

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

WEEK OF April 18th – April 22nd, 2022

“Hopping Into Spring Week”



Monday, April 18th: “Hopping Into Spring 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	Gym	Snack	Assembly	Blob Tag	Drama: Name And Action	Space Clean Up	Lunch	Down Time	Science: Cress Head	Hula Hootenanny	Poop Deck	Mother Earth Defenders	All Over	Choice Play
Group 2	Choice Play							Snack			Play Ground			

Tuesday, April 19th:

	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	Gym	Magnificent Marble	Lighthouse And Ships	Smaug's Jewel	Lunch	Down Time	Encanto Workout Game	Food Experience: Apple Donuts	The Blob	Tomahawk Snatch	British Bulldog	Play Ground
Group 2	Gym							Snack			Choice Play			

Wednesday, April 20th:

	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	12:30-3:00		3:00-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Hospital Tag	Fire On The Mountain	Horde vs Alliance	Science: Floating M's	Lunch	Pick Up from Site @ 12:30pm Pump It Up 1:00-2:30 Return to Site @ 3:00pm		Balloon Baseball	Pilolo	Choice Play
Group 2	Choice Play											Play Ground

Thursday, April 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	Choice Play	Snack	Target 5	Tortoise Tag	Memory Making	Art: Twirlpin Rainbow Paper Spinner	Lunch	Down Time	All Abroad!	Zig Zag Snack Toss	Wicket	Vegetable Garden	Pruie	Play Ground
Group 2	Gym							Snack			Choice Play			

Friday, April 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	1:00-1:45	1:45-2:30	2:30-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Farmers Shepherding Sheep	Iceberg	Gaga Soccer	Art: Twirlpin Rainbow Paper Spinner	Lunch	Down Time	Blindman's Bluff	Meltdown Tag	Snack	Move & Mingle	Tic Tac Toe Relay	Choice Play
Group 2	Choice Play							Dead Ant			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 3

WEEK OF April 25th – April 29th, 2022

“Crayola Week”



Monday, April 25th: “Crayola Week” Blue Day

	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	Snack	Bird, Beast, Fish	Kangaroo & Crocs	Play Ground
Group 2	Gym							Circle Run			Choice Play			

Tuesday, April 26th: Yellow Day

	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	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Soccer Relay	Crack The Code	Dry Marco Polo	Health, Wellness, and Nutrition Specialist	Lunch	Down Time	Science: Rainbow Oobleck	Hungry, Hungry, Monster	Playground	Poison Ball	Over And All	Choice Play
Group 2	Choice Play							Snack			Play Ground			

Wednesday, April 27th: Green Day

	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	Ghost	Pac-Man	Art: DIY Scratch Off Art	3-6-9 Clap Game	Lunch	Down Time	Bank It	Smurfs And Gargamels	Food Experiment: Banana Sushi	Hot Pepper	Outside	Choice Play
Group 2	Gym							Down Time						

Thursday, April 28th: Red Day

	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	Science: Rainbow Rice	Lunch	Down Time	Better Bonanza	Toss 'N' Clap	Zoomy Zoomy	Snack	Board Games	Play Ground
Group 2	Choice Play							Down Time				Recharge		

Friday, April 29th: Brown Day

	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	Kaleidoscope	SPUD	Passive Games	Rainbow Dice Game	Lunch	Down Time	The Quiet Olympics	Pin-Down Dodgeball	Catching Stars	Spider Ball	Wonder Ball	Choice Play
Group 2	Choice Play							Down Time			Snack			Play Ground

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

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

WEEK OF May 2nd – May 6th, 2022

“Creativity Week”



Monday, May 2nd: “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	Choice Play							Silent Ball			Choice Play			

Tuesday, May 3rd:

	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	Passive Games	Card Games	Lunch	Down Time	Snow White And Seven Dwarfs	4-Corner Dodgeball	Trash War	Art: Cactus Egg	Continuity Ball	Choice Play
Group 2	Choice Play							Snack			Play Ground			

Wednesday, May 4th:

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:30	10:30-11:15	11:15-12:00	12:00-12:45	12:45-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Choice Play	Snack	Tiggy Off The Ground	Knock Down	Drama: Kitty Wants A Corner	Knots	Lunch	Pick Up from Site @ 12:45pm Par Tee Shack 1:15-3:00 Return to Site @ 3:30pm	Snack	Flying Chicken Basketball	Body Guards
Group 2	Gym								Down Time		

Thursday, May 5th:

	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	Filler Taboo	Art: Picasso Collage	Lunch	Down Time	Rabbits On The Run	Roll A Monster	Snack	Scatterball	Flinch	Play Ground
Group 2	Choice Play							Play Ground			Choice Play			

Friday, May 6th:

	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	3:30-5:00	5:00-6:30
Group 1	Choice Play	Snack	Back to Back Tag	Pass the Movements	Extreme Rock, Paper, Scissors	Food Experience: Orange Slice Butterflies	Lunch	Down Time	Ketchup	Science: Instant Hot Ice	Mission Impossible	Disney Movie	Choice Play
Group 2	Gym							Snack			Play Ground		

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MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

WEEK OF May 9th – May 13th, 2022

“Earth Week”



Monday, May 9th: “Earth 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	Hot Pepper	Science: Layers of the Earth Project	Active Game	Lunch	Down Time	The Price is Right?	STEM Challenge	Snack	Brain Magic	Jump to the Beat	Play Ground
Group 2	Choice Play							Down Time						Wonder Ball

Tuesday, May 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	Lizard Tag	Count Down	Passive Games	Drama: Balancing Plate	Lunch	Down Time	Swat	Ring Soccer	Kangaroos & Crocs	Art: Earth Day Art Project	Balloon Ball	Choice Play
Group 2	Choice Play							Down Time						Play Ground

Wednesday, May 11th:

NO TRACK OUT
(TRACK 3 returns to school)

Thursday, May 12th:

NO TRACK OUT
(TRACK 3 returns to school)

Friday, May 13th:

NO TRACK OUT
(TRACK 3 returns to school)

Marsh Creek Track Out

Track 3 - Week 1 — Hopping Into Spring Week



Weekly Program Information!

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.**

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



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 3 - Week 2 — Crayola Week



Weekly Program Information!

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!

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



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 3 - Week 3 — Creativity Week



Reminders

Bring daily:

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

Weekly Program Information!

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!

*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 3 - Week 4 — Earth 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



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

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