



Summer "W.O.W." Program

Monday, June 12, 2023: (Club Day/Swim Day)

☘ **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!

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. We will all become health rock stars with a combination of comedy, hip music, cooking demonstrations, and fun exercises! Ages: 9-12

Tuesday, June 13, 2023: (Club Day)

☘ **Little Sprouts Garden Club** – Youth will be introduced to many learning experiences from gardening, soap making, and more! This club has something for everyone! Ages: 5-8

☘ **Big Sprouts Garden Club** – Come discover your passion...youth will experience many interest areas from horticulture, beekeeping, gardening, engineering, etc. Hands-on-learning, fun, and something for everyone! Ages: 9-12

Wednesday, June 14, 2023: (Swim Day)

☘ **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center for a viewing of a favorite flick and share some fresh popcorn. Ages: 5-12

Thursday, June 15, 2023:

☘ **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 a real underground mine and finally top off the day with a guided tour of the Discovery Mill Museum. Ages: 5-12

Friday, June 16, 2023: (Club Day/Swim 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. 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. Ages: 9-12

Monday, June 19, 2023: (Club Day/ Swim Day)

☘ **Camp/Cook & Play 4-H Club**
☘ **Young Chef's Academy 4-H Club**

Tuesday, June 20, 2023: (Club Day)

☘ **Little Sprouts Garden Club**
☘ **Big Sprouts Garden Club**



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Wednesday, June 21, 2023:
(Swim Day)

☘ **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center for a viewing of a favorite flick and share some fresh popcorn. Ages: 5-12

Thursday, June 22, 2023:

☘ **Discovery Tour** – This is sure to be a day to remember...we head to the Hands On Discovery Center in Gray, TN, for an amazing day of discovery. We may build a wind-powered car, create an artistic masterpiece, and visit a genuine fossil site! Ages: 5-12

Friday, June 23, 2023:
(Club Day/Swim Day)

☘ ***Animal Planet 4-H Club***
☘ ***Animal Farm 4-H***

Monday, June 26, 2023:
(Club Day/ Swim Day)

☘ ***Camp/Cook & Play 4-H Club***
☘ ***Young Chef's Academy 4-H Club***

Tuesday, June 27, 2023:
(Club Day)

☘ ***Little Sprouts Garden Club*** Ages: 5-8

☘ **Fishing 4 Fun** – Time to reel in the big one! Youth will try their hand at catching mountain trout while learning tips on fishing. **Please wear old shoes!** Lunch and play at a local park. Ages: 9-12

Wednesday, June 28, 2023:

☘ **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: 5-12

Thursday, June 29, 2023:
(Swim Day)

☘ **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center for a viewing of a favorite flick and share some fresh popcorn. Ages: 5-12

Friday, June 30, 2023:
(Club Day/Swim Day)

☘ ***Animal Planet 4-H Club***
☘ ***Animal Farm 4-H***

CLOSED FOR THE HOLIDAY:
Monday, July 3, and Tuesday, July 4th, 2023.



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Wednesday, July 5, 2023: (Swim Day)

✿ **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center for a viewing of a favorite flick and share some fresh popcorn. Ages: 5-12

Thursday, July 6, 2023:

✿ **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 7, 2023: (Club Day/Swim Day)

✿ **Animal Planet 4-H Club**
✿ **Animal Farm 4-H**

Monday, June 10, 2023: (Club Day/ Swim Day)

✿ **Camp/Cook & Play 4-H Club**
✿ **Young Chef's Academy 4-H Club**

Tuesday, July 11, 2023: (Club Day)

✿ **Fishing 4 Fun** – Time to reel in the big one! Youth will try their hand at catching mountain trout while learning tips on fishing. **Please wear old shoes!** Lunch and play at a local park. Ages: 5 -8

✿ **Big Sprouts Garden Club**
Ages: 9-12

Wednesday, July 12, 2023: (Swim Day)

✿ **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center for a viewing of a favorite flick and share some fresh popcorn. Ages: 5-12

Thursday, July 13, 2023:

✿ **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 14, 2023: (Club Day/Swim Day)

✿ **Animal Planet 4-H Club**
✿ **Animal Farm 4-H**

Monday, July 17, 2023: (Club Day/Swim Day)

✿ **Camp/Cook & Play 4-H Club**
✿ **Young Chef's Academy 4-H Club**

Tuesday, July 18, 2023: (Club Day)

✿ **Little Sprouts Garden Club**
✿ **Big Sprouts Garden Club**



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Wednesday, July 19, 2023: (Swim Day)

✿ **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center for a viewing of a favorite flick and share some fresh popcorn. Ages: 5-12

Thursday, July 20, 2023:

✿ **Mystery Day** – Feeling adventurous? Find the clues that lead directly to fun! This is only open to risk takers that love surprises! Ready for the challenge? Ages 5-12

Friday, July 21, 2023: (Club Day/Swim Day)

✿ ***Animal Planet 4-H Club***
✿ ***Animal Farm 4-H***

Monday, July 24, 2023: (Club Day/Swim Day)

✿ ***Camp/Cook & Play 4-H Club***
✿ ***Young Chef's Academy 4-H Club***

Tuesday, July 25, 2023: (Club Day)

✿ ***Little Sprouts Garden Club***
✿ ***Big Sprouts Garden Club***

Wednesday, July 26, 2023: (Swim Day)

✿ **Movie and a Swim** – We will venture to the Avery County Extension Office and Conference Center for a viewing of a favorite flick and share some fresh popcorn. Ages: 5-12

Thursday, July 27, 2023:

✿ **Bo's Excellent Summer Adventures** – Voted #1 in fun...we will travel to Caldwell County and enjoy hours of fun and adventure playing laser tag, mini golf, bowling, arcade games, and so much more! Ages: 5-12

Friday, July 28, 2023:

BACK TO SCHOOL BASH!
FINAL DAY – PARTY, PARTY, PARTY!
Ages-5-12

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 the N.C. 4-H On-Line system.***