



RUTGERS UNIVERSITY

New Jersey 4-H Camp

L.G. Cook 4-H Youth Center
for Outdoor Education



COURSE
OFFERING GUIDE

NEW JERSEY
4-H CAMP



Our classes are enthusiastically "non-academic". They focus on creativity, exploration, trying new things, building new friendships, and simply having fun outside!

In advance of the their camp sessions, Campers select TWO classes to participate in.



ENVIRONMENTAL EDUCATION



Environmental Explorers

An introductory ecology class for campers to explore the trails, forest, and streams around camp, gaining a greater knowledge and appreciation for the 108 acres of 4-H Camp by observing the plants and animals that we share the place with.

Ranger

Ages 10 and up.

Our Ranger class is dedicated to enjoying a good walk in the woods, traversing 4-H Camp's trails and venturing off into surrounding Stokes State forest -including a 6-mile lunch hike on the Appalachian Trail.

Survival Challenge

A woodland game show set in the middle of 4-H Camp's forest! Campers will learn to make a fire, obtain clean water, and build a shelter through a series of fun, competitive team-work related challenges.

Fishing

Campers will enjoy the serene view from the shore of Lake Shawanni as they learn how to cast, catch, release and identify fish with the help of Camp's patented bait...leftover breakfast sausage.

Canoe-nity Cooking

Based in our Canoe-nity Garden, campers will learn about and care for the variety of vegetables and herbs in our garden, and then use those ingredients to construct some creative meals over the campfire.



RECREATION

Disc Golf

Combines a fun and simple sport with exploring some beautiful sections of Camp's forest. Campers will learn to throw discs for distance and accuracy, and then refine their skills by spending the majority of the class playing our woodland Disc Golf course.

Throwing Stuff

As self explanatory as it comes. Campers will hike back to our secluded Throwing Range and safely engage in the time-honored tradition of throwing rocks at old tin cans, as well as hurling other objects at a variety of targets in a series of Camp-made, rustic, natural and wild carnival games.



Archery

A Camp classic. Campers will learn the safety principles and basic mechanics needed to operate our bows, and how to patiently acquire accuracy and how to take steps to improve regardless of skill level.

Long Range Bullseye

Ages 10 and up.

Our advanced archery class builds on campers' existing archery abilities through a series of different challenges and contests. This class allows archers to try their skills at advanced distances and will feature all sorts of various games, moving targets, and puzzles that will need pin-point arrow accuracy to beat.

Fun-nanza

If 4-H Camp is largely about playing outside, then this class is ENTIRELY about playing outside. Campers will be introduced to some classic outdoor leisure games, some exciting run-around games, and some wacky 4-H Camp-only games. Fun-nanza is exactly what it sounds like.

CREATIVES ARTS

The Improv Show

Campers will learn the virtues of being loud, imaginative and spontaneous by playing a variety of fast-paced theater games. In addition, they'll help provide some entertainment for our Talent Show as they assist in putting on the production.



Camp Colors

Some classic arts and crafts. Campers will explore color theory and complimentary colors as they tie dye, paint, and blend oil pastels.

Pottery.

Campers will experiment with the many ways to mold clay, get to spend some time learning and practicing the art of the pottery wheel, and walk away from the class with some memorable Camp-made keepsakes.





MORE CREATIVE ARTS

Strings and Things

Tying string into some knots can quickly become a dynamic and eye-catching piece of art. Campers will learn the basics of macrame and crochet and have the chance to advance their friendship bracelet making skills to the next level!

Eco Art

The forest itself contains some of the best art supplies we could ask for! Campers will use the sticks, moss, rocks, and woodland canvas of 4-H Camp to create their work, as well as practicing sustainable art by incorporating recyclables and repurposing otherwise disposable items into their creations.

Dramatic Storytelling

Campers work together to create their own unique characters and act out original tales, while learning some basic story-structure and story-telling vocabulary along the way. The class culminates with a skit for our Closing Campfire.

Creative Corner

What better way to spend the morning than diving into some creative energy in our newly renovated Craft Shop? This class will offer opportunity for campers to explore their own creative talents and inclinations through Camp Journal writing exercises, some Junkyard Band musical jams and more.



Watercraft

It's a boating bonanza! Campers will learn the basics of operating our canoes and kayaks, and get plenty of hands-on-experience paddling and exploring all around the lake.

WATERFRONT



Splashy Time

It's all in the name! This class is designed for our campers to just splash around, get in some swimming, and play fun water games - regardless of their skill level.

Lake Shawanni Adventure

A little bit of everything that makes the waterfront such a fun place to be! There will be swimming, jumping, boating, and some brand-new games and activities featuring water-gear exclusive to Lake Shawanni Adventure.

Lifeguard 101

Ages 10 and up.

This class will go into the basics of various rescuing skills and techniques, as well as some basic lifeguard drills and lifeguarding philosophies and protocols. Members of the class will get some great water safety tips and experience, both for themselves and others who will be swimming with them.

Offers no certifications and is not part of any professional lifesaving curriculum.



CIT I: The Camp Community

15 year old campers.

Our CIT I class allows them the opportunity to engage in a deep examination of what makes this Camp community tick, and to begin to take a behind the scenes look at the work needed to create the kind, respectful, and supportive environment that we endeavor 4-H Camp to be.

The class features various team-building activities, and some Camp service projects, as well as a CIT I camp-out and the opportunity to recognize a member of our camp community at the Closing Campfire.



COUNSELOR IN TRAINING LEADERSHIP PROGRAMS



CIT II: The Camp Counselor

16 year old campers.

Our oldest campers will take a deep look into what it means to be a residential summer camp counselor, and even get to experience some of it firsthand. Campers will reflect on what Camp has meant to them, and investigate how they have changed as they've grown up over their years here. They will each be assigned counselor mentors, assist in running some activities, and even help put the younger campers to bed in the evening. This class is a celebration of our oldest campers as they age out of our Summer Program. Graduates of the CIT II program are eligible to apply to be Junior Counselors the following summer season.