

ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF June 2nd – June 6th, 2025

“Lights, Camera, Chapter: Movie + Cinema Week”

Monday, June 2nd:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	MP: Action Drama	Gym: Castle Ball	MP: Poison Dart Frog	Gym: Captain Midnight	Lunch/ Down Time	Playground	MP: Electricity	Gym: Fire, Thunder, Lightning	Gym: Camper's Choice	Snack	Classroom: Making Rain Sounds	Merge w/ASX
Group 2															

Tuesday, June 3rd:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	MP: Airplane Toss	Gym: Fox in the Henhouse	Bookmarks + Movie Posters	Gym: Handball	Lunch/ Down Time	Playground	MP: Chief	Gym: Parachute Games	Gym: Human Bowling	Snack	Classroom: Clapping Clues	Merge w/ASX
Group 2															

Wednesday, June 4th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:05	2:05-4:30		4:30-6:00
Group 1	Choice Play	Snack	Playground	MP: Ghost in the Graveyard	Gym: Islands	Classroom: Storybook Theater	Gym: Steal the Bacon	Lunch/ Down Time	Playground	MP: Go Noodle Brain Break/ Get Ready for Pool	Pick Up from Site: 2:05pm Buffaloe Road Aquatic Center 2:25pm-4:10pm Pick Up from Trip: 4:10pm Return to Site: 4:30pm		Merge w/ASX
Group 2													

Thursday, June 5th: Wear Blue Field Trip Shirt!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-2:30		2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	MP: Mingle	Gym: Snowball Alley	MP: Movie Premiere	Lunch	Pick Up from Site: 12:00pm TriGolf 12:30pm-2:00pm Pick Up from Trip: 2:00pm Return to Site: 2:30pm		Snack	Playground	Classroom: Movie Trivia	Merge w/ASX
Group 2													

Friday, June 6th: Dress Up as your Favorite Book or Movie Character!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	MP: In the River + On the Bank	Gym: Kingpin	MP: Silent Ball	Gym: SWAT	Lunch/ Down Time	Playground	Storybook Scavenger Hunt	Gym: Protect the President	Gym: Dr. Dodgeball	Snack	MP: Character Charades	Merge w/ASX
Group 2															

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE		SPECIAL ACTIVITY
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ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF June 9th – June 13th, 2025

“Galaxy Explorers Week”

Monday, June 9th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	MP: In the River + On the Bank	Gym: Battleship	MP: Balloon Rocket Race	Gym: Camper's Choice	Lunch/ Down Time	Playground	MP: 4 Corners	Gym: Cat + Mouse	Gym: Toxic Blast	Snack	Classroom: Human Memory	Merge w/ASX
Group 2															

Tuesday, June 10th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	MP: Catch- Throw-Sit	Field: Meteor Toss	Constellation Art	Gym: Obstacle Course	Lunch/ Down Time	Playground	Cosmic Yoga- On the Moon	Gym: What Time Is It Mr. Fox?	Gym: Shipwreck	Snack	Classroom: Concentration	Merge w/ASX
Group 2															

Wednesday, June 11th: Wear Blue Field Trip Shirt!

	7:00-7:30	7:30-3:30												3:30-4:00	4:00-6:00
Group 1		Pick Up from Site: 7:30am Kaledium 9:30am-1:30pm Pick Up from Trip: 1:30pm Return to Site: 3:30pm												Snack	Merge w/ASX
Group 2															

Thursday, June 12th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	MP: Mother May I	Gym: Line Tag	MP: Alien Scavenger Hunt	Gym: Zero Gravity Relay Race	Lunch/ Down Time	Playground	MP: Rock, Paper, Scissors Evolution	Gym: Planet Hop	Gym: Alien Invasion	Snack	MP: Categories	Merge w/ASX
Group 2															

Friday, June 13th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	MP: Night at the Museum	Gym: Asteroid Dodge	MP: Magnet Races	Gym: Obstacle Course	Lunch/ Down Time	Playground	Classroom: Space Bingo	Gym: Crocodile Island	Gym: Camper's Choice	Snack	MP: Telephone	Merge w/ASX
Group 2															

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE		SPECIAL ACTIVITY
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ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF June 16th – June 20th, 2025

“DIY: Shark Tank Edition Week”

Monday, June 16th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:30	11:30-12:30	12:30-1:00	1:00-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Playground	Gym: Shark Attack	DIY Sidewalk Chalk	Lunch/ Down Time	Gym: Obstacle Course	Shark Tank: Present Your Idea	Gym: Garbage Ball	Gym: Camper's Choice	Snack	Field: Hula Hoop Freeze Tag	Classroom: Guess the Word	Field: Camper's Choice	Classroom: Choice Play OR Playground
Group 2					Playground										

Tuesday, June 17th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Cats in the Corner	Gym: Line Tag	DIY Soap + Sugar Scrub	Playground	Gym: Obstacle Course	Lunch/ Down Time	Playground	Ice Cream in a Bag	Field: Pass the Hula Hoop	Gym: Run Rabbit Run	Snack	Shark Tank: Make It, Sell It	Field: Human Ring Toss	Classroom: Who Moved?	Classroom: Choice Play OR Playground
Group 2																	

Wednesday, June 18th: Wear Blue Field Trip Shirt!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Jedi Dodgeball	Gym: Spiderball	Classroom: Find the Marble	Pick Up from Site: 11:15am Go Ape @ Blue Jay Point Park 11:30am-2:30pm Pick Up from Trip: 2:30pm Return to Site: 2:45pm	Snack	Gym: Cross the Frozen Pond	Gym: Camper's Choice	Classroom: Name That Tune	Classroom: Choice Play OR Playground
Group 2											

Thursday, June 19th:

No Track Out Program – City Holiday											
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Friday, June 20th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:30	12:30-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Playground	Gym: Hungry, Hungry, Hippo	DIY Candle Making	Field: Cat + Mouse	Lunch/ Down Time	Gym: Camper's Choice	Playground	Shark Tank: Market	Shark Tank: Shoppers	Field: Red Light, Green Light	Snack	Gym: Choice Play	Field: Duck, Duck, Goose	Classroom: Name 5	Playground
Group 2										Shark Tank: Shoppers	Shark Tank: Market						

 ARTS / CRAFTS	 FOOD EXPERIENCE	 DANCE / DRAMA / MOVEMENT	 FIELD TRIP	 CLINIC / SPECIALIST	 SCIENCE / NATURE	 SPECIAL ACTIVITY
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ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF June 23rd – June 27th, 2025

“Drip Drop Days Week”

Monday, June 23rd:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:30	12:30-1:45	1:45-2:45	2:45-3:15	3:15-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Alien Invasion	Playground	Gym: Hot Shots	Watercolor Art	Lunch/ Down Time	Athletics Specialist (12:30-1:30)	Classroom: Choice Play	Classroom: Color Changing Potion	Gym: Fox in the Henhouse	Snack	Field: Steal the Bacon	Classroom: Picture Frame	Classroom: Choice Play OR Playground
Group 2								Classroom: Choice Play	Athletics Specialist (1:45-2:45)						

Tuesday, June 24th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Guard the Castle	Playground	Gym: Torpedo	Dancing Spaghetti	Gym: Stormy Sea	Lunch/ Down Time	Playground	Gym: Asteroids	Gym: Yoga	Gym: Spud	Snack	Field: Sponge Target Practice	Field: Water Balloon Hot Potato	Classroom: Dog + Bone	Classroom: Choice Play OR Playground
Group 2																	

Wednesday, June 25th: Wear Blue Field Trip Shirt!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-1:30					1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Cross the Ocean	Classroom: Electricity	Pick Up from Site: 10:30am Pullen Park 11:00am-1:00pm Pick Up from Trip: 1:00pm Return to Site: 1:30pm					Lunch	Down Time	Gym: Dead Ant	Gym: Musical Hoops	Snack	Field: Leaky Cup Relay	Classroom: Name the Tune	Classroom: Choice Play OR Playground
Group 2																	

Thursday, June 26th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:30	1:30-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Cross Over Dodgeball	Playground	Ice Cube Painting	Field: Wacky Waiter	Gym: Mat Ball	Lunch/ Down Time	Gym: Fish Gobbler	Water Obstacle Course	Gym: Houdini Hoops	Snack	Field: Giant Kerplunk	Classroom: Going on a Picnic	Classroom: Choice Play OR Playground
Group 2															

Friday, June 27th: Water Play! Bring a Change of Clothes!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Camper's Choice	Playground	Sprinkler Tag	Sprinkler Freeze Dance	Electronic Time	Lunch/ Down Time	Playground	Classroom: Quack, Quack	Gym: Banana Tag	Gym: Choice Play	Snack	Gym: Sharks and Minnows	Electronic Time	Field: Over Under Relay	Playground
Group 2																	

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE		SPECIAL ACTIVITY
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Abbotts Creek Track Out

Track 1 - Week 1 — Lights, Camera, Chapter: Movie + Cinema



Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Rest Time Items

Weekly Program Information!

Wednesday, June 4th 2:05pm-4:30pm

Buffaloe Road Aquatic Center

5908 Buffaloe Road, Raleigh, NC, 27616

919-996-5600

Participants will be visiting a City of Raleigh swimming pool facility! Please pack a bathing suit and towel for all pool trips. Children are permitted to wear flip-flops to and from the pool ONLY. A swimming test will be administered for EVERY participant. If a child does not take the swim test or does not pass the test, they will be required to wear a lifejacket. Participants who pass the swim test will be required to wear a **GREEN** wristband (**GREEN=GO**).

Thursday, June 5th 12:00pm-2:30pm

TriGolf

12201 Leesville Road, Raleigh, NC, 27613

919-838-7200

TriGolf is home to the First Tee of the Triangle program where enthusiastic coaches teach the skills of golf to youth of all ages and abilities. Their caring staff provide a fun and safe environment for helping to develop confidence and life skills through the game of golf! Participants will have the opportunity to learn basic golf skills through a beginner lesson, as well as a series of fun, interactive activities! Participants should wear comfortable clothing & closed-toe shoes.

Abbotts Creek Track Out X-Press

919-996-4763

Program Manager: Candice Moore

Assistant Program Manager(s): Melanie Ramsey; Justin Wilks

*Remember your
GREEN & WHITE key
tag or Photo ID when
picking up participants*

Abbotts Creek Track Out

Track 1 - Week 2 — Galaxy Explorers



Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Rest Time Items

Weekly Program Information!

Wednesday, June 11th 7:30am-3:30pm

Kaledium (Winston-Salem)

120 West 3rd Street, Winston-Salem, NC, 27101

336-767-6730

Participants will spend the day exploring the Kaledium Museum where they will experience a world of exploration and adventure through play and learning. Admission includes access to Museum exhibits where opportunities abound to learn about the wonders of the natural world, outer space, human biology, technology & science through a variety of hands-on exhibits and interactive displays. Lunch will be eaten at Kaledium, so participants should pack a bagged lunch and snacks that can travel and do NOT need refrigeration!

Abbotts Creek Track Out X-Press
919-996-4763

Program Manager: Candice Moore
Assistant Program Manager(s): Melanie Ramsey; Justin Wilks

*Remember your
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picking up participants*

Abbotts Creek Track Out

Track 1 - Week 3 — DIY: Shark Tank Edition



Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Rest Time Items

Weekly Program Information!

Wednesday, June 18th 11:15am-2:45pm

Go Ape

3200 Pleasant Union Church Road, Raleigh, NC, 27614
919-216-4635

Participants will get to experience nature and the outdoors in a fun, new way on a ropes course among the trees! Staff will accompany Participants on an introduction-level ropes course located within Blue Jay Point Park. **This trip will require a waiver to be signed by each child's Parent/Guardian and Participants must wear shoes that are both closed-toe & closed-heel.**

Thursday, June 19th—City Holiday (NO Track Out Program)

Abbotts Creek Track Out X-Press

919-996-4763

Program Manager: Candice Moore

Assistant Program Manager(s): Melanie Ramsey; Justin Wilks

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Abbotts Creek Track Out

Track 1 - Week 4 — Drip Drop Days



Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Rest Time Items

Weekly Program Information!

Wednesday, June 25th 10:30am-1:30pm

Pullen Park

520 Ashe Avenue, Raleigh, NC, 27606

919-996-6468

At Pullen Park, Participants will get to ride the old-fashioned Carousel and replica C.P. Huntington Train and will have unlimited access to the various Park & playground areas!

Thursday, June 26th 12:30pm-1:30pm (Group 1); 1:45pm-2:45pm (Group 2)

City of Raleigh Athletics Specialist

Abbotts Creek Track Out X-Press

919-996-4763

Program Manager: Candice Moore

Assistant Program Manager(s): Melanie Ramsey; Justin Wilks

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