

just4you



2011 IOWA 4-H CENTER SUMMER CAMPS



**WHO WE ARE.** The Iowa 4-H Center is a fun, outdoor learning environment of 1,100 acres in the heart of the Des Moines River Valley. Our staff follows the 4-H model of “learning by doing,” and draws on the knowledge base of Iowa State University and competent professional and student staff.

**ACCREDITATION.** The Iowa 4-H Center has been an American Camp Association accredited camp since 1954. ACA accreditation means excellence, accountability, and ongoing commitment to children.

**WHERE IS THE IOWA 4-H CENTER?**

We’re located in Boone County, just 45 minutes north of Des Moines and 20 minutes southwest of Ames. Visit our website for more detailed directions: [www.iowa4hcamp.com](http://www.iowa4hcamp.com). USE OUR MAPS! MapQuest, etc. are incorrect.



**CARING ADULT STAFF.**

Caring Adults are important to the Iowa 4-H Center. Staff members are carefully selected for their ability to provide a nurturing environment as role models. They pass a criminal background check and undergo in-depth youth development training, curriculum instruction, CPR, and first aid certification trainings.

**HEALTH AND SAFETY.** Our staff takes every precaution to ensure the safety of campers. All visitors must check in on arrival. Certified lifeguards and frequent “buddy checks” keep swimming areas safe and all boaters must wear lifejackets regardless of swimming ability. Everyone uses the “buddy system”: anytime you go anywhere, you take someone with you. A licensed Registered Nurse lives on site to meet the health needs of campers.

**CAMP OPEN HOUSE** Join us for a picnic dinner, take a wagon tour of camp, visit the camp cabins and day camp lodge, meet the camp staff, and enjoy activities. Bring a friend! **FREE. THURSDAY, JUNE 2, 5:30 TO 8:00 P.M.**

**CAMP NURSE** The Iowa 4-H Center is seeking adults professionally trained and certified to volunteer as a camp nurse and live on site for a week of camp (minimum certification as a Registered Nurse). Compensation includes meals, lodging, and free camp registration. For more information, call (515) 795-3338 or email [aeparker@iastate.edu](mailto:aeparker@iastate.edu).

**4-H EMPOWERS YOUTH TO REACH THEIR FULL POTENTIAL  
WORKING AND LEARNING IN PARTNERSHIP WITH CARING ADULTS.**

... and justice for all. The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

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# Day Camp

Choose from nine day-camp sessions. Boys and girls ages 6 to 10 years old can participate in weekly themed sessions. Days are filled with swimming, crafts, programs, lunch in the camp dining hall, snacks, rest time, and group activities. Multiple week and 4-H membership discounts apply. We serve Ames, Boone, Madrid, and Ankeny, picking up day campers each morning in ISU vans starting at 7:15 and dropping them off in the afternoon starting at 4:45. Direct drop-off and pick-up of day campers is available. Information about transportation, locations, and times is given to parents upon registration.



**JUNE 6-10 BUGGIN' OUT** Explore the creepy crawly adventures in a bug's life as we go on a bug safari and visit the Insect Zoo.

**JUNE 13-17 SILLY SCIENCE** Join our camp scientists for a wild week of ooey gooey silly science experiments.

**JUNE 20-24 4-H CAMP'S GOT TALENT** Get creative: sing songs, create a play, move to the music, paint, and design a T-shirt.

**JUNE 27-30 LITTLE ROCK CLIMBERS** (short week) Conquer the climbing tower, climb like a monkey on the ropes course, and zoom like a superhero on the little zip line. Learn safety with harnesses, helmets, and rope knots.

**JULY 6-8 DOWN THE RABBIT HOLE** (short week) Join Alice and friends for our very own Wonderland with a tea party, lawn croquet, and furry friends

**JULY 11-15 WIZARD WONDERS** Join us for a spell casting good time: create potions, design a wand, and learn magic tricks. Enjoy visits from owls, dragons, and wizard friends.

**JULY 18-22 SPLASH BASH** Let's get soakin' wet! Go creek stomping, pond canoeing, and slip 'n sliding. Water will be the main attraction this week.

**JULY 25-29 IRON KIDS** On your marks, get set, GO! We will run, skip, hop, and swim with fun games and sporting events.

**AUGUST 1-5 SUMMER SAMPLER** Revisit your favorite activities and games as we sample the best of day camp 2011!

**DAY CAMP PLUS** Make your week of day camp last longer. Four weeks also offer a Friday night at camp, including: dinner, a night swim, a campfire program, and a night in a cabin with other day campers and staff. Saturday includes breakfast and games. Parents come at 10:00 a.m. for the all-camp closing ceremony. For day campers of all ages.

**WEEK 2+ JUNE 17-18; WEEK 3+ JUNE 24-25; WEEK 7+ JULY 22-23; WEEK 8+ JULY 29-30**

# Resident Camp

## HOME AWAY FROM HOME.

Enjoy camping in a cabin with carpeted floor, electricity, air conditioning, and bunk beds (bathrooms and showers are in the main lodge, a few steps away). Cabin placement is by gender and age (at least two counselors per cabin). All campers eat nutritionally balanced meals in Linden Lodge dining hall (vegetarian options available; camp is peanut-free). Our kitchen staff accommodates needs of children with allergies.



## DAILY RESIDENT CAMP SCHEDULE

7:15 AM RISE & SHINE FLAG RAISING	8:00 AM BREAKFAST	8:45 AM MORNING Huddle	9:15 AM SPECIALTY CAMP PROGRAM ACTIVITIES	12:00 noon LUNCH	1:00 PM FREE SWIM
2:00 PM CAMP STORE	3:45 PM CABIN CHOICE TIME	6:00 PM DINNER FLAG LOWERING	7:15 PM EVENING ALL-CAMP ACTIVITIES	8:30 PM CABIN CHATS READY FOR BED	10:30 PM LIGHTS OUT

**DISCOVER CAMP AGES 7-9** The perfect first-time camp. Enjoy favorite camp activities, including creek walks, archery, climbing the tower, and crafts. **WEEK 1, 6, 8, 10: \$220 (M) / \$250 (P)**

**NEW! NATURE INVESTIGATORS AGES 7-9** Bugs, birds, beasts, and beyond! Come investigate camp with our nature experts. **WEEK: 3, 9: \$220 (M) / \$250 (P)**

**GROSSOLOGY AGES 8-11** You will mud slide, creek stomp, explore pond life, and get gooey. **WEEK 4: \$337 (M) / \$367 (P) WEEK 5: \$277 (M) / \$307 (P)**

**TRY IT OUT AGES 8-14** Try as many different camp activities as you can in a half-week: outdoor camping, nature center, shooting sports, challenge course, waterfront, and crafts. **WEEK 1, 10: \$220 (M) / \$250 (P); WEEK 4: \$337 (M) / \$367 (P); WEEK 5: \$277 (M) / \$307 (P)**

**TECHNOMANIA AGES 9-12** Launch rockets, design robots, use GPS units on scavenger hunts, and more while exploring science and technology! **WEEK 1, 9: \$220 (M) / \$250 (P)**

**INSIDE OUT AGES 9-11** You will cook, eat, spend a night in tents, and play outdoors. Learn to set up your tent, be safe around a fire, hike to the river, and make crafts out of things found in nature. **WEEK 3: \$422 (M) / \$452 (P)**

**CREATIVITY CAMP AGES 9-12** Explore tie-dyeing, pottery, leather craft, scrapbooking, beadwork, and drama. **WEEK 2, 7, 9: \$442 (M) / \$472 (P)**

**HIGH ADVENTURE AGES 9-12** Practice your skills on two sides of our 50-foot climbing tower and high ropes course including our 30-foot tall zip line. **WEEK 5: \$277 (M) / \$307 (P); WEEK 8: \$422 (M) / \$452 (P)**

**NEW! MAD SCIENCE AGES 9-12** Create kooky inventions, gooey concoctions, and exciting experiments in our camp science lab. **WEEK 3, 6, 8: \$432 (M) / \$462 (P)**

**EVERYTHING CAMP AGES 9-14** Having a hard time picking just one camp? Then come to this camp and sample EVERYTHING the camp has to offer. **WEEK 2, 3, 6, 7, 8, 9: \$399 (M) / \$429 (P)**

**M = 4-H MEMBER**

**P = PROGRAM PARTICIPANT**

**HOMESTEADERS AGES 10-13** Live like a pioneer: sleep at the log cabin homestead, cook over the fire, pan for gold, make frontier crafts, and practice archery. Also explore Native American life and visit the Iowa Historical Center in Des Moines. **WEEK 4: \$353 (M) / \$383 (P) WEEK 7: \$432 (M) / \$462 (P)**

**NEW! SPORTS SPECTACULAR AGES 10-13** The ultimate sports camp. You'll play everything from soccer to ultimate Frisbee with camp sporting pros. **WEEK 3, 8: \$432 (M) / 462 (P)**

**SUPER SOAKIN' AGES 10-14** Enjoy creek walks, water balloon volleyball, the slip 'n slide, canoeing, kayaking, and snorkeling. Visit the lake at Big Creek and the water park in Ames. **WEEK 2, 7, 9: \$432 (M) / \$462 (P) WEEK 4: \$337 (M) / \$367 (P)**

**NEW! OUTDOOR IRON CHEF AGES 10-14** Learn outdoor cooking basics with a variety of food from cookies to pizza. **WEEK 6, 8: \$442 (M) / \$472 (P)**

**HORSE'N AROUND AGES 10-14** Learn safety, horse basics, and riding skills for four hours each day from the staff at Camp Hantesa for both beginner and intermediate riders (focus is on English style). **WEEK 2, 9: \$590 (M) / \$620 (P)**

**NEW! YOU ARE WHAT YOU EAT! AGES 10-14** Whip up tasty treats and crazy concoctions as you explore 4-H food and nutrition activities in the 4-H camp kitchen. **WEEK 1, 10: \$230 (M) / \$260 (P)**

**TRAIL TREKKERS AGES 11-13** Pitch a tent, cook over an open fire, use GPS, and hike all over camp. **WEEK 5, 10: \$277 (M) / \$307 (P)**

**HISTORY DETECTIVES AGES 11-13** Investigate a Native American wigwam, a pioneer homestead, a Civil War camp, and a local history museum. Enjoy making pottery, practice archery, and learn about Iowa's past from a history expert. **WEEK 5: \$277 (M) / \$307 (P)**

**JUST 4 GIRLS AGES 11-13** Play games, make crafts, bake cookies, do hair and nails, get modeling and fashion tips, and try a mud facial on the creek walk. **WEEK 6: \$442 (M) / 472 (P)**

**READY, AIM, SHOOT AGES 11-14** Sample archery, atlats, air rifles, muzzleloaders, and skeet shooting with shot guns. Action-packed! **WEEK 2, 7: \$432 (M) / \$462 (P)**

**CLIMB & CANOE AGES 12-14** Spend two days climbing the tower, scaling the high ropes, and flying down the zip line. Then spend two days canoeing on the camp pond and down the Des Moines River. **WEEK 4: \$337 (M) / \$367 (P)**

**PACK 'N PADDLE AGES 12-14** Master backpacking and canoeing. Hike deep into camp wilderness and set up camp with our outdoor experts. Practice canoeing on the pond, then canoe down the Des Moines River and camp on the riverbank. **WEEK 6: \$432 (M) / \$462 (P)**

**UN-CAMP AGES 12-14** Expect the Un-expected like extra pool time, a movie and pizza night, twice the store visits, and ice cream at breakfast. **WEEK 2, 7, 9: \$442 (M) / \$472 (P)**

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**NEW! STAR BIZARRE AGES 13-15** Night hikes, star spinning, campfires, and sleeping in during this late night camp. **WEEK 5: \$277 (M) / \$307 (P)**

**X-TREME CAMP AGES 13-15** An X-treme adventure: hike, fish, canoe down the river, sleep under the stars, test your outdoor survival skills in GPS, wildlife ID, fire building, trail marking, and wilderness first aid. Learn to survive in the WILD. **WEEK 8: \$432 (M) / \$462 (P)**

**VERTICAL CHALLENGE AGES 13-16** Challenge yourself with new ways to climb the 50-foot tower and high ropes course (by day and by night), try the dangle duo, and master the 360-foot mega zip! Learn knot tying and practice equipment maintenance. **WEEK 3, 6: \$422 (M) / \$452 (P)**

**NIGHT OWLS AGES 13-15** Experience twilight pool parties, star spinning, night climbing, and campfire stories late at night. You'll even take a late night trip out of camp. **WEEK 9: \$442 (M) / \$472 (P)**

**NEW! ANYTHING GOES! AGES 14-16** Love camp, but just want to hang out with friends? Then make your own plan with help from your awesome counselors. **WEEK 1, 10: \$240 (M) / \$270 (P) WEEK 4: \$361 (M) / \$391 (P)**



## Family Camp

### **GIRLS NIGHT OUT FEMALES AGES 7 AND UP**

Spend the day with Mom (or grandmas, aunts, etc.) relaxing at camp. Enjoy a spa event, crafts, campfires, cooking, swimming, climbing, archery, and tea-time. Take time to build your special relationship. **JUNE 11-12 \$85/PERSON**

### **DAD & ME CAMP MEN AGES 18+ AND KIDS AGES 6-12**

This camp is for dads (or grandpas, uncles, etc.) and their sons/daughters to experience a memorable weekend together at camp: climbing tower, swimming, archery, nature hike, campfire, outdoor cooking, creek walk, leather craft. **JULY 16-17 \$85/PERSON**

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# Leadership Program

**NEW! LEADERSHIP CAMP AGE 15** This week long camp provides hands-on training, observations, and practice. You learn leadership skills, safety, youth development strategies, camp operation procedures, and camp traditions. Also participate in advanced camp activities for teambuilding, mega zip line, and outpost camping. **WEEK 2, 3, 7, 8, 9: \$432 (M) / \$462 (P)**

**CIT TRAINING CAMP AGES 16-18** To participate in CIT fieldwork, you must attend one of the training camps. Training includes: safety and supervision, handling undesired behavior and conflicts in positive ways, dealing with homesickness, leading activities, working as a team, and problem solving skills. Both full-time professional staff and college-age summer staff lead this training. **SELECT ONE SESSION: MAY 14, 1:00 P.M. TO MAY 15, 11:00 A.M., MAY 21, 1:00 P.M. TO MAY 22, 11:00 A.M., OR JUNE 9, 4:00 P.M. TO JUNE 10, 2:00 P.M. FEE: \$35**

**COUNSELOR IN TRAINING (CIT) 1: LEVEL 1 FIELDWORK REQUIREMENTS: BE 16 BY JUNE 1, 2011 AND ATTEND A CIT TRAINING CAMP IN 2011.** CIT 1 campers get hands-on experience working with the 4-H Center's Day Camp program for 6-10 year olds. (Limit 2 weeks participation). **WEEK 2, 3, 6, 7, 8, 9: \$130; WEEK 4, 5: \$110**

**COUNSELOR IN TRAINING (CIT) 2: LEVEL 2 FIELDWORK REQUIREMENTS: BE 17 BY JUNE 1, 2011 AND ATTEND A CIT TRAINING CAMP IN 2011.** CIT 2 campers are assigned to a cabin for the week to get hands-on experience with the 4-H Center's Resident Camp program. CIT 2 campers shadow their cabin counselors, living with them and the 7- to 13-year-old campers. (Limit of 3 weeks participation). **WEEK 2, 3, 6, 7, 8, 9: \$130; WEEK 4, 5, 10: \$110;**

**JUNIOR STAFF JUNIOR STAFF REQUIREMENTS: MUST FILL OUT A JUNIOR STAFF APPLICATION FOUND AT [WWW.IOWA4HCAMP.COM](http://WWW.IOWA4HCAMP.COM) AND BE 18 BY JUNE 1, 2011** Applications must be received at the camp office by April 30, 2011. For more information, contact the camp office.

## Wilderness Trips

If you're 14-18 years old, in good health, enjoy challenging yourself, and love camping and the outdoors, then make one of these wilderness trips your next adventure! Call the Iowa 4-H Center to register for these camps. Locations to be determined.

**WILDERNESS CANOE TREK AGES 14-18** Explore the Boundary Waters Canoe Area Wilderness in northeast Minnesota. You will paddle across lakes, portage canoes and packs, fish for fun and food, read maps, use a compass, live in tents without leaving a trace, cook in the wild, and learn about the area's ecology. Tents, backpacks, canoes, cooking gear, food, and transportation from the Iowa 4-H Center are all provided. Leaders: Katie Hammond and Dan Cohen. **JUNE 25-JULY 2, FEE: \$400**

**YOUTH BACKPACK TREK AGES 14-18** Backpack with us through the Porcupine Mountains in Michigan's upper peninsula. You'll learn about wilderness ethics, outdoor living skills, and natural history while exploring miles of trails. Tents, backpacks, cooking gear, food, and transportation from the Iowa 4-H Center are all provided. Leaders: Laura Semken and Lowell DeVries. **JULY 2-9, FEE \$400**

**YOUTH HORSEPACKING TREK AGES 14-18** Wind through scenic mountain trails on the ultimate high country adventure! You will spend four nights in a fully furnished high country camp and five days traversing mountain trails, becoming horse experts, and fishing in mountain lakes. Leaders: Rick Ruble and Sondra Cabell. **JULY 23-30; \$900**





# REGISTRATION INFORMATION

**ONLINE** – Visit our website at [www.iowa4hcamp.com](http://www.iowa4hcamp.com) and click the Register Online button for paperless registration.

**MAIL** – Complete both sides of this form for EACH camper. Copy as needed. This registration form is available to print from our website under summer camp>registration form. Please PRINT LEGIBLY all information. Send registration form and deposit to Iowa 4-H Center, 1991 Peach Avenue, Madrid, Iowa 50156.

**FAX** – Complete both sides of this form for EACH camper. Copy as needed. Please PRINT LEGIBLY all information. Fax both sides of registration form with credit card information to (515) 795-2107. Please call to verify that your fax was received. PHONE registrations are NOT accepted.

**4-H membership is not required to participate in Iowa 4-H Center summer camps. Registrations are processed in the order received at the 4-H Camp office. Questions? Call (515) 795-3338.**

**PARENT PACKET** All registered campers will receive a Parent Information Packet in the mail or by email, as requested, on or after March 1, 2011. This packet includes important forms and other information regarding your child's camping experience. These forms must be filled out, signed, and mailed back to the Iowa 4-H Center at least two weeks before the camp begins. Forms will also be available to download at [www.iowa4hcamp.com](http://www.iowa4hcamp.com).

**PHYSICAL FORMS** To comply with our ACA Health Standard, each camper must provide camp with a physical signed by a physician within the previous 24 months of camp. These forms must be complete and sent to camp at least two weeks prior to check-in.

**REGISTRATION CONFIRMATION** Registrations are processed in the order they are received. As soon as your registration form and deposit have been received, we mail you a registration confirmation with an invoice of your fees. If the session you prefer is full, we contact you to determine if you'll enroll in another session or go on a waiting list. Once registered, a \$25 fee is charged for each session change you request after May 15.

**CANCELLATIONS AND REFUNDS** **Cancelled by us:** Receive a full refund. If we cancel the camp you register for, we help you select another session. If another camp will not work, you receive a full refund. **Cancelled by you:** Receive a refund of all but the deposit as long as the cancellation is made in writing at least two weeks prior to the beginning of your child's camp session. Program fees will not be refunded after that date unless accompanied by a doctor's authorized medical reason. No refunds are given if your child leaves early due to homesickness or disruptive behavior as determined by the Camp Director. All refunds are disbursed in the same form as payment was made.

## Camp is for Everyone

Families can apply to the Iowa 4-H Foundation for **financial help to attend our summer camp sessions**. 4-H membership is not required. Assistance is based on financial need and the total number of applicants. Families must pay their own registration deposit (\$50 or \$75) per camper. The 4-H Camp Financial Assistance Application and Guidelines are available at your local ISU Extension office or can be downloaded at: [www.iowa4hcamp.com](http://www.iowa4hcamp.com). Return the completed application and a copy of your camp registration form to your county Extension office by MARCH 1. Applicants will be notified by March 25, after which the original camp registration form and deposit can be sent to the Iowa 4-H Center.

**Gifts to the Iowa 4-H Foundation** help provide support for camperships, maintenance, and facility improvements. Learn more at: [www.iowa4hfoundation.org](http://www.iowa4hfoundation.org) or call (515) 294-1537.

**Reserve camp for a weekend retreat or group event.** Consider the Iowa 4-H Center for your adult conferences or retreats, professional meetings, youth groups, church groups, family reunions, and other events. Call the camp office to request a retreat brochure with details and information on fees, lodging, activities, and other amenities.

**Mark your calendars! Spring Volunteer Day, Saturday, April 30, 2011, 9:00 a.m. to 3:00 p.m., rain or shine!** Projects for all skill levels. Continental breakfast and lunch provided for all volunteers. Learn more at (515) 795-3338.

# IOWA 4-H CENTER

1991 PEACH AVENUE • MADRID, IA 50156

IOWA STATE UNIVERSITY  
University Extension

