

2024 4-H Explorations Week

July 8-12, 2024 from 8:30 AM—4:00 PM
Middlesex County 4-H Center, East Brunswick



WHO CAN GO TO 4-H EXPLORATIONS WEEK?

4-H Explorations Week is for boys and girls completing grades 2 through 7 in the current year. Boys and girls completing grades 8 and 9 in 2024 can attend by applying to be Counselors-In-Training, but must participate in workshops prior to Explorations Week. There is a limited number of positions available for counselors-in-training. 4-H Explorations Week is open to all youth without regard to race, color, national origin, sex, disability or handicap.

WHAT HAPPENS AT EXPLORATIONS WEEK?

Youth participants will take part in daily activities, afternoon recreation time and afternoon programs. Special programs will include an afternoon carnival with a game truck and petting zoo, a talent show, wildlife show, special group games, and more. The program includes Friday afternoon and evening special programs, a barbeque dinner, campfire and candle lighting ceremony. Youth will be divided into different family groups, and will take part in theme related activities and programs. The 2024 theme is **“Wild Weather Week.”** Family groups will meet daily to plan challenges and songs for their group, and practice for the evening campfire. Youth will meet many new friends, have a lot of fun, develop a sense of self-confidence, experience a sense of belonging and learn to feel good about themselves and their accomplishments.

HOW MUCH DOES EXPLORATIONS WEEK COST?

4-H member:	\$ 190
Non 4-H member:	\$ 200
Counselor-In-Training:	\$ 180

Includes: Program materials, lunchtime dessert and afternoon snacks daily, E-Week t-shirt and drawstring bag and Friday special lunch, Friday-barbeque dinner and programs. Fee also covers costs for health and safety protocol. ***Register by April 1 and get \$5 off your fee!**

Requires \$50 deposit by June 1 to hold your space. Pay by check payable to “4-H Leadership Advisory Council” or Pay Pal (\$2 add'l fee) at www.paypal.com/paypalme/leadershipadvisoryco

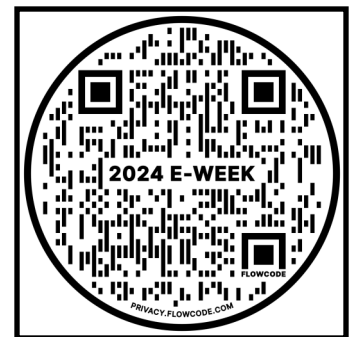
Mail payments to: Middlesex County 4-H Office, 42 Riva Avenue, North Brunswick, NJ 08902.



PLEASE NOTE: Space is very limited! Please get your application and \$50 deposit in to the 4-H Office as soon as possible. We do have limited space for youth in all age groups.

TO REGISTER:

tinyurl.com/2024eweek



MIDDLESEX
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New Jersey Agricultural
Experiment Station

DAILY ACTIVITY DESCRIPTIONS:

Youth will be assigned three daily activities that they will take part in for the week. All activities have a limited number of participants. All activity costs are to cover supplies and materials for the activity. Do not sign up for outdoor cooking if you have food allergies, or perfect pets if you are allergic to animals.

Camp Crafts: Try different creative camp crafts and have a lot of fun!. (Cost: \$7.00)

T-shirt Art: Take part in different methods of decorating t-shirts. (Bring your own shirts)

Theatre Arts: Learn acting basics through role play and games; practice and perform a skit during camp.

Sports: Have fun with team sports such as kickball, frisbee, football, soccer and more.

Playground Games: Take part in fun games such as Gaga, 4 Square, Ping Pong and Kan Jam.

Perfect Pets: Learn all about small animals, reptiles, dogs, goats and more!

Rocketry: Build, paint and launch a beginner rocket. (Supply cost: \$20)

Be An Artist: Have fun with water color, painting, cartooning and more! (Materials cost \$6)

Outdoor Cooking: Learn outdoor cooking basics and enjoy tasting your creations! (Cost: \$10)

Camp Core Challenge: Take part in obstacle courses, fitness and outdoor challenges.

Loony Lab: Take part in crazy and fun science experiments and discover your inventive side.

Dance: Learn different types of dance perform at the Friday candle lighting event.

Aqua Adventures: Be a part of water games (semi-messy!). Bring a suit & change of clothes.

Cupcake Decorating: Learn different and tasty cake decorating techniques. (Cost: \$10)

Biking: Take part in a bike rodeo, games & more. (Must be able to ride a bike; bikes kept at camp).

Music Makers: Try new instruments, make one of your own, and perform at E-Week! (Cost: \$5)

Campers vs. the Wild: Learn basic survival skills and be an become the ultimate self-reliant camper.

Archery: This all-time E-week favorite activity is back! Learn archery basics. (\$15 for equipment rental)

Junior Sleuths: Use your critical thinking skills to piece together evidence, take part in whodunnit games, a makeshift escape rooms, a fingerprinting lab, and visit with special guests. (Cost:\$5 for supplies)

Photography: Learn how to take the best pictures and create a photo album of camp memories. (\$10 for developing and album supplies). Campers will be able to use their phones for this activity.

KEEPING YOUR KIDS SAFE:

Our E-Week focus is to create a sense of belonging and inclusivity throughout the entire program. Counselors are screened and trained and many are certified in CPR and first aid. We do have an on site health director who focuses on all aspects of physical and mental health throughout the week.

NEED MORE INFORMATION?

A confirmation email will be sent upon receipt of registration. Medical and permission forms, activity assignments and fees due will be sent in early May. If you need additional information, please contact the 4-H Office at 732-398-5261.

