



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



2023 SUMMER  
PROGRAMS + CAMPS

# SUMMER ADVENTURES AHEAD



[ymcanorth.org/summer](https://ymcanorth.org/summer) | [ymcanorth.org/camps](https://ymcanorth.org/camps)



TO VIEW FIELD TRIPS AND WEEKLY THEMES VISIT  
OUR WEBSITE [YMCANORTH.ORG/SUMMER](https://www.ymcanorth.org/summer)

These flexible summer programs allow you to choose from 3-, 4-, 5-day options. Before and after care options are available. Ages vary by location.

## **SUMMER POWER**

### **ENTERING GRADES K-5**

Summer Power is an enrichment program where kids enjoy adventure and age-appropriate field trips, discovery activities and special interest clubs guided by special weekly themes — no two weeks are alike! Kids stay motivated and entertained and are encouraged to make choices and exercise independent thinking. Choose from 3-, 4-, or 5-day options.

## **NATURE POWER**

### **ENTERING GRADES K-6**

Kids will be active and learning as they explore themes like pioneer life, hiking, what grows in the wild and more, tapping into creativity through nature-themed arts and crafts and playing sports and games. It's a full-day program offering 3-, 4- and 5-day options — each day is different and spent outside at a park.

**Nature Power Location:** Lake Elmo Park Reserve  
1515 Keats Ave N, Lake Elmo, MN 55042



## SUMMER SPORTS ENTERING GRADES 1-6

Kids who participate in week long Summer Sports at the Y discover so much more than their athletic abilities. They build character, develop self-confidence and create healthy relationships through positive competition. Kids of all skill levels and abilities can choose from a variety of sports to explore this summer.

**Before and After Care is also available on site at your sports location.**

### SPORTS CAMP LOCATIONS:

- East — YMCA in Hudson
- South — Please visit our website for location information
- West — Wayzata East Middle School
- Southwest — Richfield Middle School
- Northeast — White Bear Area YMCA
- North — Andover YMCA

Locations are subject to change. Please check our website for most up to date location information.



## COACHES IN TRAINING ENTERING GRADES 7-9

Coaches In Training (CIT) is a leadership development opportunity that allows teens to assist a Y coach with summer sports participants. CIT's will help implement a set curriculum as well as rules and expectations. They will play a key role in assuring that set rules and expectations are being followed. CIT's will also help implement our five core values within all sports participants. CIT participants must be mature, responsible and lead by example.



**FOR A WEEKLY SCHEDULE  
OF SPORTS OFFERINGS AT  
EACH LOCATION, PLEASE  
VISIT OUR WEBSITE  
[YMCANORTH.ORG/SUMMER](http://YMCANORTH.ORG/SUMMER)**



## SUMMER UPROAR ENTERING GRADES 5-7

Summer Uproar is a full-day, experience-based enrichment program that encourages older kids to explore, increase understanding, build independence and most importantly, have fun! Uproar brings a multitude of character development experiences to kids through community involvement, leadership activities, team building exercises, goal setting, field trips and more.

Choose from 3-, 4- or 5- day options.







## DAY CAMP

### TRADITIONAL & SPECIALTY CAMP OPTIONS

Recommended for ages 4 - 14

Day Camp provides campers the opportunity to meet new friends, learn new skills and connect with nature through meaningful outdoor experiences.

Transportation options are available.

- Day Camp Christmas Tree — Minnetrista, MN
- DayCroix — Hudson, WI
- Day Camp Heritage — Lino Lakes, MN
- Day Camp Ihduhapi — Loretto, MN
- Day Camp Gathering Pines (formerly Kici Yapi) — Lakeville, MN
- Day Camp Manitou — Monticello, MN
- Day Camp Oxbow—Byron, MN
- Day Camp Spring Lake — Rosemount, MN
- Day Camp Streefland — Lakeville, MN





## OVERNIGHT CAMP TRADITIONAL & SPECIALTY CAMP OPTIONS

At overnight camp, kids ages 7-17 get to unplug, connect with nature, and step outside of their comfort zone. There are many options available, so campers can do familiar activities alongside new adventures. They will arrive home with a new-found independence, increased self-esteem, and memories and friendships to last a lifetime!

- Camp Icaghowan — Amery, WI
- Camp Ihduhapi — Loretto, MN
- Camp St. Croix — Hudson, WI
- Camp Warren — Eveleth, MN

## TEEN WILDERNESS CANOEING, BACKPACKING & ROCK CLIMBING

Starting from a base camp in Northern Minnesota, campers age 11-18 head out on adventure trips that explore the Boundary Waters Canoe Area Wilderness and some of the finest wilderness areas in North America. Wilderness Camp trips range from 5 days to a month or more.

- Camp Menogyn — Grand Marais, MN
- Camp Widjiwagan — Ely, MN





## FAMILY CAMP

In the hustle and bustle of busy lives, it can be a challenge to find quality time to spend with loved ones. With a Family Camp adventure, plan on getting away to a pristine wilderness setting, and finding time to connect with yourself and others!

Whether you're looking for water activities, hiking or total relaxation, there is something for all ages. Age-group programming allows kids time with camp counselors and adults time for peace or for play!

A wide variety of lodging options are available — from cozy and comfortable full-amenity cabins to peaceful tent sites!

- Camp du Nord — Ely, MN
- Camp Northern Lights — Babbitt, MN





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

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## SAVE 2023 SPECIAL DEALS

**YMCA RALLY DAYS**

March 1-7

**YMCA BLAST OFF**

April 10-21



To see all of our YMCA summer program and camp options, please visit [ymcanorth.org/summer](https://ymcanorth.org/summer)

Follow us online!

