Get Moving Get Healthy

4-H Fun & Fitness Days

At our National Parks

2016 marks the National Park Service’s 100th Anniversary. Come celebrate with 4-H by

CONNECTING WITH NATURE and ENJOYING A HEALTHY LIVING FAMILY DAY

Spring in the SOUTH – Cape May National Wildlife Refuge: Hikers & Birders

Sunday, April 17th from 2-4pm at Visitors’ Center, Two Mile Beach Unit, Ocean Drive, Wildwood Crest

(Phone: 609-463-0994 Website: www.fws.gov/northeast/capemay)

Designated as one of the top 10 spots in North America for birding. Four foot trails: Songbird, Woodcock, Cedar Swamp, Marsh & Dune Trail. Best place on the East Coast to view migrating birds. Great for bird photography.

Summer in CENTRAL – Gateway National Recreation Area: Swimmers, Bikers, Rollerbladers & Skateboarders

Thursday, August 25th from 10am on at Visitors’ Center -Spermaceti Cove, Sandy Hook Unit, 128 South Hartshorne Dr., Highlands

(Phone: 732-872-5970 Website: www.nps.gov/gate)

Enjoy the five miles of multi-use paths by foot or on wheels, then cool off with a swim at one of Sandy Hook’s five beaches. Plan a healthy picnic. Visit historic Fort Hancock, the Lighthouse, and the Bird Observatory while you’re here. Meet at the historic Spermaceti Cove Visitors’ Center at 10am for a Park Ranger program. Parking lots fill so plan to arrive early!

Fall in the NORTH – Delaware Water Gap: Hikers, Paddlers & Anglers

Saturday, September 17th from 11am on at the Dining Hall, L.G. Cook 4-H Camp, 100 Struble Rd., Branchville

(Phone: 973-948-3550 Website: www.nj4hcamp.rutgers.edu)

Park theme “The River, The Valley, and You”. DWG celebrated their 50th anniversary in 2015. Over 70,000 acres which include mountains, a historic village, and agricultural fields that have been farmed for over 100 years. For advanced hikers: trek from camp into the National Park to Buttermilk Falls and back. Small hike available for the novice. Boating and fishing available, too. (In addition, for a fee families can enjoy dinner, a campfire and evening activities, and stay overnight in a cabin at 4-H camp. Contact camp directly for more information.)

Print Name of Youth ____________________________ County ____________________________

Street_______________________________________ Town_______________________ Zip ______________

Telephone__________________ Grade ______

Print Email ________________________________________________________________

Family Info: # of Adult Participants _______ # of Youth Participants including yourself _______

Circle 1, 2 or 3 - Registration Deadlines: SOUTH = April 11 CENTRAL = August 8 NORTH = September 2

Return Registration form with signed Event Permission forms to: RCE of Monmouth County - 4-H; 4000 Kozloski Road, PO Box 5033, Freehold, NJ 07728-5033 Att: Virginia Fax:732-409-4813 Questions? Call 732-431-7260 x7267

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