



**OVERNIGHT CAMP**  
Traditional & Specialty Camps

**Ages 7-17**

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

# YMCA CAMP IHDUHAPI

CREATING LIFELONG MEMORIES



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

Camp Ihduhapi 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 Ihduhapi, 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 five core YMCA values of caring, equity, 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.



## SCHOLARSHIPS

Ihduhapi welcomes all who wish to participate and raises campership funds to ensure fees are not a barrier for anyone. For information about scholarships, visit [campihduhapi.org](http://campihduhapi.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!





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

## CAMP SUPERKIDS

Camp Superkids has been operating at Camp Ihduhapi for over 50 years! It's a life-changing overnight camp that teaches young people and their families about how to better manage their asthma. This experience helps kids with asthma feel more independent and confident.

## PRIDE CAMP

Although Camp Ihduhapi strives to be a safe space for all kids to be themselves every week, Ihduhapi Pride session celebrates differences and identities in our camper community! This traditional camp program is open to LGBTQAI+ youth and youth who love and support the LGBTQAI+ community. Ihduhapi Pride will provide a fun, safe, and supportive camp experience for all gender identities and expressions. Campers will build confidence in themselves and their abilities with camp activities, identity affinity groups, and a supportive and welcoming staff.



# TEEN & LEADERSHIP CAMPS

Teens ages 13–17 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 wilderness 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. Upon return, Explorers participate in traditional camp activities at Camp Ihduhapi.

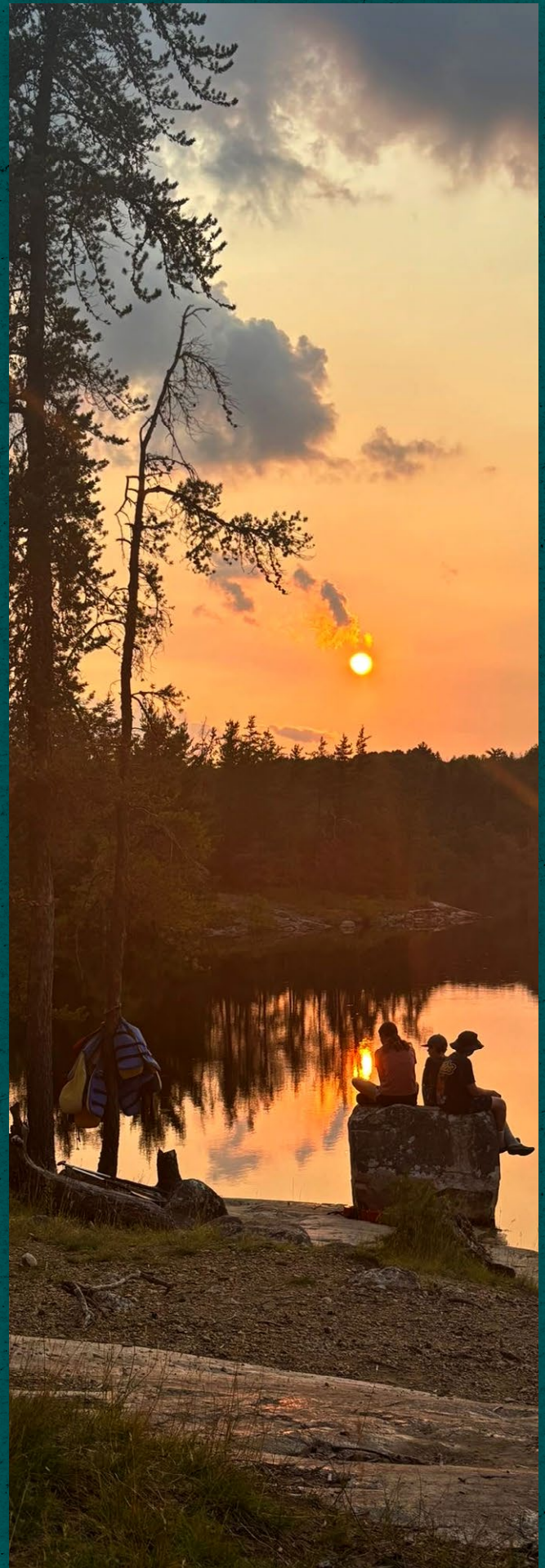
**Voyageurs** is a two week session that expands on canoeing and leadership skills. Before and after the canoe trip in the BWCAW or similar wilderness area, Voyageurs participate in trip preparations and traditional camp activities at Camp Ihduhapi.

**Junior Leaders** is a two week session that builds even further on the wilderness canoe experience. Most of the session is spent preparing their longer, pinnacle canoe trip to the BWCAW or similar wilderness area. Most of the session is spent out on trail, so time at Ihduhapi is limited.

**Counselor In Training (CIT)** is a three-week session 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. For the last weeks of their experience, CITs will apply their new skills by shadowing experienced counselors in a cabin of younger campers and leading all camp activities.

The **Ihduhapi Internship** is a three week session (campers go home on weekends) for 17 year olds who are ready to begin their camp counselor career! Interns will take a deep dive into the skills and leadership required of camp staff. They may have the opportunity to be hired for additional week of paid work.

**Y Service Leaders** 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.





# 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 include, but are not limited to:

- Archery
- Arts and Crafts
- Performing Arts
- Nature
- Boating (canoe, kayak, paddleboard)
- Swimming
- Sports

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



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