

LAKE LYNN TRACK OUT X-PRESS PROGRAM WEEK OF August 2nd – August 6th

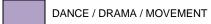


"OLYMPIC GAMES WEEK"

Monday	, August 2	and.											
	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Art Room: Olympic Bingo	Art Room: Olympic Masterminds	Lunch & Chill Time	Gym 2: Olympic Style Soccer	Art Room: Apples to Apples	Best Of	Gym2: Jedi Dodgeball	Art Room: Imagination Station	Choice Play
uesda	y, August :	3 rd : Pool Day	: Participants s	hould bring a	swimsuit and t	towel!							
	7:00-9:00	9:00-9:30		9:30-	12:00		12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15	-4:45	4:45-6:30
Group 1	Choice Play	Art Room: Snack		P/U 9 10:00am	ok Pool :30am -11:15am te: 12:00pm		Lunch & Chill Time	Gym 2: Balloon Tennis	Art Room: Olympic Shirts	Gym 2: Four Square Tournament		Central cames)	Choice Play
Nednes	sday, Augu	ıst 4 th :											
	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Picnic Shelter: Olympic Shirts	Art Room: Olympic Masterminds	Lunch & Chill Time	Gym 2: Olympic Basketball Frenzy	Art Room: Gestures	Gym 2: Olympic Relays	Art Room: Magic Carpet	Gym 2 : Gaga Ball	Choice Play
Thursda	ay, August	5 th :	1							1			
	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Gym 2: Capture the Flag	Art Room: Olympic Shirts	Lunch & Chill Time	Gym 2: Musical Rings	Art Room: Fizzy Olympic Rings	Gym 2: Guess Who Scramble	Ribbon Floor Routine	Gym 2 : Handball	Choice Play
Friday	August 6 th	• Pizza Party –	You will only ne	ed to nack 2 sna	acks and drinks	unless vour child	d cannot have n	izza l **∆lso nl e	ease bring a to	well**		•	
riday,	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	(Javelin thro	Olympic Games w, Balance Bea er Bucket relay,	m, Bean Bag	Art Room: Olympic Masterminds	Art Room: Flag Trivia		: Awards ny Party	Trail Walk	Gym 2: Chill Time	Art Room: Bumper Ball	Choice Play

ARTS/CRAFTS









CLINIC / SPECIALIST



SCIENCE / NATURE



LAKE LYNN TRACK OUT X-PRESS PROGRAM WEEK OF August 9th – August 13th



SCIENCE / NATURE

"SHARK WEEK"

Ţ	Monday	, August 9	th.											
		7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
	Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Art Room: Imagination Station	Trail Walk	Lunch & Chill Time	Art Room: DIY Sharknado	Gym 2: Shark's Cave	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Gym 2: Shark Tails	Gym 2: Choice Play

	Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Art Room: Imagination Station	Trail Walk	Lunch & Chill Time	Art Room: DIY Sharknado	Gym 2: Shark's Cave	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Gym 2: Shark Tails	Gym 2: Choice Play
-	Tuesda _!	y, August 1	IO th :											
		7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
-	Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Art Room: Shark Hat	Gym2: Passive Games	Lunch & Chill Time	Gym 2: Sharks and Minnows	Gym 2: SWAT	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Gym 2: Shipwreck	Choice Play

Wedne	esday, Augu	ıst 11 th :											
	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Gym2: Passive Games	Art Room: Board Games	Lunch & Chill Time	Back Field: Shark Tooth Dig	Gym 2: Crocodile Island	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Gym 2: Shark Ball	Choice Play

•	Thursda	ay, August	12 th : Pool Da	ay: Participants	s should bring	a swimsuit an	d towel!					
		7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-12:30	12:30-3:00	3:00-4:00	4:00-4:45	4:45-6:30
	Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Back Field: How Do Sharks Float?	Gym 2: Hungry, Hungry Sharks	Lunch	Lake Johnson Pool P/U 12:30pm 1:00pm-2:15pm Arrive at Site: 3:00pm	Snack/ Chill Time	Gym 2: Night at the Aquarium	Choice Play

Friday	, August 13	th:											
	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Gym2: Passive Games	Art Room: Shark Tooth Necklace	Lunch & Chill Time	Gym 2: Sharks in the Sand	Gym 2: Cross the Ocean	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Gym 2: Straddle Ball	Choice Play





LAKE LYNN TRACK OUT X-PRESS PROGRAM WEEK OF August 16th – August 20th



"WaCkY WeLINeSs WEEK"

Monday, August 16th:	Monday	. August	16 th :
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	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Gym 2: Fitness Circuit	Meeting Room: Find the Thimble	Lunch & Down Time	Picnic Tables: Raleigh Rocks	Gym 2: Ultimate Ball and Best Of	Art Room: Imagination Station	Playground Weather BU: Gym 2	Gym 2: Mat Ball	Choice Play

Tuesday, August 17th: Pool Day: Participants should bring a swimsuit and towel! Please bring a towel for lawn yoga.

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-11:45	11:45-12:30	12:30-3:00	3:00-4:00	4:00-4:45	4:45-6:30
Grou 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Backfield: Lawn Yoga	Gym 2: Fire, Thunder, Lightning	Lunch/ **Change for pool**	Optimist Pool P/U 12:30pm 1:00pm-2:15pm Arrive at Site: 3:00pm	Meeting Room: Snack and Chill Time	Gym 2: Knockout	Choice Play

Wednesday, August 18th:

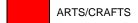
	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Grou 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Gym 2: Hectic	Kid's Choice	Lunch & Down Time	Gym 2: Guard the Castle	Gym 2: Pinball	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Gym 2: Gaga Ball	Choice Play

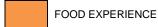
Thursday, August 19th:

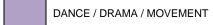
	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Meeting Room: Trivia: Work Out the Mind!	Art Room: DIY Fruitsicles	Lunch & Down Time	Wellness Walk	Movie Onsite: Inside Out Rated: PG	Kid's Choice	Gym 2: Beanbag Tag and Bombardment	Choice Play

Friday, August 20th: Please Wear your Best Wacky Tacky Outfit!!!!

	7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:15	11:15-12:00	12:00-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:45	4:45-6:30
Group 1	Choice Play	Picnic Shelter: Snack	Playground Weather BU: Gym 2	Assembly	Art Room: Mood Tracker	Gym 2: Workout Dice!	Lunch & Down Time	Gym 2: Man, from Mars	Meeting Room: Puzzle Palooza!	Picnic Shelter: Enjoy Homemade Popsicles	Playground Weather BU: Gym 2	Art Room: Imagination Station	Choice Play

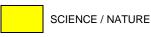












Lake Lynn Track Out

Track 3 - Week 1



Weekly Program Information!

Millbrook Pool

1905 Spring Forest Road, Raleigh, NC 27615 919-996-4130

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 may use paint and Tie-Dye in our art projects for the week. Please send children in old clothes if you are concerned with potential damage.

Parks, Recreation and Cultural Resources parks.raleighnc.gov

Lake Lynn Track Out X-Press 919-996-2911 Program Manager: Kiara Hairston Assistant Program Manager: Michelle Matson

Reminders

Bring daily:

- -1 Lunch
- -2 Snacks
- Reusable Water
 Bottle
- Blanket or Towel (for Down Time)
- -NO TOYS!!!
- -NO ELECTRONICS!!

Field Trips

 No additional money is needed for any field trips

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



Lake Lynn Track Out

Track 3 - Week 2



Weekly Program Information!

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.

Other Important Information

We may use paint in our art projects for the week. Please send children in old clothes if you are concerned with potential damage.

Parks, Recreation and Cultural Resources parks.raleighnc.gov

Lake Lynn Track Out X-Press 919-996-2911 Program Manager: Kiara Hairston Assistant Program Manager: Michelle Matson

Reminders

Bring daily:

- -1 Lunch
- -2 Snacks
- Reusable Water
 Bottle
- Blanket or Towel (for Down Time)
- -NO TOYS!!!
- -NO ELECTRONICS!!

Field Trips

 No additional money is needed for any field trips

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



Lake Lynn Track Out

Track 3 - Week 3



Weekly Program Information!

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.

Other Important Information

We may use paint in our art projects for the week. Please send children in old clothes if you are concerned with potential damage.

Parks, Recreation and Cultural Resources parks.raleighnc.gov

Lake Lynn Track Out X-Press 919-996-2911 Program Manager: Kiara Hairston Assistant Program Manager:

Michelle Matson

Reminders

Bring daily:

- -1 Lunch
- -2 Snacks
- Reusable Water
 Bottle
- Blanket or Towel (for Down Time)
- -NO TOYS!!!
- -NO ELECTRONICS!!

Field Trips

 No additional money is needed for any field trips

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

