

# YMCA CAMP IHDUHAPI

## CREATING LIFELONG MEMORIES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Overnight Camp Experiences  
Traditional & Specialty Camps | Ages 7-17  
End of Summer Family Weekend | All Ages

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

# CLASSIC CAMP EXPERIENCES AT A CLOSE-TO-HOME LOCATION

## OVERNIGHT CAMP

Camp Ilduhapi is committed to helping young people ages 7-17 achieve their fullest potential in personal development, social growth and physical wellbeing, with an understanding of the natural environment. At Ilduhapi, campers are provided with unique and powerful ways to learn and care about themselves, others and community.

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 success.

Through outdoor adventures like canoeing, archery and horseback riding, campers gain self-confidence as they build or enhance skills. By living with other campers, everyone learns to work together and demonstrate the four core YMCA values of caring, honesty, respect and responsibility.

At Y camps, staff members are enthusiastic, well trained and prepared to guide campers of all backgrounds and abilities through programming that builds character in a safe, encouraging environment.

## END OF SUMMER FAMILY WEEKEND, AUG 18-21

Camp Ilduhapi is the perfect place to spend time with your family. As Summer comes to an end, and we prepare for the school year—let's get some extra quality time in at camp! Our family weekend will include private/semi-private cabins, meals, and fun-filled activities for the whole family. From swimming to climbing to nature and archery; families will be able to "choose their own adventure" in our daily Camper's Choice activities lead by our Camp Ilduhapi staff. In the evenings, enjoy community building social events such as campfire, night hikes, and family games! Most camp activities will be geared toward ages 5 and up, but everyone is welcome! Come end your Summer with us here at Camp Ilduhapi!



### Scholarships:

Ilduhapi welcomes all who wish to participate and raises campership funds to ensure fees are not a barrier for anyone. For information about scholarships, visit [campilduhapi.org](http://campilduhapi.org) or call 612-822-2267.

# TRADITIONAL CAMP

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

A week at camp includes all-camp games, evening campfires and outdoor exploration with cabin groups. There's also a theme day during each camp session where everyone can get creative, dress up and enjoy a day of activities focused on a theme—think Superheroes, Disney, Wizards and more!

## NEW TO CAMP

Perfect for the first-time camper, the two or three night Summer Samplers gives new campers the opportunity to try a little bit of all that camp has to offer. It's a great sample of camp that often results in campers wanting to return the following year for a whole week!

# SPECIALTY CAMPS

Specialty Camp is a great option for traditional campers who want to dive a bit deeper into one activity by participating in it for two of their four activity periods. This includes horseback riding and outdoor challenge.

Horse Camp gives campers the opportunity to groom, bridle, saddle and ride a horse. Whether beginner or advanced, campers will spend time improving their western riding technique and learning about horse safety.

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 cohesions skills. Climbers spend two hours each day experiencing some of the high and low ropes events.



# TEEN & LEADERSHIP CAMPS

Teens entering grades 7-12 can opt for a challenging outdoor leadership progression that teaches leadership and technical outdoor skills. Campers build expertise by practicing skills themselves, engaging in service leadership and exploring true teamwork.

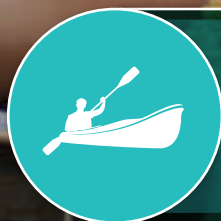
**Explorers** is a two week session that introduces campers to the wonderful adventure of a canoe trip! The program starts with campers getting to know each other and practicing canoeing skills in camp. The next few days are spent on a short canoe trip in the Boundary Waters Canoe Area Wilderness (BWCAW) or similar wilderness area.

**Voyageurs** is a two week session that expands on canoeing and leadership skills. Before and after the 5 day canoe trip in the BWCAW, campers enjoy preparations and traditional camp activities at Camp Ihduhapi.

**Junior Leaders** is a two week session that sends campers on a pinnacle 10 day canoe trip in the BWCAW.

**YMCA Service Crew** is a one week session for teens who want to develop leadership skills through service and outreach. This program will emphasize communication, cooperation, and servant leadership. Together our campers will plan and implement service projects around camp and off-site, in the community.

**Counselor In Training** is a four-week session for teens that want to develop mentoring and leadership opportunities as Camp Counselors.



## **BOLD and GOLD**

Girls Outdoor Leadership Development (GOLD) / Boys Outdoor Leadership Development (BOLD) sessions are weeklong camps in northern Minnesota that teach kids ages 12-18 leadership skills. No prior experience in camping or canoeing is needed. Get details at [ymcamn.org/boldgold](http://ymcamn.org/boldgold)

# LIFE AT CAMP IHDUHAPI

Camp life provides a warm and nurturing environment for first-time and returning campers alike. Groups of 8-10 campers in the same age range stay together in cabins with 2 counselors. Each day, campers choose 3-4 activities to explore, play and learn.

Cabin groups enjoy well-balanced, kid-friendly and nutritious meals served family style. A salad bar is provided at lunch and dinner, fresh fruit is offered every day, and vegetarian, vegan and gluten-free options are available. Most dietary needs can be accommodated with prior notice.

## CAMP ACTIVITIES

Many camp activities are progressive in nature, allowing for increased skill development each year.

Activities may include, but are not limited to:

- Archery
- Arts and Crafts
- Music
- Outdoor Skills and Nature Discovery
- Canoeing, Kayaking and Paddleboarding
- Yipahudi (Camp Newspaper)
- Swimming
- Log-rolling
- Garden
- Athletics
- Fishing



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



YMCA OF THE NORTH  
YMCA CAMP IHDUHAPI  
651 NICOLLET MALL, SUITE 500  
MINNEAPOLIS, MN 55402



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 (Customer Service)

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



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