What is 4-H?

4-H is the largest out-of-school youth organization in the United States with over 7 million youth members! There are Extension staff responsible for 4-H program in each city and county—so there is definitely a 4-H program near you! Whether you live in a city, rural or suburb area, there is something for you in 4-H! 4-H helps kids see their potential through:

- Learning by doing
- Practicing leadership
- Completing projects
- Positive out-of-school time
- Science and Arts enrichment
- Service to communities

FOR MORE INFORMATION ABOUT 4-H IN NOBLES COUNTY, PLEASE CONTACT:

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4-H Program Coordinator
Nobles County 4-H
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**CAMP INFORMATION**

4-H Residential Camp is for youth who have just completed grades 3-6 and is held at Shetek Lutheran Ministries Camp on Lake Shetek. This full service facility offers cabins, a full menu of great food, and a wide variety of recreational activities including swimming, canoeing and campfires!

There will be four fun tracks offered during camp. Campers will participate in two tracks of their choice. Each track offers different topics and varied program lessons. Campers will participate in:

- Hands-on learning activities
- Small group discussions
- Unique outdoor opportunities

**FUN CAMP ACTIVITIES INCLUDE:**

- SWIMMING
- INTERACTIVE CAMP TRACKS
- EVENING CAMPFIRES
- FUN CAMP COUNSELORS

**CAMP TRACK CHOICES**

Choose **two** of the following tracks. Each track is limited to the first 25, so sign up early!!

**Red Wiggler Worms**

Get ready to get your hands dirty as we explore Environmental Science! Be prepared to have worms wiggling on your hands as we explore nature. During this session, we will learn about the environment and the super composting worm—Red Wigglers!

**Keep Calm and Sew On**

Mend, stitch, cut, and sew. Is this something that you might want to know? Buttons, ribbon, needles and thread, learning a new sewing task is something you won’t dread! Join us as we will be learning and enhancing various sewing skills while making and taking home two sewing projects.

**Theatre Arts—Masks & Movement**

Explore performance with your fellow campers and make a theatre scene come to life by creating characters through voice, movement and masks! Plus, you will get to create a mask to bring your theatre experience back home!

**Food, Fitness and Lots of Fun**

Yum! Let’s play! We will be discovering all sorts of fun ways to be active and promote physical activity and talk about the different foods we eat. Most people are naturally drawn to fast food, but why? Is it the taste, smell or the advertisements? The best part of this track is we get to move around and have lots of fun!

**4-H Camp Experiences**

4-H Extension Educators, 4-H staff and high school youth counselors will be present to provide leadership for the camp activities. We provide positive learning experiences based upon research that meets the key elements of youth development:

- Independence
- Belonging
- Generosity
- Mastery

Campers who are not currently 4-H members will need to enroll as members at least one week prior to camp. An e-mail will be sent to the address on the registration form with instructions on how to enroll.

**Cost of 4-H Camp**

- Early Bird Registration by May 1: $130
- Registration by May 15: $140
- Registration by June 1: $150

Nobles County 4-H will pay half of the registration fee for 4-H youth if signed up by the Early Bird Registration date, May 1st 2016.