

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF SEPTEMBER 9TH – SEPTEMBER 13TH, 2024

"Camping Fun Week "

Monday, September 9th: "Camping Fun Week "

	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	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Capture the Flag	GYM 1 Dragon Tails	STUDIO Homemade Sundial	Playground	FITNESS ROOM Lunch/ Down Time	FITNESS ROOM Simon Says	Playground	MEETING ROOM Stone Face	GYM 1 Sharks and Minnows	FITNESS ROOM Snack	GYM 1 SPUD	GYM 1 Choice Play
Group 2				Playground	GYM 1 Dragon Tails	STUDIO Homemade Sundial	STUDIO Lunch/ Down Time	STUDIO Hunger Games		STUDIO Simon Says	GYM 1 Sharks and Minnows	MEETING ROOM Stone Face		

Tuesday, September 10th: Pool items NEEDED!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:50	11:50-2:55					2:55-3:30	3:30-4:00	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack	GYM 1 Relay Tic Tac Toe	GYM 1 Categories	GYM 1 Kingpin	FITNESS ROOM Lunch / Down Time / Prepare for Trip	Pick Up from Site: 11:50am Buffaloe Road Aquatics Center 12:20pm-2:05pm Return to Site: 2:55pm					FITNESS ROOM Snack	GYM 1 Minefield	GYM 1 Choice Play
Group 2				GYM 2 Kingpin	GYM 2 Categories	STUDIO Lunch / Down Time / Prepare for Trip						STUDIO Snack		

Wednesday, September 11th:

	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	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack	GYM 1 Camper Choice	MEETING ROOM Name that Tune	STUDIO Pasta World Map Craft	Playground	FITNESS ROOM Lunch/ Down Time	FITNESS ROOM Who's Missing?	Playground Bear Painting	FITNESS ROOM How to Tie Knots	GYM 1 Jedi Dodgeball	FITNESS ROOM Snack	GYM 1 Fox in the Henhouse	GYM 1 Choice Play
Group 2					GYM 1 King/Queen of the Court		STUDIO Pasta World Map Craft	STUDIO Lunch/ Down Time	Playground Bear Painting	GYM 2 Jedi Dodgeball	STUDIO Who's Missing?	STUDIO Snack		

Thursday, September 12th: Sign Waivers & Blue Field Trip Shirts

	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	12:30-3:30					3:30-4:00	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack	GYM 1 Castle Ball	MEETING ROOM Musical Chairs	MEETING ROOM Rock, Paper, Scissors War	Playground	FITNESS ROOM Lunch / Down Time / Prepare for Trip	Pick Up from Site: 12:30pm Galaxy Fun Park 1:00pm-3:00pm Return to Site: 3:30pm					FITNESS ROOM Snack	GYM 1 Choice Play
Group 2					GYM 1 Shoe Carnival		MEETING ROOM Rock, Paper, Scissors War						STUDIO Lunch / Down Time / Prepare for Trip	

Friday, September 13th:

	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	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Ultimate Ball	MEETING ROOM Cops and Robbers	GYM 1 Kickball	Playground	FITNESS ROOM Lunch/ Down Time	Kona Ice	MEETING ROOM Bumper Ball	MEETING ROOM Balloon Dancing	GYM 1 Lifeguard (Parachute)	FITNESS ROOM Snack	GYM 1 Rainbow Tag	GYM 1 Choice Play
Group 2					GYM 2 Soccer		STUDIO Lunch/ Down Time		STUDIO Bumper Ball	GYM 1 Lifeguard (Parachute)	MEETING ROOM Cops and Robbers	STUDIO 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 SEPTEMBER 16TH – SEPTEMBER 20TH, 2024

“A BUG LIFE WEEK”

Monday, September 16th: “A Bug Life Week”

	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	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Jedi Dodgeball	MEETING ROOM One Fish, Two Fish	GYM 1 Dragon Tales	Playground	MEETING ROOM Dirt Pudding Cup	FITNESS ROOM Lunch/Down Time	FITNESS ROOM Find the Thymbol	STUDIO Dancing Worms	GYM 1 Cross the Grinches Island	Playground	FITNESS ROOM Snack	GYM 1 Knockout	GYM 1 Choice Play
Group 2					GYM 2 Dragon Tales	MEETING ROOM Dirt Pudding Cup	Playground	STUDIO Lunch/Down Time	STUDIO 3-6-9	GYM 1 Cross the Grinches Island	STUDIO Dancing Worms		STUDIO Snack		

Tuesday, September 17th: Pool items NEEDED!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:50	11:50-2:55					2:55-3:30	3:30-4:00	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack	GYM 1 Spider Ball	GYM 1 Best Of	GYM 1 Handball	FITNESS ROOM Lunch / Down Time / Prepare for Trip	Pick Up from Site: 11:50am Buffaloe Road Aquatics Center 12:20pm-2:05pm Return to Site: 2:55pm					FITNESS ROOM Snack	GYM 1 Invader Dodgeball	GYM 1 Choice Play
Group 2				GYM 2 Best Of	GYM 2 Handball	STUDIO Lunch / Down Time / Prepare for Trip						STUDIO Snack		

Wednesday, September 18th:

	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	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack	GYM 1 Shoe Carnival	MEETING ROOM Hunger Games	GYM 1 Spider Ball	Playground	FITNESS ROOM Lunch/Down Time	FITNESS ROOM Lanyards		GYM 1 Snowball Alley	Playground	FITNESS ROOM Snack	GYM 1 Cross the Ocean	GYM 1 Choice Play
Group 2					GYM 2 Snowball Alley	STUDIO Lanyards	STUDIO Lunch/Down Time	Playground	STUDIO How Many Are Behind Me?	GYM 2 Spider Ball		STUDIO Snack		

Thursday, September 19th: Sign Waivers & Blue Field Trip Shirts

	7:00-9:00	9:00-9:15	9:15-12:45				12:45-1:30	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	GYM 1 Choice Play	STUDIO Snack	Pick Up from Site: 9:15am Carolina Tiger Rescue 10:00am-12:00pm Return to Site: 12:45pm				FITNESS ROOM Lunch/Down Time	FITNESS ROOM 4 Corners	GYM 1 Mat Ball	STUDIO Pattern Worms	FITNESS ROOM Snack	GYM 1 Castle Ball	GYM 1 Choice Play
Group 2							STUDIO Lunch/Down Time	STUDIO 4 Corners	STUDIO Pattern Worms	GYM 2 Mat Ball	STUDIO Snack		

Friday, September 20th:

	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	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Soccer	MEETING ROOM Gaga Ball	GYM 1 Personal Pin Ball	Playground	STUDIO Galaxy in a Jar	FITNESS ROOM Lunch/Down Time	FITNESS ROOM Chief	STUDIO Bouncy Balls	GYM 1 Camper Choice	GYM 1 Survival Tag	FITNESS ROOM Snack	GYM 1 Battleship	GYM 1 Choice Play
Group 2					GYM 2 Personal Pin Ball	STUDIO Galaxy in a Jar	Playground	STUDIO Lunch/Down Time	STUDIO Chief	GYM 1 Camper Choice	STUDIO Bouncy Balls				

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LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF SEPTEMBER 23RD – SEPTEMBER 27TH, 2024

“OLYMPIC WEEK”

Monday, September 23rd: **“OLYMPIC WEEK”**

	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	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Ketchup	MEETING ROOM Sign Up for Olympics	GYM 1 Fire on the Mountain	STUDIO Basketball In A Cup	Playground	FITNESS ROOM Lunch/Down Time	FITNESS ROOM Catch-Throw-Sit	GYM 1 Battle Ball	FITNESS ROOM Class Pictures	Playground	FITNESS ROOM Snack	GYM 1 Crabs and Crawdads	GYM 1 Choice Play
Group 2						Playground		STUDIO Basketball In A Cup	STUDIO Lunch/Down Time		STUDIO Catch-Throw-Sit		STUDIO Class Pictures		

Tuesday, September 24th: **Pool items NEEDED!**

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:50	11:50-2:55	2:55-3:30	3:30-4:00	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack	GYM 1 Entourage	FITNESS ROOM Meet with Teams	GYM 1 Pirates Treasure	FITNESS ROOM Lunch / Down Time / Prepare for Trip	Pick Up from Site: 11:50am Buffaloe Road Aquatics Center 12:20pm-2:05pm Return to Site: 2:55pm	FITNESS ROOM Snack	GYM 1 Meet with Olympic Teams	GYM 1 Choice Play
Group 2				STUDIO Meet with Teams		STUDIO Lunch / Down Time / Prepare for Trip		STUDIO Snack		

Wednesday, September 25th: **Blue Field Trip Shirts**

	7:00-9:00	9:00-9:30	9:30-11:00	11:00-11:45	11:45-4:15	4:15-4:30	4:30-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Olympic Event	MEETING ROOM Olympic Event	Pick Up from Site: 11:45am Hillridge Farms 12:30pm-3:30pm Return to Site: 4:15pm	FITNESS ROOM Snack	GYM 1 Choice Play
Group 2						STUDIO Snack	

Thursday, September 26th:

	7:00-9:00	9:00-9:30	9:30-11:00	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	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Olympic Event	STUDIO Slime	Playground	FITNESS ROOM Lunch/Down Time	Bruster's Ice Cream	FITNESS ROOM Ball Around the World	GYM 1 Mission Impossible	Playground	FITNESS ROOM Snack	GYM 1 Hectic	GYM 1 Choice Play
Group 2				Playground		STUDIO Slime		STUDIO Lunch/Down Time			STUDIO Ball Around the World		

Friday, September 27th:

	7:00-9:00	9:00-9:30	9:30-11:00	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	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Olympic Event LAST DAY	MEETING ROOM Fruit Torch	Playground	FITNESS ROOM Lunch/Down Time	FITNESS ROOM What's Missing?	FITNESS ROOM Magic Carpet	GYM 1 Camper Choice	Playground	FITNESS ROOM Snack	GYM 1 Fleet Ball	GYM 1 Choice Play
Group 2				Playground		MEETING ROOM Fruit Torch		STUDIO Lunch/Down Time			STUDIO Magic Carpet		

ARTS / CRAFTS
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Lake Lynn Track Out

Track 1 - Week 1—Camping Fun 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!

Tuesday, September 10th 12:20pm-2:25pm

Buffaloe Road Aquatics 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, September 12th 1:00pm-3:00pm

Galaxy Fun Park

14460 Falls of Neuse Road, Raleigh, NC, 27614

919-584-4000

Galaxy Fun Park is an indoor facility filled with exciting activities for kids of all ages!

Participants will have unlimited play time at the Trampolines, Laser Tag, Putt-Putt and soft play areas!

This trip will require a waiver to be signed by each child's parent/guardian.

Friday, September 13th 1:00pm-1:30pm

Kona Ice Truck

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!

Lake Lynn Track Out X-Press

919-996-2911

Program Manager: Shannon Bass

Assistant Program Manager(s): Brianna Washington; Bobby Bailey

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

Lake Lynn Track Out

Track 1 - Week 2—A Bug Life 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!

Tuesday, September 17th 12:20pm-2:25pm

Buffaloe Road Aquatics 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, September 19th 10:00am-12:00pm

Carolina Tiger Rescue

1940 Hanks Chapel Road, Pittsboro, NC 27312

919-542-4684

Carolina Tiger Rescue is one of North Carolina's rescue and rehabilitation facilities that specializes in big cat & other animal species. A "wild experience" awaits as Participants will have a rare opportunity to see the animals in-person as the Carolina Tiger Rescue Educators take Participants on a tour of the rescue facility, all while learning about the importance of animal conservation and the preservation of wildlife habitat! **This trip will require a waiver to be signed by each child's parent/guardian.**

Lake Lynn Track Out X-Press

919-996-2911

Program Manager: Shannon Bass

Assistant Program Manager(s): Brianna Washington; Bobby Bailey

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

Lake Lynn Track Out

Track 1 - Week 3—Olympic 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!

Tuesday, September 24th 12:20pm-2:25pm

Buffaloe Road Aquatics 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**).

Wednesday, September 25th 12:30pm-3:30pm

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.

Thursday, September 26th 1:00pm-1:30pm

Bruster's Ice Cream Truck

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!

Lake Lynn Track Out X-Press

919-996-2911

Program Manager: Shannon Bass

Assistant Program Manager(s): Brianna Washington; Bobby Bailey

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