

Tracking Out Grades K-8

Location

Cary Family YMCA
101 YMCA Drive
Cary, NC 27513
(919) 469-9622, ext. 137

Director

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What does Tracking Out cover?

The Tracking Out program provides care for children while they are tracked out from school as outlined by the Wake County School System. Teacher Workdays and Student Holidays (orange days on the Year Round Calendar) are not covered by the Tracking Out Program. Most of these days are covered by the School's Out Special Program and must be purchased separately from Tracking Out.

What will my child do during Tracking Out?

Daily Schedule

7:00 - 8:40: Rides In
8:40- 9:15: Morning Assembly
9:15- 10:00: Activity One
10:00-10:30: Snack
10:30- 11:10: Activity Two
11:10- 12:00: Activity Three
12:00- 12:45: Lunch
12:45 - 1:15: Activity Four
1:15 - 2:00: Activity Five/Clinics (T&TH)
2:00 - 2:30: Afternoon Assembly
2:30 - 3:00: Activity Six
3:00 - 3:30: Rides Out
3:30- 6:00 Activities at After School sites

Schools served: Adams Elementary, Carpenter Elementary, Green Hope Elementary, Highcroft Elementary, Laurel Park Elementary, Mills Park Elementary, Morrisville Elementary, Salem Elementary, Turner Creek Elementary, East Cary Middle, Lufkin Middle, and Salem Middle.

What are Skill Development Clinics?

Clinics are scheduled Tuesdays and Thursdays. The children will sign up the morning of the first Tuesday of their track out for which clinics they would like to participate in. Clinic choices may include ping-pong, cooking, soccer, basketball, drama, wiffle ball, baseball, jump rope, nature/fort building, bocce ball, music, archery, hockey, flag football, and creative arts.

What about Field Trips?

Each group, or huddle, goes on one field trip per week. Field trips can be both educational and fun. Field trips might include roller skating, bowling, laser tag, the North Carolina Museum of Life and Science, the History Museum, Monkey Joes, Dream Sports, Jump Zone, Goodberrys, UNC Dean Dome, North Carolina State Fair, Morehead Planetarium, and many more depending on the track theme.

What about Swimming?

Each group has one swim day per week at our on-site pool. The YMCA pool is covered for the winter season, so swimming is a year round luxury for Tracking Out. Lifeguards are always on duty and flotation



devices are available if needed. Tracking Out staff accompanies children to the pool locker rooms to change and they swim with the children. Afterwards, Tracking Out staff monitors the pool locker rooms and escort children back to the program. *Swim lessons are also available. The Aquatics staff teaches children for the actual lesson. ***Swim lessons** are only offered during the fall and winter track outs at an additional fee.

How do we promote Character Development?

A main focus of the YMCA is character development. One way this is integrated into Tracking Out is with our character chairs. Everyday in afternoon assembly, all five character chairs are awarded to campers who have been seen displaying the character trait throughout the day. Another way that Tracking Out integrates character development is through our bead program. Each camper earns special beads to decorate their bead necklaces. They can earn beads for different activities along with a bead for each character trait. Tracking Out counselors are the only ones who hand out character chairs and beads. Beads are given out during devotion time.

Devotions include meaningful activities, stories, or presentations that promote the YMCA character traits. The five character traits are represented by certain colors.

They are:

Red = caring Blue = honesty
Green = responsibility Yellow = respect
Purple = Faith in God

Ask your child at the end of the day about the character chairs and beads they earned and what they represent. What a great way to encourage character development!

What other activities do we offer?

We provide a variety of activities for our campers at the YMCA. We balance indoor with outdoor activities and active with passive games. We offer programmed activities Monday through Thursday that are lead by two of our program coordinators. Arts and Crafts and Sports are offered on

Mondays and Wednesdays. Health and Wellness is offered on Tuesdays and Thursdays. These programmed activities are to help the children learn specific skills and interact with other counselors they may not see on a day to day basis, as well as offering the children a variety of activities that they may normally not participate in everyday. On a daily basis, the campers may have time out on the playground, sand volleyball court for sandcastle making, in the game room for foosball and air hockey, or one of our three gyms for gladiator or spider ball. We use the *field* below the oasis pool to play kickball and tag games. The *wooded areas* on the YMCA grounds provide space for nature studies and team building opportunities as well as capture the flag.

What is an Assembly?

Assembly is our way to get all of the huddles together and have fun as a large group. Skits, contests, counselor and camper challenges, along with cheers, songs and laughter are what your camper will come home talking about. We also recognize individual campers with assembly awards such as camper of the day and character chairs.

What are my options for my child's summer track out?

Your child has the option of attending either Camp Rising Sun (held at the Cary Family YMCA) or Camp Outer Limits (held at West Cary Middle School) for their 3 week summer break. Parents must drop off and pick up at either of these locations. Transportation is not provided during your child's summer track out.

What should my child bring to Tracking Out?

Children attending a full day of Tracking Out should bring the following daily:

Lunch (including drinks)

Two healthy snacks (including drinks)

Swimsuit and towel

Refrigeration and a microwave are not available, so please keep that in mind when packing lunches and snacks. Water is

available throughout the day. On days of scheduled field trips please do not send money with your child.

Children should not bring hand held games, such as a Nintendo DS, etc.

Who are the SC's?

SC's, or Senior Campers, are children in grades 6 - 8. This middle school program is always on the move! A wide variety of trips and activities are planned with an emphasis on teamwork and personal responsibility.

How do the Rides In and Rides Out Systems work?

Rides In begins at 7:00 a.m. A YMCA counselor will be waiting in the front loop at the Cary Family YMCA to escort your child into the building. After 8:30 a.m. please escort your child into the youth programs office and check them in at the Tracking Out desk.

Rides Out begins at 5:00 p.m. at Carpenter Elementary, Green Hope Elementary, Highcroft Elementary, Laurel Park Elementary, Mills Park Elementary, Morrisville Elementary, Salem Elementary and Turner Creek Elementary and at 4:30 p.m. at Adams Elementary. All students are bussed back to their schools in the afternoon for the remainder of their day. Parents should plan to pick them up at the child's school sites during their Rides Out Time.

Rides Out for East Cary Middle, Lufkin Middle and Salem Middle, private, home

school, modified, etc. begins at 5:00 p.m. at the Cary Family YMCA.

What if I want to pick up my child early?

If you need to pick up your child before they leave to go back to their After School program please come into the youth programs office where a staff person will be waiting at the Tracking Out desk. Please have your picture identification available so the staff can verify your identity. Send a note with your child to let us know so we will have your child ready to go on your arrival. Early pick up is before 3:30 p.m. for Adams, Carpenter, Green Hope, Highcroft, Laurel Park, Mills Park, Morrisville, Salem and Turner Creek Elementary students.

What do I need to do if I know my child will be absent from Tracking Out?

If your child will not be attending Tracking Out, please call the Tracking Out Office at (919) 469-9622, ext. 137 and leave a message for the staff.

Visit our website: www.ymcatriangle.org