Betsy Jeff Penn, Millstone, Sertoma, Swannanoa and The Eastern
4-H Centers all offer:

4-H Summer Overnight Camp: Ages 8 – 14 –
Dates and Cost Vary

Traditional one-week camp sessions provide age-appropriate, small-group experience in a fun, noncompetitive environment. By day, we swim, canoe, work on a craft, learn about nature, explore outdoor living skills, and tackle the ropes courses. In the evenings, we learn about different cultures, create campfire programs, share skills and talents, and learn games and dances, all while building lifelong friendships. It’s an experience that youth can build their futures on. For a discount, register through Nash County 4-H.

Leader in Training: Weekly Camps - Ages 15 – 17 $470.00

The L.I.T program was developed to help guide youth as they hone and develop their leadership skills. The program will increase awareness of personal responsibility and character development. This program is designed to provide leadership skills in the residential setting; therefore, each L.I.T. will be assigned to a staff mentor for the week. They will also spend part of their time working on programs, teambuilding, high ropes and other leadership opportunities.

Cloverbud Overnight Camp: Ages 5 – 8 – Date: July 18 - 21 $180.00

Cloverbud camp is for campers and parents not yet ready for a full week of the camping experience. Campers participate in canoeing, swimming, archery, the climbing wall, horseback riding, and environmental classes. Evening program include talent shows, campfires and games.

Explorer 3 Day Camp: Ages 9 – 12 – June 30 – July 2 $150.00

Great starter camp for those not ready for a full week! Campers get a sample of most camp activities like the week long.

Whitewater Adventures: Ages 14 – 17 – Date July 18 - 23 $615.00

Participants will receive instruction on paddling techniques and water safety at camp on Lake Hazel. The group will continue honing their skills with a paddle down the Mayo River. The pinnacle of this trip will be a guided whitewater adventure, rafting the French Broad. Participants must be in good physical condition and able to swim. Come join the adventures!

Swannanoa 4-H Center

Cloverbud 3 Day Camp: Ages 5 – 8 – Date June 27 - 29 $150.00

Offers a great sample of all major camp activities, including archery, swimming, low ropes, climbing tower and more!

Explorer 3 Day Camp: Ages 9 – 12 – June 30 – July 2 $150.00

Great starter camp for those not ready for a full week! Campers get a sample of most camp activities like the week long.
SWANNANOA CAMP CONTINUED....

Trekker Overnight Camp: Ages 13 – 15 – July 4 – 9 $450.00
Is not for the faint of heart! Includes hiking, white water activities camping, high ropes, rock climbing and lots of teach bonding time!

Traditional Camp: Ages 8 – 10 – July 4 - 9 $425.00
This camp includes activities like swimming, archery, arts & crafts, team building & hiking to name just a few things. Each day is full of new adventures and the evenings are a blast with different All – Camps like a Luau dance or Talent Show.

X-cellent Adventure Overnight Camp: Ages 9 – 12 – June 27 – July 2 or Aug 1 - 6 $450.00
After camp activities, take some rock climbing and sprinkle in some white water fun and some outdoor living skills and you have one X-cellent adventure! This camp is a specialty camp, it is limited to 5 girls and 5 boys per session.

Walk in the Woods Overnight Camp: Ages 9 – 12 – June 27 – July 2 $425.00
Learn about the forest from the inside out! Campers will be learning forestry, visit the Cradle of Forestry/Sliding Rock and hike a portion of the Appalachian Trail. This camp is a specialty camp, it is limited to 5 girls and 5 boys per session.

Head in the Clouds Overnight Camp: Ages 12 – 15 – June 27 – July 2 $450.00
Why keep your feet on the ground when you can go rock climbing, challenge yourself on a high ropes course or hike to a nearby mountain peak?

High in the Sky: Ages 9 – 12 - August 1 – 6 $450.00

Why keep your feet on the ground when you can go rock climbing, challenge yourself on a high ropes course, visit one of the highest suspension bridges or hike to a nearby mountain peak? This camp is a specialty camp, it is limited to 5 girls and 5 boys.

Pack Your Bags: Ages 9 – 12 – July 18 – 23 $500.00
Road trip anyone? This camp starts at camp but doesn’t stay long! This week long camp is a traveling camp that will take you to some fun and interesting places…enjoy a day of whitewater rafting, caving, mountain biking swimming in local waterfalls and that is just the beginning! The campers will pull back into camp on Thursday evening, just in time for closing campfire. This camp is a specialty camp, it is limited to 10 girls and 10 boys.

Adventure Camp: Ages 11 – 12 – July 4 – 9 $425.00
This camp includes and goes beyond the traditional camp activities. Campers will learn orienteering skills, team building, outdoor living skills and much more. This camp will travel and camp off site one night, go rock climbing and create memories that will last a lifetime.

Mountains Inside & Out 10 Day Camp: Ages 11 – 13 July 28 – August 6 $650.00/week)
This camp is the ultimate camp experience! Campers will head out to go rock climbing, whitewater rafting, caving and mountain biking. They will also spend a few days hiking and camping on the Appalachian Trail. The trip will conclude with some days back at camp to do fun camp activities like archer, swimming, evening All-Camps and more. At this camp, you will explore the mountains from the inside out! This camp is a specialty camp, it is limited to 10 girls and 10 boys.

Operation Purple Camp: Ages 8 – 16 July 11 – 16 (Free to kids whose parents are in the military) This camp is sponsored by the National Military Family Association and you must register for camp through their website. This camp blends traditional camp activities with unique military activities to create an awesome week of support and fun for the campers. We have successfully hosted
OPC camps for the past 2 summers and the program keeps getting better and better!!

Sertoma 4-H Center
Westfield, NC

Summer Camp for Deaf and Hearing Impaired Youth

Sertoma Deaf Camp: June 20 – 25  $350.00

The Explorer: Ages 8 – 12

These campers will explore many activities including (but not limited to) swimming, hiking, horseback riding, team building, arts and crafts, drama/dance, science and nature, hiking to the top of Hanging Rock and swimming in the lake and much more! The Explorers will stay in cabins, grouped by age.

The Challengers: Ages 13 – 14

In addition to the activities that the Explorers group will be participating in, the Challengers will be challenging themselves with activities such as the high ropes course and archery. This group will learn some elementary outdoor living skills. The Challengers will primarily stay in cabins, but may also spend a night or two under the stars.

The Adventures: Ages 15 – 16

The Adventures will branch out on their own, staying in tents or similar outdoor shelters, and will enjoy some more high adventure activities such as hiking, canoeing, rock climbing, back packing, team building on the high ropes course and more. They will learn survival outdoor living skills such as preparing their own meals over a campfire, compass and orienteering, trail building, plant identification, and more.

The Eastern 4-H Center
Columbia, NC

4-H Adventure Camp: Ages 13 – 14 $450.00

This camp is designed to provide more mature camper a wilderness experience, participants learn how to build campfires, manage a campsite, cook over an open flame, and implement basic navigation and survival skills, all under the watchful guise of well-qualified instructors. Near the end of the week, participants, participate in an overnight canoe trip and campout along the banks of the meandering and scenic Scuppernong River. Excellent staff members accompany campers throughout the weeks to facilitate new friendships and build wilderness skills.

Cloverbud Camp: Ages 5 – 8 – July 18 – 22 $300.00

Are you looking for that first “stay – away” camp for your 5 – 8 year old? Then this camp is for you. Smaller ratios of staff to campers provide youngsters the special attention and care they deserve. Cloverbud Campers participate in all of the “big kid” activities like canoeing and kayaking, swimming, rock climbing, sports & games, and our fun array of evening programs.

Marine Science and Sailing Camp: Ages 12 – 17 – July 18 – 23 $450.00

The beautiful Albemarle Sound serves as the backdrop for this amazing camp designed for this age campers. Sailing in the sound is led by a talented and experienced instructor. The warm shallow waters of the sound make this both safe and enjoyable for all participants. Marine Science initiatives are instructed throughout the week…campers learn about coastal forestry, hurricanes, fish, and sea mammals.
Camp Canvasback: Ages 12 – 17 – July 18 – 23  $450.00

Camp Canvasback is a great summer program that encourages and educates young outdoor enthusiasts on waterfowl conservations. Teenage girls and boys participate in activities that help them understand waterfowl biology, wetland ecology, hunting techniques, and other conservation practices. First - year campers will acquire their Hunter Education Card, which is required for hunting in North Carolina! The Camp consists of a 4-year tract, with campers progressing to the next tract the following year to build on previously learned skills. Skills that campers will learn with include Shotgun Safety & Care, Waterfowl ID, Duck Blind Construction, GPS Navigation, Boat & Water Safety, and First Aid.

Takeoff 4-H: Ages 12 – 18 – July 25 – August 13  $2250

Nor your typical Healthy weight camp… the ECU Brody School of Medicine’s Pediatric Healthy Weight Clinic and the Eastern 4-H Center provide a fun, educational and healthy 3 week long summer camp experience to 12 – 18 year old participants. Campers participate in water aerobic, instructional dancing, sports & games, target sports, ecology, and many other outdoor pursuits, well – planned meals allow for campers to make health conscious decisions throughout the course of camp. An excellent medical staff is always on tap to ensure comfortable participation. Educational activities are instructed by experts in nutrition and exercise.

Fur, Fish, and Game Rendezvous and Advanced Fur, Fish, and Game: Ages: 12-15 - June 20 - 25, 2009  $325.00
This is the premier summer camp experience for youth interested in the out of door, wildlife, hunting, and fishing. Campers will have the opportunity to work with outstanding instructors from NC State University and the North Carolina Wildlife Commission. Classes include canoeing, flyfishing, reptile study, snake ID, taxidermy, fishing, orienteering, and much more. Campers will also have the opportunity to earn their hunter safety certification.


Improve your horsemanship skills while having fun with other 4-H’ers. Advanced riders can learn new and better horsemanship skills and showing techniques. A highly qualified camp staff will introduce the beginning rider to the basics of horsemanship. Special features of the camp include educational lectures, riding lessons, showmanship, judging contests, trail rides and training demonstrations. Instruction will be given in hunt seat and western styles. Campers must supply his/her own horse, equipment, feed, and transportation. The camp will provide sawdust for the stalls. Open to 4-H members with an acceptable horse.

Project Camp: Ages 8-12 - July 25-30, 2009  $335.00

Based on 4-H curriculum materials and the traditional camping program at Millstone 4-H Camp. Campers will be able to choose a 4-H project area such as Entomology (bugs), Eco Adventure, Forests of Fun, Wood Working, Discovering Plants, Electric, Fishing, and others. Regular camp activities including swimming, canoeing, archery, rifl, crafts, nature, and horseback riding. Evening programs include campfires, land and water sports, sharing skits and talents, and dance.

Target Shooting Sports Camp: Ages 10-16 - June 11-16, 2009  $335.00

This is a weeklong camp that is centered around the North Carolina 4-H Target Shooting Sports Program. Safety is the number one lesson and all participants will receive a safety orientation at the beginning of each lesson. Participants will be able to choose to concentrate on one of the 5 disciplines of rifle, archery, shotgun, muzzle loading, and air pistol. Every camper will have a chance to enjoy each of the disciplines throughout the day. Participants will have plenty of range time to apply lessons learned. They will receive personalized
coaching and develop confidence on the range.