



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL MAY 2026 SCHEDULE:

Monday	Tuesday	Wednesday	Thursday	Friday 05/01
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Season Break

WELCOME BACK!!!








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 MAY 2026 SCHEDULE:

Monday 05/04 <i>Lunch Provided</i>	Tuesday 05/05 <i>In-House Day</i>	Wednesday 05/06	Thursday 05/07	Friday 05/08
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
Taco Dale Restaurant Comic Book Store Star Wars Episode 	Paper Plate Pinatas Mariachi Dance CoCo Movie 	<i>RRWTN/RRNAP</i> Morton Arboretum Tram & Explore Nature Picnic Lunch 	<i>RRGE</i> Main Street Recreation Center at Glen Ellyn Park District BINGO & Lunch 	Lombard Fitness Yorktown Mall Lunch/Walk <i>Optional: \$\$\$ for lunch</i> 
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






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Rec & Roll

A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL MAY 2026 SCHEDULE:

Monday 05/11	Tuesday 05/12	Wednesday 05/13 <i>In-House Day</i>	Thursday 05/14	Friday 05/15 <i>Snack 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
DuPage Historical Museum Explore Local History Adams Park 	<i>RRFV</i> Fox Bowl Bowl 1 Game Sensory Garden Park 	Explore Washington State DIY Coffee Air Fresher Virtual National Hike Apple Experiment 	<i>RRWTN</i> Liliacia Park Lilac Time Festival Smell Flowers & Lunch 	Dunkin Cops on the Roof Donut Treat Barnes & Noble Store <i>Optional: \$\$ for Donations</i> 
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 Clean Up Wait for Rides Go Home	Afternoon Activities Clean Up Wait for Rides Go Home	Wind-Down Activity Clean Up Wait for Rides Go Home	Afternoon Activities Clean Up Wait for Rides Go Home	Afternoon Activities Clean Up Wait for Rides Go Home






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A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL MAY 2026 SCHEDULE:

Monday 05/18 <i>In-House Day</i>	Tuesday 05/19	Wednesday 05/20	Thursday 05/21 <i>Lunch Provided</i>	Friday 05/22
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
NASCAR DAY BYO Stock Car R&R Car Race Watch a Race 	<i>RRCS</i> Kentucky Derby Danada Farm Barn Tour Derby Hat Project 	<i>RRWTN/RRNAP</i> NWSRA Exploration Day Nature Stations & Fishing Derby 	Jewel Osco Grocery Store Summer BBQ Grill Out Local Park 	<i>RRNAP</i> Phillips Park Zoo & Flowers Picnic Lunch 
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	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill
Wind-Down Activity	Afternoon Activities	Afternoon Activities	Afternoon Activities	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


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Rec & Roll

A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL MAY 2026 SCHEDULE:

Monday 05/25	Tuesday 05/26	Wednesday 05/27	Thursday 05/28 <i>In-House Day</i>	Friday 05/29
 <p>NO PROGRAM</p>	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time
	Daily Overview	Daily Overview	Daily Overview	Daily Overview
	Warm Up Stretches	Warm Up Stretches	Warm Up Stretches	Warm Up Stretches
	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
	Bathroom Break	Bathroom Break	Bathroom Break	Bathroom Break
	The Rustic Fox Check Out Store Creation Project 	<i>RRGE</i> Forest Therapy Blackwell Forest Preserve Nature Hike & Exercises 	R&R Garden Box Plant Flowers Planter Décor Project Learn about Flowers 	<i>RRWIN</i> Maryknoll Park Holes & Knolls Mini Golf Play 1 Round Park & Picnic Lunch 
	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
Afternoon Activities	Afternoon Activities	Wind-Down Activity	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	

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