



# IHDUHAPI SUMMER 2025

campihduhapi.org  
612-822-2267  
info@campihduhapi.org

## TRADITIONAL CAMP

Ages 7–15

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, arts and crafts, boating, archery and more. A week at camp includes all-camp games, evening campfires and outdoor exploration with cabin groups. There’s also a theme day and a cookout or tenting overnight during each camp session!

**5-day Traditional Sessions (Sun.–Thurs.) . . . . . \$925**

- June 8–12 (Boys/Girls)                      July 13–17 (Boys/Girls)
- June 15–19 (Boys/Girls)                    July 20–24 (Boys/Girls)
- June 29–July 3 (Boys/Girls)                Aug. 3–7 (Boys/Girls)
- July 6–10 (Boys/Girls)

### SPECIALTY CAMP ADD-ONS

Specialty campers will spend either a full morning or full afternoon block at their chosen specialty each day. Choose from our Outdoor Challenge or Horse Camp specialty options for the week. Specialty campers will sign up for Traditional Camp and add their specialty option to their package.

**Horse Camp . . . . . \$185 + traditional camp rate**

Ages 7–15

Campers have 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. Campers spend two hours each day at the barn.

**Outdoor Challenge Camp. . . . \$100 + traditional camp rate**

Ages 10–15

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 such as the Climbing Wall, Leap of Faith, Giant Zipline, Giant’s Ladder, and Tree Highs Course.

## SUMMER SAMPLER

Ages 7–14

Not quite ready for a full session? Try our 3 night/4 day Summer Sampler! It’s a great way to introduce the overnight experience to our new Ihduhapi campers. Similar to a traditional camp session, we will provide a variety of activities to give campers a taste of what a full week feels like. There are no specialty add-ons for sampler sessions.

**4-day Summer Sampler Session (Sun–Wed) . . . . . \$740**

Aug. 17–20 (Boys/Girls)

## CAMP NOT-A-CLOT

Ages 8–17

Camp Not-A-Clot is a traditional summer camp experience for campers with chronic bleeding disorders. The mission is to foster community among patients with bleeding disorders and promote transition to independence.

**5-day Camp Not-A-Clot (Sun–Thurs). . . . . \$975**

July 27–31

## CAMP SUPERKIDS

Ages 8–16

Camp Superkids is an overnight summer camp for kids with asthma and also kids who don’t have asthma but want to learn more to better support their friends and family with asthma. Campers get to enjoy all of the fun of an outdoor summer camp while in a medically-safe environment. This program provides experiences that foster independence, inspire confidence, and build self-esteem, educating them and their families on how to better manage asthma.

**5-day Camp Superkids Session (Sun.–Thurs.) . . . . . \$950**

June 22–26 (Boys/Girls)

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## IHDUHAPI PRIDE

Ages 9–16

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.

**5-day Ihduhapi Pride Session (Sun.-Thurs.) . . . . . \$925**  
Aug. 10–14

## LEADERSHIP DEVELOPMENT PROGRAM

Ages 12–17

Our Leadership Development Program is a leadership progression for teens. LDP instructors coach on group facilitation and leadership, teach technical outdoor skills, and guide participants to collaboratively make consequential decisions. LDP programs build the whole person through a variety of activities, projects, and team-building exercises. Campers learn leadership skills built upon the YMCA's core values of Caring, Honesty, Respect, Responsibility, and Equity. They learn valuable lessons that will last a lifetime. The Leadership Development Program is set up as a progression for teens that includes sessions from two to four weeks.

## YMCA SERVICE LEADERS

Ages 13–16 (Groups are co-ed)

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.

**5 Day session . . . . . \$975**  
June 15–19 (Ages 13–14)                      Aug. 3–7 (Ages 15–16)

## EXPLORERS | CANOEING

Ages 13–14 (Groups are co-ed)

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.

**12 days . . . . . \$1,900**  
July 6–17

## VOYAGEURS | CANOEING

Ages 14–15 (Groups are co-ed)

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.

**12 days . . . . . \$1,900**  
Aug. 3–14

## JUNIOR LEADERS | CANOEING

Ages 15–16 (Groups are co-ed)

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.

**12 days . . . . . \$1,900**  
July 13–24

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## COUNSELORS IN TRAINING

Ages 16–17 (Groups are co-ed)

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.

**3 weeks . . . . . \$2,400**

July 6–24

## IHDUHAPI ISLANDERS

Ages 12–13 and Ages 14–15 (Groups are co-ed)

Ihduhapi Islanders is a one-week session designed to teach campers fundamental outdoor skills. Beginning with lessons on canoeing, outdoor cooking, fire building and more, staff ensure campers fully understand the essentials of wilderness trips. Islanders spend the remainder of their session camping on Ihduhapi’s Island, providing a hands-on experience that builds confidence for all skill levels.

**5 day session . . . . . \$975**

June 22–26

## IHDUHAPI INTERNSHIP

Age 17 (Groups are co-ed)

The Ihduhapi Internship is a three-week session 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. Campers go home each weekend. Meals and housing are provided while at Camp Ihduhapi. Spaces are limited and interns must interview prior to registration.

Please email Grace Larsen ([Grace.Larsen@ymcamn.org](mailto:Grace.Larsen@ymcamn.org)) for more information. Potential paid employment after successful completion of internship program.

**3 weeks**

June 8–26

## SCHOLARSHIPS:

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