



A DAY PROGRAM OF **WDSRA**

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

Monday 08/31 <i>Outdoor Activity</i>	Tuesday 09/01 <i>Outdoor Activity</i>	Wednesday 09/02 <i>Outdoor Activity</i>	Thursday 09/03	Friday 09/04 <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
Funway Center Mini Golf & Arcades Lunch Outside 	Dog Days Statues Downtown Naperville Music Therapy with DL 	Cosley Zoo Zoo Animal Hunt Game Picnic Lunch 	Clave Carney Art Museum Walking with Giants Exhibit Lunch at COD Cafeteria 	Football Day Play Flag Football Football Activities <i>Wear your favorite team attire</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	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

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 **SEPTEMBER** 2026 SCHEDULE:

Monday 09/07	Tuesday 09/08 <i>Outdoor Activity</i>	Wednesday 09/09 <i>In-House Day</i>	Thursday 09/10 <i>Outdoor Activity</i>	Friday 09/11 <i>Snack Provided</i>
 NO PROGRAM ENJOY YOUR DAY WITH FAMILY AND FRIENDS	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
	<i>RRWTN</i> Peck Farm Park Butterfly House Hike & Picnic Lunch 	Pick Your Own Movie Science Experiment Mystery Project 	<i>RRWIN</i> Cantigny Park Fall Colors Garden First Division Museum 	<i>All Sites</i> Fort Hill 10-year Party Celebration Activities Dessert Provided 
	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
	Afternoon Activities	Wind-Down Activity	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

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 **SEPTEMBER 2026** SCHEDULE:

Monday 09/14 <i>In-House Day</i>	Tuesday 09/15 <i>Outdoor Activity</i>	Wednesday 09/16 <i>Outdoor Activity</i>	Thursday 09/17 <i>Outdoor Activity</i>	Friday 09/18 <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
New York State Road Trip Around State Big Apple Craft True or False Game 	Tae Kwon Do with Master Frank General Winfield Park 	<i>RRNAP</i> Sugar Grove Family Center Mini Golf & Go Karts Picnic Lunch 	Oswego Public Library Read Books Local Park Lunch 	Bumper2Burger Practicing Ordering At Home Store 
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 **SEPTEMBER** 2026 SCHEDULE:

Monday 09/21 <i>Outdoor Activity</i>	Tuesday 09/22	Wednesday 09/23	Thursday 09/24 <i>In-House Day</i> <i>Snack Provided</i>	Friday 09/25
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>RRFV</i> Harvester Park Route 66 Signs Playground Picnic Lunch 	Local Bowling Alley Bowl 1 Game Local Park Lunch 	<i>RRWTN</i> Trip to the Movies Tom & Jerry Movie Cartoon Matching Game 	<i>RRCS</i> Johnny Appleseed Day Apple Craft & Games Apple Tasting Treat 	Lombard Fitness Class Yorktown Mall Lunch & Walk <i>Optional: Bring \$\$ 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	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

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 **SEPTEMBER** 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	Friday
Arrival Attendance Choice Time	Arrival Attendance Choice Time	Arrival Attendance Choice Time	STAYED TUNED FOR OCTOBER ACTIVITIES WILL BE COMING SOON 	
Daily Overview	Daily Overview	Daily Overview		
Warm Up Stretches	Warm Up Stretches	Warm Up Stretches		
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track		
Bathroom Break	Bathroom Break	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 		
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends		
Travel Back to Fort Hill	Afternoon Group Activity	Afternoon Group Activity		
Afternoon Activities	Wind-Down 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		

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