

2018 Montgomery County 4-H Summer Adventures



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4-H Summer Adventures is a special program sponsored by Montgomery County 4-H through NC Cooperative Extension. Activities are open to all youth ages 5-19. Workshops are designed for specific age groups and there are limited spaces. *(Please do not register your child for a class that is not for their age).* We invite you to join us for a fun and exciting time. You do not have to be a 4-H member to participate.

To enroll in 4-H Summer Adventures, you must **complete a registration form, available at the 4-H office**, along with a Code of Conduct, Medical Release and Photo Consent. Payment should be made at the time of registration. Cash and checks made payable to Montgomery County 4-H will be accepted. One registration form per participant, please. Please note that these must be completed yearly. There is no fee to join 4-H but there is a one time fee of \$10 per participant for Summer Adventures registration which covers the cost of a t-shirt, snacks and insurance for each class.

Registration for interested individuals will be open on Wednesday, May 23rd from Noon—5 PM and on Thursday, May 24th from 9 AM—6 PM. We will continue to accept registration after this date until each class is full. Please take advantage of the scheduled registration dates to ensure your child's space in the classes of their choice.

Registration will be accepted at the NC Cooperative Extension Office located at 203 West Main Street, Troy. No registration for Summer Adventures will be accepted over the telephone. There are no refunds unless the class is canceled.

4-H Teen Fun Day

Participants will travel to Wet'n Wild Emerald Pointe, where they will learn about water safety and how to stay safe in the summer heat. Then they will spend the rest of the day exploring the water park. Be sure to bring plenty of sunscreen, water shoes, and towels. Girls will be required to wear a tankini or one piece bathing suit. Lunch will be provided. Date: June 11th. Time: 8 am -5 pm. Ages 12 and up. Cost \$35.00.

Farm to Fork

Participants will tour local Livestock and Produce farms to learn first hand how their food is produced. They will learn how to cook locally sourced ingredients. **NO OPEN TOED SHOES!** Dates: June 12th—14th. Time: 8:30 am—Noon each day. Ages: 13-18. Cost: \$30 each.

Learning About Leisure

Come join us and learn how to have fun no matter what age you are. Volunteers from the Montgomery County Senior Center will provide instruction on disc golf, shuffleboard, bocce, and horse shoes. Date: June 20th. Time: 8:30 am -4:30 pm. Ages 8 and up. Cost: \$5.00

Around the World in a Day

Once you get your "passport", take a trip around the world and visit different countries to learn about culture, geography and try some exotic foods. Date: June 21st. Time: 9 AM - 5 PM. Ages 5—18. Cost: \$15.00.

All About Animals

Learn about the animals of the world from the real-life Dora the Explorer who will teach us about insects, reptiles, mammals and birds. You never know what you might get to see or touch. Date: June 25th. Time: 1 pm - 4pm. Ages: 5—12. Cost: \$12.00.

Lego Robotics

This workshop will introduce participants to the basics of Lego Mindstorm NXT robots. Participants will build a basic robot and learn some basic concepts of programming robots. Date: June 25th. Time: 8 am—4:30 pm. Ages: Grades 4th—7th. Cost: \$20.00.

Take Me Out to the Ballgame

Travel with us to cheer on your favorite minor league team as the Greensboro Grasshoppers play the Kannapolis Intimidators. We will stop for a picnic on the way and enjoy a mid-day game. Date: June 26th. Time: 9 am—4:30 pm. Ages: 8 and up. Cost: \$20.00.

Shrek the Musical

Come along as we travel to Central Piedmont Community College Theater to see an unlikely hero take a journey alongside a wise-cracking donkey to rescue a feisty princess. You don't want to miss this musical with all of your favorite Shrek songs. Date: Choose between June 27th OR 28th. Time: 8 am—4 pm. Ages: 5—18. Cost: \$15.00.

Brunch with the County Council Bunch

Enjoy a brunch with our Montgomery County 4-H Council Officers as you learn more about County Council's goals and missions for 2018 and beyond. Then have fun playing fun teambuilding games with this year's officer team. Date: June 29th. Time: 10 am—1 pm. Ages: 8—18. *You must be an active 4-H'er to participate in this workshop.* Cost: Free.

Cloverbud Overnight Camp

This overnight camp is being held to give kids an opportunity to experience camp while not having to spend a whole week away! There will be many fun activities, games, a campfire, canoeing, archery, swimming, and crafts. Date: July 1st—3rd. Ages: 5—8. Cost: \$175.00.

Adulting 101

Join us as we prepare to launch into adulthood! This fun, two day class will focus on management of financial resources as we explore “adult” responsibilities such as managing income (bank accounts, credit cards, etc), vehicle maintenance, basics of laundry (including how to sew on a missing button), meal planning and preparation, setting priorities, healthy relationships in life and many other important aspects of living on your own. Just as every personal budget should include funds for entertainment, our journey into adulthood will also include time for fun and entertainment. Dates: July 5th & 6th. Time: 8:30 am—4:30 pm both days. Ages: 12—18. Cost: \$25.00.

Betsy—Jeff Penn 4-H Camp

Join us for a week of overnight camping in Reidsville, NC at Betsy-Jeff Penn 4-H Camp. Campers will participate in a variety of activities including canoeing, horseback riding, crafts, swimming, etc. Spaces are very limited. Please contact Chrissy Haynes at chrissy_haynes@ncsu.edu if you are interested in learning more. Dates: July 8th—13th. Ages: 8—12.

Meals & Motion

Join us for two days of skill-building and fun activities to help us improve our health! On the first day, we will focus on improving nutrition by learning how to plan, shop and prepare healthy meals and snacks. On the second day, we will practice keeping our bodies in motion as we enjoy a game of bowling, go for a hike and take an afternoon swim. Dates: July 9th—10th. Time: 8 am—5 pm both days. Ages: 5—18. Cost: \$30.00.

Cloverbud Simple Snacks

Come and enjoy learning about food safety and how to prepare healthy, nutritious snacks for yourself at home. Date: July 11th. Time: 8 am—Noon. Ages: 5—8. Cost: 10.00.

On the Go Snacks

Young people are always on the go and snacking becomes a part of our daily routine. Participants will learn how to make “on the go” snacks that are ideal for vacation and camping trips. Date: July 13th. Time: 8 am—Noon. Ages: 9—18. Cost: 10.00.

Archery 101 & Morrow Mountain

Ready, aim, fire! Have you ever wanted to learn how to shoot a bow and arrow? Well, now is your chance. We will learn how to safely and properly shoot a bow and arrow and will get a chance to practice our newly learned skills while shooting at a target. We will then travel to Morrow Mountain and enjoy an afternoon in the outdoors while visiting the park. Date: July 17th. Time: 8 am—5 pm. Ages: 9—13. Cost: \$5.00.

Gold Rush

This two-day fun-filled workshop will teach participants about the history of gold mining in Montgomery County and surrounding counties. We will take a trip on the second day to practice what we have learned and pan for gold of our own. Dates: July 18th—19th. Times: 9 am—5 pm. Ages: 8—18. Cost: \$25.00.

NC 4-H Congress

NC 4-H Congress is a great way for 4-H teens to meet new people, learn new things and have fun. Held on NC State’s campus, participants, give state level presentations, complete community service projects, participate in Application, Resume, Interview and Essay contests, etc. Participants must be an active 4-H'er and have completed a 4-H presentation in 2018 to participate in NC 4-H Congress. Please contact Chrissy Haynes if you are interested in attending. Dates: July 21st—24th. Ages: 13 and up.

Wacky Weather

Join us as we learn the fundamentals of weather forecasting. This two-day camp will focus on different aspects of weather such as clouds, cloud development, storm development, hurricanes, and winter weather. The camp will conclude with a trip to a local television station to tour the set and see how weather forecasters predict the weather. Date: July 26th—27th. Time: 8 am—5 pm. Ages: 9—18. Cost: \$20.00.

Cloverbud Day Camp & Traditional Day Camp

Day Camp at Millstone 4-H Camp is being offered to our Cloverbuds (5—8 year olds) as well as Traditional 4-H Campers (8—14 year olds) this year. Day Camp offers friends for a lifetime, adventures in a safe nurturing environment, unforgettable activities like canoeing, archery, rock wall climbing, swimming and ropes courses without the overnight stay. The cost of camp includes transportation to and from camp, snacks, and a hot lunch each day. Transportation will depart from the Extension Office at 8:00am and return to the office at 4:45pm. Participants are to bring a swimsuit, towel, water shoes, tennis shoes, and sunscreen each day. Dates: July 30th – August 3rd. Ages 5 - 14. Cost: \$75.00.

Swap the Sugar

Join us for a teen baking workshop that will teach us the basics of baking. We will learn how to create baked goods using alternatives to sugar and will try our hand at what we have learned. Date: August 6th. Times: 8 am—Noon. Ages: 12—18. Cost: \$15.00.

Summer Adventures Celebration

Come and celebrate the end of Summer Adventures with us at the Biscoe Park, Tuesday, August 21st from 6pm-9pm. Everyone who participated in Summer Adventures programs is welcome, as well as their parents and siblings. Bring your swim suit. The pool will be reserved just for 4-H. Dinner will be provided. Cost: FREE



North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran’s status. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, US Department of Agriculture, and local governments cooperating.

[Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Chrissy Haynes, 4-H Youth Development Extension Agent at 910-576-6011 or \[chrissy_haynes@ncsu.edu\]\(mailto:chrissy_haynes@ncsu.edu\) or by fax at 910-576-2635, or in person at the County Extension Office at least 5 days prior to the event.](#)