



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL **AUGUST 2026** SCHEDULE:

Monday 08/03 <i>Outdoor Activity</i>	Tuesday 08/04	Wednesday 08/05 <i>In-House Day</i>	Thursday 08/06 <i>Outdoor Activity</i> Swimming	Friday 08/07 <i>Outdoor Activity</i>
Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time
Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches
Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break
<i>ALL SITES</i> Glen Ellyn Lakers at Ackerman Soccer Field Practice Soccer Skills Wear Your Lakers Shirt 	<i>RRFV</i> Illinois Aviation Museum at Clow Airport Exploring Museum 	Georgia Peach Craft & Game You Pick Movie 	<i>RRCS</i> Rice Pool Swim & Lunch Swimsuit, Towel & Change of Clothes 	Pottawami Park Riverview Mini Golf Lunch Outside 
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities	Afternoon Group Activity Wind-Down Activity	Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

Please call and/or email any absences to your head instructor before the program begins at 9:00 am.
The best time to call is between 8:30 am and 9:00 am. Bring a non-perishable lunch unless otherwise noted.

Email: recandrollfh@wdsra.com; Phone: 630.384.8575



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL **AUGUST 2026** SCHEDULE:

Monday 08/10 <i>Outdoor Activity</i>	Tuesday 08/11 <i>Lunch Provided</i>	Wednesday 08/12	Thursday 08/13	Friday 08/14 <i>In-House Day</i>
Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time
Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches
Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break
Wilder Park Umbrella Sky Display Lunch Outside 	Lombard Fitness Buffalo Wild Wings Practice Ordering 	<i>DOODLEBUG</i> Downtown Wheaton Browse Historical Buildings Lunch Outside 	Fox Bowl Lanes Bowl 1 Game Sensory Garden Park 	Fact or Fiction Game Toothbrush Craft Elephant Toothpaste Experiment 
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	Afternoon Group Activity
Afternoon Activities	Afternoon Activities	Afternoon Activities	Afternoon Activities	Wind-Down Activity
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

Please call and/or email any absences to your head instructor before the program begins at 9:00 am.
The best time to call is between 8:30 am and 9:00 am. Bring a non-perishable lunch unless otherwise noted.

Email: recandrollfh@wdsra.com; Phone: 630.384.8575



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL **AUGUST 2026** SCHEDULE:

Monday 08/17 <i>Outdoor Activity</i>	Tuesday 08/18 <i>In-House Day</i>	Wednesday 08/19 <i>Outdoor Activity</i>	Thursday 08/20 <i>Outdoor Activity</i>	Friday 08/21 <i>Outdoor Activity</i> Lunch Provided
Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time
Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches
Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break
Knoch Knolls Park Disc Golf Practice Nature Center Hike 	Music Therapy w/ Dynamic Links Superhero Craft & Game 	Fabyan Forest Preserve Japanese Garden Windmill Hike 	<i>RRGE/WTN/NAP</i> Water Kickball Game Summer Activities Tye Dye Fun 	<i>RRNAP</i> End of Summer BBQ at Local Park Summer Activities 
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Travel Back to Fort Hill Afternoon Activities	Afternoon Group Activity Wind-Down Activity	Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

Please call and/or email any absences to your head instructor before the program begins at 9:00 am.
The best time to call is between 8:30 am and 9:00 am. Bring a non-perishable lunch unless otherwise noted.

Email: recandrollfh@wdsra.com; Phone: 630.384.8575



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL **AUGUST 2026** SCHEDULE:

Monday 08/24 <i>In-House Day</i>	Tuesday 08/25 <i>Outdoor Activity</i>	Wednesday 08/26 <i>Outdoor Activity</i> <i>Lunch Provided</i>	Thursday 08/27 <i>Outdoor Activity</i>	Friday 08/28
Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time
Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches	Daily Overview Warm Up Stretches
Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break	Walk Indoor Track Bathroom Break
<i>RRWTN</i> Sweet Home Chicago Chicago Games & Craft Watching Chicago Team Game <i>Optional: Wear Chicago Attire</i> 	Phillips Park Animals & Flowers Lunch Outside 	<i>ALL SITES</i> Rec & Roll Survivor Teamwork Challenges Hot Dog Stand Lunch <i>Wear Yellow Attire</i> 	Naperville Public Library Browse & Read Books Lunch Outside 	Trip to the Movies <i>Coyote vs. Acme</i> Looney Tunes Matching Game 
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends
Afternoon Group Activity Wind-Down Activity	Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities
Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home	Clean Up Wait for Rides Go Home

Please call and/or email any absences to your head instructor before the program begins at 9:00 am.
The best time to call is between 8:30 am and 9:00 am. Bring a non-perishable lunch unless otherwise noted.
Email: recandrollfh@wdsra.com; Phone: 630.384.8575



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL **AUGUST 2026** SCHEDULE:

Monday 08/31	Tuesday 09/01	Wednesday 09/02	Thursday 09/03	Friday 09/04
Arrival Attendance Choice Time	STAYED TUNED FOR SEPTEMBER ACTIVITIES WILL BE COMING SOON 			
Daily Overview Warm Up Stretches				
Walk Indoor Track Bathroom Break				
Funway Entertainment Center Outdoor Mini Golf & Arcades Lunch Outside 				
Enjoy Lunch w/ Our Friends				
Travel Back to Fort Hill Afternoon Activities				
Clean Up Wait for Rides Go Home				

Please call and/or email any absences to your head instructor before the program begins at 9:00 am.
The best time to call is between 8:30 am and 9:00 am. Bring a non-perishable lunch unless otherwise noted.

Email: recandrollfh@wdsra.com; Phone: 630.384.8575