



HEALTHY. HAPPY.

Camp Wabi 2016

A camp for youth interested in learning how to achieve a healthy weight in a fun environment.

July 31 - August 12
Entering Grades 6-10



Camp Wabi

Camp Wabi is a partnership between YMCA Camp Manitou and Mayo Clinic Health System supporting youth who are overweight. In a positive environment, campers will be active, eat well and learn skills to live a healthy lifestyle.

Camp offers all of the same activities other sessions at Camp Manitou provide along with a hour-long lesson each day. These lessons are taught by specialists from Mayo Clinic Health System.

Build Confidence

Enjoy Healthy Living

Develop Leadership

Embrace Friendship

Appreciate Nature

Have Fun

Dear Parents

We are all looking forward to another wonderful summer! At camp, kids learn healthy habits, grow more confident expressing themselves, and become stronger in their ability to make friends. The camp counselors are passionate about their jobs and appreciate the value in all campers. I truly believe they are the best role models a kid can have.

Our camp sits on 170 acres of forest along the shores of pristine Long Lake in New Auburn, Wisconsin. Our shore faces west, giving us a beautiful sunset over the lake nearly every evening. This brochure provides an overview of what we offer. If you have additional questions regarding our programs or are wondering if Camp Wabi is the right fit for your child, please feel free to contact us.

See you this summer!

Brian Moore
Camp Manitou Director
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WWW.CAMPWABI.ORG

Camp Staff

Our talented and caring staff serve as ideal role models for campers. Staff are carefully screened, well-trained, and often come back for many summers. All staff are required to obtain CPR, First-Aid and AED certifications. Many are also lifeguard certified. All staff go through a rigorous week-long training at camp that covers managing group dynamics, addressing homesickness, practicing safety procedures and using techniques for ensuring a positive experience for all campers. Staff receive periodic in-services and reviews to ensure consistent quality leadership.

Health and Safety

Camp Manitou employs two health supervisors who live onsite during the summer. They are responsible for overseeing first aid, administering medications and managing any emergency situations. Along with experienced counselors, the camp team also includes specialists from Mayo Clinic Health System with expertise in all aspects of weight management including nutrition, behavior therapy, psychology, pediatric medicine and exercise physiology.

Waterfront

Our Waterfront Director leads a 'swim check' at the beginning of camp where each camper receives a colored band signifying their swimming abilities. Campers are only allowed to swim in designated areas based on their skill level. Campers are allowed to retest throughout the week. We utilize a buddy system so all campers check in with another camper and must remain with that camper until they leave the swim area. During swim time we have buddy checks every five minutes, which ensures that campers remain within reach of their buddies.

Accreditation

Camp Manitou is accredited by the American Camp Association (ACA). This is a governing body that we choose to be a part of to help us ensure consistent and quality operations. The ACA establishes a high level of standards that covers all areas of camp operation including health procedures, quality programming, and safe facilities. The ACA provides education and resources as well as an on-site review every three years.



What to Expect

Camp Wabi combines the fun and healthy environment of Camp Manitowish with a meaningful healthy living component focused on developing good habits. The program is more than just what happens in camp. Camp Wabi requires the support of the whole family and a long-term commitment to live well. After camp, children, families and camp staff will join back together for planned reunions in Eau Claire.

Family Commitment

Wabi is unlike other summer camps as the entire family plays an important role. The long-term success of campers is reliant upon the support of those around them. We ask that all parents attend parent meetings on drop-off day and pick-up day. You will learn how to support your child in what they learn at camp.

Reunions

Two reunions will be planned (October and January) as a way to stay connected and are an important part of the Camp Wabi experience. Parents will join in group discussions and get tips from health experts. Campers will reunite with old friends and counselors to have fun and support each other. We ask that all participants and their guardians attend.

FAQs

I don't know anyone. Will I have friends?

Most campers come by themselves and leave as a group of friends!

Am I going to be hungry?

We serve three nutritious meals and two snacks a day. Campers say they are surprised at how filling and tasty the food is.

Is this a fat camp?

Our focus is on healthy living. While campers all lose weight, it is not a competition or the main focus of camp. We believe in developing healthy habits. Our philosophy is to focus on the lifestyle changes necessary to achieve a healthy weight.

Is Camp Wabi fun?

Most campers report Camp Wabi as the highlight of their summer and feel comfortable being themselves here!



Cabin Life

Campers often rate the cabin experience as the most meaningful part of their week. Two counselors stay in each cabin with eight campers. Cabin groups stick together through much of the day, including meals, rest hour, many evening activities and time before bed each night. Cabin time is a great opportunity to play cards, tell stories and make friends.

Daily Education

Each day includes a fun, interactive lesson provided by Mayo Clinic Health System staff. Specialists provide interesting and relevant lessons on topics covering nutrition, fitness and being the best version of yourself.

Meals

Campers will eat three meals and two snacks a day. Our menu features a wide variety of nutritious kid friendly foods. We focus on teaching reasonable portion sizes.

DAILY SCHEDULE

| | |
|-------|---------------------|
| 7:15 | Reveille (wake up) |
| 7:30 | Flag Raising |
| 7:40 | Morning Reflection |
| 8:00 | Breakfast |
| 9:15 | Hobby |
| 10:15 | Lesson |
| 11:20 | Swim, Boats & Games |
| 12:30 | Lunch |
| 2:00 | Rest Hour |
| 3:00 | Afternoon Activity |
| 4:00 | Swim, Boats & Games |
| 5:15 | Dinner |
| 6:00 | After Dinner Game |
| 8:00 | Evening Activity |
| 10:00 | Taps (Lights Out) |



Swim, Boats and Games

Twice a day campers can choose to go swimming, canoeing, kayaking, paddle boating, or play organized games in the athletic field. This is a great opportunity for campers to spend time together with new friends from their cabin as well as other cabins.

Afternoon Activities

Cabins come together after rest hour each day for an all-camp activity. This includes campwide games such as Capture the Flag, Hatfields and McCoys, Wells Fargo and other activities like our water carnival.

Evening Activities

Often the highlight of the day, the whole camp comes together for a campfire, skit night, dance, or Friendship Fire. The dance is a high-energy affair, and campers are encouraged to wear goofy clothes. Cabin groups will spend one evening doing their own special activity.

Hobbies

Each morning campers will have the opportunity to choose a hobby. In these sessions campers will develop a skill. Options include: archery, kayaking, dance, arts & crafts, sailing, fishing, basketball, ultimate frisbee, nature hike, orienteering, snorkeling, fire building, log rolling, soccer, and more!



“I’m not self conscious about my body anymore.”

“It is the best camp I’ve ever been to.”

“I definitely feel better, not just physically but mentally as well.”

Notes from Parents

“Camp Wabi was an amazing experience not just for our son but our whole family. What I loved about camp was that he got the opportunity to have an amazing camp experience where he learned how to be the “best version of himself” and came home so energized and happy with himself. We as parents went from feeling helpless at helping him to feeling empowered and knowledgeable. We feel so thankful for Camp Wabi and he is going back again this summer because he WANTS to, not because we are ‘making him’.”

“Katie did not want to go to the camp. She cried and pleaded and threatened to jump out of the car... it was very dramatic. I had spent a few years watching her develop relationships with kids at school that were not good, and even though her excess weight was not healthy, the emotional turmoil that bad friendships can do to a young girl is much worse. I wanted Katie to see that there were other people in the area that had the same struggles with their relationships and with weight, and that being overweight did not mean you had to accept being treated badly. She came back a happier person, learned a lot, and made some very good friends. She looks forward to camp again this year, and I can’t tell you what a blessing it was for us to find it! Thank you!”

“My son doesn’t like to move, at all! When he started back to school just 2 weeks after camp had ended, his gym teacher for the prior 4 years was very impressed with his willingness to participate. He was known to start complaining about the aches and pains before he even knew what the activity was for that day! He will be back at Camp Wabi again this year and is already planning all the fun activities he will be participating in! Another benefit of Camp Wabi is he is now willing to add vegetables on his sandwiches and is more willing to try new foods.”



Qualification

Camp Wabi is for campers entering grades 6 through 10 who are overweight. Campers typically meet the BMI level of obese. However, if you or your child's physician are worried about their weight, please contact us to see if it is an appropriate fit.

Price

The cost to run camp is more than \$1200 but with the support of donors and Mayo Clinic Health System we are able to offer camp for less. We are able to provide three tier price options that you can select based on your personal situation. These do not require any additional paperwork.

- \$400 Tier C** This option is for those who need a discounted rate but may not qualify for financial assistance.
- \$600 Tier B** This price is for families who need to adjust down slightly from the true cost.
- \$800 Tier A** This price most accurately reflects the cost of camp, taking into account basic upkeep, depreciation, and facility/program improvements.

Financial Assistance

We offer further support for those who are unable to pay at the above levels. This support is awarded based on household income and number of people in a household.

Dates

July 31 – August 12. Parents and guardians are required to attend an orientation and education session on the Sunday of drop off and the Friday of pick up.

Register Online

Registration, paperwork and payment is all online. The link to begin is found at www.campwabi.org. Each reservation will require a \$50 non-refundable deposit to secure your spot.

Getting to Camp

Camp Wabi is held at YMCA Camp Manitou in New Auburn, WI. We are a 50-minute drive from Eau Claire. Take Hwy. 53 to the New Auburn exit, follow Hwy M east, cross Hwy. 40 and continue on M following Camp Manitou signs.

Questions?

Email: camp@eauclairemca.org

Camp Director: Brian Moore, 715-839-4607

Year-round Address

YMCA Eau Claire
700 Graham Ave.
Eau Claire, WI 54701
715-836-8460

Summer Address

Camp Manitou
27960 137th St.
New Auburn, WI 54757
715-967-2126





“Camp Wabi has affected our family with the fact that we are empowered to change . . . our son enjoyed it immensely.”

“I learned so much and am super excited to teach my family...”

“I could relate to everyone at camp.”

“It is literally life changing, and to be honest, it is a dream come true!”

“Go have fun, be a kid, enjoy life.”

“Camp Wabi is really, really, really fun.”

**Register Online
www.CampWabi.org**

Join us this summer!