

BARWELL ROAD TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF July 7th – July 11th, 2025

Week 1 “Art Attack”

Monday, July 7th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	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	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	Check In/ Choice Play	Snack	Assembly/ Rules	Gym Hockey/ Switch	Panther Park	Dance Room Ice Painting Craft	Lunch	Down Time	Gym Gaga Ball/ Spider Ball	Playground	Art Room Ice Painting activity	Snack	Group Game Trivia Questions	Board Games/ Coloring/ Bingo	Gym Choice Play
Group 2															

Tuesday, July 8th:

	7:00-7:15	7:15-3:00									3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Check In/ Load Bus	Field Trip: Greensboro Science Center Pick up at Site at 7:15am 9:30am-1:30pm Arrive back at Site at 3:00pm									Snack	Art Room Group Game- Apples to Apples	Playground	Gym Ketchup/ Alaskan Kickball	Art Room Board Games/ Coloring
Group 2															

Wednesday, July 9th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:00	4:00-5:00	5:00-6:00
Group 1	Check In/ Choice Play	Snack	Assembly/ Rules	Gym Sink the Ship/ Down and Back Kickball	Panther Park	Take a Stroll (Nature Walk)	Lunch	Down Time	Art Room Salt Painting	Gym Dodgeball/ Spider Ball	Art Room Head Banz	Snack	Dance Room Board Games/ Cards/ Puzzles	Gym Choice Play
Group 2														

Thursday, July 10th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:15	10:15-11:15	11:15-12:00	12:00-12:30	12:30-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:20	4:20-5:00	5:00-6:00
Group 1	Check In/ Choice Play	Snack	Assembly/ Rules	Gym Cat and Mouse Tag/ Dead Ant Tag	Art Room Model Magic Playtime	Panther Park	Lunch	Down Time	Wellness Specialist (1:45-2:45)	Gym Line Tag/ Dodgeball	Dance Room Group Challenges - Elbow Pass - Human Knot - Hula Hoop Pass	Snack	Gym Soccer/ Choice Play	Gym Choice Play
Group 2														

Friday, July 11th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-2:50				2:50-3:20	3:20-4:30	4:30-6:00
Group 1	Check In/ Choice Play	Snack	Assembly/ Rules	Panther Park	Gym Captain's Orders/ Capture the Flag	Art Room Night at the Museum/ Silent Ball	Lunch	Field Trip: Biltmore Hills Pool Pick up at Site at 12:30pm 1:00pm-2:20pm Arrive back at Site at 2:50pm				Snack	Gym Castle Ball/ Fire, Thunder, Lightning	Dance Room Board Games/ Coloring/ Puzzles
Group 2														

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

BARWELL ROAD TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF July 14th – July 18th, 2025

Week 2 “Mad Science”

Monday, July 14th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	Dance Room Choice Play	Snack	Assembly/ Rules	Gym Land, Water, Sea/ Down and Back Kickball	Panther Park	Multipurpose Room Silent Ball/ 4 Corners	Lunch	Down Time	Art Room Invisible Ink	Panther Park	Snack	Dance Room Pictionary	Gym Choice Play	Dance Room Board Games/ Coloring/ Cards
Group 2														

Tuesday, July 15th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:00	4:00-5:00	5:00-6:00
Group 1	Gym Choice Play	Snack	Assembly/ Rules	Panther Park	Gym Cross the Ocean/ Torpedo	Art Room Paper Airplane Contest	Lunch	Down Time	Art Room Sink or Float Quiz	Gym Hockey/ Castle Ball	Snack	Playground	Art Room Board Games/ Coloring	Gym Choice Play
Group 2														

Wednesday, July 16th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:00	11:00-12:00	12:00-12:30	12:30-1:30	1:30-2:30	2:30-3:00	3:00-3:45	3:45-4:30	4:30-6:00
Group 1	Gym Choice Play	Snack	Assembly/ Rules	Gym Alaskan Kickball/ Bowling for Kids	Panther Park	Art Room Homemade Lava Lamp	Lunch	Athletics Specialist (12:30-1:30)	Bingo and Prize Box	Playground	Gym Freeze Tag/ Line Tag	Art Room Zen Time/ Draw to the Music	Dance Room Choice Play
Group 2													

Thursday, July 17th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-2:00	2:00-2:45	2:45-3:15	3:15-4:00	4:00-5:00	5:00-6:00
Group 1	Gym Choice Play	Snack	Assembly/ Rules	Panther Park	Gym Tic Tac Toe Relay/ Floor Hockey	Dance Room Silent Ball/ Categories	Lunch / Bruster's Ice Cream Truck (12:00-12:30)	Down Time	Build a Paper Airplane and test craft	Playground	Snack	Group Game Pictionary or Trivia	Gym Hockey/ Choice Play	Dance Room Choice Play
Group 2														

Friday, July 18th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-2:50	2:50-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Gym Choice Play	Snack	Assembly/ Rules	Panther Park	Gym Line Tag/ Cross the Ocean	Multipurpose Room Gaga Ball	Lunch	Field Trip: Biltmore Hills Pool Pick up at Site at 12:30pm 1:00pm-2:20pm Arrive back at Site at 2:50pm	Short Movie and Chill Time/ Snack	Gym Amoeba Tag/ Line Tag	Art Room Board Games/ Coloring	Dance Room Choice Play
Group 2												

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

BARWELL ROAD TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF July 21st – July 25th, 2025

Week 3 “Fun in the Sun”

Monday, July 21st:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-5:00	5:00-6:00
Group 1	Gym Choice Play	Snack	Assembly/ Rules	Panther Park	Gym Hula Hoop Relay/ Line Tag	Art Room Guess the Word	Lunch	Down Time	Tie Dye Bandanas	Aquatics Specialist (2:30-3:30)	Snack	Art Room 4 Corners/ What Changed?	Gym Soccer/ Choice Play	Art Room Board Games/ Coloring
Group 2														

Tuesday, July 22nd:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:00	11:00-1:30	1:30-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:45	4:45-5:30	5:30-6:00
Group 1	Gym Choice Play	Snack	Assembly/ Rules	Gym Cat and Mouse Tag/ Parachute Games	Panther Park	Field Trip: ParTee Shack Pick up at Site at 11:00am 11:30am-1:00pm Arrive back at Site at 1:30pm	Down Time	Kona Ice (2:30-3:00)	Art Room Plant a Flower/ Design a Pot	Snack	Art Room Doggy, Where's Your Bone?/ Switch	Gym Handball/ Swamp Tag	Art Room Board Games/ Puzzles/ Choice Play
Group 2													

Wednesday, July 23rd:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:30	2:30-3:30	3:30-4:30	4:30-6:00
Group 1	Gym Choice Play	Snack	Assembly/ Rules	Panther Park	Gym Spider Ball/ Parachute Games	Multipurpose Room Gaga Ball/ Night at the Museum	Lunch	Down Time	Dance Room Silent Ball/ Heads Up, 7 Up	Art Room "play Snow Craft"	Art Room Head Banz	Gym Sink the Ship/ Dart Frog/ Choice Play	Art Room Choice Play/ Board Games/ Coloring
Group 2													

Thursday, July 24th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:30	2:30-3:00	3:00-4:45	4:45-6:00
Group 1	Gym Choice Play	Snack	Assembly/ Rules	Panther Park	Gym Spider Ball/ Castle Ball	Nature Specialist (11:00-12:00)	Lunch	Down Time	Dance Room Silent Ball/ Heads Up, 7 Up	Fruit Smoothies	Playground	Gym Sink the Ship/ Dart Frog/ Choice Play	Dance Room
Group 2													

Friday, July 25th:

	7:00-9:00	9:00-9:15	9:15-9:30	9:30-10:30	10:30-11:30	11:30-12:00	12:00-12:30	12:30-2:50				2:50-4:00	4:00-5:00	5:00-6:00
Group 1	Gym	Snack	Assembly/ Rules	Panther Park	Gym Cross the Ocean/ Keep Away Tag	Dance Room Silent Ball/ Hot Potato	Lunch	Field Trip: Biltmore Hills Pool Pick up at Site at 12:30pm 1:00pm-2:20pm Arrive back at Site at 2:50pm				Gym Soccer/ Line Tag	Leather Bracelets craft	Dance Room Choice Play
Group 2	Choice Play													

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Barwell Road Track Out

Track 4 - Week 1 — “Art Attack” Week



Weekly Program Information!

WELCOME BACK TRACK 4!!

Tuesday, July 8th 7:15am-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!

Thursday, July 10th 1:45pm-2:45pm

City of Raleigh Wellness Specialist

Friday, July 11th 12:30pm-2:50pm

Biltmore Hills Pool

701 Crown Crossing Lane, Raleigh, NC, 27610

919-831-6736

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**).

Barwell Road Track Out X-Press

919-996-5993

Program Manager: LaCarla Glenn

Assistant Program Manager: Jason Oakley

Reminders

Bring daily:

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

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

Barwell Road Track Out

Track 4 - Week 2 — “Mad Science” Week



Reminders

Bring daily:

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

Weekly Program Information!

Wednesday, July 16th 12:30pm-1:30pm
City of Raleigh Athletics Specialist

Thursday, July 17th 12:00pm-12:30pm
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!

Friday, July 18th 12:30pm-2:50pm
Biltmore Hills Pool

701 Crown Crossing Lane, Raleigh, NC, 27610
919-831-6736

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Barwell Road Track Out X-Press
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Program Manager: LaCarla Glenn
Assistant Program Manager: Jason Oakley

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Barwell Road Track Out

Track 4 - Week 3 — “Fun in the Sun” Week



Weekly Program Information!

Monday, July 21st 2:30pm-3:30pm
City of Raleigh Aquatics Specialist

Tuesday, July 22nd 11:00am-1:30pm
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!

Thursday, July 24th 11:00am-12:00pm
City of Raleigh Nature Specialist

Friday, July 25th 12:30pm-2:50pm
Biltmore Hills Pool
701 Crown Crossing Lane, Raleigh, NC, 27610
919-831-6736

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Barwell Road Track Out X-Press
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Assistant Program Manager: Jason Oakley

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