
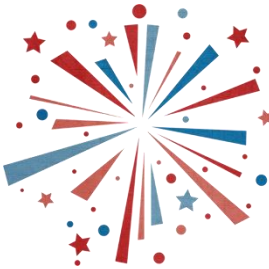


Rec & Roll

A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL JULY 2024 SCHEDULE:

Monday 07/01 <i>WALKING FIELD TRIP</i>	Tuesday 07/02 <i>IN-HOUSE DAY</i>	Wednesday 07/03 <i>LUNCH PROVIDED</i>	Thursday 07/04	Friday 07/05
Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	Arrive to Program Attendance Free Time	 <p><i>NO PROGRAM</i></p> <p><i>ENJOY YOUR TIME WITH FAMILY & FRIENDS</i></p>	 <p><i>NO PROGRAM</i></p> <p><i>ENJOY YOUR TIME WITH FAMILY & FRIENDS</i></p>
Weekend Chat Calendar Updates	Question of the Day Calendar Updates	Weather Wednesday Calendar Updates		
Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track		
Trip to the Store! Target Store Summer craft, treat & relay races	Ocean Day! Virtual Scuba Swim Ocean animal craft, Ocean activity & more	RRWTN Pet Therapy Edible project 4 th of July Craft Hot Dog Lunch		
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends		
Cool Down Exercises Afternoon Activities	Cool Down Exercises 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		

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. Bring a non-perishable lunch unless otherwise noted.



A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL JULY 2024 SCHEDULE:

Monday 07/08 <i>IN-HOUSE DAY</i>	Tuesday 07/09	Wednesday 07/10 <i>IN-HOUSE DAY</i>	Thursday 07/11 <i>WATER DAY</i>	Friday 07/12 <i>LUNCH PROVIDED</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
<i>Michelle's Toys Toy Story Movie Forky Craft Table Activities Build a Fort</i>	Bowling & Lunch Bowl 1 game @ Fox Bowl Picnic lunch @ Danada Farm <i>Bring Cold Lunch</i>	Healthy Me Day! Fitness Class w/ Genna Chair Yoga Make smoothies	Splish, Splash Day! Swimming @ Centennial Beach <i>Bring cold lunch, swimsuit, towel, sunscreen & change of clothes</i>	Chef Jr. Day! Grocery Store Trip Prep & Cook Lunch Summer BINGO BBQ Cuisine
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	Cool Down Exercises	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 JULY 2024 SCHEDULE:

Monday 07/15 <i>LUNCH PROVIDED</i> <i>WALKING FIELD TRIP</i>	Tuesday 07/16 <i>WATER DAY</i>	Wednesday 07/17 <i>IN-HOUSE DAY</i>	Thursday 07/18	Friday 07/19
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
Chili's Lunch Cool down activity Summer Paint Craft	<i>RRCS</i> Swimming @ Rice Pool <i>Bring cold lunch, swimsuit, towel, sunscreen & change of clothes</i>	Let's go fly a Kite! Decorate a kite Fly a Kite Watch clip of Let's Go Fly a Kite	Mall Trip! Woodfield Mall Mall Hunt Lunch @ Food Court <i>Optional: \$ for Lunch</i>	Park & Tanks! Cantigny Park Museum, Tanks & Flowers <i>Bring Cold 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
Cool Down Exercises Afternoon Activities	Travel Back to Fort Hill Afternoon Activities	Cool Down Exercises 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 JULY 2024 SCHEDULE:

Monday 07/22	Tuesday 07/23 <i>IN-HOUSE DAY</i>	Wednesday 07/24	Thursday 07/25	Friday 07/26 <i>WATER DAY</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
RRWTN Tae Kwon Doe w/ Master Frank Kline Creek Farm <i>Bring Cold Lunch</i>	RRFV Luau Party Games & Crafts Hawaii Treat <i>Wear Hawaii Attire</i>	RRNAP/CS/WTN Schamburg Boomers Baseball Game <i>Bring Cold Lunch</i>	Park Time! Wheeler Park Stone Creek Mini Golf Park Playground <i>Bring Cold Lunch</i>	RRGE Water Games Craft Project Summer Treat <i>Bring cold lunch, swimsuit, towel, sunscreen & change of clothes</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	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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A DAY PROGRAM OF WDSRA

REC & ROLL FORT HILL JULY 2024 SCHEDULE:

Monday 07/29	Tuesday 07/30 <i>IN-HOUSE DAY</i>	Wednesday 07/31 <i>WATER DAY</i>	 AUGUST CALENDAR WILL BE OUT AT THE END OF JULY	 AUGUST CALENDAR WILL BE OUT AT THE END OF JULY
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		
Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track	Warm Up Stretches Walk Indoor Track		
<i>RRNAP/CS/WIN</i> Rec & Roll Olympics Decorate Team Flag Olympic Games Medal Ceremony	<i>RRCS</i> Disney Day! Disney Craft, Snacks & Games <i>Wear Disney Attire</i>	Pool Day! Swimming @ Turtle Splash <i>Bring cold lunch, swimsuit, towel, sunscreen & change of clothes</i>		
Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends	Enjoy Lunch w/ Our Friends		
Travel Back to Fort Hill Afternoon Activities	Cool Down Exercises 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		

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