

# 2024 Licking County 4-H Camp Super Session Descriptions

**Archery:** Learn archery basics with a certified shooting sports instructor. (101 / 201 / 301 / 401 / 501 / 601 / 701 / 801 / 901) (10/session) INSTRUCTOR(S): Stacey Savage & Bernie Douglas

**Atlatl Adventures:** Sounded out as 'at-ladl', the atlatl is an ancient stick used by some indigenous peoples of North America to propel a spear or dart for hunting. While at camp, we'll use it to learn about leverage and velocity – all while having a blast! Try something new!!! (702 / 802 / 902) (12/session) INSTRUCTOR(S): 4-H Camp Ohio Staff

**Basketball:** Hit the court to enjoy some hoops with other campers. (102 / 402 / 703) (15/session) INSTRUCTOR: Aaron Fuss

**Camp Songs:** Like to sing camp songs? This is an opportunity to learn new songs, and assist counselors in leading songs during camp activities. (302 / 602) (15/session)

**Canoeing & Kayaking:** This easy session will teach you the basics of canoeing and kayaking at 4-H Camp Ohio. (103 / 202 / 303 / 403 / 502 / 603 / 704 / 803 / 903) (12/session) INSTRUCTOR(S): 4-H Camp Ohio Staff (LG)

**Canvas Painting:** Sure to be a new favorite, try out your painting skills! Be as creative as you like! (Ages 12+) Cost: \$5.00 (203 / 304) (15/session) INSTRUCTOR(S): Colleen McDougal & Cathy Ward

**Cards and Table Games:** Need a break to just sit down and enjoy games with friends? This session offers up card games, board games, bingo, and other fun options! (705 / 804 / 904) (15/session)

**Creeking / Stream Study:** Wade into the creek at 4-H Camp Ohio and discover what's hiding under the rocks and swimming around your feet. (104 / 204 / 305 / 404 / 503 / 604 / 706 / 805 / 905) (20/session)

**Crochet Creations:** Crochet can be both fun and easy. Allow our talented counselors to show you how to get started and why they enjoy it so very much! Cost \$5.00 DOUBLE SESSION (205 / 504) (10/session) INSTRUCTOR(S): Jacey Snyder

**Cross Country Run:** You might be involved in cross country running at school, enjoy running with family or friends, or just enjoy the chance to take a run along the trails at 4-H Camp Ohio – in any case, we've got you covered! Open to beginners and advanced runners. (405) (15/session) INSTRUCTOR(S): Albree Ashbrook, Maren Boston & Sarah Koker

**Disc Golf:** Enjoy learning how to play Disc Golf and have a chance to play against other campers! (105 / 406 / 707) (10/session) INSTRUCTOR(S): Nick McInturff, Todd Orr & Weston Simon

**Exploding Science:** Join Christy Millhouse, State STEM Educator, for this explosive session. You will have the chance to see how chemistry works to create exciting science. (106 / 206 / 306) (15/session) INSTRUCTOR(S): Christy Millhouse

**Fishing:** Take time out to visit the 4-H Camp Ohio pond and spend a little time with your fishing pole! Campers are welcome to bring their own pole, but it is not required; poles and bait will be provided. DOUBLE SESSION (107 / 708) (15/session) INSTRUCTOR(S): Darrick Foster

**Flying Squirrel:** Here's your chance to try out your superhero power in flying! Helmet and safety harness provided. DOUBLE SESSION (108 / 407 / 709) (10/session) INSTRUCTOR(S): Dan Alexander

**High Ropes:** For those who would like to walk among the tree tops and try out their courage. Please note that all class activities take place among the tree tops and involve maneuvering at heights greater than 20 feet. (AGE: 12 and older). Cost: \$20.00 TRIPLE SESSION. (109 / 408 / 710) (12/session) INSTRUCTOR(S): Sarah Dailey & Nick Willeke

**I Want to be a Camp Counselor:** If you're a camper (ages 11+) who has considered serving as a 4-H Camp Counselor, this is the session for you! You'll have a chance to learn more about what is involved in being a summer camp counselor – and ask lots of questions! (505 / 605) (15/session) INSTRUCTOR(S): Emily Paxton

**Leather Work:** Ever worked with leather? Regardless of the answer, we know that you'll love the chance to make a couple of personalized items to take home with you. Cost \$5.00 (409 / 506 / 606) (10/session) INSTRUCTOR(S): Autumn Wampler

**Line Dancing:** Learn all the great steps that will keep you out on the floor during the dance. A review of old favorites, and new dances, to challenge your abilities. (410 / 507 / 607) (20/session)

**No-Sew Fleece Blankets:** Participants will bring fleece fabric of their choosing to camp with them. Staff members will then assist them in making measurements, cutting the fleece, and finishing it off with knots! The results: a perfect blanket for their camp bunk! DOUBLE SESSION (207 / 508 / 806) (20/session)

**Outdoor Recreation:** Take your pick of outdoor fun: Cornhole, Giant Connect Four, Gau-Gau pit, Volleyball, Cornhole and 9-Square in the Air (208 / 509 / 807) (20/session) INSTRUCTOR(S): Scott Holman

**Painting with Water Colors:** Do you enjoy painting with water colors, or maybe would just like to give it a try? This is your chance to just enjoy a little time with your own creativity! Cost: \$5.00 (808 / 906) (15/session) INSTRUCTOR(S): Lizzie Adams & Riley Baker

**Pool Games:** Participants will enjoy water polo, relay games, diving, and more time in the pool (110 / 209 / 307) (20/session) INSTRUCTOR(S): Elizabeth Santa

**Pretty Painted Pots:** Feeling creative? Try your hand at creating a unique pot for your favorite plant. Pot, paint and seed packet provided! COST: \$5.00 (111/ 308) (15/session) INSTRUCTOR(S): Sarah Longo

**Sand Volleyball:** Summer, sand and volleyball. Does it get any better? No experience needed in order to have fun on the court! (112 / 309 / 608 / 907) (15/session)

**Shooting Sports:** Come and learn the basics of using a Shotgun – Age 12+ (113) / Pistol – Age 11+ (411) / Rifle – Age 8+ (711). Equipment, goggles and ear protection provided. TRIPLE SESSION Cost: \$10.00 (10/session) INSTRUCTOR(S): Tim Beltz, Steve Heist & John deSaavedra

**Shrinky Dinks & Friendship Bracelets:** Everyone's two favorite crafts – paired up in one session! Use plastic to create a new keepsake or tag for your key chain by using your artistic skills to draw and sketch graphics of your choosing, or make a friendship bracelet with your own style and design. COST: \$5.00 (114 / 310 / 908) (15/session) INSTRUCTOR(S): Colleen McDougal & Cathy Ward

**Sling Shot:** Yes, you read that right! Sling Shot! Enjoy camp's new sling shot range and try out your skills in shooting with accuracy! (412 / 609) (10/session) INSTRUCTOR(S): Aidan Lanning

**Snack Attack:** An opportunity to get into the kitchen and learn fun snacks recipes! Cost: \$5.00 DOUBLE SESSION. (115 / 413 / 712) (15/session) INSTRUCTOR(S): Karen Roby

**Soccer:** Whether you already love the game, or just want to learn, this session will have you playing soccer in no time! (414 / 909) (15/session) INSTRUCTOR(S): Ali Thoman and Sadie Baker

**Splatter Paint Shirts:** Ever wanted to have fun painting your own shirt? This is definitely the session for you. Bring: Items to paint (shirt, pillow case, or just about item of clothing!) Cost: \$5.00. (713 / 809) (15/session) INSTRUCTOR(S): Colleen McDougal & Cathy Ward

**Square Dancing:** Square dancing doesn't have to be difficult! Come learn the basics and just have fun dancing! (714 / 810 / 910) (20/session) INSTRUCTOR(S): Peyton Robey

**STEM – DRONE Operation Basics:** Be introduced to the basics of coding and learn how to fly a drone. (715 / 911) (10/session) INSTRUCTOR(S): 4-H Camp Ohio Staff

**Team Challenge:** Work as a team in order to solve mental and physical challenges that will keep you on your toes! TRIPLE SESSION (116 / 415 / 716) (20/session) INSTRUCTOR(S): Travis Allen & Trained Counselors

**Tie Dye:** Brighten up your wardrobe with a new tie dye creation. Bring: Items to tie dye (shirt, pillow case, socks, or just about any item of clothing!) Cost: \$5.00 (416 / 510 / 610) (15/session) INSTRUCTOR(S): Colleen McDougal & Cathy Ward

**Yoga:** Take a little break from the excitement and activity of summer camp to take enjoy the quiet and learn a few yoga poses that you can use anytime you need to refocus and take a little time for yourself. (417 / 511 / 611) (10/session)

**Zip Line, Climbing Wall & Rappelling:** Fly down the line and zip into fun! Head up to the tower and enjoy a cool ride through the trees. Helmet and safety harness provided. TRIPLE SESSION. (117 / 418 / 717) (15/session) INSTRUCTOR(S): Ryan Edgington

# 2024 LICKING COUNTY 4-H CAMP

## Super Session Schedule and Descriptions

### TUESDAY, JUNE 18<sup>th</sup>

#### TUESDAY 2:00 p.m. Super Session

- 101 Archery (10)
- 102 Basketball (15)
- 103 Canoeing & Kayaking (12)
- 104 Creeking / Stream Study (20)
- 105 Disc Golf (10)
- 106 Exploding Science (15)
- 107 Fishing (15) (Double)
- 108 Flying Squirrel (10) (Double)
- 109 High Ropes (12) (Ages 12+) \$ (Triple)
- 110 Pool Games (20)
- 111 Pretty Painted Pots (15) \$
- 112 Sand Volleyball (15)
- 113 Shooting Sports: Shotgun (10) (Age 12+) (Triple) \$
- 114 Shrinky Dinks & Friendship Bracelets (15) \$
- 115 Snack Attack (15) \$ (Double)
- 116 Team Challenge (20) (Triple)
- 117 Zip Line & Climbing Wall (15) (Triple)

#### TUESDAY 3:00 p.m. Super Session

Sessions Continued from 2:00 p.m.: Fishing, Flying Squirrel, High Ropes, Shooting Sports, Snack Attack, Team Challenge and Zipline & Climbing Wall

- 201 Archery (10)
- 202 Canoeing & Kayaking (12)
- 203 Canvas Painting (10) (Ages 12+) \$
- 204 Creeking / Stream Study (20)
- 205 Crochet Creations (10) (Double) \$
- 206 Exploding Science (15)
- 207 No-Sew Fleece Blankets (20) (Double)\*
- 208 Outdoor Recreation (15)
- 209 Pool Games (20)

#### TUESDAY 4:00 p.m. Super Session

Sessions Continued from 3:00 p.m.: Crochet Creations, High Ropes, No-Sew Fleece Blankets, Shooting Sports, Team Challenge and Zipline & Climbing Wall

- 301 Archery (10)
- 302 Camp Songs (20)
- 303 Canoeing & Kayaking (12)
- 304 Canvas Painting (10) (Ages 12+) \$
- 305 Creeking / Stream Study (20)
- 306 Exploding Science (15)
- 307 Pool Games (20)
- 308 Pretty Painted Pots (15) \$
- 309 Sand Volleyball (15)
- 310 Shrinky Dinks & Friendship Bracelets (15) \$

### WEDNESDAY, JUNE 19<sup>th</sup>

#### WEDNESDAY 9:15 a.m. Super Session

- 401 Archery (10)
- 402 Basketball (15)
- 403 Canoeing & Kayaking (12)
- 404 Creeking / Stream Study (20)
- 405 Cross Country Run (15)
- 406 Disc Golf (10)
- 407 Flying Squirrel (10) (Double)
- 408 High Ropes (12) (Ages 12+) \$ (Triple)
- 409 Leather Work (10) \$
- 410 Line Dance (20)
- 411 Shooting Sports: Pistol (10) (Age 11+) \$ (Triple)
- 412 Sling Shot (10)
- 413 Snack Attack (15) \$ (Double)
- 414 Soccer (15)
- 415 Team Challenge (20) (Triple)
- 416 Tie Dye (15) \$ \*
- 417 Yoga (10)
- 418 Zip Line & Climbing Wall (15) (Triple)

#### WEDNESDAY 10:15 a.m. Super Session

Sessions Continued from 9:15 a.m.: Flying Squirrel, High Ropes, Shooting Sports, Snack Attack, Team Challenge and Zipline & Climbing Wall

- 501 Archery (10)
- 502 Canoeing & Kayaking (12)
- 503 Creeking / Stream Study (20)
- 504 Crochet Creations (10) (Double) \$
- 505 I Want to be A Counselor (15) (Ages 11+)
- 506 Leather Work (10) \$
- 507 Line Dance (20)
- 508 No-Sew Fleece Blankets (20) (Double) \*
- 509 Outdoor Recreation (15)
- 510 Tie Dye (15) \$ \*
- 511 Yoga (10)

#### WEDNESDAY 11:15 a.m. Super Session

Sessions Continued from 10:15 a.m.: Crochet Creations, High Ropes, No-Sew Fleece Blankets, Shooting Sports, Team Challenge and Zipline & Climbing Wall

- 601 Archery (10) <BERNIE>
- 602 Camp Songs (20)
- 603 Canoeing / Kayaking (12) <COS>
- 604 Creeking / Stream Study (20)
- 605 I Want to be A Counselor (15) <EMILY>
- 606 Leather Work (10) \$ <AUTUMN>
- 607 Line Dance (20)
- 608 Sand Volleyball (15)
- 609 Sling Shot (10) <AIDAN>
- 610 Tie Dye (15) \$ \* <COLLEEN>
- 611 Yoga (10)

## THURSDAY, JUNE 20<sup>th</sup>

### THURSDAY 9:15 a.m. Super Session

- 701 Archery (10)
- 702 Atlatl Adventures (12)
- 703 Basketball (15)
- 704 Canoeing & Kayaking (12)
- 705 Card & Table Games (15)
- 706 Creeking / Stream Study (20)
- 707 Disc Golf (10)
- 708 Fishing (15) \* (Double)
- 709 Flying Squirrel (10) (Double)
- 710 High Ropes (12) (Ages 12+) \$ (Triple)
- 711 Shooting Sports: Rifle (10) (Age 8+) \$ (Triple)
- 712 Snack Attack (15) \$ (Double)
- 713 Splatter Paint Shirts (15) \$ \*
- 714 Square Dance (20)
- 715 STEM – Drone Operation Basics (10)
- 716 Team Challenge (20) (Triple)
- 717 Zip Line & Climbing Wall (15) (Triple)

### THURSDAY 10:15 a.m. Super Session

Continued from 9:15 a.m.: Fishing, Flying Squirrel, High Ropes, Shooting Sports, Snack Attack, Team Challenge and Zipline & Climbing Wall

- 801 Archery (10)
- 802 Atlatl Adventures (12)
- 803 Canoeing & Kayaking (12)
- 804 Card & Table Games (15)
- 805 Creeking / Stream Study (20)
- 806 No-Sew Fleece Blankets (20) (Double)\*
- 807 Outdoor Recreation (20)
- 808 Painting with Water Colors (15) \$
- 809 Splatter Paint Shirts (15) \$ \*
- 810 Square Dance (20)

### THURSDAY 11:15 a.m. Super Session

Sessions Continued from 10:15 a.m.: High Ropes, No-Sew Fleece Blankets, Shooting Sports, Team Challenge and Zipline & Climbing Wall

- 901 Archery (10)
- 902 Atlatl Adventures (12)
- 903 Canoeing & Kayaking (12)
- 904 Card & Table Games (15)
- 905 Creeking / Stream Study (20)
- 906 Painting with Water Colors (15) \$
- 907 Sand Volleyball (15)
- 908 Shrinky Dinks & Friendship Bracelets (15) \$
- 909 Soccer (15)
- 910 Square Dance (20)
- 911 STEM – Drone Operation Basics (10)