

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 1	Counselor Choice: Choice Play	Meeting Room: Snack	Playground Weather BU: Meeting Room	Meeting Room: Rules & Counselor Challenge!!!	Gym 2: Active Game	Meeting Room: Lunch	Meeting Room: Rest Time	Studio: Time Capsule	Gym 1: Active Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2					Meeting Room: Active Game			Gym 1: Active Game	Studio: Time Capsule			

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

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



ARTS / CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



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	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: Choice Play	Meeting Room: Snack	Playground Weather BU: Meeting Room	Meeting Room: Rules & Counselor Challenge!!!	½ Meeting Room: Fantasy in a Nutshell ½ Gym 1: Active Game	Meeting Room: Lunch	Meeting Room: Rest Time	Studio: DIY Crowns	Gym 1: Active Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2								Gym 1: Active Game	Studio: DIY Crowns			

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
Group 1	Counselor Choice: Choice Play & Snack	Marbles Museum Pick up from Laurel Hills @ 8:30am Time There: 9:00 – 11:00 Return to Laurel Hills @ 11:30am			Meeting Room: Lunch	Meeting Room: Rest Time	Meeting Room: Charades	Gym 1: Active Game	Meeting Room: Passive Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2							Gym 1: Active Game	Meeting Room: Charades	Gym 1: Active Game			

Wednesday, 1/8/20

	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: Choice Play	Meeting Room: Snack	Playground Weather BU: Gym	Studio: Dragon Eggs	Gym 1: Active Game	Meeting Room: Lunch	Meeting Room: Rest Time	Gym 1: Active Game	Meeting Room: Passive Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2				Gym 1: Active Game	Studio: Dragon Eggs			Meeting Room: Passive Game	Gym 1: 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
Group 1	Counselor Choice: Choice Play	Meeting Room: Snack	Playground Weather BU: Meeting Room	Six Forks Station Cinema Pick up from Laurel Hills @ 10:00am Time There: 10:30 – 12:30 Return to Laurel Hills @ 1:00pm			Meeting Room: Lunch	Meeting Room: Rest Time	Gym 2: Active Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2									Gym 1: Active Game			

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
Group 1	Counselor Choice: Choice Play	Meeting Room: Snack	Playground Weather BU: Gym	Gym 1: Active Game	Studio: Fizzing Icy Melting Castles	Meeting Room: Lunch	Meeting Room: Rest Time	Gym 1: Active Game	Meeting Room: Passive Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2				Studio: Fizzing Icy Melting Castles	Gym 1: Active Game			Meeting Room: Passive Game	Gym 1: Active Game			



ARTS / CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

WEEK OF JANUARY 13th



Monday, 1/13/20: Animation Week!

	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: Choice Play	Meeting Room: Snack	Playground Weather BU: Meeting Room	Meeting Room: Rules & Counselor Challenge!!!	½ Meeting Room: All About Animation ½ Gym 1: Active Game	Meeting Room: Lunch	Meeting Room: Rest Time	Studio: Claymation Work	Gym 1: Active Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2								Gym 1: Active Game	Studio: Claymation Work			

Tuesday, 1/14/20: **Don't forget your blue field trip shirts! Participants will leave their pots on location and will be delivered to Laurel Hills by 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: Choice Play	Meeting Room: Snack	Playground Weather BU: Meeting Room	Meeting Room: Active Game	Movie: Rudolph the Red-Nosed Reindeer (Claymation Example)	Meeting Room: Lunch	Meeting Room: Rest Time	Paint Your Pot Pick up from Laurel Hills @ 1:00pm Time There: 1:30 – 3:00 Return to Laurel Hills @ 3:30pm		PG WBU: Gym	Choice Play
Group 2				Gym 2: Active Game							

Wednesday, 1/15/20: **Don't forget 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: Choice Play	Meeting Room: Snack	Playground Weather BU: Gym	Studio: Claymation Work	Gym 1: Active Game	Meeting Room: Lunch	Meeting Room: Rest Time	NC Museum of Natural Science Pick up from Laurel Hills @ 1:00pm Time There: 1:30 – 3:30 Return to Laurel Hills @ 4:00pm		Snack & Choice Play
Group 2				Gym 1: Active Game	Studio: Claymation Work					

Thursday, 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: Choice Play	Meeting Room: Snack	Playground Weather BU: Meeting Room	Meeting Room: Passive Game	Gym 2: Active Game	Meeting Room: Lunch	Meeting Room: Rest Time	Studio: Claymation Work	Gym 1: Active Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2				Gym 2: Active Game	Meeting Room: Passive Game			Gym 1: Active Game	Studio: Claymation Work			

Friday, 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: Choice Play	Meeting Room: Snack	Playground Weather BU: Gym	Gym 1: Active Game	Studio: Claymation Wrap-Up	Meeting Room: Lunch	Meeting Room: Rest Time	Meeting Room: Claymation Showings	Gym 1: Active Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2				Studio: Claymation Wrap-Up	Gym 1: Active Game				Gym 2: Active Game			



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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)**

Tuesday, 1/21/20: Tournament Week!

	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: Choice Play	Meeting Room: Snack	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: Snack	Playground Weather BU: Gym	Choice Play
Group 2					Gym 2: Active Game			Gym 1: Active Game	Meeting Room: Board Games Tournaments			

Wednesday, 1/22/20: Don't forget your blue field trip shirts!

	7:00-9:00	9:00-9:30	9:30-12:30				12:30-1:00	1:00-2:00	2:00-3:00	3:00-3:15	3:15-4:00	4:00-6:30
Group 1	Counselor Choice: Choice Play	Meeting Room: Snack	Galaxy Fun Park Pick up from Laurel Hills @ 9:30am Time There: 10:00 – 12:00 Return to Laurel Hills @ 12:30pm				Meeting Room: Lunch	Meeting Room: Rest Time	Gym 2: Soccer	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2									Gym 1: Soccer			

Thursday, 1/23/20

	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: Choice Play	Meeting Room: Snack	Playground Weather BU: Meeting Room	Meeting Room: Passive Game	Gym 2: Basketball Tournament	Meeting Room: Lunch	Meeting Room: Rest Time	Gym 1: Kickball Game!	Meeting Room: Passive Game	Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2				Gym 2: Knockout Tournament	Meeting Room: Passive Game				Studio: Passive Game			

Friday, 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	1:15-3:00		3:00-3:15	3:15-4:00	4:00-6:30
Group 1	Counselor Choice: Choice Play	Meeting Room: Snack	Playground Weather BU: Gym	Gym 1: Active Game	Studio: Trail Mix	Meeting Room: Lunch	Meeting Room: Rest Time	Meeting Room: Track 4 Party!		Meeting Room: Snack	Playground Weather BU: Gym	Choice Play
Group 2				Studio: Trail Mix	Gym 1: Active Game							



ARTS / CRAFTS



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Lake Lynn Track Out

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



Field Trip Information!

NO FIELD TRIPS THIS WEEK!

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

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



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

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



Lake Lynn Track Out

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

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

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



RALEIGH

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Recreation and
Cultural Resources**
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