



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL JANUARY 2025 SCHEDULE:

Monday 12/30	Tuesday 12/31	Wednesday 01/01	Thursday 01/02	Friday 01/03
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Winter Break

Happy New Year!!!

Welcome Back to Rec & Roll



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: recandrollfh@wdsra.com; Phone: [630.995.8944](tel:630.995.8944). Bring a non-perishable lunch unless otherwise noted.



A DAY PROGRAM OF **WDSRA**

REC & ROLL FORT HILL JANUARY 2025 SCHEDULE:

Monday 01/06	Tuesday 01/07	Wednesday 01/08 <i>In-House Day</i>	Thursday 01/09 <i>Swimming</i>	Friday 01/10 <i>In-House Field Trip</i>
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat Calendar Updates	Question of the Day Calendar Updates	Weather Wednesday Calendar Updates	Today in History Calendar Updates	Fun Fact Friday Calendar Updates
Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track
Goodwill Store Explore Store Winter Craft	Hobby Lobby Hobby Matching Game Decorate Hats	Surprise Movie Witner BINGO Game Snowglobe Craft	Swimming at Fountain View Lunch & Games <i>Swimsuit, Towel & Change of Clothes</i>	Zumba Class New Year Resolution Room Clean Up
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	Cool Down Exercises Afternoon Activities	Travel Back to Fort Hill Afternoon Activities	Cool Down Exercises 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 JANUARY 2025 SCHEDULE:

Monday 01/13 Lunch Provided	Tuesday 01/14	Wednesday 01/15	Thursday 01/16 In-House Day	Friday 01/17
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat Calendar Updates	Question of the Day Calendar Updates	Weather Wednesday Calendar Updates	Today in History Calendar Updates	Fun Fact Friday Calendar Updates
Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track
Grocery Store Grilled Cheese/Soup Shortbread Cookies DIY Stickers	Lombard Fitness Yorktown Mall Lunch at Food Court <i>Optional: Bring \$\$ for Lunch</i>	American Science & Surplus Science Experiment Dice Craft Game	Connection Puzzle Craft Puzzle Frenzy Dance Party	Round 1 Arcades Rubber Ducky Craft Board Games
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	Cool Down Exercises	Travel Back to Fort Hill
Afternoon Activities	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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A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL JANUARY 2025 SCHEDULE:

Monday 01/20 <i>In-House Day</i> <i>Snack Provided</i>	Tuesday 01/21	Wednesday 01/22 <i>Lunch Provided</i>	Thursday 01/23	Friday 01/24 <i>Early Departure</i>
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat	Question of the Day	Weather Wednesday	Today in History	Fun Fact Friday
Calendar Updates	Calendar Updates	Calendar Updates	Calendar Updates	Calendar Updates
Warm Up Stretches	Warm Up Stretches	Warm Up Stretches	Warm Up Stretches	Warm Up Stretches
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
Winnie the Pooh Day Pooh Honey Snack Rabbit Garden Game Eeyore House Craft	Post Office Visit Make Cards for Kids	Baker Square Restaurant Free Pie Wednesday Frugal Books Store	<i>RRNAP</i> Strikes & Spares Bowl a Game at Fox Bowl	<i>RRFV/WTN/WIN</i> Disney on Ice Let's Dance at All State Arena <i>Optional: Wear Disney 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
Cool Down Exercises	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill
Afternoon Activities	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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A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL JANUARY 2025 SCHEDULE:

Monday 01/27	Tuesday 01/28 <i>In-House Day</i>	Wednesday 01/29	Thursday 01/30 Snack Provided	Friday 01/31
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time
Weekend Chat	Question of the Day	Question of the Day	Question of the Day	Weather Wednesday
Calendar Updates	Calendar Updates	Calendar Updates	Calendar Updates	Calendar Updates
Warm Up Stretches	Warm Up Stretches	Warm Up Stretches	Warm Up Stretches	Warm Up Stretches
Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track	Walk Indoor Track
<i>RRWTN</i> Tae Kwon Do w/ Master Frank Fun Winter Activity	Lego Day Build Lego Set Watch Lego Movie Blocks Picture Frame Craft	Ollie's Bargain Outlet Bargain Shopping Lunch at Food Court <i>Optional: Bring \$\$ for Lunch</i>	Dunkin Donuts Hot Chocolate Bar Bubble Wrap Craft	<i>RRFV @ FV</i> Winter Wonderland Snowball Fight Winter 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	Cool Down Exercises	Travel Back to Fort Hill	Travel Back to Fort Hill	Travel Back to Fort Hill
Afternoon Activities	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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