

2019 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 but we encourage you to consider joining a 4-H club and/or becoming more involved in our county program.

You must register your child at nc.4honline.com BEFORE registration day!

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 Summer Adventures will be on Monday, June 10th from 9 AM—4 PM. We will continue to accept registration after this date until each class is full. No registration for Summer Adventures will be accepted over the telephone or in advance of this date. There are no refunds unless the class is canceled.

There will be Early Registration on June 6th for youth who completed a 4-H project record book or participated in our 4-H presentation program in 2019.

Registration for classes will be accepted at the NC Cooperative Extension Office located at 203 West Main Street, Troy.

Be Money SMART (Save Money and Resist Temptation)

Managing money isn't just a parent's responsibility. Join us for a fun morning where participants will learn the value of money - how to get it, how to save it, how to share it, and how and when to spend it. Date: June 21st. Time: 9 am—Noon. Ages 5—12. Cost \$5.00.

Teens Taking Control

During this exciting two day program, teens will be empowered to take control of their health by learning to balance food choices and physical activity to improve overall wellness. No one should leave hungry and parents will be thrilled with what their youth are able to make on their own at home after program completion. Participants will learn how to prepare a variety of nutritious foods and will keep their bodies active while we hike and swim. Please advise us of any food allergies or sensitivities and bring 4-H appropriate swimwear, sunscreen, insect repellent and other personal protective needs for outside summer fun. Dates: June 24th—25th. Time: 9 am—5 pm both days. Ages: 12– 18 Cost: \$20.00

Adulting 101

Join us as we prepare to launch into adulthood! This fun, three 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: June 26th—28th. Time: 9 am—5 pm all three days. Ages: 12—18. Cost: \$30.00.

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: June 30th—July 2nd. Ages: 5—8. Cost: \$100.00.

Millstone 4-H Overnight Camp

Montgomery County 4-H will be attending Millstone 4-H Camp during the week of July 7th—12th this year. Campers will participate in a variety of activities including canoeing, horseback riding, crafts, swimming, etc. Currently there are no available spaces for this week of camp as spaces begin filling up early in the year. Please contact Chrissy Haynes at chrissy_haynes@ncsu.edu if you are interested in learning more about how your child can attend overnight camp next year.

Meals & Motion for Cloverbuds

The habits we create as children often follow us well into adulthood and beyond. Learn how to build the healthiest you possible through powerful food and physical activity choices. During this program, we will explore where fresh foods come from, make a healthy snack, and practice keeping our bodies active by taking an afternoon swim! Please advise us of any food allergies or sensitivities and bring 4-H appropriate swimwear, sunscreen, insect repellent, and other personal protective needs for outside summer fun. A bagged lunch will be needed. Date: July 8th. Time: 9 am—5 pm. Ages: 5—8. Cost: \$15.00.

Meals & Motion for 9—12 Year Olds

The habits we create as children follow us well into adulthood and beyond. Learn how to build the healthiest you possible through powerful food and physical activity choices. During this program, we will explore where fresh foods come from, make a healthy snack and practice keeping our bodies active by taking an afternoon swim! Please advise us of any food allergies or sensitivities and bring 4-H appropriate swimwear, sunscreen, insect repellent and other personal protective needs for outside summer fun. A bagged lunch will be needed. Date: July 9th Time: 9 am—5 pm. Ages: 9—12. 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: July 12th. Time: 1 pm - 4pm. Ages: 5—12. Cost: \$10.00.

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 at Millstone 4-H 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. Parents will drop off and pickup children at the Agricultural Center on Glen Rd. in Troy each day. Participants are to bring a swimsuit, towel, water shoes, tennis shoes, and sunscreen each day. Dates: July 15th—19th. Ages: 5—14. Cost: \$75.00.

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, etc. Participants must be an active 4-H'er and have completed a 4-H presentation in 2019 to participate in NC 4-H Congress. Please contact Chrissy Haynes if you are interested in attending. Dates: July 20th—23rd. Ages: 13 and up.

Bee Smart about Bees

During this workshop, you will learn about bees and other pollinators and their importance to our everyday life. Date: July 26th. Time: 9am—Noon; Ages: 5-18; Cost: \$10.00.

Palette of Stories

During the summer months, it is easy to forget to read books to maintain grade level reading as well as passion for reading. Come listen to stories read by teen 4-H'ers and volunteers and create crafts that go along with the stories. Participants will also read in groups and will answer grade-level questions about the books that they read. Date: July 29th Times: Session 1: 9 AM—Noon. Session 2: 2 PM—5 PM Ages: Entering 1st Graders—Entering Fifth Graders. Cost: FREE. Please register for one session only.

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: July 30th Time: 8 am—4:30 pm. Ages: Grades 4th—7th. Cost: \$20.00.

Summer Adventures Celebration

Come and celebrate the end of Summer Adventures with us at the Agricultural Center on Glen Road in Troy on July 30th from 6 pm—8 pm. Everyone who participated in Summer Adventures programs is welcome, as well as their parents and siblings. 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.](#)