

BRIER CREEK TRACK OUT X-PRESS PROGRAM

WEEK OF August 2nd – August 6th



Monday, August 2nd: *Welcome to “Wheel of Themes” Week! Each day we’ll spin the wheel to pick our theme!*
Theme Options: LEGOs, Mid-Year New Year, Slumber Party, Superheroes, or Tie Dye

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Morning Meeting!	Secret Project!	Lunch	Rest Time	Hit It, Catch It and Personal Pinball	Secret Project!	Ninja and Islands	King of the Mountain & Spin the Wheel!	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Tuesday, August 3rd:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Special Dodgeball and Night at the Museum	Secret Project!	Lunch	Rest Time	Look Up and SPUD	Secret Project!	Best Of and Four Square	Magic Carpet & Spin the Wheel!	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Wednesday, August 4th: *Please bring your swimsuit, towel, a dry change of clothes, and a bag to hold everything in!*

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-2:00	2:00-4:25		4:25-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Secret Project!	Secret Project!	Lunch	Rest Time	Prep for Pool and Chill Game & Spin the Wheel!	Ridge Road Pool Pick up from Brier Creek @ 2:00pm Time There: 2:30pm – 3:55pm Return to Brier Creek @ 4:25pm		Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time				Merge with ASX

Thursday, August 5th:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Ultimate Ball and Mafia	Secret Project!	Lunch	Rest Time	Soccer and Night at the Museum	Secret Project!	Steal the Bacon and In the River, On the Bank	Gaga Ball & Spin the Wheel!	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Friday, August 6th:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Music Trivia and Musical Spots	Secret Project!	Lunch	Rest Time and Mat Forts	Special Activity!	Capture the Flag and Cross the Frozen Pond	Kid's Choice!	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch					Merge with ASX

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

WEEK OF August 9th – August 13th



Monday, August 9th: **Welcome to "SHARK WEEK"!**

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Morning Meeting!	Shark Tooth Necklace	Lunch	Rest Time	Shark's Cave and Scrambled Eggs	Dragon Tails and Magic Carpet	Space Invasion and Banana Tag	Fire on the Mountain	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Tuesday, August 10th:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Crocodile Island and Charades	Ocean Slime	Lunch	Rest Time	SWAT and Straddle Ball	Shark Tooth Dig Relay	Shipwreck and Everybody's It Tag	Spider Ball	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Wednesday, August 11th:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Snake in the Grass and Pictionary	Shark Hats	Lunch	Rest Time	Hungry, Hungry Sharks and Scooter Play	DIY Sharknado	Sink the Ship and Best Of	Four Square	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Thursday, August 12th: **Please bring your swimsuit, towel, a dry change of clothes, and a bag to hold everything in!**

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:00	11:00-1:30				1:30-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Prep for Pool	Lake Johnson Pool Pick up from Brier Creek @ 11:00am Time There: 11:30am – 1:00pm Return to Brier Creek @ 1:30pm				Lunch & Rest Time	Shark Porthole Suncatcher	Gaga Ball	Merge with ASX
Moon Walkers	Merge with BSX	Snack										Merge with ASX

Friday, August 13th:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Shark Attack and Mat Ball	Clothespin Sharks	Lunch	Rest Time	Cross the Ocean and Dodgeball	Shaving Cream Fun!	Parachute Games	Kid's Choice and Shark Punch!	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

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

WEEK OF August 16th – August 20th



Monday, August 16th: **Welcome to “Happy, Healthy Me” Week!**

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Morning Meeting!	Run to the Board: Happiness Edition	Lunch	Rest Time	Ultimate Ball and Best Of	Stress Balls	Human Bowling and Castle Ball	King of the Silent Ball	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Tuesday, August 17th: **Please bring your swimsuit, towel, a dry change of clothes, and a bag to hold everything in!**

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:00	11:00-1:30				1:30-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Prep for Pool	Optimist Pool Pick up from Brier Creek @ 11:00am Time There: 11:30am – 1:00pm Return to Brier Creek @ 1:30pm				Lunch & Rest Time	DIY Mood Tracker	Crab Soccer	Merge with ASX
Moon Walkers	Merge with BSX	Snack										Merge with ASX

Wednesday, August 18th:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Personal Pinball and Train	Trivia: Work Out the Mind!	Lunch	Rest Time	Raleigh Rocks	Handball and Fire, Thunder, Lightning	Happy Fuel	Islands	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Thursday, August 19th:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Poison Dart Frog and Steal the Bacon	Yoga Session	Lunch	Rest Time	Soccer and Hectic	Puzzle Hour!	Guard the Castle and Bombardment	Gaga Ball	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

Friday, August 20th:

	7:00-8:45	8:45-9:15	9:15-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-1:00	1:00-3:00			3:00-3:40	3:40-6:30
Star Gazers	Merge with BSX	Snack	Playground (Weather Permitting)	Man from Mars and Family Photo	DIY Journal	Lunch	Rest Time	End of Track 3 Celebration!			Kid's Choice!	Merge with ASX
Moon Walkers	Merge with BSX	Snack				Lunch	Rest Time					Merge with ASX

	ARTS/CRAFTS		FOOD EXPERIENCE		DANCE / DRAMA / MOVEMENT		FIELD TRIP		CLINIC / SPECIALIST		SCIENCE / NATURE
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Brier Creek Track Out

Track 3 - Week 1 - Wheel of Themes Week



Field Trip Information!

8/4/2021: Ridge Road Pool

1709 Ridge Road, Raleigh, NC 27607

919-420-2322

Participants will be visiting a City of Raleigh swimming pool facility! Please pack a bathing suit and towel for all pool trips. Children are permitted to wear flip-flops to and from the pool ONLY. A swimming test will be administered for EVERY participant. If a child does not take the swim test or does not pass the test, they will be required to wear a lifejacket. All participants will be required to wear a **BLUE** wristband to identify them to their site. Participants who pass the swim test will also be required to wear a **GREEN** wristband (**GREEN=GO**) in addition to the BLUE wristband.

**Other Important Information*

We will use paint in our art projects for the week. Please send child(ren) in old clothes if you are concerned with potential damage.

Reminders

Things to Bring

- Play Clothes
- 1 Lunch
- 2 Snacks
- Water Bottle
- Blanket or Towel (for Down Time)

Things NOT to Bring

- Jewelry
- Electronic Devices
- Weapons
- Toys from Home

Special Guests

- No additional money is needed for any special guests

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

Brier Creek Track Out

Track 3 - Week 2 - Shark Week



Field Trip Information!

8/12/2021: Lake Johnson Pool

5623 Jaguar Park Drive, Raleigh, NC 27606

919-233-2111

Participants will be visiting a City of Raleigh swimming pool facility! Please pack a bathing suit and towel for all pool trips. Children are permitted to wear flip-flops to and from the pool ONLY. A swimming test will be administered for EVERY participant. If a child does not take the swim test or does not pass the test, they will be required to wear a lifejacket. All participants will be required to wear a **BLUE** wristband to identify them to their site. Participants who pass the swim test will also be required to wear a **GREEN** wristband (**GREEN=GO**) in addition to the BLUE wristband.

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- 2 Snacks
- Water Bottle
- Blanket or Towel (for Down Time)

Things NOT to Bring

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- Electronic Devices
- Weapons
- Toys from Home

Special Guests

- No additional money is needed for any special guests

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Brier Creek Track Out

Track 3 - Week 3 - Happy, Healthy Me Week



Field Trip Information!

8/17/2021: Optimist Pool

5902 Whittier Drive, Raleigh, NC 27609

919-996-6197

Participants will be visiting a City of Raleigh swimming pool facility! Please pack a bathing suit and towel for all pool trips. Children are permitted to wear flip-flops to and from the pool ONLY. A swimming test will be administered for EVERY participant. If a child does not take the swim test or does not pass the test, they will be required to wear a lifejacket. All participants will be required to wear a **BLUE** wristband to identify them to their site. Participants who pass the swim test will also be required to wear a **GREEN** wristband (**GREEN=GO**) in addition to the BLUE wristband.

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