



“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

YMCA DAY CAMP MANITOU

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.

Camp Hours: 9:15 a.m. – 3:45 p.m.

Ages 4 – 16

See the Day Camp experience for yourself at daycampmanitou.org

Location:
Outside Monticello on 1,200 beautiful acres including Bertram Lake and Long Lake.

Day Camp Manitou at Bertram Chain of lakes Regional Park
9910 Briarwood Avenue NE.
Monticello, MN 55362
Day Camp Manitou (summer only): 763-295-5454

Before & After Care and Bus Transportation are available. See page 17.

MANITOU HIGHLIGHTS:

- Swimming
- Canoeing
- Archery
- Environmental Education
- Cookouts
- Arts and Crafts
- Fort Building
- Fishing
- Mountain Biking – **New!**
- High Rope Course
- Zip Line
- Climbing
- Hatchet Throwing – **New!**

daycampmanitou.org



TRADITIONAL DAY CAMPS

Wee Backpackers Camp

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

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/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 – September 4*

*No program July 3, fee prorated

Member Participants: \$225/week

Non-Member Program Participants: \$250/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!



"Like" us on Facebook.

REGISTER EARLY & SAVE

Visit daycampanitou.org for the most updated information.

Through January 31
March 4 – 10
April 13 – 24

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



SPECIALTY DAY CAMPS

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 daycampmanitou.org

ARTS AND IMAGINATION

Dragons, Fairies and Princesses Camp

Entering grades 1 – 3 in fall, 2020

Weeks of June 22, July 6, July 20, July 27, August 10, and August 24

Member Participants: \$240/week

Non-Member Program Participants: \$265/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!

Arts and Crafts Camp

Entering grades 1 – 3 in fall, 2020

Weeks of June 8, June 22, July 6, July 20, August 3, August 17 and August 24

Entering grades 4 – 6 in fall, 2020

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

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/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!



NATURE AND SCIENCE

Fish, Frogs and Forts Camp

Entering grades 1 – 3 in fall, 2020

Weeks of June 8, June 15, June 29, July 6, July 13, July 20, August 3 and August 17

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/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.

Science Explorer Camp

Entering grades 1 – 3 in fall, 2020

Weeks of June 8, June 22, July 6, July 20, August 3 and August 17

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

Campers take off into a world of exploration through hands-on experiments to learn essential concepts applied towards a variety of eruptions, engineering experiments, and much more.

Outdoor Living Skills Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 15, June 29, July 20, August 3, August 17 and August 24

*No program July 3, fee prorated

Member Participants: \$255/week

Non-Member Program Participants: \$280/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!

Full STEAM Ahead Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 15, June 29, July 13, July 27 and August 24

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

This camp is perfect for our young scholars who are passionate about Science, Technology, Engineering, Arts, 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 Legos, robotics, science experiments, plus more! There will be lots of learning, using their imaginations, and exploring the indoors and outdoors at camp!

SCHOLARSHIPS AVAILABLE FOR ALL PROGRAMS.



WATER EXPLORATION

Water Adventure Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 8, June 15, July 13, July 27, August 10 and August 24

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

The hottest way for kids to cool off this summer! Campers spend the full week enjoying an awesome array of water activities including canoeing, kayaking, paddle boarding, swimming and other water games and activities.

NEW! Canoe/Kayak Camp

Entering grades 4 – 6 in fall, 2020

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

*No program July 3, fee prorated

Member Participants: \$255/week

Non-Member Program Participants: \$280/week

Campers learn paddling skills and canoe/kayak safety as they experience the challenge of navigating water! Kids learn to identify the parts of the canoe/kayak, paddling techniques, the importance of teamwork.

NEW! Stand Up Paddleboard Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 29, July 6, July 20, August 3, August 10

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

Campers learn the fast-growing, life-long sport of stand-up paddleboarding. It's a fun and easy way to play on the water. Kids learn basic paddling (forward, turning, stopping), how to stand up on a board, lift and carry their board, and how to launch and land it.

OUTDOOR SPORTS

Archery and Slingshot Camp

Entering grades 1 – 3 in fall, 2020

Weeks of June 8, June 15, July 6, July 20, August 10, August 17 and August 24

Member Participants: \$240/week

Non-Member Program Participants: \$265/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.

Fishing Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 8, June 15, June 22, July 6, July 20, August 3 and August 17

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

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

REGISTER EARLY & SAVE

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\$15 OFF SESSION
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Archery Camp

Entering grades 4 – 6 in fall, 2020

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

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

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

NEW! Mountain Biking Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 22, July 13 and August 3

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

A step by step guide to beginning mountain bike skills to ease the experience of first-time riders. Participants will learn and practice skills in a safe, controlled environment from certified, experienced instructors with a passion for sharing knowledge and developing skills in others. You will learn to shift gears, speed control, cornering and basic bike maintenance. You will need a functioning mountain bike with gears and a helmet (CPSC certified).

Climbing Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 15, June 29, July 13, July 27 and August 17

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

Campers strike out on a bold adventure as they test their strength, strategy, and skill against our climbing wall. Climbers learn about basic climbing, belay techniques, knot tying and climbing safety. Fun team challenge initiatives will aid in a successful climb.

Challenge Quest Camp

Entering grades 4 – 6 in fall, 2020

Weeks of June 8, June 22, July 6, July 20,

August 3 and August 10

Member Participants: \$250/week

Non-Member Program Participants: \$275/week

Taste our three exciting specialty camps in one week! Challenge Quest campers will experience the Adventure Hunt, an outdoor scavenger hunt. The challenge continues on the Bertram Chain of Lakes as you learn the skills and tackle paddleboards, canoes and kayaks. Our High Ropes Course rounds out the thrill-filled week as campers learn to scale the lower level of the course. Designed for campers who are ready to meet new challenges and have fun!

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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

TEENS AND LEADERSHIP

NEW! Teen Quest

Entering grades 7 – 9 in fall, 2020

Weeks of June 8, July 13 and August 10

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

Spend a week at camp doing the things you love most. As a group you will decide and plan out many of the camp activities throughout the week. You will have the opportunity to go climbing, boating, camping, do target sports, and experience the great outdoors.

NEW! Teen Climbing Camp

Entering grades 7 – 9 in fall, 2020

Weeks of June 22, July 13 and August 3

Member Participants: \$285/week

Non-Member Program Participants: \$310/week

Test your strategy and skill through new fun challenges! Each day focuses on a new element or challenge including knot tying, safety and team work. This camp is designed to build self-confidence and teach valuable skills while enjoying an unforgettable adventure. This camp will feature two field trips.



Teen Outdoor Adventure Camp

Entering grades 7 – 9 in fall, 2020

Weeks of June 29, and July 27

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

Spend a full week enjoying an awesome array of water activities including canoeing, kayaking, swimming, boating and more! One day will be spent at a water park.

NEW! Teen Stand Up Paddleboard Camp

Entering grades 7 – 9 in fall, 2020

Weeks of June 29 and August 3

*No program July 3, fee prorated

Member Participants: \$240/week

Non-Member Program Participants: \$265/week

Learn the fast-growing, life-long sport of Stand Up Paddleboarding. It's a fun and easy way to play on the water. Learn basic paddling (forward, turning, stopping), how to stand up on a board, lift and carry your board, and how to launch and land it.

Leaders-in-Training Camp

Entering grades 7 – 8 in fall, 2020

Two-week Sessions

Weeks of June 8 – 19, June 29 – July 10,

July 20 – 31 and August 3 – 14

*No program July 3, fee prorated

Member Participants: \$350/session

Non-Member Program Participants: \$375/session

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!

Bertram Chain of Lakes Regional Park is the Place for Summer Fun!

Hike or bike 14 miles of trails or head to the Aquatics Center for sunning and swimming. Now, the public parkland offers more fun.

YMCA Camp Manitou features:

- Outdoor Aquatics Center with heated in-ground pool and slide, splash pad, and picnic area
- Bath House with showers, lockers, and 2 family changing rooms
- High Ropes Village & Climbing Walls (rent for your next group outing or birthday party)
- 2 Covered Picnic Shelters to reserve for your special occasion

The whole family can have a splashing good time at our outdoor Aquatics Center!

AQUATICS CENTER OPEN TO ALL:

For dates and times visit daycampmanitou.org

Bath House with showers, lockers, and 2 family changing rooms available. **Don't forget to bring a lock.**

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DAY CAMP MANITOU PROGRAM AREAS

- 1 Parking
- 2 Gaga Pit
- 3 Ball Field
- 4 Pool & Splash Deck

- 5 Office
- 6 Bath House
- 7 Art Pavilion
- 8 Amphitheater

- 9 Canoes, Kayaks, Paddleboards
- 10 Archery
- 11 Cookout Pavilion
- 12 High Ropes Village

SPECIALTY DAY CAMPS





PEAK ADVENTURE CAMP

Discover camp's wild side! Participants enjoy 2 nights and 3 days of the great outdoors during Peak Adventure Camp. These camps promise unlimited fun. Sign up for one or all four. Participants will ride in a 15 passenger van departing from the Southdale YMCA in Edina.

The packing list is available online.

Entering grades 7 – 9 in fall, 2020

Offered: Various dates on 3 day-sessions listed:

Peak Adventure Transportation: Drop Off/Pick up Location:

Southdale YMCA

7355 York Avenue South

Edina, MN 55435

P: 952-835-2567

Trollhaugen Zip Line & Aerial Adventure

Offered July 7 - 9

Member Participants: \$375/session

Non-Member Program Participants: \$400/session

This adventure will take you soaring! Beautiful Interstate Park is our campsite for one night. We'll enjoy the park's rolling, wooded hills and the banks of the St. Croix River, and spend a half-day at Trollhaugen Adventures soaring through the Aerial Tour Challenge Course. Then experience a night sleeping at YMCA Camp Icahowan. We will canoe and participate in camp activities. Truly a memory-making getaway.

Wisconsin Dells Outdoor Adventure

Offered June 16 - 18 and July 28 - 30

Member Participants: \$375/session

Non-Member Program Participants: \$400/session

Fully experience the great outdoors. Tent camp for two nights with us at Devils Lake State Park in Baraboo, WI. On Tuesday, we leave Southdale YMCA for Devils Lake State Park. Once camp is set up, the adventures begin! Wednesday is spent at a water park in WI Dells. We'll explore the park and enjoy group games, hike and end with a blazing campfire and a hearty meal. Join us for this thrilling outdoor adventure!

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

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. Please contact camp to make changes prior to noon on the day of the change.

LOCATIONS AND TIMES:

YMCA in New Hope

7601 42nd Avenue N.
New Hope, MN 55427

Drop off: 6:30 a.m. – Bus Pick-up

Pick up: Bus Drop-off – 6 p.m.

Elk River YMCA

13337 Business Center Drive NW.
Elk River, MN 55330

Drop off: 6:30 a.m. – Bus Pick-up

Pick up: Bus Drop-off – 6 p.m.

Emma B. Howe YMCA

8950 Springbrook Dr. NW.
Coon Rapids, MN 55433

Drop off: 6:30 a.m. – Bus Pick-up

Pick up: Bus Drop-off – 6 p.m.

*Late fees will be assessed after pick-up time.

BUS STOPS: Please note: All bus times are subject to change and available online 2 weeks prior.

Deer Route

Rogers Middle School	Rogers
Elk River YMCA	Elk River
Big Lake Middle School	Big Lake
Trinity Lutheran Church	Monticello

Eagle Route

New Hope YMCA	New Hope
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Fox Route

Sandburg Learning Center	Golden Valley
Zachary Lane Playfield	Plymouth
Rice Lake Elementary	Maple Grove

Squirrel Route

Weaver Lake Elementary	Osseo
St. Michael Elementary	Michael
Buffalo Comm. Middle School	Buffalo
Maple Lake Elementary	Maple Lake

Bear Route

Meadowbrook Elementary	Golden Valley
Lakeview Elementary	Robbinsdale
Earle Brown Elementary	Brooklyn Center
Fernbrook Elementary	Maple Grove

Fish Route

Emma B. Howe YMCA	Coon Rapids
Champlin Park Academy	Champlin
Elm Creek Elementary	Maple Grove





SUMMER PROGRAMS OPEN HOUSE AT ELK RIVER YMCA

Thursday, June 6; 6 – 7 p.m.

DAY CAMP MANITOU

Thursday, June 4; 5:30 – 7:30 p.m.

Join us at Day Camp Manitou to preview day camp. Register for or learn more about our YMCA Day Camp and Specialty Camps. Get your questions answered by our staff. Visit our web page at daycampmanitou.org. For more information or changes due to inclement weather, or call 763-785-7882.

FRIDAY FAMILY FUN

Every Friday during Day Camp; 2:30 – 3:45 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. Attend an all-camp program of fun songs, hilarious skits, exciting stories, 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. Call 612-230-9622 if you have questions about the application process.

HOW TO REGISTER

- We have gone green! Register online at ymcamn.org/summer. For registration assistance contact 612-230-9622.

DAY CAMP

- A \$50 non-refundable deposit is required per camp session. The deposit is applied to 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 daycampmanitou.org under Forms and Publications. Please review the Day Camp handbook for important information.

SUMMER POWER KINDERGARTEN, SUMMER POWER AND UPROAR

- A \$50 one-time, non-refundable registration fee is required per program. You may register for as many weeks as needed. Register online or find forms at ymcamn.org/xxxxxsummer, select Summer Paperwork and Schedules. Please review the handbook for important information.

SUMMER SPORTS CAMP

- A \$50 non-refundable deposit is required per session. The deposit is applied to the session fee. Register online or find forms at ymcamn.org/elkriversummer, select Summer Paperwork and Schedules. Please review the handbook for important information.

ALL PROGRAMS

- 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. 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, per camper.
- A parent handbook is available online at ymcamn.org/summer after April 1, 2020. **It is important to review all information contained in this document.**

REGISTER ONLINE!

ymcamn.org/XXXXXX
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