

Rec & Roll

A DAY PROGRAM OF WDSRA

Rec & Roll Fountain View Schedule **JULY 2026**

Monday 6/29 Bring swim gear	Tuesday 6/30	Wednesday 07/01	Thursday 07/02 Snack Provided	Friday 07/03
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	No Rec & Roll Independence Day Observance 
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	
Weather Report	Weather Report	Weather Report	Weather Report	
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	
Centennial Beach 	^{CS} "Toy Story 5" 	Jungle of Niles Store 	^{NAP} 4th of July Celebration 	
Lunch	Lunch	Lunch	Lunch	
Build Sandcastles on the Beach	Disney Trivia & Matching Game	Visit Resident Turtles & Fish	Flag Dance, Firework Art & Snacks	
Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to 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.




Email: recandrollfv@wdsra.com; Phone: 630-384-8564

Bring a non-perishable lunch unless noted otherwise.

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Monday 07/06	Tuesday 07/07	Wednesday 07/08 Lunch Provided	Thursday 07/09	Friday 07/10
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
<i>In House</i> Fit & Fun Day 	Wheaton Walk 	Charlie's Restaurant 	<i>WIN</i> Pottawatomie Park 	<i>In House</i> Micro Safari 
Lunch	Lunch	Lunch	Lunch	Lunch
Yoga, Water Bottle Weights & Craft	Shop the Stores Downtown Wheaton	Watch Airplanes at Clow Airport	Explore Along the Fox River	Exploring Bugs & Making Insect Crafts
Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home

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Monday 07/13 Lunch Provided	Tuesday 07/14	Wednesday 07/15	Thursday 07/16	Friday 07/17
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
Cooking Day 	^{CS} Master Gardeners 	Lombard Fitness 	^{CS/GE} Dancing in the Park 	^{In House} Moana Day 
Lunch	Lunch	Lunch	Lunch	Lunch
Cheeseburger Skewers & Red, White & Blue Dessert	Learn About & Plant With Friends	Create Your Own Exercise Plan	Dance With Friends To Local Bands	Ocean Game & Watch Moana 2
Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home

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Monday 07/20	Tuesday 07/21 Bring Swim Gear	Wednesday 07/22	Thursday 07/23	Friday 07/24
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
<i>WTN</i> River View Mini Golf 	Coral Cove 	<i>In House</i> Sock Hop 	<i>NAP</i> Sugar Grove Fun Center 	<i>FH</i> DuPage County Fair 
Lunch	Lunch	Lunch	Lunch	Lunch
Mini Golf & Lunch By the River	Wade in the Water with Friends	Decorate Socks & Have a Dance Party	Go Karts & Mini Golf	Walk Craft Booths & Visit Friends
Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home

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Monday 07/27 Bring Swim Gear	Tuesday 07/28	Wednesday 07/29	Thursday 07/30	Friday 07/31 Treat Provided
Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time	Greetings and Free Time
How Was Your Weekend?	Story Time	Funny Wednesday	Trivia Thursday	Fun Fact Friday
Weather Report	Weather Report	Weather Report	Weather Report	Weather Report
Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up	Stretch & Warm Up
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
Rice Pool 	<i>WTN</i> Water Games at Fountain View 	<i>In House</i> Christmas in July 	Kline Creek Farm 	Tea Time Anytime 
Lunch	Lunch	Lunch	Lunch	Lunch
Dive & Ride the Water Slides	Target Toss & Sponge Relay	Santa Photo Booth & Reindeer Visors	Visit Animals & Read Books in the Shade	Kickball At the Park
Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home	Clean Up and Get Ready to Go Home

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