DES MOINES

EXPERIENCE SUMMER!

2019 Camp Fire Summer Camp Guide

Camp Fire
Heart of Iowa

What Is Camp Fire? It's a way of life.

For more than 100 years, Camp Fire has been providing a nurturing, constructive and fun environment for young people to light their fires within – to discover who they are, become strong leaders and contribute to their community.

In collaboration with highly trained, caring adults, Camp Fire's programs also connect young people with nature. Camp Fire offers day camps, overnight camps, environmental education and short-term outdoor programs that include day trips. At camp, youth from different backgrounds develop important skills, such as self-reliance and problem-solving, while interacting with natural surroundings and enjoying fun activities, such as swimming, archery, hiking and so much more!

Day Camps pg. 3 **Overnight Camps pg. 7**

DAY CAMPS

Our day camp programs immerse participants in nature to learn, explore and grow together while developing a lifelong respect for the outdoors. Campers go on exciting field trips, play games, make crafts, go swimming and form great new friendships!

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Camp Discovery

Designed for campers who enjoy spending time outside, playing games and making crafts. Campers form new friendships as they swim, explore nature and go on exciting field trips!

COST	$195/week
GRADES	1st – 6th
SWIMMING	Tuesday and Thursday
LUNCH	Bring a sack lunch and drink
SNACKS	Provided
FIELD TRIP	Wednesday

Register online at campfireiowa.org

June 3-7	**Disco All Stars** Hey now, you're an All Star... Disco All Star that is! Kick off the beginning of summer by joining us at camp and cheering on the Iowa Cubs!
June 10-14	**Waikiki Wipeout** Aloo-ha! We're cooling off this week by taking a trip to an Aquatic Center. Be sure to grab your swimsuits and sunscreen because we'll be having some fun in the sun!
June 17-21	**Blast from the Past** We're throwing it back this week by enjoying games and activities that used to be all the rage while dressing in your favorite styles from different decades!
June 24-28	**To Infinity & Beyond** It's all about space and science this week when we head to Science Center of Iowa! The limit on the amount of fun we'll have is to infinity & beyond!
July 1-5 *No Camp July 4th*	**You're a Grand Old Flag** Happy 4th of July week! Enjoy some All-American fun including, games, arts and crafts, and a trip to go golfing (glow golfing that is)!
July 8-12	**Jurassic Camp** Stegosauruses, Velociraptors, and T-Rexs, oh my! Keep an eye out for what creatures you'll see when we visit the Blank Park Zoo!
July 15-19	**Lights, Camera, Action!** It's all about Hollywood and glamour this week! Enjoy a walk on the red carpet as we go to the live action Lion King!
July 22-26	**Sleuths, Spies, & Private I's** Do you think you have what it takes to be a spy? Come investigate camp this week to see what you can find as we take a trip to Ledges!
July 29-August 2 *Additional $25 Fee*	**Disco Olympics 2019** Test your abilities this week as we compete in our favorites sports and see if you have what it takes to ride the Monster when we head to Adventureland!
August 5-9	**Mischief Managed** Accio wizards! Come test your magical skills and participate in your favorite Hogwarts courses as we zoom over to Skate North this week!
August 12-16	**That's a Wrap!** Let's celebrate the end of summer at Camp Discovery by playing our favorite games and activities. We'll finishing the summer with a trip to the aquatic center!

Drop-off sites	Drop-off time	Pick-up time
Camp Fire Service Center, Des Moines	7:00-8:30 am	4:00-5:30 pm
Plymouth Church, 4126 Ingersoll Ave, Des Moines	7:00-8:30 am	4:00-5:30 pm
Lutheran Church of the Cross, 1701 8th St SW, Altoona	7:00-8:00 am	4:30-5:30 pm

Camp Outrageous

Campers make friends and grow into leaders through "outrageous" activities like rock climbing, target sports, paintballing and more!

COST	$200/week
GRADES	6th – 10th
SWIMMING	Tuesday and Thursday
LUNCH	Bring a sack lunch and drink
SNACKS	Provided
FIELD TRIP	Wednesday and Friday

Register online at campfireiowa.org

June 3-7	**Let's Get it Started** Kick off summer the right way by joining us at Camp Outrageous where we'll be cheering on the Iowa Cubs!
June 10-14 *Optional $30 Paintball Fee*	**Quills, Quaffles, & Quidditch** Calling all muggles & wizards alike! Use your wizarding skills to give yourself an advantage as we tests our target skills before we go to ICU Paintball!
June 17-21	**Happy Holidays** Snow, trick or treating, and valentines in the summer? Something seems off, but we don't mind as we celebrate a different holiday each day, with a trip to laser tag!
June 24-28	**Pay it Forward** Join us this week at camp as we give back to the community by volunteering with different partnerships. We'll finish a great week off by taking a trip to the movies!
July 1-5 *No Camp July 4th*	**S'more What?** S'more camp! This week we'll be spending the 4th of July cooling off by ice blocking and taking a trip to Cascade Falls!
July 8-12 *Optional $30 Paintball Fee*	**Apocalypse Now** It's the end of the world as we know it! Test your abilities and aim while we do archery and riflery before ending the week with a trip to ICU Paintball!
July 15-19 *Additional $25 Fee*	**Ka Wai Wai** Ka Wai Wai in Hawaiian means "Water Week", which is what we're all about this week! Join us for canoeing and a trip to Lost Island Waterpark (Pick-up time at 6 pm.)
July 22-26	**Avengers Assemble** Calling all superheroes! Pull together and test out your super powers while we visit the Science Center of Iowa.
July 29-August 2 *Additional $25 Fee*	**Fear Factor** Do you think you have what it takes?! Test your limits this week at Adventureland! Conquer the Spaceshot, the Dragon, and of course...the Monster!
August 5-9	**Up, Up, & Away** We're going up, up, & away this week! See how far up you can go when we head to Climb Iowa!
August 12-16 *Optional $30 Paintball Fee*	**Throwin' It Back** #TBT, is all week! Experience all that the 70's, 80's, and the 90's had to offer while we end the summer with our favorite activities, which of course means...paintball!

Drop-off sites	Drop-off time	Pick-up time
Camp Fire Service Center, Des Moines	7:00-9:00 am	4:00-5:30 pm
Plymouth Church, 4126 Ingersoll Ave, Des Moines	7:00-8:30 am	4:00-5:30 pm
Lutheran Church of the Cross, 1701 8th St SW, Altoona	7:00-8:00 am	4:30-5:30 pm

DAY CAMP

Camp Hantesa

Campers will travel to Camp Hantesa in Boone to explore nature in full force as they participate in a true summer camp experience.

COST	$200/week
GRADES	1st – 8th
SWIMMING	Daily
LUNCH	Provided
SNACKS	Provided

Register online at campfireiowa.org

Hantesa Day Camp gives your child the chance to create their own unique summer experience! Unlike other programs, Hantesa Day Camp does not assign themes because Hantesa campers **choose their own activities** every week - whether they are interested in art, sports, or outdoor pursuits - we have something for everyone! Campers attend their chosen crafts every morning for the week and swim every afternoon! Each week includes transportation from one of our drop sites, a hot lunch, a morning and afternoon snack, and weekly swim lessons. Give your child the opportunity to find their spark, make their own schedule, and make new friends along the way!

Activities to choose from include:

-Archery	-Hand Arts	-Rock Climbing	-Lapidary
-Paddle Sports	-Swimming	-Ecology	-Slingshots
-Sports & Games	-Camp Craft	-Photography	-Music

June 3-7	**June 10-14** *Optional Pony Ride: $20*	**June 17-21** *Optional Overnight: $40*	**June 24-28** *Optional Pony Ride: $20*	**July 1-5** *No Camp July 4th*	**July 8-12** *Optional Overnight: $40*	**July 15-19** *Optional Pony Ride: $20*

July 22-26 *Optional Overnight: $40*	**July 30-Aug. 2** *Optional Pony Ride: $20*	**August 5-9** *Optional Overnight: $40*	**August 12-16** *Optional Pony Ride: $20*	**August 19-22**

Equestrian

Campers will travel to Camp Hantesa in Boone to learn about riding horses and equestrian care.

COST	$275/week
GRADES	4th – 10th
SWIMMING	Daily
LUNCH	Provided
SNACKS	Provided

Register online at campfireiowa.org

June 3-7
June 10-14
June 17-21*
June 24-28
July 1-5
July 8-12*
July 15-19
July 22-26*
July 29-August 2
August 12-16
August 19-22

Each day, campers will spend the morning at the barn and the afternoon swimming at camp! Campers will learn horse science, English riding and basic barn management/maintenance. Beginners to advanced riders welcome. Riding will depend on day-to-day weather conditions. In order to participate, ALL campers are required to wear long pants, boots and helmets. *Helmets are provided by Camp Hantesa. Boots are available on a limited basis.*

**Optional Overnights available for $40*

Drop-off sites	Drop-off time	Pick-up time
Camp Fire Service Center, Des Moines	7:00-8:00 am	4:30-5:30 pm

Drop-off site applies to Hantesa, Hantesa Outrageous, and Equestrian Day Camps.

DAY CAMP

Hantesa Outrageous

Campers will head to Camp Hantesa in Boone for action-packed days and exciting activities that include field trips, climbing, archery, canoeing and more!

COST	$205/week
GRADES	5th – 10th
SWIMMING	Weekly
LUNCH	Provided
SNACKS	Provided

Register online at campfireiowa.org

June 3-7	**Welcome Back!** School is out and we'll start off our summer by exploring all that Hantesa has to offer including water games, sports, arts & crafts, and a trip to Ledges State Park.
June 10-14 *Optional Pony Ride: $20*	**High Adventure** Reach new heights this week as we climb the rock walls at Hantesa and Iowa State, challenge ourselves on the low ropes course, and have tons of exciting adventures!
June 17-21 *Optional Overnight: $40*	**Nature Unleashed** Explore the world around you! Learn about nature at camp, and then use what you've learned to help in a scavenger hunt at the Iowa Arboretum!
June 24-28 *Optional Pony Ride: $20*	**Hydro-lympics** Spend the week competing with fellow campers in wild water games. We'll go canoeing at Don Williams Lake and take a trip to the Ames Community Pool.
July 1-5 *No Camp July 4th*	**Adventures in Art** Spend the week delving into the arts. Make lemmi sticks, do some pottery, and take a class from local artists.
July 8-12 *Optional Overnight: $40*	**Survivor: Hantesa Edition** Learn all about surviving outside while also competing against the other team. Outdoor cooking, orienteering, and an optional overnight camping expedition await you on Hantesa Island!
July 15-19 *Optional Pony Ride: $20*	**Pack Your Bags!** It's all about travel this week! Learn about cultures from around the world; cool new sports, arts, food and more await you at camp, along with a trip to track down some local geocaches!
July 22-26 *Optional Overnight: $40*	**Extreme Sports** Spend the week playing all sorts of sports and games. Each classic game will have an extreme twist. We'll even explore some local parks to play disc golf!
July 29-August 2 *Optional Pony Ride: $20*	**Reality TV: Camp Style** Propose a crazy idea to the "sharks," create a new runway masterpiece, or invent a mindblowing dish... All with a camp spin! We'll also get to learn from a cooking pro!
August 5-9 *Optional Overnight $40*	**Mash-Up** Search and rescue, nature art, sparts (sports & art) and much more! This week we mash-up all of our favorite Hantesa crafts for a week of new, once-in-a-lifetime experiences!
August 12-16 *Optional Pony Ride: $20*	**Explore Iowa** Each day this week, campers will take a trip to one of Iowa's parks or historic landmarks to discover what makes Iowa unique!
August 19-22	**See You Next Summer!** You're the boss this week! Choose from archery, arts & crafts, swimming, rock climbing, and more! Followed with a canoe trip down the Des Moines River!

Drop-off sites	Drop-off time	Pick-up time
Camp Fire Service Center, Des Moines	7:00-8:00 am	4:30-5:30 pm

Drop-off site applies to Hantesa, Hantesa Outrageous, and Equestrian Day Camps.

OVERNIGHT CAMPS

at Camp Hantesa in Boone

Campers spend their days swimming and engaging in enriching activities, and nights sitting around the campfire at Camp Hantesa in Boone. Campers will have loads of summer fun learning to become independent, making new friends and sleeping under the stars.

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OVERNIGHT CAMP

Hantesa Resident Traditional Camp

COST $510/week
GRADES 1st – 12th

Register online at campfireiowa.org

June 9-15
Wild Waters Pack your swimsuit and make a splash as we put water into everything we do! We'll have water balloons, slip-and-slides, swimming, canoeing and much more as we embrace everything water this week!

July 7-13
Optional Saturday Overnight: $70
Fantastic Adventures This week we transport our campers and staff into the world of wizards, witches, and magic! Get sorted into a house, practice spells, play Quidditch, and learn about potions and herbology! Experience camp in a brand new, magical way!

July 14-20
Optional Saturday Overnight: $70
Keew Sdrawkcab (Backwards Week)! Join us as we flip resident camp on its head for a week of wacky fun! We'll be reversing the schedules, eating breakfast for dinner, swimming at night, making kids the counselors, and much more! Campers 12 & older also have the option of transitioning to a completely reversed schedule by staying up later each night (and sleeping in later each day) to experience midnight hikes, star-gazing, glow in the dark games, and more!

July 21-27
Optional Saturday Overnight: $70
Summer Camp Cup It's Green versus White in this week long camp competition. Campers and counselors will join together to compete in all areas of camp. Whethere you are an athletic type, an artist, a nature lover, or all of these, Hantesa's Summer Camp Cup provides everyone an opportunity to experience growth through teamwork, sportsmanship, camaraderie, and camp spirit.

July 28-August 3
WoHa Week We welcome you to Hantesa - we're mighty glad you're here! WoHa week features long-time Hantesa traditions, some dating back to our founding in 1919. Learn camp stories, sing traditional camp songs and participate in a wide variety of camp crafts, old and new. Come learn our traditions and make memories of your own!

OVERNIGHT CAMP

Hantesa Resident Mini Camp

COST $250/session
GRADES 1st – 4th

Register online at campfireiowa.org

August 14-17
Mini Camp is the perfect option for new campers who want to experience resident camp for the first time. During this 4-day, 3-night session, campers will explore Hantesa traditions and participate in the fun activities camp has to offer, including climbing, swimming, drama, sports, games and more!

OVERNIGHT CAMP

Herman's Ranch Camp

COST | **$575/week**
GRADES | **4th – 12th**

Register online at campfireiowa.org

June 9-15
July 7-13*
July 14-20
July 21-27*
July 28-August 3

If horses are your passion, then Herman's Ranch is the perfect camp experience for you. Spend the morning at the barn and the afternoon participating in traditional camp activities. Campers spend each day in English-style riding lessons, honing riding skills and horse science lessons. Campers are assigned horses and instructed by our qualified staff based on riding level. Beginners to advanced riders are welcome!

**Optional Saturday Overnights for Each Week: $70*

OVERNIGHT CAMP

Outpost Camp

GRADES | **7th – 12th**

Register online at campfireiowa.org

June 16-22
$410/Camper

Backpacking Outpost Immerse yourself in the outdoors this week as we hike through the backcountry of the midwest! Spend a week traveling and camping with our staff, all while learning about backpacking, nature, and outdoor living!

August 4-10
$550/Camper

Equestrian Outpost If you love horses and camping, then this is a trip you won't want to miss! Spend a week trail riding and camping at Bushy Creek Recreation Area with our amazing staff! Campers will learn about caring for horses in the backcountry, cook over a fire, sleep under the stars, and become fully immersed in nature this week!

OVERNIGHT CAMP

Teen Leadership Camp

Register online at campfireiowa.org

June 16-29
$600/Camper
Grades | 9th,10th

Leadership Challenge (LC) and Buckaroo During this two-week overnight camp session, campers begin to develop themselves as leaders at camp and in life. Activities include team challenges, studying mentoring styles, developing citizenship through service learning and interacting as role models with younger campers. Similarly, Buckaroos begin working on their leadership and horsemanship skills. Buckaroos spend time at Herman's Ranch, developing their teaching abilities and horse knowledge, as well as increasing their riding skills.

July 7-August 3
$640/Camper
Grades | 11th, 12th
Optional Saturday Overnight: $70
Dates: 7/13, 7/20, 7/27

Apprentice and Wrangler The Apprentice and Wrangler program at Camp Hantesa is a service-oriented, four-week program that readies high school students for future leadership roles. Typical apprenticeships are two summers in length. This program helps teens develop leadership, communication and program delivery skills. Participants will also live in units to learn directly from our exceptional staff and take a week-long outpost trip. Wranglers also spend part of their time at the barn and conduct their live-ins at Herman's Ranch.

THINGS TO KNOW

Who Can Attend: All boys and girls entering grades 1-12. Please see each camp for specific information. Campers do not need to be Camp Fire members.

Camp T-shirts: Each camper will receive one free Camp Fire t-shirt at no cost. They are required to wear this shirt on all major field trips.

Registration Deadline: Sessions are filled on a first come, first served basis. Registrations and payments are due at least five business days prior to the session your camper is attending.

Payment and Cancellation Policy: The Camp Fire day camp weekly fees are listed on their pages; you only pay for the weeks you want! A $20 deposit for each day camp week or $100 for each overnight camp session is required with registration. Deposits are non-refundable and non-transferable. The balance of the fee is due the Monday (or five business days) prior to the week attending. Any program adjustments made after 5:00 pm, five days in advance, will be assessed an administrative fee of $10. An administrative fee of $10 per child will be added if you register with fewer than five business days' notice. Program cancellations made after 5:00 pm five business days in advance can not be refunded. If payment in full is not received five business day prior to the start date, the credit card on file will automatically be charged the full amount, or a late payment fee of $10 will be assessed.

Payment Methods: Online and phone payments of can be made by credit card. All cash or check payments must be made at our Camp Fire Service Center. Our programs also qualify for most flex spending accounts.

Scholarships: A limited amount of "campership" funding is available on a first come, first served basis. Visit our website to download the form, or contact the Camp Fire Service Center for more information. This form must be submitted to the Camp Fire office with the necessary documentation (found on the application) as well as a program registration form.

Additional Information: A health and consent form must be completed in order to register. Rules/policies, confirmation and more information will be sent upon receipt of your registration form. If you have questions, call the Camp Fire office at 515-274-1501. Additional information is also available on our website.

This publication is being provided as a courtesy to inform you of other community activities and opportunities available and is not associated with any school district.

LIGHT THE FIRE WITHIN

Phone: 515-274-1501
Fax: 515-274-1502
www.campfireiowa.org

ACA is a nationally recognized organization that accredits camps and outdoor programs around the country.

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Heart of Iowa

5615 Hickman Road
Des Moines, IA 50310

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