



Rutherford County 4-H



Summer Fun 2024

4-H Summer Fun is a collection of educational workshops, tours, and hands-on activities planned especially for Rutherford County youth. This special program is designed to give youth positive learning opportunities and focus on developing life skills. Summer Fun is made possible by dedicated 4-H volunteers and Rutherford County Cooperative Extension Service staff. 4-H invites all children to participate in the Fun.

Cynthia Robbins
Extension Agent
4-H Youth Development

Registration

4-H is a non-formal youth development organization and is open to all youth, Age 5-18 in Rutherford County. All fees are for educational supplies, resources, admission fees, limited insurance, and refreshments. Limited insurance will be provided for all participants. All 4-H participants must be registered as Members in 4-H Online <https://v2.4honline.com> for all waivers and health forms. These must be completed and approved no later than 1 week before the participant's first session.

Accommodation requests related to a disability should be made at least 2 weeks prior to the class, to Cynthia Robbins at 828-287-6190 or cynthia_robbsins@ncsu.edu

Registration will open on Monday, June 10. You may register during regular office hours of 8:30 a.m. to 5:00 p.m., Monday through Friday. Registration will be taken in person only. No registration will be accepted by telephone. Payment is due at the time of registration. Activities are filled on a first-come, first-serve basis. Register only one child per form. Additional forms are available at the Extension Office or online at <https://rutherford.ces.ncsu.edu>. Refunds will only be made if choice of class is canceled.

Questions

For more information about 4-H Summer Fun or the 4-H Program in Rutherford County, call 828-287-6190, Monday-Friday, 8:30 a.m. to 5:00 p.m.



4-H Summer Fun Activities



All workshops will begin and end at the Cooperative Extension Center located at 193 Callahan-Koon Road in Spindale.

Linville Caverns & Gem Mining – Friday, June 21 9:00 am – 3:00 pm

We will tour the subterranean world and learn the history of Linville Caverns. Afterwards, we will venture up to the Linville Gorge to enjoy our picnic lunches. We will also enjoy gem mining in the afternoon.

Ages: 9-14

Cost: \$25

What to bring: Bagged lunch and drink. Wear shoes that strap or lace, no flip flops, crocs, or slick shoes.

SafeSitter – Tuesday, June 25, 9:00 am – 4:00 pm



Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

Aspiring babysitters (boys and girls) can learn how to prevent unsafe situations, practice good safety habits, learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, and learn age-appropriate games and activities to entertain and manage younger children, as well as practice diapering.

Students will learn skills such as choking rescue and basic CPR (does not include CPR certification).

Students will also learn a system to help them assess and respond to injuries and illnesses.

The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

Completion of the course will provide participants with a SafeSitter certification card.

Ages: 11-14

Cost: \$30

What to bring: Bagged lunch and drink.

Pollinator Pals – Wednesday, June 26, 9:00 am- 2:00 pm

This camp for younger children will have them learning about pollinators, including butterflies, bees and more! We will go on a nature walk, play insect games, plant pollinator plants, study habitats, life cycles, and more! (Participants should have completed Kindergarten before attending.)

Ages: 5-8

Cost: \$12

What to bring: Bagged lunch and drink.



Blueberry Fun – Friday, June 28 9:00 am – 2:30 pm

We will travel to a pick-your-own blueberry farm in southern Rutherford County and learn about growing and using blueberries. We will enjoy other features of the farm, including Gypsy Vanner horses, then come back to the Extension center where we will make tasty treats with our fresh blueberries.

Ages: 8-14

Cost: \$12

What to bring: Bagged lunch and drink. Wear sunscreen and bring hat or sunglasses.



Red, White and You!– Wednesday, July 3, 9:00 am – 1:00 pm

We will explore some fun facts about our country and independence. We will incorporate our patriotism into arts and crafts. We will even make a few sweet treats to take home and enjoy.

Ages: 5-10

Cost: \$15

What to bring: Bagged lunch and drink.



Gone Fishing– Monday, July 8 9:00 am – 3:00 pm

We will travel up to Union Mills for a day of fun fishing. We will have the opportunity to catch bass, bream, and catfish. Fishing rods, bait and materials will be supplied.

Ages: 9-14

Cost: \$10

What to bring: Bagged lunch and drink. Wear sunscreen and sunglasses/hat.

Magic of Electricity– Monday, July 15 9:00 am – 2:00 pm

Learn about electricity! Do you know how the electricity runs through your house and makes the lights come on? Come join us for a fun filled time of learning about electricity. We will have the power company there to tell us about careers, do Magic of Electricity activities as well as make a project of your own to take home.

Ages: 10-14

Cost: \$12

What to bring: Bagged lunch and drink.

NASCAR Experience – Tuesday, July 16, 8:00 am- 4:00 pm

Charlotte, NC is known as the “Stock Car Racing Capital of the World.”

Charlotte Motor Speedway is home to some of NASCAR’s biggest races.

We will visit the Hendrix race shop, tour the Charlotte Motor Speedway, take a ride around the track, and learn about the sport of stock car racing. We will meet at the Extension office and travel together.

Ages: 9-16

Cost: \$25

What to bring: Bagged lunch and drink. Wear comfortable tennis shoes for walking and sunglasses/hat and sunscreen. An additional waiver is needed for this trip.



Sew Much Fun – Wednesday, July 17- Thursday, July 18 9:00 am -12:00 noon

Have you wanted to learn to sew? This beginner sewing class will include making a standard pillow case and a potholder you can use at home. All materials will be supplied.

Ages: 8-16

Cost: \$10

Sweet Confections- Friday, July 26 , 9:00 pm-1:00 pm

We will learn how to make different types of candy and treats such as fudge, haystacks, potato candy, lollipops, mints, and more. Participants will learn how to use candy-making equipment, follow a recipe, prepare a variety of party foods, and package them for sharing. Each participant will receive a recipe booklet. Containers and packaging will be provided.

Ages: 10 and up

Cost: \$ 18

What to bring: Bagged lunch and drink.



4-H CAMP

Campers (ages 5-8 or 8-14) will have the opportunity to participate in:

- Canoeing and Kayaking
- Nature & Crafts
- Swimming
- Hiking
- Field Games
- Ropes Courses
- Shooting Sports (archery, riflery, and shotguns)
- And Much More!



4-H CLUBS

School-aged youth can be part of a club and much more:

- Learn Life Skills
- Boys and Girls
- Ages 5-18
- Meets Monthly
- No Membership Fees
- Scholarship opportunities
- Topics include Horses, Chickens, Cooking, Nature, Science...
- And Much More!



NC Cooperative Extension-Rutherford County Center
193 Callahan Koon Rd, Suite 164
Spindale, NC 28160

4-H Summer Fun Registration Form

Child's Name _____ Age _____
 Date of Birth _____ I have completed registration in 4-H Online _____
 Parent's/Guardian's Name _____
 Daytime Phone _____ Home Phone _____
 Cell Numbers _____
 Street Address _____
 City _____ State _____ Zip Code _____
 School Name _____ Grade completed _____

	Activity	Date	Cost
_____	Linville	June 21	\$25
_____	SafeStter	June 25	\$30
_____	Poliinator Pals	June 26	\$12
_____	Blueberry Fun	June 28	\$12
_____	Red, White, & You	July 3	\$15
_____	Gone Fishing	July 8	\$10
_____	Magic of Electricity	July 15	\$12
_____	Nascar Experience	July 16	\$25
_____	Sew Much Fun	July 17-18	\$10
_____	Sweet Confections	July 26	\$18

Total \$ _____

All health and permission forms must be completed and approved in 4-H Online. Visit <https://v2.4honline.com/> to register your child/ren.

Checks should not be made for an exact amount until registration is completed.
 Please make check payable to **Cooperative Extension**.