

Rec & Roll

A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL MARCH 2026 SCHEDULE:

Monday 03/02	Tuesday 03/03	Wednesday 03/04 <i>In-House Day</i>	Thursday 03/05	Friday 03/06 <i>Lunch Provided</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> Rec & Roll Art Showcase Displaying Art Projects 	Jurica-Suchy Museum Explore Museum Lunch on Campus 	Dr. Seuss Day Read Books & Movie Book Character Craft 	<i>RRWIN</i> Dave & Buster's Arcade Play Arcade Games Lunch at Food Court Optional: bring \$\$ for lunch 	Jewel – Osco Store Breakfast Cuisine Rainbow Craft 
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	Afternoon Group Activity	Travel Back to Fort Hill	Travel Back to Fort Hill
Afternoon Activities	Afternoon Activities	Wind-Down Activity	Afternoon Activities	Afternoon Activities
Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal 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

Rec & Roll

A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL MARCH 2026 SCHEDULE:

Monday 03/09	Tuesday 03/10	Wednesday 03/11	Thursday 03/12	Friday 03/13 <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
<i>RRWTN</i> DuPage Wildlife Center Explore Paths & Center Lunch on COD Campus 	Trip to the Movies Hoppers Movie Bunny Tail Craft 	Fox Bowl Bowl 1 Game Stella's Pizza Pub Optional: Bring \$\$ for lunch 	<i>RRFV</i> March Madness BINGO Game/Craft Play Basketball 	Johnny Appleseed Apple Prints Craft Apples 2 Apples 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
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 Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal 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

Rec & Roll

A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL MARCH 2026 SCHEDULE:

Monday 03/16	Tuesday 03/17 Lunch Provided	Wednesday 03/18	Thursday 03/19 In-House Day	Friday 03/20 In-House Field Trip
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
RRNAP St. Patrick's Day Lucky Charm Craft Leprechaun Game 	Lombard Fitness Culver's Lunch Explore Target 	Michaels Store Art Project Supplies Mystery Art Project 	RRCS Oscars Award Party Red Carpet Fashion Walk Walk of Fame Star Craft 	RRFV Plant Flowers Rain Experiment Rainbow 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
Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	Afternoon Group Activity	Afternoon Group Activity
Afternoon Activities	Afternoon Activities	Afternoon Activities	Wind-Down Activity	Wind-Down Activity
Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal 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

Rec & Roll

A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL MARCH 2026 SCHEDULE:

Monday 03/23	Tuesday 03/24 <i>In-House Day</i>	Wednesday 03/25	Thursday 03/26	Friday 03/27 Snack 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
<i>All Sites</i> Celebrating WDSRA 50th Anniversary at Riverwalk 	Panda Day Panda Face Craft Virtual Look Out 	<i>RRGE</i> Cantigny Park Flowers & Tanks Paper Flower Craft 	Travel Day Game & Craft Harvester Park 	Premium Outlet Mall Explore Shops Grab a Special Treat 
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 Group Activity	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill
Afternoon Activities	Wind-Down Activity	Afternoon Activities	Afternoon Activities	Afternoon Activities
Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal Go Home	Clean Up Dismissal 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 MARCH 2026 SCHEDULE:

Monday 03/30	Tuesday 03/31	Wednesday 04/01	Thursday 04/02	Friday 04/03
-------------------------	--------------------------	----------------------------	---------------------------	-------------------------

Spring Break

see you in APRIL!



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