



A DAY PROGRAM OF **WDSRA**

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

Monday 09/28 <i>Outdoor Activity</i>	Tuesday 09/29 <i>In-House Day</i>	Wednesday 09/30 <i>Lunch Provided</i>	Thursday 10/01	Friday 10/02 <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>RRGE</i> Lyman Woods Park Guide to Hundred Acres Hike & Lunch 	Fall Fest Apple Picking Game DYO Mini Pumpkins Mystery Project 	Jewel Osco Store Winfield Park District Personal Pizza Lunch Mystery Project 	<i>RRGE/RRNAP</i> Building Scarecrow for Scarecrow Fest 	Adaptive Rec Day Outdoor Activities & Hayrides 
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 **OCTOBER 2026** SCHEDULE:

Monday 10/05 <i>In-House Day</i>	Tuesday 10/06	Wednesday 10/07 <i>Outdoor Activity</i>	Thursday 10/08 <i>Lunch Provided</i>	Friday 10/09 <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
Halloween Movie Football Team Check In Football Craft 	<i>RRFV</i> Local Library Trip Read Books Creation Project 	<i>RRGE/RRCS/RRWtn</i> St. Charles Paddleboat Pottawatomie Park Lunch/Playground 	Winfield Park District Taco Lunch Monster Craft 	St. Charles Scarecrow Fest Crafts & Scarecrows Vote for the Best 
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

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A DAY PROGRAM OF **WDSRA**

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

Monday 10/12 <i>Lunch Provided</i>	Tuesday 10/13 <i>Outdoor Activity</i>	Wednesday 10/14	Thursday 10/15 <i>In-House Day</i>	Friday 10/16 <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
Pancake Café Practice Ordering Dick's Sporting Store 	<i>RRNAP</i> Sonny Acres Rides & Pumpkins Fall Market 	Spirit Halloween Check Out Displays Witch's Hat Craft 	<i>RRGE</i> Trip to Kentucky Kentucky Derby Race Game Louisville Slugger Craft 	<i>RRWtn</i> Windy Acres Farm Farm Walking Tour Fall Fest 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	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
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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A DAY PROGRAM OF **WDSRA**

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

Monday 10/19 <i>Outdoor Activity</i>	Tuesday 10/20 <i>Outdoor Activity</i>	Wednesday 10/21 <i>In-House Day</i>	Thursday 10/22 <i>Outdoor Activity</i>	Friday 10/23
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
Johansen Farms Fall Market Knoch Knolls Nature Center <i>Optional: \$\$ for Market</i> 	Forest Preserve Nature Scavenger Hunt Pinecone Birdfeeder 	Music Therapy w/ DL Tiger Activities Facts about Tigers 	Kuipers Orchard U-Pick Apples General Store 	Fox Bowl Bowl 1 Game Lunch at Stella's <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	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

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A DAY PROGRAM OF **WDSRA**

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

🦇 **HALLOWEEN SPIRIT WEEK** 🦇

Monday 10/26 <i>Spooky Day</i>	Tuesday 10/27 <i>Snack Provided</i> <i>Trick or treat</i>	Wednesday 10/28 <i>Outdoor Activity</i> <i>Pumpkin Patch</i>	Thursday 10/29 <i>Halloween Bash</i>	Friday 10/30 <i>In-House Day</i> <i>Black/Orange 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
Round 1 Arcades Play Arcade Games Spooky Mall Hunt Optional: \$\$ for Lunch 	Jewel Osco Store MYO Halloween Bark Candy Themed Activities 	Sugar Grove Pumpkin Patch U-Pick Pumpkin Decorate Pumpkins 	<i>All Sites</i> Halloween Bash Halloween Activities Costume Contest 	Halloween House Party Bingo & Craft Halloween Attire Contest 
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	Travel Back to Fort Hill Afternoon Activities	Travel Back to Fort Hill Afternoon Activities	Afternoon Group Activity 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

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