



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

YMCA CAMP IHDUHAPI
3425 Ihduhapi Road
Loretto, Minnesota 55357

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 BRANCH LOCATIONS

SATURDAY, MARCH 2

9:30 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.

SUNDAY, JUNE 2, 1-4 p.m.

Overnight and Day Camp Tours ongoing.



Have a question?

Contact us at 612-822-2267

Email us at: info@CampIhduhapi.org

We Welcome All
Willkommen
Добро пожаловать
Tān ān yāhīni
환영합니다
ကျွန်းသို့
ဝိတ်ထိတ်ဝိတ်



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

CREATING LIFELONG MEMORIES

YMCA CAMP IHDUHAPI

2019 Overnight Camp



ONLINE REGISTRATION OPENS SEPTEMBER 2018
REGISTER EARLY AND SAVE:
\$25 off plus T-shirt through October 31
T-shirt only through December 31

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



TRADITIONAL CAMP
Ages 7-14

LEADERSHIP CAMP
Ages 13-17

campihduhapi.org

IHDUHAPI (EE-do-hop-ee)

LIFE AT CAMP IHDUHAPI

Camp life at Ihduhapi provides a warm and nurturing environment. Campers lodge in cabins in groups of 8-10 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 may include 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 3-4 activity times. Campers choose 3-4 Achievement Options to participate in over the length of their session. Examples:

- ◆ Recreational Swimming
- ◆ Canoeing
- ◆ Farm
- ◆ Archery
- ◆ Yipahudhi (camp newspaper)
- ◆ Nature
- ◆ Outdoor Cooking
- ◆ Arts & Crafts
- ◆ Island
- ◆ Music
- ◆ Kayaking (ages 10+)
- ◆ Paddleboarding (12+)
- ◆ Fishing (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.



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.

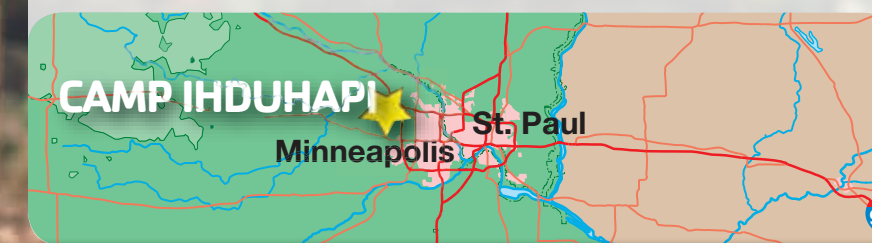
At Camp Ihduhapi:

- ◆ 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

- 7:30 a.m. Optional morning activities: Road Runners, Yoga & Polar Bears
- 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 or cook-out. All Camp Games & Traditional Campfire – for those remaining in camp
- Tuesday.....Out of Camp Camping Night – other half of camp goes on an overnight or cook-out. 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. 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

Grades 2-7 see specific weeks
 Kids who want to try overnight camp will love our Summer Sampler's. For 3 or 4 days, 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	Days	Grades	Fee: \$335
June 9 - 11	(Sun-Tues)	Grades 2-7	
June 12 - 14	(Wed-Fri)	Grades 2-7	

Dates	Days	Grades	Fee: \$440
July 7 - 10	(Sun-Wed)	Grades 2-4	
July 14 - 17	(Sun-Wed)	Grades 5-7	
July 21 - 24	(Sun-Wed)	Grades 2-4	
July 28 - 31	(Sun-Wed)	Grades 5-7	
Aug. 18 - 21	(Sun-Wed)	Grades 2-7	

TRADITIONAL CAMP

Grades 2-9
 Traditional Camp is a great way for kids to spend 6 days participating in many time-honored camp activities. Campers choose 3-4 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	Days	Grades	Fee: \$635
June 16 - 21			
July 7 - 12			
July 14 - 19			
July 21 - 26			
July 28 - Aug. 2			
Aug. 4 - 9			
Aug. 11 - 16			

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 1-2 Achievement Options to participate in during program time.

HORSE SAMPLER

GRADES 3 - 7

Dates	Fee:
June 9 - 11 (Sun-Tues)	\$400
June 12 - 14 (Wed-Fri)	\$400
August 18 - 21 (Sun-Wed)	\$530

FOALS

GRADES 3 - 5

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.

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



PONIES

Grades 6-9

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 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	Fee: \$765
June 16 - 21	
July 14 - 19	
July 21 - 26	
July 28 - Aug. 2	
Aug. 4 - 9	
Aug. 11 - 16	

FILLIES

TWO WEEK HORSE CAMP

Grades 6-9

Girls Only

This program is for campers who have completed the Ponies program or have equivalent experience. Campers will spend two weeks building on horse skills and experience more advanced trail riding.

Dates	Fee: \$1,525
July 7 - 19	

ARTS & CRAFTS

Grades 3-7

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: \$665**

June 16 - 21

OUTDOOR CHALLENGE CAMP

Grades 5-9

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: \$750**

June 16 - 21

July 7 - 12

July 14 - 19

July 21 - 26

July 28 - Aug. 2

Aug. 4 - 9

Aug. 11 - 16



PERFORMING ARTS

Grades 5-9

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: \$665**

July 14 - 19

July 28 - Aug. 2

TEEN EXTREME

Grades 7-9

(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 may have the opportunity to camp out at a state or national park. 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: \$795**

June 16 - 21 (Girls)

July 28 - Aug. 2 (Boys)

LEADERSHIP DEVELOPMENT

Our Leadership Development Program is a leadership progression for teens. LDP instructors coach on group facilitation and leadership, teach technical outdoor skills, and ask participants to collaboratively make consequential decisions. LDP 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. The “LDP” program is set up as a progression for teens that includes sessions from one week to three weeks.

EXPLORERS – CANOEING

Entering Grade 8 (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: \$775**

July 21 – 26

VOYAGEURS – CANOEING

Entering Grade 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! They will work together to plan their river trip in northern WI. After their time on trail, Voyageurs return to Camp Ihduhapi and participate in activities with an emphasis on supporting younger campers.

Dates **Fee: \$1,350**

July 7 – 19

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 experience.

Dates **Fee: \$1,350**

July 7 – 19



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: \$1,525**

July 21 – Aug 9

BOLD & GOLD LEADERSHIP DEVELOPMENT FOR YOUTH FROM ALL BACKGROUNDS

The YMCA of the Greater Twin Cities is a national hub for Boys and Girls Outdoor Leadership Development (BOLD & GOLD), an outdoor education program designed to develop multi-cultural leadership skills in young men and women (age 12-17) through challenging outdoor activities. BOLD & GOLD experiences are open to all with no experience necessary. We work to remove barriers by making programs accessible to all who are interested. Scholarships are available and enable us to create groups that reflect the diversity of our communities. For dates and to learn more visit ymcamn.org/boldgold or contact Program Director Kurt Simer (kurt.simer@ymcamn.org)

The following sessions will be available at Ihduhapi:

Dates

June 16-21

July 14-19

July 28-Aug 2

Aug 11-16

IHDUHAPI INTERNSHIP

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.

Visit our website for additional internship opportunities.

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.

Dates

June 9 - 14

June 16 - 21

June 23 - 28



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 2019.
- ◆ Each registration must be accompanied with a \$150 non-refundable deposit per session. The completed registration materials, along with the deposit will secure your place at camp.

ADDITIONAL CAMP PAPERWORK

- ◆ Additional camper paperwork will be required to attend camp. Forms can be found at 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

- ◆ 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 campihduhapi.org or call for an application at 612-822-2267.

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 on or before May 15 will be refunded however, your deposit is nonrefundable.
- ◆ 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 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.
- ◆ 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 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 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, 2019 and they must be new to YMCA Camp Ihduhapi.

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.

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

ymcacamps.org

"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

YEAR-ROUND PROGRAMS

FALL, WINTER, SPRING

OUTDOOR LEARNING PROGRAM

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.

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.



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