

# GROWTH THROUGH DISCOVERY

YMCA CAMP ICAGHOWAN  
2019 Overnight Camp



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

ONLINE REGISTRATION OPENS SEPTEMBER 2018

**REGISTER EARLY AND SAVE:**

\$25 off plus T-shirt through October 31  
T-shirt only through December 31

TRADITIONAL & SPECIALTY CAMP  
AGES 7 - 17

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



# GREETINGS FROM CAMP ICAGHOWAN



## HELLO CAMPERS AND PARENTS!

Planning for a great summer can be daunting, but we believe you will find numerous possibilities for your camper inside this brochure. Whether this is their first time, or camp has been a part of a summer tradition for many years, we invite you to consider an adventure on the island. Summer Camp provides kids the chance to reconnect with nature, foster independence, learn something new, engage in safe unstructured play, and is the perfect place to make new friends. We know, though our own life experiences, that camp can create a community of your very own, different from home or school, camp gives kids the chance to feel comfortable in their own skin, while being silly, playful and testing new experiences. For over 115 years, young people have been learning and growing on Wallace Island at YMCA Camp Icaghowan – we hope you'll join us for the 116th Summer.

Sincerely,

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FINANCIAL ASSISTANCE  
AVAILABLE FOR ALL PROGRAMS

## LIFE AT CAMP ICAGHOWAN

In 1909, Icaghowan welcomed its first campers to a 15-acre site on Green Lake near Chisago City, Minnesota. In those early years, campers traveled to camp by streetcar, horse drawn wagon or hiking. As Icaghowan grew in popularity, the site became too small and in 1949, the camp moved to its current, breathtaking island site near Amery, Wisconsin. For more than 60 years, Camp Icaghowan has hosted happy campers on its 120-acre site on Lake Wapogasset where a full 44 acres are an island!

Camp life at Icaghowan provides a warm and nurturing environment. It's a small camp that averages only 175 campers a week. Campers of the same age range stay together in groups of 8-12 with 2 counselors. Cabin groups are single gender and are on designated sides of the island in "units" with comfortable amenities. Campers choose three activities a day to do on their own and two are chosen with their cabin. We provide a well-balanced diet and our kitchen staff prides themselves on creating kid friendly nutritious meals. A salad bar is provided at lunch and dinner, fresh fruit is offered each day and vegetarian options are available. Most dietary needs can be accommodated with prior notice. Campers eat their meals family style as a cabin.

## CAMP ACTIVITIES

Many camp activities are progressive in nature, allowing for increased skill development each year. Activities include, but are not limited to:

- Archery
- Arts and Crafts
- Gaga Ball
- Canoeing, Kayaking, Stand Up Paddle Boards
- Climbing and High Initiatives

## A DAY AT CAMP ICAGHOWAN

- 7:00 a.m. Wake Up: Polar Bear Swim, Yoga or Road Runners
- 7:45 a.m. Flag Raising
- 8:00 a.m. Breakfast
- 8:45 a.m. Morning CHRRPLE
- 9:00 a.m. Cabin Activity Time
- 10:45 a.m. Progressive
- 12:15 p.m. Lunch
- 1:00 p.m. Rest Period
- 2:10 p.m. Activity Time
- 3:30 p.m. Snack
- 4:00 p.m. Activity Time
- 5:30 p.m. Supper
- 6:10 p.m. Cabin Activity Time
- 7:30 p.m. Flag Lowering
- 7:45 p.m. Evening Activity
- 8:45 p.m. Evening Reflection
- 9:30 p.m. Lights Out



# GENERAL INFORMATION

## WELL-TRAINED STAFF

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

Staff are certified in CPR and First Aid. Waterfront staff are certified lifeguards and trip leaders are trained in Wilderness First Aid and Life Guarding.

## 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 practices measure up to 300 national standards that go 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 Facilities.

At Camp Icaghowan:

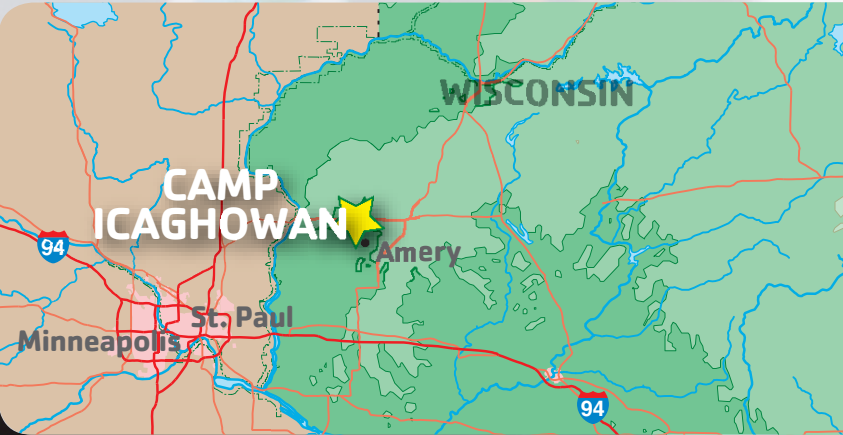
- ◆ We have a health care provider on the property at all times.
- ◆ Staff members are trained in safety and first aid.
- ◆ Emergency response time is six minutes away.

## LOCATION

Camp Icaghowan is located just 60-90 minutes from the Twin Cities, on Lake Wapogasset near Amery, Wisconsin.

### YMCA CAMP ICAGHOWAN

899 A 115th Street  
Amery, WI 54001



## OUR MISSION

Camp Icaghowan is committed to helping participants achieve their fullest potential in personal development, social growth and physical well being, with an understanding of their natural environment. Programs and activities at Camp Icaghowan seek to instill the four core values of the YMCA: Caring, Honesty, Respect and Responsibility.



# CAMP SESSIONS

## TRADITIONAL CAMP

### Grades 2-8

Each day is packed with activities, adventure, and opportunities to learn new skills. Campers enjoy a variety of activities including swimming, nature hikes, arts and crafts, boating, climbing, target sports and more.

The week includes all-camp games, evening campfires, outdoor exploration with cabin groups, target sports, drama, field games and more. Each camper will also experience an overnight in one of our treehouses, yurts or platform tents around the island. Campers end their day sharing stories and planning their adventures for tomorrow.

Dates	6 Days	\$635
June 23 - 28		
July 7 - 12		
July 14 - 19		
July 21 - 26		
July 28 - Aug. 2		
Aug. 4 - 9		
Aug. 11 - 16		
Aug. 18 - 23		

## SUMMER SAMPLER

### Grades 2-3 — 3 days/2 nights

Perfect for the first-time camper, the Summer Sampler gives new campers the opportunity to try a little of all that camp has to offer including swimming, horseback riding, arts and crafts, archery, gaga ball, a cabin cookout and much more. It's such a great sample of camp that they'll want to come back for a whole week next year!

\*Please note, bus transportation is not available midweek

Dates	3 Days	\$335
June 23 - 25		
June 26 - 28		
July 28 - 30		
July 31 - Aug. 2		
Aug. 4 - 6		
Aug. 7 - 9		
Aug. 11 - 13		
Aug. 14 - 16		
Aug. 18 - 20		
Aug. 21 - 23		

## TWO-WEEK CAMP

### Grades 5-9

Two week campers participate in many typical camp activities like swimming, arts and crafts, archery, boating and similar to our Traditional Campers, they also receive an introduction to our trail program. Instead of a one night overnight experience our two week campers experience a 2 night overnight at a neighboring State Park and learn a bit more about outdoor cooking, wilderness skills, camping etiquette and participate in the Junior Ranger program.

Dates	13 Days	\$1,285
July 7 - 19		
Aug. 11 - 23		

## TEEN EXTREME

### Grades 6-9

For campers looking for a fast-paced, fun program that combines a variety of exciting outdoor activities, Teen Extreme has it all. The group will participate in programs like rock climbing at Taylors Falls, kayaking on Lake Superior, canoeing on the St. Croix River and overnight camping on the North Shore.

Dates	6 Days	\$850
June 23 - 28		Boys
July 14 - 19		Girls
July 21 - 26		Boys
July 28 - Aug. 2		Girls
Aug. 4 - 9		Boys
Aug. 11 - 16		Girls



FINANCIAL ASSISTANCE  
AVAILABLE FOR ALL PROGRAMS

## HORSE CAMPS FOALS

### Grades 2-6

Foals offers classic camp activities with an added specialty focus on horses and western horseback riding. Campers will spend 2.5 hours each day of camp riding (weather permitting) and additional time learning about horses, riding styles, and equestrian grooming and care.

Dates	6 Days	\$765
June 23 - 28		
July 7 - 12		
July 14 - 19		
July 21 - 26		
July 28 - Aug. 2		
Aug. 4 - 9		
Aug. 11 - 16		

## PONIES

### Grades 6-10

Pony campers are assigned a horse of their own for the entire week of camp and share in daily care, grooming, feeding and maintenance. In addition, campers spend 2.5 hours each day riding western (weather permitting) and additional time learning about riding styles, working their way towards trail riding, and equestrian grooming and care.

Dates	6 Days	\$765
June 23 - 28		
July 7 - 12		
July 14 - 19		
Aug. 4 - 9		
Aug. 11 - 16		

## TWO WEEK HORSE CAMP FILLIES \*girls only

### Grades 6-10

Fillies develop their horsemanship skills by caring, training and riding for 2.5 hours each day at camp before embarking on a four-day wilderness horse camping trip. Fillies must have previous horseback riding experience in Foals, Ponies or comparable experience at another camp.

Dates	13 Days	\$1,525
July 21 - Aug. 2		



# CAMP SESSIONS

## TEEN ADVENTURE CAMP

2 weeks — Grades 7-10

The Teen Adventure Camp (TAC) program is filled with fun camp activities, overnight adventures, challenging team problem solving on the high ropes course and low ropes initiatives course, rock climbing at Taylors Falls, a trip to a zip line tour including 3000 feet of zip and a four day river canoe trip. Campers will spend their time growing and learning more about themselves through personal challenges and adventure. The Teen Adventure Camp will be led by experienced Icaghowan staff.

Dates	13 Days	\$1,375
July 7 - 19		
July 21 - Aug. 2		

## PIONEER AND CHALLENGER RIVER CANOE TRIPS

2-Weeks — Grades 8-11

During a river canoe trip, campers experience the challenge of navigating river waters and living in the outdoors. Campers start with two days of in-camp skills and safety training, trip preparation and then head out for 10 days of canoeing on a river in Northern Wisconsin, covering 100 – 125 miles! Trips are led by experienced Icaghowan staff.

Dates	13 Days	\$1,350
July 7 - 19		
July 21 - Aug 2		

## ISLANDERS

2 weeks — Grades 8-11

Islanders is a great opportunity for older campers to continue to expand their wilderness camping experience. They will leave Wallace Island to dip their paddles in the crystal-clear waters of Lake Superior on a 5 night 6 day sea kayaking adventure. They will camp in the picturesque Apostle Islands National Lakeshore with 2 Icaghowan counselors and 2 expert sea kayaking guides through Living Adventures out of Bayfield, WI.

Dates	13 Days	\$1,465
July 7 - 19	(Girls Only)	
July 21 - Aug. 2	(Boys Only)	



## WORK LEADERSHIP CAMP

3 weeks — Grades 10-12

The Work Leadership Camp (WLC) program is designed to provide youth a service learning program focused on developing personal leadership style and character building. The first week of the session is focused on Service Learning. Campers design their own camp service project and implement it throughout the week. During this same week campers work in service to each program area of camp. The next phase is a week-long river canoe trip that develops their trail and group leadership skills. The last week is focused on leadership skill building and personal development, while shadowing a seasoned camp counselor or program lead.

Dates	20 Days	\$1,665
June 23 - July 12		
July 14 - Aug. 2		
Aug. 4 - 23		

## COUNSELOR IN TRAINING

3 weeks — Grades 11-12

\$1,325

Icaghowan's CIT program offers a leadership development program tailored to campers who intend to become a counselor or youth development worker in the future. Incorporated in this continuous 3 week program is CPR training from the American Red Cross, a camping trip to the BWCA and education across the wide array of youth leadership. A special application is part of the registration process. Contact the Program Director at courtney.danis@ymcamn.org for more information on program, application and interview process.

## ATTENTION RNs AND MDs

We are looking for RN's and MD's to serve as health care providers throughout the summer. Please contact the Camp Director at info@campicaghowan.org for more details.

FINANCIAL ASSISTANCE  
AVAILABLE FOR ALL PROGRAMS



# YEAR ROUND PROGRAMS

## CONFERENCES & RETREATS

Camp Icaghowan is the perfect spot for your next gathering. Let our staff help you plan your next conference or retreat. For more information Email us at: [info@campicaghowan.org](mailto:info@campicaghowan.org)

## FAMILY CAMP

Bring your entire family to camp and retreat away from busy lives on our magical island. Each day children participate in age groups with campers their own age, giving parents time to relax, hike, or join an adult age group to learn something new. Activities include canoeing, climbing, swimming, arts and crafts, evening campfires and night hikes. It's a great way to introduce your children to camp while enjoying the wilderness together. Our camp brings together families of any shape and size; strengthening relationships and creating unforgettable memories that you'll share for a lifetime.

Session	Dates	3 Days	Rates
Family Camp	May 25-27		Adults \$165 Youth \$75

## WINTER EXPERIENCE

**Ages 8–11 / Grades 3 – 6**

Campers play outside snowshoeing, following animal tracks and playing winter games on Lake Wapogasset. Winter Experience participants sleep indoors both Saturday and Sunday night.

## WINTER ADVENTURES

**Ages 12–17 / Grades 7–12**

Campers receive training in winter camping skills and are outfitted with winter camping equipment, including clothes and a minus 40-degree sleeping bag. The crew sleeps indoors Friday night and then, with trained winter camp staff, trek out around Icaghowan to build winter shelters to sleep in Saturday night. Sunday the crew returns to sauna and celebrate their adventures.

Session	Dates	3 Days	\$165
Ages 8–17	Jan. 19-21		

Email us at: [info@campicaghowan.org](mailto:info@campicaghowan.org) for additional information on any of these programs.

# YMCA CAMPING: AN EXPERIENCE LIKE NO OTHER. DISCOVER Y OVERNIGHT CAMPS

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

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

# 2019 SUMMER REGISTRATION

## TO REGISTER

- ◆ Online registration available at [campicaghowan.org](http://campicaghowan.org)
- ◆ To download a registration form go to [campicaghowan.org](http://campicaghowan.org) under forms and publications.
- ◆ Registrations accepted now throughout summer 2019.
- ◆ Each registration must be accompanied with a \$150.00 non-refundable deposit. 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. Additional forms can be found at [campicaghowan.org](http://campicaghowan.org).
- ◆ Complete and return additional paperwork one month prior to camp session.

## TRANSPORTATION

- ◆ For the convenience of camp families, the YMCA offers safe and reliable transportation to and from camp. The departure and return bus stop is conveniently located at the YMCA in Shoreview, 3760 North Lexington Ave, Shoreview, MN 55126. Bus transportation must be reserved and paid for at the time of registration. Please refer to your Parent Handbook for specific departure and return times.
- ◆ Parents may also choose to drive their child to or from camp and have the opportunity to see Camp Icaghowan. Please refer to your Parent Handbook for specific drop-off and pick-up times.

## PAYMENT PLAN

- ◆ Your balance is due in three monthly installments on March 15, April 15, & May 15 unless you have a pre-arranged payment plan established with the Customer Service Center. If the balance is not paid by May 15, 2019, 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 an alternate 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 [campicaghowan.org](http://campicaghowan.org) or call for an application at 612-822-2267.

## CONFIRMATION

- ◆ Email confirmation will be sent immediately upon completion of online registration.
- ◆ Confirmations will be emailed within three weeks upon receiving mailed or faxed registrations.
- ◆ The Parent Handbook contains important camper information such as packing lists and session information. It can be found at [campicaghowan.org](http://campicaghowan.org). Please review thoroughly.

## CANCELLATION & CHANGE POLICY

- ◆ Cancellations must be in writing and can be submitted to [ymcamn.org/contact\\_us](http://ymcamn.org/contact_us) or faxed to 612-223-6322.
- ◆ Cancellations received on or before May 15 will be refunded however, your deposit is non-refundable.
- ◆ All cancellations made after May 15 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 disabilities, developmental disorders and behavioral issues, decisions are made on a case-by-case basis. Please contact the Camp Program Director at YMCA Camp Icaghowan, 763-230-9317.

## NON-DISCRIMINATION STATEMENT

In the operation of the Summer Camp Program, no child, as defined by the program regulations, will be discriminated against because of race, sex, gender identity, 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, 2019 and they must be new to YMCA Camp Icaghowan. Referral discount does not apply for siblings.

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

Refer A Friend promotion ends April 1, 2019.





YMCA OF THE GREATER TWIN CITIES  
651 Nicollet Mall, Suite 500  
Minneapolis, MN 55402

YMCA CAMP ICAGHOWAN  
899 A 115th Street  
Amery, WI 54001

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 23

10 a.m. – 2 p.m.

### YMCA SUMMER PROGRAMS FAIR @ ALL YMCA LOCATIONS

SATURDAY, MARCH 2

9:30 a.m. – Noon

### NEW CAMPER ORIENTATION @ REI BLOOMINGTON

APRIL 2019

### PREVIEW DAY @ CAMP ICAGHOWAN

JUNE 2019



"Like" us on Facebook.

Follow us on Instagram

View photos on Facebook

Visit us at [campicaghowan.org](http://campicaghowan.org)

### Have a question?

Contact us at 612-822-2267

Email us at: [info@Campicaghowan.org](mailto:info@Campicaghowan.org)

We  
Welcome  
All

**SAVE \$25 BY REFERRING A FRIEND**

See page 11 for more information.

### WALLACE ISLAND

All of this island, plus 80 acres on the mainland, make up Camp Icaghowan.



25% RECYCLED MATERIALS USED



YMCA of the Greater Twin Cities is a not-for-profit 501c3 organization.