

# LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 3

## WEEK OF APRIL 21<sup>ST</sup> – APRIL 25<sup>TH</sup>, 2025

### “LAKE LYNN MARKET WEEK”

#### Monday, April 21<sup>st</sup>: “LAKE LYNN MARKET”

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-12:00	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 Giants, Elves, and Wizards	GYM 1 Backboard Dodgeball	CHOICES MR Imagination Station GYM 1 & PG	FITNESS RM Lunch/ Down Time	GYM 1 Frogger	PG (playground)	MR People to People	STUDIO Look Up, Look Down	FITNESS RM Snack	GYM 1 Camper Choice	GYM 1 Choice Play
Group 2						STUDIO Lunch/ Down Time	STUDIO Human Memory	GYM 1 Ant Tag	PG (playground)	MR People to People	STUDIO Snack		

#### Tuesday, April 22<sup>nd</sup>:

	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	1:00-2:00	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 Personal Pin Ball	GYM 1 See You Later Alligator	GYM 1 Spider Ball	PG (playground)	STUDIO Design Money	FITNESS RM Lunch/ Down Time	FR Market Creating	GYM 1 Cars	PG (playground)	FITNESS RM Snack	PG (playground)	GYM 1 Choice Play
Group 2						STUDIO Design Money	PG (playground)	STUDIO Lunch/ Down Time	STUDIO Market Creating	PG (playground)	GYM 1 Cars	STUDIO Snack		

#### Wednesday, April 23<sup>rd</sup>:

	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	1:00-2:00	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 Alien Invasion	GYM 1 Castle Ball	GYM 1 Banana Tag	PG (playground)	STUDIO Work on Market	FITNESS RM Lunch/ Down Time	FR Market Creating	GYM 1 Soccer	PG (playground)	FITNESS RM Snack	PG (playground)	GYM 1 Choice Play
Group 2						STUDIO Work on Market	PG (playground)	STUDIO Lunch/ Down Time	STUDIO Market Creating	PG (playground)	GYM 1 Soccer	STUDIO Snack		

#### Thursday, April 24<sup>th</sup>: Pool Clothes, towel, bags, shoes, etc.

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-12:50				12:50-2:00	2:00-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Crabs and Crawdads and Prepare for Pool	Pick Up from Site 9:45am Buffaloe Road Aquatic Center 10:15am-12:00pm Return to Site: 12:50pm				MR Lunch/ Down Time	GYM 1 Guard the Castle Or STUDIO Market Making	FITNESS RM Snack	GYM 1 Camper Choice	GYM 1 Choice Play
Group 2								STUDIO Lunch/ Down Time		STUDIO Snack		

#### Friday, April 25<sup>th</sup>: Dress Up Day: Dress to Impress!

	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	1:30-3:00	3:00-3:30	3:30-4:00	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Backboard Dodgeball	GYM 1 Counselor Choice	STUDIO Money Grows	PG (playground)	FITNESS RM Lunch/ Down Time	STUDIO & FR Finalizing	MR Marketplace Mayhem	FITNESS RM Snack	GYM 1 Man from Mars	GYM 1 Choice Play
Group 2					PG (playground)	STUDIO Money Grows	STUDIO Lunch/ Down Time			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 3

## WEEK OF APRIL 28<sup>TH</sup> – MAY 2<sup>ND</sup>, 2025

### “APRIL SHOWERS WEEK”

#### Monday, April 28<sup>th</sup>: “APRIL SHOWERS”

	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 Houdini Hoops	GYM 1 Snowball Alley	STUDIO Ice Fishing	GYM 1 Kickball	STUDIO Crayon Drip Rain Cloud	FITNESS RM Lunch/ Down Time	FR Clapping Cues	PG (playground)	MR Catch- Throw-Sit	GYM 1 Scatter Scramble	FITNESS RM Snack	PG (playground)	GYM 1 Choice Play
Group 2					GYM 1 Kickball	STUDIO Ice Fishing	PG (playground)	STUDIO Lunch/ Down Time	STUDIO Crayon Drip Rain Cloud	STUDIO Clapping Cues	GYM 1 Scatter Scramble	MR Catch- Throw-Sit	STUDIO Snack		

#### Tuesday, April 29<sup>th</sup>:

	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	GYM 1 Mat Ball	GYM 1 Counselor Choice	GYM 1 Dragon Tails	STUDIO Rainbow Fan	PG (playground)	FITNESS RM Lunch/ Down Time	STUDIO Water Cycle	PG (playground)	PG (playground)	GYM 1 Head, Shoulder, Cone	FITNESS RM Snack	PG (playground)	GYM 1 Choice Play
Group 2						PG (playground)	STUDIO Rainbow Fan	STUDIO Lunch/ Down Time	PG (playground)	STUDIO Water Cycle	PG (playground)		STUDIO Snack		

#### Wednesday, April 30<sup>th</sup>: Blue Field Trip Shirts & Sign Waivers

	7:00-8:30	8:30-9:00	9:00-12:30				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	GYM 1 Choice Play	STUDIO Snack & Assembly	Pick Up from Site 9:00am Go Ape (Blue Jay Point Park) 9:15am-12:15pm Return to Site: 12:30pm				MR Lunch/ Down Time	PG (playground)	GYM 1 Wheel Ball	GYM 1 Cross the Ocean	FITNESS RM Snack	GYM 1 Cross the Grinches Isle	GYM 1 Choice Play
Group 2							STUDIO Lunch/ Down Time	GYM 1 Wheel Ball	PG (playground)		STUDIO Snack		

#### Thursday, May 1<sup>st</sup>: Blue Field Trip Shirts

	7:00-8:45	8:45-9:15	9:15-11:15		11:15-12:00	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	Pick Up from Site 9:15am TriGolf 9:30am-11:00am Return to Site: 11:15am		PG (playground)	FITNESS RM Lunch/ Down Time	FR Who Moved?	STUDIO DIY Basket	GYM 1 Cat & Mouse	PG (playground)	FITNESS RM Snack	PG (playground)	GYM 1 Choice Play
Group 2					STUDIO Lunch/ Down Time	STUDIO DIY Basket	PG (playground)	STUDIO Who Moved?	GYM 1 Camper Choice	STUDIO Snack			

#### Friday, May 2<sup>nd</sup>:

	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 Doctor Dodgeball	GYM 1 Rainbow Tag	GYM 1 In the Zone	MR Rainbow Toast	GYM 1 Lily Pad	FITNESS RM Lunch/ Down Time	FR Look Up, Look Down	PG	MR Train Wreck	GYM 1 Builder & Bulldozers	FITNESS RM Snack	GYM 1 3D Dodgeball	GYM 1 Choice Play
Group 2						GYM 1 Lily Pad	MR Rainbow Toast	STUDIO Lunch/ Down Time	PG	STUDIO Look Up, Look Down	GYM 1 Builder & Bulldozers	MR Train Wreck	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 3

## WEEK OF MAY 5<sup>TH</sup> – MAY 9<sup>TH</sup>, 2025

### “FA-LA-LA-LLAMA WEEK”

#### Monday, May 5<sup>th</sup>: “FA-LA-LA-LLAMA”

	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 Shoe Carnival	GYM 1 Ninja Time	STUDIO Moon Dough	PG (playground)	STUDIO Mini Llama Picture	FITNESS RM Lunch/ Down Time	FR Scorpion	PG (playground)	MR Gaga Ball	GYM 1 Blob Tag	FITNESS RM Snack	PG (playground)	GYM 1 Choice Play
Group 2					GYM 1 Blob Tag	STUDIO Moon Dough	PG (playground)	STUDIO Lunch/ Down Time	PG (playground)	STUDIO Mini Llama Picture	GYM 1 Cat & Mouse	MR Gaga Ball	STUDIO Snack		

#### Tuesday, May 6<sup>th</sup>: Blue Field Trip Shirts & Pack Lunch

	7:00-7:30	7:30-3:30												3:30-6:00
Group 1 & 2	MR Choice Play	<b>Pick Up from Site 7:30am</b> <b>Kaledium (Winston-Salem)</b> <b>9:30am-1:30pm</b> <b>Return to Site: 3:30pm</b>												GYM 1 Choice Play

#### Wednesday, May 7<sup>th</sup>:

	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	GYM 1 Chimney	GYM 1 1-Minute Tag	GYM 1 SWAT	PG (playground)	STUDIO Llama Bookmark	FITNESS RM Lunch/ Down Time	STUDIO Llama Bridge	PG (playground)	FR Night in the Museum	GYM 1 Musical Hoops	FITNESS RM Snack	GYM 1 Cross the Frozen Pond	GYM 1 Choice Play
Group 2						STUDIO Llama Bookmark	PG (playground)	STUDIO Lunch/ Down Time	PG (playground)	STUDIO Llama Bridge	PG (playground)		STUDIO Snack		

#### Thursday, May 8<sup>th</sup>: 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	GYM 1 Choice Play	STUDIO Snack	<b>Pick Up from Site 9:30am</b> <b>Pullen Park</b> <b>10:00am-12:00pm</b> <b>Return to Site: 12:30pm</b>					FITNESS RM Lunch/ Down Time	FR Camper Choice	FR Family Photos	GYM 1 Pin Dodge Ball	FITNESS RM Snack	PG (playground)	GYM 1 Choice Play
Group 2								STUDIO Lunch/ Down Time	STUDIO Family Photos	GYM 1 Camper Choice		STUDIO Snack		

#### Friday, May 9<sup>th</sup>:

	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 Capture the Flag	GYM 1 Hectic	GYM 1 Parachute (Piggy Bank)	MR Mini Dessert Tacos	STUDIO Fox & Squirrels	FITNESS RM Lunch/ Down Time	Trail Walk	MR Salsa Class	GYM 1 Mission Impossible	GYM 1 T-Rex Tag	FITNESS RM Snack	GYM 1 Camper Choice	GYM 1 Choice Play
Group 2						GYM 1 Satellite	MR Mini Dessert Tacos	STUDIO Lunch/ Down Time					STUDIO Snack		



# Lake Lynn Track Out

## Track 3 - Week 1—Lake Lynn Market Week

WELCOME BACK!

### Weekly Program Information!

*\*TRACK 4 returns to school on Tuesday, April 22nd.\**

Thursday, April 24th 10:15am-12:20pm

Buffaloe Road Aquatic 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**).

### 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

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

Program Manager: Shannon Bass  
Assistant Program Manager(s): Brianna Washington

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

# Lake Lynn Track Out

## Track 3 - Week 2—April Showers 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, April 30th 9:15am-12:15pm**

#### Go Ape

3200 Pleasant Union Church Road, Raleigh, NC, 27614

919-216-4635

Participants will get to experience nature and the outdoors in a fun, new way on a ropes course among the trees! Staff will accompany Participants on an introduction-level ropes course located within Blue Jay Point Park. **This trip will require a waiver to be signed by each child's Parent/Guardian and Participants must wear shoes that are both closed-toe & closed-heel.**

**Thursday, May 1st 9:30am-11:00am**

#### TriGolf

12201 Leesville Road, Raleigh, NC, 27613

919-838-7200

TriGolf is home to the First Tee of the Triangle program where enthusiastic coaches teach the skills of golf to youth of all ages and abilities. Their caring staff provide a fun and safe environment for helping to develop confidence and life skills through the game of golf! Participants will have the opportunity to learn basic golf skills through a beginner lesson, as well as a series of fun, interactive activities! Participants should wear comfortable clothing & closed-toe shoes.

#### Lake Lynn Track Out X-Press

919-996-2911

Program Manager: Shannon Bass

Assistant Program Manager(s): Brianna Washington

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

# Lake Lynn Track Out

## Track 3 - Week 3 — Fa-La-La-Llama 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, May 6th 9:30am-1:30pm**

#### **Kaledium (Winston-Salem)**

120 West 3rd Street, Winston-Salem, NC, 27101

336-767-6730

Participants will spend the day exploring the Kaledium Museum where they will experience a world of exploration and adventure through play and learning. Admission includes access to Museum exhibits where opportunities abound to learn about the wonders of the natural world, outer space, human biology, technology & science through a variety of hands-on exhibits and interactive displays. Lunch will be eaten at Kaledium, so participants should pack a bagged lunch and snacks that can travel and do NOT need refrigeration!

**Thursday, May 8th 10:00am-12:00pm**

#### **Pullen Park**

520 Ashe Avenue, Raleigh, NC, 27606

919-996-6468

At Pullen Park, Participants will get to ride the old-fashioned Carousel and replica C.P. Huntington Train and will have unlimited access to the various Park & playground areas!

**Lake Lynn Track Out X-Press**

919-996-2911

Program Manager: Shannon Bass

Assistant Program Manager(s): Brianna Washington

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