

Monday, June 17, 2019 – CLUB DAY

Outdoor Adventure Club – This club is for the true adventurer...youth will learn all the basics for becoming lovers and protectors of the great outdoors. Topics will cover camping, hiking, survival skills, compass reading, animal/plant identification, etc. Learn to appreciate the world around you.
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 offers practical solutions to becoming healthy eaters for life!
Swim Day – Ages: 5-8 - Limit: 25

Wilderness Roamers Club – Here is the club for the true adventurer...youth will explore the many aspects to being an outdoor devotee; if you enjoy hiking, exploring, survival skills, camping, etc. this 4-H club is for you.
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 18, 2019

Flutter Friends – In this activity youth will learn all about the importance of many insects but especially our 'flutter friends'..the butterfly. We will even make our own edible life-cycle!
Swim Day - Ages: 5-8 - Limit: 25

A Walk to Remember – This group will travel to Beech Mountain for a guided walk in the woods with a trained naturalist that will teach them about basic survival and wilderness skills.
Swim Day - Ages: 5-8 - Limit: 25



Tuesday, June 18, 2019 (Continued)

Mad Scientist/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, vortices, centripetal force and so much more...sure to be a blast!
Swim Day - Ages: 9-13 – Limit: 25

Survival of the Fittest – This group is headed to Beech Mtn. for an informative trail hike led by a trained naturalist. Youth will also learn basic outdoor survival skills for themselves and others.
Swim Day - Ages: 9-13 - Limit: 25

Wednesday, June 19, 2019

'Egg-Cellent' Adventures in Science - This activity will introduce youth to many aspects of science and engineering as well as some good ol magic behind the mighty egg! Learn how to make an egg grow, shrink, sink, float as well as make a tasty treat for the tongue!
Swim Day - Ages: 5-8 - Limit: 25

Fear Factor Challenge - If fear is not a factor, this activity is for you! Come see if you are up for some real challenges as well as good clean, messy, gross and often gruesome fun!
Swim Day - Ages: 5-8 – Limit 25

Tech X-Cite/Power of the Sun – Got a thing for engineering? This program offers a rich and vibrant exploration and introduction to engineering...we will design, build and cook in our own solar oven!
Swim Day - Ages: 9-13 - Limit: 25

Days Gone By – Where exactly did we come from? We will explore our proud mountain heritage and rich history by touring the Avery History Museum in Newland and the Banner House in Banner Elk.
Swim Day - Ages: 9-13 - Limit: 25



Thursday, June 20, 2019

Clovers All Over! – Really.....we will design, create and model our very own 4-H Clover Tee Shirt for all the world to appreciate! Sure to become a favorite wardrobe accessory. We will also explore all the wonderful opportunities 4-H has to offer youth.
Swim Day – Ages: 5–8 – Limit: 25

Jump on the Bandwagon – 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

Outrageous Olympics! – Who doesn't like the competition of the Olympics? Today youth will be competing in their favorite games with many added twists! Skill and a good sense of humor required!
Swim Day - Ages: 9-13 – Limit: 25

Recharging Your Battery With Self-Care – Today we learn all about the importance of self-care....inside and out! Learn strategies for dealing with life struggles. We will also create your own personal care products.....save money and make awesome gifts for your family & friends!
Swim Day - Ages: 9-13 - Limit: 25

Friday, June 21, 2019 –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

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

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

Friday, June 21, 2019 –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 24, 2019 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM.**

Outdoor Adventure Club—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Wilderness Roamers Club—Ages: 9-13-Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, June 25, 2019

Stream Keepers – We will explore our local stream and learn the importance of keeping our water clean and beautiful. Youth will take part in cleaning up our stream while also learning other ways we can care and protect our earth. ***Bring pair of old tennis shoes that can get wet!***
Swim Day - Ages: 5-8 - Limit: 25

It's A Bug's Life – Come discover the wonderful world of our creepy, crawly friends. We will examine many different critters and why they are a necessary part of our ecosystem. We will also have plenty of bug games to play and maybe even some bug foods to try!
Swim Day - Age: 5-8 - Limit: 25

Fishing 4 Fun – Let's reel in the big one! Youth will try their hand at catching mountain trout while learning tips on fishing. Bring your own fishing pole or call the Extension Center to reserve one.
Swim Day - Ages: 9-13 - Limit: 25

Reporter for a Day – Get the latest scoop as we visit a local newspaper office. We will ask questions, conduct interviews, gather our facts, write, edit and publish our very own 4-H W.O.W Word Up for family and friends to enjoy!
Swim Day - Ages: 9-13 - Limit: 25



Wednesday, June 26, 2019

☘ **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

☘ **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: 5-8 - Limit: 25

☘ **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: 9 – 13 - Limit: 25

☘ **Circle of Friends** – Learn the fine art of making your very own friendship bracelets using several different methods, patterns and materials. Make gifts for yourself and others.
Swim Day - Ages: 9-13 - Limit: 25

Thursday, June 27, 2019

☘ **Acting Up** – If life is a stage and we are all players, now's your chance to hone your acting skills! Youth will practice their improvisation skills and stage presence. We will be performing for others in the afternoon.
Swim Day – Ages: 5-8 – Limit 25

☘ **Generation POUND!** – Come learn the latest dance and exercise craze...POUND combines dance with drumming, Zumba and Pilates. Staying fit has never been more fun!
Swim Day - Ages: 5-8 – Limit: 25

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

**Thursday, June 27, 2019 (Continued)**

☘ **Generation POUND!** – Come learn the latest dance and exercise craze...POUND combines dance with drumming, Zumba and Pilates. Staying fit has never been more fun!
Swim Day - Ages: 9-13 – Limit: 25

**Friday, June 28, 2019 – CLUB DAY
ALL FRIDAY CLUB DAYS WILL SWIM**

☘ *Handy Hands Club—Ages: 5-8 - Limit: 25*
Young Explorers—Ages: 5-8 - Limit: 25

☘ *Good Samaritan's Club—Ages: 9-13 - Limit 25*
Discovery Club—Ages: 9-13 - Limit: 25

**Monday, July 1, 2019 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM**

☘ *Outdoor Adventure Club—Ages: 5-8 - Limit: 25*
Kids in the Kitchen—Ages: 5-8 - Limit: 25

☘ *Wilderness Roamers Club—Ages: 9-13-Limit: 25*
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, July 2, 2019

☘ **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

☘ **Christmas in July** – Give the best gift ever to your favorite friend or family member...something created by YOU! Youth will spend the day creating wonderful Christmas craft projects.
Swim Day - Age: 5-8 - Limit: 25

☘ **Lab Rats** – Now is the time to learn some radical, 'sick science'....we will investigate several off-the-wall experiments such as square bubbles, vanishing jelly marbles, liquid layers and much more!
Swim Day - Ages: 9-13 - Limit: 25



Tuesday, July 2, 2019 (Continued)

☘ **Can You Kan-Jam?** – 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

Wednesday, July 3, 2019

☘ **Blast Off!** – 3..2..1 BLAST OFF! Sign up now for this adventure and you will engineer, design, create and launch your very own rocket! We will also work on how to promote and sell our creations!
Swim Day - Ages: 5-8 - Limit: 25

☘ **Have You Lost Your Marbles?!** – Who knew all one could do with marbles...marble races, old fashion games, marble painting, marble music and more! We will have an all marble day!
Swim Day - Ages: 5-8 - Limit: 25

☘ **Rockets to the Rescue** – Discover the field of aerospace engineering! You have been asked to design & build an aerodynamic food transportation device that can deliver a payload of nutritious food to disaster victims...best design earns a reward!
Swim Day - Ages: 9-13 - Limit: 25

☘ **Jr. Master Gardener** – 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

Thurs. & Friday, July 4 & 5, 2019☘ **HOLIDAY** ☘

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**Monday, July 8, 2019 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM**

- ☘ *Outdoor Adventure Club—Ages: 5-8 - Limit: 25*
- ☘ *Kids in the Kitchen—Ages: 5-8 - Limit: 25*
- ☘ *Wilderness Roamers Club—Ages: 9-13-Limit: 25*
- ☘ *Young Chef's Academy—Ages: 9-13 – Limit: 25*

Tuesday, July 9, 2010

☘ **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

Wednesday, July 10, 2018

☘ **The Wonders in our Water** – Today we travel back to beautiful Beech Mountain & do an in-depth investigation of the wonderful life forms living in creeks. We will also learn the importance of protecting our water systems. ***Please wear shoes that can get wet!***
Swim Day - Ages: 5-8 - Limit: 25

☘ **Powerful Pollinators** – 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

☘ **Stream Ecology**– Youth will venture up to Beech Mountain to study the organisms living in our waterways and enjoy a guided hike to one of the area's small waterfalls. ***Please wear shoes that can get wet!***
Swim Day - Ages: 9-13 - Limit: 25

☘ **Artistic Arrangement** – Do you happen to have or desire the skills to be a talented decorator? Come explore the basics of table arrangements, home décor and other interior design tips.
Swim Day – Ages: 9-13 – Limit: 25



Thursday, July 11, 2019

☘ ***Ways to Get There from Here*** – Today, we will go to the design and built various modes of transport such as a catapult, a boat and even a parachute. We will have a contest to see who has a winning design!
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 some new moves like the Wobble....have fun and get fit!
Swim Day - Ages: 5-8 – Limit: 25

☘ ***Predators of Mt. Mitchell*** – Today we travel to historic Mt. Mitchell and meet with a park ranger to learn about native predators found in the area; we will learn how these predators hunt as well as their characteristics that enable them to survive in harsh climate.
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 12, 2019 – CLUB DAY
ALL FRIDAY CLUB DAYS WILL SWIM

☘ *Handy Hands Club—Ages: 5-8 - Limit: 25*

Young Explorers—Ages: 5-8 - Limit: 25

☘ *Good Samaritan's Club—Ages: 9-13 - Limit 25*

Discovery Club—Ages: 9-13 - Limit: 25

Monday, July 15, 2019 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM

☘ *Outdoor Adventure Club—Ages: 5-8 - Limit: 25*

Kids in the Kitchen—Ages: 5-8 - Limit: 25

☘ *Wilderness Roamers Club—Ages: 9-13-Limit: 25*

Young Chef's Academy—Ages: 9-13 – Limit: 25

**Tuesday, July 16, 2019**

☘ ***WNC Nature Center*** – For the true animal lover! Take a guided tour to see and learn about the various species of plants and animals of the Southern Appalachian Mountains. Youth will also be given the opportunity to visit the petting zoo, museum and gift shop.
Age: 5 to 8 - Limit: 25

☘ ***Sticks-N-Stones*** – Learn how to create unique art from basic items found in nature. Participants may want to enter their finished creations in the 2019 Avery County Agriculture Fair!
Swim Day - Age: 5-8 - Limit: 25

☘ ***WNC Nature Center*** – For the true animal lover! Take a guided tour to see and learn about the various species of plants and animals of the Southern Appalachian Mountains. Youth will also be given the opportunity to visit the petting zoo, museum and gift shop.
Age: 5 to 8 - Limit: 25

☘ ***Muffin Mania*** – Creative cooking at its best...we will plan, create and taste-test various muffin recipes that are both delicious and nutritious!
Swim Day – Ages: 9-13 – Limit: 25

Wednesday, July 17, 2019

☘ ***Strawberry Mtn.*** – Come discover the beauty of the winding Doe River, abundant wild flowers and take a guided tour of the century-old Miller Homestead in Roan Mountain, TN. We will swim & picnic at Roan Mtn. State Park. ***MUST WEAR CLOSED TOE SHOES FOR HIKING!***

Swim Day - Ages: 5-8 - Limit: 25

☘ ***Tea Time*** – Come spend the day learning about and preparing for the European custom called High Tea; we will be learning about table setting, tea cakes, dressing for the special occasion and tea brewing. We will be sharing our treats & labors with special invited guests. A favorite of participants!
Swim Day - Age: 5-8 - Limit: 25



Wednesday, July 17, 2019 (Continued)

Great 4-H Cook-Off – Have you got what it takes to be the next Iron Chef? Participants are teamed up, given various ingredients to choose from and one secret ingredient that must be used to create their best, edible masterpieces; creations will be taste tested and judged by a panel of experts.
Swim Day – Ages: 9-13 – Limit: 25

Strawberry Mtn. – Come discover the beauty of the winding Doe River, abundant wild flowers and take a guided tour of the century-old Miller Homestead in Roan Mountain, TN. We will swim & picnic at Roan Mtn. State Park. **MUST WEAR CLOSED TOE SHOES FOR HIKING!**
Swim Day - Ages: 9-13 - Limit: 25

Thursday, July 18, 2019

One Night, Two Moons – Today we are visited by members of the Turchin Art Center in Boone and learn the story of Christmas magic & the night the trees came alive from the book by local artist, Joe Miller. We will then create our own unique works of art based on the themes and characters in the story.
Swim Day - Ages: 5-8 - Limit: 25

Green Scene – Youth learn the importance of taking care of our planet by recycling, reusing and reducing. We will be talking trash and creating cool objects from everyday items usually discarded.
Swim Day - Ages: 5-8 – Limit: 25

One Night, Two Moons – Today we are visited by members of the Turchin Art Center in Boone and learn the story of Christmas magic & the night the trees came alive from the book by local artist, Joe Miller. We will then create our own unique works of art based on the themes and characters in the story.
Swim Day - Ages: 9-13 - Limit: 25

Sew Dog-Gone Cute! – Sewing is making a popular come back and in this class youth will learn the basics of sewing and will create their own 'Puppy Pal' to take home and keep them company!
Swim Day - Ages: 9-13 - Limit: 25

**Friday, July 19, 2019 – CLUB DAY**
ALL FRIDAY CLUB DAYS WILL SWIM

Handy Hands Club—Ages: 5-8 - Limit: 25
Young Explorers—Ages: 5-8 - Limit: 25
Good Samaritan's Club—Ages: 9-13 - Limit: 25
Discovery Club—Ages: 9-13 - Limit: 25

Monday, July 22, 2019 – CLUB DAY
ALL MONDAY CLUB DAYS WILL SWIM

Outdoor Adventure Club—Ages: 5-8 - Limit: 25
Kids in the Kitchen—Ages: 5-8 - Limit: 25
Wilderness Roamers Club—Ages: 9-13-Limit: 25
Young Chef's Academy—Ages: 9-13 – Limit: 25

Tuesday, July 23, 2019

Puppet Masters – What could be better than a puppet show....a puppet show that you create yourself! Youth will design the sets and puppets to act out their own shadow-puppet show. Sure to be a favorite!
Swim Day - Ages: 5-8 – Limit: 25


Storm Boy – Come follow the story of Michael, a 10 year old boy living in Australia, and his adventures in raising orphaned pelican chicks when their mother is killed by a group of hunters. A story about unconditional friendship. This film is part of the ASU Young Peoples Global Film Series.
Swim Day - Ages: 5-8 - Limit: 25


Storm Boy – Come follow the story of Michael, a 10 year old boy living in Australia, and his adventures in raising orphaned pelican chicks when their mother is killed by a group of hunters. A story about unconditional friendship. This film is part of the ASU Young Peoples Global Film Series.
Swim Day - Ages: 9-13 - Limit: 25


Heard It Through the Grapevine – Youth will travel to the Linville Falls Winery for a presentation and tour led by Mr. Jack Wiseman. We will learn the science and skills that are required to be a successful 'Viticulturist'. No taste testing will be allowed! ☺
Swim Day - Ages: 9-13 - Limit: 25




Wednesday, July 24, 2019


 **Going to the Dogs** – Who can resist our furry friends? We will travel to the local humane society and learn the basic fundamentals of being a responsible pet owner. We will be taking our own homemade dog treats to share with our new friends.
Swim Day - Age: 5-8 - Limit: 25

 **Flower Power** – Come learn about the flowers that are native to the mountains of NC. Design and plant your own dish garden to take home and tend to.
Swim Day – Ages: 5-8 – Limit: 25

 **Commercial Creations** – These activities take the creative art of improv and acting to teach youth how to present themselves to the world as well how to conduct public speaking; sure to be fun and informative!
Swim Day - Ages: 9-13 – Limit: 25

 **Going to the Dogs** – Who doesn't love our furry, four-legged friends? Youth will learn the basics on how to be a responsible pet owner and visit our local animal shelter to play with our animal friends.
Swim Day – Ages: 9-13 – Limit: 25

Thursday, July 25, 2019

 **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, July 26th, 2019







 **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!**

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.

