

Monday, June 13, 2022

🍀 **Camp/Cook & Play 4-H Club** - 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 and offer solutions to becoming healthy eaters for life!

Swim Day - Ages: 5-8

🍀 **D.A.R.E. to be Different 4-H Club I** - This club will be led by Mr. John Hicks with the Avery County Sheriff's Department. Mr. Hicks will teach youth the skills needed to be safe, healthy, and responsible in leading a drug-free life.

Swim Day - Ages: 5-8

🍀 **Young Chef's Academy 4-H Club** - In this club, we will educate, entertain and empower youth to make healthy food and lifestyle choices. With a combination of comedy, hip music, cooking demonstrations, youth made videos, and fun exercises, we will all become health rock stars!

Swim Day - Ages: 9-12

🍀 **D.A.R.E. to be Different 4-H Club II** - This club will be led by Mr. John Hicks with the Avery County Sheriff's Department. Mr. Hicks will cover many topics on "keeping" it REAL by learning how to act decisively and responsibly in difficult situations.

Swim Day - Ages: 9-12

Tuesday, June 14, 2022

🍀 **Safari Adventures** - Today, we will venture deep into the jungle and learn all about our wild animal friends that live there and their habitats.

Ages: 5-8

🍀 **Blast Off 3..2..1..** - BLAST OFF to a great time! Learn to make and launch your very own model rocket. We will also do a mini-presentation on our rocket designs...sure to be a favorite!

Ages: 5-8

🍀 **Spa Day** - Learn the latest trends & tips in the hair business and how to take care of "yourself"! Youth will enjoy facials and makeovers while learning about other important health and wellness tips.

Ages: 9-12



Tuesday, June 14, 2022 (Continued)

🍀 **Rockets to the Rescue** - Discover the field of aerospace engineering; you will be tasked with designing & building an aerodynamic food transportation device that can deliver a payload of nutritious food to disaster victims.

Ages: 9-12

Wednesday, June 15, 2022

🍀 **Jr. Path Finders I** - Youth will explore & hike one of the many local trails in Avery County to explore and discover plants and animals found only in our area. **MUST WEAR CLOSED-TOE SHOES!**

Swim Day - Ages: 5-8

🍀 **Jr. Path Finders II** - Youth will explore & hike one of the many local trails in Avery County to explore and discover plants and animals found only in our area. **MUST WEAR CLOSED-TOE SHOES!**

Swim Day - Ages: 9-12

Thursday, June 16, 2022

🍀 **Discovery Tour** - This is sure to be a day to remember...we head to the Hands-On Museum in Johnson City, TN, for an amazing day of discovery....we may engineer a rocket, build a wind-powered car, create an artistic masterpiece, spend time creating our own gadgets in a "maker space" and also visit a genuine fossil site!

Ages: 5-12



Friday, June 17, 2022 – CLUB DAY

🍀 **Animal Planet 4-H Club** – Youth in this club will be introduced to the many animals found on the farm. They will work with our local Livestock Agent and learn what it takes to properly care for our animal friends.
Swim Day - Ages: 5-8

🍀 **Young Explorers 4-H Club** – 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

🍀 **Animal Farm 4-H Club** - Youth in this club will be introduced to the many animals found on the farm. They will work with our local Livestock Agent and learn what it takes to properly care for our working and just for show animal friends.
Swim Day - Ages: 9-12

🍀 **4-H Discovery Club** - Come discover your passion...youth will experience many interest areas such as: horticulture, beekeeping, gardening, engineering, etc. Hands-on learning, fun, and something for everyone!
Swim Day - Ages: 9-12

Monday, June 20, 2022 – CLUB DAY / Swim Day

🍀 **Camp/Cook & Play 4-H Club**

🍀 **D.A.R.E. to be Different 4-H Club I**

🍀 **Young Chef's Academy 4-H Club**

🍀 **D.A.R.E. to be Different 4-H Club II**

Tuesday, June 21, 2022

🍀 **Glamour & Self Care** – Today is all about caring for ourselves! We will learn health and wellness tips to make us feel our best. We will also learn the latest hair and fashion trends....sure to be favorite day!
Ages: 5-8

🍀 **Cowboy Up!** – Back by popular demand! Put your hat on, saddle up & hang on...today is all about the wild, wild west....we will learn about the history of the "cowpoke" and enjoy many games & crafts.
Ages: 5-8

**Tuesday, June 21, 2022 (Continued)**

🍀 **Olympic Day** – Let's bring home the gold! Come ready to compete for your own medal to take home. Relay timed events and races will make for a fun day of competition!
Ages: 9-12

🍀 **Tin Punch** – This handed-down, traditional craft is a great way to learn about our mountain heritage. Participants will learn this handy craft as they make & take home their own, one-of-a-kind luminary.
Ages: 9-12

Wednesday, June 22, 2022

🍀 **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center to view a favorite flick and share some fresh popcorn.
Swim Day - Ages: 5-8

🍀 **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center to view a favorite flick and share some fresh popcorn.
Swim Day - Ages: 9-12

Thursday, June 23, 2022

🍀 **U-R-A-GEM** – Today, we travel to a local gem mine to find gold & other precious gems! We also get to visit and explore an actual underground mine and top off the day with a guided tour of the Discovery Mill Museum.
Ages: 5-12

Friday, June 24, 2022 – CLUB DAY – SWIM DAY

🍀 **Animal Planet 4-H Club**

🍀 **Young Explorers 4-H Club**

🍀 **Animal Farm 4-H**

🍀 **Discovery 4-H Club**

Monday, June 27, 2022 – CLUB DAY – SWIM DAY

🍀 **Camp/Cook & Play 4-H Club**

🍀 **D.A.R.E. to be Different 4-H Club I**

🍀 **Young Chef's Academy 4-H Club**

🍀 **D.A.R.E. to be Different 4-H Club II**



Tuesday, June 28, 2022

🍀 **Fiesta Day** – Ole! Youth will learn all about the wonderful Latino culture, customs, language, foods, music, games, dance, traditions, etc.....We'll even make a few traditional Latino foods.

Ages: 5-8

🍀 **Science Shenanigans** – What is the world we are up to now? These different science experiments will shock & amaze you. Take household items & use them to make unbelievable things to impress your friends!

Ages: 5-8

🍀 **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!

Ages: 9-12

🍀 **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!

Ages: 9-12

Wednesday, June 29, 2022

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

Ages: 5-12

Thursday, June 30, 2022

🍀 **Visit with Grandfather** – Today we visit an old friend...Grandfather Mountain. We will explore the new Wilson Center for Nature Discovery to learn about the natural history, flora, fauna, geology, and mountain weather. We will also get to meet cougar, bears, bald eagles, river otters, elk, and more! Lunch on the mountain will be part of our amazing adventures.

Ages: 5-12

Friday, July 1, 2022 – CLUB DAY – SWIM DAY

🍀 **Animal Planet 4-H Club**

🍀 **Young Explorers 4-H Club**

🍀 **Animal Farm 4-H**

🍀 **Discovery 4-H Club**

**Monday, July 4, 2022**

🍀 **HOLIDAY** 🍀

**Tuesday, July 5, 2022**

🍀 **The Tie-Dye Lab** – Today, we learn the science of mixing colors and designing our very own shirts to wear and impress our friends!

Ages: 5-8

🍀 **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 many cool buggy activities!

Ages: 5-8

🍀 **Fishing 4 Fun!** – Time to reel in the "big one"! Youth will travel to Marion, NC, to try their hand fishing for mountain trout while learning tips on the different types of fish & proper fishing techniques. Will have poles available, or youth may bring their own. ***Please wear old shoes!*** Lunch & play at a local park.

Ages: 9-12

Wednesday, July 6, 2022

🍀 **Jr. Path Finders I** – Youth will explore & hike one of the many local trails in Avery County to explore and discover plants and animals found only in our area. **MUST WEAR CLOSED-TOE SHOES!**

Swim Day - Ages: 5-8

🍀 **Jr. Path Finders II** – Youth will explore & hike one of the many local trails in Avery County to explore and discover plants and animals found only in our area. **MUST WEAR CLOSED-TOE SHOES!**

Swim Day - Ages: 9-12

Thursday, July 7, 2022

🍀 **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 and 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 – 12



Friday, July 8, 2022 – CLUB DAY – SWIM DAY

- ☘ **Animal Planet 4-H Club**
- ☘ **Young Explorers 4-H Club**
- ☘ **Animal Farm 4-H**
- ☘ **Discovery 4-H Club**

Monday, July 11, 2022 – CLUB DAY – SWIM DAY

- ☘ **Camp/Cook & Play 4-H Club**
- ☘ **D.A.R.E. to be Different 4-H Club I**
- ☘ **Young Chef's Academy 4-H Club**
- ☘ **D.A.R.E. to be Different 4-H Club II**

Tuesday, July 12, 2022

- ☘ **Fishing 4 Fun** – Time to reel in the “big one”! Youth will travel to Marion, NC, to try their hand fishing for mountain trout while learning tips on the different types of fish & proper fishing techniques. Will have poles available, or youth may bring their own. **Please wear old shoes!** Lunch & play at a local park.
Ages: 5 -8

- ☘ **Dip Designs** – Today, we will take the art of tie-dye to a new level! We will mix and color various one-of-a-kind items we can wear home and impress our friends and family.
Ages: 9 -12

- ☘ **Circle of Friends** – Learn the fine art of making your own friendship bracelets using several different methods and materials. Make gifts for yourself and your friends.
Ages: 9 -12

Wednesday, July 13, 2022

- ☘ **Jr. Path Finders I** – Youth will explore & hike one of the many local trails in Avery County to explore and discover plants and animals found only in our area. **MUST WEAR CLOSED-TOE SHOES!**
Swim Day - Ages: 5-8

- ☘ **Jr. Path Finders II** – Youth will explore & hike one of the many local trails in Avery County to explore and discover plants and animals found only in our area. **MUST WEAR CLOSED-TOE SHOES!**
Swim Day - Ages: 9-12

**Thursday, July 14, 2022**

- ☘ **Paradise on the Mountain/Water Park!** – Today, we travel to Mountain Paradise Waterpark in Marion, NC. 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: 5-12

Friday, July 15, 2022 – CLUB DAY – SWIM DAY

- ☘ **Animal Planet 4-H Club**
- ☘ **Young Explorers 4-H Club**
- ☘ **Animal Farm 4-H**
- ☘ **Discovery 4-H Club**

Monday, July 18, 2022 – CLUB DAY – SWIM DAY

- ☘ **Camp/Cook & Play 4-H Club**
- ☘ **D.A.R.E. to be Different 4-H Club I**
- ☘ **Young Chef's Academy 4-H Club**
- ☘ **D.A.R.E. to be Different 4-H Club II**

Tuesday, July 19, 2022

- ☘ **Christmas in July** – Give the best gift to your favorite friend or family member...something created by YOU! Participants will spend the day creating wonderful Christmas craft projects to take home and learn about Christmas traditions around the world.
Ages: 5 -8


- ☘ **Camping In/Camping Out** – Living in the great outdoors can be a blast...youth will learn how to set up their own tent, campfire building/cooking, “Leave No Trace” principles & even some campfire songs! We get to top off this activity will be yummy s’mores!
Ages: 5 -8

- ☘ **Avery's Got Talent!** – Let's see who's got what it takes to be the next “Avery Idol”! Come discover your hidden talents and become Avery's newest 4-H star. We will be showcasing our talents in the afternoon for all to enjoy. All forms of talent are welcome!
Ages: 9 -12

- ☘ **It's Bread, Butter & Jam!** – Today, we head to the kitchen to learn the fine art of making our very own bread from scratch, butter from sweet cream, jam using fresh fruit, and a water bath canning method! This will be a tasty treat for youth and family alike!
Ages: 9 -12




Wednesday, July 20, 2022

 **Jr. Path Finders I** – Youth will explore & hike one of the many local trails in Avery County to explore and discover plants and animals found only in our area.

MUST WEAR CLOSED-TOE SHOES!


Swim Day - Ages: 5-8

 **Jr. Path Finders II** – Youth will explore & hike one of the many local trails in Avery County to explore and discover plants and animals found only in our area.

MUST WEAR CLOSED-TOE SHOES!

Swim Day - Ages: 9-12

Thursday, July 21, 2022

 **W.N.C. Nature Center** – Come connect with the animals and plants of the Southern Appalachian Mountains...owls, otters, bears, eagles, etc. Youth will be given a guided tour and see rare animal species up close & personal! Visit the petting zoo, museum, and gift shop. *Youth may bring a small amount of money for the gift shop.*

Ages: 5-12

Friday, July 22, 2022 – CLUB DAY – SWIM DAY

 **Animal Planet 4-H Club**

 **Young Explorers 4-H Club**

 **Animal Farm 4-H**

 **Discovery 4-H Club**

Monday, July 25, 2022 – CLUB DAY – SWIM DAY


 **Camp/Cook & Play 4-H Club**

 **D.A.R.E. to be Different 4-H Club I**


 **Young Chef's Academy 4-H Club**

 **D.A.R.E. to be Different 4-H Club II**

Tuesday, July 26, 2022


 **Down on the Farm** – Today, we will be visited by our very own Ms. Michelle to teach us all about running a successful farm; she will also present several of her farm animals and teach us how to properly care for them.

Ages: 5-8

 **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 impress family and friends.

Ages: 5-8

**Tuesday, July 26, 2022 (Continued)**


 **Down on the Farm** – Today, we will be visited by our very own Ms. Michelle to teach us all about running a successful farm; she will also present several of her farm animals and teach us how to properly care for them.

Ages: 9-12

 **Electric Energy Extravaganza** – Watt is going on in this class is electrifying. We will make and take home a great electric project!

Ages: 9-12

Wednesday, July 27, 2022


 **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center to view a favorite flick and share some fresh popcorn.

Swim Day - Ages: 5-8

 **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center for a short hike and take in a movie with popcorn.

Swim Day - Ages: 9-12

Thursday, July 28, 2022

 **Bo's Excellent Summer Adventures** – Voted #1 in fun...we will travel to Caldwell County, NC, and enjoy hours of fun and adventure playing laser tag, mini-golf, bowling, arcade games, and so much more!

Ages: 5-12 - Limit: 60

Friday, July 29, 2022

FINAL DAY

Avery County 4-H Summer W.O.W. Program

BACK TO SCHOOL BASH!

PARTY, PARTY, PARTY!



IMPORTANT REMINDERS:

- ✿ We will swim on Monday, Wednesday and Friday. Please bring a swimsuit, towel, and floaties (if needed), clearly marked with the youth's name. If your youth is "fair-skinned," please bring an extra shirt that can be worn in the pool.
- ✿ Please bring a labeled water bottle; staff will assist the youth with refilling.
- ✿ Due to accidents, youth are asked NOT to wear flip-flops or other shoes that do not fit securely on their feet.
- ✿ ***All participants will be entered into N.C. 4-H Online system.***

