

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF June 6th – June 10th, 2022

“Crayola Week”



Monday, June 6th: “Crayola Week”

**NO TRACK OUT
(TRACK 1 in school)**

Tuesday, June 7th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Choice Play	Snack	Assembly	Octopus Ball	Art: 3D Handprint	Trap And Toss	Lunch	Down Time	True or False	Cats In the Corner	Circle Run	Bird, Beast, Fish	Kangaroo & Crocs	Play Ground
Group 2	Gym							Down Time			Snack			Choice Play

Wednesday, June 8th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Soccer Relay	Crack The Code	Dry Marco Polo	The Ship Game	Lunch	Down Time	Science: Rainbow Oobleck	Hungry, Hungry, Monster	Playground	Poison Ball	Over And All	Choice Play
Group 2	Choice Play							Down Time			Snack			Play Ground

Thursday, June 9th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:00	11:00-1:45				1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Choice Play	Snack	Ghost	Science: Rainbow Rice	3-6-9 Clap Game	Pick Up from Site @ 11:00am Par Tee Shack 11:30-1:15 Return to Site @ 1:45pm				Playground	Food Experiment: Banana Sushi	Bank It	Smurfs And Gargamels	Choice Play
Group 2	Gym									Snack				

Friday, June 10th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Drama: Shazam!	Fitness Bingo	Kaos	Art: DIY Scratch Off Art	Lunch	Down Time	Better Bonanza	Toss 'N' Clap	Zoomy Zoomy	Recharge	Board Games	Choice Play
Group 2	Choice Play							Down Time			Snack		Card Games	Play Ground

	ARTS/CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE
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MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF June 13th – June 17th, 2022

“Creativity Week”



Monday, June 13th: “Creativity Week”

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Choice Play	Snack	Assembly	Balance Ball	Science: Dance Moves	Steal The Treasure	Lunch	Down Time	Caterpillar Race	Monkey Tag	Snack	Ultimate Space	Everybody It	Play Ground
Group 2	Gym							Down Time			Silent Ball			Choice Play

Tuesday, June 14th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Lizard Tag	Count Down	Hot Pepper	SPUD	Lunch	Down Time	Snow White And Seven Dwarfs	4-Corner Dodgeball	Trash War	Art: Cactus Figurines	Continuity Ball	Choice Play
Group 2	Choice Play							Down Time			Snack			Play Ground

Wednesday, June 15th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:00	11:00-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:45	4:45-5:30	5:30-6:30
Group 1	Choice Play	Snack	Tiggy Off The Ground	Knock Down	Drama: Kitty Wants A Corner	Clinic: Health, Wellness, and Nutrition Specialist	Lunch	Down Time	Barnyard	Flying Chicken Baseball	Wicket	Body Guards	Pruie	Choice Play
Group 2	Gym							Down Time			Snack			

Thursday, June 16th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Four Corners	Splat	Art: Picasso Collage	Filler Taboo	Lunch	Down Time	Rabbits On The Run	Roll A Monster	Snack	Scatterball	Flinch	Play Ground
Group 2	Choice Play							Down Time			Play Ground			Choice Play

Friday, June 17th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Science: DIY Crystals	Back to Back Tag	Pass the Movements	Extreme Rock, Paper, Scissors	Lunch	Down Time	Ketchup	Mission Impossible	Food Experience: Orange Slice Butterflies	Mission Impossible	Disney Movie	Choice Play
Group 2	Choice Play							Down Time						Play Ground

	ARTS/CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE
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MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF June 20th – June 24th, 2022

“Earth Week”



Monday, June 20th: “Earth Week”

NO TRACK OUT
(City of Raleigh Observed Holiday)

Tuesday, June 21st:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Science: DIY Earth Soap	Count Down	Crossover Dodgeball	Drama: Karaoke	Lunch	Down Time	Swat	Ring Soccer	Kangaroos & Crocs	Art: Earth Day Art Crocs	Balloon Ball	Choice Play
Group 2	Choice Play							Down Time						Play Ground

Wednesday, June 22nd:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:30	1:30-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Choice Play	Snack	Slow Motion Tag	Judge Nature Says	Explorers	Detective	Lunch	Down Time	Barnyard	The Quiet Olympics	Food Experience: Dirt Cups	The Blob	Choice Play	Play Ground
Group 2	Gym							Down Time						

Thursday, June 23rd:

	7:00-9:00	9:00-10:30	10:30-1:00				1:00-1:30	1:30-2:00	2:00-2:45	2:45-3:30	3:30-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Group 1	Gym	Snack	Pick Up from Site @ 10:30am Pump It Up 11:00-12:30 Return to Site @ 1:00pm				Lunch	Down Time	Back 2 Back Game	Brain Booster: Puzzles	Snack	Animal Kingdom	Steal the Ball	Play Ground
Group 2	Choice Play	Kickball						Down Time			Play Ground			Choice Play

Friday, June 24th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Choice Play	Snack	Science: Layers of the Earth Project	Backward Scottsmen	Art: Upcycled Plastic Suncatcher	Farmers Sheparding Sheep	Lunch	Down Time	Meltdown Tag	Dead Ang	Spider Ball	Fire Tender	Elephants, Cows and Giraffes	Choice Play
Group 2	Gym							Down Time			Snack			Play Ground

 ARTS/CRAFTS	 FOOD EXPERIENCE	 DANCE / DRAMA / MOVEMENT	 FIELD TRIP	 CLINIC / SPECIALIST	 SCIENCE / NATURE
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MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF June 27th – July 1st, 2022

“Sliming Into Summer Week”



Monday, June 27th: “Sliming Into Summer Week”

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Choice Play	Snack	Assembly	Log Tag	Art: Slime Sun Catcher	Beanbag Bucket Basketball	Lunch	Down Time	Steal the Ball	Chinese Dodgeball	Snack	Sharks and Lifeguards	Brain Magic	Play Ground
Group 2	Gym							Down Time			How Long Is A Minute			Choice Play

Tuesday, June 28th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Infectious Tag	Science: Cotton Candy Playdoh	Caught 'ya Peekin	The Ship Game	Lunch	Down Time	Art: Mini Crystal Garden	Frisbee Bowling	Playground	Spoons	Cross the River	Choice Play
Group 2	Choice Play							Down Time			Snack			Play Ground

Wednesday, June 29th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Choice Play	Snack	Karaoke	Basketball Bonza	Outside	Science: Marble Seashell	Lunch	Down Time	Storm 'n' Norman	Hackball	Food Experience: Granola Fruit Kabobs	Brain Booster: Puzzles	Outside	Choice Play
Group 2	Gym							Down Time						

Thursday, June 30th:

<p style="text-align: center; color: red; font-size: 24px;">NO TRACK OUT (School Holiday)</p>														
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Friday, July 1st:

<p style="text-align: center; color: red; font-size: 24px;">NO TRACK OUT (School Holiday)</p>														
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Marsh Creek Track Out

Track 1 - Week 1 — Crayola Week



Weekly Program Information!

Thursday, June 9th

11:30am-1:15pm

Par Tee Shack

5300 Fayetteville Road,

Raleigh, NC 27603

919-670-2980

Participants will get to try out their mini golf skills in a friendly game at one of Raleigh's exciting indoor putt-putt venues! Whether new to mini golf, or an experienced mini golfer, Participants will have the opportunity to play on a selection of 3 fun and unique putt-putt courses! Please wear BLUE field trip shirt – putter and golf ball are included in the price!

Pick Up from Site will be 11:00am.

Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Rest Time Items

Colors for the Week:

- Monday—Blue
- Tuesday—Yellow
- Wednesday—Green
- Thursday—Red
- Friday—Brown

Remember your BLUE & WHITE key tag and/or Photo ID when picking-up participants



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Marsh Creek Track Out X-Press

919-996-4924

Program Manager: Piper Taylor

Assistant Program Managers:
Shannon Bass; Jason Oakley



Marsh Creek Track Out

Track 1 - Week 2 — Creativity Week



Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Rest Time Items

Weekly Program Information!

Wednesday, June 15th

11:00am-12:00pm

Health / Wellness / Nutrition Specialist

Participants will have a unique opportunity to experience the launch of *Generation Pound*. *Generation Pound* is a youth-oriented program that fuses movement and music to improve physical fitness, focus, communication, teamwork, coordination and more! Participants will have the chance to use *Ripstix*, lightly weighted exercise drumsticks, to learn alternative ways to explore movement, embrace their creativity, build strength, confidence, self-awareness and rock out with fitness!

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

Marsh Creek Track Out

Track 1 - Week 3 — Earth Week



Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Rest Time Items

Weekly Program Information!

Thursday, June 23rd

11:00am-12:30pm

Pump It Up

10700 Suite 112 World Trade Boulevard,
Raleigh, NC 27617
919-828-3344

Participants will have unlimited access to all of the many giant and unique inflatables at Pump It Up! PLEASE WEAR SOCKS! **This trip will require a waiver to be signed by each child's parent/guardian.**

Pick Up from Site will be 10:30am.

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



Marsh Creek Track Out X-Press
919-996-4924
Program Manager: Piper Taylor
Assistant Program Managers:
Shannon Bass; Jason Oakley



Marsh Creek Track Out

Track 1 - Week 4 — Sliming Into Summer Week



Weekly Program Information!

No Field Trips this Week!!

Reminders

Bring daily:

- 1 lunch
- Morning Snack
- Afternoon Snack
- Water Bottle
- Rest Time Items

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