

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF DECEMBER 8TH – DECEMBER 12TH, 2025

“Mystical Magical Week”

Monday, December 8th: “Mystical Magical Week”

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:30	11:30-12:00	12:00-1:00	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	STUDIO Snack & Assembly	GYM 1 Capture the Flag	GYM 1 Scatter Scramble	GYM 1 Snowball Alley & Monarch	MEETING ROOM Ice Hand	MEETING ROOM Lunch/ Down Time	PG (playground)	GYM 1 Traffic Cop	GYM 1 Camper Choice	GYM 1 Spot the Lion	STUDIO Snack	PG (playground)	Choice Play
Group 2						PG (playground)		GYM 1 Stormy Sea	STUDIO Ice Hand			FITNESS RM Snack		

Tuesday, December 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	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	STUDIO Snack & Assembly	GYM 1 SPUD	GYM 1 See You Later, Alligator	GYM 1 Double Circles	STUDIO Holiday Snow Globe	PG (playground)	STUDIO Lunch/ Down Time	STUDIO Stone Face	PG (playground)	GYM 1 3D Dodgeball & Hoopla	STUDIO Snack	PG (playground)	Choice Play
Group 2						PG (playground)	STUDIO Holiday Snow Globe	FITNESS RM Lunch/ Down Time	PG (playground)	STUDIO Stone Face		FITNESS RM Snack		

Wednesday, December 10th: Blue Field Trip Shirts

	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	4:00-6:00
Group 1	Choice Play	STUDIO Snack & Assembly	Pick Up from Site: 9:30am Marbles Museum 10:00am-12:00pm Return to Site: 12:30pm					STUDIO Lunch/ Down Time	MR Shoe Mingle	GYM 1 1-Minute Tag	GYM 1 Spider Ball	STUDIO Snack	PG (playground)	Choice Play
Group 2								FITNESS RM Lunch/ Down Time	PG (playground)			FITNESS RM Snack		

Thursday, December 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	2:00-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	STUDIO Snack & Assembly	GYM 1 Dumping Ground	GYM 1 Gator Ball	GYM 1 Cross-over Dodgeball	STUDIO Rainbow Light Tube	FRONT FIELD	STUDIO Lunch/ Down Time	PG (playground)	FITNESS RM Name 6	GYM 1 Frogger & Torpedo	STUDIO Snack	PG (playground)	Choice Play
Group 2						FRONT FIELD	STUDIO Rainbow Light Tube	FITNESS RM Lunch/ Down Time	FITNESS RM Name 6	PG (playground)		FITNESS RM Snack		

Friday, December 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	11:30-12:00	12:00-1:00	1:00-1:30	1:30-2:00	2:00-3:00	3:00-3:30	3:30-6:00
Group 1	Choice Play	STUDIO Snack & Assembly	GYM 1 Taps	GYM 1 Rainbow Tag	GYM 1 Bodyguard	PG (playground) or MR	SHELTER DIY Sanitizer	MEETING ROOM Lunch/ Down Time	PG (playground)	GYM 1 Counselor Choice	GYM 1 Camper Choice	STUDIO Snack	Choice Play
Group 2						SHELTER DIY Sanitizer	PG (playground) or MR					FITNESS RM Snack	

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

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF DECEMBER 15TH – DECEMBER 19TH, 2025

“Shiver Like Burr Week”

Monday, December 15th: “Shiver Like Burr Week”

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:30	11:30-12:00	12:00-1:00	1:00-2:00	2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	STUDIO Snack & Assembly	GYM 1 Guard the Castle	GYM 1 Balloon Ball	GYM 1 Beanbag Tag & Captain Midnight	PG (playground)	STUDIO Lunch/ Down Time	STUDIO Cheers-N-Paint	GYM 1 Barbican	GYM 1 Run the Canyon	STUDIO Snack	PG (playground)	Choice Play
Group 2						STUDIO Human Memory	FITNESS RM Lunch/ Down Time				FITNESS RM Snack		

Tuesday, December 16th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:30	11:30-12:00	12:00-1:00	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	STUDIO Snack & Assembly	GYM 1 Steal the Bacon	GYM 1 Mat Ball	GYM 1 Jedi Dodgeball & Smugglers	STUDIO DIY Holiday Frame	STUDIO Lunch/ Down Time	PG (playground)	GYM 1 Personal Pin Ball	GYM 1 Castle Ball	GYM 1 Dead Ant Tag	STUDIO Snack	PG (playground)	Choice Play
Group 2						PG (playground)	FITNESS RM Lunch/ Down Time	STUDIO DIY Holiday Frame	FITNESS RM Catch-Throw-Sit			FITNESS RM Snack		

Wednesday, December 17th: Blue Field Trip Shirts, warm clothes, gloves, long socks.

	7:00-8:30	8:30-9:00	9:00-11:30			11:30-12:30	12:30-1:30	1:30-2:00	2:00-2:30	2:30-3:30		3:30-3:45	3:45-6:00
Group 1	Choice Play	STUDIO Snack & Prepare for Trip	Pick Up from Site: 9:00am Polar Ice (Wake Forest) 9:30am-11:00am Return to Site: 11:30am			STUDIO Lunch/ Down Time	PG (playground)	GYM 1 Mission Impossible	MEETING RM Who Moved?	GYM 1 Crabs & Crawdads & Camper Choice		STUDIO Snack	Choice Play
Group 2						FITNESS RM Lunch/ Down Time	STUDIO Look Up, Look Down						

Thursday, December 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	1:00-1:30	1:30-3:00		3:00-3:30	3:30-4:00	4:00-6:00
Group 1	Choice Play	STUDIO Snack & Assembly	GYM 1 Man from Mars	GYM 1 Parachute (Cat & Mouse)	GYM 1 Crocodile Island	PG (playground)	STUDIO Holiday Puzzle	STUDIO Lunch/ Down Time	PG (playground)	MEETING RM Minute To Win It Games		STUDIO Snack	PG (playground)	Choice Play
Group 2						STUDIO Holiday Puzzle	PG (playground)	FITNESS RM Lunch/ Down Time	FITNESS RM Ball Around the World			FITNESS RM Snack		

Friday, December 19th:

	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	12:00-1:30	1:30-3:00		3:00-3:30	3:30-6:00	
Group 1	Choice Play	STUDIO Snack & Assembly	GYM 1 Lily Pad	GYM 1 Shipwreck	GYM 1 Blob	PG (playground)	SHELTER Rainbow Ice	STUDIO Lunch/ Down Time	Lake Lynn Winter Festival Frozen Banana Penguins Fake Snow OR GYM 1 Active Games		STUDIO Snack	Choice Play	
Group 2						SHELTER Rainbow Ice	PG (playground)	FITNESS RM Lunch/ Down Time			FITNESS RM Snack		

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

Lake Lynn Track Out

Track 1 - Week 1—Mystical Magical Week



Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Blanket or Towel (for Rest Time)

Field Trips:

- Wear blue field trip shirt
- No additional money is needed for any field trips

Weekly Program Information!

Wednesday, December 10th 10:00am-12:00pm

Marbles Museum

201 E Hargett Street, Raleigh, NC, 27601

919-834-4040

Marbles Kids Museum is a hands-on, minds-on museum that inspires imagination, discovery and learning through extraordinary adventures in play! Participants will have the opportunity to explore all the Museum's diverse zones and play areas from Around Town, SPLASH and Under the Waves to River Playway, Moneypalooza, Kid Grid and Power to Play! Participants should wear comfortable shoes for active play and the **BLUE** field trip shirt.

Lake Lynn Track Out X-Press
919-996-2911

Program Manager: Shannon Bass
Assistant Program Manager(s): Brianna Washington; Christopher Swennie

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

Lake Lynn Track Out

Track 1 - Week 2—Shiver Like 'Burr' Week



Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Blanket or Towel (for Rest Time)

Field Trips:

- Wear blue field trip shirt
- No additional money is needed for any field trips

Weekly Program Information!

Monday, December 15th 1:00pm-2:00pm

Cheers-N-Paint Specialist

Any Participant can be an artist! Participants will be able to create an artistic memory to take home while they learn basic art skills and new techniques! Participants may want to wear or bring clothes that can get messy and be used for painting!

Wednesday, December 17th 9:30am-11:00am

Polar Ice (Wake Forest)

1839 South Main Street, #200, Wake Forest, NC, 27587

919-453-1500

Participants will be able to experience a fun, cool, wintry activity with indoor ice skating! Ice skate rental and use of the rink's skating aides is included. Participants **MUST WEAR SOCKS**, should dress in warm clothing & may want to bring gloves, scarves or any other cold weather accessory.

Lake Lynn Track Out X-Press

919-996-2911

Program Manager: Shannon Bass

Assistant Program Manager(s): Brianna Washington; Christopher Swennie

****Remember your**

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