

# Burke County



# 4-H



# Summer Fun 2016

4-H Programs...  
the  
Building blocks to our future!

Caring Citizens  
Helping Others  
Volunteering  
Communities  
Education  
Families  
Research-based Information



**NC** STATE UNIVERSITY  
A&T STATE UNIVERSITY  
**COOPERATIVE  
EXTENSION**  
*Burke County Center*

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828-764-9480  
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## Burke County 4-H Summer Fun 2016

**What is Summer Fun?** 4-H Summer Fun is a special program offered by the NC Cooperative Extension, Burke Center 4-H Program. 4-H Summer Fun is open to all youth ages 5 to 18 (**5-year olds must have completed kindergarten**). Membership in 4-H is not required. This brochure describes all programs offered. These events or activities are operating under the 4-H Code of Conduct and Disciplinary Procedure. You can obtain a copy from the 4-H office. This 4-H Code of Conduct and Disciplinary Procedure is a condition of participation in any North Carolina 4-H activities or programs.



**Registration Will be held**  
**May 26, 2016**  
**3-6 pm**  
**at**  
**The Burke Agricultural Building**



Registration is on a first come, first served basis, as spaces are limited. A one-time registration fee of **\$10.00** is charged per participant. Fees include limited accident insurance, snacks, supplies, entrance fees, T-shirt and transportation when applicable. 4-H Scholarships are available on a limited basis. Contact the 4-H office for more information. Checks should be made payable to Burke County 4-H. **NO registrations will be made over the telephone**, but we will be happy to answer any questions you have.

After May 26, 2016 registration must be completed in person at the Extension Office – Monday through Friday from **8:30 am – 4:00 pm** until classes are filled.

### **POLICIES AND PROCEDURES:**

**Punctuality:** Children may be dropped off no earlier than **15 minutes prior** to the start of each activity and picked up no later than **15 minutes after** the activity is scheduled to end. If your child is picked up after that 15 min time, a fee of \$1.00 per minute will be assessed. Please contact the Extension office if an emergency occurs that will prevent you from picking up your child on time. In the event that a returning trip is delayed, parents will be notified as early as possible.

**Attire:** Children **must** wear tennis shoes and socks for each activity. **No flip-flops or sandals** allowed. Special instructions will be given for appropriate clothing for each activity. Please help dress your child accordingly.

**Car Seat Information:** If your child is under 8 years of age and less than 80 pounds, parents are required to provide a child safety seat for their child.

**Lunch:** Unless otherwise stated you will need to provide your child with a bag lunch and drink for each activity. Please be sure that all lunches can be kept in a cooler and consumed without being heated.

**Chaperones:** Summer Fun activities are limited to registered youth and NC Cooperative Extension staff only.

**Refunds/Cancellations:** All fees are **non-refundable** unless an event is cancelled. Refunds for cancellations will be made in August. In the event of a cancellation, you will be notified as soon as possible. Cancellations due to bad weather will not be rescheduled.

**Special Needs:** Persons with disabilities and persons with limited English proficiency may request accommodations to participate by calling the Burke County Extension Office at **828-764-9480** at **least 15 days prior** to the scheduled activity. Any additional costs incurred, such as admission fees will need to be paid by the parent or guardian.

## All Ages/ Specialty Camps/ Family Fun

### Friday, June 17 Get up and DANCE!

Learn the moves and steps to the latest songs and a few classics! Electric Slide, Wobble, Copperhead Road and more! You no longer have to sit out at those receptions, music events and you can add this to your FITNESS plan!



9am-12pm Burke Agricultural Building, Room A

\$8

Class Limit: 20

Ages: 5 & up

### Wednesday, June 22 & Thursday, June 23 Beginning Sewing!

This specialty two-day camp is for those wanting to learn to sew. We will cover the basics. Terms, tools, stitches and yes, you will get to take home a some goodies! Items available for girls and guys!

9am-12pm Burke Agricultural Building, Room B

\$15

Class Limit: 12

Ages: 5 & up

### Thursday, June 30 Perry's Berry's!

Our group will be special guests for the day. Our educational tour includes "the little blue Dynamo", visit to the blueberry fields, visit to the barnyard to meet the goats, donkeys and chickens. Da's playground is fun for the little ones. At the general store, you can purchase snacks and gifts. We will have lunch on the covered porch. \*Pack a lunch

9am-2pm

\$12

Class Limit: 13

Ages: 5 & up

### Wednesday, August 3 Crawdad's Baseball Game!

Join Burke County 4-H special group section at the stadium and **LUNCH is included!** Win Win! Van transportation will be provided until full (limited space). Others can meet us at the stadium. Show your support. We will meet **ALL participants outside the front gate at 11:45 for your Burke County 4-H ticket.** Game begins at 12noon.

Van will leave Extension office at 11am.

\$8 (must buy before game from BC 4-H)



## Clover buds Only: 5-8 Year Olds

Tuesday, June 21 Me, You and Some Glue!

This is a morning that **you and your child(ren)** can come have a BLAST! This is a special opportunity for our group, so you will not want to miss this chance. There will be rotation stations set up for you and you little ones to check out the blacklight room (wear white for extra fun), exploration room, slime and super glycerin bubbles! You must sign up with our office for this special offer. Van space is available for youth transportation until space is filled.

**Van limit 10 youth**, others will meet us at the destination site. **Must pre-register and pay prior to class.**



10am-12pm at Me, you and some Glue

\$8

**Class Limit: 20**

**Ages 5-8**

Friday, August 5 More Kid & Me time!!!

Enjoy rotation stations set up at our office that you and your child(ren) enjoy as you experience Music Make It Take It, Rice Art, Wet Chalk Painting and Wind Chimes. You all will make many memories to last a life time. Perfect if you have multiple kids/grandkids for a summer day!

10am-12pm Burke Agricultural Building, Room A

\$12

**Class Limit: 20**

**Ages 5-8**

**Reminder:** If your child is under 8 years of age and less than 80 pounds, parents are required to provide a child safety seat for their child.

## Overnight Camp

July 24-29 Junior Residential 4-H Camp!

Burke County will be going to Betsy Jeff Penn 4-H Center in Reidsville, North Carolina. This week is full of activities including swimming, archery, horseback riding, crafts, ropes, canoeing, team-building, talent show and more! Youth gain many life skills during this week of fun activities. Cost includes transportation, lodging, meals, snacks, camp t-shirt and store card money.

Call the office for more information!

\$475, (\$100 non-refundable deposit to hold spot)

**Spaces are limited.**

**Ages 9-12**



## 8-18 Year Olds

### Monday, June 13 Hands to Service Project!

Calling all teens! Come and join us to learn about the 4-H Hands 2 Service program and community service. Youth will learn about leadership and volunteering in the community. We will participate in several community service projects and volunteer in the community. This is a great way to earn those volunteer hours. Lunch is provided. Wear closed toe shoes.



9am-3pm

**\$10**

**Class Limit: 13**

**Ages 12 & up**

### Tuesday, June 14 ZUMBA!

Yes, it is time to get up and do a little Zumba. Learn a fun way to combine Zumba and dance moves to groove to your favorite tunes and get fit. Whether you know how or want to learn how this is the place to start! We have a High energy, well known instructor ready to teach you. We will also discuss some healthy snacks and basic fitness. Wear your work out attire (age appropriate please). Water will be provided.



9am-12noon

Burke Agricultural Building, Room A

**\$8**

**Class Limit: 30**

**Ages 9 & up**

### Wednesday, June 15 Hands to Service Project!

Calling all teens! Come and join us to learn about the 4-H Hands 2 Service program and community service. Youth will learn about leadership and volunteering in the community. We will participate in several community service projects and volunteer in the community. This is a great way to earn those volunteer hours. Lunch is provided. Wear closed toe shoes.

9am-3pm

**\$10**

**Class Limit: 13**

**Ages 12 & up**

### Thursday, June 16 Fitness Boot-Camp!

1, 2, 3, 4.... Get Moving! You can do it! This is High impact, High energy, High fitness training for those of you that love a challenge! Are you needing something to give you an extra push? Do you want to try something tough and new? Do you want to see what you are made of? Well this is the class for you. Our instructor will push you to limits to help you see your strength! We will also discuss healthy nutrition and snacks along with the importance of fitness and health. Dress ready to sweat, yet appropriate. Water will be provided.



9am-12noon

Burke Agricultural Building, Room A

**\$10**

**Class Limit: 12**

**Ages 9 & up**



**Tuesday, June 21 & July 11 Creative people!**

This is an opportunity to do some hand building and sculpting. On June 21, you will learn the techniques of hand-building with clay and prepare it for the kiln. The professionals will fire it for us. Then on July 11, we return to glaze our creation and re-fire.

\*On July 11, You may paint/glaze an additional item for \$10

2pm-5pm

**\$30**

**Class Limit: 13**

**Ages 9 & up**

**Wednesday, June 22 & Thursday, June 23 Advanced Sewing!**

Press your foot peddle on this opportunity to stitch up something for yourself or someone else. We will work with the machines, patterns, designs and maybe serge a little too! Guys and Gals will have choices of projects to tackle during this two-day camp experience.

\*Youth MUST be knowledgeable with sewing machine and have previous basic experience.

1pm-4pm

Burke Agricultural Building, Room B

**\$25**

**Class Limit: 8**

**Ages: 10 & up**

**June 27, 29 & July 1 Babysitting!**

Get the skills and training you need to become a top notch babysitter that everyone will want to hire. These skills will last you a lifetime. During this 3-day camp you will learn CPR, First Aid, some of the Ages & Stages of child development and what is appropriate play and behavior. You will leave with the ability to market yourself as a qualified babysitter and develop entrepreneurship skills. You and your clients will love your 4-H Babysitting Tote Bag of goodies as well!

\*Pack a lunch each day



9am- 4pm

Burke Agricultural Building, Room A

**\$30**

**Class Limit: 12**

**Ages: 12 & up**

**Tuesday, June 28 West District Horse Clinic!**

Let's go check out the West District 4-H Horse clinic. It will be held at the WNC Agricultural Center in Asheville. This will be just a fun trip to see what goes on at a horse clinic. You may even recognize a few participants from our county!

**Pack your lunch and bring an extra water bottle.** Snacks will be provided. If sunny, you may want to apply sunscreen before the trip and bring sunglasses/hat.



9am-4pm

**\$20**

**Class Limit: 12**

**Ages 9 & up**

## Tuesday, July 5 It's Electric!

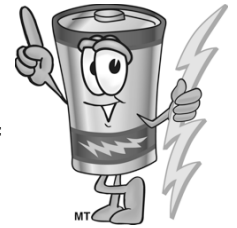
Let's see how electricity works. Join us for this introductory class to the magic of electricity. You will get to explore several activities and take a few home. These basic skills will come in handy with any tinkering you may have to do in life. **Beginner Level.**

9am-12pm Burke Agricultural Building, Room A

\$10

**Class Limit: 12**

**Ages: 8 & up**



## Tuesday, July 5 Electrifying!

This is a soldering time for those of you that have some experience with soldering irons, circuit boards, basic knowledge of electricity and are ready for a charging challenge. We may light things up, make things buzz or create our own inventions! **Advanced Level.**

1pm-5pm Burke Agricultural Building, Room A

\$20

**Class Limit: 12**

**Ages: 12 & up**

## Thursday, July 7 Tuttle Educational State Forest!

Talking Tree Trail, Ranger guided program on "Water Cycle Investigations", nature craft, outdoor discovery time and a picnic shelter lunch. You will have a chance to explore in ankle deep creek water and see what you find!

This will be a fun trip, so wear your sunscreen, **creek shoes (bring a dry pair to wear home)** and pack a lunch. You may also bring a towel to sit on for the picnic lunch.

9am-3pm

\$15

**Class limit: 12**

**Ages 9 & up**

## Friday, July 22 Farm Animal Day!

Travel with our Livestock Agent, Damon Pollard, as we tour local livestock production sites in Burke County. We will visit a dairy, see chicken and egg production, beef production, goat farming and a working horse facility. Wear tennis shoes and bring a picnic lunch and drink.

9am-4pm

\$15

**Class Limit: 12**

**Ages 8 & up**





## 4-H Chefs In Training



### Wednesday, August 3 & 5 The Muffin Man!

Tie your apron strings, wash your hands, let's learn and play in the kitchen. Youth will learn with hands on activities about kitchen safety, cleanliness, recipes and how to make several tasty treats for their family. These youths will also get to show off their skills by participating in the "Chef's Special" meal as they provide certain portions that evening. Youth will receive their own apron.

possible, youth return on Friday August 5 at 5pm to prepare. (includes one meal and 1 guest meal ticket )

8am-10:30am

Burke Agricultural Building, Room A

**\$30**

**Class Limit: 12**

**Ages 5-8**

### August 1, 2, 4 & 5 Cooks in the Kitchen!

Youth will learn basic kitchen safety, skills, food preparation, meal planning, table setting, serving, food handling, and much more. We will taste foods, make tasty treats and work on our "Chef's Special" meal for Friday evening. Youth will gain life skills in the kitchen they will use for a lifetime! *If possible, youth return on Friday August 5 at 5pm to prepare.*

9am-12noon (Aug 1,2,4)

Burke Agricultural Building, Room A

**\$35**, (includes one meal and 1 guest meal ticket )

**Ages: 9 & up**

### August 1,2,4,5 Teen Cuisine!

Find the inner Chef in you! Youth will learn basic kitchen safety, skills, food preparation, meal planning, table setting, serving, food handling, and much more. We will taste foods, make tasty treats and work on our "Chef's Special" meal for Friday evening. Your chef hat will be full of responsibility learning how to run a kitchen! Youth will gain life skills in the kitchen they will use for a lifetime! (includes one meal and 1 guest meal ticket )

1pm-5pm

Burke Agricultural Building, Room A

**\$40**

**Class Limit: 8**

**Ages: 13 & up**

### Friday, August 5 Chef's Special!

This special meal is prepared from the "chefs in training." Youth that participate in the cooking classes during the week of August 1-5 will be preparing this special meal. Each participant will receive one guest meal ticket that is included in their class fee. ALL OTHERS wanting to take part of this special meal can purchase a meal ticket through our office.

6:30pm Meal begins

Burke Agricultural Building, Room A

**\$20**

**Meal Limit: 50**

**All Ages**

