic electronic fund transfer (EFT), which will be processed the Tuesday prior to each program session week.
- Changes to the original registration, including cancellation, must be made in writing by Monday, one week prior to the start of the session. Submit your changes or cancellations through the contact page of our website: [ymcamn.org/contact\\_us](http://ymcamn.org/contact_us). We encourage change notices to be submitted as soon as possible. If the change notice is not received, you will be billed for the original enrollment choices. There are no refunds on registration deposits and/or registration fees. **For Day Camp:** A \$10 change fee is applied to each session, bus or care change that is made.
- A parent handbook is available online at [daycampihduhapi.org](http://daycampihduhapi.org) after April 1, 2020. It is important to review all information contained in this document.

**REGISTER ONLINE!**

**[daycampihduhapi.org](http://daycampihduhapi.org)**  
Membership not required for enrollment



“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

# 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 Camp:

- Camp Ihduhapi

## Teen Wilderness Camp:

- Camp Menogyn

## Family Camp:

- Camp Northern Lights

[ymcacamps.org](http://ymcacamps.org)



**YMCA of the Greater Twin Cities**  
**YMCA Day Camp Ihduhapi**  
651 Nicollet Mall, Suite 500  
Minneapolis, MN 55402

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Twin Cities, MN



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[daycampihduhapi.org](http://daycampihduhapi.org)

## MARK YOUR CALENDAR!

### SPECIAL EVENT

#### YMCA SPONSORED MN PARENT FAIR

Saturday, March 7; 10 a.m. - 2 p.m.

#### At Como Zoo

Meet YMCA staff, pick up summer program information and start planning your child's summer.

#### IHDUHAPI OPEN HOUSE

Sunday, May 31; 1 p.m. - 4 p.m.

See inside for more details.

**SAVE**  
2020

**SPECIAL DEALS**

YMCA RALLY DAYS

March 4 - 10

YMCA SUMMER BLAST OFF

April 13 - 24



10% Post-Consumer Recycled Paper

If you do not need this catalog, please share it with a friend.

YSPC DCIH 2020