

ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

WEEK OF April 21st – April 25th, 2025

“Green Earth Adventures”

Monday, April 21st:

	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	Gym: Atlas	Playground	Plastic Milk	Gym: Giants, Elves and Wizards	Lunch/ Down Time	Playground	Classroom: Electricity	Gym: Alien Invasion	Gym: Camper's Choice	Snack	Classroom: Making Rain Sounds	Merge w/ASX
Group 2															

Tuesday, April 22nd:

	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	Gym: Fox in the Henhouse	Playground	Fairy Garden	Gym: Houdini Hoops	Lunch/ Down Time	Playground	Nature Photo Safari	Gym: Line Tag	Gym: Spud	Snack	Classroom: Clapping Clues	Merge w/ASX
Group 2															

Wednesday, April 23rd:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-12:00	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	Gym: HORSE	Playground	Trash Mountain	Lunch/ Down Time	Playground	MP: Cosmic Yoga-Earth Day	Gym: Space Flight	Gym: Ketchup	Snack	Classroom: Guess the Word	Merge w/ASX
Group 2														

Thursday, April 24th: 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	11:00-12:00	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	Gym: Cross the Ocean w / Scooters	Playground	Lunch/ Down Time	Pick Up from Site: 12:00pm Buffaloe Road Aquatic Center 12:20pm-2:05pm Pick Up from Trip: 2:10pm Return to Site: 2:30pm	Snack	Playground	Classroom: Human Memory	Merge w/ASX
Group 2											

Friday, April 25th:

	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: Spiderball	Playground	Gym: Guard the Castle	Edible Flowers + Dirt Cups	Gym: Garbage Ball	Lunch/ Down Time	Playground	T-Shirt Bracelets	Gym: Protect the President	Gym: Battleship	Snack	MP: Find the Marbles	Merge w/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 3

WEEK OF April 28th – May 2nd, 2025

“April Showers, Bring May Flowers”

Monday, April 28th:

	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	Gym: Jedi Dodgeball	Playground	Pressed Flower Jar	Gym: Volcanoes + Ice Cream Cones	Lunch/ Down Time	Playground	MP: 4 Corners	Gym: Cat + Mouse	Gym: Tic Tac Toe Relay	Snack	Classroom: Charades	Merge w/ASX
Group 2															

Tuesday, April 29th:

	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: Hula Hoop Hot Potato	Playground	Gym: Obstacle Course	Spring Window Stickers	Gym: Line Tag	Lunch/ Down Time	Playground	Cosmic Yoga-Very Hungry Caterpillar	Gym: Go Fish Relay	Gym: Musical Hoops	Snack	Classroom: Concentration	Merge w/ASX
Group 2															

Wednesday, April 30th: Wear Blue Field Trip Shirt!

	7:00-8:00	8:00-8:45	8:45-1:00					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	Pick Up from Site: 8:45am Go Ape @ Blue Jay Point Park 9:15am-12:15pm Pick Up from Trip: 12:15pm Return to Site: 1:00pm					Down Time	MP: Night at the Museum	Gym: Human Bowling	Gym: Alien Invasion	Snack	Down Time	Merge w/ASX
Group 2														

Thursday, May 1st: 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	11:00-12:00	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	Gym: Pinball Knockout	Playground	Lunch/ Down Time	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: Blind Man's Bluff	Merge w/ASX
Group 2															

Friday, May 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	Gym: Hungry Hippos	Playground	Bird Feeders And Birdwatching	Gym: Freeze Tag	Lunch/ Down Time	Playground	MP: Freeze Dance w / Ribbons	Gym: Crocodile Island	Gym: Camper's Choice	Snack	Classroom: 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 3

WEEK OF May 5th – May 9th, 2025

“DIY: Design & Do Week”

Monday, May 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: Circle Run	Playground	Gym: Balloon Blitz	DIY Wooden String Art	Gym: Giants, Elves and Wizards	Lunch/ Down Time	Playground	Classroom: Pictionary	Gym: Capture the Flag	Gym: Handball	Snack	Classroom: Find the Marble	Merge w/ASX
Group 2															

Tuesday, May 6th: Wear Blue Field Trip Shirt!

	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															

Wednesday, May 7th:

	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	Gym: Four Square + Gaga Ball	DIY Puffy Sidewalk Paint	Chalk Art/ Playground	Gym: Minefield	Lunch/ Down Time	Playground	MP: Dog + Bone	Gym: Relay Race	DIY Smoothies + Ice Cream	Snack	Classroom: Name 5	Merge w/ASX
Group 2															

Thursday, May 8th: 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						1:30-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Gym: Shipwreck	Playground	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	Snack	Gym: Houdini Hoops	Snack	Merge w/ASX
Group 2															

Friday, May 9th:

	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: Camper's Choice	Playground	DIY + Soap Sugar Scrub	Electronic Time	Lunch/ Down Time	Playground	MP: Quack, Quack	Gym: Banana Tag	Gym: Choice Play	Snack	Electronic Time	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

Track 3 - Week 1 — Green Earth Adventures



Reminders

Bring daily:

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

Weekly Program Information!

Thursday, April 24th 12:00pm-2:30pm

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**).

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 3 - Week 2 — April Showers, Bring May Flowers



Reminders

Bring daily:

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

Weekly Program Information!

Wednesday, April 30th 8:45am-1:00pm

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, May 1st 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 3 - Week 3 — DIY: Design & Do Week



Reminders

Bring daily:

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

Weekly Program Information!

Tuesday, May 6th 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!

Thursday, May 8th 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!

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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