

# MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 4

## WEEK OF March 28<sup>th</sup> – April 1<sup>st</sup>, 2022

### “Hopping Into Spring” Week



#### Monday, March 28<sup>th</sup>: “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							Down Time			Snack			Play Ground

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

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:00	10:00-11:00	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	Choice Play	Snack	Pinwheel	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							Down Time			Snack			Choice Play

#### Wednesday, March 30<sup>th</sup>:

	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	Hospital Tag	Fire On The Mountain	Horde vs Alliance	Science: Floating M's	Lunch	Down Time	Art: Twirlpin Rainbow Paper Spinner	Target 5	Snack	Balloon Baseball	Pilolo	Choice Play
Group 2	Choice Play							Down Time			Tortoise Tag			Play Ground

#### Thursday, March 31<sup>st</sup>:

	7:00-9:00	9:00-9:30	9:30-12:00				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	Pick Up from Site @ 9:30am  Pump It Up 10:00-11:30  Return to Site @ 12:00pm				Lunch	Down Time	All Abroad!	Zig Zag Snack Toss	Wicket	Vegetable Garden	Pruie	Play Ground
Group 2	Gym							Down Time			Snack			Choice Play

#### Friday, April 1<sup>st</sup>:

	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	4:15-6:30
Group 1	Gym	Snack	Farmers Shepherding Sheep	Art: Curled Paper Spring Flowers	Iceberg	Gaga Soccer	Blindman's Bluff	Meltdown Tag	Down Time	Move & Mingle	Dead Ant	Tic Tac Toe Relay	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 4

## WEEK OF April 4<sup>th</sup> – April 8<sup>th</sup>, 2022

### “Crayola” Week



#### Monday, April 4<sup>th</sup>: “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							Down Time			Circle Run			Choice Play

#### Tuesday, April 5<sup>th</sup>: Yellow 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	1:00-1:30	1:30-2:00	2:00-3:30	3:30-4:15	4:15-5:00	5:00-6:30
Group 1	Gym	Snack	Soccer Relay	Crack The Code	Dry Marco Polo	3-6-9 Clap Game	Lunch	Down Time	Science: Rainbow Oobleck	Hungry, Hungry, Monster	Playground	Poison Ball	Over And Under	Choice Play
Group 2	Choice Play							Down Time			Snack			Play Ground

#### Wednesday, April 6<sup>th</sup>: Green Day

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:15	10:15-11:00	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	Choice Play	Snack	Ghost	Pac-Man	Art: DIY Scratch Off Art	Health, Wellness, and Nutrition Specialist	Lunch	Down Time	Bank It	Smurfs And Gargamels	Food Experiment: Banana Sushi	Hot Pepper	Outside	Choice Play
Group 2	Gym							Down Time						

#### Thursday, April 7<sup>th</sup>: Red Day

	7:00-9:00	9:00-9:15	9:15-9:45	9:45-10:15	10:15-11:15	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	Card Games	Choice Play

#### Friday, April 8<sup>th</sup>: Brown Day

	7:00-9:00	9:00-9:30	9:30-10:15	10:15-12:45			12:45-1:15	1:15-1:45	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	Pick Up from Site @ 10:15am PLAY 60 @ Barwell Road Community Center 10:30-12:30 Return to Site @ 12:45pm			Lunch	Down Time	The Quiet Olympics	Catching Stars	Spider Ball	Wonder Ball	Choice Play
Group 2	Choice Play									Snack			Play Ground

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

# MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 4

## WEEK OF April 11<sup>th</sup> – April 15<sup>th</sup>, 2022

### “Creativity” Week



#### Monday, April 11<sup>th</sup>: “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: Garden Seed Bombs	Steal The Treasure	Lunch	Down Time	Caterpillar Race	Monkey Tag	Snack	Ultimate Space	Everybody It	Play Ground
Group 2	Choice Play							Down Time			Silent Ball			Choice Play

#### Tuesday, April 12<sup>th</sup>:

	7:00-9:00	9:00-9:15	9:15-12:00				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	Pick Up from Site @ 9:15am  Par Tee Shack 9:45-11:30  Return to Site @ 12:00pm				Lunch	Down Time	Snow White And Seven Dwarfs	4-Corner Dodgeball	Trash War	Art: Cactus Egg	Continuity Ball	Choice Play
Group 2	Choice Play							Down Time			Snack			Play Ground

#### Wednesday, April 13<sup>th</sup>:

	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	Tiggy Off The Ground	Knock Down	Drama: Kitty Wants A Corner	Knots	Lunch	Down Time	Flying Chicken Basketball	Science: Instant Hot Ice	Food Experience: Orange Slice Butterflies	Hula Hoop Hustle	Drag The Body	Play Ground
Group 2	Gym							Down Time						Choice Play

#### Thursday, April 14<sup>th</sup>:

	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 Portrait Collage	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, April 15<sup>th</sup>:

<h2 style="text-align: center;">HOLIDAY (TRACK OUT PROGRAM CLOSED)</h2>														
---	--	--	--	--	--	--	--	--	--	--	--	--	--	--

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

# Marsh Creek Track Out

## Track 4 - 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\*



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)

**Marsh Creek Track Out X-Press**  
919-996-4924  
Program Manager: Piper Taylor  
Assistant Program Manager:  
Shannon Bass



# Marsh Creek Track Out

## Track 4 - 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

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

# Marsh Creek Track Out

## Track 4 - Week 3 — Creativity Week



### 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!

### 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\*