

# LAKE LYNN TRACK OUT X-PRESS PROGRAM

## WEEK OF August 2<sup>nd</sup> – August 6<sup>th</sup>

### “OLYMPIC GAMES WEEK”

#### Monday, August 2<sup>nd</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather BU: Gym 2</i> | Assembly    | <b>Art Room:</b><br>Olympic Bingo | <b>Art Room:</b><br>Olympic Masterminds | Lunch & Chill Time | <b>Gym 2:</b><br>Olympic Style Soccer | <b>Art Room:</b><br>Apples to Apples | Best Of   | <b>Gym2:</b><br>Jedi Dodgeball | Art Room:<br>Imagination Station | Choice Play |

#### Tuesday, August 3<sup>rd</sup>: Pool Day: Participants should bring a swimsuit and 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 | <b>Art Room:</b><br>Snack | <b>Millbrook Pool</b><br>P/U 9:30am<br>10:00am-11:15am<br>Arrive at Site: 12:00pm |  |  |  | Lunch & Chill Time | <b>Gym 2:</b><br>Balloon Tennis | <b>Art Room:</b><br>Olympic Shirts | <b>Gym 2:</b><br>Four Square Tournament | Game Central<br>(Wii Games) | Choice Play |

#### Wednesday, August 4<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather BU: Gym 2</i> | Assembly    | <b>Picnic Shelter:</b><br>Olympic Shirts | <b>Art Room:</b><br>Olympic Masterminds | Lunch & Chill Time | <b>Gym 2:</b><br>Olympic Basketball Frenzy | <b>Art Room:</b><br>Guesses | <b>Gym 2:</b><br>Olympic Relays | <b>Art Room:</b><br>Magic Carpet | <b>Gym 2:</b><br>Gaga Ball | Choice Play |

#### Thursday, August 5<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather BU: Gym 2</i> | Assembly    | <b>Gym 2:</b><br>Capture the Flag | <b>Art Room:</b><br>Olympic Shirts | Lunch & Chill Time | <b>Gym 2:</b><br>Musical Rings | <b>Art Room:</b><br>Fizzy Olympic Rings | <b>Gym 2:</b><br>Guess Who Scramble | Ribbon Floor Routine | <b>Gym 2:</b><br>Handball | Choice Play |

#### Friday, August 6<sup>th</sup>: Pizza Party – You will only need to pack 2 snacks and drinks unless your child cannot have pizza! \*\*Also please bring a 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                             | 12:00-1:00                      | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Olympic Games</b><br>(Javelin throw, Balance Beam, Bean Bag relay, Water Bucket relay, and more) |             |             | <b>Art Room:</b><br>Olympic Masterminds | <b>Art Room:</b><br>Flag Trivia | <b>Olympic Awards Ceremony Party</b> |           | Trail Walk | Gym 2:<br>Chill Time | <b>Art Room:</b><br>Bumper Ball | Choice Play |

|  |             |   |                 |   |                          |   |            |   |                     |   |                  |
|--|-------------|---|-----------------|---|--------------------------|---|------------|---|---------------------|---|------------------|
|  | ARTS/CRAFTS |  | FOOD EXPERIENCE |  | DANCE / DRAMA / MOVEMENT |  | FIELD TRIP |  | CLINIC / SPECIALIST |  | SCIENCE / NATURE |
|--|-------------|---|-----------------|---|--------------------------|---|------------|---|---------------------|---|------------------|

# LAKE LYNN TRACK OUT X-PRESS PROGRAM

## WEEK OF August 9<sup>th</sup> – August 13<sup>th</sup>

### “SHARK WEEK”

#### Monday, August 9<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | Assembly    | <b>Art Room:</b><br>Imagination Station | Trail Walk  | Lunch & Chill Time | <b>Art Room:</b><br>DIY Sharknado | <b>Gym 2:</b><br>Shark's Cave | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | <b>Gym 2:</b><br>Shark Tails | <b>Gym 2:</b><br>Choice Play |

#### Tuesday, August 10<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | Assembly    | <b>Art Room:</b><br>Shark Hat | <b>Gym2:</b><br>Passive Games | Lunch & Chill Time | <b>Gym 2:</b><br>Sharks and Minnows | <b>Gym 2:</b><br>SWAT | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | <b>Gym 2:</b><br>Shipwreck | Choice Play |

#### Wednesday, August 11<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | Assembly    | <b>Gym2:</b><br>Passive Games | <b>Art Room:</b><br>Board Games | Lunch & Chill Time | <b>Back Field:</b><br>Shark Tooth Dig | <b>Gym 2:</b><br>Crocodile Island | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | <b>Gym 2:</b><br>Shark Ball | Choice Play |

#### Thursday, August 12<sup>th</sup>: Pool Day: Participants should bring a swimsuit and 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | Assembly    | <b>Back Field:</b><br>How Do Sharks Float? | <b>Gym 2:</b><br>Hungry, Hungry Sharks | Lunch       | <b>Lake Johnson Pool</b><br>P/U 12:30pm<br>1:00pm-2:15pm<br>Arrive at Site: 3:00pm | Snack/<br>Chill Time | <b>Gym 2:</b><br>Night at the Aquarium | Choice Play |

#### Friday, August 13<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | Assembly    | <b>Gym2:</b><br>Passive Games | <b>Art Room:</b><br>Shark Tooth Necklace | Lunch & Chill Time | <b>Gym 2:</b><br>Sharks in the Sand | <b>Gym 2:</b><br>Cross the Ocean | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br><i>Weather</i><br><i>BU: Gym 2</i> | <b>Gym 2:</b><br>Straddle Ball | Choice Play |

|  |             |   |                 |   |                          |   |            |   |                     |   |                  |
|--|-------------|---|-----------------|---|--------------------------|---|------------|---|---------------------|---|------------------|
|  | ARTS/CRAFTS |  | FOOD EXPERIENCE |  | DANCE / DRAMA / MOVEMENT |  | FIELD TRIP |  | CLINIC / SPECIALIST |  | SCIENCE / NATURE |
|--|-------------|---|-----------------|---|--------------------------|---|------------|---|---------------------|---|------------------|

# LAKE LYNN TRACK OUT X-PRESS PROGRAM

## WEEK OF August 16<sup>th</sup> – August 20<sup>th</sup>

### “WaCkY WeLiNeSs WEEK”

#### Monday, August 16<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br>Weather<br>BU: Gym 2 | Assembly    | <b>Gym 2:</b><br>Fitness Circuit | <b>Meeting Room:</b><br>Find the Thimble | Lunch & Down Time | <b>Picnic Tables:</b><br>Raleigh Rocks | <b>Gym 2:</b><br>Ultimate Ball and Best Of | <b>Art Room:</b><br>Imagination Station | <b>Playground</b><br>Weather<br>BU: Gym 2 | <b>Gym 2:</b><br>Mat Ball | Choice Play |

#### Tuesday, August 17<sup>th</sup>: 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   |
|---------|-------------|---------------------------------|---|-------------|--------------------------------|---|-------------------------------|--|--|---------------------------|-------------|
| Group 1 | Choice Play | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br>Weather<br>BU: Gym 2 | Assembly    | <b>Backfield:</b><br>Lawn Yoga | <b>Gym 2:</b><br>Fire, Thunder, Lightning | Lunch/<br>**Change for pool** | <b>Optimist Pool</b><br>P/U 12:30pm<br>1:00pm-2:15pm<br>Arrive at Site: 3:00pm | <b>Meeting Room:</b><br>Snack and Chill Time | <b>Gym 2:</b><br>Knockout | Choice Play |

#### Wednesday, August 18<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br>Weather<br>BU: Gym 2 | Assembly    | <b>Gym 2:</b><br>Hectic | Kid's Choice | Lunch & Down Time | <b>Gym 2:</b><br>Guard the Castle | <b>Gym 2:</b><br>Pinball | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br>Weather<br>BU: Gym 2 | <b>Gym 2:</b><br>Gaga Ball | Choice Play |

#### Thursday, August 19<sup>th</sup>:

|         | 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br>Weather<br>BU: Gym 2 | Assembly    | <b>Meeting Room:</b><br>Trivia:<br>Work Out the Mind! | <b>Art Room:</b><br>DIY Fruitsicles | Lunch & Down Time | Wellness Walk | <b>Movie Onsite:</b><br>Inside Out<br>Rated: PG | Kid's Choice | <b>Gym 2:</b><br>Beanbag Tag and Bombardment | Choice Play |

#### Friday, August 20<sup>th</sup>: 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 | <b>Picnic Shelter:</b><br>Snack | <b>Playground</b><br>Weather<br>BU: Gym 2 | Assembly    | <b>Art Room:</b><br>Mood Tracker | <b>Gym 2:</b><br>Workout Dice! | Lunch & Down Time | <b>Gym 2:</b><br>Man, from Mars | <b>Meeting Room:</b><br>Puzzle Palooza! | <b>Picnic Shelter:</b><br>Enjoy Homemade Popsicles | <b>Playground</b><br>Weather<br>BU: Gym 2 | <b>Art Room:</b><br>Imagination Station | Choice Play |

|  |             |   |                 |   |                          |   |            |   |                     |   |                  |
|--|-------------|---|-----------------|---|--------------------------|---|------------|---|---------------------|---|------------------|
|  | ARTS/CRAFTS |  | FOOD EXPERIENCE |  | DANCE / DRAMA / MOVEMENT |  | FIELD TRIP |  | CLINIC / SPECIALIST |  | SCIENCE / NATURE |
|--|-------------|---|-----------------|---|--------------------------|---|------------|---|---------------------|---|------------------|

# 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.

## 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 X-Press

919-996-2911

Program Manager: Kiara Hairston

Assistant Program Manager:  
Michelle Matson



# 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.

## 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.

## 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 X-Press

919-996-2911

Program Manager: Kiara Hairston

Assistant Program Manager:  
Michelle Matson

