

# RETREATS AND IMPACT TRIPS FOR ADULTS

An adult only getaway can be a great way to recharge, reflect and meet new people. Retreats held at camp feature group activities, workshops, evening events and performances. Impact trips create opportunities to engage in global travel and service that strive to positively impact the future.

Registration for retreats and trips starts each May.

"Camp du Nord is a unique, amazing place in a gorgeous natural setting, filled with kind and dedicated campers and staff. The community, its values, and the ability to slow down and be present have been an invaluable gift to our family collectively, and as individuals."

—du Nord participant

## WE ALL BELONG AT CAMP.

YMCA membership isn't required to attend a Y camp. The Y raises scholarship funds to ensure fees are not a barrier for anyone. Contact us for more information about financial assistance. All requests for financial assistance are kept strictly confidential.

Registration and additional information available at [ymcanorth.org/familycamps](https://ymcanorth.org/familycamps)

To learn about our commitment to our communities, including our anti-racism position and land acknowledgement, visit [ymcanorth.org/camps](https://ymcanorth.org/camps).



YMCA OF THE NORTH  
651 Nicollet Mall, Suite 500  
Minneapolis, MN 55402



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YMCA OF THE  
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TWIN CITIES, MN



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA FAMILY CAMP

# EXPLORE. CONNECT. REST.

YMCA CAMP DU NORD  
YMCA CAMP NORTHERN LIGHTS

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YMCA Family Camp is the perfect place to unplug, explore the north woods, and connect with family and friends in the great outdoors.

In the hustle and bustle of busy lives, it can be a challenge to find quality time to spend as a family. The mission of Family Camp is to strengthen families by providing opportunities for individual and family growth, supporting spiritual development, and enhancing environmental awareness in a wilderness setting.

Both Camps include incredible lakeshore, great hiking and skiing trails and lots of opportunities to paddle, play and fish. Cozy and comfortable cabins range from full amenity to simple and rustic. Tent sites are also available in late spring, summer and early fall.

## CAMP DU NORD

MORE THAN 60 YEARS OF YMCA HISTORY

Camp du Nord near Ely, MN is found on Burntside Lake on the edge of the Boundary Waters Canoe Area Wilderness. du Nord features a large Dining Hall, which serves meals to campers during most programmed times at camp.

## CAMP NORTHERN LIGHTS

THE MOST RECENT ADDITION TO THE YMCA FAMILY

Camp Northern Lights is located just south of Ely, MN on Bear Island Lake in the Superior National Forest. Camp Northern Lights features two camp store locations with concessions and beverages available.

## FAMILY CAMP

A Family Camp experience provides lasting memories, outdoor adventure and a whole lot of laughter. Each day provides new experiences where families have quality time together.

### WHAT MAKES FAMILY CAMP DIFFERENT?

Imagine dedicated time to enjoy your cabin's deck, hiking or paddling on the lake- knowing that your kids are having a blast with their camp counselors and our team. With a portion of the day dedicated to age-specific programs, and the rest of the day designed for families to have fun together. Family Camp is a truly unique experience from other resorts or vacation destinations.

### SUMMER

The 3-, 4- and 7-day options provide the length of experience that works perfect for your family. Summer registration is handled through a Lottery process, giving all families an equal opportunity to register. Online entry for the Lottery begins in September and ends in November.

### FALL, WINTER AND SPRING

These scheduled weekends are an opportunity to enjoy a weekend of outdoor and indoor fun. Activities are based on season and may include age groups, paddling, campfires, cross-country skiing, night hikes, and saunas.

Visit our website for Lottery information and a typical day schedule.



## BOOK YOUR OWN GETAWAY

Explore the vibrant colors and active wildlife in the fall. Enjoy the bright and fresh snow in the winter. See the spectacular buds of new life in the spring. Whether you opt for a time of solitude and relaxation or want to explore the wooded trails with family and friends, booking your own getaway at Family Camp offers flexibility and freedom to choose your own adventure.

Year round staff support and activities create a unique experience for all campers. Options are also available for groups such as weddings, reunions, and other large groups.



## VOLUNTEER OPPORTUNITIES

Volunteering at Family Camp is truly an unforgettable and life-changing experience. The strength of the volunteer culture makes camp special, but most would tell you that they get more out of the experience than they give. The opportunity to directly help families laugh, create life-long memories, and connect with other families is magical.

Many camp supporters work behind the scenes all year long. Our volunteers are essential in supporting our Mission. A variety of opportunities are available for you and your whole family.

- Work Weekends
- Resource Families
- Leadership Development Programs
- Board Leadership

"The sense of community that I have found volunteering at Family Camp is incredible. Everything from planting trees and building decks to clearing trails and washing dishes! I've built so many important relationships and feel grateful to have this opportunity to make even more memories at camp."

—Family Camp Volunteer