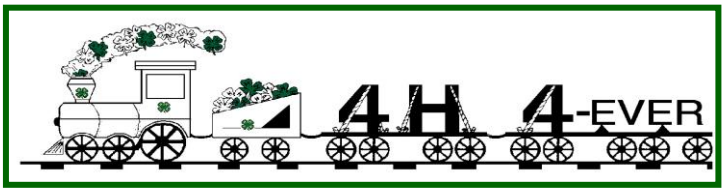

Monday, June 18, 2018 – CLUB DAY

Handy Hands **–** Youth in this club will learn the value of being a good citizen and making their world a better place. We will team up in groups to help our neighbors and community. Community service projects provide youth with an opportunity to give back.
Swim Day - Ages: 5-8 - Limit: 25

Kids In The Kitchen - Come into the 4-H kitchen to learn how to cook and create fun, healthy and delicious food. This club will bring out your inner chef!
Swim Day – Ages: 5-8 - Limit: 25

Good Samaritan's 4-H Club **–** Do you want to help others less fortunate than you? Most of us have very giving hearts when it comes to caring for others. Now it is time to step up and help out our neighbors. This community service club is all about helping others right here in Avery County. The sense of pride that you can get from simply helping others will last you a lifetime!
Swim Day - Ages: 9-13 - Limit: 25

Young Chef's Academy **-** Come explore our 4-H Kitchen! Melanie Cashion, EFNEP Program Assistant, will help us maneuver our way to tasty, healthy treats. If you want to learn how to become a junior chef this class is definitely for you.
Swim Day - Ages: 9-13 - Limit: 25

Tuesday, June 19, 2018

Bug Out! **–** If insects are your thing, then come out for a Bug Out Day! Learn about the good bugs and the bad bugs. Get a close up look! We will enjoy cool buggy games too!
Swim Day - Ages: 5-8 - Limit: 25

Minute 2 Win It **–** Who doesn't love a fun, goofy game challenge with your pals? This summer we have even more new exciting games that will keep you laughing and on your toes…always a camp favorite!
Swim Day - Ages: 5-8 - Limit: 25

Tuesday, June 19, 2018 *(Continued)*

Fishing 4 Fun? – Time to reel in the 'big one'! Youth will travel to Marion, NC to try their hand at fishing for mountain trout while learning tips on the different types of fish & proper fishing techniques. Bring your own pole or call the Extension Office to reserve one. ***Please wear old shoes!*** Lunch & play at local park.
Ages: 9-13 - Limit: 25

Class Act **–** Communication and etiquette is what it's all about….we will have fun developing our social skills all while learning how to plan and throw a great party while developing our social graces!
Swim Day - Ages: 9-13 - Limit: 25

Wednesday, June 20, 2018

Creek Stomp on Beech **–** We will travel to Beech Mtn. to explore the local streams and the importance of keeping our waters clean & beautiful. We will also discover the various creatures that are living in our waters. ***Bring pair of old tennis shoes that can get wet!***
Swim Day - Ages: 5-8 - Limit: 25

I'm Worth It! – Learning to love and respect ourselves…we will explore and learn how unique we are as individuals and how to have a positive 'self-image'. We will also make our very personal journal to write or draw about our thoughts and feelings.
Swim Day - Ages: 5-8 – Limit 25

Hands, Feet…What a Treat **–** What better way to pamper yourself than with a day at the spa….enjoy a manicure, a pedicure, a European facial, review the latest hair trends and much more!
Swim Day - Ages: 9-13 - Limit: 25

Olympic Day – Let the games begin! We will begin training for the 2020 Summer Olympics on this day….get ready to run, jump, throw, kick and compete for the gold, silver & bronze!
Swim Day – Ages: 9–13 – Limit: 25

Thursday, June 21, 2018

Kitchen Science **–** Today we turn our kitchen into a science lab….who knew with 8 simple kitchen ingredients we can learn all about ocean currents, the laws of motion, density, vortexes, centripetal force and so much more...sure to be a blast!
Swim Day - Ages: 5-8 – Limit: 25

Holiday's Around the World **–** Today we will learn about the amazing traditions from around the globe…Kwanzaa, Omisoka, Mardi Gras, St. Lucia Day and many more! Youth will make several unique crafts to take home & teach their family about new traditions.
Swim Day – Ages: 5-8 – Limit: 25

The Chemistry in our Foods! **–** Test your chemistry skills in the kitchen and find out why our bodies need food for energy. Learn how kitchen chemistry can change states of matter. Who Knew chemistry was so yummy?!
Swim Day - Ages: 9-13 – Limit: 25

Baby Sitting Clinic **–** This clinic is for those interested in earning income as a trained babysitter while gaining a greater understanding about themselves and children. We will discuss career options in childcare and even develop business cards to advertise our services!
Swim Day - Ages: 9-13 - Limit: 25

Friday, June 22, 2018 –CLUB DAY

Fitness 4 Fun **–** Learn all the basics of having fun while getting fit! How about unique Frisbee games, lacrosse, rebounding, softball, bowling, Zumba…the list is endless! Swim Day - Ages: 5-8 - Limit: 25

Young Explorers **–** Just like the title…youth will be introduced to many learning experiences from gardening, livestock, soap making, kitchen science, etc! This club has something for everyone!
Swim Day - Ages: 5-8 - Limit: 25

The Biggest Winner! - This club is not a club for losers…we are all winners! We will take a look at ways to improve our physical health by learning good nutrition, fun exercise activities and ways to stay fit for life. Everyone receives their own personal fitness plan that includes tips for buying food, budgeting and alternative ways to get the best nutrition for your dollar.
Swim Day - Ages: 9-13 - Limit: 25

Friday, June 22, 2018 –CLUB DAY (*Continued*)

Discovery Club **–** Come discover your passion…youth will experience many interest areas from horticulture, bee keeping, gardening, engineering, etc. Hands-on learning, fun and something for everyone!
Swim Day - Ages: 9-13 - Limit: 25

Monday, June 25, 2018 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM.

Handy Hands—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Good Samaritan's Club—Ages: 9-13 - Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, June 26, 2018

Hickory Crawdads **–** Travel to Hickory to watch and cheer for our favorite local team...the Crawdads! We will enjoy live action and have lunch at the ballpark. An all-time favorite. Youth may bring minimal funds for souvenirs/snacks.
Ages: 5-8 - Limit: 25

Rolling in the Dough – Today we will explore the wonderful world of making and baking fresh bread! Learn different bread recipes and have a tasting party!
Swim Day – Ages: 5–8 – Limit: 25

Hickory Crawdad **–** Travel to Hickory to watch and cheer for our favorite local team...the Crawdads! We will enjoy live action and have lunch at the ballpark. An all-time favorite. Youth may bring minimal funds for souvenirs/snacks.
Ages: 9-13 - Limit: 25

Camp Cooking – Gather around the fire for fun and some tasty, creative cooking. We will explore foods we can enjoy over the open fire…like 'spider-dogs', tacos in a bag and others. Sure to be a camp favorite!
Swim Day – ages: 9-13 – Limit 25

4-H GROWS HERE

Wednesday, June 27, 2018

Hodge Podge **–** Here we get creative…we will gather a wide assortment of supplies and materials that youth can choose from to create unique, one of a kind crafts to amaze family and friends.
Swim Day - Ages: 5-8 - Limit: 25

Ship Wrecked **–** What to do if stranded on a deserted island? Loads of activities from building boats, writing messages in a bottle to an exciting scavenger hunt for buried treasure and needed supplies!
Swim Day - Ages: 5-8 - Limit: 25

Planet Earth Warriors **–** We will be traveling to Boone to meet the folks at Appalachian Voices. Here we will learn about the current environmental issues that affect our lovely home and how we can help by being responsible warriors for mother earth!
Swim Day - Ages: 9-13 - Limit: 25

Adventures on the Blue Ridge **–** Get your hiking shoes on…we will venture to beautiful Price Lake located on the Blue Ridge Parkway for a fun day of adventure. **MUST WEAR CLOSED-TOE SHOES!**
Ages: 9-13 - Limit: 25

Thursday, June 28, 2018

Clown College **-** Do you like clowning around? Enjoy making people laugh? Like to learn silly stunts? In this class youth will learn the basics of clowning around, applying make-up and performing stunts.
Swim Day - Ages: 5-8 - Limit: 25

Kids in the Creek **–** Did you know that you can find out how healthy your stream is by the types of insects that live there? Come ready to get wet as we give our stream a checkup. ***BRING OLD SHOES TO GET WET!***
Swim Day - Ages: 5-8 – Limit: 25

Under the Big Top **–** This is sure to be a favorite…we will learn to set up and run our very own working carnival…game booths such as ring toss, balloon darts, etc. We will sell tickets & snacks and let the fun begin!
Swim Day - Ages: 9-13 - Limit: 25

Thursday, June 28, 2018 *(Continued)*

Appalachian Cooking **–** Soup beans, corn pones, mustard greens….here we will learn about foods and cooking methods used by our ancestors…we will get to sample our food creations too!
Swim Day - Age: 9-13 - Limit: 25

Friday, June 29, 2018 – CLUB DAY
ALL FRIDAY CLUB DAYS WILL SWIM

Fitness 4 Fun—Ages: 5-8 - Limit: 25
Young Explorers—Ages: 5-8 - Limit: 25
Biggest Winner—Ages: 9-13 - Limit 25
Discovery Club—Ages: 9-13 - Limit: 25

Monday, July 2, 2018 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM

Handy Hands—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Good Samaritan's Club—Ages: 9-13 - Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, July 3, 2018

Fishing 4 Fun **–** Time to reel in the big one! Youth will try their hand at catching mountain trout while learning tips on fishing. Bring your own pole or call Extension Center at (828)733-8270 to reserve one. ***Please wear old shoes!*** Lunch & play at a local park.
Ages: 5-8 - Limit: 25

Adventures in Amazonia **–** Today we get to meet Sai, a capuchin monkey born and raised in captivity who suddenly finds himself alone and lost in the Amazon rainforest. With danger lurking at every turn, Sai must depend on his instincts to protect him. This film is part of the ASU Young Peoples Global Film Series.
Ages: 5-8 - Limit: 25

Adventures on the Elk **–** Youth will explore and hike the beautiful Elk Knob Trail in Watauga County. This trail leads to a breath taking summit that make the hike well worth the effort! Lunch in the local park.
MUST WEAR SHOES TO HIKE IN!
Ages: 9-13 - Limit: 25

Tuesday, July 3, 2018 *(Continued)*

Adventures in Amazonia **–** Today we get to meet Sai, a capuchin monkey born and raised in captivity who suddenly finds himself alone and lost in the Amazon rainforest. With danger lurking at every turn, Sai must depend on his instincts to protect him. This film is part of the ASU Young Peoples Global Film Series.
Swim Day – Ages 9 – 13 – Limit: 25

Wednesday, July 4, 2018
HOLIDAY

Thursday, July 5, 2018

The Bee's Knees – Here we will learn the critical role the honey bee plays in food production. Youth will participate in a hands-on 'Honey Bee Challenge' to build their own honey bee that will then be sent out on a pollination mission.
Swim Day - Ages: 5-8 - Limit: 25

Jr. Master Gardener **–** Ready to dig in the dirt? This workshop is part of a nationally recognized program that offers hands-on gardening projects that promote the love of gardening, appreciation for our earth and cultivation of our creative minds!
Swim Day – Ages: 5-8 – Limit: 25

Book Builders **–** Whether you enjoy writing, journaling or sketching, how about creating your own personal book to collect your prized works?! We will learn how to create our own books for ourselves or to give as gifts.
Swim Day - Ages: 9-13 - Limit: 25

Jr. Master Gardener II – Renegade Gardeners?! In this workshop we learn a new method of gardening that allows you to throw to sow! We will create 'seed balls' to toss and 'beautify' our community.
Swim Day - Ages: 9-13 – Limit: 25

Friday, July 6, 2018 – CLUB DAY
ALL FRIDAY CLUB DAYS WILL SWIM

Fitness 4 Fun—Ages: 5-8 - Limit: 25
Young Explorers—Ages: 5-8 - Limit: 25
Biggest Winner—Ages: 9-13 - Limit 25
Discovery Club—Ages: 9-13 - Limit: 25

Monday, July 9, 2018 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM

Handy Hands—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Good Samaritan's Club—Ages: 9-13 - Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, July 10, 2018

Horsing Around – An all time favorite…we will travel to Mitchell County and learn how to properly care for horses. We will also get to ride and groom our new four-legged friends! Some of these horses/ponies are used as therapy animals for youth with special needs.
Ages: 5-8 - Limit: 25

Jr. Deputy **–** Today we get to be junior detectives and use the evidence to help solve a criminal case. The Avery County Sheriff's Department will teach us how to be super sleuths!
Swim Day – Ages: 5-8 – Limit: 25

Peanut Butter & Jelly Time! – 3 Part Series – Part 1…Peanut Butter **–** Part 1 of our series will begin with the amazing history of the powerful peanut! After our introduction to this super food, we will produce and make our very own peanut butter!
Swim Day - Ages: 9-13 – Limit: 25

Law & Order **–** Come learn all the ends and outs of what it takes for a career in law enforcement. We will speak with the members of the Avery County Sheriff's Department and tour the courthouse and jail.
Swim Day - Ages: 9-13 – Limit: 25

Wednesday, July 11, 2018

Life's a Fairytale **–** Today we will enjoy the favorite fairytales we grew up on and explore others from around the world. We will also be dressing up and acting out several of these stories for our friends.
Swim Day - Ages: 5-8 - Limit: 25

Ways to Get There from Here **–** Will you go by plane, train or automobile? Today we investigate all modes of transportation…we will be making our own models that really work too!
Swim Day - Ages: 5-8 - Limit: 25

4-H GROWS HERE

Wednesday, July 11, 2018 *(Continued)*

PBJ – Part II – Jam Time! – Part II of our series will deal with the 'sweet side' of our PBJ….we will be making our very own creamy butter and homemade jam…taste testing will be permitted!
Swim Day - Ages: 9-13 - Limit: 25

Birds of a Feather – Today we travel to Beech Mountain to learn all about the birds and wildlife native to the Blue Ridge Mountains…from the yellow-bellied sapsucker to the mighty Peregrine falcon, this activity is full of fun and adventure. ***MUST WEAR HIKING SHOES!***
Swim Day – Ages 9 – 13 – Limit: 25

Thursday, July 12, 2018

It's OK to Act Out! – If life is a stage and we are all players, now's your time to shine! We will hone our acting skills and stage presence with mini plays. We will perform for others in the afternoon…what fun!
Swim Day - Ages: 5-8 - Limit: 25

Moovin' and Groovin' – Here's where we learn to get our groove on! We will learn to move to some of the oldies like the Electric Slide, Watch Me Whip and many more….have fun and get fit!
Swim Day - Ages: 5-8 – Limit: 25

PBJ – Part 3 – Bread Time – Okay, now it's time to put it all together…today we make our own bread. We will then wrap up our PBJ series by creating and taste testing sandwiches made from our homemade peanut butter, sweet jam, butter and bread…yum!
Swim Day - Ages: 9-13 – Limit: 25

Rags to Riches – This lesson is all about the importance of recycling, reducing and reusing…we will also hold a fashion show put together from useful, gently used recycled items we collect.
Swim Day - Ages: 9-13 – Limit: 25

Friday, July 13, 2018 – CLUB DAY
ALL FRIDAY CLUB DAYS WILL SWIM

Fitness 4 Fun—Ages: 5-8 - Limit: 25
Young Explorers—Ages: 5-8 - Limit: 25
The Biggest Winner—Ages: 9-13 - Limit 25
Discovery Club – Ages: 9-13 – Limit 25

Monday, July 16, 2018 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM

Handy Hands—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Good Samaritan's Club—Ages: 9-13 - Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, July 17, 2018

Catawba Science Center – Today we will enjoy hands-on exhibits that explore the physical, natural and earth sciences. We will visit a fresh and saltwater aquarium, spend time in an Inventors Workshop. We will also get to watch a cool show in the planetarium. Lunch and play at a local park in Hickory.
Ages: 5 – 8 - Limit: 25

Dazzle Dayz – This workshop is all about working with various gems to create some awesome crafts we can gift to others or showoff to our friends and family.
Swim Day - Ages: 5 – 8 - Limit: 25

Catawba Science Center – Today we will enjoy hands-on exhibits that explore the physical, natural and earth sciences. We will visit a fresh and saltwater aquarium, spend time in an Inventors Workshop. We will also get to watch a cool show in the planetarium. Lunch and play at a local park in Hickory.
Ages: 9-13 - Limit: 25

Learning to Lead – Youth will gain valuable lessons and leadership skills that will take them far in life…employability and interviewing skills, public speaking, resume writing, etc. We will even video our own 'mock' job interview!
Swim Day - Ages: 9 - 13 - Limit: 25

Wednesday, July 18, 2018

Adventures of Johnny Appleseed – We will travel to the local Hundley Farm and learn the true history of Johnny Appleseed. We will get to enjoy taste samples of real heirloom apples and other wonderful fresh produce grown in the garden and orchard.
Swim Day - Ages: 5-8 - Limit: 25

Game Show Mania – Welcome to the game show challenge….Jeopardy, Who's Line Is It Anyway, Who Wants to Be a Millionaire….come ready for a day of adventure and cheesy prizes!
Swim Day - Ages: 5 - 8 - Limit: 25

Wednesday, July 18, 2018 *(Continued)*

Wisdom from Dr. Scrumpy – Travel back in history and learn the farming practices of our original founding fathers as compared to today's practices. We will also learn about promising farming practices of the future.
Swim Day - Ages: 9 - 13 - Limit: 25

Can-Can Robots – Welcome to the world of mechanical engineering. We will learn how moving & non-moving parts interact when building a machine. We will design & build a robot that can draw on paper!
Swim Day - Ages: 9 -13 - Limit: 25

Thursday, July 19, 2018

Hit the Trail – We will travel to the lovely Bass Lake in Blowing Rock and hike to a scenic trail around the lake and enjoy playing and a picnic lunch at Price Park. ***MUST WEAR CLOSED-TOE SHOES THAT CAN GET WET!***
Ages: 5-8 - Limit: 25

Flutter Friends – Come learn about the importance of the majestic butterfly…we will study the lifecycle and habitat of our winged friends and conclude with several crafts we can make & take home.
Swim Day – Ages: 5-8 – Limit: 25

Kit & Kaboodle – Time to get our inventors hats on…we will be giving youth a variety of 'maker station' items they can use to create and invent useful items. We will conclude with presentations on our creations.
Swim Day - Ages: 9-13 - Limit: 25

Minute 2 Win It! – Who doesn't love a fun, goofy game challenge with your buddies? We've discovered new, exciting games that will keep you laughing and on your toes…always a camp favorite!
Swim Day - Ages: 9-13 - Limit: 25

Friday, July 20, 2018 – CLUB DAY
ALL FRIDAY CLUB DAYS WILL SWIM

****Only 2 Clubs Offered on 7/20/18***

Fitness 4 Fun—Ages: 5-8 - Limit: 25
The Biggest Winner—Ages: 9-13 - Limit 25

Friday, July 20, 2018 *(Continued)*

The Lion, the Witch and the Wardrobe – Barter Theater – We will travel to Barter Theater and venture into the magical world where anything can happen….4 siblings slip through the old wardrobe and into the wondrous land of Narnia, they face dangerous witch and her evil spells. It will take all of the youth's bravery and the love of a Lion named Aslan to help save them and the land of Narnia.
***Ages: 5 – 8 & 9 - 13 - Limit: 40**

Monday, July 23, 2018 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM

Handy Hands—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Good Samaritan's Club—Ages: 9-13 - Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, July 24, 2018

The Wild Wild West – Today it is about all things having to do with the Wild Wild West….crafts such as weaving, roping skills, a game of horseshoes and we'll even learn a few cowboy tunes!
Swim Day - Ages: 5-8 - Limit: 25

Hawaiian Hullabaloo – How does a colorful luau party sound? We dress in our Hawaiian attire, play games such as 'pass the coconut', limbo, 'hula til you drop', Hawaiian Pictionary and more. We will also study the rich history and customs of the islands.
Swim Day - Ages: 5-8 - Limit: 25

Back in the Saddle – An all-time favorite…we will travel to Mitchell County and learn how to properly care for horses. We will also get to ride and groom our new four-legged friends! Some of these horses/ponies are used as therapy animals for youth with special needs.
Ages: 9 - 13 - Limit: 25

Glass, Marble & Magnets – Here's another cool craft to impress your family and friends…we will create our very own glass and marble magnets and pendants too to proudly wear or give as gifts.
Swim Day - Ages: 9 - 13 - Limit: 25

The Cool Thing To Do

Wednesday, July 25, 2018

Paradise on the Mountain/Water Park! – Today we travel to Mountain Paradise Waterpark in Marion. Ride down the giant waterslide, enjoy a dip in the pool or maybe even a game of putt-putt. Youth may bring a small amount of funds for the snack bar.
Swim Day – Ages: 5-8 – Limit: 25

Paradise on the Mountain/Water Park! – Today we travel to Mountain Paradise Waterpark in Marion. Ride down the giant waterslide, enjoy a dip in the pool or maybe even a game of putt-putt. Youth may bring a small amount of funds for the snack bar.
Swim Day – Ages: 9 - 13 – Limit: 25

Thursday, July 26, 2018

Common Ground Martial Arts – How would you like to become a 'Power Ninja'? Come join our friends at Common Ground Martial Arts and learn an ancient art form and gain self-confidence and self-control.
Swim Day - Ages: 5-8 - Limit: 25

Green Scene – Today we will study what is meant by our 'carbon footprint'. We will learn just what we can do to be better stewards of our planet and how even small changes can make a big difference. We will make our very own reusable 'eco-bag'!
Swim Day - Ages: 5-8 – Limit: 25

Common Ground Martial Arts – This class is all about the way of the 'Samurai'…join the instructors from Common Ground Martial Arts and learn an ancient art form while gaining mental focus, self-confidence and techniques to combat stress and anxiety.
Swim Day - Ages: 9-13 - Limit: 25

Trekking on Falls Trail/Beech Mtn. – Come hike & discover the most popular trail on Beech Mountain….Falls Trail! This loop has it all, creeks, a waterfall, picnic area, wildlife, native plants and much more…***MUST WEAR HIKING SHOES!***
Ages: 9-13 – Limit: 25

Friday, July 27, 2018 – CLUB DAY
ALL FRIDAY CLUB DAYS WILL SWIM

Fitness 4 Fun—Ages: 5-8 - Limit: 25
Young Explorers—Ages: 5-8 - Limit: 25
The Biggest Winner—Ages: 9-13 - Limit 25
Discovery Club – Ages: 9-13 – Limit 25

Monday, July 30, 2018 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM

Handy Hands—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Good Samaritan's Club—Ages: 9-13 - Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, July 31, 2018

Discovering the Artist Within/1 – Youth, grab your passport as we travel around the world to experience cultural history and international art. We will travel to the Turchin Center for Visual Arts in Boone for a unique art project as well as a visual 'art walk'.
Ages: 5-8 – Limit 25

Yoga A to Z– Downward Dog, Warrior, Cobra, Cow Face, Happy Baby….these are just a few of the amazing poses we will learn in this popular yoga class. Come learn this gentle art that helps the body and mind!
Swim Day - Ages: 5-8 - Limit: 25

Discovering the Artist Within/2 – Youth, grab your passport as we travel around the world to experience cultural history and international art. We will travel to the Turchin Center for Visual Arts in Boone for a unique art project as well as a visual 'art walk'. **–**
Ages: 9-13 – Limit: 25

Yoga A to Z– Downward Dog, Warrior, Cobra, Cow Face, Happy Baby….these are just a few of the amazing poses we will learn in this popular yoga class. Come learn this gentle art that helps the body and mind!
Swim Day - Ages: 9-13 - Limit: 25

Wednesday, August 1, 2018

Eco Hike on Beech – We will be traveling to Beech Mountain for a 'discovery' hike….we will be investigating native flowers and plants along with the various critters that live in our streams. Come learn about the important roles plants and animals play in our world. ***MUST WEAR HIKING SHOES!***
Ages: 5-8 - Limit: 25

Crafty Creations – In this workshop we put on classical compositions and begin creating from a wide variety of supplies…paper, paint, gemstones, glue, glitter, yarn, etc….let's see who is voted most creative!
Swim Day - Ages: 5-8 - Limit: 25

4-H GROWS HERE

Wednesday, August 1, 2018 (*Continued*

Highland Games – Sheaf Toss, Farmer's Dash, Tug O' War, Haggis Hurl, Welly Throw, Caber Toss….we will learn the rich history of the Highland Games then let the games begin!
Swim Day - Ages: 9-13 – Limit: 25

From Socks to Safari! – This fun craft project is where we get to create and put together our favorite safari creatures…lions, elephants, zebras…oh my!
Swim Day – Ages: 9-13 – Limit: 25

Thursday, August 2, 2018

Good Vibrations – Today it's all about the music; we will be studying properties of sound and then we will create our very own musical instruments from everyday items. We will end our day with a concert for our friends!
Swim Day - Ages: 5-8 - Limit: 25

Garden Princess Pottery – Today we will work in the Avery Community Garden and then complete our day with terra-cotta pot princess creations!
Swim Day - Ages: 5-8 - Limit: 25

Bangles & Bling – Time to spiff up the ol wardrobe with some homemade 'blinged-up' bangles! This fun craft will provide several take-home creations that make wonder gifts for family & friends.
Swim Day – Ages: 9-13 – Limit: 25

Can You KanJam? – Come learn about the fun and fastest growing disc game today….it's all about KanJam! This popular game will liven up your next party and provide youth with hours of fun!
Swim Day - Ages: 9-13 - Limit: 25

Friday, August 3, 2018 – CLUB DAY
ALL FRIDAY CLUB DAYS WILL SWIM

Fitness 4 Fun—Ages: 5-8 - Limit: 25
Young Explorers—Ages: 5-8 - Limit: 25
The Biggest Winner—Ages: 9-13 - Limit 25
Discovery Club—Ages: 9-13 - Limit: 25

Monday, August 6, 2018 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM

Handy Hands—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Good Samaritan's Club—Ages: 9-13 - Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, August 7, 2018

Dress Your Tater Contest – How to honor our favorite veggie?....dress 'em' up and put them in a contest of course! Youth can choose to dress their tater as a person, thing or animal…prizes will be awarded for the 'best dressed tater'!
Swim Day - Ages: 5-8 - Limit: 50

Blast Off! – 3..2..1..BLAST OFF to a great time! Come design and make own water rocket. We will learn how to present our rocket designs to potential 'buyers' and conclude with our official launch!
Swim Day - Ages: 5 – 8 - Limit: 25

Tech X-Cite – Assisted Technology – Come discover ways in which engineers design technology to help people with disabilities. We will explore and design a working prosthetic arm to improve the quality of life for someone what has lost an arm…cool workshop!
Swim Day - Ages: 9- 13 - Limit: 50

It Makes Perfect Cents – Do you like shopping, movies, video games, eating out with friends, to have a car or go to college someday….well this activity is for you! We will learn the basics of money management; earning, saving, budgeting and much more.
Swim Day - Ages: 9 – 13 - Limit: 25

Wednesday, August 8, 2018

Exploring at AMOS – Today we will visit the Asheville Museum of Science for an exciting tour and a hands-on engineering project that explores the physical sciences and the laws of motion and forces.
Ages: 5-8 - Limit: 25

Power of the Wind – Today we will study the power and importance of the wind. We will also create our very own working anemometer to measure the direction and speed of the wind.
Swim Day - Ages: 5-8 - Limit: 25

Fear Factor – Who doesn't enjoy a good challenge? This activity is based on the hit TV game show and is all about healthy challenges to youth's determination and bravery.
Swim Day - Ages: 9-13 – Limit: 25

Exploring at AMOS – Today we will visit the Asheville Museum of Science for an exciting tour and a hands-on engineering project that explores the physical sciences and the laws of motion and forces.
Ages: 9-13 - Limit: 25

Thursday, August 9, 2018

☘ ***Mystery Day*** – Feeling adventurous? Find the clues that lead directly to fun! This class is only open to risk takers that love surprises! Ready for the challenge?

☺ ***ALL AGES – 5 TO 13***

FINAL DAY OF WOW
Friday, August 10th, 2018

☘ ***BACK TO SCHOOL BASH!***

ALL AGES 5-13

FINAL DAY – PARTY, PARTY, PARTY!

☺ **ALL PARENTS/GUARDIANS INVITED TO JOIN US FROM 4:00 TO 5:30!**

I Pledge My ***Head*** to Clearer Thinking

My ***Heart*** to Greater Loyalty

My ***Hands*** to Larger Service,

and My ***Health*** to Better Living

For My ***Club***, My ***Community***,

My ***Country*** and My ***World***.

IMPORTANT REMINDERS:

- ☘ Please bring swim suit & towel on all designated swim days; sunscreen will be provided.
- ☘ Due to accidents, youth are asked NOT to wear flip-flops or other shoes that do not fit securely on their feet!
- ☘ 4-H Summer WOW reserves the right to change any program due to weather or other unforeseen circumstances.
- ☘ Each Monday and Friday are designated Club Days and all participants will be scheduled to swim unless otherwise noted. Participants will remain in the same clubs throughout the summer.
- ☘ Participants will not be allowed to switch programs for any reason, please check with your youth's friend(s) prior to registering.
- ☘ ALL participants must have their completed 4-H Enrollment/Membership Packet on file prior to participation in ANY activities.

4-H GROWS HERE