

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

Week of October 3rd

Bug Week



Monday, October 3rd: Welcome back Track 4, its BUG WEEK!

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play MR/ Gym 1	Snack/ Playground	Morning Assembly Meeting Room	Captain Midnight Gym 1	Flitter Studio	Rainstorm Dodgeball Gym 1	Lunch Shelter	Rest Time Meeting Room	Butterfly Static Electricity Art Room	Garbage Ball Gym 1	Cops & Robbers Meeting Room	Snack/ PG	Flying Dutchman Gym 1	Down, Down, Down Meeting Room	Choice Play Gym 1	Board Games Art Room

Tuesday, October 4th: Don't forget your **BLUE SHIRTS!** Also, please sign the waiver and wear Socks! It is also **CRAZY SOCK DAY**, wear your craziest socks.

7:00-8:30	8:30-9:00	9:00-11:30			11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play/ Snack MR/ Gym 1	Snack/ Playground	Pick up from Site @ 9:00am Pump It Up 9:30-11:00 Return to Site @ 11:30am			Ultimate Silent Ball Meeting Room	Lunch Shelter	Rest Time Meeting Room	Island Soccer Gym 1	Watercolor Silhouette Art Room	Castle Ball Gym 1	Snack/ PG	Elbow Tag Gym 1	Two Truths and a Lie Meeting Room	Choice Play Gym 1	Board Games Art Room

Wednesday, October 5th: We will be having an insect clinic and learning about different bugs! You might even get to try some chocolate covered ones.

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play MR/ Gym 1	Snack/ Playground	Chief Meeting Room	Line Tag Gym 1	Insect Clinic Meeting Room	Lunch Shelter	Rest Time Meeting Room	Kid's Choice Gym 1	Best Of Meeting Room	Egg Carton Bee Art Room	Snack/ PG	Egg Carton Bee Art Room	Four Square & Chalk Time	Choice Play Gym 1	Board Games Art Room

Thursday, October 6th: Please wear your **BLUE SHIRTS!** Please pack lunches in disposable bags.

7:00-8:45	8:45-9:15	9:15-1:45						1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play MR/ Gym 1	Snack/ Playground	Pick up from Site @ 9:15am Hillridge Farms 10:00-1:00 Return to Site @ 1:45pm						Rest Time Meeting Room	Firefly Suncatcher Art Room	Snack/ PG	Shipwreck Gym 1	Gaga Ball Meeting Room	Choice Play Gym 1	Board Games Art Room

Friday, October 7th: If you have any small, plastic bottles please bring them for mini volcanoes today!

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play MR/ Gym 1	Snack/ Playground	Four Corners Meeting Room	Alaskan Kickball Baseball Field	The Martha Game Meeting Room	Heads Up, Seven Up Art Room	Lunch Shelter	Rest Time Meeting Room	Mini Volcanoes Back Field	Icicle Front Field	Ghost in the Graveyard Meeting Room	Snack/ PG	Backlash Gym 1	Opposites Meeting Room	Choice Play Gym 1	Board Games Art Room

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

LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

Week of October 10th

Fall Week



Monday, October 10th: Welcome to Fall Week! Please be sure you have filled out the ONLINE waiver for SkyZone on Thursday for the Raleigh location. iPads will be available in the afternoons.

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play MR/ Gym 1	Snack Shelter	Morning Assembly Meeting Room	Running Games Gym 1	Bumper Ball Meeting Room	If the Shoe Fits Gym 1	Lunch Shelter	Rest Time Meeting Room	Why Do Leaves Change Color? Back Field	Soccer Gym 1	Freeze Dance Meeting Room	Snack/ PG	Leaf Rubbings Art Room	Barbican Gym 1	Choice Play Gym 1	Board Games Art Room

Tuesday, October 11th: Please wear your **BLUE SHIRTS!** Today is HAT DAY. Wear your favorite Hat to Lake Lynn.

7:00-8:00	8:00-8:30	8:30-11:30			11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play/ MR/ Gym 1	Snack/ PG	Pick up from Site @ 8:30am NC Museum of Natural Science 9:00-11:00 Return to Site @ 11:30am			Collect & Press Leaves Back Field	Lunch Shelter	Rest Time Meeting Room	Lanterns Art Room	Personal Pinball Gym 1	Lighthouse Meeting Room	Snack/ PG	Pictionary Studio	True and False Front Field	Choice Play Gym 1	Board Games Art Room

Wednesday, October 12th: We will be having a Hygiene Clinic Today. We will be learning about germs and how to help prevent them.

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play MR/ Gym 1	Snack/ Playground	Glass Floor Studio	In the Zone Gym 1	Hygiene Clinic Meeting Room	Hoopla Gym 1	Lunch Shelter	Rest Time Meeting Room	Mat Ball Gym 1	Minute to Win It Games Meeting Room	Snack/ PG	Pipe Cleaner Owls Art Room	Odd One Out Gym 1	Choice Play Gym 1	Board Games Art Room

Thursday, October 13th: Please wear your **BLUE SHIRTS!** Be sure you have filled out the ONLINE waiver for the Raleigh location for SkyZone. iPads will be available in the afternoons.

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-3:00			3:00-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play MR/ Gym 1	Snack/ PG	Battle Ball Meeting Room	Parachute Games Gym 1	Leaf Paintings Art Room	Lunch Shelter	Rest Time Meeting Room	Pick up from Site @ 12:30pm SkyZone 1:00-2:30 Return to Site @ 3:00pm			Snack/ PG	Changing Chairs Meeting Room	Shipwreck Gym 1	Choice Play Gym 1	Board Games Art Room

Friday, October 14th: Sleepover Day! We will be having electronics time, watching a movie, and more! Feel free to wear your pajamas or bring a sleeping bag or blanket!

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-12:00		12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-6:00		6:00-6:30
Choice Play MR/ Gym 1	Snack/ Playground	Story Bag Meeting Room	Fire, Thunder, Lightning Front Field	Electronics Time & Board Games Meeting Room		Lunch Shelter	Rest Time Meeting Room	Dragon Tails Front Field	Captain Midnight Meeting Room	Catch Up Front Field	Snack/ PG	MOVIE Meeting Room		Board Games Art Room

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LAKE LYNN TRACK OUT X-PRESS PROGRAM – TRACK 4

Week of October 17th Halloween Week



Monday, October 17th: Welcome to Halloween Week!

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play Art Room/ Gym 1	Snack Shelter	Morning Assembly Meeting Room	Straw Blown Spooky Trees Pt. 1 Art Room	King of the Jungle Meeting Room	Spokes Gym 1	Lunch Shelter	Rest Time Meeting Room	Capture the Flag Gym 1	Straw Blown Spooky Trees Pt. 2 Art Room	T-Ball Gym 1	Snack/ PG	Pinball Studio	Crab Soccer Gym 1	Choice Play Gym 1	Board Games Art Room

Tuesday, October 18th: Please wear your BLUE SHIRTS! It is ORANGE AND GREEN DAY! Wear Orange and Green today to look like a pumpkin!

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-3:00				3:00-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play/ Snack Art Room/ Gym 1	Snack/ PG	Heads Up, Seven Up Art Room	Red Lion Front Field	Coffee Filter Spiderweb Art Room	Lunch Shelter	Rest Time Studio	Pick up from Site @ 12:30pm Pullen Park 1:00-2:30 Return to Site @ 3:00pm				Rest Time/ Snack	Run the Canyon Gym 1	Straddle Ball Studio	Choice Play Gym 1	Board Games Art Room

Wednesday, October 19th: Today is HALLOWEEN T-SHIRT DAY! Wear your favorite Halloween T-shirt to Lake Lynn today.

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play Art Room/ Gym 1	Snack/ Playground	The Club Game Studio	Spud Gym 1	Make Your Own Candy Bucket Art Room	Basketball Games Gym 1	Lunch Shelter	Rest Time Studio	Franken-worms Art Room	Alien Invasion Gym 1	Musical Freeze (Genre Game) Studio	Snack/ PG	Relay Tic Tac Toe Gym 1	Mum Ball Studio	Choice Play Gym 1	Board Games Art Room

Thursday, October 20th: We will be going to the Aquatic Center today. Please bring a bathing suit, towel and a bag for your clothes.

7:00-9:00	9:00-9:15	9:15-9:45	9:45-12:50					12:50-1:20	1:20-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play Art Room/ Gym 1	Snack/ PG	Bathroom/ Get Dressed	Pick up from Site @ 9:45am Buffaloe Road Aquatic Center 10:15-12:00 Return to Site @ 12:50pm					Lunch Shelter	Rest Time Studio	Asteroids Gym 1	Snack/ PG	Bat Flyers Art Room	Fleetball Gym 1	Choice Play Gym 1	Board Games Art Room

Friday, October 21st: Today is COSTUME DAY! Come dressed in a costume, new or old!

7:00-9:00	9:00-9:30	9:30-10:00	10:00-10:45	10:45-11:30	11:30-12:00	12:00-12:30	12:30-1:00	1:00-1:45	1:45-2:30	2:30-3:15	3:15-4:00	4:00-4:30	4:30-5:15	5:15-6:00	6:00-6:30
Choice Play Art Room/ Gym 1	Snack/ Playground	Elbow Tag Front Field	Pin the Spider on the Web Studio	Edible Skeletons Art Room	Cross the Ocean Front Field	Lunch Shelter	Rest Time Studio	Halloween Clinic Art Room	Pass the Eyeball Studio	Man From Mars Front Field	Snack/ PG	Stealing Sticks Gym 1	Circle Stride Ball Studio	Choice Play Gym 1	Board Games Art Room

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Lake Lynn Track Out

Track 4 - Week 1– Bug Week



Field Trip Information and More!

Pump It Up

10700 Suite 112, World Trade Boulevard, Raleigh, NC 27617

919-828-3344

Campers will have unlimited access to the many inflatables at Pump It Up. Please wear socks! **This trip will require a waiver to be signed by each child's parent/guardian.**

Hillridge Farms

703 Tarboro Road, Youngsville, NC 27596

919-556-1771

At Hillridge Farms, campers will participate in a hayride, pick out their very own pumpkin to take home and enjoy all the farm animals and activities that Hillridge Farms has to offer! Participants should be prepared to be outside during this field trip.

*If you have not done so, please sign up for the REMIND app. Please see Mr. Brad, Ms. Amanda, or Ms. Lindsay for more details.

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
- Sign Field Trip Waiver

Spirit Days:

- Tuesday: Crazy Sock

Arts & Crafts:

- Watercolor Silhouette
- Egg Carton Bee
- Firefly Suncatcher

Clinic:

- Insect

Drama:

- The Martha Game

Science:

- Butterfly Static Electricity
- Mini Volcanoes

Remember green & white Key Tag and/or Photo ID when picking-up participants

Lake Lynn Track Out

Track 4 – Week 2 – Fall Week



Field Trip Information and More!

Natural Science Museum

11 West 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!

Sky Zone

2101 Westinghouse Boulevard, Raleigh, NC 27604
919-948-4450

Participants will get to experience weightless bouncing at one of Raleigh's indoor trampoline facilities. Children will have unlimited access to all jumping areas. **This trip will require an ONLINE waiver to be completed by each child's parent/guardian.**

*If you have not done so, please sign up for the REMIND app. Please see Mr. Brad, Ms. Amanda, or Ms. Lindsay for more details.

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
- Complete the ONLINE waiver

Spirit Days:

- Tuesday; Hat Day
- Friday: Sleepover Day

Arts & Crafts:

- Leaf Rubbings
- Lanterns
- Pipe Cleaner Owls
- Leaf Paintings

Clinic:

- Hygiene Clinic

Drama:

- Story Bag

Nature:

- Why leaves change color

Remember green & white Key Tag and/or Photo ID when picking-up participants



Lake Lynn Track Out

Track 4 - Week 3– Halloween Week



Field Trip Information and More!

Pullen Park

520 Ashe Avenue, Raleigh, NC 27606

919-996-6468

At Pullen Park, participants will ride the Carousel and Train and have unlimited access to the playground.

Buffaloe Road Aquatic Center

5908 Buffaloe Road, Raleigh, NC 27616

919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at one of Raleigh's most unique Aquatics facility! Please pack a bathing suit and towel. 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.

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

Spirit Days:

- Tuesday: Orange and Green
- Wednesday: Halloween T-Shirt
- Friday: Costume

Arts & Crafts:

- Bat Flyers
- Coffee Filter Spiderweb
- Make your own bucket
- Straw Blown Spooky Trees

Clinic:

- Halloween

Drama:

- Musical Freeze

Food Experience

- Edible Skeletons

Nature:

- Frankenworms

Remember green & white Key Tag and/or Photo ID when picking-up participants