

ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

WEEK OF July 28th – August 1st, 2025

“LEGO ADVENTURES”

Monday, July 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	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: LEGO MAZE	Playground	Classroom: 4 Corners	Field: Capture the Flag	Classroom: LEGO Snow Globes	Lunch/ Down Time	Playground or Jeopardy	Gym: Make It, Take It	Gym: Jedi Dodgeball	Gym: Choice Play	Snack	Classroom: Animal Movement Parade	Playground or Chief	Classroom: Poison Dart Frog	Classroom: Choice Play or Playground
Group 2																	

Tuesday, July 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	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Spider Ball	Playground	Classroom: Ghost in the Graveyard	Field: Keep It Up	Classroom: LEGO Zipline	Lunch/ Down Time	Classroom: Human Memory	Classroom: Go Noodle Brain Break	Gym: Rock, Paper, Scissors Hula Hoop	Gym: Parachute Games	Gym: Choice Play	Snack	Classroom: LEGO Creations	Classroom: Wii Games	Classroom: Choice Play or Playground
Group 2													Snack	Gym: Choice Play			

Wednesday, July 30th:

	7:00-9:00	9:00-10:00	10:00-11:00	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	Athletics Specialist (9:00-10:00)	Playground	Classroom: In the River + On the Bank	Gym: Line Tag	Lunch/ Down Time	Classroom: Human Memory	Gym: Snowball Alley	Gym: Cross the Frozen Pond	Gym: Fire, Thunder, Lightning	Brusters Ice Cream	Playground	Classroom: Silent Ball	Classroom: Karaoke	Classroom: Choice Play or Playground
Group 2		Playground	Athletics Specialist (10:15-11:15)												

Thursday, July 31st:

	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	2:00-4:20	4:20-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Elephant Stampede Relay	Playground	Classroom: LEGO CHARADES	Field	Gym: Cross the Grinches Isle	Lunch/ Down Time	Playground or Musical Dots	Classroom: Find the Marble/ Change for the Pool	Pick Up from Site: 2:00pm Ridge Road Pool 2:30pm-3:45pm Pick Up from Trip: 3:50pm Return to Site: 4:20pm	Snack	Classroom: Choice Play or Playground
Group 2													

Friday, August 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	11:00-11:30	11:30-12:45	12:45-2:45	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: Ant Tag	Playground	Classroom: Balloon Powered LEGO Cars	Field: Steal the Bacon	Classroom: GO NOODLE	Pick Up from Site: 12:45pm ParTee Shack 1:00pm-2:30pm Pick Up from Trip: 2:30pm Return to Site: 2:45pm	Snack	Gym: Gaga Ball	Classroom: Pictionary	Classroom: What Time Is It Mr. Fox?	Classroom: Choice Play or 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 X-PRESS PROGRAM – TRACK 3

WEEK OF August 4th – August 8th, 2025

“Ultimate Survivor Week”

Monday, August 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	1:30-2:00	2:00-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Survivor Tag	Playground	Classroom: Tribe Challenge Kickoff	Field: Supply Hunt	Classroom: Tribe Spirit	Lunch/ Down Time	Playground	Classroom: Guess the Word	Gym: Jedi Dodgeball	Gym: Body Part Freeze Tag	Snack	Classroom: Charades	Classroom: Freeze Dance	Classroom: Choice Play or Playground
Group 2																

Tuesday, August 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	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Pool Noodle Hockey	Playground	Classroom: Puzzle Relay	Field: Fire Quest	Classroom: Name 5	Lunch/ Down Time	Classroom: Airplane Toss	Gym: Human Bowling	Gym: Minefield	Gym: Shipwreck	Gym: Choice Play	Snack	Classroom: How Many Behind Me?	Classroom: Musical Chairs	Classroom: Choice Play or Playground
Group 2																	

Wednesday, August 6th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-11:00	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: Cross the Ocean	Playground	Field: Torch Relay	Classroom: Tribal Tower	Lunch/ Down Time	Playground	Gym: Musical Hoops	Gym: Hula Hoop Pass Relay	Field: Soccer Relay	Snack	Classroom: Concentration	Playground or Karaoke	Classroom: Have You Ever?	Classroom: Choice Play or Playground
Group 2																

Thursday, August 7th:

	7:00-9:00	9:00-10:00	10:00-11:00	11:00-11:30	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-4:20					4:20-5:00	5:00-6:00
Group 1	Choice Play	Nature Specialist	Snack/ Gym: Hula Hoop Freeze Tag	Field: Target the Totem	Classroom: Team Bamboozle	Lunch/ Down Time	Playground or Survivor Trivia Run	Classroom: Go Noodle/ Change for the Pool	Pick Up from Site: 2:00pm Ridge Road Pool 2:30pm-3:45pm Pick Up from Trip: 3:50pm Return to Site: 4:20pm					Snack	Classroom: Choice Play or Playground
Group 2															

Friday, August 8th: **Wear Blue Field Trip Shirt**

	7:00-3:30												3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Pick Up from Site: 7:30am Greensboro Science Center 9:30am-1:30pm Pick Up from Trip: 1:30pm Return to Site: 3:30pm												Snack	Down Time	Classroom: Name the Tune	Classroom: Choice Play or 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 X-PRESS PROGRAM – TRACK 3

WEEK OF August 11th – August 15th, 2025

“Drip Drop Days”

Monday, August 11th:

	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	12:30-1:30	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: Capture the Flag	Playground	Field: Cup to Cup	Classroom: Poison Dart Frog	Lunch/ Down Time	Aquatics Specialist	Classroom: Heads Up	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																

Tuesday, August 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	11:30-12:30	12:30-1:30	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: Castle Ball	Playground	Field: Sponge Target Practice	Classroom: Water Color Art	Lunch/ Down Time	Kona Ice	Playground	Classroom: Poison Dart Frog	Gym: Parachute Games	Gym: Choice Play	Snack	Classroom: Sink or Float	Classroom: Who Moved?	Classroom: Choice Play or Playground
Group 2																

Wednesday, August 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	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Playground	Classroom: Musical Chairs	Field: Grass is Lava	Gym: Mat Ball	Classroom: Ocean Silhouette	Lunch/ Down Time	Playground	Classroom: Walmart	Gym: Tic Tac Toe Relay	Gym: Rob the Nest	Snack	Playground	Classroom: BINGO	Classroom: Name That Tune	Classroom: Choice Play or Playground
Group 2																	

Thursday, August 14th:

	7:00-9:00	9:00-10:00	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	2:00-4:20					4:20-5:00	5:00-6:00
Group 1	Choice Play	Wellness Specialist	Playground	Ice Cube Painting	Classroom: Protect the President	Classroom: Counselor Challenge	Lunch/ Down Time	Playground/ Change for the Pool	Gym: Choice Play	Pick Up from Site: 2:00pm Ridge Road Pool 2:30pm-3:45pm Pick Up from Trip: 3:50pm Return to Site: 4:20pm					Snack	Classroom: Choice Play or Playground
Group 2																

Friday, August 15th: **Bring a change of clothes!**

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-11:00	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	4:00-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Camper's Choice	Electronic Time	Field: Wacky Waiter/ Water Balloon Dodgeball	Field: Duck, Duck, Splash/ Over Under Relay	Lunch/ Down Time	Playground	Classroom: Bears at the Beach	Classroom: Camper Presentations	Gym: Crossover Dodgeball	Gym: Choice Play	Snack	Electronic Time	Classroom: Choice Play or 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 3 - Week 1 — LEGO ADVENTURES



Reminders

Bring daily:

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

Weekly Program Information!

Wednesday, July 30th 9:00am-10:00am (Group 1); 10:15am-11:15am (Group 2)
City of Raleigh Athletics Specialist

Wednesday, July 30th 2:45pm-3:15pm
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!

Thursday, July 31st 2:00pm-4:20pm
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**).

Friday, August 1st 12:45pm-2:45pm
ParTee Shack

16231 Triangle Plantation Drive, Raleigh, NC, 27616
919-766-6743

Participants will get to try out their mini golf skills in a friendly game at one of Raleigh's newest indoor Putt-Putt and Gaming venues! Whether new to mini golf, or an experienced mini golfer, Participants will have the opportunity to play on 2 fun and unique Putt-Putt courses! Please wear **BLUE** field trip shirt – putter and golf ball are included in the admission!

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

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

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

Abbotts Creek Track Out

Track 3 - Week 2 — Ultimate Survivor Week



Reminders

Bring daily:

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

Weekly Program Information!

Thursday, August 7th 9:00am-10:00am
City of Raleigh Nature Specialist

Thursday, August 7th 2:00pm-4:20pm
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**).

Friday, August 8th 7:30am-3:30pm
Greensboro Science Center
4301 Lawndale Drive, Greensboro, NC, 27455
336-288-3769

Participants will spend the day exploring the Greensboro Science Center where they can get up close and personal with a variety of animals and various science topics! Admission includes the Animal Discovery Zoo, the Aquarium and the Science Museum where opportunities abound to learn about land and marine animals, as well as dinosaurs, weather and geology through live animal exhibits and interactive play. Participants should wear comfortable walking shoes and the **BLUE** field trip shirt. Lunch will be eaten at the Science Center, so participants should pack lunch and snacks that can travel!

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

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

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

Abbotts Creek Track Out

Track 3 - Week 3 — Drip Drop Days



Reminders

Bring daily:

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

Weekly Program Information!

Monday, August 11th 12:30pm-1:30pm
City of Raleigh Aquatics Specialist

Tuesday, August 12th 12:30pm-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!

Thursday, August 14th 9:00am-10:00am
City of Raleigh Wellness Specialist

Thursday, August 14th 2:00pm-4:20pm
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**).

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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