

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF SEPTEMBER 30TH – OCTOBER 4TH, 2024

“ROCKSTAR WEEK”

Monday, September 30th: *“ROCKSTAR 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 Spider Ball	GYM 1 What Time Is It Mr. Fox?	STUDIO CD Coasters	Playground	FITNESS RM Lunch/ Down Time	FITNESS RM Around the World	Playground	MEETING RM Gaga Ball	GYM 1 Personal Pin Ball	FITNESS RM Snack	GYM 1 Shipwreck	GYM 1 Choice Play
Group 2				Playground	GYM 1 What Time Is It Mr. Fox?	STUDIO CD Coasters	STUDIO Lunch/ Down Time	STUDIO Rock/Paper/ Scissors War	STUDIO Around the World	GYM 1 Personal Pin Ball	MEETING ROOM Gaga Ball	STUDIO Snack		

Tuesday, October 1st: Blue Field Trip Shirts and Socks

	7:00-9:00	9:00-9:30	9:30-12:00			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 & Prepare for Trip	Pick Up from Site: 9:30am United Skates 10:00am-11:30am Return to Site: 12:00pm			FITNESS RM Lunch/ Down Time	Playground	FITNESS RM Categories	GYM 1 Handball	GYM 1 Capture the Flag	FITNESS RM Snack	GYM 1 Campers Choice	GYM 1 Choice Play
Group 2						STUDIO Lunch/ Down Time	STUDIO Categories	Playground	GYM 2 Capture the Flag	GYM 2 Handball	STUDIO Snack		

Wednesday, October 2nd: 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	11:30-2:30			2:30-3:30	3:30-4:00	4:00-6:00
Group 1	GYM 1 Choice Play	STUDIO Snack	GYM 1 Captain Midnight	MEETING RM Silent ball	Playground	FITNESS RM Lunch/ Down Time	Pick Up from Site: 11:30am Adventure Landing 12:00pm-2:00pm Return to Site: 2:30pm			FITNESS RM Snack	GYM 1 Jedi Dodgeball	GYM 1 Choice Play
Group 2				Playground	GYM 1 Soccer	STUDIO Lunch/ Down Time				STUDIO Snack		

Thursday, October 3rd:

	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 Fire, Thunder, Lightning	MEETING RM 3-6-9	STUDIO Homemade Guitar Craft	Playground	FITNESS RM Lunch/ Down Time	FR Hollywood Walk of Fame Sign	Playground	FITNESS RM Practice for Talent Show	GYM 1 Doctor Dodgeball	FITNESS RM Snack	GYM 1 Backboard Dodgeball	GYM 1 Choice Play
Group 2					GYM 1 Islands	STUDIO Homemade Guitar Craft	STUDIO Lunch/ Down Time	Playground	FR Hollywood Walk of Fame Sign	GYM 2 Doctor Dodgeball	STUDIO Practice for Talent Show	STUDIO Snack		

Friday, October 4th:

	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	GYM 1 Choice Play	STUDIO Snack & Assembly	GYM 1 Lifeguard (Parachute)	MEETING RM Not What They Seem	GYM 1 Spud	Playground	FITNESS RM Lunch/ Down Time	MR Talent Show		MR Homemade Kazoo	GYM 1 Cross the Ocean	FITNESS RM Snack	GYM 1 Campers Choice	GYM 1 Choice Play
Group 2					GYM 2 Shipwreck		STUDIO Lunch/ Down Time	STUDIO Talent Show		GYM 1 Taps	MR Homemade Kazoo	STUDIO Snack		

 ARTS / CRAFTS	 FOOD EXPERIENCE	 DANCE / DRAMA / MOVEMENT	 FIELD TRIP	 CLINIC / SPECIALIST	 SCIENCE / NATURE	 SPECIAL ACTIVITY
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LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF OCTOBER 7TH – OCTOBER 11TH, 2024

“Harvest Hoorah Week”

Monday, October 7th: “Harvest Hoorah”

	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	12:00-1:15	1:15-2:15	2:15-3:00	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	GYM 1 Steal the Bacon	GYM 1 Wheel Ball	Playground	MR Beaded Corn	FITNESS RM Lunch/ Down Time	Science Fun Specialist	GYM 1 Cross The Grinches Isle	FITNESS RM Snack	GYM 1 Backboard Dodgeball	GYM 1 Choice Play
Group 2					GYM 2 Wheel Ball	MR Beaded Corn	Playground	STUDIO Lunch/ Down Time	GYM 1 Cross The Grinches Isle	Science Fun Specialist	STUDIO Snack		

Tuesday, October 8th:

	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 Hectic	GYM 1 Guard the Castle	Gym 1 Snowball Alley	STUDIO Magic Potion	FITNESS RM Lunch/ Down Time	FITNESS RM Night at the Museum	FITNESS RM Find the Thymbol	GYM 1 Tic Tac Toe	Playground	FITNESS RM Snack	GYM 1 Banana Tag	GYM 1 Choice Play
Group 2					STUDIO Magic Potion	Playground	STUDIO Lunch/ Down Time	Playground	STUDIO Night at the Museum			GYM 2 Snowball Alley		

Wednesday, October 9th:

	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 3D Dodgeball	GYM 1 See You Later Alligator	Gym 1 Personal Pin Ball	Playground	FITNESS RM Lunch/ Down Time	FITNESS RM Poison Dart Frog	GYM 1 Soccer	STUDIO Fall Teepees	Playground	FITNESS RM Snack	GYM 1 1 Minute Tag	GYM 1 Choice Play
Group 2					Gym 2 Battleship	STUDIO Fall Teepees	STUDIO Lunch/ Down Time	Playground	STUDIO Poison Dart Frog	GYM 2 Soccer		STUDIO Snack		

Thursday, October 10th: Blue Field Trip Shirts

	7:00-8:15	8:15-8:45	8:45-1:15					1:15-2:00	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 & Prepare for Trip	Pick up from Site: 8:45am Hillridge Farms 9:30am-12:30pm Return to Site: 1:15pm					FITNESS RM Down Time	GYM 1 Spider Ball	STUDIO What's Missing?	FITNESS RM Snack	GYM 1 Line Tag	GYM 1 Choice Play
Group 2								STUDIO Down Time	STUDIO What's Missing?	GYM 2 Spider Ball	STUDIO Snack		

Friday, October 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	2:00-2:30	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	MEETING RM Walmart	MEETING RM Categories	STUDIO Clapping Cues	Playground	STUDIO Scarecrow Magnets	FITNESS RM Lunch/ Down Time	FITNESS RM Chief	STUDIO Inflatable Leaves	Playground	FITNESS RM Pick 5	FITNESS RM Snack	FITNESS RM Camper Choice	MR Choice Play
Group 2					Playground	STUDIO Scarecrow Magnets	Playground	STUDIO Lunch/ Down Time	STUDIO Chief	Playground	STUDIO Inflatable Leaves	STUDIO Pick 5	STUDIO Snack	STUDIO Camper Choice	

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

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF OCTOBER 14TH – OCTOBER 18TH, 2024

“CARNIVAL WEEK”

Monday, October 14th: “CARNIVAL 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	MR Choice Play	STUDIO Snack & Assembly	MEETING RM King/Queen of the Jungle	MEETING RM Battleship	BACK FIELD Alien Invasion	STUDIO Cotton Candy Art	Playground	FITNESS RM Lunch/Down Time	MR Barnyard Bedlam	Playground	MR Catch-Throw-Sit	MR Fire on the Mountain	FITNESS RM Snack	Playground	FITNESS RM Choice Play
Group 2						Playground									STUDIO Cotton Candy Art

Tuesday, October 15th: Blue Field Trip Shirts

	7:00-8:30	8:30-9:00	9:00-12:00				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	MR Choice Play	STUDIO Snack & Prepare for Trip	Pick Up from Site: 9:00am Paragon-EVO Cinemas (Cary) 9:30am-11:30am Return to Site: 12:00pm				FITNESS RM Lunch/Down Time	Playground	FITNESS RM Head, Shoulder, Cone	FITNESS RM Jeopardy	FITNESS RM Poison Dart Frog	FITNESS RM Snack	Playground	FITNESS RM Choice Play
Group 2							STUDIO Lunch/Down Time		STUDIO Head, Shoulder, Cone					Playground

Wednesday, October 16th:

	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	MR Choice Play	STUDIO Snack & Assembly	MEETING RM Bodyguard	MEETING RM Barbican	BACK FIELD Kickball	STUDIO DIY Confetti Popper	Playground	FITNESS RM Lunch/Down Time	MR Fizzy Ice Experiment	MR Good Morning, Judge	Playground	MR Bumper Ball	FITNESS RM Snack	Playground	FITNESS RM Choice Play
Group 2						Playground			STUDIO DIY Confetti Popper						STUDIO Lunch/Down Time

Thursday, October 17th:

	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	MR Choice Play	STUDIO Snack & Assembly	MEETING RM Houdini Hoops	MEETING RM Minefield	MEETING RM Pirates Treasure	Piedmont Wildlife Center Specialist	FITNESS RM Lunch/Down Time	STUDIO Roller Coaster	MR 1 Minute Drawing	STUDIO Bumper Ball	Playground	FITNESS RM Snack	Playground	FITNESS RM Choice Play
Group 2							STUDIO Lunch/Down Time	MR Bumper Ball						STUDIO Roller Coaster

Friday, October 18th:

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-11:00	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	MR Choice Play	STUDIO Snack & Assembly	MEETING RM Steal the Bacon	MEETING RM Imagination Station	STUDIO Look Up, Look Down	Playground	FITNESS RM Lunch/Down Time	FR How Many Behind Me?	FITNESS RM Scorpion	Playground	MR Fried Oreos	FITNESS RM Snack	Playground	MR Choice Play
Group 2					Playground			STUDIO How Many Behind Me?			STUDIO Lunch/Down Time			Playground

ARTS / CRAFTS
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Lake Lynn Track Out

Track 4 - Week 1—Rockstar 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, October 1st 10:00am-11:30am

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!

Wednesday, October 2nd 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!

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 4 - Week 2—Harvest Hoorah 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, October 7th 1:15pm-3:00pm

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!

Thursday, October 10th 9:30am-12:30pm

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.

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 4 - Week 3—Carnival Week



Weekly Program Information!

Tuesday, October 15th 9:30am-11:30am

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!

Thursday, October 17th 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.

Lake Lynn Track Out X-Press

919-996-2911

Program Manager: Shannon Bass

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

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

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