

# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 2

## WEEK OF AUGUST 21<sup>ST</sup> – AUGUST 25<sup>TH</sup>, 2023

### Monday, 8/21/2023

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:30	12:30-1:30	1:30-2:30	2:30-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Meeting Room:</b> Go Over Rules & Incentives	<b>Gym 1:</b> Jedi Dodgeball	<b>Studio:</b> Mafia	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Scatter Ball	<b>Studio:</b> Statues	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Line Tag	<b>Gym 1:</b> Evening Choice Play

### Tuesday, 8/22/2023

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:30	12:30-1:30	1:30-2:30	2:30-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Studio:</b> Heads Up, 7 Up	<b>Short Trail Walk</b>	<b>Picnic Tables:</b> Bubble Snakes	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Capture the Flag	<b>Studio:</b> Night at the Museum	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Kids' Choice	<b>Gym 1:</b> Evening Choice Play

### Wednesday, 8/23/2023: Please pack a swim bag with a swimsuit, a towel, and a dry change of clothes!

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:30	12:30-1:05	1:05-3:25	3:25-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Snowball Alley	<b>Meeting Room:</b> Hunger Games	<b>Studio:</b> Fire on the Mountain	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Fitness Room:</b> Change for Pool & Short Chill Time	<b>Longview Pool</b> Pick Up from Site: 1:05pm Time There: 1:35pm – 2:50pm Arrive Back at Site: 3:25pm	<b>Studio:</b> Snack + Rest Time	<b>Gym 1:</b> Evening Choice Play

### Thursday, 8/24/2023: Please ensure to bring a water bottle, wear active shoes, and wear BLUE field trip shirts!

	7:00-8:45	8:45-9:30	9:30-10:00	10:00-12:30	12:30-1:30	1:30-2:30	2:30-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Meeting Room:</b> Ga Ga Ball	<b>Galaxy Fun Park</b> Pick Up from Site: 10:00am Time There: 10:30am – 12:00pm Arrive Back at Site: 12:30pm	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Studio:</b> Coaster Tiles	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Counselors' Choice	<b>Gym 1:</b> Evening Choice Play

### Friday, 8/25/2023

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:30	12:30-1:30	1:30-2:15	2:15-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>BOTH Gyms:</b> Castle Ball	<b>Studio:</b> Silent Ball	<b>Meeting Room:</b> Enhanced Thumbprints	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Monarch Tag	<b>Meeting Room:</b> 4 Corners	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Jump the Creek	<b>Gym 1:</b> Evening Choice Play

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE
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# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 2

## WEEK OF AUGUST 28<sup>TH</sup> – SEPTEMBER 1<sup>ST</sup>, 2023

### Monday, 8/28/2023

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:30	12:30-1:30	1:30-2:15	2:15-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Meeting Room:</b> Go Over Rules & Incentives	<b>Meeting Room:</b> On the River, On the Bank	<b>Studio:</b> Color Guard	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Shipwreck	<b>Studio:</b> Rattlesnake	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Kids' Choice	<b>Gym 1:</b> Evening Choice Play

### Tuesday, 8/29/2023

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-11:30	11:30-12:30	12:30-1:30	1:30-2:00	2:00-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Studio:</b> Grandma's Underpants	<b>Choices</b> <b>Meeting Room –</b> Imagination Stations <b>Gym 1 –</b> Active Options	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Kona Ice +</b> <b>Playground</b>	<b>Studio:</b> Recycled Plastic Flowers	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Soccer	<b>Gym 1:</b> Evening Choice Play

### Wednesday, 8/30/2023: Please pack a swim bag with a swimsuit, a towel, and a dry change of clothes!

	7:00-8:45	8:45-9:45	9:45-12:50	12:50-1:30	1:30-2:30	2:30-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Studio:</b> Snack + Change for Pool + Passive Games	<b>Buffaloe Road Aquatics Center</b>  Pick Up from Site: 9:45am Time There: 10:15am – 12:20pm Arrive Back at Site: 12:50pm	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Cross the Ocean	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Studio:</b> Imagination Station Items	<b>Gym 1:</b> Evening Choice Play

### Thursday, 8/31/2023: Please wear BLUE field trip shirts and active shoes!

	7:00-8:45	8:45-9:00	9:00-12:30	12:30-1:00	1:00-2:15	2:15-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Meeting Room:</b> Snack	<b>Marbles Museum</b>  Pick Up from Site: 9:00am Time There: 9:30am – 12:00pm <i>IMAX Film @ 11:00-11:45</i> Arrive Back at Site: 12:30pm	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Studio:</b> Battleship	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Mat Forts	<b>Gym 1:</b> Evening Choice Play

### Friday, 9/1/2023

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:30	12:30-1:30	1:30-2:15	2:15-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>BOTH Gyms:</b> Musical Hoops	<b>Studio:</b> Poison Dart Frog	<b>Meeting Room:</b> Sharpie and Alcohol Painting	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Jump the Creek	<b>Extra Playground Time</b>	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Counselors' Choice	<b>Gym 1:</b> Evening Choice Play

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE
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# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 2

## WEEK OF SEPTEMBER 4<sup>TH</sup> – SEPTEMBER 8<sup>TH</sup>, 2023

**Monday, 9/4/2023**

HOLIDAY – NO TRACK OUT PROGRAM

**Tuesday, 9/5/2023**

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:30	12:30-1:30	1:30-2:15	2:15-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Meeting Room:</b> The Handsomest of Squidwards	<b>Studio:</b> Sorry Not Sorry	<b>Gym 1:</b> Run the Canyon	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Blob Tag	<b>Studio:</b> Taco Cat Goat Cheese Pizza	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Crab Soccer	<b>Gym 1:</b> Evening Choice Play

**Wednesday, 9/6/2023:** Please pack a swim bag with a swimsuit, a towel, and a dry change of clothes!

	7:00-8:45	8:45-9:45	9:45-12:50				12:50-1:30	1:30-2:30	2:30-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Studio:</b> Snack + Change for Pool + Passive Games	<b>Buffaloe Road Aquatics Center</b> Pick Up from Site: 9:45am Time There: 10:15am – 12:20pm Arrive Back at Site: 12:50pm				<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Razzle Dazzle	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Studio:</b> Imagination Station Items	<b>Gym 1:</b> Evening Choice Play

**Thursday, 9/7/2023**

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:30	12:30-1:30	1:30-2:15	2:15-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Meeting Room:</b> Pancake Patty	<b>Studio:</b> Tweedle	<b>Gym 1:</b> Wall of Winter	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Meeting Room:</b> Chill Time	<b>Gym 1:</b> Peanut Potty	<b>Studio:</b> Ninja	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Plant Tag	<b>Gym 1:</b> Evening Choice Play

**Friday, 9/8/2023**

	7:00-8:45	8:45-9:30	9:30-10:15	10:15-10:45	10:45-11:30	11:30-12:45	12:45-1:05	1:05-1:45	1:45-3:00	3:00-4:00	4:00-5:00	5:00-6:00
Group 1	<b>Gym 1:</b> Morning Choice Play	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>BOTH Gyms:</b> Pickle Soccer	<b>Studio:</b> On & Off, Off & On!	<b>Meeting Room:</b> Crocodile DunDee	<b>Shelter:</b> Lunch + Playground <i>Weather Permitting</i>	<b>Bruster's Ice Cream</b>	<b>Gym 1:</b> Flumpnuggets VS. Whippersnappers	<b>Meeting Room:</b> Chill Time	<b>Shelter:</b> Snack + Playground <i>WBU: Studio</i>	<b>Gym 1:</b> Bamboozle	<b>Gym 1:</b> Evening Choice Play

	ARTS / CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE
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# Lake Lynn Track Out

## Track 2 - Week 1



## 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, August 23rd 1:35pm-2:50pm**

### Longview Pool

321 Bertie Drive, Raleigh, NC 27610

919-831-6343

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, August 24th 10:00am-11:30pm**

### 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! Campers 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.**

**Lake Lynn Track Out X-Press**

919-996-2911

Program Manager: Molly McKenna

Assistant Program Managers: Michelle Matson; Anna Carman

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



# Lake Lynn Track Out

## Track 2 - Week 2



### 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, August 29th 1:30pm-2:00pm**

#### Kona Ice

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!

**Wednesday, August 30th 10:15am-12:00pm**

#### 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, August 31st 9:30am-12:00pm**

#### Marbles Museum & IMAX Theatre

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 the Museum, as well as take in an entertaining documentary on the animal kingdom in the Museum's adjacent IMAX Theatre!

**Lake Lynn Track Out X-Press**

919-996-2911

Program Manager: Molly McKenna

Assistant Program Managers: Michelle Matson; Anna Carman

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

# Lake Lynn Track Out

## Track 2 - Week 3



### 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, September 4th—Holiday**  
**NO TRACK OUT PROGRAM**

**Wednesday, September 6th 10:15am-12:00pm**  
**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**).

**Friday, September 8th 12:45pm-1:05pm**  
**Brusters 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!

**Lake Lynn Track Out X-Press**  
919-996-2911  
Program Manager: Molly McKenna

Assistant Program Managers: Michelle Matson; Anna Carman

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