

# Summer Planning Guide



***Camp Address:***

**YMCA Camp Pepin  
W10915 East Lake Dr.  
Stockholm, WI 54769**

**Phone: (715) 442-3811  
Fax: (715) 442-9061**

***Downtown Address:***

**Red Wing Family YMCA  
Camp Pepin  
434 Main Street  
Red Wing, MN 55066**

**Phone: (651) 388-4724  
Fax (651) 388-5340**

**email: [camp@redwingymca.org](mailto:camp@redwingymca.org)  
website: [www.camppepin.org](http://www.camppepin.org)**

# YMCA Camp Pepin Summer Planning Guide

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## **Welcome to the YMCA Camp Pepin Family!**

As a part of the Red Wing Family YMCA of Minnesota, Camp Pepin is proud to have been serving youth and adults since 1935 on the shores of Lake Pepin near Stockholm, Wisconsin. For years, our staff have been committed to providing fun and safe experiences to campers of all ages in a beautiful outdoor setting.

Attending summer camp is a very exciting time for campers and parents, and it is natural for both to be a bit anxious about the camper leaving the comforts of home, adopting new routines, and meeting many new friends. With regard to this, we would like to familiarize you and your camper with our procedures to minimize that "first-day anxiety." The planning guide was designed for you and your camper to use as a reference tool. Please read through it to acquaint yourself with information that you will want to know about summer camp. If you have any further questions, we welcome you to direct them to either our downtown office at the Red Wing Family YMCA or our camp office in Stockholm.

We feel honored that you have chosen YMCA Camp Pepin for your summer experience, and look forward to sharing with you the values and traditions that have been, and continue to be, the foundation of our camp family.

### **Preparing for Camp**

#### **Camp Forms & Payments – All Due by June 1st**

Included with this planning guide is a *Health Form*, a *Pick-Up Authorization Form*, a *Camper Information Form*, and a *Red Wing Family YMCA Waiver*. Please have these forms completed and returned, along with any outstanding payments\*, to our Red Wing office by June 1st. If you register after June 1st, these forms and any payments must be completed and submitted to the Red Wing office at the time of registration.

The Health Form must be completed by a parent or guardian each year that a camper attends camp, and the information on the form should be as recent as the last 12 months (1 year). A copy of a physical exam may be substituted for the doctor's portion of the health form. If your child had a physical prior to camp last summer, another exam is not necessary; simply fill out the Health History Form again, note the date that the physical was done previously, and attach a copy of the previous physical. If there are special medical problems, be sure to indicate them on the form. Under the rare circumstances that medical attention is necessary you will be billed directly from the medical facility. The emergency statement on the form must be signed so that immediate treatment can be given in the event that you cannot be contacted. Accident insurance will not be available to campers through the YMCA. The responsibility for the cost of medical care is assumed entirely by the camper and their parent/guardian.

\*To make camp more affordable, YMCA Camp Pepin offers payment plans and camperships. Payment plans allow families to break down the camp tuition into smaller installments. Camperships are derived from a fund that is exclusively used to assist families in meeting the camp tuition (which pays for our summer camp operational costs). Donations to this fund supplement the balance between what families can contribute to the camp fee and the actual cost of tuition. Therefore, the health of our campership program and the number of campers and families that we are able to financially assist depends solely on the amount of donations that we receive for this fund. If you would like to participate in either the payment plan or the campership program, or if you would like to make a donation to the campership fund, please contact the Red Wing Family YMCA for more information.

## Arrival and Departure Times

### Arrival Day:

On their day of arrival, campers should check-in at Camp Pepin between 2:00-3:00 pm. They will be greeted by camp staff, who will show them to their cabins and introduce them to their counselors. Please plan on arriving no earlier than 2:00 pm, as our staff will not be available prior to this time.\*

### Departure Day:

All adults who are picking up campers on their day of departure are invited and encouraged to attend our closing ceremony at 4:00 pm. Campers will be checked-out and dismissed by their counselors following the ceremony. Campers should not be left past 5:00 pm. Under no circumstances will campers be released to anyone not listed on the Pick-up Authorization Form without prior written notification.\*

\*In case of an emergency situation at Camp Pepin due to weather conditions or other circumstances, parents and guardians will be notified by the Red Wing Family YMCA of an alternate drop-off/pick-up time and/or location for their campers.

	<b>Arrival Day &amp; Time</b>	<b>Departure Day &amp; Time</b>
<b>4-Day Kickapoo Camp</b>	Tuesday, 2:00-3:00 pm	Friday, 4:00-5:00 pm
<b>Theater Camp and Dance Camp</b>	Sunday, 2:00-3:00 pm (at Camp Pepin)	Friday, 7:00 pm (at the Sheldon Theater in Red Wing, MN)
<b>Wrangler Camp II</b>	Sunday, 2:00-3:00 pm (at Camp Pepin)	Friday, 4:00 pm (at Lost Creek Ranch in Ellsworth, WI)
<b>All Other Camp Sessions</b>	Sunday, 2:00-3:00 pm	Friday, 4:00-5:00 pm

## Bring-Along List

The following items are suggested for a comfortable and safe experience at camp. Please pack items in durable suitcases, packs, or duffel bags, rather than in plastic bags, which tend to rip easily (causing belongings to become lost). You will also want to include a laundry bag (as indicated on the list below) for dirty clothes, since there are no laundry services at Camp Pepin. Finally, remember to label all of the camper's belongings.

### Necessary Items:

- Sleeping bag
- Pillow
- Daily change of underwear
- Daily change of socks
- Pajamas
- 1 Pair of closed-toed shoes
- 1 Pair of sandals with ankle strap or water shoes
- Rain coat or poncho
- Lightweight jacket
- Sweater or fleece
- 2 sweatshirts
- 4 T-shirts
- Swimsuit
- 1 Pair of long pants
- 2 Pairs of shorts
- Laundry bag
- Towel and washcloth
- Soap (in soap box) and shampoo
- Toothbrush and toothpaste
- Comb/Brush
- Flashlight
- Water bottle
- Sunblock lotion (15 SPF or higher)
- Insect repellent (lotion only)
- Stationery, envelopes, and stamps
- Watch or clock with alarm

### Optional Items:

- Baseball hat
- Sunglasses
- Chap stick
- Bandanna
- Hackey-sack
- Writing materials
- Book
- Camera and film

\*The above items are listed for one-week campers. Campers staying longer than one week may want to bring extra provisions.

## What Not to Bring

Camp is a setting to retreat from the amenities of technology and to build interpersonal skills. Therefore, please refrain from bringing any of the items below.

- Food, candy, and soda
- Lots of money or expensive things
- Cell phones
- Electronic games or devices
- Radios, tapes, CD's, or iPods
- Portable TV's or DVD players
- Knives or firearms
- Fireworks
- Matches or lighters
- Tobacco products, alcohol, or drugs
- Personal sports equipment (except Trail Camp equipment approved by the Camp Director)
- Aerosol hairspray or bug repellent
- Silly String®
- Hair dryers or curling irons
- Pets

## What to Bring for Wrangler and Trail Camps

If your camper is registered to attend one of our Wrangler Camps or Trail Camps, please bring the extra items listed below with you (in addition to the items listed above). The Wrangler Camps will take place at local horse facilities, to where the campers will be transported from camp. All of the Trail Camps will take place mostly off-site. Please be mindful of this while packing.

### Wrangler Camps:

- The *Release and Hold Harmless Agreement* Form (This needs to be turned in with your other forms.)
- The *Acknowledgement of Risks* Form (This needs to be turned in with your other forms.)
- Copy of parents' or guardians' insurance card (This needs to be turned in with your other forms.)
- 1 Pair of sturdy boots with heels
- 2-3 Pairs of jeans

### Trail Camps:

- The *Acknowledgement of Risks* Form (This needs to be turned in with your other forms.)
- Sleeping mat (if you wish)
- 1 Pair of durable closed-toed shoes (like hiking boots) that can get wet
- 2 Pairs of wool socks
- Wool or fleece hat
- Compressible sleeping bag
- Backpack (for hiking camps; optional if a personal backpack is preferred; large enough to hold a sleeping bag, clothes, and gear)
- Durable rain-gear (coat and pants)
- 1 Pair of polypropylene long johns (long-sleeve top and long pants)
- Mountain bike (for biking camps)
- Bicycle helmet (for biking camps)

## **When Your Camper Arrives**

### Our Staff

Upon arrival, your family will be immediately greeted and escorted to your camper's cabin by several of our 30 young adults and camping professionals who are skilled in making campers feel welcome and at home. To qualify for a position at Camp Pepin, our staff members must go through a rigorous application and screening process (including multiple references and background checks) before they may even be considered for employment. Once hired, they participate in extensive, mandatory training sessions on safety and working with youth.

Frankly, summer camp staff salaries cannot compete with the wages that many typical summer jobs can offer; therefore, our staff (who often are trained in the fields of education, humanitarianism, or social work) serve campers out of intrinsic motivation, rather than material benefits. They are at camp for the campers, and many of our staff members return year-after-year to give of themselves in this way.

## Cabin Assignments

Your child may request 1 person to be with them in their cabin. Requests must be same gender, close in age (within one year), and attending the same camp on the same dates. We will make every effort to accommodate every request, but NO REQUEST IS GUARANTEED. Multiple cabinmate requests are not accepted, because it does not encourage campers to meet new friends, and can also make campers feel left out of pre-existing clicks from others in the cabin that might have requested multiple cabinmates. There are plenty of opportunities for campers to see friends throughout the day. Individual beds cannot be reserved, and are assigned on a first-come basis on check-in day.

## Medications

All medications which your child requires while at camp, including over-the-counter (vitamins, creams, lotions, etc.) must be handed in to the Camp Health Supervisor upon arrival. The medication container should be clearly marked with the name of the child, the name of the medication, the dosage, and frequency needed. We distribute medication during meal times and at night. We cannot dispense any medication that is not in its original container and we can only give the dosage in the manner prescribed. If medications are needed to be dispensed at times or in dosages other than by what is prescribed on the bottle, you must bring a letter signed by your doctor stating the new dosage and/or times to be given.

## Swim Challenge

All campers have the option of taking a swimming challenge during the opening day to demonstrate their level of ability. This helps to establish the safest areas in which the camper may swim or boat. Campers who are non-swimmers will be encouraged to take swimming instruction as a clinic, and should be encouraged to continue to learn at a local YMCA. Campers may re-take the swim challenge.

## **Camp Life**

### Daily Schedule

7:00	Early Activities: Polar Bears/Road Runners	2:00	Recreation Time
7:45	Hoppers/Flag Raising	3:15	Cabin Activity/Younger Showers
8:00	Breakfast	4:15	Cabin Activity/Older Showers
9:00	Password	5:15	Hoppers/Flag Lowering
9:15	Class Session 1	5:30	Dinner
10:15	Class Session 2	6:30	Cabin Activity
11:15	Class Session 3	7:30	All Camp Game
12:15	Hoppers	8:30	Campfire (Tuesday, Thursday) Special Event (Monday, Wednesday)
12:30	Lunch		
1:30	Cabin Time	10:00	Taps

### Class Sessions

Campers will register to participate in morning "class sessions" while at camp. These are emphasis areas in which your camper may choose to develop skills or strengthen her/his talents. There are more activities at camp than your child will possibly be able to do during one camp session. Please do not be disappointed if your camper does not participate in everything they desire, but encourage them to look forward to another year when they may participate in new activities. Pre-registration is not accepted for class sessions.

## Meals

A component of Camp Pepin's total wellness program is its meals. The kitchen staff create well-balanced and good-tasting meals based on sound nutritional guidelines. A salad bar is provided frequently, and campers are encouraged to drink lots of water. Our camp Dining Hall can serve limited alternate foods if your camper requires uncomplicated special dietary needs. Please inform the Red Wing YMCA of any special needs at least 3 weeks prior to arrival.

For the best interest of the camper's health and the cabin group program, do not send candy, cookies, snacks, drinks or any type of food with or to your camper or cabin group. Well-meaning parents who send food to camp unintentionally make it most difficult for parents wanting to cooperate. Food in the cabins will attract mice, ants, and other critters, and cause "sharing problems" within the cabin. We would appreciate your understanding and cooperation. The camp menu provides a well balanced diet, and snacks are available at the Camp Store. Food packages sent to camp are held until the last day of the session and then given to campers as they check out.

## Camp Store

Throughout their camp session, campers have the opportunity to purchase healthy snacks and drinks along with other souvenirs, such as T-shirts, hats, stuffed animals, and miscellaneous Camp Pepin toys.

You will be given the opportunity to make a deposit into your child's camp store account when you register your child for camp (\$25-\$50 is a typical deposit amount). Also, you will be able to choose what you would like to do with any cash amounts over \$5.00\* remaining in your child's account at the end of the session (refund or donation to camp). Deductions will be made to your child's account with each camp store item purchase. Your child will be informed of his or her account balance at each visit to the camp store.

\*Due to processing fees, refund checks will not be issued for remaining camp store balances under \$5.00.

## **Camper Expectations**

### Shared Responsibilities

Personal responsibility and group cooperation are important elements of the camp experience. Mature, caring counselors work with campers on the importance of caring for one's personal area and belongings, assisting in daily cabin clean up, and pitching in on general camp tasks known as "shared responsibilities." We strive to imprint these characteristics on each youngster so they will carry over this industriousness to the home and school.

### Expected Behavior

Our staff is well-trained in positive behavior modification; therefore, please encourage your camper to follow the instructions of the Camp Pepin staff. Proper and appropriate interpersonal skills that are non-offensive and do not infringe upon the rights and the enjoyment of others are expected of everyone at camp, and any behavior that deviates from this will not be tolerated. Such behavioral issues are documented, and re-occurring or serious problems are brought to the attention of the parents or guardians, who (depending upon the situation) may be asked to pick up their camper prematurely. Any physical damage to camp property as a result of inappropriate camper behavior will be the financial responsibility of the camper's family.

## **Health and Safety While at Camp**

### Special Emotional/Physical Needs

Campers with special emotional or physical needs should be called to the attention of the Camp Director or by fully describing any unique requirements of your camper on your Camper Information Form. Please call Camp Pepin if you have questions regarding children with special needs. We will make every attempt to serve campers who have physical or special emotional needs. We have a policy not to accept campers beyond our training or capabilities. Our outdoor setting can sometimes make it difficult to host campers with severe physical limitations.

### Bed Wetting

Our staff is trained to deal with bed wetting discreetly, working with your child one-on-one. Please notify your camper's counselor at check-in if your camper may wet the bed. Campers should be instructed to ask their counselors for help, and every effort will be made to prevent accidents. Please send a plastic sheet and extra bedding if you think they will be needed.

### Communicable Diseases and Head Lice\*

To prevent an epidemic, a camper that has a communicable disease or head lice may not attend camp until the condition has been fully-treated (verified by a physician) and can no longer be transmitted to others. If a camper is diagnosed as having a communicable disease or head lice while at camp, the camper will be discreetly removed from camp activities and parents will be asked to pick up their camper as soon as possible. Any camper that leaves camp for such reasons may only return by undergoing a readmission check by our medical staff.

### Illness\*

It is the policy of Camp Pepin not to keep sick campers more than 12 hours in our camp Health Center. Therefore, we ask that parents of campers who are ill for more than 12 hours to care for their child at home and see their family doctor. Transportation is not provided for campers returning home due to illness. A child who is sick before camp begins should be kept home for his/her own sake and for that of the others. Many communicable diseases begin with cold-like symptoms.

### Emergencies\*

Emergency calls to campers should be done through the Camp Pepin office at 715-442-3811. Routine scrapes, cuts, and minor illness will be treated by our medical staff. In the case of serious illness or accident involving your child, the medical staff will contact you directly. In the event you cannot be reached, your authorization signed on your Health Form allows us to secure prompt treatment.

### Insurance

Camp Pepin does not carry accident or sickness insurance on summer youth campers. In the event of serious illness or accident, the parents/guardians will be notified at once. Parents/guardians are responsible for prescriptions and charges incurred for outside medical treatment of their child, should services be required while in attendance at camp. Services rendered by the camp medical staff are at no additional charge.

*\*It is our policy to refund pro-rated camp fees to any child who becomes sick and returns home for care (see "Refunds").*

## Being Away From Home

### Homesickness

Temporary homesickness is a normal reaction, particularly among new campers. Our staff makes a concerted effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We welcome this opportunity to help youngsters grow in this area and train our staff to handle homesickness in constructive and caring ways. With proper handling by the staff, campers, and parents, it can be overcome, and the camper can make a big stride in growing up.

Campers look forward to hearing from their parents while at camp. It is suggested that letters or emails be upbeat in such a way that they will not make the camper homesick. Encouraging your camper and letting them know that you are very proud of them for going to camp and trying new activities will contribute greatly to staying off homesickness.

### Letters and Emails

Letters from home are an important part of the camp experience. Please write to your child at least once while he/she is with us. The address will be:

Your Child's Name  
Session Attending  
YMCA Camp Pepin  
W10915 East Lake Dr.  
Stockholm, WI 54769

Unfortunately, if you mail your camper's letter after Tuesday of the week they are there, it is possible they will not receive it in time. Therefore, try to mail one the Saturday before they leave for camp, and then one early in the week. Be sure to put your camper's name on the envelope. Also include a complete return address.

Campers will be encouraged to write one letter home each week. Do not be alarmed if the letters are brief and quite irregular as the youngsters are busy at camp, and "no news is good news" as far as campers are concerned. Also, early letters may sound upsetting, but usually by the time you receive the letter, the camper has adjusted and often forgotten what he/she wrote. Mail from Camp Pepin to Minneapolis/St. Paul can take up to 5 days, so some mail may be received after the camper has returned home.

Daily e-mails may be sent to your camper throughout the week. E-mails are printed in the Camp Office and delivered to your camper with the daily mail. Please note that your camper will be unable to respond to your e-mails, as this is a one-way account. Each e-mail costs **\$1.00**, which is simply deducted from your camper's store account. All proceeds are donated to the Campership financial assistance fund. The e-mail address where you may write to your camper is:

**camp@redwingymca.org**

Please include your camper's full name as the subject of the e-mail (for example: "For John Smith"). Your camper will look forward to hearing from you!

### Phone Calls

At Camp Pepin, we strive for campers to develop independence. An integral part of the growing process are the extended experiences away from home. In keeping with this, we do not permit phone calls to campers unless there is a family emergency. Also, please do not ask your child to call home. There are no public phones available for campers to call home. Parents will be contacted in case of an emergency or illness. If you have an emergency, please call camp at 715-442-3811, and ask to speak to the Camp Director, Assistant Director, or a staff member.

## **After Your Camper Leaves**

### Lost and Found

Items that are lost during each camp session and not clearly labeled with a camper's name are set on a table in the Lower Dining Hall during check-out. Please check this table before you leave camp. Items remaining at camp after your camper's session will be taken to the Red Wing Family YMCA, where they can be claimed by description. It is the owner's responsibility to pay for shipping or to make pick-up arrangements for reclaiming lost items. Two weeks after the last day of summer camp, all unclaimed items will be donated to a welfare agency. Camp Pepin is not responsible for lost, stolen, or damaged personal items, clothing, or equipment.

### Parent and Camper Evaluation

We appreciate your immediate comments and feedback about our staff and program. If you see or hear of a problem with any part of our program or staff, please contact the Camp Pepin office so immediate corrections can be made. Our Camp Director is available to answer your questions or concerns. Please do not hesitate to call or stop by the Camp Office.

## **Additional Policies**

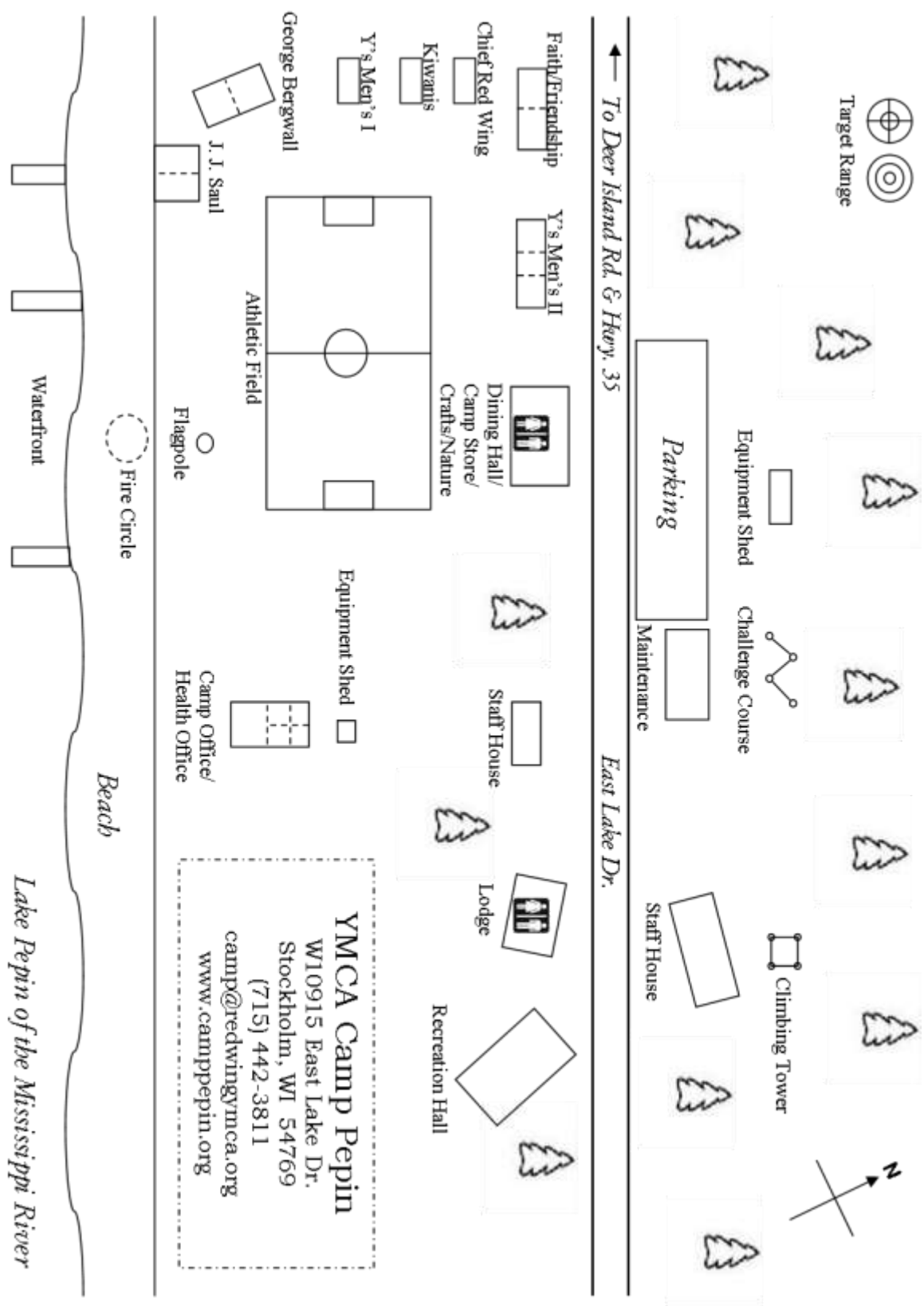
### Refunds, Cancellations, and Session Changes

The registration deposit fee is not refundable under any circumstances. Cancellations after June 1<sup>st</sup> cannot be refunded, due to fixed expenditures which will have already been paid for by the camp. Fees for programs will be refunded only when campers are unable to complete that program due to an illness or medical issue requiring the documented attention of a physician. Homesickness and disruptive behavior are not conditions for refunding. Refunds after a camper has already arrived at camp will be made on a pro-rated basis for the un-expired portion of the session. Portions of a camp session that have been campershipped or discounted are ineligible for refunding. Should it be necessary for you to change your camper's session, a \$15 transfer fee will be charged.

## **Final Suggestions from Experienced Parents**

While we hope that the information in this handbook is helpful to you, nothing beats advice from those who have already gone through it. Here are some tips from experienced parents and guardians on getting ready for camp:

- Send pre-addressed envelopes (addressed to family, friends and neighbors) with young campers. Don't forget to secure the appropriate postage.
- Send old clothes the campers will recognize as being theirs, rather than a lot of new clothes they won't remember owning. Don't send expensive clothing or other valuable items.
- Label everything and pack light!
- Mail all of your forms and payments well in advance. If you have questions about the forms, payments, or anything else, ask these well in advance, too. It will save time at check-in.
- There are more activities at camp than your child will possibly be able to do during one camp session. If your camper did not do all the activities she/he wanted, encourage her/him to look forward to next year.
- Remember that you are probably more anxious about camp than your camper, who will discover that the week goes by very quickly because there is so much to do.
- Your camper will probably come home tired, and may need additional rest after a week of high-energy activity.



## Directions to YMCA Camp Pepin

### From Eau Claire and Menomonie, WI

Take Hwy 85 South from Eau Claire (or Hwy 25 South from Menomonie) to Durand. In Durand, take Hwy 25 South until you get to Hwy 35 near Nelson. Take Hwy 35 North through Pepin. About 2 miles north of Pepin, look for a brown road sign that says "YMCA Camp Pepin." Turn at the next left onto Deer Island Rd. and go over railroad tracks. Go to the first left. Take the left and follow the signs to Camp Pepin.

### From La Crosse, WI

Take Hwy 35 North through Pepin. About 2 miles north of Pepin, look for a brown road sign that says "YMCA Camp Pepin." Turn at the next left onto Deer Island Rd. and go over railroad tracks. Go to the first left. Take the left and follow the signs to Camp Pepin.

### From River Falls, WI

Take Hwy 65 South to Hwy 10 at Ellsworth. Take Hwy 10 West for a couple of miles to Hwy 63. Take Hwy 63 South to Hwy 35 at Hager City. Take Hwy 35 South through Stockholm. About 3 miles south of Stockholm, look for a brown road sign that says "YMCA Camp Pepin." Turn at the next right onto Deer Island Rd. and go over railroad tracks. Go to the first left. Take the left and follow the signs to Camp Pepin.

### From Rochester, MN

Take Hwy 63 North out of Rochester to SR 60 in Zumbro Falls. Take SR 60 East to Wabasha. In Wabasha, take the bridge over to Nelson, Wisconsin and look for Hwy 35. Take Hwy 35 North through Pepin. About 2 miles north of Pepin, look for a brown road sign that says "YMCA Camp Pepin." Turn at the next left onto Deer Island Rd. and go over railroad tracks. Go to the first left. Take the left and follow the signs to Camp Pepin.

### From Minneapolis and St. Paul, MN

Take I-494 to Hwy 10/61 on the southeast side of St. Paul at Newport. Take Hwy 61 South to Red Wing. In Red Wing, take Hwy 63 across the bridge to Hager City, Wisconsin and look for Hwy 35. Take Hwy 35 South through Stockholm. About 3 miles south of Stockholm, look for a brown road sign that says "YMCA Camp Pepin." Turn at the next right onto Deer Island Rd. and go over railroad tracks. Go to the first left. Take the left and follow the signs to Camp Pepin.



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