

# ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 4

## WEEK OF March 31<sup>st</sup> – April 4<sup>th</sup>, 2025

### “Springing Into Madness”

#### Monday, March 31<sup>st</sup>:

	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	2:00-3:00	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 + Minnows	Playground	Basketball Shooter	Gym: Protect the President	Lunch/Down Time	Playground	Classroom: Mascot Bracket	Gym: Mat Ball	Snack	Classroom: Who's Missing?	Gym: Hectic	Playground	Gym: Choice Play
Group 2																

#### Tuesday, April 1<sup>st</sup>: Trick or Treat

	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	2:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Playground	Gym: Steal the Bacon	Playground	MP: Puzzle Relay	Gym: Guard the Castle	Lunch/Down Time	Playground	Classroom: Taste Test!	April Fun House!	Snack	Gym: SWAT	Playground	Gym: Choice Play
Group 2															

#### Wednesday, April 2<sup>nd</sup>:

	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	Gym: HORSE	Playground	MP: Picture Frame	Gym: Human Bowling	Lunch/Down Time	Playground	MP: Poison Dart Frog	Gym: Alien Invasion	Gym: Ketchup	Snack	Classroom: Who Moved?	Gym: Snowball Alley	Playground	Gym: Choice Play
Group 2																	

#### Thursday, April 3<sup>rd</sup>: **Wear Blue Field Trip Shirt!**

	7:00-9:00	9:00-9:30	9:30-12:30	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	Pick Up from Site: 9:30am <b>Pullen Park</b> 10:00am-12:00pm Pick Up from Trip: 12:00pm Return to Site: 12:30pm					Lunch/Down Time	MP: Camper's Choice	Gym: Spot the Lion	Gym: Camper's Choice	Snack	Classroom: Mum Ball	Gym: Captain's Coming	Playground	Gym: Choice Play
Group 2																

#### Friday, April 4<sup>th</sup>: **Wear your favorite basketball team 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	1:00-2:00	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: Noodle Ball	Playground	Gym: Trashketball	Madness Snack Mix	Wii + Switch Game Tournament	Lunch/Down Time	Playground	Gym: Mascot Bracket Tournament Reveal	Gym: Stormy Sea	Snack	MP: Continuity Ball	Gym: Backboard Dodgeball	Playground	Gym: Choice Play
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 4

WEEK OF April 7<sup>th</sup> – April 11<sup>th</sup>, 2025

“Dr. Seuss Week One, Join Us for the Fun”

## Monday, April 7<sup>th</sup>: “Oh the Places You’ll Go”

	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: Castle Ball	Playground	Gym: Dr. Seuss Gym	Up and Away Hot Air Balloons	Gym: Silent Ball	Lunch/ Down Time	Playground or MP: Night in the Museum	Classroom: Human Memory	Gym: Cat + Mouse	Gym: Tic Tac Toe Relay	Snack	Classroom: Dr. Seuss Themed Charades	Merge w/ASX
Group 2															

## Tuesday, April 8<sup>th</sup>: One Fish, Two Fish, Red Fish, Blue Fish”

	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: Shoe Relay	Playground	Gym: Spider Ball	MP: Dr. Seuss Back-to-Back Drawing	Gym: Line Tag	Lunch/ Down Time	Playground	Cosmic Yoga: Squish the Fish	Gym: Go Fish Relay	Gym: Musical Hoops	Snack	Classroom: Concentration	Merge w/ASX
Group 2															

## Wednesday, April 9<sup>th</sup>: “Green Eggs and Ham” **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	12:00-2:35		2:35-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	Snack	Playground	Gym: Stack the Hat Relay	Playground	Gym: Camper’s Choice	Get Ready for the Pool/ Load the Bus!	Pick Up from Site: 12:00pm <b>Buffaloe Road Aquatic Center</b> 12:20pm-2:05pm Pick Up from Trip: 2:15pm Return to Site: 2:35pm		Gym: Alien Invasion	Snack	Down Time	Merge w/ASX
Group 2													

## Thursday, April 10<sup>th</sup>: “The Cat in the Hat” **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	4:00-6:00
Group 1	Choice Play	Snack	Playground	Gym: Pinball	MP: Walmart	Pick Up from Site: 11:15am <b>Go Ape</b> 11:30am-2:30pm Pick Up from Trip: 2:30pm Return to Site: 2:45pm					Snack	Classroom: Blind Man’s Bluff	Merge w/ASX
Group 2													

## Friday, April 11<sup>th</sup>: “Happy Pi Day to You”

	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: Freeze Tag	MP: Head, Shoulders, Knees and Cones	Gym: Camper’s Choice	Lunch/ Down Time	Playground	MP: Freeze Dance with Ribbons	DIY Pi	Gym: Choice Play	Snack	Playground	Movie: <b>The Lorax</b>
Group 2											Gym: Choice Play	DIY Pi			

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

# ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 4

## WEEK OF April 14<sup>th</sup> – April 18<sup>th</sup>, 2025

### “A Hoppy April”

#### Monday, April 14<sup>th</sup>:

	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: Easter Egg Tag	Playground	Gym: Balloon Blitz	Marbles Eggs	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, April 15<sup>th</sup>:

	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: Hectic	Playground	Gym: Egg Rolling Race	Volcano Egg Dying	Gym: Snowball Alley	Lunch/ Down Time	Playground	MP: Just Dance	Gym: Crocodile Island	Gym: Parachute Beat the Bubble	Snack	Classroom: Telephone	Merge w/ASX
Group 2															

#### Wednesday, April 16<sup>th</sup>: **Wear Blue Field Trip Shirt!**

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

#### Thursday, April 17<sup>th</sup>: **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	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Choice Play	Snack	Gym: Shipwreck	Playground	MP: Zip, Zap, Zoop	Gym: Red Light, Green Light	Lunch	Pick Up from Site: 12:00pm <b>TriGolf</b> 12:30pm-2:00pm Pick Up from Trip: 2:00pm Return to Site: 2:30pm	Snack	Down Time	Gym: Houdini Hoops	Gym: Garbage Ball	Playground	Gym: Choice Play
Group 2														

#### Friday, April 18<sup>th</sup>:

HOLIDAY (TRACK OUT PROGRAM CLOSED)
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- ARTS / CRAFTS
- FOOD EXPERIENCE
- DANCE / DRAMA / MOVEMENT
- FIELD TRIP
- CLINIC / SPECIALIST
- SCIENCE / NATURE
- SPECIAL ACTIVITY

**ABBOTTS CREEK TRACK OUT X-PRESS PROGRAM – TRACK 4**  
**WEEK OF April 21<sup>st</sup> – April 25<sup>th</sup>, 2025**  
*“A Hoppo April (Part 2)”*

**Monday, April 21<sup>st</sup>:**

	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	1:30-2:30	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	Gym: Battle Ball	Electronic Time	MP: Frog + Fly	Lunch/ Down Time	Playground or MP: Observation Game	Egg Hunt	MP: Quack, Quack	Snack	Electronic Time	Merge w/ASX
Group 2														

**Tuesday, April 22<sup>nd</sup>:**

**TRACK 4 Returns to School**

**Wednesday, April 23<sup>rd</sup>:**

**TRACK 4 Returns to School**

**Thursday, April 24<sup>th</sup>:**

**TRACK 4 Returns to School**

**Friday, April 25<sup>th</sup>:**

**TRACK 4 Returns to School**

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

# Abbotts Creek Track Out

## Track 4 - Week 1 — Springing into Madness



## Reminders

### Bring daily:

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

## Weekly Program Information!

Thursday, April 3rd 10:00am-12:00pm

### 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

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

# Abbotts Creek Track Out

Track 4 - Week 2 — Dr. Seuss Week One, Join Us for the Fun



## Reminders

### Bring daily:

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

## Weekly Program Information!

**Wednesday, April 9th 12:20pm-2:15pm**

### **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, April 10th 11:30am-2:30pm**

### **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.**

### **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 4 - Week 3 — A Hoppy April



## Reminders

### Bring daily:

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

## Weekly Program Information!

**Wednesday, April 16th 9:30am-1:30pm**

### **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, April 17th 12:30pm-2:00pm**

### **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  
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picking up participants\*

# Abbotts Creek Track Out

## Track 4 - Week 4 — A Hoppy April *(Part 2)*



## Reminders

### Bring daily:

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

## Weekly Program Information!

**No Field Trips this week!**

**TRACK 4 returns to school on Tuesday, April 22nd.**

**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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**GREEN & WHITE** key  
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