

ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF July 7th – July 11th, 2025

“Safari Seekers”

Monday, July 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	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Lion Tag	Playground	Classroom: Wildlife Fact or Fiction	Field: Animal Tracking Expedition	Classroom: Animal Masks	Lunch/ Down Time	Playground or Safari Jeopardy	Gym: Snowball Alley	Gym: Jedi Dodgeball	Gym: Choice Play	Snack	Classroom: Animal Movement Parade	Playground or Chief	Classroom: Poison Dart Frog	Classroom: Choice Play
Group 2																	

Tuesday, July 8th: Wear Blue Field Trip Shirt

	7:30-3:30													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	Playground or Guess the Word	Classroom: Go Noodle Dance Break	Classroom: Choice Play
Group 2																	

Wednesday, July 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	11:30-12:30	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: Predator & Prey	Playground	Classroom: Ghost in the Graveyard	Classroom: In the River + On the Bank	Lunch/ Down Time	Wellness Specialist	Classroom: Go Noodle Brain Break	Classroom: Rock, Paper, Scissors Revolution	Gym: Fire, Thunder, Lightning	Gym: Cat & Mouse	Snack	Classroom: Silent Ball	Classroom: Wii Games	Classroom: Choice Play
Group 2																

Thursday, July 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	2:00-4:20				4:20-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Elephant Stampede Relay	Gym: Spud	Playground	Gym: Line Tag	Classroom: Cosmic Yoga Safari Jungle	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
Group 2																

Friday, July 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	11:30-12:00	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: Jungle Obstacle Course	Playground	Classroom: In the River + On the Bank	Field: Steal the Bacon	Classroom: Animal Habitats	Lunch/ Down Time	Playground or Mother May I	Classroom: Smaug's Jewels	Classroom: Dog + Bone	Gym: Dr. Dodgeball	Gym: Captain Midnight	Snack	Classroom: Pictionary	Classroom: What Time Is It Mr. Fox?	Classroom: Choice Play
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 4

WEEK OF July 14th – July 18th, 2025

“Ultimate Survivor Games”

Monday, July 14th:

	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	Gym: Spear Toss	Gym: Parachute Games	Classroom: Electricity	Bruster's Ice Cream	Classroom: Tribal Council	Classroom: Secret Word	Classroom: Freeze Dance	Classroom: Choice Play
Group 2																

Tuesday, July 15th:

	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: Obstacle Island Escape	Playground	Classroom: Puzzle Relay	Field: Fire Quest	Classroom: Name 5	Lunch/ Down Time	Classroom: Airplane Toss	Classroom: What's Different	Gym: What Time Is It Mr. Fox?	Gym: Shipwreck	Snack	Gym: Human Bowling	Classroom: How Many Behind Me?	Classroom: Musical Chairs	Classroom: Choice Play
Group 2																	

Wednesday, July 16th:

	7:00-9:00	9:00-10:15	10:15-11:15	11:15-11:30	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	Playground	Field: Torch Relay	Classroom: Tribal Tower	Lunch/ Down Time	Playground	Just Dance: Survivor	Gym	Gym: Shipwreck	Snack	Classroom: Concentration	Playground or Karaoke	Classroom: Have You Ever?	Classroom: Choice Play
Group 2															

Thursday, July 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	2:00-4:20	4:20-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Football Chase	Playground	Classroom: Musical Statues	Field: Target the Totem	Classroom: Team Bamboozle	Lunch/ Down Time	Playground or Survivor Trivia Run	Classroom: Hazoo/ 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
Group 2													

Friday, July 18th:

	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	1:00-2:00	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: Hula Hoop Lasso	Playground	Classroom: Survival Instincts	Field: Relay Races	Classroom: Minute To Win It: Survivor Style	Lunch/ Down Time	Survivor Finale	Snack	Gym: Camper's Choice	Gym: Crocodile Island	Classroom: Head, Shoulders, Knees + Cones	Classroom: Name the Tune	Classroom: Wii Games	Classroom: Choice Play
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 4

WEEK OF July 21st – July 25th, 2025

“Drip Drop Days”

Monday, July 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	11:30-12:30	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: Shark Attack	Playground	Field: Water Balloon Pinata	Classroom: 4 Corners	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
Group 2																

Tuesday, July 22nd:

	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	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Castle Ball	Playground	Field: Sponge Target Practice	Nature Specialist	Lunch/ Down Time	Gym: Gaga Ball	Kona Ice (1:15-1:45)	Gym: Capture the Flag	Gym: Parachute Games	Gym: Choice Play	Snack	Classroom: Sink or Float	Classroom: Who Moved?	Classroom: Choice Play
Group 2								Kona Ice (1:15-1:45)	Gym: Gaga Ball							

Wednesday, July 23rd: Bring a change of clothes!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:30	11:30-12:00	12:00-12:30	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	Field: Duck, Duck, Splash	Playground	Gym: Mat Ball	Gym: Choice Play	Lunch/ Down Time	Gym: Choice Play	Gym: Flag Relay	Gym: Handball	Gym: Backboard Dodgeball	Classroom: This or That	Snack	Gym: Cross the Frozen Pond	Gym: Camper's Choice	Classroom: Name That Tune	Classroom: Choice Play
Group 2																	

Thursday, July 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	2:00-4:20				4:20-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Jedi Dodgeball	Playground	Ice Cube Painting	Classroom: Protect the President	Classroom: Counselor Challenge	Lunch/ Down Time	Playground or Who's Missing	Classroom: Cosmic Encanto Yoga/ 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
Group 2																

Friday, July 25th: Wear Blue Field Trip Shirt

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-11:00	11:00-11:30	11:30-12:45	12:45-2:45				2:45-3:00	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	Lunch/ Down Time	Pick Up from Site: 12:45pm ParTee Shack 1:00pm-2:30pm Pick Up from Trip: 2:30pm Return to Site: 2:45pm				Gym: Choice Play	Snack	Playground or Arrange in Order	Electronic Time	Classroom: Choice Play
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 4 - Week 1 — Safari Seekers



Reminders

Bring daily:

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

Weekly Program Information!

Tuesday, July 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!

Wednesday, July 9th 12:30pm-1:30pm

City of Raleigh Wellness Specialist

Thursday, July 10th 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

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

Abbotts Creek Track Out

Track 4 - Week 2 — Ultimate Survivor Games



Reminders

Bring daily:

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

Weekly Program Information!

Monday, July 14th 2:30pm-3:30pm

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!

Wednesday, July 16th 9:00am-10:00am (Group 1); 10:15am-11:15am (Group 2)

City of Raleigh Athletics Specialist

Thursday, July 17th 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

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

Abbotts Creek Track Out

Track 4 - Week 3 — Drip Drop Days



Reminders

Bring daily:

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

Weekly Program Information!

Monday, July 21st 12:30pm-1:30pm
City of Raleigh Aquatics Specialist

Tuesday, July 22nd 11:00am-12:00pm
City of Raleigh Nature Specialist

Tuesday, July 22nd 1:15pm-1:45pm
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, July 24th 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, July 25th 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*