

ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 2

WEEK OF August 19th – August 23rd, 2024

“Color FUN Week”

Monday, August 19th: Wear something RED!

	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	Gym: Four Square	Playground	Gym: Parachute Ping Pong	Classroom: Jeopardy	Field: Color Tag	Lunch/ Down Time	Field: Color Sorting Relay	Splatter Mural	Gym: Paper Plate Relay	Playground	Gym: Hula Hoop Hot Potato	Snack	Classroom: Choice Play or Playground
Group 2															

Tuesday, August 20th: Wear something YELLOW!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:45	11:45-2:05		2:05-2:30	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: Hula Pass	Field: Silly String Tag	Gym: Fire, Thunder, Lightning	Lunch/ Change Clothes	Pick Up from Site: 11:45am Ridge Road Pool 12:15pm-1:30pm Pick Up from Trip: 1:35pm Return to Site: 2:05pm		Down Time	Playground	Snack	Gym: Camper's Choice	Classroom: Find the Marble	Gym: Line Tag	Classroom: Choice Play or Playground
Group 2															

Wednesday, August 21st: Wear something GREEN!

	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: Pinball Knock Out	Playground	Classroom: Electricity	Classroom: Concentration	Playground	Lunch/ Down Time	Field: Egg and Spoon Race	Classroom: Pictionary	Classroom: Heads Up, Sevens Up	Gym: Survival Tag	Gym: Dr. Dodgeball	Snack	Field: Head, Shoulders, Knees + Cones	Classroom: Poison Dart Frog	Classroom: Choice Play or Playground
Group 2																	

Thursday, August 22nd: 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	11:15-12:15	12:15-2:45					2:45-3:15	3:15-3:45	3:45-4:15	4:15-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Hideout	Playground	Coffee Filter Flowers (Part 1)	Lunch/ Down Time	Pick Up from Site: 12:15pm Galaxy Fun Park 12:30pm-2:30pm Pick Up from Trip: 2:30pm Return to Site: 2:45pm					Classroom: Coffee Filter Flowers (Part 2)	Snack	Gym: Parachute Games	Field: Egg Roulette	Classroom: Choice Play or Playground
Group 2																

Friday, August 23rd: Wear something MULTICOLORED!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:30	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: Cross the Ocean	Playground	Classroom: Charades	Rainbow Milk	Lunch/ Down Time	Playground	Classroom: Best Of	Field: Human Bowling	Gym: Spud	Gym: Rock, Paper, Scissors Tag	Snack	Field: Steal the Bacon	Classroom: Walmart	Classroom: Choice Play or Playground
Group 2																

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE		SPECIAL ACTIVITY
--	---------------	---	-----------------	---	--------------------------	--	------------	---	---------------------	---	------------------	---	------------------

ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 2

WEEK OF August 26th – August 30th, 2024

“Abbotts’ Summer Olympics Week”

Monday, August 26th: Soccer – Wear your favorite soccer jersey!

	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: Red Light, Green Light	Playground	Gym: Captain Midnight	Playground	Growing Olympic Crystals	Lunch/ Down Time	Gym: Mission Impossible	Classroom: Mafia	Field: Zip, Zap, Zoop	Gym: Spud	Classroom: Statues	Snack	Gym: Camper's Choice	Classroom: Good Morning, Mr. Judge	Classroom: Choice Play or Playground
Group 2																	

Tuesday, August 27th: Ultimate Tag

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-12:20							12:20-1:20	1:20-2:00	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	Pick Up from Site: 10:00am Buffaloe Road Aquatics Center 10:15am-12:00pm Pick Up from Trip: 12:05pm Return to Site: 12:20pm							Lunch/ Down Time	Oreo Cookie Medals	Gym: Wall Ball	Field: Ultimate Tag	Snack	Gym: Parachute Games	Merge with ASX
Group 2																	

Wednesday, August 28th: Handball

	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	Gym: Handball	Playground	Gym: Dr. Dodgeball	Field: Fox in the Henhouse	Classroom: Name 5	Lunch/ Down Time	Playground	Classroom: Secret Word	Gym: What time is it Mr. Fox?	Gym: Spiderball	Snack	Classroom: Sausage	Merge with ASX
Group 2															

Thursday, August 29th: Swimming – Wear Blue Field Trip Shirt!

	7:00-8:30	8:30-9:10	9:10-12:50							12:50-2:00	2:00-3:00	3:00-3:30	3:30-4:00	4:00-5:00	5:00-6:00
Group 1	Choice Play	Snack	Pick Up from Site: 9:10am Carolina Tiger Rescue 10:00am-12:00pm Pick Up from Trip: 12:00pm Return to Site: 12:50pm							Lunch/ Down Time	Playground	Gym: Minefield	Snack	Classroom: Poison Dart Frog	Merge with ASX
Group 2															

Friday, August 30th: Archery

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:30	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	Gym: Kid Archery	Playground	Gym: Guard the Castle	Classroom: Electricity Classroom: Ducks Fly	Lunch/ Down Time	Bruster's Ice Cream	Playground	Classroom: Who's Missing	Gym: Tic Tac Toe Relay	Snack	Classroom: Dog + Bone	Merge with ASX
Group 2														

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE		SPECIAL ACTIVITY
--	---------------	---	-----------------	---	--------------------------	--	------------	---	---------------------	---	------------------	---	------------------

ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 2

WEEK OF September 2nd – September 6th, 2024

“Splish, Splash Water Week”

Monday, September 2nd:

No Track Out Program – City Holiday															
-------------------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Tuesday, September 3rd: 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	4:00-6:00
Group 1	Choice Play	Snack	Gym: Block 'N' Bowl	Playground	Gym: Battle Ball	Field: Water Balloon Race	Field: Water Balloon Pinata	Lunch/ Down Time	DIY Boats	Field: Sponge Race	Classroom: Mingle	Gym: Alien Invasion	Snack	Classroom: Frogs + Fly	Merge with ASX
Group 2															

Wednesday, September 4th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-12:20						12:20-1:30	1:30-2:00	2:00-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	Pick Up from Site: 10:00am Buffaloe Road Aquatics Center 10:15am-12:00pm Pick Up from Trip: 12:05pm Return to Site: 12:20pm						Lunch/ Down Time	Watercolor Painting	Gym: Cross the Ocean + Tunnel Ball	Field: Toxic Blast	Classroom: Going on a Picnic	Merge with ASX
Group 2															

Thursday, September 5th:

	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	Gym: Monster Ball	Playground	Gym: Fire, Thunder, Lightning	Field: Ice Cube Melting Race	Classroom: LEGO Water Dam	Lunch/ Down Time	Playground	Classroom: Blind Artist	Field: Rob the Nest	Gym: Guard the Castle	Snack	Classroom: Human Memory	Merge with ASX
Group 2															

Friday, September 6th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-2:30	2:30-3:30	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Gym: Crab Soccer	Playground	Waffle Bar + Electronic Time	Gym: Four Corners	Lunch/ Down Time	Kona Ice	Gym: Camper's Choice	Playground	Gym: Camper's Choice	Snack	Electronic Time	Merge with ASX
Group 2														

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE		SPECIAL ACTIVITY
--	---------------	--	-----------------	--	--------------------------	--	------------	--	---------------------	--	------------------	--	------------------

Abbotts Creek Track Out

Track 2 - Week 1 — Color FUN Week



Reminders

Bring daily:

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

Weekly Program Information!

Tuesday, August 20th 12:15pm-1:35pm

Ridge Road Pool

1709 Ridge Road, Raleigh, NC, 27607

919-420-2322

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, August 22nd 12:30pm-2:30pm

Galaxy Fun Park

14460 Falls of Neuse Road, Raleigh, NC, 27614

919-584-4000

Galaxy Fun Park is an indoor facility filled with exciting activities for kids of all ages! Participants will have unlimited play time at the Trampolines, Laser Tag, Putt-Putt and soft play areas! **This trip will require a waiver to be signed by each child's parent/guardian.**

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 2 - Week 2 — Abbotts' Summer Olympics Week



Reminders

Bring daily:

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

Friday, August 30th

1:00pm-1:30pm

Bruster's Ice Cream

Brusters Ice Cream truck will be visiting Track Out with a sweet treat! Participants will enjoy the single scoop bar with a variety of flavors!

Weekly Program Information!

Tuesday, August 27th 10:15am-12:05pm

Buffaloe Road Aquatics 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, August 29th 10:00am-12:00pm

Carolina Tiger Rescue

1940 Hanks Chapel Road, Pittsboro, NC 27312

919-542-4684

Carolina Tiger Rescue is one of North Carolina's rescue and rehabilitation facilities that specializes in big cat & other animal species. A "wild experience" awaits as Participants will have a rare opportunity to see the animals in-person as the Carolina Tiger Rescue Educators take Participants on a tour of the rescue facility, all while learning about the importance of animal conservation and the preservation of wildlife habitat! **This trip will require a waiver to be signed by each child's parent/guardian.**

Friday, August 30th 1:00pm-1:30pm

Bruster's Ice Cream

Brusters Ice Cream truck will be visiting Track Out with a sweet treat! Participants will enjoy the single scoop bar with a variety of flavors!

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 2 - Week 3 — Splish, Splash Water Week



Reminders

Bring daily:

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

Weekly Program Information!

Wednesday, September 4th 10:15am-12:05pm

Buffaloe Road Aquatics 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**).

Friday, September 6th 1:00pm-1:30pm

Kona Ice

Kona Ice will be visiting Track Out with their mobile Snow Cone truck! Participants will be able to flavor their own shaved-ice Snow Cone for a cool, refreshing sweet treat!

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*