

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

January 23rd – January 27th, 2017 Theme: Disney Days



Monday, 1/23/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym: Alaskan Baseball	Multipurpose A: Poison Dart Frog	Lunch and Down Time	Gym: Human Pinball	Dance and Drama Classroom: Functional Performance	Classroom: Afternoon Snack	Gym: Fire, Thunder, Lightning	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Multipurpose A: Poison Dart Frog	Gym: Alaskan Baseball	Lunch and Down Time	Classroom: Who's missing?	Dance and Drama Multipurpose A: Functional Performance	Multipurpose 1: Afternoon Snack	Multipurpose A: Pictionary	ASX Activities

Tuesday, 01/24/2017

	7:00-9:30	9:30-10:30	10:30-1:00	1:00-2:00	2:00-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack	NC Museum of History Leave Marsh Creek – 10:30am Time at Field trip – 11am – 1pm Return to Marsh Creek - 1:30pm	Lunch and Down Time	Classroom: Mafia	Gym: Matball	Classroom: Afternoon Snack	Gym: Silent ball	ASX Activities
Juicy Fruit	BSX Activities	Multipurpose A: Snack		Lunch and Down Time	Gym: Matball	Classroom: Mafia	Multipurpose 1: Afternoon Snack	Multipurpose A: Infection	ASX Activities

Wednesday, 1/25/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym: Alaskan Baseball	Art Project Classroom: Minions Magnets	Lunch and Down Time	Gym: Human Pinball	Classroom: Cards/Mancala/ Guess who	Classroom: Afternoon Snack	Gym: Fire, Thunder, Lightning	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Art Project Classroom: Minion Magnets	Gym: Alaskan Baseball	Lunch and Down Time	Classroom: Who's missing?	Gym: Bumper Ball	Multipurpose 1: Afternoon Snack	Multipurpose A: Pictionary	ASX Activities

Thursday, 01/26/2017

	7:00-9:30	9:30-10:30	10:30-1:00	1:00-2:00	2:00-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Galaxy Fun Park Leave Marsh Creek– 10:30am Time at Field Trip – 11am – 12:30pm Return to Marsh Creek - 1:00pm	Lunch and Down Time	Classroom: Who's Missing	Gym: Tortoise Tag	Classroom: Afternoon Snack	Multipurpose A: Telephone	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly		Lunch and Down Time	Gym: Tortoise Tag	Gym: Human Pinball	Multipurpose 1: Afternoon Snack	Gym: Fire, Thunder, Lightning	ASX Activities

Friday, 01/27/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Clinic Classroom: Human Muscles	Gym: In the Zone	Lunch and Down Time	Science and Nature Classroom: Frozen Painting	Gym: Soccer	Classroom: Afternoon Snack	Gym: Infection	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym: In the Zone	Clinic Classroom: Human Muscles	Lunch and Down Time	Gym: Soccer	Science and Nature Classroom: Frozen Painting	Multipurpose 1: Afternoon Snack	Multipurpose A: Telephone	ASX Activities

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

January 30th – February 3rd, 2017 Theme: Disney Days



Monday, 01/30/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Art Project Classroom: OLAF Cup Craft	Gym: Capture the flag	Lunch and Down Time	Gym: Hockey	Multipurpose A: Look down, Look up	Classroom: Afternoon Snack	Gym: Four Corners	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym: Capture the flag	Art Project Classroom: OLAF Cup Craft	Lunch and Down Time	Multipurpose A: Look down, Look up	Gym: Hockey	Multipurpose 1: Afternoon Snack	Multipurpose A: Four Corners	ASX Activities

Tuesday, 01/31/2017

	7:00-9:30	9:30-10:30	10:30-1:30	1:30-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Marbles Kids Museum Leave Marsh Creek - 10:30am Time at Field Trip - 11:00am - 1:00pm Return to Marsh Creek- 1:30pm	Lunch and Down Time	Classroom: Disney Scene it	Gym: Minute Jogging	Classroom: Afternoon Snack	Gym: Zip Zip Zonk	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly		Lunch and Down Time	Gym: Minute Jogging	Classroom: Disney Scene it	Multipurpose 1: Afternoon Snack	Multipurpose A: Zip Zip Zonk	ASX Activities

Wednesday, 02/01/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Dance and Drama Classroom: Rewrite a Disney Movie	Gym: Sideline Basketball	Lunch and Down Time	Gym: Captain Midnight	Science and Nature Classroom: Buzz's Spaceship	Classroom: Afternoon Snack	Multipurpose A: Poison Dart frog	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym: Sideline Basketball	Dance and Drama Classroom: Rewrite a Disney Movie	Lunch and Down Time	Science and Nature Classroom: Buzz's Spaceship	Gym: Captain Midnight	Multipurpose A: Afternoon Snack	Gym: Poison Dart frog	ASX Activities

Thursday, 02/02/2017

	7:00-9:30	9:30-10:30	10:00-12:30	12:30-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Buffalo Lanes Leave Marsh Creek – 10am Time at Field Trip – 10:30am – 12:00pm Return to Marsh Creek 12:30pm	Lunch and Down Time	Gym: European Dodgeball	Multipurpose A: Flinch	Classroom: Afternoon Snack	Multipurpose A: Ultimate Simon Says	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly		Lunch and Down Time	Multipurpose A: Flinch	Gym: European Dodgeball	Multipurpose 1: Afternoon Snack	Gym: Ultimate Simon says	ASX Activities

Friday, 02/03/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Clinic: The human bones	Gym: Indy Five Hundred	Lunch and Down Time	Multipurpose: Entourage	Gym: Quidditch Handball	Classroom: Afternoon Snack	Gym: What am I?	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Gym: Indy Five Hundred	Clinic: The human bones	Lunch and Down Time	Gym: Quidditch Handball	Multipurpose: Entourage	Multipurpose 1: Afternoon Snack	Multipurpose: What am I?	ASX Activities



MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 3

February 6th – February 10th, 2017 Theme: Disney Days



Monday, 02/06/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym: Ultimate Frisbee	Classroom: Mancala/Cards/ Connect 4	Lunch and Down Time	Gym: Sideline Basketball	Classroom: Hangman	Classroom: Afternoon Snack	Multipurpose A: Concentration	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Classroom: Mancala/Cards/ Connect 4	Gym: Ultimate Frisbee	Lunch and Down Time	Classroom: Hangman	Gym: Sideline Basketball	Multipurpose 1: Afternoon Snack	Gym: Concentration	ASX Activities

Tuesday, 02/07/2017

	7:00-9:30	9:30-10:30	10:30-1:00	1:00-2:00	2:00-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	NC Museum of Art Leave Marsh Creek – 10:30am Time at Field Trip – 11am -12:30pm Return to Marsh Creek- 1:00pm	Lunch and Down Time	Classroom: Disney Trivia	Gym: Baseball	Classroom: Afternoon Snack	Multipurpose A: Ghost in the graveyard	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly		Lunch and Down Time	Gym: Baseball	Classroom: Disney Trivia	Multipurpose 1: Afternoon Snack	Gym: Ghost in the graveyard	ASX Activities

Wednesday, 02/08/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Clinic: Zumba	Food Experience: Olaf Apples	Lunch and Down Time	Gym: Baseball	Science and Nature: Make Flubber	Classroom: Afternoon Snack	Gym: Doggy Doggy Where's my bone	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly			Lunch and Down Time	Science and Nature: Make Flubber	Gym: Baseball	Multipurpose 1: Afternoon Snack	Multipurpose A: Doggy Doggy Where's my bone	ASX Activities

Thursday, 02/09/2017

	7:00-9:30	9:30-10:30	10:30-1:00	1:00-2:00	2:00-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Jellybeans (Cary) Leave Marsh Creek – 10:30am Time at Field Trip 11am – 12:30pm Return to Marsh Creek: 1:00pm	Lunch and Down Time	Art Project: Blossom Tree	Multipurpose A: Interactive Story	Classroom: Afternoon Snack	Gym: Name 6	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly		Lunch and Down Time	Multipurpose A: Interactive Story	Art Project: Blossom Tree	Multipurpose 1: Afternoon Snack	Multipurpose A: Name 6	ASX Activities

Friday, 02/10/2017

	7:00-9:30	9:30-10:00	10:00-11:00	11:00-12:00	12:00-1:30	1:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Bazooka	BSX Activities	Classroom: Snack and Assembly	Gym: Fitness Monopoly	Classroom: List it A-Z Disney	Lunch and Down Time	MOVIE: Lion King	Classroom: Afternoon Snack	Multipurpose A: Concentration	ASX Activities
Juicy Fruit	BSX Activities	Classroom: Snack and Assembly	Classroom: List it A-Z Disney	Gym: Fitness Monopoly	Lunch and Down Time		Multipurpose 1: Afternoon Snack	Gym: Concentration	ASX Activities

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

Marsh Creek Track Out

Track 3 - Week 1



Field Trip Information!

NC Museum of History

5 East Edenton Street, Raleigh, NC 27601
919-807-7947

Campers will get up close and personal with North Carolina history through various cultural, sports, military & agricultural exhibits!

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
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Complete online field trip waiver for Galaxy Fun Park

Remember Green & White Key Tag and/or Photo ID when picking-up participants

Marsh Creek Track Out

Track 3 - Week 2



Field Trip Information!

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!

Buffaloe Lanes North

5900 Oak Forest Drive, Raleigh, NC 27616
919-876-5681

Campers will get to try out their bowling skills! **PLEASE WEAR SOCKS** - Shoes are included in the price!

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

Remember Green & White Key Tag and/or Photo ID when picking-up participants

Marsh Creek Track Out

Track 3 - Week 3



Field Trip Information!

NC Museum of Art

2110 Blue Ridge Road, Raleigh, NC 27609
919-664-6820

Campers will get a close-up view of paintings, sculptures and artifacts as they tour the Museum! Art from around the world can be found in various indoor exhibits including Ancient Egypt, African and European, as well as large-scale sculptures placed along the Museum Park's walking trail.

Jellybeans (Cary)

1120 Buck Jones Road, Raleigh, NC 27606
919-467-5283

Please wear socks! Participants will enjoy a roller skating session filled with fun music & lighting!

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

Remember Green & White Key Tag and/or Photo ID when picking-up participants