

**BARWELL ROAD TRACK OUT X-PRESS PROGRAM – TRACK 4**  
**WEEK OF September 30<sup>th</sup> – October 4<sup>th</sup>, 2024**  
*Welcome to “October Fest” (Week 1)*

**Monday, September 30<sup>th</sup>: Welcome to “October Fest” (Week 1)**

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-10:30	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	<b>Dance Room:</b> Choice Play	Snack/ Assembly	<b>Gym:</b> Steal the Bacon/ Cross the Ocean	<b>Dance Room:</b> Bumper Ball/ Mafia	Playground Panther Park	<b>Dance Room:</b> Catch It, Drop It/ Simon Says	Lunch	Down Time	<b>Gym:</b> Castle Ball/ Choice Play	<b>Dance Room:</b> Craft – Pinecone Citters	Snack	Playground/ Field: Tug-O-War Beach Volleyball	<b>Dance Room:</b> Silent Ball/ Switch	<b>Gym:</b> Choice Play
Group 2														

**Tuesday, October 1<sup>st</sup>:**

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-11:30	11:30-2:30		2:30-3:00	3:00-3:30	3:30-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Human Bowling/ Cannon Ball	<b>Panther Park</b>	Lunch	<b>Field Trip:</b> <b>Adventure Landing</b> Pick up at 11:30am 12:00pm-2:00pm Return at 2:30pm		Snack	Down Time	<b>Dance Room:</b> Silent Ball; Switch; Head, Shoulder, Cone	<b>Playground:</b> Jump Ropes; Chalk; Bubbles	<b>Gym:</b> Choice Play
Group 2												

**Wednesday, October 2<sup>nd</sup>:**

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-10:30	10:30-11:00	11:00-1:30		1:30-2:00	2:00-2:30	2:30-3:15	3:15-3:30	3:30-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Amoeba Tag/ Line Tag	<b>Dance Room:</b> Craft – Wax Figures	<b>Dance Room:</b> Silent Ball/ Categories	<b>Field Trip:</b> <b>United Skates</b> Pick up at 11:00am 11:30am-1:00pm Return at 1:30pm		Lunch	Down Time	<b>Panther Park</b>	Snack	Multipurpose Room: Gaga Ball; Spider Ball	<b>Dance Room:</b> Art – Sand Art Bottles	<b>Gym:</b> Choice Play
Group 2														

**Thursday, October 3<sup>rd</sup>:**

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-10:45	10:45-12:00	12:00-12:30	12:30-1:15	1:15-2:00	2:00-3:00	3:00-4:00		4:00-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Bean Bag Toe Tag/ Amoeba	<b>Dance Room:</b> Musical Chairs/ Balloon Volleyball	<b>Panther Park</b>	Lunch	<b>Dance Room:</b> Down Time	<b>Dance Room:</b> Craft – Balloon Pets	<b>Dance Room:</b> Snack & Trivia Games	<b>Picnic Tables:</b> Science – Build a Parachute Man		<b>Dance Room:</b> Board Games; Coloring; Word Puzzles	<b>Gym:</b> Choice Play
Group 2													

**Friday, October 4<sup>th</sup>:**

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:15	1:15-2:00	2:00-2:45	2:45-3:30	3:30-4:30	4:30-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Soccer/ Hockey	<b>Panther Park</b>	<b>Dance Room:</b> Night at the Museum/ Good Morning, Mr. Judge	Lunch	Down Time	<b>Dance Room:</b> Food Experience – Fall Apple Bar	<b>Gym:</b> Ketchup/ Cannon Ball	<b>Dance Room:</b> Sit Down Volleyball/ Floor is Lava	<b>Playground</b>	<b>Dance Room:</b> Board Games; Coloring; Puzzles; Beads	<b>Gym:</b> Choice Play
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 October 7<sup>th</sup> – October 11<sup>th</sup>, 2024

Welcome to “Walking into Fall” (Week 2)

## Monday, October 7<sup>th</sup>: Welcome to “Walking into Fall” (Week 2)

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	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	<b>Dance Room:</b> Choice Play	Snack/ Assembly	<b>Gym:</b> Army Dodgeball/ Choice Play	<b>Playground</b> Panther Park	<b>Dance Room:</b> Simon Says/ Categories/ Mafia	Lunch	Down Time	<b>Outside:</b> Beach Volleyball Tug-O-War	<b>Gym:</b> Capture the Flag/ Choice Play	Snack	<b>Dance Room:</b> Craft – Yarn Pumpkin	<b>Dance Room:</b> Board Games; Coloring; Beads; Puzzles	<b>Gym:</b> Choice Play
Group 2													

## Tuesday, October 8<sup>th</sup>:

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:30	2:30-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Dragon Tales/ Soccer	<b>Dance Room:</b> The Opposite Game/ Choice Play	<b>Gym:</b> Sonic Rings Relay/ King Pin	Lunch	Down Time	<b>Dance Room:</b> Art – Sand Art Bottles	<b>Nature:</b> Walk and Scavenger Hunt Checklist	Snack	<b>Gym:</b> Handball/ Hockey	<b>Dance Room:</b> Apples To Apples	<b>Gym:</b> Choice Play
Group 2													

## Wednesday, October 9<sup>th</sup>:

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-10:15	10:15-2:45					2:45-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Medical Dodgeball/ Crossover Dodgeball	<b>Dance Room:</b> Silent Ball/ Balloon Volleyball/ Choice Play	<b>Field Trip:</b> Hillridge Farms Pick up at 10:15am 11:00am-2:00pm Return at 2:45pm (LUNCH ON TRIP)					Snack	<b>Dance Room:</b> Nintendo Switch and Electronics Time	<b>Gym:</b> Line Tag/ Castle Ball/ Torpedo	<b>Dance Room:</b> Coloring; Cards; Choice Play
Group 2													

## Thursday, October 10<sup>th</sup>:

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	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	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Man from Mars	<b>Dance Room:</b> Charades/ BINGO	<b>Panther Park</b>	Lunch	Down Time	<b>Dance Room:</b> Craft – Foil Boat Races	<b>Playground/ Outside:</b> Dodgeball	Snack	<b>Dance Room:</b> Board Games; Coloring; Puzzles	<b>Multipurpose Room:</b> 4 Corners/ Gaga	<b>Gym:</b> Choice Play
Group 2													

## Friday, October 11<sup>th</sup>:

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:15	1:15-2:00	2:00-3:00	3:00-3:30	3:00-4:15	4:15-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Bean Bag Toe Tag/ Capture the Flag/ Cross the Ocean	<b>Panther Park</b>	<b>Dance Room:</b> Categories/ Silent Ball/ Freeze Dance	Lunch	Down Time	<b>Specialist:</b> Science Fun	<b>Playground</b>	Snack	<b>Multipurpose Room:</b> Silent Ball/ Freeze Dance	<b>Dance Room:</b> Board Games; Coloring; Puzzles	<b>Gym:</b> Choice Play
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 October 14<sup>th</sup> – October 18<sup>th</sup>, 2024

Welcome to “Hallows-Eevee” (Week 3)

## Monday, October 14<sup>th</sup>: Welcome to “Hallows-Eevee” (Week 3)

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	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	<b>Dance Room:</b> Choice Play	Snack/ Assembly	<b>Gym:</b> Doctor Dodgeball/ Crossover Dodgeball	<b>Dance Room:</b> Minute To Win It/ Games	<b>Panther Park</b>	Lunch	Down Time	<b>Dance Room:</b> Craft–Halloween Slime	<b>Playground</b>	<b>Gym:</b> Cross the Ocean/ Down & Back Kickball	Snack	<b>Dance Room:</b> Board Games; Coloring; Puzzles; Cards	<b>Gym:</b> Choice Play
Group 2													

## Tuesday, October 15<sup>th</sup>:

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-1:00	1:00-1:30	1:30-2:00	2:00-2:45	2:45-3:30	3:30-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Cops & Robbers Tag/ Choice Play	<b>Field Trip:</b> Paragon – EVO Cinemas Pick up at 10:00am 10:30am-12:30pm Return at 1:00pm	Lunch	Down Time	<b>Panther Park</b>	<b>Gym:</b> Hockey/ Spider Ball	Snack	<b>Dance Room:</b> Board Games; Coloring; Cards	<b>Gym:</b> Choice Play
Group 2											

## Wednesday, October 16<sup>th</sup>:

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:45	2:45-3:00	3:00-3:45	3:45-4:45	4:45-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Cat & Mouse/ Castle Ball	<b>Panther Park</b>	<b>Specialist:</b> Piedmont Wildlife Center	Lunch	Down Time	<b>Playground</b>	<b>Gym:</b> Line Tag/ Spider Ball/ Choice Play	Snack	<b>Dance Room:</b> Science–Spaghetti and Marshmallow Building	<b>Dance Room:</b> Board Games; Cards; Puzzles	<b>Gym:</b> Choice Play
Group 2													

## Thursday, October 17<sup>th</sup>:

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:00	3:00-3:45	3:45-4:45	4:45-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Man from Mars	<b>Panther Park</b>	<b>Dance Room:</b> Silent Ball/ Charades	Lunch	Down Time	<b>Playground</b>	<b>Gym:</b> Hockey/ Choice Play	Snack	<b>Dance Room:</b> Food Experience– Spider Oreos	<b>Multipurpose Room:</b> Gaga Ball/ 4 Corners/ Musical Spots	<b>Gym:</b> Choice Play
Group 2													

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

	7:00-9:00	9:00-9:20	9:20-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-2:00	2:00-3:00	3:00-3:30	3:30-4:30	4:30-5:00	5:00-6:00
Group 1	<b>Dance Room:</b> Choice Play	Snack	<b>Gym:</b> Fire on the Mountain/ Fire, Thunder, Lightning	<b>Dance Room:</b> My Club/ Mafia	<b>Panther Park</b>	Lunch	Down Time	<b>Dance Room:</b> Movie And Chill Time	<b>Playground</b>	Snack	<b>Gym:</b> Dodgeball/ Cannon Ball/ Mat Ball	<b>Dance Room:</b> Board Games; Coloring; Puzzles	<b>Gym:</b> Choice Play
Group 2													

 ARTS / CRAFTS
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# Barwell Road Track Out

## Track 4 - Week 1 — “October Fest” Week



## Weekly Program Information!

### WELCOME BACK TRACK 4!!

**Tuesday, October 1st 12:00pm-2:00pm**

#### **Adventure Landing**

3311 Capitol Boulevard, Raleigh, NC, 27604

919-872-1688

At the Adventure Landing Fun Park, Participants will each receive 2 Attraction tickets & Tokens to use on various games & activities such as Miniature Golf, Laser Tag, Arcade Games and more!

**Wednesday, October 2nd 11:30am-1:00pm**

#### **United Skates**

2901 Trawick Road, Raleigh, NC 27604

919-790-3808

Participants will get to participate in a roller skating session filled with fun music, lights & games!

**PLEASE WEAR SOCKS!**

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

# Barwell Road Track Out

## Track 4 - Week 2 — “Walking Into Fall” Week



### Reminders

#### Bring daily:

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

### Weekly Program Information!

**Wednesday, October 9th 11:00am-2:00pm**

#### Hillridge Farms

703 Tarboro Road, Youngsville, NC 27596

919-556-1771

At Hillridge Farms, Participants will get a fun-filled farm experience and will enjoy a hayride, the Train, Jumping Pillow, Slide, the farm animals and all the other activities that Hillridge Farms has to offer! Each child will also be able to pick-out their own pumpkin to take home! Participants should wear BLUE field trip shirt and be prepared to be outside during this field trip.

**Friday, October 11th 1:15-2:00**

#### Science Fun

Participants will blast off into an amazing exploration with the Cosmic Quest program to discover what makes space so spectacular! Participants will have the opportunity to help launch water bottle rockets and be able to play with space sand!

**Barwell Road Track Out X-Press**

919-996-5993

Program Manager: LaCarla Glenn

Assistant Program Manager: Jason Oakley

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



# Barwell Road Track Out

## Track 4 - Week 3 — “Hallows-Eevee” Week



### Weekly Program Information!

**Tuesday, October 15th 10:30am-12:30pm**

**Paragon—EVO Cinemas (Cary)**

1140 Parkside Main Street, Cary, NC 27519

919-234-5200

Participants will get to experience a movie on the big screen at an area Theatre!! Participants will be viewing a full-length, animated movie complete with a popcorn & drink combo to enjoy as they sit back, relax & enjoy the film!

**Wednesday, October 16th 11:00am-12:00pm**

**Piedmont Wildlife Center**

Participants will be visited by the Piedmont Wildlife Center and their live animal ambassadors! During the program, Participants will get up close & personal with several species of mammals, reptiles and birds of prey! Opportunities will be provided to touch some of the live animals, all while learning about wildlife conservation in North Carolina, as well as the natural history of the animal ambassadors.

### Reminders

**Bring daily:**

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

**Barwell Road Track Out X-Press**  
919-996-5993

Program Manager: LaCarla Glenn  
Assistant Program Manager: Jason Oakley

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