



## OVERNIGHT CAMP

Traditional, Specialty,  
Teens, and Tripping

Ages 7-17

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

# YMCA CAMP ICAGHOWAN

GROWTH THROUGH ADVENTURE



## A CLOSE-KNIT CAMP COMMUNITY WITH IN CAMP AND TRIPS FOR YOUTH.

Founded in 1908, Camp Icaghowan is committed to helping participants achieve their fullest potential in personal development, social growth and physical wellbeing, with an understanding of their natural environment. At Icaghowan, campers are provided with unique and powerful ways to learn and care about themselves, others, and community. Programs and activities at Camp Icaghowan seek to instill a love for nature, a deep care for themselves and others, and an opportunity to simply be a kid. Summer camp is magic. It has the power to transform even the shyest camper into a confident leader. It turns strangers into new friends. It replaces barriers with successes. Through outdoor adventures like canoeing, target sports, swimming and more, campers gain self-confidence as they build or enhance their skills. By living with other campers, they learn to work

together and demonstrate the values of caring, honesty, equity, respect and responsibility. CHERR! Camp staff are enthusiastic, well trained, and camper focused. They guide campers of all backgrounds and various abilities through programming that builds character in a safe, encouraging environment. YMCA Camp Icaghowan fosters a nurturing environment for campers to explore new activities and gain specialized skills in a variety of programs. We view our programs not as an end to themselves, but as a tool to foster self-confidence, independence, teamwork, responsibility and perseverance. We strive to introduce campers to a wide range of programs, and allow them to develop their natural interests so they can pursue their passions.

Camp Icaghowan offers programming for kids ages 7 to 16.



## SCHOLARSHIPS:

Icaghowan welcomes all who wish to participate and raises campership funds to ensure camp fees are not a barrier for anyone. For more information about financial assistance please visit [campicaghowan.org](http://campicaghowan.org) or call 612-822-2267.

# TRADITIONAL CAMP

- **Summer Samplers:** 3 days, ages 7–9
- **Mini Session:** 4 days, ages 7–12
- **Traditional:** 5 days, ages 7–13
- **2 Week Traditional:** 12 days — includes weekend camping trip to state park.

Each day is packed with activities, adventure, and opportunities to learn new skills. Campers self-select from variety of activities including swimming, nature hikes, arts and crafts, boating, climbing, target sports and more. The week includes camp activities, all-camp games, evening campfires, outdoor exploration with cabin groups, and much more. Each camper will also experience a cookout for short sessions or overnight camping experience for full-week sessions. Campers end their day in one of our lake side cabins sharing stories of their adventures and planning for tomorrow.



## NEW TO CAMP

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, arts and crafts, archery, boating, 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!





# HORSE CAMP

- **Foals:** 5 days; Ages 7–9
- **Ponies:** 5 days; Ages 10–12
- **Fillies:** 12 days; Ages 12–14 — includes weekend trip to Pine Lake Pastures

Horse campers come to camp to experience the best of both traditional and horse camp. They will spend half of their day each day in their horse program. Each camper is assigned a horse to be partnered with for the week. Campers in our program learn about horse anatomy, how to care for a horse, participate in chores to help care for the barn and arena, learn about horse nutrition, and learn new riding skills. During the remainder of their day, horse campers get to participate in the traditional camp program allowing them to incorporate a variety of activities into their days.





# TEEN ADVENTURE TRIPPING CAMPS

- **Teen Extreme:** 5 days, Ages 12–14
- **Teen Adventure Camp:** 12 days, Ages 13–15
- **Islanders:** 12 days; Ages 15–17
- **Pioneers/Challengers/Chioneers:** 12 days; Ages 14–16

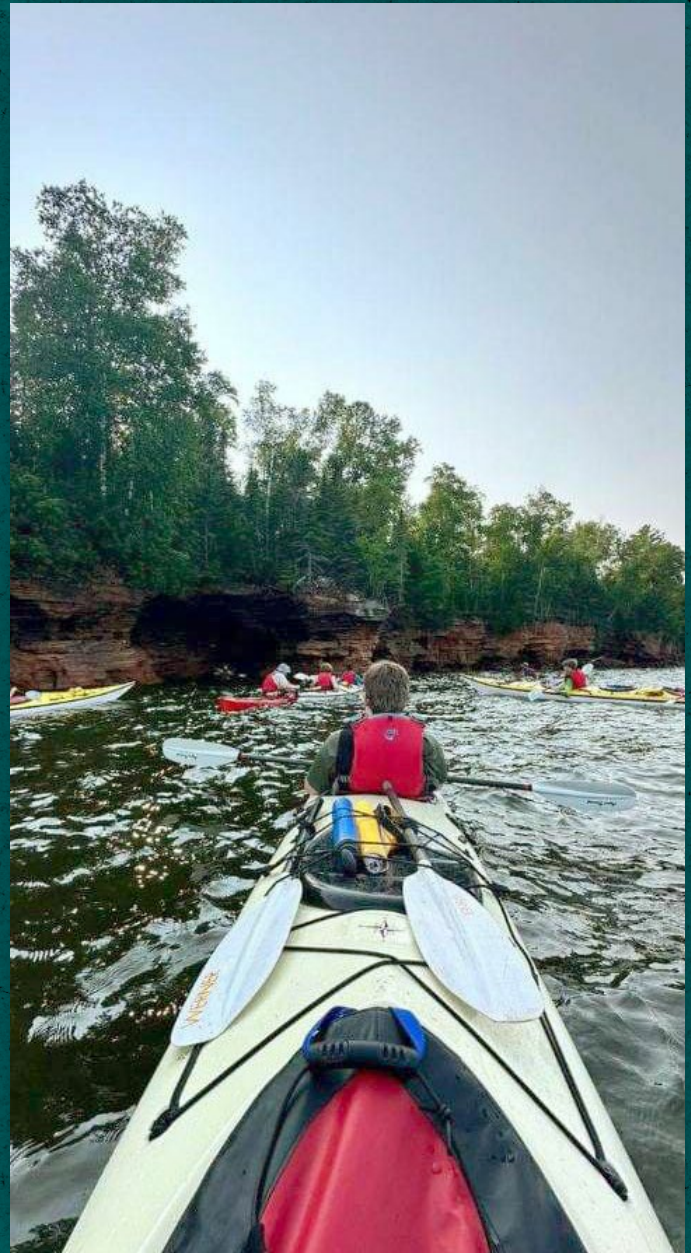
Our teen adventure tripping camps allow campers to expand on their camp experiences and broaden them into wilderness experiences. These programs vary from daily adventures to extended river trips. Each is action packed and full of adventure!



# TEEN LEADERSHIP CAMPS

- **Work Leadership Campers:** 19 days, Ages 15–16
- **Counselor in Training:** 19 days, Age 16

Our teen and leadership camps provide campers with an opportunity to learn more about themselves by getting unplugged and reemerged in nature, play, and our camp community. These programs foster opportunities to learn about service, leadership, youth development, as well as fine-tune skills in leading activities. Our goal is that when a camper completes our leadership programs they will be ready to step into leadership opportunities anywhere.





# LIFE AT CAMP ICAGHOWAN

Life at Camp Icaghowan is relaxed and unhurried. Clocks and screens are almost non-existent. Bells call campers to meals, and songs and ceremony close the day and celebrate the small successes of new experience. Under the guidance of counselors, campers live in cabins of 10 campers. At camp, friendships are formed during cabin time, meals and in activities. We provide a well-balanced diet of kid friendly nutritious meals including local produce, fresh fruit and options for vegan, vegetarian, dairy free, and gluten free diets.

## CAMP ACTIVITIES

Campers choose three activities a day to explore the island, play in the oak savannas and learn about themselves and

the wilderness. Campers learn skills, in both experiential and progressive programming models. Campers also learn about being a good sport, independence and the value of good decision making. Activities include, but are not limited to:

- Archery, Sling Shots and Hatchets
- Arts & Crafts
- Outdoor Skills and Nature Discovery
- Canoeing, Kayaking, Stand Up Paddle Boarding and Log Rolling
- Climbing and Team Building
- Swimming
- Camping

Register today to secure your next summer overnight camp experience! [campicaghowan.org](http://campicaghowan.org)



Visit our website for details on new camper information nights and dates and times to meet our camp staff.

## HAVE A QUESTION?

Contact us at 612-822-2267

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



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

Y Camps respectfully acknowledge that we are on the appropriated homelands of Indigenous peoples. Each camp is working to build sustainable relationships with our Indigenous communities and endeavor to be responsible stewards of the sacred nature of their homelands.

We believe nature-based camp experiences should be available as a strategy for all communities to develop the children, families and overall health and wellbeing they envision. Y Camps are committed to creating anti-racist and anti-oppressive communities, ensuring our camps are a welcoming and affirming place for all campers and families.

To learn more about our commitment to our communities, please visit [ymcanorth.org/camps](http://ymcanorth.org/camps).