

Knightdale Parks and Recreation Track Out Camp Calendar

TIMES	MONDAY <i>Pick up Field Trip info</i>	TUESDAY <i>Field Trip Day</i>	WEDNESDAY <i>Gym Day</i>	THURSDAY <i>Pick up Lunch Form</i>	FRIDAY <i>Andy's Lunch**/Gym Day</i>	
7:00 AM	CHOICE PLAY 7:00AM-9:00AM					
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM	Snack/Orientation 9-9:45a	Snack/ Field Trip	Snack/Meeting 9-9:45a	Snack/Meeting 9-9:45a	Snack/Meeting 9-9:45a	
9:30 AM						
10:00 AM	Walk 9:45-10:30	Field Trip	Walk 9:45-10:30	Walk 9:45-10:30	Walk 9:45-10:00	
10:30 AM	Outside Free Play		Gym Time* - Organized Games and Free Play	Walk/Playground	Gym Time* - Organized Games and Free Play	
11:00 AM						
11:30 AM				Lunch		
12:00 PM	Lunch			Lunch	Lunch	
12:30 PM	SQUIRT - Reading			Lunch	SQUIRT-Reading	Lunch
1:00 PM	Playground			CATCH	Arts and Crafts	SQUIRT - Reading
1:30 PM						Indoor Free Play
2:00 PM				Board Games		
2:30 PM			Relay Races			Snack
3:00 PM			Snack	Snack	Snack	
3:30 PM	Snack/Field Trip Mtg		Afternoon Meeting	Afternoon Meeting	Afternoon Meeting	
4:00 PM	CHOICE PLAY		CHOICE PLAY			
4:30 PM	4:00PM-6:00PM					
5:00 PM						
5:30 PM						

Note: **SQUIRT Reading** - Super Quiet Independent Reading Time. Please encourage your child(ren) to bring their own book.

Note: **Field Trip Day**- schedule varies by week and is available on line. Parent letters will be provided on Monday afternoons.

Note: **Theme Day**-varies by week, Mr. Chris will inform participants prior to Friday

Note: **CATCH**-Coordinated Approach to Child Health-we will discuss nutrition information and health awareness through exercise and physical activity. We are also incorporating our Wii Fit into the exercise portion of CATCH.

* **Gym Time** - Could change based on school schedule. Parents will be notified if changed.

** **We will continue to have our weekly Andy's on Friday. However, on week 2 of camp, we will actually go to Andy's for lunch. KPRD does NOT pay for this. Your child(ren) MUST bring a lunch to take with us if not eating Andy's. THANKS!!!!**

