

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF MARCH 9th



Monday, 3/9/20

**SCHOOL HOLIDAY
(TRACK OUT PROGRAM CLOSED)**

Tuesday, 3/10/20: **Mythology 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 and ½ Meeting Room: All About Mythology Gym 2: Active Game | Meeting Room: Lunch | Meeting Room: Rest Time | Gym 1: Active Game | Art Room: Norse Mythology | Meeting Room: Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | | | | | Art Room: Norse Mythology | Gym 1: Active Game | | | |

Wednesday, 3/11/20: **Don't forget your blue field trip shirt!**

| | 7:00-8:30 | 8:30-9:00 | 9:00-12:00 | | | 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 | Six Forks Station Cinema Pick up from Laurel Hills @ 9:00am Time There: 9:30-11:30 Return to Laurel Hills @ 12:00pm | | | Meeting Room: Lunch | Meeting Room: Rest Time | Gym 1: Active Game | Art Room: Korean Mythology | Meeting Room: Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | | | | | Art Room: Korean Mythology | Gym 1: Active Game | | | |

Thursday, 3/12/20

| | 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 | Art Room: Celtic Mythology | 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 | | | | Art Room: Celtic Mythology | Meeting Room: Passive Game | | | Meeting Room: Passive Game | Gym 1: Active Game | | | |

Friday, 3/13/20:

| | 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 | Art Room: Native American Mythology | 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 | | | | Art Room: Native American Mythology | 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 1

WEEK OF MARCH 16th



Monday, 3/16/20: 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!!! | Meeting Room: Active Game | Meeting Room: Lunch | Meeting Room: Rest Time | Art Room: How to Use iMotion | Gym 1: Active Game | Meeting Room: Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | | Gym 1: Active Game | | | Gym 1: Active Game | Art Room: How to Use iMotion | | | |

Tuesday, 3/17/20: *Feel free to wear green for St. Patty's Day! We will pick up our pots to take home later this week!*

| | 7:00-8:45 | 8:45-9:15 | 9:15-10:00 | 10:00-12:00 | 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 | Paint Your Pot Pick up from Laurel Hills @ 10:00am Time There: 10:30-11:30 Return to Laurel Hills @ 12:00pm | Meeting Room: Lunch | Meeting Room: Rest Time | Art Room: Stop Motion | Gym 1: Active Game | Meeting Room: Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | | | | Gym 1: Active Game | Art Room: Stop Motion | | | |

Wednesday, 3/18/20: *Don't forget your blue field trip shirt!*

| | 7:00-8:45 | 8:45-9:15 | 9:15-10:00 | 10:00-11:00 | 11:00-12:00 | 12:00-12:30 | 12:30-1:30 | 1:30-4:30 | 4:30-6:30 |
|---------|-------------------------------|---------------------|----------------------------|-----------------------|-----------------------|---------------------|-------------------------|--|---------------------|
| Group 1 | Counselor Choice: Choice Play | Meeting Room: Snack | Playground Weather BU: Gym | Art Room: Stop Motion | Gym 2: Active Game | Meeting Room: Lunch | Meeting Room: Rest Time | Marbles Museum Pick up from Laurel Hills @ 1:30pm Time There: 2:00-4:00 Return to Laurel Hills @ 4:30pm | Snack & Choice Play |
| Group 2 | | | | Gym 2: Active Game | Art Room: Stop Motion | | | | |

Thursday, 3/19/20

| | 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 | Art Room: Flip Books | Gym 2: Active Game | Meeting Room: Lunch | Meeting Room: Rest Time | Art Room: Fun with Shaving Cream! | Meeting Room: Passive Game | Meeting Room: Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | Gym 2: Active Game | Art Room: Flip Books | | | Meeting Room: Passive Game | Art Room: Fun with Shaving Cream! | | | |

Friday, 3/20/20

| | 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 | Art Room: Finish Stop Motion | Meeting Room: Lunch | Meeting Room: Rest Time | Meeting Room: Stop Motion Showings | Gym 1: Active Game | Meeting Room: Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | Art Room: Finish Stop Motion | Gym 1: Active Game | | | | Gym 2: Active Game | | | |



ARTS / CRAFTS



FOOD EXPERIENCE



DANCE / DRAMA / MOVEMENT



FIELD TRIP



CLINIC



SCIENCE / NATURE

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF MARCH 23rd



Monday, 3/23/20: 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 | Gym 1: Track Out World Records! | Meeting Room: Passive Game | Meeting Room: Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | | Art Room: Passive Game | | | | Gym 1: Active Game | | | |

Tuesday, 3/24/20: **Don't forget your blue field trip shirt!**

| | 7:00-8:45 | 8:45-9:15 | 9:15-10:00 | 10:00-11:00 | 11:00-11:30 | 11:30-2:30 | | | | 2:30-3:15 | 3:15-4:00 | 4:00-6:30 |
|---------|---|-------------------------------|---|-------------------------------------|-------------------------------|---|--|--|--|---|--------------------------------------|-------------|
| Group 1 | Counselor Choice: Choice Play | Meeting Room: Snack | Playground Weather BU: Meeting Room | Gym 2: Active Game | Meeting Room: Lunch | NC Museum of Natural Science Pick up from Laurel Hills @ 11:30am Time There: 12:00-2:00 Return to Laurel Hills @ 2:30pm | | | | Meeting Room: Rest Time & Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | Meeting Room: Active Game | | | | | | | | |

Wednesday, 3/25/20

| | 7:00-8:45 | 8:45-9:30 | 9:30-10:00 | 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 | Studio: Snack | Studio: Passive Game | Gym 2: Active Game | Meeting Room: Board Game Tournaments | Meeting Room: Lunch | Meeting Room: Rest Time | Gym 1: Basketball | Studio: Passive Game | Meeting Room: Snack | Playground Weather BU: Gym | Choice Play |
| Group 2 | | | | Meeting Room: Board Game Tournaments | Gym 2: Active Game | | | Studio: Passive Game | Gym 1: Knockout Tournament | | | |

Thursday, 3/26/20

| | 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 | Art Room: Trail Mix | Meeting Room: Active Game | 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 | | | | Meeting Room: Active Game | Art Room: Trail Mix | | | | Studio: Passive Game | | | |

Friday, 3/27/20: **Don't forget your blue field trip shirt!**

| | 7:00-8:45 | 8:45-9:15 | 9:15-10:00 | 10:00-11:00 | 11:00-12:00 | 12:00-12:30 | 12:30-1:30 | 1:30-4:30 | | | | 4:30-6:30 |
|---------|---|-------------------------------|--------------------------------------|--------------------------------|--------------------------------|-------------------------------|-----------------------------------|--|--|--|--|---------------------|
| Group 1 | Counselor Choice: Choice Play | Meeting Room: Snack | Playground Weather BU: Gym | Gym 1: Active Game | Studio: Passive Game | Meeting Room: Lunch | Meeting Room: Rest Time | Galaxy Fun Park Pick up from Laurel Hills @ 1:30pm Time There: 2:00-4:00 Return to Laurel Hills @ 4:30pm | | | | Snack & Choice Play |
| Group 2 | | | | Studio: Passive Game | Gym 1: Active Game | | | | | | | |



ARTS / CRAFTS



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LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 1

WEEK OF MARCH 30th



Monday, 3/30/20: *Sleepover 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 <i>Weather BU: Meeting Room</i> | Meeting Room: Rules & Kid's Choice Counselor Challenge!!! | Playground: Sardines! <i>WBU: AR</i> | Meeting Room: Lunch | Meeting Room: Rest Time | Gym 1: Kid's Choice | Meeting Room: Kid's Choice | Meeting Room: Snack | Playground <i>Weather BU: Gym</i> | Choice Play |
| Group 2 | | | | | Meeting Room: Kid's Choice | | | Playground: Sardines! <i>WBU: MR</i> | | | | |

Tuesday, 3/31/20: *Feel free to bring your pajamas and a blanket for the movie!*

| | 7:00-8:45 | 8:45-9:15 | 9:15-10:00 | 10:00-12:00 | 12:00-12:30 | 12:30-1:30 | 1:30-2:15 | 2:15-3:00 | 3:00-3:15 | 3:15-4:00 | 4:00-6:30 |
|---------|---|------------------------------------|--|--|-------------------------------|-----------------------------------|--------------------------------------|--------------------------------------|-------------------------------|---|-------------|
| Group 1 | Counselor Choice: Choice Play | Meeting Room: Waffle Bar | Playground <i>Weather BU: Meeting Room</i> | Meeting Room: Movie! Complete with popcorn bar! | Meeting Room: Lunch | Meeting Room: Rest Time | Gym 1: Kid's Choice | Meeting Room: Kid's Choice | Meeting Room: Snack | Playground <i>Weather BU: Gym</i> | Choice Play |
| Group 2 | | | | | | | Meeting Room: Kid's Choice | Gym 1: Kid's Choice | | | |

Wednesday, 4/1/20

| | | | | | | | | | | | |
|--------------------------|--|--|--|--|--|--|--|--|--|--|--|
| Track 1 In School | | | | | | | | | | | |
|--------------------------|--|--|--|--|--|--|--|--|--|--|--|

Thursday, 4/2/20

| | | | | | | | | | | | |
|--------------------------|--|--|--|--|--|--|--|--|--|--|--|
| Track 1 In School | | | | | | | | | | | |
|--------------------------|--|--|--|--|--|--|--|--|--|--|--|

Friday, 4/3/20

| | | | | | | | | | | | |
|--------------------------|--|--|--|--|--|--|--|--|--|--|--|
| Track 1 In School | | | | | | | | | | | |
|--------------------------|--|--|--|--|--|--|--|--|--|--|--|



ARTS / CRAFTS



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FIELD TRIP



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SCIENCE / NATURE

Lake Lynn Track Out

Track 1 - Week 1 – Mythology Week!



Field Trip Information!

3/11/2020: 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:

- Korean Mythology
- Celtic Mythology

Clinic:

- All About Mythology

Science:

- Norse Mythology

Dance, Drama,

Movement:

- Native American Mythology

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



RALEIGH 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 1 - Week 2 – Animation Week!



Field Trip Information!

3/17/2020: 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!

3/18/2020: 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!

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:

- How to Use iMotion

Science:

- Fun with Shaving Cream!

Arts & Crafts:

- Stop Motion
- Flip Books

Extras:

- Stop Motion Showings

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

Lake Lynn Track Out

Track 1 - Week 3 – Tournament Week!



Field Trip Information!

3/24/2020: 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!

3/27/2020: 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

Food Project:

- Trail Mix

Extras:

- Track Out World Records

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



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Lake Lynn Track Out

Track 1 - Week 4 – Sleepover 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

Extras:

- Sardines
- Waffle Bar
- Movie with Popcorn Bar
- Kid's Choice!

Field Trip Information!

NO FIELD TRIPS THIS WEEK!

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



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