

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4 WEEK OF DECEMBER 30th



Monday, 12/30/2019: TEACHER WORKDAY - NO TRACK OUT PROGRAMS!

SCHOOL HOLIDAY (TRACK OUT PROGRAM CLOSED)

Tuesday, 12/31/19: TEACHER WORKDAY - NO TRACK OUT PROGRAMS!

SCHOOL HOLIDAY (TRACK OUT PROGRAM CLOSED)

Wednesday, 1/1/20: CITY HOLIDAY - NO TRACK OUT PROGRAMS!

SCHOOL HOLIDAY (TRACK OUT PROGRAM CLOSED)

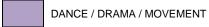
Thursday, 1/2/20: Welcome back Track 4! Come Ring in the New Year with us! 7:00-8:45 8:45-9:15 9:15-10:00 10:00-11:00 11:00-12:00 12:00-12:30 12:30-1:15 1:15-2:00 2:00-3:00 3:00-3:15 3:15-4:00 4:00-6:30 Group Gvm 2: Studio: Gvm 1: **Playground** Meeting Room: Active Game Time Capsule Active Game Counselor Meeting Meeting Meeting Meeting Playground Weather BU: Rules & Choice Weather BU: Choice: Room: Room: Room: Room: Meeting Counselor Play Choice Play Rest Time Gym Snack Lunch Snack Group Meeting Room: Gym 1: Studio: Challenge!!! Room Active Game Active Game Time Capsule

Friday, 1/3/20: Fuzzy Sock Dayl Wear your fuzzy socks to Track Out all day long!

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Group 1	Counselor Choice:	ice: Room:	Noom: Weather BU:	Studio: Jingle Bell Necklace & Wishing Wall	Gym 1: Active Game	Meeting Room: Lunch	Meeting	Gym 1: Active Game	Meeting Room: Passive Game		Playground Weather BU: Gym	Choice
Group 2	Chaine Blov			Gym 1: Active Game	Studio: Noisemakers & Wishing Wall		Room: Rest Time	Meeting Room: Passive Game	Gym 1: Active Game			Play













SCIENCE / NATURE



LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4 WEEK OF JANUARY 6th



Monday, 1/6/20: Fantasy Week! 7:00-8:45 8:45-9:15 9:15-10:00 10:00-11:00 11:00-12:00 1:15-2:00 2:00-3:00 3:00-3:15 4:00-6:30 12:00-12:30 12:30-1:15 3:15-4:00 1/2 Meeting Group Studio: Gym 1: Playground Meeting Room: Room: **DIY Crowns** Active Game Counselor Meeting Meeting Meeting Meeting Playground Weather BU: Rules & Fantasy in a Choice Choice: Room: Room: Room: Room: Weather BU: Meeting Counselor Nutshell Play Gym Choice Play Snack Lunch Rest Time Snack Group Studio: Gym 1: Room Challenge!!! 1/2 Gym 1: 2 Active Game **DIY Crowns** Active Game Tuesday, 1/7/20: Don't forget your blue field trip shirt! 7:00-8:30 8:30-11:30 11:30-12:00 12:00-12:30 12:30-1:15 1:15-2:00 2:00-3:00 3:00-3:15 3:15-4:00 4:00-6:30 Meeting Group Gym 1: Meeting Room: Room: Counselor **Marbles Museum** Active Game Passive Game Meeting Meeting Meeting Playground Charades Pick up from Laurel Hills @ 8:30am Choice: Choice Room: Room: Room: Weather BU: Time There: 9:00 - 11:00 Choice Play Play Meetina Lunch Rest Time Gvm Snack Return to Laurel Hills @ 11:30am Group Gym 1: Gvm 1: & Snack Room: Active Game Active Game 2 Charades Wednesday, 1/8/20 7:00-8:45 8:45-9:15 9:15-10:00 11:00-12:00 12:00-12:30 12:30-1:15 1:15-2:00 2:00-3:00 3:00-3:15 4:00-6:30 10:00-11:00 3:15-4:00 Studio: Gvm 1: Meeting Room: Group Gvm 1: **Dragon Eggs** Passive Game Active Game Active Game Counselor Meeting **Playground** Meeting Meeting Meeting Playground Choice Weather BU: Choice: Weather BU: Room: Room: Room: Room: Play Choice Play Snack Gym Lunch Rest Time Snack Gym Group Gym 1: Studio: Meeting Room: Gym 1: Active Game **Dragon Eggs** Passive Game Active Game Thursday, 1/9/20: Don't forget your blue field trip shirt! 7:00-8:45 8:45-9:15 9:15-10:00 10:00-1:00 1:00-1:30 1:30-2:00 2:00-3:00 3:00-3:15 3:15-4:00 4:00-6:30 Gym 2: Group Playground Six Forks Station Cinema Active Game Counselor Meeting Meeting Meetina Playground Weather BU: Pick up from Laurel Hills @ 10:00am Meeting Room: Choice Weather BU: Choice: Room: Room: Room: Time There: 10:30 - 12:30 Meeting Rest Time Play Choice Play Snack Lunch Snack Gym Group Gym 1: Room Return to Laurel Hills @ 1:00pm Active Game 2 Friday, 1/10/20: Dress up like your favorite character! 7:00-8:45 8:45-9:15 9:15-10:00 10:00-11:00 11:00-12:00 12:00-12:30 12:30-1:15 1:15-2:00 2:00-3:00 3:00-3:15 3:15-4:00 4:00-6:30 Studio: Group Gym 1: Gym 1: Meeting Room: Fizzing Icy Active Game Active Game Passive Game 1 Counselor Meeting **Playground** Meeting Meeting Meeting **Playground Melting Castles** Choice Choice: Room: Weather BU: Room: Room: Room: Weather BU: Play Studio: Choice Play Snack Gym Lunch Rest Time Snack Gym Meeting Room: Gvm 1: Group Gvm 1: Fizzing Icy 2 Active Game Passive Game Active Game **Melting Castles**















LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4 WEEK OF JANUARY 13th



/londay	, 1/13/20: <i>A</i>	nimation W	/eek!									Same?
	7:00-8:45	8:45-9:15	9:15-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:15	1:15-2:00	2:00-3:00	3:00-3:15	3:15-4:00	4:00-6:30
Group 1 Group 2	Counselor Choice: Choice Play	Meeting Room: Snack	Playground Weather BU: Meeting Room	Meeting Room: Rules & Counselor Challenge!!!	1/2 Meeting Room: All About Animation 1/2 Gym 1: Active Game	Meeting Room: Lunch	Meeting Room: Rest Time	Studio: Claymation Work	Gym 1: Active Game	Meeting Room:	Playground Weather BU:	Choice
								Gym 1: Active Game	Studio: Claymation Work	Snack	Gym	Play
uesday		on't forget	your blue field	d trip shirts! Part	icipants will leave	their pots on	location and	will be delivered	to Laurel Hills b	/ Friday!		
	7:00-8:45	8:45-9:15	9:15-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:00		1:00-3:30		3:30-4:00	4:00-6:30
Group 1	Counselor Choice:	Meeting Room:	Playground Weather BU:	Meeting Room: Active Game	Movie: Rudolph the Red- Nosed Reindeer	Meeting Room:	Meeting Room:		Paint Your Pot from Laurel Hills @		PG WBU:	Choice
Group 2	Choice Play	Snack	Meeting Room	Gym 2: Active Game	(Claymation Example)	Lunch	Rest Time		me There: 1:30 – 3:0 n to Laurel Hills @ 3	Gym	Play	
Vednes	day, 1/15/20	: Don't for	get your blue	field trip shirts!				,				
	7:00-8:45	8:45-9:15	9:15-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:00		1:00-4:00			4:00-6:30
Group 1	Counselor Choice:	: Weeting	Playground Weather BU: Gym	Studio: Claymation Work			Meeting Room:		NC Museum of Natural Science Pick up from Laurel Hills @ 1:00pm			Snack & Choice
Group 2	Choice Play			- 3	Studio: Claymation Work	Lunch	Rest Time	Time There: 1:30 – 3:30 Return to Laurel Hills @ 4:00pm				Play
hursda	y, 1/16/20											
	7:00-8:45	8:45-9:15	9:15-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:15	1:15-2:00	2:00-3:00	3:00-3:15	3:15-4:00	4:00-6:30
Group 1	Counselor Choice:	Meeting	Meeting Room: Snack Playground Weather BU: Meeting Room	Weather BU:	Gym 2: Active Game	Meeting Room:	Meeting Room:	Studio: Claymation Work	Gym 1: Active Game	Meeting Room:	Playground Weather BU: Gym	Choice Play
Group 2	LINGICA			Gym 2: Active Game	Meeting Room: Passive Game	Lunch	Rest Time	Gym 1: Active Game	Studio: Claymation Work	Snack		
riday, 1	1/17/20											
	7:00-8:45	8:45-9:15	9:15-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:15	1:15-2:00	2:00-3:00	3:00-3:15	3:15-4:00	4:00-6:30
Group 1	Counselor Choice:	Meeting Room:	Playground Weather BU:	Gym 1: Active Game	Studio: Claymation Wrap-Up	Meeting Room:	Meeting Room:	Meeting Room: Claymation	Gym 1: Active Game	Meeting Room:	Playground Weather BU:	Choice
Group 2	Choice Play	Snack		Studio: Claymation Wrap-Up	Gym 1: Active Game	Lunch	Room: Rest Time	Showings	Gym 2: Active Game	- Room: Snack	Weather BU: Gym	Play





DANCE / DRAMA / MOVEMENT









LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4 WEEK OF JANUARY 20th

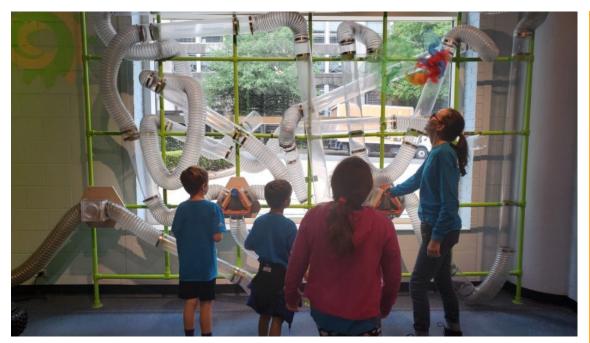


Monday, 1/20/20: HOLIDAY - NO TRACK OUT PROGRAMS!

HOLIDAY (TRACK OUT PROGRAM CLOSED)

	7:00-8:45	8:45-9:15	9:15-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:15	1:15-2:00	2:00-3:00	3:00-3:15	3:15-4:00	4:00-6:30
Group 1	Counselor Choice:	e: Room:	Playground Weather BU: Meeting Room	Meeting Room: Rules & Counselor Challenge!!!	Meeting Room: Active Game	Meeting Room: Lunch	Meeting Room: Rest Time	Meeting Room: Board Games Tournaments	Gym 1: Active Game	Meeting Room:	Playground Weather BU: Gym	Choice Play
Group 2	Choice Play				Gym 2: Active Game			Gym 1: Active Game	Meeting Roon Board Games Tournaments	n: Snack		
/edne	sday, 1/22/20	: Don't for	get your blue	field trip shirts!								
	7:00-9:00	9:00-9:30	9:30-12:30					1:00-2:00	2:00-3:00	3:00-3:15	3:15-4:00	4:00-6:30
Group 1	Counselor	Meeting			Fun Park rel Hills @ 9:30am	Meeting	Meeting Room:	Gym 2: Soccer	Meeting	Playground	Choice	
Group 2	Choice: Room: Snack		Time There: 10:00 – 12:00 Return to Laurel Hills @ 12:30pm				Room: Lunch	Rest Time	Gym 1: Soccer	Room: Snack	Weather BU: Gym	Play
hursd	ay, 1/23/20	T	T	T	T	· · · · · · · · · · · · · · · · · · ·		T		1	T	T
	7:00-8:45	8:45-9:15	9:15-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:15	1:15-2:00	2:00-3:00	3:00-3:15	3:15-4:00	4:00-6:30
Group 1	Counselor Choice:	Meeting Room:	Playground Weather BU:		Gym 2: Basketball Tournament Meeting	Meeting Room:	Meeting Room:	Gym 1:	Meeting Roon Passive Game		Playground Weather BU: Gym	Choice Play
Group 2	Choice Play	Snack	Meeting Room	Gym 2: Knockout Tournament	Meeting Room: Passive Game	Lunch	Rest Time	Kickball Game!	Studio: Passive Game	Snack		
riday,	1/24/20										•	•
	7:00-8:45	8:45-9:15	9:15-10:00	10:00-11:00	11:00-12:00	12:00-12:30	12:30-1:15	1:1	1:15-3:00		3:15-4:00	4:00-6:30
				Gym 1:	Studio: Trail Mix Meeting	Maatina	Meeting Room:		Mandina	Playground	Choice	
Group 1	Counselor Choice:	Meeting Room:	Playground Weather BU:	Active Game	Trail IVIIX	Room:	Meeting Room:		ng Room: : 4 Party!	Meeting Room:	Weather BU:	Choice Play

Track 4 - Week 1 - Ring in the New Year!



Field Trip Information!

NO FIELD TRIPS THIS WEEK!

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

Reminders

Bring daily:

- -1 lunch
- -Morning Snack
- -Afternoon Snack
- -Water Bottle

Field Trips:

- -Wear blue field trip shirt
- -No additional money is needed for any field trips

Arts & Crafts:

- Time Capsule
- Jingle Bell Necklace
- Noisemakers



Lake Lynn Track Out X-Press (@ Laurel Hills Community Center) 919-996-3150 Program Manager: Lindsey Trent



Track 4 - Week 2 - Fantasy Week!



Field Trip Information!

1/7/2020: Marbles Museum

201 E Hargett Street, Raleigh, NC 27601 919-834-4040

Marbles Kids Museum is a hands-on, minds-on museum that inspires imagination, discovery and learning through extraordinary adventures in play!

1/9/2020: Six Forks Station Cinemas

9500 Forum Drive, Raleigh, NC 27615 919-846-3904

Participants will get to enjoy a trip to the movies complete with popcorn & drink as they view a children's movie on the big screen!

Reminders

Bring daily:

- -1 lunch
- -Morning Snack
- -Afternoon Snack
- -Water Bottle

Field Trips:

- -Wear blue field trip shirt
- -No additional money is needed for any field trips

Arts & Crafts:

- DIY Crowns
- Dragon Eggs

Clinic:

- Fantasy in a Nutshell

Science:

- Fizzing Icy Melting Castles

Movement:

- Charades

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



Lake Lynn Track Out X-Press (@ Laurel Hills Community Center) 919-996-3150

Program Manager: Lindsey Trent



Track 4 - Week 3 - Animation Week!



Field Trip Information!

1/14/2020: Paint Your Pot 2755 NC Hwy 55, Cary, NC 27519 919-363-9333

At Paint Your Pot, campers will have the opportunity to design & paint their very own piece of pottery! Remember to wear appropriate clothes for painting! Pieces will be available to take home at the end of the week!

1/15/2020: NC Museum of Natural Science

11 W Jones Street, Raleigh, NC 27601 919-870-7947

Campers will get up close and personal with nature and science as they explore the Museum of Natural Science!

Reminders

Bring daily:

- -1 lunch
- -Morning Snack
- -Afternoon Snack
- -Water Bottle

Field Trips:

- -Wear blue field trip shirt
- -No additional money is needed for any field trips

Arts & Crafts:

- Claymation Work

Clinic:

- All About Animation
- Claymation Example: Rudolph the Red-Nosed Reindeer

Extras:

- Claymation Showings (Friday)

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



Lake Lynn Track Out X-Press (@ Laurel Hills Community Center) 919-996-3150





Track 4 - Week 4 - Tournament Week!



Field Trip Information!

1/22/2020: Galaxy Fun Park 14460 Falls of Neuse Road, Raleigh, NC 27614 919-584-4000

Galaxy Fun Park is an indoor facility filled with tons of exciting activities for kids of all ages! Campers will have unlimited play time on the trampolines, Laser Tag & soft play areas!

Reminders

Bring daily:

- -1 lunch
- -Morning Snack
- -Afternoon Snack
- -Water Bottle

Field Trips:

- -Wear blue field trip shirt
- -No additional money is needed for any field trips

Clinic:

Board Game
 Tournaments

Extra:

- Track 4 Party (Friday)

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



Lake Lynn Track Out X-Press (@ Laurel Hills Community Center) 919-996-3150 Program Manager: Lindsey Trent

