



MSCR Program Guide

Winter & Spring 2025



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Fee Assistance Available
Disponible en Español

A season of adventure...

SUMMER CAMPS



**Treat your child to
a summer outside!**

Weighted Lottery opens in January

Limited Tuition Assistance and Payment Plans Available

For camp information and to register:

camps@aldoleopoldnaturecenter.org

aldoleopoldnaturecenter.org



**ALDO LEOPOLD
NATURE CENTER**
Engage • Educate • Empower

330 Famrite Drive, Menomonie
(808) 221-0404

**WI SHARES
ACCEPTED**



Looking for childcare?

NATURE PRESCHOOL

**Spark your child's
connection to nature.**

Weighted Lottery opens March 1st

**Sliding Scale Tuition and
Limited Tuition Assistance Available**

For program information and to register:

preschool@aldoleopoldnaturecenter.org



**WI SHARES
ACCEPTED**

**ALDO LEOPOLD
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330 Famrite Drive, Menomonie
(808) 221-0404

**PM 4K
WRAPAROUND
CARE**



MSCR WINTER & SPRING PROGRAM GUIDE 2025

608.204.3000 OR MSCR.ORG



MSCR Central
328 E Lakeside Street
Madison, WI 53715
Monday - Friday
8 am - 5 pm
608.204.3000

Registration begins:

- **Monday, December 2 at 12 pm**
for MMSD Residents
- **Monday, December 16 at 12 pm**
for Non-MMSD residents

For English, call 608-204-3000

Para español, llame
al 608-204-3057

MMSD SUPERINTENDENT: Dr. Joe Gothard

MSCR EXECUTIVE DIRECTOR: Mary Roth

MMSD BOARD OF EDUCATION:

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MSCR CITIZENS' ADVISORY COMMITTEE:

Jackie Bastyr Cooper, Jan Ford, Lindsey Kourafas, Bessie Splitt, Blair Mosner Feltham, Board of Education Representative

HOW TO REGISTER

Register online at mscr.org. This is the best option for customers interested in high demand activities. All new customers must create an account in advance,

OR,

Complete a paper MSCR Registration Form (found at the back of the MSCR Program Guide) and return your form and payment method to MSCR one of these ways:

- US Mail to MSCR Central, 328 E Lakeside St, Madison, WI 53715
- Email a photo or scan of the form to mscr@madison.k12.wi.us
- Fax to 608-204-0557
- Drop off at MSCR Central, MSCR East or MSCR West

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HOW TO REQUEST FEE ASSISTANCE

To request Fee Assistance, complete the Fee Assistance Request Form at the back of the MSCR Program Guide and return it to MSCR along with your Registration Form following the instructions in Option 2 above. No additional documentation is required.

Please note: for the best chance of being enrolled in your preferred program, please return your Fee Assistance Request Form to MSCR prior to the first day of registration on Monday, December 2.



Dear Madison Community,

As we look ahead to the new year, we are looking forward to a fantastic 99th year serving the Madison community. Even though we've been around for 99 years, we love meeting new friends every season and 2025 is a great time to get involved. If you're looking for something to do, you've come to the right place.

For something new and fun, check out our Friday Night Features at MSCR West (coming soon to MSCR East, too) and kick off your weekends with a creative workshop or energetic fitness dance party.

If you can't wait for 2025, we still have more in store for 2024. Our annual Pottery Sale showcases over 1,000 pieces of handmade pottery from MSCR participants, instructors and local artists. Stop by MSCR West on December 12-15 to browse the beautiful works and hopefully find a gift for a loved one (or yourself).

Wishing you a 2025 full of fun, connection and community.

Sincerely,

Mary Roth, MSCR Executive Director



Dear Families and Community Members,

Our MSCR team has been hard at work planning for many of our upcoming winter and spring activities. We hope that you're able to take advantage of the many opportunities available for people of any age. A few program highlights include:

- Afterschool Recreational Basketball Leagues and Ski Clubs for middle and high schoolers.
- "Leaders in Training," an opportunity for high school students to get hands-on work experience and explore career opportunities.
- Adults can take time for themselves and register for arts, fitness or sports classes.

MSCR has long been an important part of MMSD, and I can speak to the value MSCR brings to our community. Growing up, I've personally experienced many of their programs, and two of our children (now adults) were also active participants. Just as there were opportunities for myself and my family, MSCR has so much to offer to you.

Please take a moment to review this guide to discover what's planned and how to get involved. We hope to see you around MSCR!



In partnership,

Joe Gothard, Ed. D.

Superintendent

MSCR Mission:

To enhance the quality of life for individuals in the Madison Metropolitan School District and for the community by providing recreation and enrichment opportunities year-round that are accessible to all.

MSCR Program Centers

MSCR Central
328 E Lakeside Street

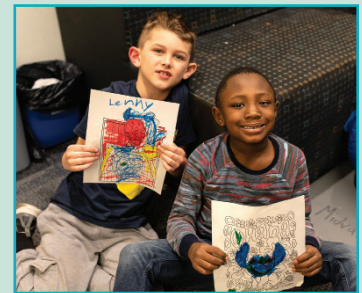
MSCR East
4620 Cottage Grove Rd

MSCR West
7333 West Towne Way

MSCR facility and program hours vary, please go to mscr.org for specific location hours.



MSCR at Community Centers



Allied Learning Center, 2237 Allied Dr, 608-204-6561

MSCR provides afterschool programming for K-5th grade and summer programming serving K-8th grade students living in the Allied Neighborhood. Allied Learning Center has deep community connections with MMSD, Joining Forces for Families, Madison Police Department, Madison Public Library and the University of Wisconsin.

Meadowood Neighborhood Center, 5740 Raymond Rd, 608-467-8360

MSCR operates the Meadowood Neighborhood Center in collaboration with the City of Madison on the southwest side in the Meadowood Shopping Center. The purpose is to provide safe, supervised activities for youth during the summer, afterschool and evening hours. The center also offers arts and enrichment programs, fitness classes and a place for neighbors and groups to meet.

Additional services are a job shop, food pantry and computer access. The space is a focal point in the neighborhood to share resources for a better and stronger community.

Warner Park Community Recreation Center, 1625 Northport Dr, 608-245-3670

MSCR, in collaboration with the City of Madison Parks Division, offers recreation programs at the Warner Park Community Recreation Center. Classes are listed in various activity sections throughout the program guide. ID cards are required at WPCRC. ID Forms are available at cityofmadison.com/parks/wpcrc/ or stop in.

**ADULT****BATON TWIRLING - TRY IT!**

Try your hand at baton twirling. Start with the basics of developing correct technique, hand-eye coordination, learning new tricks and having fun through creative movement.

DECADES BARRE FUSION

Enjoy music from your favorite decades while grooving through low-impact isometric moves, cardio bursts, strength and mind-body inspired movements. Finish with recentering breath work. Decades attire is encouraged!

ENCHANTED YOGA & BEJWELED BRACELETS

This is your "ERA." Don't let your Friday night be a "Blank Space." Join us to do yoga and "Shake it Off." Then, "Run" to make friendship bracelets of your "Wildest Dreams." Wear your favorite pop star gear. Are you "Ready For It?" BYOM.

'NYSTALGIA' NIGHT 2000S

Is your Friday night free with "No Strings Attached"? "POP" over to our dance studio to learn the full choreography of the music video "Bye Bye Bye." "This I Promise You," the night will be poppin! Then create nostalgic crafts like melty bead coasters and lanyard keychains. Wear your favorite Y2K fashion - "Here We Go!"

STEP PUMP

A high energy, heart, pumping, aerobic, and strength conditioning workout. Utilizes a step platform and a variety of weight training equipment for a total body workout!

TAKE A SPIN

New to the pottery world? Take a spin on the wheel and get your hands dirty! Concentrate on learning how to center items on the wheel and attempt to throw a small pot. At the end of the class, choose your favorite piece to be glazed and fired. For participants who have little to no experience throwing on a wheel.

40+ PICKLEBALL - TRY IT!

Learn the basic rules of doubles pickleball, where to stand on the court, how scoring works and get a chance to play a game of pickleball.

FAMILY

A registered adult must participate with a registered child for family workshops.

BATON TWIRLING - TRY IT!

Try your hand at baton twirling. Start with the basics of developing correct technique, hand-eye coordination, learning new tricks, and having fun through creative movement. Batons provided.

Showcasing the best of MSCR! Join us the first Friday of the month for some fiercely fun and exciting new activities. Try energetic sports games, create meaningful art and get your groove on in the fitness studios. Registration is required for most activities.

DIY SHOE CHARMS WORKSHOP

Use a multitude of cool supplies like air-dry clay, sequins, beads, feathers and more to create one-of-a-kind accessories for your clog shoes!

ENCHANTED YOGA & BEJWELED BRACELETS

This is your "ERA." Don't let your Friday night be a "Blank Space." Join us to do yoga and "Shake it Off." Then, "Run" to make friendship bracelets of your "Wildest Dreams." Wear your favorite pop star gear. Are you "Ready For It?" BYOM.

GLOW DANCE PARTY

Let's glow! A fiercely fun dance fitness class based on pop, rock, and hip hop music while you glow on the dance floor. No previous experience required. Glow sticks and disco lights are provided. One adult per family must attend, each person must register. White and neon clothing encouraged.

VALENTINE ART - FAMILY

Join us for an opportunity to spend some time with your loved ones while we create some ART from the HEART with some Valentine's Day inspired crafts! A registered adult must participate with a registered child.

RACQUET SPORTS - TRY IT!

Come try racquet sports: tennis, badminton and pickleball! Equipment provided.

YOUTH**BATON TWIRLING - TRY IT!**

Try your hand at baton twirling. Start with the basics of developing correct technique, hand-eye coordination, learning new tricks, and having fun through creative movement. Batons provided.

SEWING - TRY IT!

Try your hand at machine sewing! Begin with a basic overview of sewing supplies, threading the machine and fabric basics. Get a feel for the machine while learning to sew straight lines. No experience necessary. Sewing machines and all supplies provided.

SOCCER

Let's play indoor soccer! MSCR provides the gym, game balls and goals - and lets the kids play. Staff lead the players through a brief warm up, divide teams up evenly and facilitate this fast-paced and fun version of soccer. All skill levels are welcome.

VALENTINE ART

Create some ART from the HEART with some Valentine's Day inspired crafts!

Age	Class	Location	Day	Date	Time	Fee	Course #
5-11	Youth Baton Twirling - Try It!	MSCR West	F	12/6	4:30-5:15pm	\$5	42417
11-13	Youth Baton Twirling - Try It!	MSCR West	F	12/6	5:30-6:15pm	\$5	42418
5+	Family Baton Twirling - Try It!	MSCR West	F	12/6	6:30-7:15pm	\$5	42415
18+	Decades Barre Fusion	MSCR West	F	12/6	6:30-7:15pm	\$5	42333
8+ Family	Family Glow Dance Party	MSCR West	F	12/6	5:30-6:15pm	\$5	41659
18+	Adult Baton Twirling - Try It!	MSCR West	F	12/6	7:30-8:15pm	\$3	42436
18+	Step Pump	MSCR West	F	1/10	5:15-6:15pm	\$5	42334
8-12	Youth Indoor Soccer	MSCR West	F	1/10	5:30-7pm	\$5	42469
18+	Take a Spin	MSCR West	F	1/10	6-8pm	\$30	41541
10+	Sewing - Try It!	MSCR West	F	1/10	6-8pm	\$10	42419
18+	NYstalgia Night 2000s	MSCR West	F	1/10	6:30-8:30pm	\$10	42441
All Ages	Valentine Art - Family	MSCR West	F	2/7	5-6pm	\$5	42454
8+ Family	Enchanted Yoga & Bejeweled Bracelets	MSCR West	F	2/7	5:30-7pm	\$10	42362
40+	40+ Pickleball - Try It!	MSCR West	F	2/7	6-7:45pm	\$5	42180
18+	Take a Spin	MSCR West	F	2/7	6-8pm	\$30	41542
18+	Enchanted Yoga & Bejeweled Bracelets	MSCR West	F	2/7	6:30-8pm	\$10	42437
5-11	Valentine Art	MSCR West	F	2/7	6:45-7:45pm	\$5	42455
5+ Family	DIY Shoe Charms Workshop - Family	MSCR West	F	3/7	6-8pm	\$5	42416
5+ Family	Racquet Sports - Try It!	MSCR West	F	3/7	6pm-7pm	\$5	42460



MSCR offers year round, affordable, community-based recreation, social, physical and educational programs for individuals of all abilities. Programs are open to individuals with disabilities ages 13+ and their caregivers.

CHAIR EXERCISE

Increase your range of motion through stretching and strength exercises. Participate either sitting or standing, exercises are adapted as needed.

CITY CLUB

Meet new friends while enjoying arts & crafts, fitness activities, field trips and other fun and engaging activities.

CLIMBING

No previous experience needed! An introduction to climbing and off the ground experiences! Opportunities include the giant swing, climbing wall, flying squirrel, and zip line. Adapted climbing equipment is available and staff can accommodate a variety of ability levels. MSCR Outdoor Programs staff lead this activity. For this activity, please see Essential Eligibility Criteria.

DANCE AND MOVE

Low impact class using music and basic steps for great cardiovascular and muscle toning workout. All fitness levels welcome.

INDOOR BOCCE

Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the rules and develop the skills of this great ball sport on our new bocce courts! For this activity, please see Essential Eligibility Criteria.

PICKLEBALL

Learn the basics of this popular game through playing and ongoing coaching. Equipment is provided. For this activity, please see Essential Eligibility Criteria.

POTTERY

Experience the hand-building techniques of pinch, coil and slab construction. No experience required. Materials provided. Projects are available for pick up 3 weeks after class ends.

RECREATIONAL SWIM (WATER WALKING)

Designed for individuals with intellectual and/or physical disabilities. Exercise on an individual basis with MSCR-provided staff support, or supported by family/caregiver. Activities in this small warm water pool may include water basketball, floating on noodles, or walking in the water. MSCR staff assess the individual abilities of participants in order to provide support.

SWIM LESSONS AGES 5-13

Intended for youth with disabilities who would benefit from a small group, this class provides instruction based on swimmers' goals and comfort level in the water. Prior to registration, the Adapted Specialist works with the family to ensure participant is appropriate for the class. Considerations may include, but are not limited to, swimming as a preferred activity, goals related to swim instruction, and safety of participant, staff and other swimmers. Swimmers who have been successful in group swim lessons should not enroll in this class. This class is not open for internet registration. Call 608-204-3030 for information. For this activity, please see Essential Eligibility Criteria.

YOGA

Focus on yoga forms to reduce stress and anxiety. Increase body awareness, balance and strength in a fun and safe environment.

Age	Class	Location	Day	Date	Time	Fee	Course #
13+	Chair Exercise	MSCR West	Sa	1/18-3/15	11:45am-12:30pm	\$54	41252
13+	City Club	MSCR West	W	2/5-5/7	4:15-6pm	\$94	41255
13+	City Club	MSCR East	Th	2/6-5/8	4:15-6pm	\$94	41254
13+	Climbing	MSCR Kennedy Challenge Crse	Sa	5/10	9:30am-12pm	\$15	41253
13+	Dance and Move	MSCR West	M	2/3-5/5	4:30-5:30pm	\$78	41256
13+	Dance and Move	MSCR Central	T	2/4-5/6	4:30-5:30pm	\$78	41257
13+	Indoor Bocce	MSCR West	W	2/5-5/7	5:30-6:30pm	\$78	41258
13+	Pickleball	MSCR West	T	2/4-5/6	4:30-5:30pm	\$78	41259
13+	Pottery	MSCR West	Sa	4/5-4/19	12:15pm	\$44	41261
13+	Recreational Swim (Water Walking)	Lapham	M	2/3-5/5	7:10-8:10pm	\$120	41265
13+	Recreational Swim (Water Walking)	Lapham	T	2/4-5/6	7:10-8:10pm	\$120	41266
13+	Recreational Swim (Water Walking)	Lapham	W	2/5-5/7	7:10-8:10pm	\$120	41267
5-13	Swim Lessons Ages 5-13	Lapham	Sa	2/8-5/3	9:25-9:55am	\$132	41262
5-13	Swim Lessons Ages 5-13	Lapham	Sa	2/8-5/3	10:05-10:35am	\$132	41263
5-13	Swim Lessons Ages 5-13	Lapham	Sa	2/8-5/3	10:45-11:15am	\$132	41264
13+	Yoga	MSCR Central	M	2/3-5/5	4:30-5:30pm	\$78	41268
13+	Yoga	MSCR West	Th	2/6-5/8	4:30-5:30pm	\$78	41269

THANK YOU TO THE FOLLOWING CONTRIBUTORS & DONORS

CONTRIBUTORS

Boomer Harris Fund
 City of Madison Community Development Division
 City of Madison Parks Division
 Dane County Foundation for Madison's Public Schools

Friends of MSCR
 Madison Rotary Foundation - Goodman 50+ Fitness Fund
 United Way of Dane County
 WI Department of Public Instruction
 Nita M. Lowey 21st Century Community Learning Center

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 Celeste L. Robins
 Kathleen Saunders
 Mary Jo Schiavoni
 Dana Schreiber

Candace and Thomas Silber
 Mike & Nancy Sloan
 Sarah Spencer
 Joseph Thome
 Nancy Widder
 Karen Wolf

DAY TRIPS**CLAY COLLECTIVE POTTERY TOUR**

Calling all ceramic enthusiasts! Join the MSCR West Pottery Coordinator for a fun filled day of touring local ceramic artist's studios during the 13th Annual Clay Collective Pottery Tour. Clay Collective Potters and several guest potters open their studios to the public for tours to showcase their work, explain their process and share their inspirations behind their art. This trip is for a tour of the studios in the Cambridge/Stoughton area only. Tour includes minimal walking; must be able to enter/exit the bus multiple times during the day. Bus loads at 9:15am in front of MSCR West, 7333 West Towne Way. Fee includes motorcoach transportation; bring your own lunch. **Registration deadline is 4/25.**

DAIRYLAND DELIGHTS

Enjoy a guided food tour through Milwaukee, WI. Discover the city's rich heritage with stops at the Deer District and Old World 3rd Street where old German traditions blend with modern delights. Sample an array of local specialties, including Wisconsin's squeakiest cheese curds, a hot bratwurst with Wisconsin-brewed beer, and the famous Butter Burger at 3rd Street Market Hall. Learn about the city's immigrant roots, see the German-influenced architecture and snap a photo at Fiserv Forum, home of the World Champion Milwaukee Bucks. End your journey on a sweet note with a taste of Milwaukee's legendary custard, proving why the city is known as the Custard Capital of the World. Tour includes minimal walking; must be able to enter/exit the bus multiple times during the day. Bus loads at 8:15am in front of LaFollette High School at 702 Pflaum Rd. Fee includes motorcoach transportation and food tour. **Registration deadline is 3/20.**

GALENA GETAWAY

Join us for a spring getaway to the charming historic town of Galena, IL. The motorcoach drops you off along the picturesque 19th century Main Street. Explore the many boutiques and restaurants, catch a shuttle to a local award winning vineyard or step back in time with a tour of President Ulysses S Grant's home as well as many other sites listed on the National Register of Historic Places. Check out visitgalena.org to help you plan your day. Bus loads at 8:30am in front of MSCR West, 7333 West Towne Way. Fee includes motorcoach transportation; meals and other activities are on your own. **Registration deadline is 4/18.**

**EVENTS****ROMANCE UNDER THE STARS**

The beauty of the night sky brings out the romantic side in all of us. Explore the current night sky with your Valentine in the comfort of the planetarium. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. Register early, this popular show sells out quickly! **Registration is for an individual.**

ENCHANTMENT UNDER THE STARS

Spend a magical evening with your special young person. Stargaze and discover the twinkling sky with your child(ren) in the comfort of the planetarium. The presentation is catered to a multi age/family audience. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. **Registration is for an individual. Registered child must attend with at least one registered adult.**

Age	Class	Location	Day	Date	Time	Fee	Course #
DAY TRIPS							
18+	Clay Collective Pottery Tour	MSCR West	Sa	5/3	9:30am-6pm	\$53	41631
18+	Dairyland Delights	LaFollette High School	Sa	3/29	8:30am-5:15pm	\$144	41629
18+	Galena Getaway	MSCR West	Sa	4/26	8:30am-6:30pm	\$72	41630
EVENTS - ADULT							
18+	Romance Under the Stars	Memorial High School	Th	2/13	6:45-7:45pm	\$17	41640
18+	Romance Under the Stars	Memorial High School	Th	2/13	8-9pm	\$17	41641
18+	Romance Under the Stars	Memorial High School	F	2/14	6:45-7:45pm	\$17	41642
18+	Romance Under the Stars	Memorial High School	F	2/14	8-9pm	\$17	41643
18+	Romance Under the Stars	Memorial High School	Sa	2/15	6:45-7:45pm	\$17	41644
18+	Romance Under the Stars	Memorial High School	Sa	2/15	8-9pm	\$17	41645
18+	Romance Under the Stars	Memorial High School	Su	2/16	6:45-7:45pm	\$17	41646
18+	Romance Under the Stars	Memorial High School	Su	2/16	8-9pm	\$17	41647
18+	Romance Under the Stars	Memorial High School	M	2/17	6:45-7:45pm	\$17	41648
18+	Romance Under the Stars	Memorial High School	M	2/17	8-9pm	\$17	41649
EVENTS - FAMILY							
Gr 3+	Enchantment Under the Stars	Memorial High School	F	2/14	5:30-6:30pm	\$15	41633
Gr 3+	Enchantment Under the Stars	Memorial High School	Sa	2/15	4:15-5:15pm	\$15	41634
Gr 3+	Enchantment Under the Stars	Memorial High School	Sa	2/15	5:30-6:30pm	\$15	41635
Gr 3+	Enchantment Under the Stars	Memorial High School	Su	2/16	5:30-6:30pm	\$15	41636



AFTERSCHOOL PROGRAMS

As a part of the Madison Metropolitan School District, MSCR has provided quality child care since 1992. MSCR Afterschool and MSCR Enrichment programs were established with the belief that all children need a safe and enriching place to spend their after school hours. MSCR provides comprehensive programming after school in fifteen elementary schools (K-5) and two neighborhood centers in Madison. Most school based programs operate the Enrichment program or the Afterschool program.

Email: mscrelemtteam@madison.k12.wi.us or visit mscr.org for registration materials.

MSCR AFTERSCHOOL

K-5th grade students have access to a variety of fun, safe and inclusive educational, recreational and social activities at their school or neighborhood center.

MSCR ENRICHMENT

With funding through the Nita M. Lowey 21st Century Community Learning Center Grants, MSCR Enrichment is able to offer a variety of on-site afterschool activities that support, reinforce and extend school-day content and learning at no cost to families. Participants are confirmed based on a number of factors, including academic need and other barriers to school success. Limited spots are held for students who do not qualify based on need.

MSCR AFTERSCHOOL & ENRICHMENT GOALS:

- Provide youth with opportunities to practice and try activities that enhance physical and cognitive capabilities & build self esteem
- Teach youth alternative ways to solve conflict
- Build teamwork and cooperation skills

RECREATIONAL & EDUCATIONAL ACTIVITIES

MSCR offers fun programming & activities:

- Creative enrichment projects
- Special events and field trips, when possible
- Active play
- Free choice time
- Opportunities to make new friends
- Hands-on academic enrichment activities

STAFFING

MSCR makes every effort to hire diverse, qualified, caring and professional staff who have experience, education and a desire to work with youth in a recreation setting. All employees have passed a background check through the Wisconsin Department of Justice. We take pride in the quality of our staff and maintain high standards by training staff in a variety of topics including: CPR, behavior management, supervision, health and safety, age appropriate practices and other related topics. MSCR provides a 10:1 child to staff ratio.

EARLY RELEASE & NO SCHOOL DAYS

MSCR Afterschool & Enrichment programs do not operate on scheduled early release or no school days so that MSCR staff can participate in professional development. Full day programming on no school days is available at certain locations for an additional fee (see Kids Day Out on the next page.)

Pre-registration is required. However, child care does not operate on holidays, during winter or spring break or when school is closed due to weather.

PROGRAM ELIGIBILITY

School-based programs are open to children attending the school in which the program is held, as space and staffing allows. The Allied Learning Center and Meadowood Neighborhood Center are open to all children living in the area surrounding the neighborhood centers.



MSCR POTTERY SALE

Join MSCR at our MSCR West facility for the 2024 Pottery Sale. This sale showcases over thousands of pottery created by MSCR instructors, pottery participants and local ceramic artists. Proceeds benefit the MSCR Pottery Program. Find the perfect gift this holiday season and shop local!

MSCR West
7333 West Towne Way
Madison, WI 53719

December 12 & 13, 8am - 6pm
December 14, 10am - 3pm
December 15, 10am - 2pm

JOIN OUR TEAM!

Afterschool - Aquatics - Fitness
Arts & Enrichment - Inclusion Services
Youth & Adult Sports



MSCR.ORG/JOBS

2024-25 SCHOOL YEAR PROGRAM INFORMATION & REGISTRATION LINKS:

[MSCR Afterschool](#) at Anana, Emerson, Hawthorne, Lake View, Lincoln, Lindbergh, Lowell, Midvale, Nuestro Mundo, Sandburg

[MSCR Enrichment](#) at Henderson, Mendota, Orchard Ridge, Schenk, Southside

Please note: Completing the registration form does not guarantee enrollment in the MSCR Afterschool or MSCR Enrichment program. Space is limited and based on a number of factors, including staffing ratios. If a waitlist is started, MSCR continues to accept participants from the waitlist as additional staff are hired.

Registration for MSCR Afterschool and Enrichment requires full-time enrollment (5 days per week). Part-time registration is not available. You will receive an email confirmation letter that includes a start date, or that indicates if you have been placed on the waiting list.

Contact us at 608-204-4583 or mssclemteam@madison.k12.wi.us

- To request registration materials, please contact mssclemteam@madison.k12.wi.us
- For the Meadowood Neighborhood Center, please contact mncenter@madison.k12.wi.us
- For the Allied Learning Center, please contact msscralledlc@madison.k12.wi.us

MSCR AFTERSCHOOL & ENRICHMENT SITES

*Site is supported by a Nita M. Lowey 21st Century Community Learning Center grants.

Site	Phone	MSCR Afterschool Site	MSCR Enrichment Site
Allied Learning Center	204-6578	Yes	No
Anana Elementary	204-2208	Yes	No
Emerson Elementary	204-2021	Yes	No
Hawthorne Elementary	204-2507	Yes	No
Henderson Elementary*	442-2963	No	Yes
Lake View Elementary	204-4055	Yes	No
Lincoln Elementary	204-4963	Yes	No
Lindbergh Elementary	204-6507	Yes	No
Lowell Elementary	204-6616	Yes	No
Meadowood Neighborhood Center	229-6823	Yes	No
Mendota Elementary*	577-1570	No	Yes
Midvale Elementary	204-6733	Yes	No
Nuestro Mundo Community School*	204-1024	Yes	Yes
Orchard Ridge Elementary*	204-2353	No	Yes
Sandburg Elementary	204-7952	Yes	No
Schenk Elementary*	279-9749	No	Yes
Southside Elementary*	442-2529	No	Yes

KIDS DAY OUT 608-204-3025

The Kids Day Out (KDO) program provides supervised activities on no-school days for children in grades K-5 from all MMSD elementary schools. Activities typically involve going on a field trip and may include: arts & crafts, games, nature activities, performing arts, museums, swimming and zoos. Field trip locations vary and may include going to Milwaukee or the Wisconsin Dells. Participants must bring a lunch and beverage; an afternoon snack is provided. Use the registration form in the back of the MSCR program guide or register at mssc.org. For financial assistance complete the form on the other side of the registration form. Register early as space is limited. The deadline for registration is two weeks prior to the KDO date. No on-site registration.

Grade	Location	Day	Date	Time	Fee	Course #
K-5	Mendota Elementary School	M	1/27	7:45am-5:45pm	\$60	42018
K-5	Midvale Elementary School	M	1/27	7:45am-5:45pm	\$60	42013
K-5	Mendota Elementary School	F	2/21	7:45am-5:45pm	\$60	42019
K-5	Midvale Elementary School	F	2/21	7:45am-5:45pm	\$60	42014
K-5	Mendota Elementary School	F	4/11	7:45am-5:45pm	\$60	42020
K-5	Midvale Elementary School	F	4/11	7:45am-5:45pm	\$60	42015
K-5	Mendota Elementary School	F	5/2	7:45am-5:45pm	\$60	42021
K-5	Midvale Elementary School	F	5/2	7:45am-5:45pm	\$60	42016





MSCR MIDDLE SCHOOL SITES AND CONTACT INFORMATION

Please go to mscr.org for staff and email contact information.

School	Phone Number
Badger Rock	608-640-0079
Black Hawk*	608-204-4385
Cherokee Heights	608-204-1256
Gillespie	608-663-6427
Hamilton	608-204-4739
O'Keeffe	608-204-6854
Sennett*	608-204-1948
Sherman*	608-204-2127
Spring Harbor	608-640-0119
Toki	608-204-4763
Whitehorse	608-204-4494
Wright*	608-204-1366

*Indicates site is supported by a Nita M. Lowey 21st Century Community Learning Center Grant.

MSCR MIDDLE SCHOOL PROGRAMS

MSCR provides out of school time programming at all MMSD middle schools. Dane County Human Services and 21st Century Community Learning Center (CLC) grants help support the program. Programs offer a variety of recreation activities, educational opportunities and youth development programs. MSCR Middle School programs are offered on a drop in basis, are not offered every school day of the year and are designed to be out of school time enrichment and not childcare. MSCR Middle School programs are open to all students in a school's attendance area even if they don't attend MMSD for school. For more information on schedules and activities, please contact the MSCR Middle School Site Director at your student's school.

MSCR MIDDLE SCHOOL CLUBS

A variety of special interest clubs are available at all MMSD middle schools. Please contact the MSCR Site Director at your school. Clubs may include academic enrichment, arts, drama, music, chess, dance, skiing, rec sports and more. Clubs are based on student interest at each school. Fees may be charged for some clubs. Receive information at school site.

MSCR MIDDLE SCHOOL SPORTS

Selected after school team sports are available at all MMSD middle schools. Sports include volleyball, soccer, cross country, basketball, flag football and kickball. Competition is with other MMSD middle schools.

MSCR HIGH SCHOOL PROGRAMS

MSCR provides a variety of out of school time activities and, events and services for students at each high school. Offerings include out of school time academic support clubs, student interest clubs, youth leadership opportunities, ski & snowboard club, extramural sports (volleyball and basketball), Leaders In Training (LIT) youth employment program, Driver's Education scholarship program (funded by Dane County) and more. La Follette has a 21st Century Learning grant. Afterschool programs are open to all students in a school's attendance area even if they don't attend MMSD for school. For more information and specific schedules, please contact the MSCR High School Recreation Specialist at your child's school by phone or directly in their office or go to mscr.org.

HIGH SCHOOL EXTRAMURAL SPORTS LEAGUES

Extramural sports are available at all MMSD high schools to students who are not currently on the WIAA team for the same sport. Sports practice one day per week after school and compete on Saturdays. Schedules are sent once registration for that sport has been completed. Practices are dependent on space availability. Register with your school's Rec Specialist. Community teams can register by contacting the Recreation Specialist at your school or by calling the MSCR office at 204-3022 for more information.

Basketball Registration begins November/December and games take place on Saturdays, 1/18 - 3/25 with a season finale tournament.

MSCR HIGH SCHOOL SITES AND CONTACT INFORMATION

School	Rec Specialist	Phone Number	Office Location
East High School	Mayder Lor	608-204-1752	103G
La Follette High School	Dane Gottschall	608-204-3625	1351
Memorial High School	Kelsie Coleman	608-442-2220	2142
West High School	Monique Porter	608-204-2136	1111
Capital High School	Monique Porter	608-204-2136	TBD



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These classes are Child + Adult. Only registered child and one participating adult may attend this class. For everyone's safety and the quality of classes, siblings, including infants and/or friends are not allowed to attend classes, be in the classroom or left unattended in the building at any time.

CHILD + ADULT CLASSES

ART EXPLORATION - CHILD + ADULT

In this art class for little ones, children have fun with some new art techniques and some old ones - such as painting, pasting and construction. Each participant is encouraged to engage at his or her own level - from playing with new materials to creating an art treasure to take home.

COLORFUL CONSTRUCTION WORKSHOP - CHILD + ADULT

Caution, construction zone fun ahead! Dig up a great time with art projects based on your favorite big machines and buildings. Hard hat optional, but some assembly required!

CREATIVE MOVEMENT - CHILD + ADULT

Kids explore fun ways to move their bodies. Activities include learning to move with music, movements incorporating animals, shapes, seasons and much more.

FAIRYTALE GARDENS WORKSHOP - CHILD + ADULT

Once upon a time in a place not far from here, there was an amazing time to be had planting, coloring, and creating! Let your imagination run wild as you make your own magical garden with castles, dragons and more. This hands-on art adventure is sure to have a happy ending for all.

HOLIDAY ORNAMENTS - CHILD + ADULT

Deck the Halls with homemade decorations! Join us for a fun and festive time creating unique holiday ornaments that are sure to be keepsakes for many years to come.

MOVE WITH ME - CHILD + ADULT *NEW!*

Designed to use developmental proprioception and attachment concepts to promote bonding and connection. Participants can expect tactile play utilizing fine and gross motor movement, use of props that invite communication and imagination, and musical accompaniment. Caregivers learn techniques that can be transferred to home settings.

MSCR MAKES - CHILD + ADULT

Explore your favorite, new and reimagined art techniques! MSCR Makes is an open-ended process-based art class where making, engaging and spending time together is just as important as the final product.

PRESCHOOL ESPAÑOLA - CHILD + ADULT

¡Bienvenidos! Preschool Española provides children and their guardians an introduction to Spanish. Participants engage in preschool age activities while learning basic Spanish phrases and vocabulary such as colors, animals, days of the week and counting.

PROCESS ART - CHILD + ADULT

Process Art is about the practice of making art, not the final product. Children have the freedom to explore new materials, ask questions and see how things work. This artistic philosophy sets the foundation for independent, self-directed creativity by encouraging participants to be themselves, make their own decisions and just create!

RAINBOW MOSAICS - MIXING COLORS - CHILD + ADULT *NEW!*

Young artists learn about primary colors to make the secondary colors by mixing paint. Explore, paint and create art projects and finish with a rainbow mosaic collage with of course, fluffy clouds!

UNIQUE UNICORNS WORKSHOP - CHILD + ADULT *NEW!*

Join us for some one-of-a-kind rainbow filled fun! Create magical arts and crafts inspired by everyone's favorite majestic and magnificent one-horned creature, the unicorn!

PRESCHOOL CLASSES

A TO Z ART AND ANIMALS

Get ready for a walk on the wild side with this class focused on critter creation! Learn fun facts about a new animal each week, then unleash your imagination to create an artistic animal interpretation.

PRESCHOOL PUPPET PLAY

Get ready to put on a show! Learn how to create your very own puppet friends and a home for them to live and play in!

PRESCHOOL DANCE & MOVEMENT CLASSES

IRISH DANCE

Children learn the basics of Irish dance, including the jig and reel. Learn the timing of music, foot positions and Irish culture and words.

PRE-BALLET

Classes nourish a dancer's creativity and love of movement while exposing them to essential skills for all dancers, including active listening, coordination, spatial awareness, rhythm and basic ballet technique. This class is for the dancer only, adults are not allowed in the classroom. If your child is not ready or a class independently, we recommend a Child + Adult class.

Age	Class	Location	Day	Date	Time	Fee	Course#
CHILD + ADULT CLASSES							
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	1/24-2/14	9:30-10:15am	\$33	41348
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	2/28-3/21	9:30-10:15am	\$33	41349
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	4/4-4/25	9:30-10:15am	\$33	41350
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	5/9-5/30	9:30-10:15am	\$33	42178
2-3	Creative Movement - Child + Adult	MSCR East	Sa	1/25-3/15	9-9:30am	\$38	41400
2-3	Creative Movement - Child + Adult	MSCR East	Sa	4/5-5/10	9-9:30am	\$29	42179
3-4	Creative Movement - Child + Adult	MSCR East	Sa	1/25-3/15	9:45-10:15am	\$38	41399
3-4	Creative Movement - Child + Adult	MSCR East	Sa	4/5-5/10	9:45-10:15am	\$29	41401
6m-3yrs	Move with Me - Child + Adult	MSCR Central	W	1/8-2/12	4:30-5:15pm	\$25	42476
6m-3yrs	Move with Me - Child + Adult	MSCR Central	W	2/19-3/19	4:30-5:15pm	\$25	42477
6m-3yrs	Move with Me - Child + Adult	MSCR Central	W	4/2-4/23	4:30-5:15pm	\$20	42478
6m-3yrs	Move with Me - Child + Adult	MSCR Central	W	4/30-5/21	4:30-5:15pm	\$20	42479
3-4	MSCR Makes - Child + Adult	MSCR Central	Th	2/6-2/27	5-5:45pm	\$33	41489
3-4	MSCR Makes - Child + Adult	MSCR Central	Th	4/3-4/24	5-5:45pm	\$33	41490
3-5	Preschool Española - Child + Adult	MSCR West	Su	1/26-3/2	3-3:45pm	\$36	42240
3-5	Preschool Española - Child + Adult	MSCR East	Su	4/6-5/25	3-3:45pm	\$36	42244

Age	Class	Location	Day	Date	Time	Fee	Course#
3-5	Process Art - Child + Adult	MSCR West	F	1/24-2/14	10:45-11:30am	\$33	41579
3-5	Process Art - Child + Adult	MSCR West	F	2/28-3/21	10:45-11:30am	\$33	41580
3-5	Process Art - Child + Adult	MSCR West	F	4/4-4/25	10:45-11:30am	\$33	41581
3-5	Process Art - Child + Adult	MSCR West	F	5/9-5/30	10:45-11:30am	\$33	42181
3-5	Rainbow Mosaics - Mixing Colors - Child + Adult	MSCR East	Sa	1/25-2/8	9-9:45am	\$24	42424
3-5	Rainbow Mosaics - Mixing Colors - Child + Adult	MSCR East	M	2/24-3/10	4:30-5:15pm	\$24	42423
CHILD + ADULT WORKSHOPS							
3-6	Holiday Ornaments - Child + Adult	MSCR West	Th	12/12	4:30-5:30pm	\$12	41483
3-6	Holiday Ornaments - Child + Adult	MSCR West	Th	12/19	4:30-5:30pm	\$12	41484
3-7	Colorful Construction - Child + Adult	MSCR Central	T	3/11	5-5:45pm	\$12	41339
3-7	Colorful Construction - Child + Adult	MSCR Central	Th	3/13	5-5:45pm	\$12	41340
3-7	Colorful Construction - Child + Adult	MSCR East	Su	4/27	4:15-5pm	\$12	42248
3-7	Colorful Construction - Child + Adult	MSCR East	Su	5/4	4:15-5pm	\$12	42249
3-7	Colorful Construction - Child + Adult	MSCR West	Su	2/9	4:15-5pm	\$12	42236
3-7	Colorful Construction - Child + Adult	MSCR West	Su	2/16	4:15-5pm	\$12	42237
3-7	Fairytale Gardens - Child + Adult	MSCR Central	T	5/6	5-5:45pm	\$12	41461
3-7	Fairytale Gardens - Child + Adult	MSCR Central	Th	5/8	5-5:45pm	\$12	41462
3-7	Fairytale Gardens - Child + Adult	MSCR Central	Th	5/15	5-5:45pm	\$12	41463
3-7	Fairytale Gardens - Child + Adult	MSCR East	Su	5/18	4:15-5pm	\$12	42251
3-7	Fairytale Gardens - Child + Adult	MSCR East	Su	5/25	4:15-5pm	\$12	42252
3-7	Fairytale Gardens - Child + Adult	MSCR West	Su	2/23	4:15-5pm	\$12	42238
3-7	Fairytale Gardens - Child + Adult	MSCR West	Su	3/2	4:15-5pm	\$12	42239
3-7	Unique Unicorns - Child + Adult	MSCR Central	T	1/14	5-5:45pm	\$12	41491
3-7	Unique Unicorns - Child + Adult	MSCR Central	Th	1/16	5-5:45pm	\$12	41492
3-7	Unique Unicorns - Child + Adult	MSCR Central	Th	1/23	5-5:45pm	\$12	41493
3-7	Unique Unicorns - Child + Adult	MSCR East	Su	4/6	4:15-5pm	\$12	42246
3-7	Unique Unicorns - Child + Adult	MSCR East	Su	4/13	4:15-5pm	\$12	42247
3-7	Unique Unicorns - Child + Adult	MSCR West	Su	1/26	4:15-5pm	\$12	42234
3-7	Unique Unicorns - Child + Adult	MSCR West	Su	2/2	4:15-5pm	\$12	42235
PRESCHOOL CLASSES							
4-5	A to Z Art and Animals	MSCR West	Th	1/30-2/27	4:45-5:30pm	\$40	41366
4-5	Preschool Puppet Play	MSCR West	Th	1/9-1/23	4:45-5:30pm	\$24	41367
PRESCHOOL DANCE & MOVEMENT							
3	Pre-Ballet	MSCR Central	Th	1/23-3/6	4:30-5pm	\$33	41424
3	Pre-Ballet	MSCR Central	Th	4/3-5/8	4:30-5pm	\$29	41436
3	Pre-Ballet	MSCR East	T	1/21-3/18	4:30-5pm	\$43	41427
3	Pre-Ballet	MSCR East	T	4/1-5/6	4:30-5pm	\$29	41431
3	Pre-Ballet	MSCR East	M	3/31-5/5	4:30-5pm	\$29	41422
3	Pre-Ballet	MSCR West	Sa	1/25-3/8	9:30-10am	\$33	41420
3	Pre-Ballet	MSCR West	Su	1/26-3/9	4:15-4:45pm	\$33	41421
3	Pre-Ballet	MSCR West	Sa	4/5-5/3	9:30-10am	\$24	41430
3	Pre-Ballet	MSCR West	Su	4/6-5/4	4:15-4:45pm	\$19	41429
3	Pre-Ballet	Madison Youth Arts Center	M	1/27-3/17	5:15-5:45pm	\$38	41625
3	Pre-Ballet	Madison Youth Arts Center	M	3/31-5/5	5:15-5:45pm	\$29	42422
4-5	Pre-Ballet	MSCR Central	Th	1/23-3/6	5:15-5:55pm	\$42	41425
4-5	Pre-Ballet	MSCR Central	Th	4/3-5/8	5:15-5:55pm	\$36	42194
4-5	Pre-Ballet	MSCR East	T	1/21-3/18	5:15-5:55pm	\$53	41426
4-5	Pre-Ballet	MSCR East	T	4/1-5/6	5:15-5:55pm	\$36	41432
4-5	Pre-Ballet	MSCR East	W	4/2-5/7	4:30-5:10pm	\$36	41423
4-5	Pre-Ballet	MSCR West	Su	1/26-3/9	3:20-4pm	\$42	42462
4-5	Pre-Ballet	MSCR West	Su	4/6-5/4	3:20-4pm	\$24	41428
4-5	Pre-Ballet	Madison Youth Arts Center	W	1/22-3/19	5-5:40pm	\$53	41438
4-5	Pre-Ballet	Madison Youth Arts Center	W	4/2-5/14	5-5:40pm	\$42	41441
4yrs-K	Irish Dance	MSCR Central	Su	1/26-3/16	4:05-4:45pm	\$47	42450
4yrs-K	Irish Dance	MSCR Central	Su	4/6-5/4	4:05-4:45pm	\$24	42451



DANCE & MOVEMENT

BALLET

Participants learn basic ballet skills and positions. Youth also learn to combine technique along with balance, coordination and rhythm.

BALLET/TAP

This class provides an affordable opportunity for participants to experience both ballet and tap! Participants split class time between 25 minutes of ballet and 25 minutes of tap. During the ballet portions of class, participants learn basic ballet skills and positions, as well as learn to combine technique along with balance, coordination and rhythm. The tap portion of class focuses on learning basic steps, rhythms and combinations to get your feet moving!

BATON TWIRLING - ADVANCED SKILLS

For twirlers with previous baton experience. This class moves beyond single baton tricks and focuses on teaching new skills such as two-baton, three-baton and hoop baton tricks. Concurrent enrollment in Continuing Baton is OK and encouraged.

BATON TWIRLING - BEGINNING

Try your hand at baton twirling. Start with the basics of developing correct technique, hand-eye coordination, learning new tricks and having fun through creative movement.

BATON TWIRLING - CONTINUING

Continue developing skills and mastering tricks learned in past baton twirling classes. Learn to combine skills in combination. Class is appropriate for participants who have completed an MSCR Baton Twirling class or have past experience with baton twirling.

BATON TWIRLING - GROUP TRICK WORKSHOP *NEW!*

For students who've taken Continuing Baton, Advanced Baton Skills or have intermediate baton experience from outside of MSCR. This workshop focuses on learning and practicing group and partner exchange tosses and tricks.

BATON TWIRLING - TRY IT!

Try your hand at baton twirling. Start with the basics of developing correct technique, hand-eye coordination, learning new tricks and having fun through creative movement.

BATON TWIRLING - TWO BATON WORKSHOP *NEW!*

Use your baton experience to learn some tricks that work well with two batons for twice the fun! Class is open to those with some confidence in basic baton twirling tricks and ready to impress by twirling two batons at once. Second baton can be borrowed during class.

BOLLYWOOD DANCE *NEW!*

Bollywood dance is a theatrical, dynamic and colorful style of dance that's featured in Indian films. It's a mix of traditional Indian dance forms, folk dances and modern Western styles like hip hop, jazz and belly dance.

CONTEMPORARY DANCE *NEW!*

Contemporary is a popular style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements stressing versatility and improvisation, unlike the strict, structured nature of ballet. This dance genre is done in bare feet and can be performed to many different styles of music

HIP HOP

Hip Hop began in the 1960s and 1970s as a style inspired by the movement of traditional African dancing. It incorporates aspects from many styles of dance, such as modern, tap and swing. In this high energy class, participants gain an introduction to hip hop while focusing on rhythm and stylized movements.

IRISH DANCE - BEGINNING

Dancers learn the basics of Irish dance including foot positioning, skip, and introductory steps. This class is recommended for those with no experience in Irish dance, even if they have previously taken other dance classes.

IRISH DANCE - CONTINUING

Dancers build on their existing Irish dance knowledge with traditional steps of the Jig and the Reel. They develop skills in timing and rhythm, allowing them to dance more independently to traditional Irish music. This class is recommended for those who have previously taken Irish dance classes in which they have learned at least one full step.

JAZZ

Jazz dance emerged as an African-American social dance style at the end of the 20th-century. This style originally combines traditional African dance steps with ballroom dance techniques. Participants learn the basics of jazz dance and jazz techniques and skills, such as turns, jumps and combinations.

JAZZ/HIP HOP

This class combines the high energy hip hop dance style, focusing on rhythm and stylized movements, with jazz technique including turns, jumps and combinations.

LYRICAL

Lyrical dance is a style that combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires expression of strong emotions. Dancers work on improving their dance technique along with learning choreography and practicing self-expression.

POMS

Poms is a style of dance that combines sharp, precise arm motions with jazz technique, focusing on jumps, kicks, turns and leaps. Great for a dancer who is interested in combining dance skills with energy and enthusiasm. Begins with a warm-up and stretching to improve flexibility and cardiovascular endurance.

TAP

Affordable opportunity to experience dance! This course introduces basic tap steps, rhythms and combinations to get your feet moving.



**Check out Friday Night Features on page 5.
Fun for all Ages on the
First Friday of the month at MSCR West!
Arts & Enrichment, Fitness, Sports & More!**

Grade	Class	Location	Day	Date	Time	Fee	Course#
DANCE & MOVEMENT							
K-1	Ballet	MSCR West	Su	1/26-3/9	2:15-3:05pm	\$47	41410
K-1	Ballet	MSCR West	Su	4/6-5/4	2:15-3:05pm	\$27	42198
K-1	Ballet	Madison Youth Arts Center	M	1/27-3/17	6-6:50pm	\$53	41385
K-1	Ballet	MSCR East	M	3/31-5/5	5:15-6pm	\$38	41386
K-1	Ballet	Madison Youth Arts Center	M	3/31-5/5	6-6:50pm	\$40	41418
2-5	Ballet	MSCR West	Su	1/26-3/9	1-2pm	\$52	41411
2-5	Ballet	MSCR West	Su	4/6-5/4	1-2pm	\$30	42197
2-5	Ballet	Madison Youth Arts Center	M	1/27-3/17	7:05-8:05pm	\$60	41384
2-5	Ballet	Madison Youth Arts Center	M	3/31-5/5	7:05-8:05pm	\$45	41417
2-5	Ballet	MSCR East	W	4/2-5/7	6:25-7:10pm	\$38	41387
K-1	Ballet/Tap	MSCR East	Sa	1/25-3/15	10:30-11:20am	\$53	41388
K-1	Ballet/Tap	MSCR East	Sa	4/5-5/10	10:30-11:20am	\$40	41389
7-12	Baton Twirling - Advanced Skills	MSCR West	M	1/27-3/17	6:50-7:30pm	\$46	41383
1-5	Baton Twirling - Beginning	MSCR West	M	1/27-3/17	4:30-5:30pm	\$60	41397
3-10	Baton Twirling - Continuing	MSCR West	M	1/27-3/17	5:45-6:45pm	\$60	41398
3-12	Baton Twirling - Group Trick Workshop	MSCR West	M	3/31	5:45-6:45pm	\$10	42183
3-12	Baton Twirling - Two Baton Workshop	MSCR West	M	4/28	5:45-6:45pm	\$10	42420
1-8	Baton Twirling - Try It!	MSCR West	M	3/31	4:30-5:30pm	\$5	41395
1-8	Baton Twirling - Try It!	MSCR West	M	4/28	4:30-5:30pm	\$5	41371
K-2	Bollywood Dance	MSCR West	W	1/29-3/19	4:30-5:20pm	\$53	41372
K-2	Bollywood Dance	MSCR West	W	4/2-4/30	4:30-5:20pm	\$33	42411
3-5	Bollywood Dance	MSCR West	W	1/29-3/19	5:30-6:30pm	\$60	42410
3-5	Bollywood Dance	MSCR West	W	4/2-4/30	5:30-6:30pm	\$38	42412
4-8	Contemporary	MSCR East	T	1/21-3/18	7:25-8:25pm	\$68	41446
4-8	Contemporary	MSCR East	T	4/1-5/6	7:25-8:25pm	\$45	41415
3-5	Hip Hop	MSCR East	Su	1/26-3/16	2-3pm	\$60	41497
3-5	Hip Hop	MSCR East	Su	4/6-5/18	2-3pm	\$38	41498
3-5	Hip Hop	MSCR West	M	1/27-3/17	5:30-6:30pm	\$60	41518
3-5	Hip Hop	MSCR West	M	3/31-4/28	5:30-6:30pm	\$38	42427
1-5	Irish Dance - Beginning	MSCR Central	Su	1/26-3/16	2:50-3:50pm	\$60	41406
1-5	Irish Dance - Beginning	MSCR Central	Su	4/6-5/4	2:50-3:50pm	\$30	41408
3-10	Irish Dance - Continuing	MSCR Central	Su	1/26-3/16	5-6pm	\$60	41407
3-10	Irish Dance - Continuing	MSCR Central	Su	4/6-5/4	5-6pm	\$30	41409
K-1	Jazz	MSCR East	W	4/2-5/7	5:25-6:10pm	\$38	41412
K-1	Jazz	MSCR Central	Th	1/23-3/6	6:10-7:10pm	\$47	41402
K-1	Jazz	MSCR Central	Th	4/3-5/8	6:10-7:10pm	\$40	42195
K-2	Jazz	MSCR West	M	1/27-3/17	4:30-5:20pm	\$53	42428
K-2	Jazz	MSCR West	M	3/31-4/28	4:30-5:20pm	\$33	42429
2-5	Jazz	MSCR East	T	1/21-3/18	6:10-7:10pm	\$68	42461
2-5	Jazz	MSCR East	T	4/1-5/6	6:10-7:10pm	\$45	41413
2-5	Jazz	MSCR Central	Th	1/23-3/6	7:15-8:15pm	\$52	41403
2-5	Jazz	MSCR Central	Th	4/3-5/8	7:15-8:15pm	\$45	42196
2-5	Jazz/Hip Hop	Madison Youth Arts Center	W	1/22-3/19	5:45-6:45pm	\$68	41414
2-5	Jazz/Hip Hop	Madison Youth Arts Center	W	4/2-5/14	5:45-6:45pm	\$52	42185
4-6	Lyrical	Madison Youth Arts Center	W	1/22-3/19	7-8pm	\$68	41416
4-6	Lyrical	Madison Youth Arts Center	W	4/2-5/14	7-8pm	\$52	42186
4-8	Poms	MSCR East	M	3/31-5/5	6:15-7pm	\$38	41419
K-1	Tap	MSCR West	Sa	1/25-3/8	10:15-11:05am	\$47	41445
K-1	Tap	MSCR West	Sa	4/5-5/3	10:15-11:05am	\$33	42199
2-5	Tap	MSCR West	Sa	1/25-3/8	11:20am-12:20pm	\$52	41447
2-5	Tap	MSCR West	Sa	4/5-5/3	11:20am-12:20pm	\$38	42200

DRAWING & PAINTING
CHARACTER DRAWING - BEGINNING *NEW!*

This beginner-friendly class is for those who want to learn how to make their own characters. This will include lessons on how to draw a figure, create character traits and learn techniques used in animation/video games to make a memorable characters!

COMIC ART - BEGINNING *NEW!*

Ever wanted to learn how to make your own comic book? This class gives you all the tools you need to write a story, draw and bind your own comic book! Lessons include techniques, terminology and binding.

DRAWING - FOOD WORKSHOP *NEW!*

Draw your heart (stomach) out in this workshop where participants learn the basics of drawing while sketching some favorite snacks! This class is best suited for youth with little to no experience in drawing.

DRAWING - MAGICAL CREATURES WORKSHOP *NEW!*

Get ready for a magical time with this class focused on fantastic beasts! Unleash your imagination to create your own artistic interpretation of magical creatures as you learn the fundamentals of drawing.

DRAWING - PEOPLE WORKSHOP *NEW!*

Explore the fundamentals of drawing while you learn to draw people! This class is best suited for youth with little to no experience in drawing.

WATERCOLOR MONSTER DOODLES *NEW!*

Watercolor paints are used in a different way for this project: small water puddles are made randomly on watercolor paper. The paint is applied to the puddles through the process of bleeding from the paint-saturated brush to the puddle. (Brushstrokes are not used.) Several colors may be applied to the same puddle, letting the paint blend and/or bleed into a neighboring color. After the project has dried, artists then use Sharpies (black ink) to turn the organic puddle shapes into silly monsters!

YOUTH FIGURE DRAWING - BEGINNING *NEW!*

In this class, participants learn the tools and knowledge needed to get into figure drawing! Learn about anatomy as well as tips and tricks to make dynamic, creative figures.

YOUTH PAINT NIGHT

Whether you love to paint, or have never painted before, this workshop is a lot of fun! Follow the instructor and go through the steps of creating a beautiful painting while also making it your own and adding your style to it! Decorate your own artists apron to take home as well.

ENRICHMENT
ART AND MOVEMENT

Unleash your inner Heather Hansen or Jackson Pollock! Explore the art of movement and mark-making in this class focused on abstract expressionism. Use a variety of materials and processes to create fun projects!

BASKETRY BLISS

Learn the fundamental techniques and patterns essential to create a unique basket. Ages 14+

CANVASES AND CRAFTS

Everyone has an inner artist! Go beyond the canvas in this class as we not only explore painting techniques and drawing skills, but also have fun with crafting. Bring your creativity to life by using all sorts of mediums and supplies to make all kinds of crafts - some seasonal and some not!

CREATIVE WRITING

What would happen if you suddenly shrunk to the size of an ant - Or found a stone with magical powers? Use your imagination to write about anything your mind can invent! Learn writers' secrets, write and share as a group. (Sharing is optional.) See where your imagination and your pencil take you!

FAMILY JUGGLING *NEW!*

Juggling is a fun activity that engages the brain and body, which is more fun when done with others. Learn how to juggle three objects by yourself, with a partner, and other variations. In the first class, participants craft juggling balls to take home and practice. Juggling improves hand eye coordination, resilience and communication. Best of all, if you know how to juggle, you'll be the hit of the party!! A registered adult must participate with a registered child.

FROM IMAGINATION TO CREATION - PUPPETS

Learn how to design and construct their own unique puppets using a variety of materials and techniques. From conceptualizing characters to assembling movable parts, this class takes you through the entire creative process.

INTRO TO FLY TYING

Join us for a super fly class! Learn to tie flies, a type of fishing lure, sure to make fish take the bait. Learn the skills by tying a new type of lure each class. Practice the technique, use creativity and use the materials you have on hand to make modifications on the fly. Ages 14+

NATURE WRITING

In this fun and immersive class, we connect with ourselves, one another and the beauty of nature around us. Explore different types of writing and dig deeper. Writers have the opportunity to share their work but are never pressured to share. Spend time writing inside and outside as weather permits.

OWL WALL HANGING

Learn the fundamentals of sewing by hand with this project. Use yarn, burlap and dull "learning" needles to stitch a cute owl pattern. Add artistic details to complete your project.

RADIAL WEAVING WITH PAINTING *NEW!*

Learn radial weaving with painted concentric circles and printmaking. Use the processes of painting, printmaking and weaving to create a stunning piece of art! Paint concentric circles on a cardboard background, add patterns and designs using printmaking. Complete the project with radial weaving using yarn.

YOUTH KNITTING: STITCH MAKERS

Learn basic stitches and pattern reading while making your very own knitted piece of work! All levels welcome, no prior knitting experience needed!

MUSIC
BOOMWHACKER CHOIR *NEW!*

Have you ever seen those boomwhacker groups on YouTube and thought: "That looks like so much fun!" Look no further, as you can finally be in a boomwhacker band! Participants work collaboratively as they learn music notation basics, music reading, composition and arrangement. Perform songs of their choosing on boomwhackers!

MUSIC INDUSTRY 101 *NEW!*

Do you want to get a jump start on understanding the music industry? Look no further. In this class, learn important information pertaining to the music industry, the tips and tricks favorite artists use to navigate the music industry and the basics of digital audio production!

UKULELE - BEGINNING

Join us for this joyful class that inspires curiosity about music. Participants learn to tune their instrument, play multiple ukulele chords, clap rhythms with notes and rests, play several simple songs and become familiar with musical notation. Youth are encouraged to write their own songs as well! Class ends with a ukulele performance for family and friends. All equipment provided.

UKULELE - CONTINUING

Builds on musical knowledge and skills developed in the beginning class. Learn different chord progressions in different keys and learn a repertoire of songs demonstrating these skills. Participants are encouraged to write their own song, as well! End the class with a ukulele performance for family and friends. Prerequisites: Participants should be able to tune their own instrument, play multiple chords, clap rhythms with notes and rests, know more than one simple song with chords and be familiar with musical notation.

Grade	Class	Location	Day	Date	Time	Fee	Course#
DRAWING & PAINTING							
1-3	Character Drawing - Beginning	MSCR East	Th	4/17-5/22	6:15-7:15pm	\$54	41357
4-8	Character Drawing - Beginning	MSCR East	Th	4/17-5/22	7:30-8:45pm	\$59	41358
3-5	Comic Art - Beginning	MSCR East	Th	1/23-2/20	6:15-7:15pm	\$49	41374
6-8	Comic Art - Beginning	MSCR East	Th	1/23-2/20	7:30-8:30pm	\$49	41381
K-2	Drawing - Food Workshop	MSCR West	M	2/10	4:30-5:30pm	\$10	42373
K-2	Drawing - Food Workshop	MSCR Central	T	2/4	4:30-5:30pm	\$10	41380
3-5	Drawing - Food Workshop	MSCR West	M	2/10	5:45-7pm	\$12	42374
3-5	Drawing - Food Workshop	MSCR Central	T	2/4	5:45-7pm	\$12	42372
K-2	Drawing - Magical Creatures Workshop	MSCR Central	T	1/21	4:30-5:30pm	\$10	41452
K-2	Drawing - Magical Creatures Workshop	MSCR West	M	1/27	4:30-5:30pm	\$10	42376
3-5	Drawing - Magical Creatures Workshop	MSCR West	M	1/27	5:45-7pm	\$12	42377
3-5	Drawing - Magical Creatures Workshop	MSCR Central	T	1/21	5:45-7pm	\$12	42375
K-2	Drawing - People Workshop	MSCR Central	T	2/18	4:30-5:30pm	\$10	41453
3-5	Drawing - People Workshop	MSCR Central	T	2/18	5:45-7pm	\$12	42383
K-2	Drawing - People Workshop	MSCR West	M	2/24	4:30-5:30pm	\$10	42384
3-5	Drawing - People Workshop	MSCR West	M	2/24	5:45-7pm	\$12	42385
3-6	Watercolor Monster Doodles	MSCR East	M	2/24-3/10	5:45-6:45pm	\$26	41621
3-6	Watercolor Monster Doodles	MSCR East	Sa	1/25-2/8	10:15-11:15am	\$26	42425
3-5	Youth Figure Drawing - Beginning	MSCR East	Th	3/6-4/10	6:15-7:15pm	\$49	41471
6-8	Youth Figure Drawing - Beginning	MSCR East	Th	3/6-4/10	7:30-8:30pm	\$49	41472
K-2	Youth Paint Night	MSCR West	M	5/5	5-7pm	\$18	42400
K-2	Youth Paint Night	MSCR Central	T	3/4	5-7pm	\$18	41509
3-5	Youth Paint Night	MSCR West	M	3/3	5-7pm	\$18	42399
3-5	Youth Paint Night	MSCR Central	T	4/29	5-7pm	\$18	42398
ENRICHMENT							
K-2	Art and Movement	MSCR West	Th	4/17-5/15	5-5:45pm	\$40	41369
3-5	Art and Movement	MSCR West	Th	4/17-5/15	6-7pm	\$40	42409
9-12*	Basketry Bliss	MSCR West	Th	1/9-2/27	7-9pm	\$130	42430
9-12*	Intro to Fly Tying	MSCR West	W	2/12-3/12	6-7:30pm	\$60	41473
K-2	Canvases and Crafts	MSCR West	Su	1/26-3/2	1:45-2:45pm	\$48	42456
K-2	Canvases and Crafts	MSCR West	Su	3/30-5/18	3:30-4:30pm	\$48	42459
3-5	Canvases and Crafts	MSCR West	Su	1/26-3/2	12:15-1:30pm	\$56	41519
3-5	Canvases and Crafts	MSCR West	Su	3/30-5/18	2-3:15pm	\$56	42458
6-8	Canvases and Crafts	MSCR West	Su	3/30-5/18	12:15pm-1:45pm	\$64	42457
3-5	Creative Writing	MSCR West	Su	1/26-3/16	2:45-3:45pm	\$48	41474
6-8	Creative Writing	MSCR West	Su	1/26-3/16	1:30-2:30pm	\$48	41467
K+	Family Juggling	MSCR East	Su	2/16-3/16	1:30-2:30pm	\$5	41466
K-2	From Imagination to Creation - Puppets	MSCR West	Th	3/13-4/10	5-5:45pm	\$45	41475
3-5	From Imagination to Creation - Puppets	MSCR West	Th	3/13-4/10	6-7pm	\$54	42421
3-5	Nature Writing	MSCR Central	Su	4/6-5/18	2:45-3:45pm	\$30	41495
6-8	Nature Writing	MSCR Central	Su	4/6-5/18	1:30-2:30pm	\$30	41496
3-5	Owl Wall Hanging	MSCR East	M	1/27-2/17	4:30-5:30pm	\$36	41499
3-5	Owl Wall Hanging	MSCR East	Sa	2/22-3/15	9-10am	\$36	41502
5-7	Radial Weaving with Painting	MSCR East	M	1/27-2/17	6-7:15pm	\$42	41520
5-7	Radial Weaving with Painting	MSCR East	Sa	2/22-3/15	10:30-11:45am	\$42	41599
6-12	Youth Knitting: Stitch Makers	MSCR West	Th	1/9-2/13	5:45-6:45pm	\$59	41624
MUSIC							
3-5	Boomwhacker Choir	MSCR Central	Su	1/26-3/16	2-3pm	\$72	41513
6-8	Boomwhacker Choir	MSCR Central	Su	1/26-3/16	3:15-4:30pm	\$84	41523
3-5	Music Industry 101	MSCR Central	Su	4/6-5/18	2-3pm	\$45	41524
6-8	Music Industry 101	MSCR Central	Su	4/6-5/18	3:15-4:30pm	\$53	41585
3-5	Ukulele - Beginning	MSCR Central	Th	1/23-3/20	5-6pm	\$73	41586
3-5	Ukulele - Beginning	MSCR Central	Th	4/3-5/15	5-6pm	\$57	41622
3-5	Ukulele - Continuing	MSCR Central	Th	1/23-3/20	6:15-7:15pm	\$73	41623
3-5	Ukulele - Continuing	MSCR Central	Th	4/3-5/15	6:15-7:15pm	\$57	42426

Please know that it can take up to 4-5 weeks for pottery to be dried, glazed and fired. When your child's pottery is ready, MSCR will contact you with pick up information.

POTTERY

HANDBUILDING - CHILD + ADULT

Experience handbuilding pottery techniques of pinch, coil and slab construction to create joint pieces of art with your child. All work must be completed in the studio. Adult must participate with child on provided class project. Register child only.

YOUTH HANDBUILDING

No clay experience required! Experience the hand-building techniques of pinch, coil and slab construction.

YOUTH WHEEL

Practice centering on the wheel to work toward creating projects.

SEWING

SEWING STUDIOS - ANIMAL PILLOW

Learn to sew! Discover the parts of a sewing machine, learn basic stitches and practice sewing. Create a project based on your sewing comfort level. Create a cuddly animal pillow with colorful fabrics, buttons and appliques. Sewing machines and materials provided. No experience necessary.


SEWING STUDIOS - MONSTER PILLOWS

Expand your sewing knowledge to create a dragon or another colorful character to sit with you during movie night. Learn how to sew a basic pillow pattern with super soft material, fleecy hair and wiggly arms.

YOUTH SEWING 1

Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward finishing a pencil bag and drawstring bag. All materials and sewing machine provided.


Grade	Class	Location	Day	Date	Time	Fee	Course#
POTTERY - CHILD + ADULT							
K-2	Handbuilding - Child + Adult	MSCR West	M	2/10-2/24	2:30-3:45pm	\$56	41526
K-2	Handbuilding - Child + Adult	MSCR West	M	4/21-5/5	2:30-3:45pm	\$56	41528
K-2	Handbuilding - Child + Adult	MSCR West	Sa	1/25-2/8	9-10:15am	\$44	41525
K-2	Handbuilding - Child + Adult	MSCR West	Sa	4/5-4/19	9-10:15am	\$44	41527
K-2	Handbuilding - Child + Adult	Warner Park CRC	Sa	5/3-5/17	9-10:15am	\$44	42465
POTTERY							
3-5	Youth Handbuilding	MSCR West	M	2/10-2/24	4-5:15pm	\$44	41571
3-5	Youth Handbuilding	MSCR West	M	4/21-5/5	4-5:15pm	\$44	41573
3-5	Youth Handbuilding	Warner Park CRC	M	2/3-2/24	4:30-5:30pm	\$56	42480
3-5	Youth Handbuilding	MSCR West	Sa	1/25-2/8	10:30-11:45am	\$44	41570
3-5	Youth Handbuilding	MSCR West	Sa	4/5-4/19	10:30-11:45am	\$44	41572
3-5	Youth Handbuilding	Warner Park CRC	Sa	5/3-5/17	10:30-11:45am	\$44	42466
6-12	Youth Wheel	MSCR West	W	2/5-3/12	4:45-6:15pm	\$90	41575
6-12	Youth Wheel	MSCR West	W	4/2-5/7	4:45-6:15pm	\$90	41576
6-12	Youth Wheel	Warner Park CRC	Sa	2/1-3/8	12:30-2:30pm	\$115	41574
SEWING							
4-8	Youth Sewing 1	MSCR West	Sa	1/11-1/25	9:30-11:30am	\$45	42435
5-8	Sewing Studios - Animal Pillow	MSCR East	Su	2/23-3/9	3-5pm	\$52	41626
5-8	Sewing Studios - Monster Pillows	MSCR West	W	4/2-4/16	6-8pm	\$52	41627



Monona Academy of Dance

- 2605 S. Stoughton Rd., Madison
- 838 Grote St., Sun Prairie (Sun Prairie Ice Arena)
- Professional Faculty
- Sprung Floors with Marley
- Performance Opportunities
- Positive Environment

mononaacademyofdance@gmail.com



Monona Academy of Dance - Accepting New Students!

www.mononaacademyofdance.org

Introductory, Intermediate, and Advanced classes for YOUTH and ADULT dancers

Classes include: Ballet, Tap, Jazz, Modern, and Hip Hop

WORKSHOPS**AWESOME OCEAN CREATIONS WORKSHOP NEW!**

Ready for some crafts that make a SPLASH? Create cool creatures of the deep using new and familiar art techniques in this class filled with super sea fun!

INTRO TO PERFORMANCE ART WORKSHOP NEW!

This class offers an immersive exploration of the key concepts and techniques behind performance as a medium. Attendees engage in creative exercises that focus on the body, space and audience interaction, pushing boundaries of self-expression and presence. They learn the history of performance art while developing experimental performances. No prior experience is necessary, just a willingness to explore and take creative risks.

INTRO TO STOP MOTION WORKSHOP NEW!

Participants learn the essentials of creating their own stop-motion films, from storyboarding to bringing characters and objects to life frame by frame. Explore different techniques, such as claymation and object animation.

MAKE YOUR OWN SHOE CHARMS WORKSHOP NEW!

Use a multitude of cool supplies like air-dry clay, sequins, beads, feathers and more to create one-of-a-kind accessories for your clog shoes!

MELTY BEAD PIXEL ART WORKSHOP NEW!

Love melty beads and want to take it to the next level? Join us to learn about pixel art and how you can design your own melty bead patterns!

SECRET CODE BRACELETS WORKSHOP NEW!

If you know, you know - secret codes, handshakes and signs have been used throughout history to help bring groups together. Friendship bracelets are the newest craft to hop on the trend. Learn how to take common phrases, sayings, or even song lyrics and code them into some cool wearable art!

**FRIDAY NIGHT FEATURES**

A registered adult must participate with a registered child for family workshops.

FRIDAY NIGHT FEATURES - SEWING - TRY IT!

Try your hand at machine sewing! Begin with a basic overview of sewing supplies, threading the machine and fabric basics. Get a feel for the machine while learning to sew straight lines. No experience necessary. Sewing machines and all supplies provided.

FRIDAY NIGHT FEATURES - VALENTINE ART

Join us for an opportunity to spend some time with your loved ones while we create some ART from the HEART with some Valentine's Day inspired crafts! *A registered adult must participate with a registered child for family workshops.

FRIDAY NIGHT FEATURES - DIY SHOE CHARMS WORKSHOP

Use a multitude of cool supplies like air-dry clay, sequins, beads, feathers and more to create one-of-a-kind accessories for your clog shoes!

Grade	Class	Location	Day	Date	Time	Fee	Course#
YOUTH, TEEN & FAMILY WORKSHOPS							
K-2	Awesome Ocean Creations Workshop	MSCR West	M	4/14	4:30-5:30pm	\$12	42370
K-2	Awesome Ocean Creations Workshop	MSCR Central	T	4/15	4:30-5:30pm	\$12	41379
3-5	Awesome Ocean Creations Workshop	MSCR West	M	4/14	5:45-7pm	\$15	42371
3-5	Awesome Ocean Creations Workshop	MSCR Central	T	4/15	5:45-7pm	\$15	42369
9+	Intro to Performance Art Workshop	MSCR West	Sa	2/1	9am-12pm	\$21	42432
6-8	Intro to Stop Motion Workshop	MSCR West	Sa	2/22	9am-12pm	\$21	42433
9-12	Intro to Stop Motion Workshop	MSCR West	Sa	3/1	9am-12pm	\$21	42434
K-2	Make Your Own Shoe Charms Workshop	MSCR West	M	3/31	4:30-5:30pm	\$12	42387
K-2	Make Your Own Shoe Charms Workshop	MSCR Central	T	4/1	4:30-5:30pm	\$12	41464
3-5	Make Your Own Shoe Charms Workshop	MSCR West	M	3/31	5:45-7pm	\$15	42388
3-5	Make Your Own Shoe Charms Workshop	MSCR Central	T	4/1	5:45-7pm	\$15	42386
K-2	Melty Bead Pixel Art Workshop	MSCR West	M	2/3	4:30-5:30pm	\$12	42391
K-2	Melty Bead Pixel Art Workshop	MSCR Central	T	1/28	4:30-5:30pm	\$12	41507
3-5	Melty Bead Pixel Art Workshop	MSCR West	M	2/3	5:45-7pm	\$15	42392
3-5	Melty Bead Pixel Art Workshop	MSCR Central	T	1/28	5:45-7pm	\$15	42389
K-2	Secret Code Bracelets Workshop	MSCR West	M	2/17	4:30-5:30pm	\$12	42396
K-2	Secret Code Bracelets Workshop	MSCR Central	T	2/11	4:30-5:30pm	\$12	41508
3-5	Secret Code Bracelets Workshop	MSCR West	M	2/17	5:45-7pm	\$15	42397
3-5	Secret Code Bracelets Workshop	MSCR Central	T	2/11	5:45-7pm	\$15	42395
4+	Friday Night Features - Sewing - Try It!	MSCR West	F	1/10	6-8pm	\$10	42419
Family	Friday Night Features - Valentine Art - Family	MSCR West	F	2/7	5-6pm	\$5	42454
K-5	Friday Night Features - Valentine Art	MSCR West	F	2/7	6:45-7:45pm	\$5	42455
K-5	Friday Night Features - DIY Shoe Charms Workshop - Family	MSCR West	F	3/7	6-7:30pm	\$5	42416



INDOOR PLAYGROUND

Rain, Snow or Shine - It's play time! Join us for Indoor Playground, a space to meet new friends and have a great time playing with a variety of fun toys and equipment including our Imagination Playground! Adult supervision is required. Drop in program only. Pay \$4 per child at the door. Equipment most suitable for ages 1+ but kids under 1 welcome to join.

0-5	Indoor Playground	MSCR East	Th	1/9-3/20	9-11am	\$4
0-5	Indoor Playground	MSCR West	F	1/10-3/21	9-11am	\$4

BICYCLING - PEDAL PARTY - CHILD + ADULT

The family that rides together thrives together! Join a League of American Bicyclists Certified instructor for a 4-week workshop that teaches families how to ride together. Learn the basics of riding safely, play fun games and drills, practice skills through obstacle courses and neighborhood rides. This class is geared towards children who are able to ride a bike for one mile. Workshop are Child + Adult . Only registered child and one participating adult; register child only.

CAPOEIRA - ALL LEVELS

This class is open to beginners and also incorporates skill building from previous Capoeira experiences. Capoeira is a 500-year Afro-Brazilian Martial Art that combines elements of self-defense, dance and acrobatic movements to the pulsating rhythm of traditional live music. Progress from animal-like movements and basic 1-2-3 rhythm to ginga (the core movement of Capoeira), cartwheels, escapes, kicks and basic songs.

CAPOEIRA LEVEL 1

This class is geared towards beginners. Capoeira is a 500-year Afro-Brazilian Martial Art that combines elements of self-defense, dance and acrobatic movements to the pulsating rhythm of traditional live music. Progress from animal-like movements and basic 1-2-3 rhythm to ginga (the core movement of Capoeira), cartwheels, escapes, kicks and basic songs.

CAPOEIRA LEVEL 2

This class is a continuation of Capoeira Level 1. Previous Capoeira experience required.

FAMILY YOGA

Explore yoga together in a playful setting with storybooks, yoga games, postures and partner yoga. Increase body awareness, strength and flexibility with poses, mindfulness and breathing techniques! Register each child, one caregiver per family must attend.

RUNNING CLUB

This youth training group is geared towards novice to intermediate runners looking for a coached workout. Each workout focuses on building running skills through speedwork, hill training, endurance workouts, running games and more. Age 5-7: Build endurance to run/walk 1.5-2 miles or 20 minutes non stop by the session's end. Ages 8-13: Build endurance to run/walk 3 miles or 30 minutes non stop by the end of the session.



FAMILY ENCHANTED YOGA & BEJEWELLED BRACELETS

This is your "ERA." Don't let your Friday night be a "Blank Space." Join us to do yoga and "Shake it Off." Then, "Run" to make friendship bracelets of your "Wildest Dreams." Wear your favorite pop star gear. Are you "Ready For It?" BYOM. A registered adult must participate with a registered child. BYOM.

FAMILY GLOW DANCE PARTY

Let's glow! A fiercely fun dance fitness class based on pop, rock, and hip hop music while you glow on the dance floor. No previous experience required. Glow sticks and disco lights are provided. One adult per family must attend, each person must register. White and neon clothing encouraged.

0-5	Indoor Playground	MSCR West	F	12/6	5-6pm	\$4	Drop-in
8+	Family Glow Dance Party	MSCR West	F	12/6	5:30-6:15pm	\$5	41659
8+	Enchant Yoga & Bejeweled Bracelets	MSCR West	F	2/7	5:30-7pm	\$10	42362

STRENGTH & CONDITIONING

Learn proper strength training techniques to build muscle through weight training and conditioning exercises. This class is perfect for youth who want to build confidence and stay active. Great for beginners who want to learn how to correctly use free weights and various fitness equipment.

TOT TUMBLING

Learn basic tumbling, stretching and movement skills while participating in simple obstacle courses, games and activities. Develop coordination, body awareness and gross motor skills. Wear comfortable clothing that allows free movement.

TUMBLING

Class is great for perfecting basic tumbling and stretching techniques while participating in obstacle courses, games and activities. Progressive tumbling skills used to enhance coordination, body awareness and gross motor skills. Wear comfortable clothing that allows free movement.

TUMBLING FOR TOTS

Learn basic tumbling, stretching and movement skills while participating in obstacle courses, games and activities. Practice coordination, body awareness and gross motor skill using progressive tumbling techniques. Wear comfortable clothing that allows free movement.

Age	Class	Location	Day	Date	Time	Fee	Course#
WINTER							
5-12	Capoeira Level 1	MSCR Central	M	1/6-3/17	4:30-5:15pm	\$50	41652
5-12	Capoeira Level 2	MSCR Central	M	1/6-3/17	5:30-6:15pm	\$50	41656
8-13	Strength & Conditioning	MSCR East	T	1/7-3/18	5:15-6pm	\$55	41668
3-6	Family Yoga	MSCR West	T	1/14-3/4	6:15-7pm	\$40	41650
4-5	Tumbling for Tots	MSCR West	W	1/8-3/19	3:20-4pm	\$55	42290
6	Tumbling	MSCR West	W	1/8-3/19	4:10-4:50pm	\$55	42325
8-13	Strength & Conditioning	MSCR West	W	1/8-3/19	5-5:45pm	\$55	41660
5-12	Capoeira - All Levels	Warner Park CRC	Th	1/9-3/20	5-5:45pm	\$55	41653
4	Tot Tumbling	MSCR East	Sa	1/25-3/15	8:30-9am	\$40	41662
5	Tumbling for Tots	MSCR East	Sa	1/25-3/15	9:15-9:45am	\$40	41666
6	Tumbling	MSCR East	Sa	1/25-3/15	10-10:45am	\$40	41664
SPRING							
5-12	Capoeira Level 1	MSCR Central	M	3/31-6/2	4:30-5:15pm	\$45	41654
5-12	Capoeira Level 2	MSCR Central	M	3/31-6/2	5:30-6:15pm	\$45	41658
8-13	Strength & Conditioning	MSCR East	T	4/1-6/3	5:15-6pm	\$50	41669
8-13	Running Club East - Outdoor	Demetral Park	T	4/22-6/3	5:30-6:15pm	\$35	41670
3-6	Family Yoga	MSCR West	T	4/8-5/27	6:15-7pm	\$40	41651
8-13	Running Club Central - Outdoor	MSCR Central	W	4/23-6/4	5:30-6:15pm	\$35	42328
8+	Bicycling - Pedal Party	Kennedy Elementary School	W	4/30-5/21	5:30-6:30pm	\$20	42406
4-5	Tumbling for Tots	MSCR West	W	4/2-6/4	3:20-4pm	\$50	42326
6	Tumbling	MSCR West	W	4/2-6/4	4:10-4:50pm	\$50	42327
8-13	Strength & Conditioning	MSCR West	W	4/2-6/4	5-5:45pm	\$50	41661
5-7	Running Club East - Outdoor	Demetral Park	Th	4/24-6/5	5:30-6:15pm	\$35	41671
8-13	Running Club West - Outdoor	Elver Park	Th	4/24-6/5	5:30-6:15pm	\$35	41672
5-12	Capoeira - All Levels	Warner Park CRC	Th	4/3-6/5	5-5:45pm	\$50	41655
4	Tot Tumbling	MSCR East	Sa	4/5-5/17	8:30-9am	\$35	41663
5	Tumbling for Tots	MSCR East	Sa	4/5-5/17	9:15-9:45am	\$35	41667
6	Tumbling	MSCR East	Sa	4/5-5/17	10-10:45am	\$35	41665

Looking for teen fitness? See Adult Fitness on pages 44-48. BYOM = Bring your own mat.



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SOCCER

SOCCER SKILLS - CHILD + ADULT

Child and adult work together to learn soccer skills. Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills.

SOCCER SKILLS

Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills.

OPEN PLAY

MSCR provides the gym, game balls and goals - and lets the kids play. Instructors lead the children through a brief warm up, ice-breaker activity, skills practice and supervise the program. New teams are formed each week.



Age	Class	Location	Day	Date	Time	Fee	Course#
CHILD + ADULT SKILLS							
2	Soccer Skills - Child + Adult Skills	Lapham	Sa	2/1-3/8	9-9:30am	\$30	42112
2	Soccer Skills - Child + Adult Skills	Lapham	Sa	2/1-3/8	9:45-10:15am	\$30	42191
2	Soccer Skills - Child + Adult Skills	Lapham	Sa	2/1-3/8	10:30-11am	\$30	42232
2	Soccer Skills - Child + Adult Skills	Lapham	Sa	2/1-3/8	11:15-11:45am	\$30	42233
2	Soccer Skills - Child + Adult Skills	Toki	Sa	2/1-3/8	9-9:30am	\$30	42114
2	Soccer Skills - Child + Adult Skills	Toki	Sa	2/1-3/8	9:45-10:15am	\$30	42241
2	Soccer Skills - Child + Adult Skills	Toki	Sa	2/1-3/8	10:30-11am	\$30	42243
2	Soccer Skills - Child + Adult Skills	Toki	Sa	2/1-3/8	11:15-11:45am	\$30	42245
PRESCHOOL SKILLS							
3-4	Soccer Skills	Lapham	T	1/28-3/4	6-6:45pm	\$30	42120
3-4	Soccer Skills	Midvale	T	1/28-3/4	6-6:45pm	\$30	42122
3-4	Soccer Skills	Schenk	W	1/29-3/5	6-6:45pm	\$30	42276
3-4	Soccer Skills	Southside	W	1/29-3/5	6-6:45pm	\$30	42119
3-4	Soccer Skills	MSCR West	Sa	2/1-3/8	9-9:45am	\$30	42126
3-4	Soccer Skills	Whitehorse	Sa	2/1-3/8	9-9:45am	\$30	42125
ELEMENTARY SKILLS							
5-7	Soccer Skills	Lapham	T	1/28-3/4	6:50-7:50pm	\$30	42128
5-7	Soccer Skills	Midvale	T	1/28-3/4	6:50-7:50pm	\$30	42129
5-7	Soccer Skills	Schenk	W	1/29-3/5	6:50-7:50pm	\$30	42288
5-7	Soccer Skills	Southside	W	1/29-3/5	6:50-7:50pm	\$30	42130
5-7	Soccer Skills	MSCR West	Sa	2/1-3/8	10-10:45am	\$30	42138
5-7	Soccer Skills	Whitehorse	Sa	2/1-3/8	10-10:45am	\$30	42133
8-10	Soccer Skills	MSCR West	Sa	2/1-3/8	11am-12pm	\$35	42299
8-10	Soccer Skills	Whitehorse	Sa	2/1-3/8	11am-12pm	\$35	42298
OPEN PLAY							
5-7	Open Play	MSCR West	Su	2/2-3/9	12:30-1:30pm	\$30	42116
8-10	Open Play	MSCR West	Su	1/26-3/2	1:30-2:30pm	\$30	42117
11-3	Open Play	MSCR West	Su	2/2-3/9	2:30-4pm	\$35	42118
8-12	Friday Night Features - Soccer	MSCR West	F	1/10	5:30-7pm	\$5	42469





OUTDOOR FLAG FOOTBALL LEAGUE

This league is geared to teach young players the essential skills of football. This is a minimal contact league that emphasizes safety, fundamentals and fun above all. Each player receives a flag set. Games are played on Tuesdays (Gr 4-5) or Thursdays (Gr 2-3), 5:30-7:30pm. First week of the program is a practice, coaches may schedule additional practices. Scores are not kept. Register for either the 2-3 or 4-5 division.

Volunteer coaches are essential to the success of this program. If you are interested in coaching please contact Chris at cjmccgill@madison.k12.wi.us

Grade	Location	Day	Date	Time
2-3	Cherokee	Tu	4/22-5/27	5:30-7:30pm
4-5	Heights	Th	4/24-5/29	

Registration Type	Registration Deadline	Resident Fee	Non-Resident Fee
Early	3/15	\$45	\$61
Regular	4/15	\$51	\$67

Flag Football Leagues register at mscryouthsportsleagues.org

REGISTRATION PROCESS FOR SPORTS LEAGUES:

mscryouthsportsleagues.org

Players can sign up as an individual and be placed on a team, or a team can register. If a player is signing up to play on a past team, the coach's name and team name are mandatory to make sure the player is placed on the correct team. If registering as a team, every player must complete their own registration. Select your preferred location at registration, games rotate between designated fields on that side of town. Register for 3v3 and 6v6 soccer leagues at mscryouthsportsleagues.org or by paper at an MSCR office. Call 608-229-6820 for more information.

We Need Your Help!
Volunteer Coaches Needed
 At least one volunteer coach per team is needed.
 No experience? No problem.
 MSCR provides coaches with interactive training and an equipment ball bag containing soccer balls and cones.



OUTDOOR SOCCER LEAGUES

MSCR Outdoor Soccer Leagues are focused on recreational play (score is not recorded). Leagues use smaller fields located at MMSD schools to promote fast paced games and more player action. Sportsmanship, player development and equal playing time for all kids are prioritized over winning. Coaches are volunteers and organized by team parents/guardians. Game sites and times rotate throughout the season, therefore some travel is required.

The 3v3 league is for younger players where there are three players from each team on the field with no goalies. The 6v6 league is for older players where there are six players from each team including the goalies. MSCR creates the schedules and provides referees for the games. Practices are not mandatory (but encouraged) and are determined by the volunteer coach or parents/guardians.

LEAGUE INFORMATION

League	Division	Age	Dates	Day	Time
3v3	U4	3-4	4/27-6/1	Su	1, 2, 3 or 4pm
3v3	U6	5-6	Skip 5/25		
6v6	U8	7-8		Sa	9, 10:15, 11:30am or 12:45pm
6v6	U10	9-10	4/26-5/31		
6v6	U12	11-12	Skip 5/24		
5v5	U14	13-14			

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	2/3-3/7	\$55	\$82.50
Regular	3/8-3/14	\$60	\$90
Late	3/15-3/21	\$70	\$105

Locations	Possible Field Locations
Eastside	Nuestro Mundo Kennedy & Lapham
Westside	Chavez, Cherokee, Crestwood, Toki & Stephens

Register at mscryouthsportsleagues.org

SPORTS SKILLS

BADMINTON

Learn badminton and get game practice with an emphasis on court etiquette, sportsmanship and fitness in a fun atmosphere! All skill levels are welcome. Beginners focus on the fundamentals including: correct and effective methods of hitting the shuttle, body position and movement, hand/eye coordination, rules and scoring. Intermediate and advanced participants practice skills refinement and game play including: overhead shots, clears, drops, smashes, and lifts, smash returns and net drops, movement patterns and game tactics

BASKETBALL SKILLS CLINIC

Learn basketball in a fun and supportive atmosphere. Clinic covers skills, rules, team play and sportsmanship. Each session ends with a scrimmage game.

BASKETBALL SKILLS CLINIC - ADVANCED

This skills clinic is for the more experienced basketball player looking to take their game to the next level. Classes focus on individual skill building and conditioning, as well as large group sessions, game-like scenarios and scrimmages. If you have a solid base of fundamentals and have played basketball for a few years, this is the program for you.

FOOTBALL SKILLS

Get your young athlete ready for some flag football fun! In this engaging and energetic class, children learn the basics of flag football in a safe and supportive environment. Experienced coaches focus on developing fundamental skills, teamwork and sportsmanship while fostering a love for the game.

PRE-K GYM GAMES GALORE

Jump, throw, catch and run! Specifically designed to encourage movement balance and teamwork, this class introduces kids to the wonder of indoor gym games. Balloons, bean bags, hula hoops and more are used in this fast paced class. Skip 2/14

PRESCHOOL TENNIS - CHILD + ADULT

Staff work with participants on individual skills and focus on teaching the fundamentals to each child. Pairs are introduced to a skill and work on it together with assistance and guidance from the staff.

SPORTS SAMPLER

Give your child the opportunity to sample sports and learn skills in a fun environment! Each week is devoted to learning a different sport including soccer, basketball, flag football and ultimate frisbee through fun exercises, drills and games. Staff work with participants on individual skills and focus on teaching the fundamentals to each child. Pairs are introduced to a skill and work on it together with assistance and guidance from the Youth Sports staff.



T-BALL

Developed by the National Alliance for Youth Sports, this program is designed to prepare children ages 3-5 for organized sports while furthering overall skills. The program teaches basic throwing, catching, kicking and batting techniques. Children learn motor skill tasks that gradually build confidence. Children and adults work one-on-one in a fun atmosphere.

ULTIMATE FRISBEE

Ultimate Frisbee is the sport of the future and MSCR is offering a series of youth programs designed to help all kids get into this spirited sport at a young age. Ultimate is the only sport that requires two players to score. With elements of soccer, football and basketball, ultimate teaches youth to be a good sport on and off the field. Youth learn skill fundamentals and an understanding of their position on the field to get everyone working together.

VOLLEYBALL SKILLS

This instructional program teaches basic volleyball skills including the fundamentals of serving, bumping, passing and spiking. Rules and game strategies are also covered. Children build upon what they learn to improve their skills and play an instructional practice game at the last class.

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SPORTS SKILLS

Age	Class	Location	Day	Date	Time	Fee	Course #
WINTER SESSION							
8-10	Badminton	Gillespie	Th	1/30-3/6	6-7pm	\$21	42141
11-13	Badminton	Gillespie	Th	1/30-3/6	7-8pm	\$21	42142
6-8	Basketball Skills Clinic	Toki	T	1/28-3/4	6-7pm	\$30	42143
6-8	Basketball Skills Clinic	Southside	Th	1/30-3/6	6-7pm	\$30	42145
9-11	Basketball Skills Clinic	Toki	T	1/28-3/4	7-8pm	\$30	42144
9-11	Basketball Skills Clinic	Southside	Th	1/30-3/6	7-8pm	\$30	42146
12-14	Basketball Skills Clinic- Advanced	Toki	T	1/28-3/4	8-9pm	\$30	42163
3-4	Pre-K Gym Games Galore	MSCR West	M	1/27-3/3	10:45-11:30am	\$30	42303
3-4	Pre-K Gym Games Galore	MSCR West	M	1/27-3/3	9:45-10:30am	\$30	42105
3-4	Pre-K Gym Games Galore	MSCR West	W	1/29-3/5	10:45-11:30am	\$30	42106
3-4	Pre-K Gym Games Galore	MSCR West	W	1/29-3/5	9:45-10:30am	\$30	42305
3-5	Preschool Tennis - Child + Adult	MSCR West	W	1/15-3/5	1:30-2pm	\$38	42107
3-5	Preschool Tennis - Child + Adult	MSCR West	W	1/15-3/5	2:15-2:45pm	\$38	42109
3-5	Sports Sampler	MSCR West	M	1/27-3/3	6-6:30pm	\$21	42155
3-5	Sports Sampler	MSCR West	M	1/27-3/3	6:40-7:10pm	\$21	42156
3-5	T-Ball	Lapham	W	1/29-2/5	6:40-7:10pm	\$21	42165
3-5	T-Ball	Lapham	W	1/29-3/5	6-6:30pm	\$21	42164
6-7	Volleyball Skills	MSCR West	T	1/28-3/4	6-6:30pm	\$31	42149
6-7	Volleyball Skills	MSCR West	Th	1/30-3/6	6-6:30pm	\$31	42152
8-10	Volleyball Skills	MSCR West	T	1/28-3/4	6:40-7:10pm	\$31	42150
8-10	Volleyball Skills	MSCR West	Th	1/30-3/6	6:40-7:10pm	\$31	42153
11-12	Volleyball Skills	MSCR West	T	1/28-3/4	7:20-8pm	\$36	42151
11-12	Volleyball Skills	MSCR West	Th	1/30-3/6	7:20-8pm	\$31	42154
SPRING SESSION							
5-6	Football Skills	Cherokee Heights	W	4/23-5/28	5:15-6pm	\$30	42467
5-6	Football Skills	Cherokee Heights	W	4/23-5/28	5:15-6pm	\$30	42467
3-5	Preschool Tennis - Child + Adult	MSCR West	W	3/12-5/7	1:30-2pm	\$38	42108
3-5	Preschool Tennis - Child + Adult	MSCR West	W	3/12-5/7	2:15-2:45pm	\$38	42110
3-5	Sports Sampler	MSCR West	M	3/31-5/5	6-6:30pm	\$21	42157
3-5	Sports Sampler	MSCR West	M	3/31-5/5	6:40-7:10pm	\$21	42158
6-7	Volleyball Skills	MSCR West	T	4/1-5/6	6-6:30pm	\$31	42187
8-10	Volleyball Skills	MSCR West	T	4/1-5/6	6:40-7:10pm	\$31	42188
11-12	Volleyball Skills	MSCR West	T	4/1-5/6	7:20-8pm	\$36	42189
3-5	T-Ball	Lapham	W	4/2-5/7	6-6:30pm	\$21	42166
3-5	T-Ball	Lapham	W	4/2-5/7	6:40-7:10pm	\$21	42167
7-9	Ultimate Frisbee	Toki	M	4/21-5/26	5-5:45pm	\$30	42168
10-12	Ultimate Frisbee	Toki	M	4/21-5/26	5:45-6:45pm	\$30	42169
6-7	Volleyball Skills	MSCR West	Th	4/3-5/8	6-6:30pm	\$31	42190
8-10	Volleyball Skills	MSCR West	Th	4/3-5/8	6:40-7:10pm	\$31	42192
11-12	Volleyball Skills	MSCR West	Th	4/3-5/8	7:20-8pm	\$36	42193

POLICIES & PROCEDURES



WHAT TO BRING

Participants must bring their own suits and towels. Patrons should bring bags and towels to the spectator area. MSCR is not responsible for any lost or damaged items. No street shoes or strollers allowed on the pool deck, please remove your shoes and carry them with you. We recommend swimmers and spectators wear clean water shoes or sandals.

LOCKER ROOMS

There are no locker room attendants on duty. MSCR affirms the right of individuals to use facilities that align with their gender identity. If you would like access to an alternative changing location, please ask the Site Director.

BEFORE YOU SWIM

Showers must be taken before swimming and long hair must be restrained. There are 10 minutes scheduled between lessons; please do not arrive more than 5 minutes early for your scheduled time, and please vacate the pool area within 5 minutes of the completion of the lesson.

POOL INFORMATION

Pool temperatures and maintenance are regulated by the School District maintenance department, not MSCR. Requests have been made for varying water and air temperature, but some swimmers may be more sensitive to cooler temperatures, so we recommend wearing a swim cap and/or a clean rashguard.

An aquatic lift is available at all MMSD High School Pools. Please call 608.204.3025 to inquire about usage.

Adapted Swim Lessons

Lessons for children with disabilities who would benefit from a very small group. Saturday mornings at Lapham. Please see Swim Lessons in the Adapted section

OPEN/LAP SWIM FEES

A Swim Pass is required for open and lap swim and can be purchased at MSCR or from the lifeguard on duty at any site. No cash please; check or credit cards only. Passes are good at all MMSD pools and are transferable; they are non-refundable and do not expire. Children under age 3 swim free with adult swimmer. \$25 for 14 punches per card (1=youth, 2=adult). All participants are required to complete a liability waiver and emergency contact form, which is available at mscr.org.

OPEN SWIM - LAPHAM ELEMENTARY

Lapham is a small, warm water, shallow pool (3 ft.-5 ½ ft. deep) with a capacity of 40 swimmers. Children ages 6 and under must be actively supervised by an adult in the water and within arm's reach. One adult (18+) must be present for every 2 children ages 6 and under. Any child under 12 must be actively supervised by an adult in the pool area. Children over the age of 12 may swim unaccompanied by an adult. Large groups (over 10 swimmers) require advanced notice. Please call the Aquatic Specialist (204-3019) to inquire. No inflatables allowed during open swim. Only Coast Guard approved flotation devices are allowed. MSCR equipment may be available during open swim at the discretion of the lifeguard on duty.

OPEN SWIM - LAPHAM

January 17 - May 2. Skip 3/21, 3/28 & 4/18.

Day	Location	Time
Fridays	Lapham	4-7:30pm

ADULT LAP SWIM SCHEDULE

Swimmers who are ages 13+ and who can swim laps continuously as part of a fitness regimen are welcome during lap swim time.

January 21 - May 8. Skip 3/24-3/27.

Day	Pool	Time
Mondays	West	6:15-8:15pm
Tuesdays	East	6:15-8:15pm
Wednesdays	Memorial	6:15-8:15pm
Thursdays	La Follette	6:15-8:15pm

All aquatics programs skip 3/22-3/30.



MSCR POTTERY SALE

Join MSCR at our MSCR West facility for the 2024 Pottery Sale. This sale showcases over thousands of pottery created by MSCR instructors, pottery participants and local ceramic artists. Proceeds benefit the MSCR Pottery Program. Find the perfect gift this holiday season and shop local!

MSCR West
7333 West Towne Way
Madison, WI 53719

December 12 & 13, 8am – 6pm
December 14, 10am – 3pm
December 15, 10am – 2pm

CHILD + ADULT

Active adult participation is required.

LITTLE DIPPERS (6 MONTHS - AGE 2)

An introductory class that familiarizes children to the water and teaches swimming readiness skills. Provides safety information for guardians and teaches techniques that can be used to orient children to the water.

SHRIMP DIP (AGES 3 - 4)

Builds upon skills learned in Little Dippers. To prepare children for preschool or youth lessons, this class provides a bridge to independent swimming by gradually decreasing adult support in the water.

SWIM WITH ME (AGES 5 - 13)

A transition class for youth who are not comfortable without an adult in the water. Instructors work with each family on a transition plan into youth swim lessons. Youth learn basic swimming strokes and about water safety, closely following Red Cross Level 1 skills. Swimmers who have been successful in regular youth swim lessons should not enroll in this class. This class is not open for internet registration. Please call 608-204-3019 for information.

*Swim With Me is not instruction for adults who want to learn how to swim (please see Teen/Adult Swim Instruction below).

PRESCHOOL (AGES 3 - 5)

Prerequisite: must be toilet trained and comfortable without an adult in the water. Preschool classes are designed for independent participation. A variety of swim aids are utilized to assist in skills development and encourage the discovery of independent movement through the water, based on the child's developmental age and swim readiness. If your child isn't ready to participate without an adult in the water, consider a Child + Adult class.

YOUTH (AGES 5 - 13)

MSCR is a licensed American Red Cross Learn-to-Swim provider. A variety of swim aids are utilized in all class levels to encourage the discovery of independent movement through the water and to assist in building endurance.

LEVEL 1: INTRODUCTION TO WATER SKILLS

No swimming skills necessary. Introduces basic aquatic skills. Begin developing positive attitudes, effective swimming habits and safe practices in and around the water.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental and locomotion skills in the water, including how to float and glide without support and recover to a vertical position.

LEVEL 3: STROKE DEVELOPMENT

Builds on previous skills by providing additional guided practice in deeper water. Example skills: rotary breathing, treading, elementary backstroke and headfirst entries in deep water.

LEVEL 4: STROKE IMPROVEMENT

Helps develop confidence in the strokes learned in previous levels and improves other aquatic skills. Example skills: back crawl, sidestroke, breaststroke, butterfly and surface dives.

LEVEL 5: STROKE REFINEMENT

Teaches how to coordinate and refine strokes. Example skills: flip turns, sculling and shallow-angle dives.

WATER BALLET (AGES 5 - 14)

Must be comfortable in deep water, able to tread water for at least 30 seconds, float on front and back, and swim with face in the water. This is a beginning course which introduces the basics - stretching, modified strokes, egg beater kicks, sculling techniques, and tricks! Participants perform in a recital on April 28.

**For Preschool and Youth lessons,
please register for a time slot.**

Swimmers who are either new to MSCR or who have not taken lessons in the previous calendar year are tested to determine their class placement.

ADAPTED**ADAPTED SWIM LESSONS (AGES 5 - 13)**

Intended for youth with disabilities who would benefit from a small group, this class provides instruction based on swimmers' goals and comfort level in the water. Prior to registration, Adapted Specialist works with the family to ensure participant is appropriate for the class. Considerations may include, but are not limited to, swimming as a preferred activity, goals related to swim instruction, and safety of participant, staff and other swimmers. Swimmers who have been successful in group swim lessons should not enroll in this class. Note: This class is not open for internet registration. Call 608-204-3030 for information.

ADULT SWIM LESSONS (AGES 13+)**LEARNING THE BASICS TEEN/ADULT**

An introductory course for beginners, this class focuses on basic aquatic skills, including exploring personal buoyancy, breath control and movement through the water. This class is for the non-swimmer or those who are generally uncomfortable in the water. This class is not open for internet registration. Call 608-204-3030 for information.

TEEN/ADULT SWIM INSTRUCTION

This class orients swimmers to the aquatic environment to feel comfortable in the water in a small group. Instruction is individualized based on swimmers' goals and proficiency levels.

ADULT WATER FITNESS

Teens ages 13-17 may register with a participating adult.

AQUA CIRCUIT

A high-energy workout, this class includes cardio and muscle conditioning using noodles and aqua dumbbells. Aqua endurance and interval training, followed by strength and core work and a relaxing cool down. You do not need to be a swimmer to participate, as the class is conducted in shallow water.

DEEP WATER EXERCISE

A solid aerobic, cross-training workout without the impact and strain on joints. 40 minutes of cardio followed by a short cool down. Flotation belts provided, but you should feel comfortable in deep water.

WARM WATER EXERCISE

These specially designed classes promote toning, increased stamina, endurance, flexibility and strength for active participants in a warm water pool. After warm-up routines, use flotation devices for resistance training and enjoy cool-down activities.

MASTERS SWIM (AGES 18+)

A structured workout environment for swimmers of a variety of fitness and skill levels. The coach provides workouts varying from emphasizing endurance and building fitness to speed work and stroke development. Participants should be able to swim 500 yards non-stop. Typical workouts are at least 1800-2500 yards.

WATER POLO (AGES 14+)

Must be able to swim proficiently and be comfortable in deep water; past experience playing water polo is not necessary. This all-gender course teaches the basics of water polo rules and game play in a fun environment. The coach utilizes workouts to improve endurance, runs drills and games to improve technique, and instructs game play for scrimmages.

East High School Pool, 2222 E Washington Ave

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Tues, Fri 1/7-5/23	5:45am-7am	Masters Swimming (2x per week)	\$209	41293
Tues 1/21-5/6	6:15-7pm	Water Fitness: Deep Water	\$86	41321
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$94	41317
Sun 2/9-5/4	4:45-5:25pm	Teen/Adult Swim Instruction - Ages 13+	\$125	41310
Wed 2/12-4/30	7:35-8:15pm	Teen/Adult Swim Instruction - Ages 13+	\$110	41311

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 2/9-5/4	2:45-3:15pm	Youth Swim Lessons - Ages 5-13	\$93	41325
	3:25-3:55pm	Youth Swim Lessons - Ages 5-13	\$93	41326
	4:05-4:35pm	Youth Swim Lessons - Ages 5-13	\$93	41327
	4:45-5:15pm	Swim With Me - Child+Adult	\$93	41308
Wed 2/12-4/30	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$70	41328
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$70	41329

La Follette High School Pool, 702 Pflaum Rd

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Th 1/23-5/8	6:15-7:15pm	Water Fitness: Aqua Circuit	\$94	41318
	7:30-8:15pm	Water Fitness: Deep Water	\$86	41322

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Mon 2/10-4/28	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$70	41330
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$70	41331
	7:35-8:05pm	Youth Swim Lessons - Ages 5-13	\$70	41332

Lapham Elementary School, 1045 E Dayton St

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Th 1/23-5/8	7:10-8:10pm	Warm Water Exercise	\$94	42359
Sun 2/9-5/4	4:30-5pm	Learning the Basics - Teen/Adult	\$98	41287

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 2/9-5/4	2:30-3pm	Shrimp Dip - Child+Adult	\$93	41305
	3:10-3:40pm	Preschool Swim Lessons - Age 3-5	\$98	41298
	3:50-4:20pm	Little Dippers - Child+Adult	\$93	41288
Mon 2/10-4/28	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	41299
	5:50-6:20pm	Little Dippers - Child+Adult	\$81	41289
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	41300
Tues 2/11-4/29	4:30-5pm	Little Dippers - Child+Adult	\$81	41290
	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	41301
	5:50-6:20pm	Little Dippers - Child+Adult	\$81	41291
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	41302
Wed 2/12-4/30	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	41303
	5:50-6:20pm	Shrimp Dip - Child+Adult	\$81	41306
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	41304
Thurs 2/13-5/1	5:10-5:40pm	Little Dippers - Child+Adult	\$81	41292
	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$85	42349
	6:30-7pm	Shrimp Dip - Child+Adult	\$81	41307



Memorial High School Pool, 201 S Gammon Rd

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Wed 1/22-5/7	6:15-7pm	Water Fitness: Deep Water	\$86	41323
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$94	41319
Sun 2/9-5/4	4:45-5:25pm	Teen/Adult Swim Instruction - Ages 13+	\$125	41313

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 2/9-5/4	2:45-3:15pm	Youth Swim Lessons - Ages 5-13	\$93	41324
	3:25-3:55pm	Youth Swim Lessons - Ages 5-13	\$93	42355
	4:05-4:35pm	Youth Swim Lessons - Ages 5-13	\$93	42357
	4:45-5:15pm	Swim With Me - Child+Adult	\$93	41309

West High School Pool, 30 Ash St

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
T,Th 1/7-5/22	5:40-7:10am	Masters Swimming (2x per week)	\$243	41295
Mon 1/27-5/5	6:15-7:15pm	Water Fitness: Aqua Circuit	\$88	41316
	7:30-8:15pm	Water Fitness: Deep Water	\$81	41320
Wed 3/5-4/30	5:15-6:45pm	Water Polo- Ages 14+	\$80	42407
Thurs 2/13-5/1	7:35-8:15pm	Teen/Adult Swim Instruction - Ages 13+	\$110	41312

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Mon 3/3-4/28	5-6pm	Water Ballet	\$72	41315
Tues 2/11-4/29	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$70	41333
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$70	41334
	7:35-8:05pm	Youth Swim Lessons - Ages 5-13	\$70	41335
Thurs 2/13-5/1	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$70	41336
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$70	41337

American Red Cross Trainings & Certification Classes

Age	Class	Location	Day	Date	Time	Fee	Course #
12+	CPR Pro/AED Recertification	MSCR West	W	1/15	5-8pm	\$60	42364
14+	American Red Cross Lifeguard Course Prerequisite Prep	LaFollette High School	Sa	1/18	10am-12pm	\$10	41271
17+	American Red Cross LGI/IT Recertification	LaFollette High School	Sa	1/25	9am-5pm	\$50	42023
15+	American Red Cross Lifeguarding - BL	LaFollette High School	F-Su	1/31-2/2	F: 5-9pm Sa: 8am-6pm Su: 8am-5pm	\$200	41281
12+	CPR Pro/AED Recertification	MSCR West	Sa	2/15	9am-12pm	\$60	42365
17+	American Red Cross Lifeguard Instructor	West High School	F-Su	2/21-2/23	F:5-9pm Sa: 10am-5pm Su: 8am-5pm	\$225	41275
14+	American Red Cross Lifeguard Course Prerequisite Prep	West High School	Sa	2/22	12-2pm	\$10	41272
15+	American Red Cross Lifeguard Recertification Course	West High School	Su	2/23	8am-6pm	\$100	41277
15+	American Red Cross Lifeguarding - BL	West High School	F-Su	3/7-3/9	F: 5-9pm Sa: 8am-6pm Su: 8am-5pm	\$200	41282
12+	CPR Pro/AED Recertification	MSCR West	Sa	3/15	9am-12pm	\$60	42366
14+	American Red Cross Lifeguard Course Prerequisite Prep	West High School	Sa	3/15	1-3pm	\$10	41273
15+	American Red Cross Lifeguarding - BL	West High School	F-Su	4/4-4/6	F: 5-9pm Sa: 8am-6pm Su: 8am-5pm	\$200	41283
16+	American Red Cross Water Safety Instructor (WSI)	East High School	F-Su	4/4-4/13	F: 5-9pm Sa: 8am-6pm Su: 8am-5pm	\$225	41286
15+	American Red Cross Lifeguard Recertification Course	West High School	Sa	4/12	8am-6pm	\$100	41278
14+	American Red Cross Lifeguard Course Prerequisite Prep	West High School	Su	4/13	10am-12pm	\$10	41274
12+	CPR Pro/AED Recertification	MSCR West	Su	4/13	12:30-3:30pm	\$60	42367
17+	American Red Cross Lifeguard Instructor	LaFollette High School	F-Su	4/25-4/27	F: 5-9pm Sa: 9am-5pm Su: 9am-5pm	\$225	41276
15+	American Red Cross Lifeguarding - BL	West High School	F-Su	5/2-5/4	F: 5-9pm Sa: 8am-6pm Su: 8am-5pm	\$200	41284
12+	CPR Pro/AED Recertification	MSCR West	W	5/7	5-8pm	\$60	42368
17+	American Red Cross Lifeguard Instructor	West High School	F-Su	5/16-5/18	F: 5-9pm Sa: 10am-4pm Su: 8am-5pm	\$225	42363
17+	American Red Cross LGI/IT Recertification	LaFollette High School	Sa	5/17	9am-5pm	\$50	42408
15+	American Red Cross Lifeguard Recertification Course	West High School	Su	5/18	8am-6pm	\$100	41279

CUSTOMIZABLE EXPERIENCES

Bring your group outside with us! MSCR offers a variety of outdoor program options for groups from scouts to professional staff. We work with you to design a custom experience tailored for your group's needs and goals. Outdoor programs instructors are trained to facilitate engaging and meaningful opportunities.

MADISON SCHOOL FOREST

A natural gem located just outside of Madison in the Town of Verona. The unglaciated landscape at the Madison School Forest provides 300+ acres of forested outdoor space, trails, and a campground to host your group.

PROGRAM OPTIONS:

OVERNIGHT CAMPING

Campground includes rustic cabins, open air shelter, large outdoor firepit, indoor kitchen, nature center with wood burning stove, and pit toilets. Groups are also welcome to tent camp on the large grassy field.

ENVIRONMENTAL EDUCATION

Outdoor Programs instructors can lead groups on a variety of hikes or outdoor experiences that focus on environmental education or outdoor survival skills.

NIGHT PROGRAMS

Challenge and inspire participants to explore the outdoors at night; understand night vision, listen to wildlife, star gaze in the observatory and enjoy campfires.

ORIENTEERING

Learn map and compass skills as you navigate one of three orienteering courses set up, difficulty ranges from beginner to intermediate.

CHALLENGE COURSE

Our campground challenge course allows participants to problem solve together to accomplish challenges up to 30ft off the ground. A climbing wall is also available for younger age groups. Best suited for ages 9+.

PADDLING

With a fleet of canoes and kayaks, we offer opportunities to explore Madison's Lakes and Rivers with your group. Instructors bring boats to a location selected for your group and provide PFDs, paddles, and instruction before hitting the water. We tailor the experience to your group's comfort level. Can accommodate up to 20 participants. Best suited for ages 9+.



TEAMBUILDING

We facilitate custom designed experiential learning opportunities to develop teams. We work with corporate, non-profit, sports, and youth groups to design the teambuilding experience that fits your needs. Two locations are available: The Madison School Forest or Kennedy Course on Madison's east side. We can also bring mobile teambuilding options to your site!

Program Options:

LOW CHALLENGE COURSE

We select specific activities that require participants to work together to achieve goals.

LOW/HIGH CHALLENGE COURSE

Extend the learning to a full day by taking on one of our high challenge courses; where your group problem solves and supports each other up to 30ft off the ground.

MOBILE COURSE

We can bring the challenges to your location and design a custom experience for your group.

REAL COLORS

A fun, interactive workshop that gives insight into human behaviors and provides a common understanding for differences. Certified Real Colors facilitators guide your group through learning their individual colors then offer interactive, facilitated discussion on how these influence interactions on a daily basis. Programs typically last up to three hours but are flexible based on the number of participants.

Interested in designing your own program?

Contact Outdoor Programs Specialists:

Emily Peffer: eapeffer@madison.k12.wi.us,

or Liz Just: ekjust@madison.k12.wi.us

NOW HIRING

**Afterschool - Aquatics - Fitness
Arts & Enrichment - Inclusion Services
Youth & Adult Sports**



ADULT**SUNSET SNOWSHOE**

Enjoy a guided snowshoe hike this winter with MSCR. We provide snowshoes, or you're welcome to bring your own and learn basic snowshoe instruction. These programs are weather/snow dependent.

CHILD + ADULT

Please note: Only the registered child can attend. Siblings including infants and friends are not allowed to attend classes. One adult per registered child may attend classes marked Child + Adult.

DIGGING IN THE DIRT - CHILD+ADULT

Take a closer look at what's below your feet. Become a soil scientist for the day: Dig, test, build, play and learn...in and about dirt! Discover what critters live in the dirt, learn how dirt is made and complete a soil craft project.

OUTDOOR SURVIVAL SKILLS - CHILD+ADULT

Are you ready to survive outside? Children learn skills to survive outdoors such as fire and shelter building, knot tying and easy plant identification. Join us for this interactive and hands-on class, and apply the knowledge you gain at your next outdoor adventure!

WINTER WONDERS - CHILD+ADULT

Welcoming all Winter Wanderers to explore the wonders of winter. Learn about life over and under the snow and even within the snow itself! Participants track wildlife, forage from the perspective of an animal and examine snowflake structures.

FAMILY & MULTI-AGE

All participants must register, and an adult over age 18 must register and participate with youth participants. These programs are weather/snow dependent.

NATURE EXPLORATION

MSCR offers opportunities for families and kids to spend time outdoors with nature activity kits! Each activity kit contains three different types of activities (art, science and exploration) for you to complete while exploring Madison parks. Every date focuses on a different nature theme. Activities take approximately one hour to complete, and participants must complete activities by program end time. All activities are self guided after staff give instruction. No pre-registration is required. Best suited for ages 4-8 years.

NIGHT EXPERIENCE

MSCR staff offer various night time activities including firebuilding, stargazing, understanding night vision and even a night hike! Best suited for ages 5+.

**ORIENTEERING**

Orienteering is an activity in which participants find their way to various checkpoints with the aid of a map and compass. Orienteering can be competitive (groups compete to finish finding all the checkpoints with the lowest time) or a fun leisure activity. MSCR has three courses at the Madison School Forest. The courses vary in difficulty and length to allow for each group to choose the best challenge for themselves. MSCR provides participants with the course maps, 1-2 compasses, markers for recording and directions on how to use the map and compass to find the checkpoints (no experience necessary). Best suited for ages 5+.

SUNSET SNOWSHOE - EDNA TAYLOR CONSERVATION PARK

Enjoy a guided snowshoe hike this winter with MSCR while receiving basic snowshoe instruction. We provide snowshoes, or you're welcome to bring your own.

WINTER PLANET EXPERIENCE

Jupiter and Saturn shine bright in the January sky! Join us on this moonless night to view both planets through a telescope and learn about other winter stars and constellations! There is one alternative date for poor weather on Saturday, Jan. 18.

WINTER SURVIVAL SKILLS

Winter is here, and MSCR is excited for you to join us in this unique class highlighting some important Winter Survival Skills! Participants rotate between stations such as ice related activities (examples include ice fishing and ice depth reading) and winter shelters! All ages welcome.

Age	Class	Location	Day	Date	Time	Fee	Course #
ADULT							
18+	Sunset Snowshoe - Adult Only	Cherokee Marsh	F	2/14	4:30-6:30pm	\$6	42096
CHILD + ADULT							
5-11	Digging in the Dirt - Child+Adult	Madison School Forest	Sa	4/26	10am-12pm	\$10	42087
5-11	Outdoor Survival Skills - Child+Adult	Madison School Forest	Su	4/20	2-4pm	\$10	42095
5-8	Winter Wonders - Child+Adult	Madison School Forest	Sa	1/25	10:30am-12pm	\$10	42104
FAMILY & MULTI-AGE							
All	Nature Exploration	Cherokee Marsh	Su	5/18	10am-12pm	\$0	42092
5+	Night Experience	Madison School Forest	Sa	2/15	5-7pm	\$8	42093
5+	Night Experience	Madison School Forest	Sa	5/17	6-8pm	\$8	42209
All	Orienteering	Madison School Forest	Sa	2/15	1-4pm	\$8	42094
All	Orienteering	Madison School Forest	Sa	5/17	2-5pm	\$8	42210
6+	Sunset Snowshoe	Edna Taylor Conserv Park	T	2/18	4:30-6pm	\$6	42097
All	Winter Planet Experience	Madison School Forest	F	1/17	6:30-8pm	\$8	42101
All	Winter Survival Skills	Brittingham	Su	1/26	1-3pm	\$10	42102
All	Winter Survival Skills	Tenney	Sa	2/8	1-3pm	\$10	42103



DANCE & MOVEMENT

BALLET - TRY IT!

Learn beginning ballet skills and terminology in a fun and relaxed environment. Dress in fitted clothing that allows for movement and ballet shoes.

BALLET 1

Learn beginning ballet skills and terminology in a fun and relaxed environment. This introductory level class is for those with no dance or ballet experience. Dress in fitted clothing that allows for movement and ballet shoes.

BALLET 2

Continue to build ballet skills and terminology in a fun and relaxed environment. This class is for those who have ballet experience or who have taken ballet classes before. Dress in clothing that allows for movement and ballet shoes.

BELLY DANCING 1

Explore the world of belly dancing! Learn the signature movements that originate from Middle Eastern social dances. Discover new moves plus aspects of music, rhythm and culture. Class appropriate for all levels and abilities. Please wear comfortable clothes that allow movement. Participants age 16+ may register with a registered adult.

BELLY DANCING 2 *NEW!*

Continue discovering the world of belly dancing! Build on the knowledge taught in Belly Dancing 1 by developing new movements and variations. This class is best for those who have taken Belly Dancing 1 or have previous belly dancing experience. Please wear comfortable clothes that allow movement. Participants age 16+ may register with a registered adult.

FUSION MOVEMENT & DANCE *NEW!*

Learn eclectic dance styles including somatic movement and mindfulness practices to develop strength, flexibility, expressiveness, musicality and self-care. Styles may draw from Natural Movement, Taiji Chuan, Qi Gong, Contemporary, Capoeira, Animal/Ground Movement, Improv, Street Styles/Hip-hop, Fusion Belly Dance, Afro-Caribbean, Ballet, Latin Dance and more.

HIP HOP

Learn basic hip hop movements and rhythm. A very simple beginner to intermediate routine is taught and worked on throughout the course - be ready to move and sweat for a low-impact cardio class! Drop-in participation is available at MSCR East for \$10 per class.

JAZZ FUNK

Also known as Street Jazz, this energetic style of dance is a hybrid between hip-hop and jazz. Be ready to learn smooth moves and work up a sweat in this new dance class. All levels welcome. Drop-in participation is available as well for \$10 per class.

MODERN LINE DANCE *NEW!*

Take a step in a fun direction with this new dance class! Learn dances choreographed to country, latin, pop and Broadway music. With a focus on having fun and improving balance, there are no mistakes - just accidental solos. All levels welcome.

SCOTTISH COUNTRY - TRY IT!

Why jog when you can jig? In this one night class, try the social dances of Scotland! No need for a partner, a kilt or even to be Scottish. Expect an energetic pace, periodic holding of hands and occasional closeness to other dancers. Taught by experienced teachers from Madison Scottish Country Dancers. Teens 14+ may register with a participating adult.

SCOTTISH COUNTRY DANCE

Have fun learning the social dances of Scotland, danced around the world. No need for a partner, a kilt or even to be Scottish. Expect an energetic pace, periodic holding of hands and occasional closeness to other dancers. Taught by experienced teachers from the Madison Scottish Country Dancers. Teens 14+ may register with a participating adult.

TAP 1

Intro to tap dance for dancers with little or no prior experience. Learn basic vocabulary and steps, which are put into a simple routine. It's typical for beginners to remain in Tap 1 for multiple sessions. Dress in clothing that allows movement and tap shoes.

VITALITY & DANCE LAB

Pause to remember what our bodies know about vitality, sourcing our resilience as a potential powerhouse of inner strength. Rediscover ways to restore equilibrium in every moment so we can roll with the seas as they toss. Grounding, elasticity and deep core connectivity expand our options for responding to the world as it changes around us. Instructor is a Somatic Movement Therapist and used the work of Rudolf Laban and Irmgard Bartenieff for this reconnection with inner grace and movement exploration. All levels welcome.

JOIN OUR TEAM!

Afterschool - Aquatics - Fitness
Arts & Enrichment - Inclusion Services
Youth & Adult Sports



Age	Class	Location	Day	Date	Time	Fee	Course #
DANCE & MOVEMENT							
18+	Ballet - Try It!	MSCR West	Th	1/9	6:05-7:20pm	\$8	41390
18+	Ballet 1	MSCR West	Th	1/16-3/20	6:05-7:20pm	\$96	41391
18+	Ballet 1	MSCR West	Th	4/10-5/29	6:05-7:20pm	\$76	41392
18+	Ballet 2	MSCR West	Th	1/16-3/20	7:25-8:40pm	\$80	41393
18+	Ballet 2	MSCR West	Th	4/10-5/29	7:25-8:40pm	\$80	41394
18+	Belly Dancing 1	MSCR Central	M	1/27-3/17	6-7:15pm	\$76	42201
18+	Belly Dancing 1	MSCR Central	M	3/31-5/19	6-7:15pm	\$76	42202
18+	Belly Dancing 2	MSCR Central	M	1/27-3/17	7:30-8:45pm	\$76	42203
18+	Belly Dancing 2	MSCR Central	M	3/31-5/19	7:30-8:45pm	\$76	42204
18+	Fusion Movement & Dance	MSCR Central	Th	1/16-3/6	7:30-8:45pm	\$76	41364
18+	Hip Hop	MSCR East	Su	1/26-3/16	4:30-5:30pm	\$64	41376
18+	Hip Hop	MSCR East	Su	4/6-5/18	4:30-5:30pm	\$48	41460
18+	Hip Hop	MSCR West	T	1/14-3/18	7:30-8:30pm	\$80	41365
18+	Hip Hop	MSCR West	T	4/1-5/20	7:30-8:30pm	\$64	41375
18+	Jazz Funk	MSCR East	Su	1/26-3/16	3:15-4:15pm	\$64	41468
18+	Jazz Funk	MSCR East	Su	4/6-5/18	3:15-4:15pm	\$48	41470
18+	Modern Line Dance	MSCR West	M	1/13-3/17	1:30-2:30pm	\$72	41396
18+	Modern Line Dance	MSCR West	M	3/31-5/19	1:30-2:30pm	\$64	41444
18+	Scottish Country - Try It!	MSCR West	W	1/15	7-8:15pm	\$8	41443
18+	Scottish Country Dance	MSCR West	W	1/29-3/19	7-8:15pm	\$64	41442
18+	Tap 1	MSCR West	T	1/14-3/18	6:15-7:15pm	\$80	41448
18+	Tap 1	MSCR West	T	4/1-5/20	6:15-7:15pm	\$64	41449
18+	Vitality & Dance Lab	MSCR East	Th	1/23-3/13	6:30-8pm	\$76	41450
18+	Vitality & Dance Lab	MSCR East	Th	4/3-5/8	6:30-8pm	\$58	41451

MADISON'S B.E.S.T. AFTER SCHOOL!

Building Essential Skills Today!





- MARTIAL ARTS TRAINING INCLUDED!
- BUILD CONFIDENCE AND TEAMWORK!
- FUN ACTIVITIES!
- AWESOME POSITIVE STAFF!
- TRANSPORTATION INCLUDED!

CALL TODAY!

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502 S High Point Rd,
Madison, 53719





DRAWING

DRAWING - BACK TO BASICS

Get back to the basics in drawing. This class is best for novice artists who want to try a new drawing class but open to all participants. Use items and spaces in your home as props to learn contour drawing, shading and perspective. Learn to observe and make a visual record of your own environment while learning drawing fundamentals.

DRAWING 1

Using the many supplies available to artists, learn the steps to build up a finished drawing. Explore how to see light and shadow to create the illusion of 3-dimensional objects on paper. Draw from still life arrangements and photographs.

DRAWING 2

Discover how to see what artists see. Learn basic compositional and perspective aspects while drawing still life arrangements and photographs. Explore deeper into the principles of drawing and how the masters worked.

EXPRESSIVE DRAWING

Using a variety of drawing materials, both familiar and unconventional, explore techniques designed to help you become more free and expressive in drawings and build skills and confidence at the same time. Exercises include both short and longer drawings as well as realistic/life and abstract drawings.

FIGURE DRAWING

Learn to draw the human form! Working from direct observation of clothed models, use charcoal and graphite as you practice the basic skills of life drawing. All experience levels and backgrounds are welcome. A model fee is included in the class price.

MIXED MEDIA

What masterpiece is waiting to happen when you combine media such as acrylic or watercolor paint with oil pastels, chalk or collage to create your own unique artwork? Discover all of the possibilities where media exploration is the name of the game.

SKETCH CUTE! *NEW!*

Sketching and doodling are a popular art form and a creative way of recording feelings, images and memories. Learn how to take simple shapes, lines and textures to create lighthearted images, while building on your skills to produce sketchbooks, greeting cards, framed art and more! Using simple line art and watercolor, produce adorable designs you can be proud of.

ZINE MAKING *NEW!*

Making and producing zines (pronounced "zeen") is an amazing way to develop ideas into a creative structure that can be shared with others. In this class, explore how to turn your ideas into a zine format, how to develop visuals to support your viewpoint (whether or not you can draw) and how to publish your work to share with others.

All supplies are included in Adult Art classes unless stated otherwise in the description.

PAINTING

ACRYLIC PAINTING 1

Learn acrylic painting techniques, experiment with color and create your own meaningful still life painting. Class is best for beginners, but all levels are welcome.

LANDSCAPE PAINTING 1

Learn how to paint beautiful landscapes in acrylic! In this class, focus on principles of composition, color mixing and relationships, naming vs shaping and other techniques for creating an engaging landscape. Work plein air (out in nature) for some of the classes to paint the beauty of Madison. Class includes walking to outdoor location with supplies, sometimes on uneven ground.

WATERCOLOR 1

Learn to love working with watercolor by applying a few simple techniques. Class includes time for demonstrations and experimentation. Complete paintings using simple subjects and limited color.

WATERCOLOR 2

Using new techniques, expand your watercolor palettes and skills to create one painting per class. Each class has a detailed demonstration, exploration or project with subjects ranging from fruit to landscapes.

WATERCOLOR 3 - ABSTRACT *NEW!*

Learn advanced watercolor techniques while focusing on painting abstractly. This class covers composition, color theory, elements and principles of design, and idea generation to help participants develop unique abstract paintings. Participants are required to have taken Watercolor 2 or have equivalent experience.

WATERCOLOR 3 - PORTRAIT

Learn advanced watercolor techniques while focusing on painting people portraits. This class covers proportions and studies of facial features, how to create clear expressions, different methods for hair textures and more. Participants are required to have taken Watercolor 2 or have equivalent experience.

WATERCOLOR STUDIO

Enjoy an afternoon of watercolor painting in a group setting. Demonstrations begin each session, then you'll work on your own projects with personalized instructor assistance. Class is appropriate for painters who have completed Watercolor 2 or have some background knowledge of watercolor painting. Bring your own supplies. Easels available for use. Drop-in participation is available as well for \$16 per class.



Afterschool
Aquatics
Arts & Enrichment
Fitness
Youth & Adult Sports
Inclusion Services

MSCR.ORG/JOBS

Age	Class	Location	Day	Date	Time	Fee	Course #
DRAWING							
18+	Drawing - Back to Basics	Warner Park CRC	T	2/25-3/18	9:30am-12pm	\$70	41454
18+	Drawing 1	MSCR East	T	1/14-2/18	9:30am-12pm	\$88	41455
18+	Drawing 1	MSCR West	T	1/14-2/18	6:30-9pm	\$88	41456
18+	Drawing 1	MSCR Central	Th	2/13-3/20	6:30-9pm	\$88	41458
18+	Drawing 1	MSCR East	T	4/1-5/6	9:30am-12pm	\$88	41457
18+	Drawing 2	MSCR West	T	4/1-5/6	6:30-9pm	\$88	41459
18+	Expressive Drawing	MSCR East	M	4/7-5/12	9:30am-12pm	\$88	41352
18+	Figure Drawing	MSCR Central	W	4/2-5/7	6:30-9pm	\$130	41465
18+	Mixed Media	MSCR East	W	4/2-5/7	6-8:30pm	\$88	41354
18+	Sketch Cute!	MSCR Central	F	1/17-2/7	10-11:30am	\$36	41488
18+	Sketch Cute!	MSCR Central	Th	4/3-4/24	6:30-8pm	\$36	42223
18+	Zine Making	MSCR West	T	2/23-3/18	10-11:30am	\$47	41373
PAINTING							
18+	Acrylic Painting 1	MSCR Central	M	4/7-5/12	1-3:30pm	\$92	41343
18+	Acrylic Painting 1	MSCR West	W	1/15-2/19	9:30am-12pm	\$92	41341
18+	Acrylic Painting 1	MSCR West	W	4/2-5/7	9:30am-12pm	\$92	41342
18+	Landscape Painting 1	Warner Park CRC	Sa	4/5-5/10	9:30am-12pm	\$88	41482
18+	Watercolor 1	MSCR Central	M	1/27-3/10	9:30am-12pm	\$88	41609
18+	Watercolor 1	MSCR East	W	1/15-2/19	9:30am-12pm	\$88	41607
18+	Watercolor 1	MSCR West	W	1/15-2/19	6:30-9pm	\$88	41608
18+	Watercolor 2	MSCR Central	M	3/31-5/5	9:30am-12pm	\$88	41612
18+	Watercolor 2	MSCR East	W	4/2-5/7	9:30am-12pm	\$88	41610
18+	Watercolor 2	MSCR West	W	4/2-5/7	6:30-9pm	\$88	41611
18+	Watercolor 3 - Abstract	MSCR West	Th	4/3-4/24	9:30am-12pm	\$60	41613
18+	Watercolor 3 - Portrait	MSCR West	Th	2/13-3/6	9:30am-12pm	\$60	41614
18+	Watercolor Studio	MSCR West	T	1/28-3/11	12:30-3pm	\$82	41615
18+	Watercolor Studio	MSCR West	T	4/1-5/6	12:30-3pm	\$82	41616



DANCE WISCONSIN PRESENTS

The Nutcracker

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ARTISTIC DIRECTOR JOJEAN RETRUM FEATURING THE DANCE WISCONSIN ORCHESTRA



ENRICHMENT**ACTING 101**

Getting cold feet? No need in this class! Focus on the fundamental tools an actor needs to perform. Work on exercises that engage the mind, voice and body, and explore the techniques that help actors perform with consistency and confidence. Spend time in class rehearsing and performing monologues and scenes from contemporary plays, as well as observing the performances of fellow participants. All experience levels welcome, from beginner to advanced; no acting experience is necessary!

ART THERAPY - MASK MAKING *NEW!*

Experiment through the arts with this interactive class taught by a trained art therapist. Create masks using a variety of materials to express your true self. Conversation is encouraged to build community and discuss the art process of these projects.

ASTROLOGY 101 - BASIC CHART READING

Is your moon in the seventh house? In this course, learn about the practice of astrology and how it may be used as a tool for personal growth and greater understanding of your own energetic patterns. The basics of how to read your own and others' astrological birth charts are covered as well as a brief introduction to planetary transits. Workbook and birth chart included.

BASKETRY BLISS

Learn the fundamental techniques and patterns essential to create unique baskets. Ages 14+.

BRIDGE BASICS 1

Learn to play Bridge! It is a great way to challenge your mind. Class focuses on bidding, but covers the basics of playing and defending the hand. This class is appropriate for those who haven't played for a while who need a refresher, those who want to learn more about bidding strategy or beginners.

BRIDGE BASICS 2 - COMPETITIVE BIDDING

Ready to take your bridge knowledge up a notch? Join your peers and make your bridge playing experience even more exciting! Learn how to be competent in using two bidding features: Takeout Doubles and Overcalls. Understand how to know when to pass, bid again or use obstructive bidding. Class is best suited for participants who have taken Bridge Basics 1 or have previous bridge experience.

ELEMENTS OF DESIGN *NEW!*

This class is an overview of design concepts used in art and craft with an emphasis on fun! Each week includes a variety of fun in-class 2D and 3D assignments, emphasizing the elements and principles of art and design. The class is great as a refresher or for anyone looking to improve on their visual literacy.

EXPLORING COLLAGE

Have fun depicting different subject matters with collage! During these three classes, use paper to create a self portrait, a landscape and something abstract/from your imagination. Discuss principles of composition, color and shape. This is a class about experimentation and discovery, come ready to have fun!

EXPLORING THE FIVE SENSES

"The world is full of magic things, patiently waiting for our senses to grow sharper." - W.B. Yeats. An indescribable sunset, the smell of fresh flowers, the bitter taste of coffee in the morning: What would life be like without our incredible senses? Esteemed happiness guru Gretchen Rubin suggested that by connecting with the five senses more consciously, one can become more creative, focused and productive. Utilize the five senses to be more present, more grounded and more alive. Each week explore one of the senses through in-class activities and peer group discussion.

FROM BLENDER TO BINDING - RECYCLED BOOKS

Learn the process of bookmaking from start to finish! Class will begin by making paper from recycled materials, then move through each step needed to turn that paper into your very own book, to be used as you please.

THE FUN HABIT

"If happiness is a mirage, then fun is your backyard oasis," writes Mike Rucker, author of "The Fun Habit." In other words, while happiness may be elusive, fun is more easily accessible to us. Utilize concepts from this book to find ways to prioritize this often undervalued experience.

HAPPINESS PROJECT

In Gretchen Rubin's book *The Happiness Project*, she picked a topic for each month to explore and improve her happiness. Instead of using a full year, create a mini-happiness project over four weeks. Each week explore a topic related to happiness and create a plan to use it for the upcoming week. Each subsequent week check-in as a peer group on what is working and what we would like to change.

INTRODUCTION TO BRIDGE

In this two week introduction to the card game, learn the basics of playing. Have a fun time challenging your mind and picking up new skills in a social atmosphere.

INTRO TO FLY TYING

Join us for a super fly class! Learn to tie flies, a type of fishing lure, sure to make fish take the bait. Learn the skills by tying a new type of lure each class. Practice the technique, use creativity and the materials you have on hand to make modifications on the fly. Ages 14+

INTRO TO PERFORMANCE ART WORKSHOP

This class offers an immersive exploration of the key concepts and techniques behind performance as a medium. Attendees engage in creative exercises that focus on the body, space and audience interaction, pushing boundaries of self-expression and presence. They learn the history of performance art while developing experimental performances. No prior experience is necessary, just a willingness to explore and take creative risks. Ages 14+.

JEWELRY MAKING

An introductory jewelry course, learn the basics of beading, wire wrapping and metal work. Explore different techniques and materials to make unique wearable creations. Some materials provided. Supply list distributed at first class.

MANDALA INSPIRED DESIGNS

Working from a dark background, create your own personalized mandala inspired design while learning how to use colored pencils to create brilliant light-filled glowing colors. Some short warm-up drawing exercises are included. No previous drawing experience is necessary.

RESIN ART 1

Learn the art of resin! Use silicone molds to cast resin objects like pendants, bookmarks, small plates or bowls. This class uses a low-vaper, food safe resin. Add dye, mica, glitter and other small found objects into the resin before it sets for extra pizzazz!

RETIREMENT - NOW WHAT?

Ahh! Retirement - the moment you've been waiting for. All that sweet relaxation, freedom. The time when you can sit back and do whatever YOU want to do. But, what if it isn't exactly what you expected? What if all that free time leaves you feeling unmoored rather than relaxed? During this four week session, tackle common retirement challenges, with plenty of time for discussion and activities to try out at home.

WRITING**CREATIVE WRITING**

Want to write, but don't know where to start? Already writing, but want to hone your skills? Explore your unique creative voice and identify the stories you have to tell. Develop writing skills such as writing dialog, setting scenes and character development.

MEMOIR WRITING 1

Put your pen to paper and learn how to start writing your story. Explore this form of writing through memoir writing examples, techniques and short in-class writing exercises, and even have a chance to share your pieces with other memoir writers. All skill levels welcome.

MEMOIR WRITING 2

Continue your memoir writing journey by furthering skills and learning new techniques in a welcoming atmosphere. Best suited for participants who have previously taken *Memoir Writing* or have other memoir writing experience.

NATURE WRITING

In this fun and immersive class, we connect with ourselves, one another and the beauty of nature around us. Explore different types of writing and dig deeper. Writers have the opportunity to share their work but are never pressured to share. Spend time writing inside and outside as weather permits.

Age	Class	Location	Day	Date	Time	Fee	Course #
ENRICHMENT							
18+	Acting 101	MSCR Central	T	4/1-5/6	6-8pm	\$66	41347
18+	Art Therapy - Mask Making	MSCR West	T	2/25-3/18	6-8pm	\$48	41361
18+	Astrology 101 - Basic Chart Reading	MSCR Central	S	1/26-3/16	2-3:45pm	\$80	41351
14+*	Basketry Bliss	MSCR West	Th	1/9-2/27	7-9pm	\$130	42430
18+	Bridge Basics 1	MSCR West	T	1/21-2/11	4-6pm	\$44	41476
18+	Bridge Basics 2 - Competitive Bidding	MSCR West	T	4/1-4/22	4-6pm	\$44	41363
18+	Elements of Design	MSCR East	T	1/21-2/25	1-3:30pm	\$88	41346
18+	Exploring Collage	Warner Park CRC	Th	2/20-3/6	6-7:30pm	\$46	41344
18+	Exploring the Five Senses	MSCR Central	Th	4/10-4/24	9:30-11am	\$36	42219
18+	From Blender to Binding - Recycled Books	MSCR West	Th	3/13-5/15	7:30-9pm	\$97	42431
18+	The Fun Habit	MSCR East	F	5/9-5/16	9:30-11am	\$24	41469
18+	Happiness Project	MSCR East	F	1/17-2/7	9:30-11am	\$48	41597
18+	Introduction to Bridge	MSCR West	T	1/7-1/14	4-6pm	\$20	42471
14+*	Intro to Fly Tying	MSCR West	W	2/12-3/12	6-7:30pm	\$60	41473
14+*	Intro to Performance Art Workshop	MSCR West	Sa	2/1	9am-12pm	\$21	42432
18+	Jewelry Making	MSCR East	T	4/29-5/13	6:30-8:30pm	\$50	41478
18+	Mandala Inspired Designs	MSCR East	W	1/15-2/26	6-8:30pm	\$102	41485
18+	Resin Art 1	MSCR East	T	4/1-4/15	6:30-8:30pm	\$50	41353
18+	Retirement - Now What?	MSCR Central	T	2/25-3/18	9:30-11am	\$48	41582
WRITING							
18+	Creative Writing	MSCR West	S	1/26-3/16	4-5pm	\$48	42184
18+	Memoir Writing 1	MSCR West	M	1/27-3/3	6-8pm	\$72	41486
18+	Memoir Writing 2	MSCR West	M	3/31-5/5	6-8pm	\$72	41487
18+	Nature Writing	MSCR Central	S	4/6-5/18	4-5pm	\$30	42182

*These classes are open to participants 14 years and older.

All supplies are included in Adult Art classes unless stated otherwise in the description.



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FIBER ARTS

EMBROIDERED PATCHES *NEW!*

Create your very own hand embroidered, iron-on patches! In this class learn ideal stitches for making patches, including chain stitch, stem stitch, back stitch and French knots. Then, use these stitches to create 1-2 small designs. Finally, discover how to turn these designs into iron-on patches. Some previous needlework experience may be beneficial, but is not necessary.

INTRODUCTION TO EMBROIDERY - FLORAL SAMPLER

Explore the basics of hand-stitched embroidery by creating a unique floral sampler. Learn a range of versatile stitches including satin stitch, backstitch, stem stitch, French knots and woven wheel stitch. By the end of the class, participants have a personalized floral sampler and the knowledge to create more embroidered designs.

KNITTING 1 - BEGINNER SCARF

Always wanted to learn to knit? Here is your chance. Learn how to cast on, knit, purl, bind off and read a knitting pattern, while making a cozy scarf. This is a great first class for beginners.

KNITTING 2 - MITTENS

Winter is coming! Keep hands warm with a handmade pair of mittens. Expand your knitting techniques to include knitting in the round, increasing, decreasing, creating a thumb gusset and more while you craft a beautiful pair of mittens. Participants should feel comfortable casting on, knitting and purling. Supply list available at mscr.org.

KNITTING 3 - SKILL BUILDER

Are you ready to move past the beginning knitting classes? Build upon the basic skills you know such as casting-on, binding-off, and knit and purl stitches to create some new, exciting patterns! Create a new square each week by learning new stitch patterns. Turn the squares into a blanket, scarf or pillow. Supply list available at mscr.org.

WEAVING 1

Learn to weave on easy-to-use and versatile rigid heddle looms. Explore basic and complex weave structures to create beautiful handwoven items. Choose from a variety of individualized projects such as shawls, scarves, belts, vests, book bags, purses, pillows, table runners and more. Looms are borrowed and taken home between classes each week to work on projects outside of class. Loom size 24"x24"x2". Open to all skill levels. First 5 class meetings meet 6:30-9pm.

WEAVING 2

Move beyond basic weaving and learn how to do more advanced weave structures on a rigid heddle loom. Explore rep weave, summer and winter, muck lace, float patterns and twills. Use these techniques to make scarves, table runners, tote bags and more. Participants must know how to measure a warp, dress a loom and weave tabby. First 5 classes meet 6:30-9pm.

PHOTOGRAPHY

THE BASICS

This workshop is geared toward participants of all photographic abilities, and there are no camera requirements. Point-and-shoots, SLR and mobile phone cameras are acceptable. The emphasis is on using your personal "vision" to improve your photos. Cover camera basics, rules of composition, fundamentals of digital workflow, file management, downloading, editing, posting to social networks and backing up your digital image library.

INTRODUCTION TO TRAVEL PHOTOGRAPHY

Explore the fundamentals of storytelling through travel imagery. Whether you're a novice with a smartphone or an enthusiast with a DSLR/mirrorless camera, this course equips you with the skills to craft compelling travel narratives through stunning photographs. There are no camera requirements; point-and-shoots, SLR and mobile phone cameras are acceptable.

WINTER WALKS

Bundle up and discover winter's beauty through your camera. The emphasis is on using your "vision" to improve your photos. All levels and camera types welcome. Class walks are generally 2-3 miles (4,000-7,000 steps). Please dress warm enough for the 90-minute outdoor classes. -2/16/25: Hoyt Park basketball court (near lower shelter parking lot) - 3902 Regent St.; 2/23/25 - Olin Park Boat Launch, 302 E. Lakeside St.; 3/2/25 - Vilas Beach Shelter, 1501 Vilas Park Drive.



SEWING

BEHIND THE SEAMS - CARING FOR YOUR MACHINE

Go behind the seams of the world of sewing! Keep your sewing machine in the best shape possible! Learn how to clean and care for your sewing machine. Participants must bring their own sewing machine.

BEHIND THE SEAMS - PATTERN READING FOR BEGINNERS

Learn how to read patterns from small indie companies to large manufacturers and everything in between. Explore the many ways to make small adjustments to patterns and then let the sewing begin! Leave the workshop with a free pattern.

SEWING 1

Start from scratch and learn the basics of sewing. Begin with an overview of sewing supplies, threading the machine and fabric basics. Learn to sew straight lines and curves using different stitches to making seams and finish edges. No experience necessary. Class is appropriate for very beginners as well as people looking for a refresher. Sewing machines and all supplies provided.

SEWING 2

Apply skills learned in Sewing 1 to create basic projects working from a pattern. Participants choose their own pattern to bring to the first class. Learn how to read the pattern, pin and prep fabric and see your project through to completion. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided. Supply list available at mscr.org.

SEWING 3

Focus your sewing skills on how to refine the fit and finish a garment. Learn advanced techniques to complete a commercial pattern project. Learn how to adjust commercial patterns for the best fit and how to grade between sizes if necessary. Classes cover how to install closures and how to use different presser feet for hems.

SEWING ALTERATIONS

Tired of paying someone to hem your pants? Learn the basics of altering and repairing clothes, from hemming to taking in side seams and shortening straps. Class also covers basic closing split seams, repairing holes, fixing snags and more. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided.

SUSTAINABLE SEWING

Worried about the amount of paper products used in your home? Learn how to make fun reusable products like "paper" towels, dishcloths, diapers, and even burp cloths! Reduce the amount of garbage going into the landfill and save money in the long run. Sew your way to becoming a sustainable crafter! Supply list available at mscr.org.

All supplies are included in Adult Art classes unless stated otherwise in the description.

Age	Class	Location	Day	Date	Time	Fee	Course #
FIBER ARTS							
18+	Embroidered Patches	MSCR Central	Sa	2/1-2/15	10-11:30am	\$35	41377
18+	Knitting 1 - Beginner Scarf	MSCR East	W	1/22-2/5	6:30-9pm	\$52	41479
18+	Knitting 2 - Mittens	MSCR East	T	1/28-2/11	6:30-9pm	\$48	41480
18+	Knitting 3 - Skill Builder	MSCR East	W	2/26-3/19	6:30-9pm	\$48	41481
18+	Introduction to Embroidery - Floral Sampler	MSCR West	M	1/27-2/17	6:30-8:30pm	\$60	42222
18+	Introduction to Embroidery - Floral Sampler	MSCR West	Th	4/3-4/24	6:30-8:30pm	\$60	41368
18+	Weaving 1	MSCR Central	M	1/27-3/17	6:30-8:30pm	\$126	41619
18+	Weaving 2	MSCR Central	M	3/31-5/19	6:30-8pm	\$126	41620
PHOTOGRAPHY							
18+	Outdoor - Winter Walks	TBA	S	2/16-3/2	1-2:30pm	\$37	41512
18+	The Basics	MSCR Central	W	5/14-5/21	6:30-8:30pm	\$26	41522
18+	Introduction to Travel Photography	MSCR Central	Th	3/6-3/13	6:30-8:30pm	\$26	42215
SEWING							
18+	Behind the Seams - Caring for Your Machine	MSCR East	T	3/18	6:30-8:30pm	\$12	42228
18+	Behind the Seams - Caring for Your Machine	MSCR West	W	3/19	6:30-8:30pm	\$12	42214
18+	Behind the Seams - Pattern Reading for Beginners	MSCR East	T	4/22	6-8pm	\$12	41356
18+	Behind the Seams - Pattern Reading for Beginners	MSCR West	W	5/7	6:30-8:30pm	\$12	41355
18+	Sewing 1	MSCR East	Su	1/26-2/9	3-5pm	\$42	41588
18+	Sewing 1	MSCR East	T	1/14-1/28	6:30-8:30pm	\$42	41587
18+	Sewing 1	MSCR West	W	1/15-1/29	6-8pm	\$42	41590
18+	Sewing 1	MSCR West	W	4/2-4/16	9:30-11:30am	\$42	41601
18+	Sewing 1	MSCR West	Th	1/16-1/30	9:30-11:30am	\$42	41598
18+	Sewing 1	MSCR East	Sa	4/5-4/19	9:30-11:30am	\$42	41589
18+	Sewing 2	MSCR East	T	2/11-3/4	6:30-8:30pm	\$55	41593
18+	Sewing 2	MSCR West	W	4/30-5/21	9:30-11:30am	\$55	41618
18+	Sewing 2	MSCR West	Th	2/13-3/6	9:30-11:30am	\$55	41617
18+	Sewing 2	MSCR East	Sa	4/26-5/17	9:30-11:30am	\$55	41594
18+	Sewing 3	MSCR West	T	2/4-2/18	6:30-8:30pm	\$42	41591
18+	Sewing 3	MSCR West	T	4/1-4/15	6:30-8:30pm	\$42	41592
18+	Sewing Alterations	MSCR East	W	4/2-4/16	1-3pm	\$42	41378
18+	Sustainable Sewing	MSCR East	W	3/5-3/19	6:30-8:30pm	\$42	41596



POTTERY

ANYTHING BUT ROUND NEW!

Explore how to alter forms on the wheel in this new workshop. This workshop is best for intermediate-to-advanced potters looking to explore new techniques and gain fresh insights into their studio practice.

GLAZE APPLICATION

Learn helpful techniques and tips for applying MSCR West glazes successfully. Includes dipping and pouring techniques, applying glazes to large and/or tall pieces and more.

GLAZE CHEMISTRY

Dig into the details of making glazes and different glaze formulations. Then mix your own glaze with your new knowledge and apply it to a piece to test your results.

HANDBUILDING WORKSHOP - SLAB LUMINARIES NEW!

In this workshop, learn different handbuilding techniques and focus on slab construction. Create a box-shaped luminary by the end of the session. No clay experience required.

OPEN POTTERY STUDIO

Formerly Pottery Lab, this non-instructional, open studio for hobbyist potters who are able to work independently. Must have previously taken pottery classes with MSCR to be approved and register for the course. Studio is available Monday - Fridays (8am-5pm) and for some additional weekend hours. Studio times may vary due to studio location and staffing. Fee includes use of tools, firing, glaze and 25 lbs. of clay.

TAKE A SPIN

New to the pottery world? Take a spin on the wheel and get your hands dirty! Concentrate on learning how to center items on the wheel and attempt to throw a small pot. At the end of the class, choose your favorite piece to be glazed and fired. For participants who have little to no experience throwing on a wheel.

WHEEL 1

No clay experience required! For the person who wants to concentrate on wheel thrown pottery. Learn how to center clay and throw simple shapes like cylinders, cups and bowls. Fee includes clay, use of tools, glaze and firing.

WHEEL 2

Great course for those comfortable with wheel basics who want to improve skills as well as learn new techniques and projects. Course focuses on craftsmanship, form, handles and glazing techniques. Participants need to be comfortable with throwing, trimming and basic glazing. Fee includes clay, use of tools, glaze and firing.



MSCR POTTERY SALE

Join MSCR at our MSCR West facility for the 2024 Pottery Sale. This sale showcases over thousands of pottery created by MSCR instructors, pottery participants and local ceramic artists. Proceeds benefit the MSCR Pottery Program. Find the perfect gift this holiday season and shop local!

MSCR West
7333 West Towne Way
Madison, WI 53719

December 12 & 13, 8am - 6pm
December 14, 10am - 3pm
December 15, 10am - 2pm



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Age	Class	Location	Day	Date	Time	Fee	Course #
POTTERY							
18+	Anything But Round	MSCR West	Th	3/6-3/20	10am-12:30pm	\$66	41532
18+	Glaze Application	MSCR West	F	3/7	6-8pm	\$20	41529
18+	Glaze Chemistry	MSCR West	W	3/19	10am-3pm	\$52	41530
18+	Handbuilding Workshop-Slab Luminaries	MSCR West	Sa	2/15-3/15	9:30am-12pm	\$92	41531
18+	Open Pottery Studio	Warner Park CRC	M-F	1/14-3/21	8am-5pm	\$235	41535
18+	Open Pottery Studio	Warner Park CRC	M-F	3/31-5/23	8am-5pm	\$190	41537
18+	Open Pottery Studio	MSCR West	M-Sa	1/13-3/21	8am-5pm	\$235	41534
18+	Open Pottery Studio	MSCR West	M-Sa	3/31-5/23	8am-5pm	\$190	41536
18+	Take a Spin	MSCR West	F	1/10	6pm-8pm	\$30	41541
18+	Take a Spin	Warner Park CRC	F	2/7	6-8pm	\$30	41538
18+	Take a Spin	MSCR West	F	2/7	6-8pm	\$30	41542
18+	Take a Spin	Warner Park CRC	F	3/7	6-8pm	\$30	41540
18+	Wheel 1	MSCR West	Su	1/12-3/9	3-5:30pm	\$200	41550
18+	Wheel 1	MSCR West	Su	1/12-3/9	12-2:30pm	\$200	41556
18+	Wheel 1	MSCR West	Su	4/6-5/18	3-5:30pm	\$135	41553
18+	Wheel 1	MSCR West	Su	4/6-5/18	12-2:30pm	\$135	41557
18+	Wheel 1	MSCR West	T	1/14-3/11	10am-12:30pm	\$200	41548
18+	Wheel 1	Warner Park CRC	T	1/14-3/18	6-8pm	\$180	41544
18+	Wheel 1	Warner Park CRC	T	4/1-5/20	6-8pm	\$144	41546
18+	Wheel 1	MSCR West	T	4/1-5/20	10am-12:30pm	\$180	41551
18+	Wheel 1	MSCR West	W	1/15-3/12	6:30-9pm	\$200	41549
18+	Wheel 1	MSCR West	W	1/15-3/12	10am-12:30pm	\$200	41554
18+	Wheel 1	Warner Park CRC	W	1/15-3/19	6-8pm	\$180	41545
18+	Wheel 1	Warner Park CRC	W	4/2-5/21	6-8pm	\$144	41547
18+	Wheel 1	MSCR West	W	4/2-5/21	6:30-9pm	\$180	41552
18+	Wheel 1	MSCR West	W	4/2-5/21	10am-12:30pm	\$180	41555
18+	Wheel 1	MSCR West	F	1/17-3/14	10am-12:30pm	\$200	41558
18+	Wheel 1	MSCR West	F	4/4-5/23	10am-12:30pm	\$180	41559
18+	Wheel 2	Warner Park CRC	M	1/13-3/17	6-8:30pm	\$200	41560
18+	Wheel 2	MSCR West	M	1/13-3/17	6:30-9pm	\$200	41564
18+	Wheel 2	Warner Park CRC	M	3/31-5/19	6-8:30pm	\$180	41562
18+	Wheel 2	MSCR West	M	3/31-5/19	6:30-9pm	\$180	41567
18+	Wheel 2	MSCR West	T	1/14-3/11	6:30-9pm	\$200	41565
18+	Wheel 2	MSCR West	T	4/1-5/20	6:30-9pm	\$180	41568
18+	Wheel 2	MSCR West	Th	1/16-3/13	6:30-9pm	\$200	41566
18+	Wheel 2	Warner Park CRC	Th	1/16-3/20	6-8:30pm	\$220	41561
18+	Wheel 2	Warner Park CRC	Th	4/3-5/22	6-8:30pm	\$180	41563
18+	Wheel 2	MSCR West	Th	4/3-5/22	6:30-9pm	\$180	41569

WORKSHOPS

AWE! *NEW!*

"The moment one gives close attention to anything, even a blade of grass, it becomes a mysterious, awesome, indescribably magnificent world in itself." - Henry Miller. Discuss the findings about the mystery and science of awe from "Awe: The New Science of Everyday Wonder and How It Can Transform Your Life," by Dacher Keltner. Discover ways to experience more awe in our lives.

BEFRIEND YOUR INNER CRITIC

"It's not what comes out of your mouth that determines your life, it's what you whisper to yourself that has the most power." - Robert Kiyosaki. In the Valentine's Day season, people are flooded with images of romantic love. But what about some love for yourself? Discuss strategies to help your inner critic become less of a bully and more of an ally! Leave with a cheat sheet to remind you of our time together next time your critic makes an appearance.

DIY PRINT *NEW!*

Discover the world of printmaking in this new workshop! Learn how to create prints with common items found around your house. Create multiple small prints you can exchange with other participants or give as gifts.

ENGLISH PAPER PIECING - TRY IT! *NEW!*

Try your hand at English Paper Piecing, a traditional hand-sewing technique that allows you to sew intricate patchwork designs with ease. This technique is great for taking on the go and doesn't require any fancy measuring! Once you learn the simple steps of English Paper Piecing you can create detailed quilt tops, design unique patterns for applique, or finish your designs into coasters, pin cushions and more. No previous sewing experience required.

PAINT NIGHT - HELLO SPRING

Learn how to make this fun, spring-themed painting in just one night! Come ready to learn acrylic painting techniques to recreate this painting. This is a laidback class where participants learn about color mixing, brushstroke techniques and principles of composition. Walk away with a finished version of the painting to hang at home!

PAINT NIGHT - SNOW DAY

Learn how to make this fun, winter-themed painting in just one night! Come ready to learn acrylic painting techniques to recreate this painting. This is a laidback class where participants learn about color mixing, brushstroke techniques and principles of composition. Walk away with a finished version of the painting to hang at home!

PAINT NIGHT - VALENTINES GIFTS

Learn how to make this fun, spring-themed painting in just one night! Come ready to learn acrylic painting techniques to recreate this painting. This is a laidback class where participants learn about color mixing, brushstroke techniques and principles of composition. Walk away with a finished version of the painting to hang at home!

THREAD PAINTING - TRY IT! *NEW!*

Create photo-realistic embroidery with thread painting! Learn the basics of thread painting, a hand embroidery technique that uses a needle and multiple shades of thread to create realistic details and dimensions. Previous embroidery experience is beneficial, but is not necessary.

VIRTUAL

ACRYLIC PAINTING 2

Expand your skills with acrylic paint! Be inspired from different artists and learn new techniques. Benefit from critiques through a virtual classroom community. This class is for students that have previous experience painting with acrylics, but beginners are still welcome. Supply list is available at mscr.org.



FRIDAY NIGHT FEATURES - *NYSTALGIA NIGHT 2000S

Is your Friday night free with "No Strings Attached"? "POP" over to our dance studio to learn the full choreography of the music video "Bye Bye Bye." "This I Promise You," the night will be poppin! Then create nostalgic crafts like melty bead coasters and lanyard keychains. Wear your favorite Y2K fashion - "Here We Go!"

FRIDAY NIGHT FEATURES - ADULT BATON TWIRLING - TRY IT!

Try your hand at baton twirling. Start with the basics of developing correct technique, hand-eye coordination, learning new tricks and having fun through creative movement. Batons provided.

FRIDAY NIGHT FEATURES - ENCHANTED YOGA & BEJEWELLED BRACELETS

This is your "ERA." Don't let your Friday night be a "Blank Space." Join us to do yoga and "Shake it Off." Then, "Run" to make friendship bracelets of your "Wildest Dreams." Wear your favorite pop star gear. Are you "Ready For It?" BYOM.

CREATING FICTIONAL CHARACTERS

From Katniss Everdeen and T'challa to Gollum and Scout Finch, fictional characters have the ability to make lasting impressions on their readers. Learn how to create memorable fictional characters in this one-day writing workshop. Using prompts and dedicated writing time, bring a character to life on the page and have the opportunity to get feedback from peers. All levels of writing are welcome.

DECLUTTERING BOOTCAMP

Whether downsizing, transitioning to a new space, or just tired of dealing with a messy house, learn strategies to lose the clutter and reclaim the calm, rejuvenating space a home can be. Taught by a certified professional organizer, this class covers a different area of the home each week (clothing, kitchen, bathroom, living spaces, storage, kids rooms, paper clutter and sentimental items). A worksheet/checklist is additionally provided for each space. This class meets every other week.

DRAWING 2 - THE HUMAN HEAD & FACIAL ANATOMY

Study the basic structure and proportions of the human head to draw a portrait. Through analysis of the structure of the cranial mass and facial features, discover how to create the illusion of light and space. Learn how to increase the complexity from a simplified representation of head to a portrait from your own source. Supply list available at mscr.org.

INTRODUCTION TO FICTION WRITING

Have you always wanted to write a story but don't know where to start? Learn how to structure a short story in this five-week online course. Whether you've never written a story or you're looking for new techniques to enhance your writing, this class gives participants the opportunity to create a story with strong bones. Out-of-class writing is optional but encouraged. All skill levels welcome.

WRITE YOUR NOVEL *NEW!*

Have you always wanted to write a novel, but you're not sure where to begin? Join fellow aspiring novelists to take the leap in a supportive and encouraging environment. Follow writing prompts in class, analyze the beginnings of already-published novels and brainstorm ways to overcome writer's block. Come to class with an idea for a novel or with a blank slate! All skill levels welcome.

Age	Class	Location	Day	Date	Time	Fee	Course #
WORKSHOPS							
18+	Awe!	MSCR East	F	4/25	9:30-11:30am	\$12	41345
18+	Befriend Your Inner Critic	MSCR Central	Th	2/20	9:30-11:30am	\$12	41362
18+	DIY Print	MSCR West	Sa	3/15	9am-12pm	\$30	41595
18+	English Paper Piecing - Try It!	MSCR Central	W	4/30	6:30-8:30pm	\$15	42224
18+	Friday Night Features - *NYStalgia Night 2000s	MSCR West	F	1/10	6:30-8:30pm	\$10	42441
18+	Friday Night Features - Adult Baton Twirling - Try It!	MSCR West	F	12/6	7:30-8:15pm	\$3	42436
18+	Friday Night Features - Enchanted Yoga & Bejeweled Bracelets	MSCR West	F	2/7	6:30-8pm	\$10	42437
18+	Paint Night - Hello Spring	Warner Park CRC	F	3/21	6-8pm	\$30	41514
18+	Paint Night - Snow Day	Warner Park CRC	F	1/17	6-8pm	\$30	41515
18+	Paint Night - Valentine's Gifts	Warner Park CRC	F	2/7	6-8pm	\$30	41516
18+	Thread Painting - Try It!	MSCR Central	M	1/13	6:30-8pm	\$15	42225
18+	Thread Painting - Try It!	MSCR West	W	2/5	6:30-8pm	\$15	41370
VIRTUAL CLASSES							
18+	Acrylic Painting 2	Virtual	T	1/14-3/4	9:30-11:30am	\$122	41600
18+	Creating Fictional Characters	Virtual	W	2/12	6-8:30pm	\$17	41602
18+	Decluttering Bootcamp	Virtual	Th	1/9-3/20	7-8:15pm	\$46	41606
18+	Decluttering Bootcamp	Virtual	Th	1/16-3/27	7-8:15pm	\$46	42213
18+	Drawing 2 - The Human Head & Facial Anatomy	Virtual	W	2/5-2/26	6:30-8:30pm	\$70	41605
18+	Introduction to Fiction Writing	Virtual	W	2/19-3/19	6:30-8pm	\$55	41603
18+	Write Your Novel	Virtual	T	4/1-4/29	6:30-8pm	\$55	41604

**Learn to Play Hockey with
the West Madison Polar Caps**
Give your young athlete a safe, fun &
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- Ages 4 and up
- 5-week sessions, twice per week
(Wednesdays and Saturdays)
- Affordable registration and
equipment rental fees
- Open to residents of West &
Memorial High School District

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westmadisonpolarcaps.com/LTP




Learn To Play
PRIDE • PASSION • PURPOSE

Two Opportunities Coming Up This Winter!

"Snowman Season": Dec. 4, 2024 - Jan. 22, 2025

"Valentine Season": Feb. 5th, 2025 - March 5th, 2025



ARMS & ABS

Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Class incorporates body weight, light hand weights and high repetitions

BARRE FUSION

Barre Fusion enhances your muscle tone, posture, flexibility and confidence. Move through low-impact isometric moves, cardio bursts, strength and mind-body inspired movements. Each class starts with energetic music and finishes with recentering breath work.

BARRE SCULPT

A total body barre workout that targets, shapes and defines all major muscle groups through the use of weights, resistance bands and balls. Increase strength and stamina while keeping your body strong, lean and increase flexibility with barre and floor stretches.

BOLLYX DANCE

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world.

BOOT CAMP

This interval class is designed to improve your fitness level and change your body composition. Combine strength training, plyometrics, cardio drills, and core exercises for a total body workout. Get ready to move!

BICYCLING - BACK IN THE SADDLE - OUTDOOR

Build confidence in your bicycling skills. The class covers bicycle handling skills, group riding, safety and light maintenance. Have a chance to connect with other bicyclists and bicycling resources. Class offers classroom and on-the-bike sessions.

BICYCLING - DIGITIZE YOUR RIDE, RIDE WITH GPS

Review "Ride with GPS" application features to plan, record and follow routes. Class is an hands-on experience to learn how to plan a short route, find and download an existing route on their own. Participants need to download the "Ride with GPS" application on their personal device.

BICYCLING - RIDE WITH FRIENDS, TRAVEL BY BICYCLE

There are many maps and phone apps to help you enjoy going places on your bicycle. This workshop reviews basic bicycle trip route planning, paper and online map resources and the basics of online bicycling applications. Explore popular free bicycling apps available online or download them on your phone. A small number of laptops will be made available but please bring your own if you wish to explore on your own.

CARDIO DANCE

Dance your way to fitness! This dance-based cardio class incorporates a wide variety of medium- and low-impact aerobic dance moves to a variety of high-energy beats. It's like a dance party!

CLASSIC CARDIO & TONING

An interval based class that includes low impact choreographed dance moves followed by full body strength training exercises. This class is a total body, heart, pumping, aerobic, and strength conditioning workout.

FUN FITNESS EVENTS

FIT FOR THE HOLIDAYS - VIRTUAL - 12/16-1/3, #41052 \$30

- During the Holiday season join your favorite Adult Fitness & Goodman Rotary 50+ Fitness instructors online for unlimited VIRTUAL fitness classes.
- Virtual classes are held live via Zoom and accommodate all fitness levels.
- Program details and schedule coming in November.

WINTER WELLNESS WEEK - 12/16-12/21, #41053 \$15

- Put yourself at the top of your list this holiday season! Join your favorite Adult Fitness & Goodman Rotary 50+ instructors for a week of fitness fun!
- Classes are held in-person at MSCR Central, MSCR East and MSCR West.
- Commit to one week full of themed workouts, winter wellness and holiday cheer! Program details and schedule coming in November. BYOM

DROP-IN FITNESS

Whether you're just starting your fitness journey, returning to exercise, or looking to build a sense of community, our drop-in fitness class allows you to show up without registering ahead of time. FREE for all community members!

HIIT

High Intensity Interval Training (HIIT) mixes bouts of speed, power and intensity with brief periods of rest. This workout is perfect for cardio and strength training, variety and burning calories!

KICKBOX CARDIO

No bags, no gloves, just a killer workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. This class improves your endurance and cardiovascular fitness, tones muscles and shreds your abs.

PURE STRENGTH

Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected!

ROW FIT

Each class combines technical instruction on and off the rowers. Class incorporates interval training on the Concept2 Indoor Rowers and simple strength exercises off the rowers. Rowing is a low impact, joint-friendly exercise that targets every major muscle group while in a seated and safe position. Strength training exercises are modified for all fitness levels.

SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level with a small group of participants. Get the individualized attention you want and need to improve your motivation, accountability, fitness results and overall strength for a truly superior workout experience.

STRENGTH TRAINING FOR WOMEN

This woman-specific strength training class incorporates weights, kettlebells, body weight training and resistance tubing for an effective total body strength training class.

TOTAL BODY FITNESS

This class is a total body, heart pumping, aerobic and strength conditioning workout. Class combines full-body strength training with cardio bursts designed to tone your body and improve your endurance.

TRX EXPRESS

This 30 minute express class is tailored for beginner to intermediate levels. Move through exercises that challenge total body strength and endurance while using suspension straps. Perfect for first timers!

TRX SUSPENSION TRAINING

Class combines bodyweight strength training exercises using suspension straps to develop strength, balance, flexibility and core stability simultaneously. All fitness levels are welcome.

WERQ

WERQ is a fiercely fun dance fitness class based on pop, rock and hip-hop music. The warm-up previews the dance steps in class, and the cool-down combines yoga-inspired static stretching and balance poses.

YOGA AMPED

Yoga Amped is a cardio-strength based class that is the perfect blend of energizing fitness and yoga postures. Cardio, strength, balance and core movements are woven into each unique class through a variety of interval training formats.

ZUMBA

It's a party and a workout! Zumba is an aerobic dance fitness class that combines international music and movement. Zumba is perfect for cardiovascular fitness and creative movement.

MIND & BODY**CORE FLOW NEW!**

A dynamic yoga practice that incorporates traditional abdominal work, yoga sequences and breath work. Develop the power that lies within the core of your body!

GENTLE FLOW & MEDITATION

Focus on moving slowly into basic yoga poses while using the breath as a tool to remain present and mindful. The slow pace allows you to enjoy each pose.

GENTLE YOGA

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

GENTLE YOGA FLOW

Flow slowly into basic yoga poses and sequences while using the breath as a tool to remain present and mindful. Expect lots of stretching and lengthening with a heavy dose of relaxation.

HATHA YOGA I

Learn the fundamental elements of a Hatha yoga class. Benefit from increased strength and flexibility, while practicing proper body posture and alignment. Appropriate for all levels, but geared towards those new to the practice.

HATHA YOGA II

Explore yoga positions focusing on flexibility, strength, and balance with emphasis on body awareness and alignment.

LGBTQIA+ YOGA

The class is a safe place for LGBTQIA + people; being mindful of this, everyone is welcome to participate. Come with an open heart and get ready to relax your mind, stretch your body and meet new friends.

MAT PILATES

A low-impact class that strengthens muscles while improving postural alignment and flexibility. This class begins with an introduction or refresher on the fundamentals of Pilates mat work, learning and mastering the basics, then progresses through more challenging exercises.

MINDFULNESS MOVEMENT & GUT HEALTH

Based on ancient Asian energy meridian and chakra practices, gently stretch, tap, move and vibrate to open, and unblock energy in tight muscles, joints and organs. Learn how to focus and calm your mind and breath mindfully as you tune into your energy systems. Build strength and flexibility in your internal organs with various intestine exercises focused on activating the gut and strengthening the core.

MINDFULNESS MOVEMENT & JOINT HEALTH

Based on ancient Asian energy meridian and chakra practices, gently stretch, tap, move and vibrate to open and unblock energy in tight muscles, joints and organs. Learn how to focus and calm your mind and breath mindfully as you tune into your energy systems. Motion is lotion for your joints. Enjoy opening joints from your neck to feet with easy, focused movements.

PIYO

A unique class designed to build strength and gain flexibility, this class is all about energy, power and rhythm. PiYo is perfect for: core strength, improved stability, challenging yoga and Pilates choreography.

**PRANAYAMA YOGA**

This class focuses on building a core breathing routine. Learn breathing techniques to create a regular home-practice. Pranayama practices can reduce stress, anxiety and blood pressure, and improve sleep and lung function.

T'AI CHI FLOW

Slow flowing movements, coordinated with the breath. Standing and seated. Focus is on mindful attention to the body in the present moment. Strengthens, aligns, gently increases flexibility and enhances balance.

YIN YOGA

Yin Yoga focuses on combining long-held stretches with mindfulness meditation and breath work. Yin forms are practiced low to the ground and with the muscles relaxed, allowing the stretches to move deeper into connective tissues.

YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Perfect for strength building, improving flexibility, and restoring the nervous system.

YOGA SCULPT

A dynamic yoga practice that incorporates resistance interval training and cardiovascular exercise into traditional yoga sequences. Designed to tone and sculpt every major muscle group by using your own bodyweight, small hand weights and elastic bands.

CELEBRATE NATIONAL FITNESS DAY WITH BRING A FRIEND TO FITNESS WEEK!

Saturday, May 3 - Friday, May 9

In honor of National Fitness Day (May 3) we want to share the love of fitness with our current participants' friends and family! Bring a friend to any MSCR Adult Fitness class! Friends must register with the instructor upon arrival. Go to mscr.org for more information in April.

**DECADES BARRE FUSION**

Enjoy music from your favorite decades while grooving through low-impact isometric moves, cardio bursts, strength and mind-body inspired movements. Finish with recentering breath work. Decades attire is encouraged!

STEP PUMP

A high energy, heart, pumping, aerobic and strength conditioning workout. Utilizes a step platform and a variety of weight training equipment for a total body workout!

18+	Decades Barre Fusion	MSCR West	12/6	6:30-7:15pm	\$5	42333
18+	Step Pump	MSCR West	1/10	5:15-6:15pm	\$5	42334

Classes at Warner Park CRC require an annual purchased Photo ID. Please go to mscr.org for more information. Some classes scheduled at WPCRC may be moved to alternate locations due to construction at Warner Park.

Age	Class	Location	Day	Date	Time	Fee	Course #
INDOOR WINTER SESSION							
18+	Row Fit	MSCR East	M	1/6-3/17	4-4:45pm	\$50	41720
18+	Row Fit	MSCR East	M	1/6-3/17	5-5:45pm	\$50	42286
18+	Small Group Training	MSCR East	M	1/6-3/17	5-5:45pm	\$65	41722
18+	WERQ	MSCR East	M	1/6-3/17	6-6:45pm	\$50	41731
18+	Drop In Fitness	MSCR East	M	1/6-3/17	6-7pm	\$0	42318
18+	TRX Suspension Training	MSCR West	M	1/6-3/17	4:10-4:55pm	\$50	42306
18+	TRX Express	MSCR West	M	1/6-3/17	5-5:30pm	\$25	42297
18+	Pure Strength	MSCR West	M	1/6-3/17	5:45-6:30pm	\$50	41713
18+	HIIT	MSCR West	M	1/6-3/17	6:45-7:30pm	\$50	41705
18+	Strength Training for Women	Warner Park CRC	M	1/6-3/17	12:12:45pm	\$50	41727
18+	Yoga Amped	MSCR Central	T	1/14-3/18	5:30-6:15pm	\$50	41735
18+	WERQ	MSCR Central	T	1/7-3/18	6:30-7:15pm	\$55	42279
18+	Classic Cardio & Toning	MSCR East	T	1/7-3/18	5:30-6:15pm	\$55	41689
18+	Strength Training for Women	MSCR West	T	1/7-3/18	4:45-5:30pm	\$55	41726
18+	Barre Sculpt	MSCR West	T	1/14-3/11	5-5:45pm	\$45	42253
18+	Total Body Fitness	MSCR West	T	1/7-3/18	5:45-6:30pm	\$55	41730
18+	WERQ	MSCR Central	W	1/8-3/19	5:30-6:15pm	\$50	42292
18+	Barre Fusion	MSCR Central	W	1/8-3/19	6:30-7:15pm	\$50	41681
18+	Barre Sculpt	MSCR East	W	1/8-3/12	5:15-6pm	\$50	42242
18+	Total Body Fitness	MSCR East	W	1/8-3/19	6:30-7:30pm	\$55	42314
18+	Boot Camp	MSCR West	W	1/8-3/19	5:15-6pm	\$55	42316
18+	BollyX Dance	MSCR West	W	1/8-3/19	6-6:45pm	\$50	41685
18+	Small Group Training	MSCR West	W	1/8-3/19	6:15-7pm	\$72	41724
18+	Classic Cardio & Toning	Warner Park CRC	W	1/8-3/19	5-6pm	\$55	41691
18+	Yoga Amped	MSCR Central	Th	1/16-3/20	7:15-8am	\$50	41737
18+	Zumba	MSCR Central	Th	1/9-3/20	6-6:45pm	\$55	41743
18+	Strength Training for Women	MSCR East	Th	1/9-3/20	4:15-5pm	\$55	42295
18+	Pure Strength	MSCR East	Th	1/9-3/20	5:15-6pm	\$55	41717
18+	Cardio Dance	MSCR East	Th	1/9-3/20	6:30-7:15pm	\$55	41687
18+	Kickbox Cardio	MSCR West	Th	1/9-3/20	4:45-5:30pm	\$55	41708
18+	Barre Sculpt	MSCR West	Th	1/9-3/20	5-6pm	\$55	41683
18+	Pure Strength	MSCR West	Th	1/9-3/20	5:45-6:30pm	\$55	41715
18+	WERQ	MSCR West	Th	1/9-3/20	6:45-7:30pm	\$55	41733
18+	Arms & Abs	MSCR East	F	1/10-3/21	8:15-9am	\$50	41677
18+	Total Body Fitness	MSCR East	F	1/10-3/21	9:15-10am	\$50	41728
18+	Yoga Amped	MSCR West	Sa	1/18-3/15	8:30-9:15am	\$45	42229
18+	Pure Strength	MSCR West	Sa	1/11-3/15	8:30-9:15am	\$50	41719
18+	Barre Sculpt	MSCR West	Sa	1/18-3/8	8:30-9:15am	\$40	42257
18+	Classic Cardio & Toning	MSCR West	Sa	1/11-3/15	9-10am	\$50	41693
18+	Core Flow	MSCR West	Sa	1/18-3/15	9:30-10:15am	\$45	42330
INDOOR WINTER SESSION MIND & BODY							
18+	Mindfulness Movement & Joint Health	MSCR Central	M	1/6-3/17	6-7pm	\$50	42304
18+	Gentle Yoga	MSCR West	M	1/6-3/17	5:45-6:45pm	\$50	42321
18+	Hatha Yoga II	Warner Park CRC	M	1/6-3/17	5:30-6:45pm	\$50	41702
18+	Hatha Yoga I	Warner Park CRC	M	1/6-3/17	7-8pm	\$50	41700
18+	Yoga Flow	MSCR Central	T	1/7-3/18	5:45-6:45pm	\$55	42231
18+	Yoga Flow	MSCR West	T	1/7-3/18	7:15-8:15pm	\$55	41739
18+	Mat Pilates	Warner Park CRC	T	1/7-3/11	8:30-9:30am	\$50	41675
18+	Gentle Flow & Meditation	Warner Park CRC	T	1/7-3/18	5:30-6:30pm	\$55	41696
18+	Mindfulness Movement & Gut Health	MSCR Central	W	1/8-3/19	6-7pm	\$55	42300
18+	LGBTQIA+ Yoga	MSCR East	W	1/8-3/19	5:15-6:15pm	\$55	41709
18+	Pranayama Yoga	MSCR East	Th	1/9-3/20	7:15-8:15pm	\$55	41711
18+	PiYo	MSCR West	Th	1/9-3/20	5:45-6:30pm	\$55	42309
18+	Yoga Flow	MSCR East	Sa	1/11-3/15	8:30-9:30am	\$50	41740
18+	Gentle Yoga Flow	MSCR West	Sa	1/11-3/15	10:30-11:30am	\$50	41698

Age	Class	Location	Day	Date	Time	Fee	Course #
INDOOR SPRING SESSION							
18+	Row Fit	MSCR East	M	3/31-6/2	4-4:45pm	\$45	41721
18+	Row Fit	MSCR East	M	3/31-6/2	5-5:45pm	\$45	42287
18+	Small Group Training	MSCR East	M	3/31-6/2	5-5:45pm	\$59	41723
18+	WERQ	MSCR East	M	3/31-6/2	6-6:45pm	\$45	41732
18+	Drop In Fitness	MSCR East	M	3/31-6/2	6-7pm	\$0	42319
18+	TRX Suspension Training	MSCR West	M	3/31-6/2	4:10-4:55pm	\$45	42308
18+	TRX Express	MSCR West	M	3/31-6/2	5-5:30pm	\$23	42302
18+	Pure Strength	MSCR West	M	3/31-6/2	5:45-6:30pm	\$45	41714
18+	HIIT	MSCR West	M	3/31-6/2	6:45-7:30pm	\$45	41706
18+	Strength Training for Women	Warner Park CRC	M	3/31-6/2	12-12:45pm	\$45	42332
18+	Yoga Amped	MSCR Central	T	4/1-6/3	5:30-6:15pm	\$50	41736
18+	WERQ	MSCR Central	T	4/1-6/3	6:30-7:15pm	\$50	41767
18+	Classic Cardio & Toning	MSCR East	T	4/1-6/3	5:30-6:15pm	\$50	41690
18+	Strength Training for Women	MSCR West	T	4/1-6/3	4:45-5:30pm	\$45	42294
18+	Barre Sculpt	MSCR West	T	4/1-6/3	5-5:45pm	\$50	42255
18+	Total Body Fitness	MSCR West	T	4/1-6/3	5:45-6:30pm	\$45	41729
18+	WERQ	MSCR Central	W	4/2-5/21	5:30-6:15pm	\$40	42293
18+	Barre Fusion	MSCR Central	W	4/2-5/21	6:30-7:15pm	\$40	41682
18+	Barre Sculpt	MSCR East	W	4/9-6/4	5:15-6pm	\$45	42250
18+	Total Body Fitness	MSCR East	W	4/2-6/4	6:30-7:30pm	\$50	42315
18+	Boot Camp	MSCR West	W	4/2-6/4	5:15-6pm	\$50	42317
18+	BollyX Dance	MSCR West	W	4/9-6/4	6-6:45pm	\$45	41686
18+	Small Group Training	MSCR West	W	4/2-6/4	6:15-7pm	\$65	41725
18+	Classic Cardio & Toning	Warner Park CRC	W	4/2-6/4	5-6pm	\$50	41692
18+	Yoga Amped	MSCR Central	Th	4/3-6/5	7:15-8am	\$50	41738
18+	Zumba	MSCR Central	Th	4/3-6/5	6-6:45pm	\$50	41744
18+	Strength Training for Women	MSCR East	Th	4/3-6/5	4:15-5pm	\$50	42296
18+	Pure Strength	MSCR East	Th	4/3-6/5	5:15-6pm	\$50	41718
18+	Cardio Dance	MSCR East	Th	4/3-6/5	6:30-7:15pm	\$50	41688
18+	Barre Sculpt	MSCR West	Th	4/10-5/29	5-6pm	\$40	41684
18+	Pure Strength	MSCR West	Th	4/3-6/5	5:45-6:30pm	\$45	41716
18+	WERQ	MSCR West	Th	4/3-6/5	6:45-7:30pm	\$50	41734
18+	Arms & Abs	MSCR East	F	4/4-6/6	8:15-9am	\$50	41679
18+	Yoga Amped	MSCR West	Sa	4/5-5/17	8:30-9:15am	\$35	42230
18+	Barre Sculpt	MSCR West	Sa	4/5-5/17	8:30-9:15am	\$30	42258
18+	Pure Strength	MSCR West	Sa	4/5-5/17	8:30-9:15am	\$35	42274
18+	Classic Cardio & Toning	MSCR West	Sa	4/5-5/17	9-10am	\$35	41694
18+	Core Flow	MSCR West	Sa	4/5-5/17	9:30-10:15am	\$35	42331
INDOOR SPRING SESSION MIND & BODY							
18+	Mindfulness Movement & Joint Health	MSCR Central	M	3/31-6/2	6-7pm	\$45	42307
18+	Gentle Yoga	MSCR West	M	3/31-6/2	5:45-6:45pm	\$45	42323
18+	Hatha Yoga II	Warner Park CRC	M	3/31-6/2	5:30-6:45pm	\$45	41703
18+	Hatha Yoga I	Warner Park CRC	M	3/31-6/2	7-8pm	\$45	41701
18+	Yoga Flow	MSCR Central	T	4/1-6/3	5:45-6:45pm	\$50	41742
18+	Yoga Flow	MSCR West	T	4/1-6/3	7:15-8:15pm	\$50	42329
18+	Mat Pilates	Warner Park CRC	T	4/8-6/3	8:30-9:30am	\$45	41676
18+	Gentle Flow & Meditation	Warner Park CRC	T	4/1-6/3	5:30-6:30pm	\$50	41697
18+	Mindfulness Movement & Gut Health	MSCR Central	W	4/2-6/4	6-7pm	\$50	42301
18+	Pranayama Yoga	MSCR East	Th	4/3-6/5	7:15-8:15pm	\$45	41712
18+	Yoga Flow	MSCR East	Sa	4/5-5/17	8:30-9:30am	\$30	41741
18+	Gentle Yoga Flow	MSCR West	Sa	4/5-5/17	10:30-11:30am	\$35	41699

Age	Class	Location	Day	Date	Time	Fee	Course #
VIRTUAL WINTER SESSION							
14+	Pure Strength	Virtual	M	1/6-3/17	7:45am	\$50	42281
14+	Arms & Abs	Virtual	M	1/6-3/17	8:15-9am	\$45	41754
14+	Barre Sculpt	Virtual	M	1/6-3/17	5:30-6:15pm	\$50	41755
14+	WERQ	Virtual	M	1/6-3/17	6-6:45pm	\$50	41763
14+	Total Body Fitness	Virtual	W	1/8-3/19	11-11:45am	\$50	41762
14+	Mat Pilates	Virtual	T	1/7-3/11	6-6:45pm	\$50	41758
14+	Yoga Sculpt	Virtual	T	1/7-3/18	7:45am	\$55	42254
14+	Yin Yoga	Virtual	T	1/7-3/18	7-8pm	\$55	41765
14+	Barre Sculpt	Virtual	W	1/8-3/19	7:45am	\$55	42262
14+	Pure Strength	Virtual	Th	1/9-3/20	5-5:45pm	\$50	41759
14+	Hatha Yoga II	Virtual	Th	1/9-3/20	5:30-6:45pm	\$55	41757
14+	T'ai Chi Flow	Virtual	Th	1/9-3/20	6-7pm	\$55	41761
14+	Arms & Abs	Virtual	F	1/10-3/21	8:15-9am	\$50	41753
14+	Yin Yoga	Virtual	Sa	1/11-3/15	10:15-11:15am	\$50	41764
14+	Gentle Yoga	Virtual	Su	1/12-3/16	5-6pm	\$50	41756

VIRTUAL SPRING SESSION							
14+	Barre Sculpt	Virtual	M	3/31-6/2	5:30-6:15pm	\$45	42261
14+	WERQ	Virtual	M	3/31-6/2	6-6:45pm	\$45	42285
14+	Pure Strength	Virtual	M	3/31-6/2	7:45am	\$45	42283
14+	Arms & Abs	Virtual	M	3/31-6/2	8:15-9:00am	\$45	42206
14+	Yoga Sculpt	Virtual	T	4/1-6/3	7:45am	\$50	42256
14+	Mat Pilates	Virtual	T	4/8-6/3	6-6:45pm	\$45	42268
14+	Yin Yoga	Virtual	T	4/1-6/3	7-8pm	\$50	42227
14+	Total Body Fitness	Virtual	W	4/2-6/4	11-11:45am	\$50	42312
14+	Barre Sculpt	Virtual	W	4/2-6/4	7:45am	\$50	42263
14+	Arms & Abs	Virtual	F	4/4-6/6	8:15-9am	\$50	42205
14+	Pure Strength	Virtual	Th	4/3-6/5	5-5:45pm	\$50	41760
14+	Hatha Yoga II	Virtual	Th	4/3-6/5	5:30-6:45pm	\$45	42267
14+	T'ai Chi Flow	Virtual	Th	4/3-6/5	6-7pm	\$50	42311
14+	Yin Yoga	Virtual	Sa	4/5-5/17	10:15-11:15am	\$35	42226
14+	Gentle Yoga	Virtual	Su	4/6-5/18	5-6pm	\$30	42265

OUTDOOR SPRING SESSION							
18+	Gentle Yoga Flow	Olbrich Park	M	4/21-6/2	5-6pm	\$30	41746
18+	Kickbox Cardio	Garner Park	T	4/22-6/3	4:45-5:30pm	\$35	41748
18+	Pure Strength	Garner Park	T	4/22-6/3	5:40-6:25pm	\$35	41752
18+	LGBTQIA+ Yoga	Tenney Park	W	4/30-6/4	5:30-6:30pm	\$30	41749
18+	Ride with Friends, Travel by Bicycle	MSCR West	Th	4/3	4:30-6:30pm	\$5	42404
18+	Digitize Your Ride, Ride with GPS	MSCR West	Th	4/10	4:30-6:30pm	\$5	42405
18+	Kickbox Cardio	Garner Park	Th	4/24-6/5	4:45-5:30pm	\$35	41747
18+	PiYo	Garner Park	Th	4/24-6/5	5:40-6:25pm	\$35	42310
18+	Bicycling - Back in the Saddle	Kennedy Elem	Th	5/1-5/22	5:30-7:30pm	\$20	42403
18+	Pure Strength	Acewood Park	F	4/25-6/6	9:30-10:15am	\$35	41751



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ESPN Madison	Muskellounge & Sporting Club	Wisco Home Goods
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INDOOR DESCRIPTIONS



AQUA ARTHRITIS EXERCISE

These specially designed warm water exercises contribute to overall fitness and health for someone with arthritis or joint pain. Builds endurance and promotes flexibility and muscle strength.

AQUA EXERCISE DEEP WATER

This class is a great way to keep fit and flexible without impact on the hips, joints and spine. Swimming skills are not required as flotation belts are used for support in deep water in the lap pool. NOTE: More 18+ deep water exercise classes available in the Aquatics section of the program guide.

AQUA EXERCISE SHALLOW WATER

Enjoy an aerobic workout in cooler water. These active classes promote muscle toning, increased stamina, flexibility and strength. Flotation supports are used for resistance training. NOTE: More 18+ shallow water classes available in the Aquatics section of the program guide. See Aqua Circuit.

AQUA EXERCISE WARM WATER

These specially designed classes promote toning, increased stamina, endurance, flexibility and strength for active participants in a warm water pool. After warm-up routines, use flotation devices for resistance training, and enjoy cool-down activities.

ARMS & ABS

Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Class incorporates body weight, light hand weights and high repetitions

BALANCE, STRENGTH & CORE STABILITY

Comprehensive approach to enhancing balance, posture, strength, endurance and flexibility. Use a variety of equipment such as weights and resistance bands to help improve balance and lower chances of experiencing falls.

BALLROOM BASICS FOR BALANCE

This is based on the best therapeutic principles of fall prevention and the joy of movement through music. Learn basic moves of ballroom and other dances in a safe environment to reduce risk of falls and increase balance and stability. All levels are welcome but participants should be able to move independently, with or without the help of a device like a cane or walker.

BARRE SCULPT

Increase flexibility, strength and stamina while keeping your body strong and lean with barre and floor stretches using a sturdy chair, resistance bands, balls, mat and weights.

BODY GROOVE

A unique dance exercise experience where everyone unites in a simple movement or rhythm but dances their own unique way. This is not the traditional follow the leader class. Experience everything from slow, delicious meditative grooves, to heart thumping and strength building cardio beats.

CARDIO DANCE

A dance-based cardio class that incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of high-energy beats.

CARDIO DANCE & TONING

An interval based class that includes low impact choreographed dance moves followed by full body strength training exercises. This class is a total body, heart, pumping, aerobic, and strength conditioning workout.

CARDIO STEP

We are bringing back a classic! A high energy, heart pumping aerobic conditioning class that utilizes a step platform to burn calories, strengthen muscles and improve coordination and balance.

CHAIR EXERCISE

Designed to help reduce pain and stiffness while maintaining or improving mobility, muscle strength, posture, balance and functional ability. All exercises can be performed while standing or seated in a chair. There is no floor work.

CHAIR ONE DANCE FITNESS

A chair-based dance fitness program for anyone who has difficulty standing during a fitness class. A fun, musically driven, interactive, full body workout with dance and fitness movements. There is no floor work.

CIRCUIT FITNESS

Are you up for a fun and energetic workout? This class combines strength and cardio intervals for a fun and challenging workout.

CORE & BALANCE COMBO

This class incorporates the elements of Pilates, yoga and core strength training. Class includes both standing balance exercises and mat work.

FITNESS CONDITIONING

This class offers a balanced approach to exercise. Focus on posture, breathing, overall strength, endurance, flexibility, balance and coordination. Low-impact exercises to challenge a range of fitness levels. There is no floor work.

FUNCTIONAL FITNESS

Learn safe and effective exercises using light weights, bands and mat exercises. This workout focuses on improving functional performance levels. It includes movement patterns that enhance strength, agility, aerobic fitness, balance and flexibility.

GENTLE EXERCISE

This gentle class promotes balance, strength, coordination and flexibility for those with aches and pains. Breath awareness, active relaxation and stretching exercises are all included. There are both standing exercises and exercises using a chair. There is no floor work.

LEARN TO FALL SAFELY

Learn to fall safely and to get backup without injury. Falls are a leading cause of death for older adults in Wisconsin. Thick "crash mats" are used for practicing. Classes are progressive so it's recommended you attend all four classes.

MINDFUL BALANCE

Designed to increase balance and decrease the risk of falling by using gentle stretches, tapping, static and dynamic balance exercises. Focus and breathe mindfully as you tune into your energy systems to find balance of body and mind. Adapted chair based exercises are available.

MINDFULNESS MOVEMENT & GUT HEALTH

Based on ancient Asian energy meridian and chakra practices, gently stretch, tap, move and vibrate to open and unblock energy in muscles, joints and organs. Focus and calm your mind and breath mindfully as you tune into your energy systems. Build strength and flexibility in your internal organs with various intestine exercises focused on activating the gut and strengthening the core.

MINDFULNESS MOVEMENT & JOINT HEALTH

Based on ancient Asian energy meridian and chakra practices, gently stretch, tap, move and vibrate to open and unblock energy in tight muscles, joints and organs. Learn how to focus and calm your mind and breath mindfully as you tune into your energy systems. Motion is lotion for your joints. Enjoy opening joints from your neck to feet with easy, focused movements.

PARKOUR FOR SENIORS

Learn balance and coordination, work on preventing falls, find more flexibility in your body and more movement options for your life! Curriculum is an evidence-based parkour program for older adults.

PILATES

The Pilates Method is a low impact exercise that focuses on postural alignment, breath control, flexibility and strength in the upper and lower extremities. This relaxing & mindful routine requires mental focus to help improve the mind body connection and get the most out of each movement.

INDOOR DESCRIPTIONS

PURE STRENGTH

Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected!

ROW FIT

Each class combines technical instruction on and off the rowers. Class incorporates interval training on the Concept2 Indoor Rowers and simple strength exercises off the rowers using a variety of fitness equipment. Rowing is a low impact, joint-friendly exercise that targets every major muscle group while in a seated and safe position. Strength training exercises are modified for all fitness levels.

SIMPLE STRENGTH

Learn the basics of strength training using weights, bands and various types of fitness equipment. Emphasis is on strength that also enhances balance and flexibility.

SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level with a small group of 2-10 participants. The group focuses on safely introducing active seniors to exercises that improve posture, mobility, accountability and overall strength for a truly superior workout experience. This is a comprehensive training experience specifically designed to promote healthy aging.

STRENGTH TRAINING FOR WOMEN

This women's specific strength training class incorporates weights and bodyweight training and resistance exercises for an effective total body strength training class.

STRETCH & STRENGTH

This class incorporates stretching exercises to enhance flexibility and strengthening exercises to improve overall fitness.

TRX SUSPENSION TRAINING

Class combines bodyweight strength training exercises using suspension straps to develop strength, balance, flexibility and core stability simultaneously. All fitness levels welcome, as instructor offers modifications.

TAI CHI**QIGONG FOR RENEWAL & RELAXATION**

Class incorporates Chinese exercises that include simple stretching, breathing with visualizations to provide deep relaxation and a sense of well-being. Eight Pieces of Brocade (Baduanjin) and Shaolin Nei Jin QiGong are used to improve quality of life, sleep, balance, strength and flexibility.

TAI CHI ADVANCED

This class teaches Yangjia Michuan Taijiquan (YMT), an early traditional form of Tai Chi. Class consists of warm ups, followed by the Fan Routine and Parts I-III of YMT.

TAI CHI ELEMENTS

This introductory class focuses on improving balance, strength and flexibility using tai chi movements and various forms of qigong. The 24 Forms is among the most popular forms practiced in the world today.

TAI CHI ELEMENTS CONTINUING

This class provides continuing instruction in the 24 Forms, as described in the introductory class. Participants may self-select this class after completing one session or more of the introductory class.

TAI CHI FOR ARTHRITIS & FALL PREVENTION

Based on Sun Style Tai Chi for its ease of use for older adults, this form promotes strength, balance and flexibility and may reduce or prevent falls. The movements are taught using left and right sides and with turns to move forward and backward to improve mobility. TCA-FP is recommended by the CDC (US Centers for Disease Control and Prevention), the National Council on Aging (NCOA) and by multiple arthritis foundations around the world.

TAI CHI INTERMEDIATE

This class refines the movements of Tai Chi Intro (Part 1 & 2). After QiGong, the class focuses on refining both individual forms and the entire Beijing 24 sequence. Beginners are encouraged to complete the Intro classes before registering for the intermediate class.

FUN FITNESS EVENTS**FIT FOR THE HOLIDAYS - VIRTUAL - 12/16-1/3, #41052 \$30**

- During the Holiday season join your favorite Adult Fitness & Goodman
- Rotary 50+ Fitness instructors online for unlimited VIRTUAL fitness classes.
- Virtual classes are held live via Zoom and accommodate all fitness levels.
- Program details and schedule coming in November.

WINTER WELLNESS WEEK - 12/16-12/21, #41053 \$15

- Put yourself at the top of your list this holiday season! Join your favorite
- Adult Fitness & Goodman Rotary 50+ instructors for a week of fitness fun!
- Classes are held in-person at MSCR Central, MSCR East and MSCR West.
- Commit to one week full of themed workouts, winter wellness and holiday cheer! BYOM

TAI CHI INTRO - PART 1

This beginning class gives participants a taste of relaxation and flow in Tai Chi. Warm-ups with QiGong exercises are followed by exposure to the first half of the Beijing 24 Tai Chi set of exercises.

TAI CHI INTRO - PART 2

This beginning class gives participants a taste of relaxation and flow in Tai Chi. Warm-ups with QiGong exercises are followed by exposure to the second half of the Beijing 24 Tai Chi set of exercises.

TAI CHI POLE

The Tai Chi Pole form uses rounded, thrusting, retracting movements to strengthen the body as well as the mind. Develop better concentration, posture, breath and balance by using coordinated pole movements. The pole weight is 5lbs but adjustments can be made in order to perfect your form and build strength.

TAI CHI YANG STYLE

Improve coordination, strength and balance through practical application of Yang Family Tai Chi in daily practice including the 24 posture short form.

YOGA**CHAIR YOGA**

A practice that modifies yoga poses so that they may be done either sitting or using chairs for support in various postures. Class incorporates an exploration of alignment, balance, flexibility, breath and relaxation. Ideal for anyone with mobility or balance issues, or are just looking for a gentle practice. All are welcome, no yoga experience necessary.

GENTLE YOGA

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

GENTLE YOGA FLOW

Flow slowly into basic yoga poses and sequences while using the breath as a tool to remain present and mindful. Expect lots of stretching and lengthening with a heavy dose of relaxation,

HATHA YOGA I

Learn the fundamental elements of a Hatha yoga class. Benefit from increased strength and flexibility while practicing proper body posture and alignment. Appropriate for all levels but geared toward those new to the practice.

HATHA YOGA II

Explore yoga positions focusing on flexibility, strength and balance, with emphasis on alignment. Designed for the more experienced student.

YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Perfect for active yoga, strength building and improving flexibility.

Classes at Warner Park CRC require an annual purchased Photo ID
Please go to mscr.org for more information.
Some classes scheduled at WPCRC may be moved to alternate locations due to construction at Warner Park Due to construction.

Age	Class	Location	Day	Date	Time	Fee	Course #
WINTER SESSION							
50+	Aqua Exercise Shallow Water	Capitol Lakes Aquatics	M	1/13-3/17	3-4pm	\$50	41780
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	M	1/13-3/17	4:15-5:15pm	\$50	41786
50+	Aqua Exercise Deep Water	Capitol Lakes Aquatics	M	1/13-3/17	5:30-6:30pm	\$50	41774
50+	Aqua Exercise Warm Water	Lapham	M	1/13-3/17	2-3pm	\$47	41784
50+	Aqua Exercise Warm Water	Lapham	M	1/13-3/17	3:15-4:15pm	\$47	41785
50+	Cardio Dance & Toning	MSCR Central	M	1/6-3/17	12:30-1:30pm	\$43	42341
50+	Pure Strength	MSCR East	M	1/6-3/17	8:30-9:15am	\$33	41897
50+	Circuit Fitness	MSCR East	M	1/6-3/17	9:30-10:30am	\$43	42353
50+	Gentle Yoga Flow	MSCR East	M	1/6-3/17	10:30-11:15am	\$33	41964
50+	Cardio Dance	MSCR East	M	1/6-3/17	10:45-11:45am	\$43	41803
50+	Pilates	MSCR East	M	1/6-3/17	10:45-11:30am	\$33	41896
50+	Small Group Training	MSCR East	M	1/6-3/17	4-4:45pm	\$55	41913
50+	Core & Balance Combo	MSCR West	M	1/6-3/17	9-10am	\$43	41830
50+	Functional Fitness	MSCR West	M	1/6-3/17	9:30-10:30am	\$43	41838
50+	T'ai Chi Yang Style	MSCR West	M	1/6-4/14	9:30-10:30am	\$56	42378
50+	Gentle Exercise	MSCR West	M	1/6-3/17	10:15-11:15am	\$43	41879
50+	Functional Fitness	MSCR West	M	1/6-3/17	10:45-11:45am	\$43	41840
50+	Cardio Dance & Toning	MSCR West	M	1/6-3/17	11:45am-12:45pm	\$43	42343
50+	Balance, Strength & Core Stability	MSCR West	M	1/6-3/17	12-1pm	\$43	42356
50+	Pilates	MSCR West	M	1/6-3/17	12:30-1:30pm	\$43	41889
50+	Fitness Conditioning	Warner Park CRC	M	1/6-3/17	9-10am	\$43	41834
50+	Aqua Exercise Deep Water	Capitol Lakes Aquatics	T	1/14-3/18	2:30-3:30pm	\$56	41775
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	T	1/14-3/18	3:45-4:45pm	\$56	41787
50+	Aqua Arthritis Exercise	Lapham	T	1/14-3/18	3:15-4:15pm	\$52	41768
50+	T'ai Chi Intro - Part 2	MSCR Central	T	1/7-3/18	12:30-1:30pm	\$48	41948
50+	T'ai Chi Intermediate	MSCR Central	T	1/7-3/18	1:45-2:45pm	\$48	41936
50+	T'ai Chi Advanced	MSCR Central	T	1/7-3/18	3-4pm	\$48	41928
50+	TRX Suspension Training	MSCR East	T	1/7-3/18	9-9:45am	\$36	41954
50+	Gentle Exercise	MSCR East	T	1/7-3/18	10-11am	\$48	41871
50+	Yoga Flow	MSCR East	T	1/7-3/18	10:30-11:15am	\$48	41978
50+	Arms & Abs	MSCR East	T	1/7-3/18	11:15am-12pm	\$36	41796
50+	Row Fit	MSCR East	T	1/7-3/18	11:45am-12:30pm	\$36	41905
50+	Pure Strength	MSCR East	T	1/7-3/18	12:15-1pm	\$36	41899
50+	Barre Sculpt	MSCR East	T	1/7-3/18	12:45-1:30pm	\$36	41802
50+	Chair Exercise	MSCR East	T	1/7-3/18	1:15-2pm	\$36	42340
50+	Gentle Yoga Flow	MSCR East	T	1/7-3/18	3-4pm	\$48	41966
50+	Stretch & Strength	MSCR West	T	1/7-4/15	8:30-9:30am	\$60	41923
50+	Hatha Yoga II	MSCR West	T	1/7-3/18	8:45-10am	\$43	41972
50+	Hatha Yoga I	MSCR West	T	1/7-3/18	10:15-11:15am	\$33	42216
50+	Gentle Exercise	MSCR West	T	1/7-3/18	11am-12pm	\$48	41873
50+	T'ai Chi Elements	MSCR West	T	1/7-3/18	11am-12pm	\$48	42282
50+	Cardio Step	MSCR West	T	1/7-3/18	11:30am-12:15pm	\$36	42289
50+	Simple Strength	MSCR West	T	1/21-3/18	1:15-2pm	\$39	41907
50+	Functional Fitness	MSCR West	T	1/7-3/18	1:30-2:30pm	\$48	41842
50+	Functional Fitness	MSCR West	T	1/21-3/18	2-2:50pm	\$39	41844
50+	Functional Fitness	MSCR West	T	1/21-3/18	3-3:50pm	\$39	41846
50+	Parkour for Seniors	Warner Park CRC	T	1/7-4/15	9:30-11am	\$105	41886
50+	Chair Exercise	Warner Park CRC	T	1/7-3/18	10:15-11:15am	\$48	41809
50+	Parkour for Seniors	Warner Park CRC	T	1/7-4/15	11:15am-12:45pm	\$105	41884
50+	Core & Balance Combo	Warner Park CRC	T	1/7-3/18	11:30am-12:30pm	\$48	41832

Age	Class	Location	Day	Date	Time	Fee	Course #
WINTER SESSION							
50+	Aqua Arthritis Exercise	Capitol Lakes Aquatics	W	1/15-3/19	2-3pm	\$56	41769
50+	Aqua Exercise Deep Water	Capitol Lakes Aquatics	W	1/15-3/19	3:15-4:15pm	\$56	41776
50+	Aqua Exercise Warm Water	Lapham	W	1/15-3/19	3:15-4:15pm	\$52	41788
50+	Functional Fitness	MSCR Central	W	1/8-3/19	8:30-9:20am	\$48	41848
50+	Functional Fitness	MSCR Central	W	1/8-3/19	9:30-10:20am	\$48	41850
50+	Functional Fitness	MSCR Central	W	1/8-3/19	10:30-11:20am	\$48	41852
50+	Functional Fitness	MSCR Central	W	1/8-3/19	11:30am-12:20pm	\$48	41854
50+	Functional Fitness	MSCR Central	W	1/8-3/19	12:30-1:20pm	\$48	41855
50+	Barre Sculpt	MSCR Central	W	1/8-3/19	2-3pm	\$43	42473
50+	Balance, Strenth & Core	MSCRCentral	W	1/8-3/19	3:15-4:15pm	\$43	42472
50+	Pilates	MSCR East	W	1/8-3/12	8:30-9:30am	\$43	41893
50+	Cardio Dance & Toning	MSCR East	W	1/8-3/19	9:30-10:30am	\$48	42342
50+	Mindful Balance	MSCR East	W	1/8-3/19	10:30-11:30am	\$48	41880
50+	Strength Training for Women	MSCR East	W	1/8-3/19	11am-12pm	\$48	41917
50+	T'ai Chi Pole	MSCR East	W	1/8-4/16	3-4pm	\$60	41950
50+	Simple Strength	MSCR West	W	1/8-3/19	9-10am	\$48	41909
50+	T'ai Chi Yang Style	MSCR West	W	1/8-4/16	9:30-10:30am	\$60	42380
50+	Chair Exercise	MSCR West	W	1/8-3/19	10:15-11am	\$36	41813
50+	Stretch & Strength	MSCR West	W	1/8-3/12	10:30-11:30am	\$43	41925
50+	Balance, Strength & Core Stability	MSCR West	W	1/8-3/19	11:30am-12:30pm	\$48	41798
50+	TRX Suspension Training	MSCR West	W	1/8-3/19	12:45-1:35pm	\$48	42463
50+	Functional Fitness	MSCR West	W	1/8-3/19	5:30-6:30pm	\$48	42313
50+	Stretch & Strength	Warner Park CRC	W	1/8-3/19	9-9:45am	\$36	41924
50+	Fitness Conditioning	Warner Park CRC	W	1/8-3/19	9-10am	\$48	41836
50+	Pure Strength	Warner Park CRC	W	1/8-3/19	10:15-11am	\$36	42358
50+	Mindfulness Movement & Joint Health	Warner Park CRC	W	1/8-3/19	10:30-11:30am	\$36	41882
50+	T'ai Chi Intermediate	Warner Park CRC	W	1/8-3/19	1-2pm	\$48	41939
50+	Aqua Exercise Shallow Water	Capitol Lakes Aquatics	Th	1/16-3/20	2-3pm	\$56	41781
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	Th	1/16-3/20	3:15-4:15pm	\$56	41789
50+	Aqua Arthritis Exercise	Lapham	Th	1/16-3/20	3:15-4:15pm	\$52	41770
50+	Balance, Strength & Core Stability	MSCR Central	Th	1/9-3/20	10-11am	\$48	41800
50+	Cardio Dance	MSCR Central	Th	1/9-3/20	11:15am-12:15pm	\$48	41808
50+	Functional Fitness	MSCR East	Th	1/9-3/20	9-10am	\$48	41856
50+	Functional Fitness	MSCR East	Th	1/9-3/20	10:15-11:15am	\$48	41858
50+	Yoga Flow	MSCR East	Th	1/9-3/20	10:30-11:30am	\$48	41980
50+	TRX Suspension Training	MSCR East	Th	1/9-3/20	12-12:45pm	\$36	42320
50+	Body Groove	MSCR East	Th	1/9-3/20	12-1pm	\$48	42350
50+	T'ai Chi Intermediate	MSCR East	Th	1/9-3/20	1:30-2:30pm	\$48	41940
50+	T'ai Chi Intro - Part 1	MSCR East	Th	1/9-3/20	2:45-3:45pm	\$48	41947
50+	Stretch & Strength	MSCR West	Th	1/9-3/20	8:15-9:15am	\$48	41921
50+	Hatha Yoga II	MSCR West	Th	1/9-3/20	8:45-10am	\$43	41974
50+	Chair Exercise	MSCR West	Th	1/9-3/20	9:30-10:30am	\$48	41815
50+	T'ai Chi for Arthritis & Fall Prevention	MSCR West	Th	1/9-3/20	9:30-10:30am	\$48	41934
50+	Hatha Yoga I	MSCR West	Th	1/9-3/20	10:15-11:15am	\$43	41970
50+	Gentle Exercise	MSCR West	Th	1/9-3/20	11am-12pm	\$48	41875
50+	T'ai Chi Elements Continuiung	MSCR West	Th	1/9-3/20	11am-12pm	\$48	42284
50+	Cardio Dance & Toning	MSCR West	Th	1/9-3/20	11:35am-12:35pm	\$48	42344
50+	Simple Strength	MSCR West	Th	1/23-3/20	1-1:50pm	\$39	41911
50+	Gentle Yoga	MSCR West	Th	1/9-3/20	1-2pm	\$36	41959

Age	Class	Location	Day	Date	Time	Fee	Course #
WINTER SESSION							
50+	TRX Suspension Training	MSCR West	Th	1/9-3/20	1:45-2:35pm	\$48	42322
50+	Functional Fitness	MSCR West	Th	1/23-3/20	2:25pm	\$39	41862
50+	Pilates	MSCR West	Th	1/9-3/20	2:30-3:30pm	\$48	41895
50+	Functional Fitness	MSCR West	Th	1/23-3/20	3-3:50pm	\$39	41860
50+	Gentle Yoga Flow	Warner Park CRC	Th	1/9-3/20	9:15-10am	\$48	41958
50+	Pure Strength	Warner Park CRC	Th	1/9-3/20	10:30-11:15am	\$36	41903
50+	Chair Yoga	MSCR Central	F	1/10-3/21	9:30-10:15am	\$48	41956
50+	Strength Training for Women	MSCR Central	F	1/10-3/21	11am-12pm	\$48	41915
50+	Cardio Dance	MSCR Central	F	1/10-3/21	12:15-1:15pm	\$48	42291
50+	T'ai Chi Intermediate	MSCR Central	F	1/10-4/18	1-2pm	\$60	41944
50+	Ballroom Basics for Balance	MSCR East	F	1/10-3/14	9-10am	\$43	42324
50+	Cardio Dance	MSCR East	F	1/10-3/21	10:45-11:45am	\$48	41805
50+	Strength Training for Women	MSCR East	F	1/10-3/21	12:30-1:30pm	\$48	41919
50+	Circuit Fitness	MSCR East	F	1/10-3/21	1:45-2:45pm	\$48	42354
50+	Gentle Yoga	MSCR West	F	1/10-3/21	9-10am	\$43	41961
50+	Functional Fitness	MSCR West	F	1/10-3/21	9:30-10:30am	\$48	41864
50+	T'ai Chi Yang Style	MSCR West	F	1/10-4/18	9:30-10:30am	\$60	42379
50+	Gentle Exercise	MSCR West	F	1/10-3/21	10:20-11:20am	\$48	41877
50+	Functional Fitness	MSCR West	F	1/10-3/21	10:45-11:45am	\$48	41866
50+	Chair One Dance Fitness	MSCR West	F	1/10-3/21	12-1pm	\$48	41820
50+	Mindfulness Movement & Gut Health	Warner Park CRC	F	1/10-3/21	10:30-11:30am	\$36	42347
50+	Chair Exercise	Warner Park CRC	F	1/10-3/21	12:30-1:30pm	\$48	41817

Help for kids with special needs



Wisconsin Wayfinder
Children's Resource Network



Connect today

dhs.wi.gov/wiscway

(877) WiscWay
877-847-2828

Age	Class	Location	Day	Date	Time	Fee	Course #
SPRING SESSION							
50+	Aqua Exercise Shallow Water	Capitol Lakes Aquatics	M	3/31-5/19	3-4pm	\$45	41782
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	M	3/31-5/19	4:15-5:15pm	\$45	41792
50+	Aqua Exercise Deep Water	Capitol Lakes Aquatics	M	3/31-5/19	5:30-6:30pm	\$45	41777
50+	Aqua Exercise Warm Water	Lapham	M	3/31-5/19	2-3pm	\$42	41790
50+	Aqua Exercise Warm Water	Lapham	M	3/31-5/19	3:15-4:15pm	\$42	41791
50+	Learn to Fall Safely	Madison Circus Space	M	4/7-4/28	9:30-10:30am	\$30	42470
50+	Cardio Dance & Toning	MSCR Central	M	3/31-6/2	12:30-1:30pm	\$39	41827
50+	Pure Strength	MSCR East	M	3/31-6/2	8:30-9:15am	\$29	41898
50+	Circuit Fitness	MSCR East	M	3/31-6/2	9:30-10:30am	\$39	41823
50+	Gentle Yoga Flow	MSCR East	M	4/7-6/2	10:30-11:15am	\$26	41965
50+	Cardio Dance	MSCR East	M	3/31-6/2	10:45-11:45am	\$39	41807
50+	Pilates	MSCR East	M	3/31-6/2	10:45-11:30am	\$29	41894
50+	Small Group Training	MSCR East	M	3/31-6/2	4-4:45pm	\$50	41914
50+	Core & Balance Combo	MSCR West	M	3/31-6/2	9-10am	\$39	41831
50+	Functional Fitness	MSCR West	M	3/31-6/2	9:30-10:30am	\$39	41839
50+	Gentle Exercise	MSCR West	M	3/31-6/2	10:15-11:15am	\$39	41870
50+	Functional Fitness	MSCR West	M	3/31-6/2	10:45-11:45am	\$39	41841
50+	Cardio Dance & Toning	MSCR West	M	3/31-6/2	11:45am-12:45pm	\$39	41825
50+	Balance, Strength & Core Stability	MSCR West	M	3/31-6/2	12-1pm	\$39	42011
50+	Pilates	MSCR West	M	3/31-6/2	12:30-1:30pm	\$39	41888
50+	Fitness Conditioning	Warner Park CRC	M	3/31-6/2	9-10am	\$39	41835
50+	Aqua Exercise Deep Water	Capitol Lakes Aquatics	T	4/1-5/20	2:30-3:30pm	\$45	41778
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	T	4/1-5/20	3:45-4:45pm	\$45	41793
50+	Aqua Arthritis Exercise	Lapham	T	4/1-5/20	3:15-4:15pm	\$42	41771
50+	T'ai Chi Intro - Part 2	MSCR Central	T	4/1-6/3	12:30-1:30pm	\$43	41943
50+	T'ai Chi Intermediate	MSCR Central	T	4/1-6/3	1:45-2:45pm	\$43	41937
50+	T'ai Chi Advanced	MSCR Central	T	4/1-6/3	3-4pm	\$43	41929
50+	TRX Suspension Training	MSCR East	T	4/1-6/3	9-9:45am	\$33	41955
50+	Gentle Exercise	MSCR East	T	4/1-6/3	10-11am	\$43	41872
50+	Arms & Abs	MSCR East	T	4/1-6/3	11:15am-12pm	\$33	41797
50+	Row Fit	MSCR East	T	4/1-6/3	11:45am-12:30pm	\$33	41906
50+	Pure Strength	MSCR East	T	4/1-6/3	12:15-1pm	\$33	41900
50+	Barre Sculpt	MSCR East	T	4/1-6/3	12:45-1:30pm	\$33	42382
50+	Chair Exercise	MSCR East	T	4/1-6/3	1:15-2pm	\$33	41811
50+	Gentle Yoga Flow	MSCR East	T	4/1-6/3	3-4pm	\$43	41967
50+	Hatha Yoga II	MSCR West	T	4/1-6/3	8:45-10am	\$39	41973
50+	Hatha Yoga I	MSCR West	T	4/1-6/3	10:15-11:15am	\$39	41969
50+	Gentle Exercise	MSCR West	T	4/1-6/3	11am-12pm	\$43	41874
50+	T'ai Chi Elements	MSCR West	T	4/1-6/3	11am-12pm	\$43	41933
50+	Cardio Step	MSCR West	T	4/1-6/3	11:30am-12:15pm	\$33	42208
50+	Simple Strength	MSCR West	T	4/1-5/20	1-1:50pm	\$35	41908
50+	Functional Fitness	MSCR West	T	4/1-6/3	1:30-2:30pm	\$43	41843
50+	Functional Fitness	MSCR West	T	4/1-5/20	2-2:50pm	\$35	41845
50+	Functional Fitness	MSCR West	T	4/1-5/20	3-3:50pm	\$35	41847
50+	Chair Exercise	Warner Park CRC	T	4/1-6/3	10:15-11:15am	\$43	41810
50+	Core & Balance Combo	Warner Park CRC	T	4/1-6/3	11:30am-12:30pm	\$43	41833

Age	Class	Location	Day	Date	Time	Fee	Course #
SPRING SESSION							
50+	Aqua Arthritis Exercise	Capitol Lakes Aquatics	W	4/2-5/21	2-3pm	\$45	41772
50+	Aqua Exercise Deep Water	Capitol Lakes Aquatics	W	4/2-5/21	3:15-4:15pm	\$45	41779
50+	Aqua Exercise Warm Water	Lapham	W	4/2-5/21	3:15-4:15pm	\$42	41794
50+	Functional Fitness	MSCR Central	W	4/2-6/4	8:30-9:20am	\$43	41849
50+	Functional Fitness	MSCR Central	W	4/2-6/4	9:30-10:20am	\$43	41851
50+	Functional Fitness	MSCR Central	W	4/2-6/4	10:30-11:20am	\$43	41853
50+	Functional Fitness	MSCR Central	W	4/2-6/4	11:30am-12:20pm	\$43	42336
50+	Functional Fitness	MSCR Central	W	4/2-6/4	12:30-1:20pm	\$43	42337
50+	Barre Sculpt	MSCR Central	W	4/2-5/21	2-3pm	\$43	42474
50+	Balance, Strength & Core	MSCR Central	W	4/2-5/21	3:15-4:15pm	\$43	42475
50+	Pilates	MSCR East	W	4/9-6/4	8:30-9:30am	\$39	41892
50+	Cardio Dance & Toning	MSCR East	W	4/2-6/4	9:30-10:30am	\$43	41828
50+	Mindful Balance	MSCR East	W	4/2-6/4	10:30-11:30am	\$43	41881
50+	Strength Training for Women	MSCR East	W	4/2-6/4	11am-12pm	\$43	41918
50+	Simple Strength	MSCR West	W	4/2-6/4	9-10am	\$43	41910
50+	Chair Exercise	MSCR West	W	4/2-6/4	10:15-11am	\$33	41814
50+	Stretch & Strength	MSCR West	W	4/9-6/4	10:30-11:30am	\$39	41927
50+	Balance, Strength & Core Stability	MSCR West	W	4/2-6/4	11:30am-12:30pm	\$43	41799
50+	TRX Suspension Training	MSCR West	W	4/2-6/4	12:45-1:35pm	\$43	42464
50+	Functional Fitness	MSCR West	W	4/2-6/4	5:30-6:30pm	\$43	42339
50+	Stretch & Strength	Warner Park CRC	W	4/2-6/4	9-9:45am	\$33	42348
50+	Fitness Conditioning	Warner Park CRC	W	4/2-6/4	9-10am	\$43	41837
50+	Pure Strength	Warner Park CRC	W	4/2-6/4	10:15-11am	\$33	41902
50+	Mindfulness Movement & Joint Health	Warner Park CRC	W	4/2-6/4	10:30-11:30am	\$33	42346
50+	T'ai Chi Intermediate	Warner Park CRC	W	4/2-6/4	1-2pm	\$43	42351
50+	Aqua Exercise Shallow Water	Capitol Lakes Aquatics	Th	4/3-5/22	2-3pm	\$45	41783
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	Th	4/3-5/22	3:15-4:15pm	\$45	41795
50+	Aqua Arthritis Exercise	Lapham	Th	4/3-5/22	3:15-4:15pm	\$42	41773
50+	Balance, Strength & Core Stability	MSCR Central	Th	4/3-6/5	10-11am	\$43	41801
50+	Cardio Dance	MSCR Central	Th	4/3-6/5	11:15am-12:15pm	\$43	42335
50+	Functional Fitness	MSCR East	Th	4/3-6/5	9-10am	\$43	41857
50+	Functional Fitness	MSCR East	Th	4/3-6/5	10:15-11:15am	\$43	41859
50+	Yoga Flow	MSCR East	Th	4/3-6/5	10:30-11:30am	\$43	41981
50+	TRX Suspension Training	MSCR East	Th	4/3-6/5	12-12:45pm	\$33	41953
50+	Body Groove	MSCR East	Th	4/3-6/5	12-1pm	\$43	41822
50+	T'ai Chi Intermediate	MSCR East	Th	4/3-6/5	1:30-2:30pm	\$43	41941
50+	T'ai Chi Intro - Part 1	MSCR East	Th	4/3-6/5	2:45-3:45pm	\$43	41949
50+	Stretch & Strength	MSCR West	Th	4/3-6/5	8:15-9:15am	\$43	41922
50+	Hatha Yoga II	MSCR West	Th	4/3-6/5	8:45-10am	\$39	41975
50+	Chair Exercise	MSCR West	Th	4/3-6/5	9:30-10:30am	\$43	41816
50+	T'ai Chi for Arthritis & Fall Prevention	MSCR West	Th	4/3-6/5	9:30-10:30am	\$43	41935
50+	Hatha Yoga I	MSCR West	Th	4/3-6/5	10:15-11:15am	\$39	41971
50+	Gentle Exercise	MSCR West	Th	4/3-6/5	11am-12pm	\$43	41876
50+	T'ai Chi Elements Continuing	MSCR West	Th	4/3-6/5	11am-12pm	\$43	41931
50+	Cardio Dance & Toning	MSCR West	Th	4/3-6/5	11:35am-12:35pm	\$43	42338
50+	Simple Strength	MSCR West	Th	4/3-5/22	1-1:50pm	\$35	41912
50+	Gentle Yoga	MSCR West	Th	4/3-6/5	1-2pm	\$43	41960
50+	TRX Suspension Training	MSCR West	Th	4/3-6/5	1:45-2:35pm	\$43	42345
50+	Functional Fitness	MSCR West	Th	4/3-5/22	2-2:50pm	\$35	41861
50+	Pilates	MSCR West	Th	4/3-6/5	2:30-3:30pm	\$43	41896
50+	Functional Fitness	MSCR West	Th	4/3-5/22	3-3:50pm	\$35	41863
50+	Pure Strength	Warner Park CRC	Th	4/3-6/5	10:30-11:15am	\$33	41904

Age	Class	Location	Day	Date	Time	Fee	Course #
50+	Chair Yoga	MSCR Central	F	4/4-6/6	9:30-10:15am	\$33	41957
50+	Strength Training for Women	MSCR Central	F	4/4-6/6	11am-12pm	\$43	41916
50+	Cardio Dance	MSCR Central	F	4/4-6/6	12:15-1:15pm	\$43	41804
50+	Ballroom Basics for Balance	MSCR East	F	4/4-6/6	9-10am	\$43	41812
50+	Cardio Dance	MSCR East	F	4/4-6/6	10:45-11:45am	\$43	41806
50+	Strength Training for Women	MSCR East	F	4/4-6/6	12:30-1:30pm	\$43	41920
50+	Circuit Fitness	MSCR East	F	4/4-6/6	1:45-2:45pm	\$43	41869
50+	Gentle Yoga	MSCR West	F	4/4-6/6	9-10am	\$39	41962
50+	Functional Fitness	MSCR West	F	4/4-6/6	9:30-10:30am	\$43	41865
50+	Gentle Exercise	MSCR West	F	4/4-6/6	10:20-11:20am	\$43	41878
50+	Functional Fitness	MSCR West	F	4/4-6/6	10:45-11:45am	\$43	41867
50+	Chair One Dance Fitness	MSCR West	F	4/4-6/6	12-1pm	\$43	41821
50+	Mindfulness Movement & Gut Health	Warner Park CRC	F	4/4-6/6	10:30-11:30am	\$33	41883
50+	Chair Exercise	Warner Park CRC	F	4/4-6/6	12:30-1:30pm	\$43	41818

OUTDOOR

BICYCLING - BACK IN THE SADDLE

Build confidence in your bicycling skills. Covers bicycle handling skills, group riding, safety and light maintenance. Class offers classroom and on-the-bike sessions. Led by a League of American Bicyclists Certified Instructor. Fee includes materials. Bicycle and helmet required. Free Bikes 4 Kidz Madison has a limited number of adult bikes to those who want to participate in this class. For details, contact Mindy Vinje at 608-204-3033 or mjvinje@madison.k12.wi.us.

NORDIC POLE WALKING

Looking to add something new to your walk - try Nordic Poling! This workshop is for individuals new to Nordic Poling and/or interested in learning the proper form and technique while walking with poles. Nordic poling combines the benefits of cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core, and legs. Poles are provided.

PARKOUR FOR SENIORS

Learn balance and coordination, work on preventing falls, find more flexibility in your body and more movement options for your life! Curriculum is an evidence-based parkour program for older adults. Open to participants of all fitness levels, instructors have options for all.

SNOWSHOEING

Learn to snowshoe and practice your skills around a local Madison park. Snowshoes and instruction provided.

STRETCH & STRENGTH

This class incorporates stretching exercises to enhance flexibility and strengthening exercises to improve overall fitness.

TAI CHI INTERMEDIATE

This class refines the movements of Tai Chi Intro (Part 1 & 2). After QiGong, the class focuses on refining both individual forms and the entire Beijing 24 sequence. Beginners are encouraged to complete the Intro classes before registering for the intermediate class.

TAI CHI POLE

The Tai Chi pole form uses rounded, thrusting, retracting movements to strengthen the body as well as the mind. Develop better concentration, posture, breath and balance by using coordinated pole movements. The pole weight is 5lbs but adjustments can be made to perfect your form and build strength.

TAI CHI YANG STYLE

Improve coordination, strength and balance through practical application of Yang Family Tai Chi in daily practice including the 24 posture short form.

WALKABOUTS

A brisk walk in the great outdoors promotes physical and psychological well-being. Walks are in Madison area parks, neighborhoods and natural areas and are 2 - 2.5 miles in length. A detailed schedule is emailed to registered participants prior to the first walk. Prior to the first walk, participants should be able to walk two miles &/or complete one mile in 25 minutes.

Age	Class	Location	Day	Date	Time	Fee	Course #
WINTER OUTDOOR SESSION							
50+	Snowshoeing	MSCR Central	W	1/29	2-4pm	\$10	41984
50+	Snowshoeing	Warner Park	Th	2/13	1:30-3:30pm	\$10	41983
SPRING OUTDOOR SESSION							
50+	T'ai Chi Yang Style	Garner Park	M	4/21-6/2	9:30-10:30am	\$26	42394
50+	Stretch & Strength	Rennebohm Park	T	4/22-6/3	8:30-9:30am	\$30	41985
50+	WalkAbouts	TBA	T	4/22-6/3	9:15-10:15am	\$30	41989
50+	Parkour for Seniors	Warner Park	T	4/22-6/3	9:30-11am	\$53	41885
50+	Parkour for Seniors	Warner Park	T	4/22-6/3	11:15am-12:45pm	\$53	41887
50+	T'ai Chi Yang Style	Garner Park	W	4/23-6/4	9:30-10:30am	\$30	42390
50+	Nordic Pole Walking	Lake Farm Park	W	5/14	9-10am	\$5	41982
50+	T'ai Chi Pole	MSCR Central	W	4/23-6/4	3-4pm	\$30	41986
50+	Bicycling - Back in the Saddle	Olbrich Park	W	4/30-5/21	9:30-11:30am	\$17	42402
50+	Bicycling - Back in the Saddle	Olin-Turville Park	Th	5/1-5/22	9:30-11:30am	\$17	42401
50+	Nordic Pole Walking	Warner Park	Th	5/8	9-10am	\$5	42352
50+	T'ai Chi Yang Style	Garner Park	F	4/25-6/6	9:30-10:30am	\$30	42393
50+	QiGong for Renewal & Relaxation	Garner Park	F	4/25-6/6	10:30-11:30am	\$30	41987
50+	T'ai Chi Intermediate	Hoyt Park	F	4/25-6/6	1-2pm	\$30	41988

VIRTUAL

BALANCING ACT

This introductory exercise program is designed to increase balance and decrease the risk of falling by using T'ai Chi movements and principles. Exercises are primarily from a standing position. Adapted chair based exercises are available to meet individual needs. There is no floor work.

CHAIR EXERCISE

Designed to help reduce pain and stiffness while maintaining or improving mobility, muscle strength, posture, balance and functional ability. All exercises can be performed while standing or seated in a chair. There is no floor work.

CHAIR ONE DANCE FITNESS

A chair-based dance fitness program for anyone who has difficulty standing during a fitness class. A fun, musically driven, interactive, full body workout with dance and fitness movements. There is no floor work.

CORE WITHOUT THE FLOOR

This 30-minute off-the-floor class focuses on strengthening and stretching the muscles of your 'powerhouse'- the abdominal, back and hip muscles in a balanced way without needing a mat. All exercises can be performed while standing or seated in a chair. There is no floor work.

FUNCTIONAL FITNESS

Class focuses on improving functional performance levels using light weights and an exercise mat. It includes movement patterns that enhance strength, agility, aerobic fitness, balance and flexibility.

MEDITATION

Meditation is Easy! Join us for a straightforward easy meditation practice. We cover techniques for meditation, tools for establishing a daily meditation practice and troubleshooting your meditations. This class is for novices and seasoned meditators alike.

PURE STRENGTH

Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected!

SIMPLE STRENGTH

Learn the basics of strength training using a variety of fitness equipment. Emphasis is on strength that also enhances balance and flexibility.

STRETCH & STRENGTH

Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected!

STRENGTH TRAINING FOR WOMEN

This women's specific strength training class incorporates weights, exercise mat and body weight training for an effective total body strength training class.

T'AI CHI /CHI KUNG FOR BALANCE

Instruction in a variety of standing and moving T'ai Chi/ Chi Kung practices for cultivation of physical and emotional balance, strength, flexibility, structural alignment and energy flow. Movement patterns can be modified according to individual need.

WALK & TONE

Burn calories, increase energy and tone muscles in this 45 minute low impact indoor walking program using basic steps and strength training exercises to upbeat music.



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YOGA**GENTLE YOGA**

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

GENTLE YOGA FLOW

Flow slowly into basic yoga poses and sequences while using the breath as a tool to remain present and mindful. Expect lots of stretching and lengthening with a heavy dose of relaxation.

HATHA YOGA I

Learn the fundamental elements of a Hatha yoga class. Benefit from increased strength and flexibility while practicing proper body posture and alignment. Appropriate for all levels but geared toward those new to the practice.

YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Perfect for active yoga, strength building and improving flexibility.

YOGA SUAVE EN ESPAÑOL

Una Buena opcion para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atencion en la respiracion. La clases termina con tecnicas de respiracion suave y relajante. sin clase 1/15, 5/27.

Age	Class	Location	Day	Date	Time	Fee	Course #
VIRTUAL WINTER SESSION							
50+	Pure Strength	Virtual	M	1/6-3/17	8:30-9:15am	\$33	41998
50+	Chair Exercise	Virtual	M	1/6-3/17	9:15-10:15am	\$39	42266
50+	Yoga Suave en Español	Virtual	M	1/6-3/17	10:15-11:15am	\$0	42008
50+	Functional Fitness	Virtual	M	1/6-3/17	10:30-11:30am	\$43	42270
50+	Strength Training for Women	Virtual	T	1/7-3/18	8-8:45am	\$36	42269
50+	Simple Strength	Virtual	T	1/7-3/18	9-10am	\$48	42001
50+	Yoga Flow	Virtual	T	1/7-3/18	9-9:45am	\$48	42006
50+	Gentle Yoga	Virtual	T	1/7-3/18	10:30-11:30am	\$48	42004
50+	Chair One Dance Fitness	Virtual	T	1/7-3/18	12:15-1pm	\$43	42264
50+	T'ai Chi /Chi Kung for Balance	Virtual	T	1/7-3/18	1-2pm	\$48	42003
50+	Meditation	Virtual	T	1/7-3/18	1-2pm	\$35	41997
50+	Core without the Floor	Virtual	W	1/8-3/19	9-9:30am	\$24	42278
50+	Pure Strength	Virtual	W	1/8-3/19	3-4pm	\$48	42272
50+	Functional Fitness	Virtual	Th	1/9-3/20	9:30-10:30am	\$48	42271
50+	Simple Strength	Virtual	Th	1/9-3/20	9-10am	\$48	42259
50+	Yoga Flow	Virtual	Th	1/9-3/20	10:30-11:30am	\$36	42220
50+	Balancing Act	Virtual	Th	1/9-3/20	1-1:45pm	\$36	41992
50+	Hatha Yoga I	Virtual	Th	1/9-3/20	4:15-5:15am	\$48	41968
VIRTUAL SPRING SESSION							
50+	Pure Strength	Virtual	M	3/31-6/2	8:30-9:15am	\$29	41999
50+	Chair Exercise	Virtual	M	3/31-6/2	9:15-10:15am	\$39	41993
50+	Gentle Yoga Flow	Virtual	M	3/31-6/2	10-10:45pm	\$29	42217
50+	Yoga Suave en Español	Virtual	M	3/31-6/2	10:15-11:15am	\$0	42218
50+	Functional Fitness	Virtual	M	3/31-6/2	10:30-11:30am	\$39	41995
50+	Stretch & Strength	Virtual	M	3/31-6/2	11-11:45am	\$29	42275
50+	Strength Training for Women	Virtual	T	4/1-6/3	8-8:45am	\$33	42002
50+	Yoga Flow	Virtual	T	4/1-6/3	9-9:45am	\$43	42221
50+	Simple Strength	Virtual	T	4/1-6/3	9-10am	\$43	42000
50+	Gentle Yoga	Virtual	T	4/1-6/3	10:30-11:30am	\$65	42212
50+	Chair One Dance Fitness	Virtual	T	4/8-6/3	12:15-1pm	\$39	41994
50+	T'ai Chi /Chi Kung for Balance	Virtual	T	4/1-6/3	1-2pm	\$43	42360
50+	Meditation	Virtual	T	4/1-6/3	1-2pm	\$43	42207
50+	Core without the Floor	Virtual	W	4/2-6/4	9-9:30am	\$22	42277
50+	Walk & Tone	Virtual	W	4/2-6/4	10-10:45am	\$33	42280
50+	Pure Strength	Virtual	W	4/2-6/4	3-4pm	\$43	42273
50+	Functional Fitness	Virtual	Th	4/3-6/5	9:30-10:30am	\$43	41996
50+	Simple Strength	Virtual	Th	4/3-6/5	9-10am	\$43	42260
50+	Yoga Flow	Virtual	Th	4/3-6/5	10:30-11:30am	\$33	42007
50+	Balancing Act	Virtual	Th	4/3-6/5	1-1:45pm	\$33	42361
50+	Hatha Yoga I	Virtual	Th	4/3-6/5	4:15-5:15am	\$39	42211

Non league sports are played as pick up games where teams are determined each night based on attendance. No game officials are present. Site Supervisors and some equipment are provided. Individuals sign up for the night of play and location.

BADMINTON

A lot of fun with great physical conditioning - this sport offers something for everyone. Birds are furnished.

BASKETBALL

All skill levels welcome. East and west side locations available.

BOCCE

Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the basic rules and then further develop your skills of this great ball sport on our indoor bocce courts. All skill levels welcome. Indoor bocce balls are provided.

CRICKET

Indoor cricket is a fast paced, action packed version of the game with easy to follow rules and an emphasis on fun and fitness. Indoor cricket is played between 2 teams of 7 players, and games are played with a modified tennis ball which is much lighter than an outdoor cricket ball.

PICKLEBALL BEGINNER

If you have been wondering about pickleball or have been playing but have never had a structured class this is the class for you. We cover the basics of the game moving up through basic strategy. By the end of the first 2 classes, you will be able to play a basic game that you refine throughout the session through playing and coaching.

PICKLEBALL ADVANCED BEGINNER

This is for players who have taken a beginner class and have playing experience. Advanced beginners can play games, keep score, sustain short rallies, know the two-bounce rule and can demonstrate it at most times. Also, players should know court positioning during the serve, serve receive and general play. This builds on the skills developed to move you closer to becoming an intermediate pickleball player. This includes instruction, drills and periods of game play.

PICKLEBALL INTERMEDIATE

Intermediate players should understand core game rules and be able to serve, sustain a basic rally and keep score. While some coaching is available, this is not a beginner's session.

PICKLEBALL INTERMEDIATE 50+

Want to play Pickleball with other people who are 50+ years old? Intermediate players should understand core game rules and be able to serve, sustain a basic rally and keep score. While some coaching is available this is not for beginners.

PICKLEBALL INTERMEDIATE OPEN PLAY

Intermediate players should understand core game rules and be able to serve, sustain a basic rally and keep score. Players rotate in and out when a game ends so everyone has a chance to play with multiple partners during each class. This class is not for beginners because there is no coaching available.

PICKLEBALL BEGINNER - INDOOR/OUTDOOR

Learn the basics of gameplay, rules, technique and basic strategy. By the end of the first 2 classes, you will be able to play a basic game. Refine your skills throughout the rest of the session with additional practice and coaching. The first 4 weeks of class is indoors at O'Keeffe, 7:15-9:15pm while the last 4 weeks is at Door Creek Park, 6-8pm.



FRIDAY NIGHT FEATURES - 40+ PICKLEBALL - TRY IT

Participants learn the basic rules of doubles pickleball, where to stand on the court, how scoring works and get a chance to play a game of pickleball.

PICKLEBALL ADVANCED BEGINNER - INDOOR/OUTDOOR

This is for players who have taken a pickleball class and have playing experience. Advanced beginners can play games, keep score, sustain short rallies, know the two-bounce rule and can demonstrate it at most times. Also, players should know court positioning during the serve, serve receive and general play. This class builds on the skills developed to move you closer to becoming an intermediate level pickleball player. This includes instruction, drills and periods of game play. The first 4 weeks of class is indoors at O'Keeffe, 7:15-9:15pm while the last 4 weeks is at Door Creek Park, 6-8pm.

PICKLEBALL INTERMEDIATE - OUTDOOR

Come play outdoor pickleball! You must understand the core rules of the game, are able to keep score, be able to serve and can sustain a basic rally. While coaching is available this is not a beginner's session.

VOLLEYBALL INTERMEDIATE

Sites may have multiple nets so high intermediate/low power and mid/low intermediate players can play with others who have similar skill levels (at discretion of the site supervisor). Intermediate players should have reliable but not excellent ball handling skills in hitting, setting, passing, serving and defensive coverage. Low Power players are those who formerly played Power but have lost some mobility. Participants who do not exhibit the skill level typical for Intermediate play may be asked to transfer to another class. MSCR staff reserve the right to make such judgments for the enjoyment of all participants.

VOLLEYBALL 50+ OPEN PLAY

Want to play volleyball with other people who are 50+ years old? Open play volleyball is for beginner to intermediate players with no skill level required.

VOLLEYBALL POWER

Players must have advanced skills in setting, hitting, passing, serving, blocking, defensive coverage and base transition. Must be able to move to the ball and contribute to controlled, effective team play plus know center back defense and 6-2 or 5-1 rotation. Participants who do not exhibit the skill level expected for Power may be asked to transfer to another class. MSCR staff reserves the right to make such judgements for the enjoyment of all participants.

VOLLEYBALL WOMEN'S POWER

Power players must have advanced ball handling skills, recent experience playing on competitive power teams and effective defensive and offensive teamwork skills.

VOLLEYBALL RECREATION

Enjoy the game as it should be - Rec Volleyball is for beginner to intermediate players with no skill level required.

VOLLEYBALL TECHNIQUES

Improve your skills and learn a team offense. BEGINNER: Learn basic skills and court movement. ADVANCED: Focuses on game strategy. Learn how to read the other team's offense and defense, and how to be effective against them. Practice where to put the ball that takes away their favorite shot! Players are divided among two courts according to skill level.

Age	Activity	Location	Day	Date	Time	Fee	Course #
18+	Badminton	Memorial	M	1/6-2/24	7:30-9:30pm	\$28	42026
18+	Badminton	Memorial	T	1/7-2/25	7:30-9:30pm	\$32	42027
18+	Basketball	Marquette	T	1/7-3/11	7:15-9:15pm	\$40	42028
18+	Basketball	Marquette	T	4/1-4/29	7:15-9:15pm	\$20	42029
18+	Basketball	Toki	Th	1/9-3/13	7:15-9:15pm	\$40	42030
18+	Basketball	Toki	Th	4/3-5/1	7:15-9:15pm	\$20	42031
18+	Bocce	MSCR West	W	1/22-3/12	6:45-8:15pm	\$32	42032
18+	Bocce	MSCR West	W	4/2-4/30	6:45-8:15pm	\$20	42033
18+	Cricket	Sherman	M,F	1/6-3/10	7-9pm	\$72	42170
40+	Friday Night Features - 40+ Pickleball - Try It	MSCR West	F	2/7	6-7:45pm	\$5	42180

18+	Pickleball Beginner	O'Keefe	M	1/6-2/10	7:15-9:15pm	\$35	42036
18+	Pickleball Beginner	MSCR West	M	1/6-2/10	7:30-9pm	\$35	42171
18+	Pickleball Beginner	O'Keefe	M	2/17-3/17	7:15-9:15pm	\$35	42037
18+	Pickleball Beginner	MSCR West	M	2/17-3/17	7:30-9pm	\$35	42172
18+	Pickleball Beginner	MSCR West	M	3/31-5/5	7:30-9pm	\$42	42173
18+	Pickleball Beginner	O'Keefe	Th	1/9-2/13	7:15-9:15pm	\$42	42038
18+	Pickleball Beginner	O'Keefe	Th	2/20-3/20	7:15-9:15pm	\$35	42039
18+	Pickleball Adv Beginner	Black Hawk	M	1/6-3/17	7:15-9:15pm	\$60	42174
18+	Pickleball Adv Beginner	Black Hawk	W	1/8-3/12	7:15-9:15pm	\$60	42175
18+	Pickleball Intermediate	MSCR West	T	1/7-2/11	7:30-9pm	\$30	42045
18+	Pickleball Intermediate	MSCR West	T	2/18-3/18	7:30-9pm	\$25	42046
18+	Pickleball Intermediate	MSCR West	T	4/1-5/6	7:30-9pm	\$30	42047
18+	Pickleball Intermediate	Memorial	T	1/7-2/25	7:15-9:15pm	\$40	42042
18+	Pickleball Intermediate	O'Keefe	T	1/7-3/18	7:15-9:15pm	\$40	42043
18+	Pickleball Intermediate	Memorial	W	1/8-2/26	7:15-9:15pm	\$40	42044
18+	Pickleball Intermediate	O'Keefe	W	1/8-3/12	7:15-9:15pm	\$50	42176
50+	Pickleball 50+ Intermediate	MSCR West	T	1/7-2/11	9:30-11:30am	\$30	42054
50+	Pickleball 50+ Intermediate	MSCR West	T	2/18-3/18	9:30-11:30am	\$25	42055
50+	Pickleball 50+ Intermediate	MSCR West	T	4/1-5/6	9:30-11:30am	\$30	42056
50+	Pickleball 50+ Intermediate	MSCR West	Th	1/9-2/13	9:30-11:30am	\$30	42057
50+	Pickleball 50+ Intermediate	MSCR West	Th	2/20-3/20	9:30-11:30am	\$25	42058
50+	Pickleball 50+ Intermediate	MSCR West	Th	4/3-5/8	9:30-11:30am	\$30	42059
18+	Pickleball Intermediate Open Play	MSCR West	M	1/6-2/10	1-3pm	\$20	42060
18+	Pickleball Intermediate Open Play	MSCR West	M	2/17-3/17	1-3pm	\$20	42061
18+	Pickleball Intermediate Open Play	MSCR West	M	3/31-5/5	1-3pm	\$24	42062
18+	Pickleball Intermediate Open Play	MSCR West	T	1/7-2/11	1-3pm	\$24	42063
18+	Pickleball Intermediate Open Play	MSCR West	T	2/18-3/18	1-3pm	\$20	42064
18+	Pickleball Intermediate Open Play	MSCR West	T	4/1-5/6	1-3pm	\$24	42065
18+	Pickleball Intermediate Open Play	MSCR West	Th	1/9-2/13	1-3pm	\$24	42066
18+	Pickleball Intermediate Open Play	MSCR West	Th	2/20-3/20	1-3pm	\$20	42067
18+	Pickleball Intermediate Open Play	MSCR West	Th	4/3-5/8	1-3pm	\$24	42068
18+	Pickleball Beginner - Indoor/Outdoor	O'Keefe	M	3/31-5/19	7:15-9:15pm	\$56	42040
18+	Pickleball Beginner - Indoor/Outdoor	O'Keefe	W	4/2-5/21	7:15-9:15pm	\$56	42041
18+	Pickleball Adv Beginner - Indoor/Outdoor	O'Keefe	T	4/1-5/20	7:15-9:15pm	\$48	42034
18+	Pickleball Adv Beginner - Indoor/Outdoor	O'Keefe	Th	4/3-5/22	7:15-9:15pm	\$48	42177
18+	Pickleball Intermediate - Outdoor	Garner Park	M	3/31-5/19	6-8pm	\$40	42049
18+	Pickleball Intermediate - Outdoor	Door Creek Park	M	3/31-5/19	6-8pm	\$40	42050
18+	Pickleball Intermediate - Outdoor	Garner Park	T	4/1-5/20	6-8pm	\$40	42051
18+	Pickleball Intermediate - Outdoor	Door Creek Park	W	4/2-5/21	6-8pm	\$40	42052
18+	Pickleball Intermediate - Outdoor	Garner Park	W	4/2-5/21	6-8pm	\$40	42053
18+	Volleyball Intermediate	East	M	1/6-3/3	7:15-9:15pm	\$32	42073
18+	Volleyball Intermediate	Stephens	M	1/6-3/17	7-9pm	\$40	42069
18+	Volleyball Intermediate	Stephens	M	3/31-4/28	7-9pm	\$20	42070
18+	Volleyball Intermediate	East	W	1/8-2/26	7:15-9:15pm	\$32	42071
18+	Volleyball Intermediate	Whitehorse	Th	1/9-3/13	7:15-9:15pm	\$40	42072
50+	Volleyball 50+ Open Play	MSCR West	F	1/24-3/14	12-2pm	\$32	42074
50+	Volleyball 50+ Open Play	MSCR West	F	4/4-5/2	12-2pm	\$20	42075
18+	Volleyball Power	Marquette	Th	1/9-3/13	7:15-9:15pm	\$40	42076
18+	Volleyball Women's Power	East	W	1/8-2/26	7:15-9:15pm	\$28	42082
18+	Volleyball Recreation	Crestwood	T	1/7-3/11	7-9pm	\$40	42077
18+	Volleyball Recreation	Crestwood	T	4/8-5/6	7-9pm	\$20	42078
18+	Volleyball Recreation	Cherokee	Th	1/9-3/13	7:15-9:15pm	\$40	42079
18+	Volleyball Recreation	Cherokee	Th	4/3-5/1	7:15-9:15pm	\$20	42080
18+	Volleyball Techniques	East	W	1/8-2/26	7:15-9:15pm	\$32	42081

LEAGUES



Age	Sport	Registration	Late Registration	Play
18+	Winter Basketball	See Free Agent		1/6 to early March
18+	Winter Volleyball	11/4-12/8	12/9-12/15	1/21 to early February
16+	Summer Softball	3/17-4/6	4/7-4/13	5/9 to August
16+	Summer Kickball	3/31-4/13	4/14-4/20	5/21 to August

Adult sports leagues are team based competitions. Teams sign up and register for a division of play. Site supervisors, officials and game equipment are provided. Generally games are played at one of the local high schools. Leagues play on the same night of the week for the entire season. MSCR offers men's, women's and all gender divisions. Teams self rate their skill level and are placed in a league of comparable skill whenever possible. Maximum participation, fun, yet competitive with a good time for all!

AGE

18 years and older (16 for summer softball). High school students are not eligible for adult winter volleyball or adult winter basketball leagues.

FEES

Cover the cost of officials, facilities, awards, equipment, scorer-timers and league administration. All games for a given league are played on the same night of each week. Teams self rate their skill level and are placed in a league of comparable ability, whenever possible. Teams play a double round robin schedule unless it is a short season (five games for fall softball, fall basketball and winter volleyball), with the first round winner playing the second round winner for the league championship. Maximum participation, low key, fun, yet competitive with a good time for all!

GENDER

MSCR recognizes that not all individuals identify with the gender assigned at birth or may identify as a gender other than male or female. Participants are encouraged to register for programs based on the gender with which they identify. All gender leagues are offered with the intent of teams having a mix of genders included on the team.

RESIDENCY

50 percent of the team roster must reside within the Madison Metropolitan School District.

REGISTRATION

Register your team at mscrsportsleagues.org

WINTER BASKETBALL

Season begins January 6 and runs through early March. Leagues run Monday-Thursday. Offer men's, women's and all gender play. Leagues run one night a week and play on that night for the entire season. Most games are played in the Madison high schools.

WINTER VOLLEYBALL

Short, 5 week season. Season starts in mid-January and goes through February. Space is limited. Leagues for Men, Women and All Gender. Usually plays at West High School.

SUMMER SOFTBALL

Season begins May 9 and runs through early August. Games are played across Madison at city parks. All gender, women's and men's leagues. No games on May 23, May 26, July 3 and July 4.

SUMMER KICKBALL

Season begins May 21 and runs through mid-August. Leagues play at Olbrich. Leagues are all gender and recreational. Season is 10 weeks of round robin play. Social league with fun themes.

SPORTS OFFICIALS NEEDED!



Do you like sports? Becoming an official is a great way to be a part of the game! MSCR hires and trains sports officials. Learn the rules and mechanics from area experts. We provide gear to get you started. Officials must be 18 years of age for all adult sports leagues.

Call 204-3024 or email asld@madison.k12.wi.us to learn more.

WANT TO JOIN A TEAM? JOIN OUR FREE AGENT LIST

For more information contact asld@madison.k12.wi.us or call 608-204-3024.

If you want to join MSCR Sports Leagues, go to mscrsportsleagues.org and click on Free Agent Sign Up. Complete the form and submit.

We make your name available to managers seeking players. No fees are charged until you join a team.





The mission of Madison School & Community Recreation (MSCR) Inclusion Services is to enhance the quality of life for individuals with disabilities in the Madison Metropolitan School District, and for the community, by providing recreation and enrichment opportunities year-round that are accessible to all. MSCR is committed to an inclusive approach to recreation and will provide reasonable accommodations to enhance program participation without fundamentally altering a program.

WHAT IS THE INCLUSIVE APPROACH TO RECREATION?

Inclusion means individuals with and without disabilities participate together in the same way, in the same place and enjoy the same benefits.

The ADA (Americans with Disabilities Act of 2008) defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activities. This includes people who have a record of such an impairment, even if they do not currently have a disability. It also includes individuals who do not have a disability but are regarded as having a disability.

In addition to the above criteria, MSCR recognizes anyone receiving Special Education Services/504 Plans as a person with a disability.

WHAT ARE THE ELIGIBILITY REQUIREMENTS?

Inclusion services are free and available upon request. Requirements for inclusion in a program or activity are the same as those for a person without a disability.

- Meets age requirement
- Is registered
- Adheres to behavior expectations, with or without reasonable accommodations
- Voluntarily participates in registered activity, with or without reasonable accommodations
- Meets any other essential eligibility requirements for a specific activity

WHAT ARE REASONABLE ACCOMMODATIONS?

Reasonable accommodations are modifications based on an individual's abilities and needs, to promote successful participation. Reasonable accommodations can include, but are not limited, to the following:

- Activity modifications that do not fundamentally alter the nature of the program
- An enhanced staff to participant ratio
- Behavior support plans
- Sign language interpreters
- Adapted equipment
- Alternate or accessible transportation, when transportation is provided for all participants
- Removal of architectural barriers
- Additional staff training

WHAT ARE THE LIMITATIONS OF INCLUSION SERVICES?

MSCR provides reasonable accommodations for inclusion. Some accommodations, due to the activity or the environment in which the activity is conducted, may not be reasonable and thus there is no guarantee they will be provided. Examples of accommodations that are not guaranteed include:

- Individualized therapy or programming
- Provision and/or purchasing personal, custom devices or equipment
- Hiring or placement of a specific person as support staff
- Services of a personal nature such as toileting, feeding and dressing

Recreation Inclusion Staff are not provided for non-structured non-registered programs i.e. open gym, open swim, drop-in program, or child-adult or family activities, though other reasonable accommodations will be discussed.

WHO DOES MSCR HIRE?

MSCR hires Recreation Inclusion Staff to enhance staff to participant ratios. MSCR makes every effort to hire diverse staff that have experience and an interest in working with people with disabilities.

HOW CAN YOU ACCESS SERVICES?

- When you register, mark YES in the Require Accommodations section of the online or paper Registration Form and indicate the potential accommodations needed.
- Complete the Online Participant Profile Form or print this form at mscr.org and return to MSCR, 328 E Lakeside St, Madison, WI, 53715.
- Upon receipt of the necessary documents, MSCR's Inclusion Services Staff review your request and work with you to establish an individualized inclusion plan.

BY REQUESTING INCLUSION SERVICES, I UNDERSTAND THAT:

- MSCR must be provided with the most current information to assist in providing accommodations to meet the participant's needs.
- Reasonable accommodations may assist the participant in meeting activity rules/expectations, but does not exempt them from following those expectations.
- If the participant's behavior presents clear or imminent risk to themselves or others, MSCR may unenroll the participant from the activity.
- Inclusion services are not designed for therapeutic or 1:1 care.
- We request at least 2 weeks to plan and secure reasonable accommodations. In some cases reasonable accommodations may take longer. All attempts will be made to accommodate the needs of all participants. However, due to staffing constraints and/or capacity limits of the requested activity, registrations or accommodations may be limited. If so, other options (days, times, locations) may be discussed.

FOR MORE INFORMATION ON INCLUSION SERVICES:

Jason Busack

Inclusion Services Specialist

Supports East and La Follette regions,
Allied Learning Center, Outdoors, Sports and Aquatics programs

Email: jbbusack@madison.k12.wi.us

Office Phone: 608-204-4586 Cell Phone: 608-622-6927

Jill Jaworski

Inclusion Services Specialist

Supports West and North regions,
Meadowood Neighborhood Center, Fitness and Arts programs

Email: jjaworski1@madison.k12.wi.us

Office Phone: 608-204-3043 Cell Phone: 608-228-2087



Online:
Register for most MSCR
activities at mscr.org



Mail:
MSCR Central,
328 E Lakeside Street,
Madison, WI 53715



Email:
mscr@madison.k12.wi.us



Fax:
608-204-0557



**Registration opens Monday, December 2 at 12pm
for residents of the Madison Metropolitan School District.
Non-residents may register
beginning Monday, December 16 at 12pm.**

1. Complete the Registration Form on page 65. All members of a household may register for multiple classes on one form. Or register at mscr.org, all customers must create an account prior to registering online. All fees include appropriate sales tax.
2. Include first and alternate choice where applicable. If your first choice is full, we will try your alternate choice. If both choices are full, your fee will be returned and you will be added to the waitlist.
3. Make check or money order payable to MSCR. Visa and MasterCard also accepted.
4. Receipts are emailed, unless a stamped, self-addressed envelope is enclosed. Please verify that your email address is correct.
5. Return to MSCR one of four easy ways: email, mail, drop off or fax.

**ALL NEW CUSTOMERS MUST CREATE AN ACCOUNT
IN ADVANCE TO REGISTER ONLINE AT MSCR.ORG**

REFUND POLICY

Participants who request to withdraw from a program a minimum of 7 days prior to the start of the program will receive a full refund minus a \$5 service charge per transaction. In lieu of a refund, a customer can request a credit on their MSCR account to avoid the \$5 processing fee. No refunds or credits will be issued with less than 7 days advance notice. All requests to withdraw and for refunds must be made in writing. Full refunds are issued if MSCR cancels a program. No refunds or credits are issued for individual missed classes.

WEATHER IMPACT mscr.org/weather-impact/

MSCR aims to run all classes and programs, and the safety of our participants and staff is our top priority. MSCR follows a set of guidelines to make decisions about whether to cancel a program. MSCR offers a wide variety of programming: indoor, outdoor, high intensity, low intensity, youth, adult and 50+ located throughout the entire city of Madison. Occasionally, there are decisions that impact the entirety of MSCR programming and other times the decision is program-specific.

WEATHER IMPACT & CANCELLATIONS

In the event of severe weather, please check mscr.org or call 608-204-3044 for program cancellations. MSCR may cancel programs due to severe weather, facility conflicts, staff illness or other unforeseen circumstances. In the case MSCR cancels a class and is unable to make it up, a credit is issued to the customer account. When a customer misses a class no credit is provided.

MISSED PROGRAMS

Programs missed for individual participant absences (i.e. schedule conflict, vacation, etc.) are not made up, are not eligible for a refund or credit, nor may participants attend a program other than the one in which they are registered. Refunds or credits are not issued for participant absences

PROGRAMS AT WARNER PARK CRC (WPCRC)

WPCRC ID Cards are required for programs at WPCRC. Annual WPCRC ID card fees are \$5 for an individual and \$10 for a family (families of more than 4 pay \$3 per person). Non-residents of the City of Madison pay \$15 for an individual and \$25 for a family ID. Please call 608-245-3670 for more information. MSCR does not give discounts for WPCRC members. Please go to cityofmadison.com/parks/wpccrc for the form.

CUSTOMER PRIVACY STATEMENT

For the privacy and protection of our participants, we only disclose participant information to individuals listed on the individual or family account.

FEE ASSISTANCE

MSCR program fees may be partially or fully waived upon request for youth meeting criteria for free or reduced price school meals and adults with income at or below 185% of Federal Poverty Level. Fee assistance is available only to MMSD residents. Participants are encouraged to pay a partial fee when possible. Complete the Fee Assistance Request on the reverse of the Registration Form to apply. Fee assistance requests must accompany the Registration Form and are not granted after registration is processed.

LAW REGARDING CONCUSSION PREVENTION

MSCR is required by Wisconsin Law to provide information regarding Concussions and Sudden Cardiac Arrest to all participants, and their guardians, involved in youth sports activities. Please review the information at the following links or by searching Concussion Information on our website at mscr.org.
<https://www.wiaawi.org/Portals/0/PDF/Health/Concussion-SuddenCardiacArrest-InfoSheet2022.pdf>,
You are asked to acknowledge receipt at the time of registration. If you need assistance accessing this information, please contact the MSCR office.

INFORMACIÓN EN ESPAÑOL

Las guías de programación de MSCR en español están disponibles en las escuelas de Madison en las oficinas de los especialistas bilingües o en la oficina principal. También puede buscarlas en la oficina de MSCR o en el Centro Comunitario Warner. Hay también una versión digital disponible, visite: mscr.org. Para mayor asistencia, comuníquese con el asistente bilingüe al 608-204-3057.

GENDER

MSCR recognizes that not all individuals identify with the gender assigned at birth or may identify as a gender other than male or female. Participants are encouraged to register for programs based on the gender with which they identify.

INSURANCE

MSCR does not provide individual accident insurance for participants.

NON-DISCRIMINATION STATEMENT

MSCR does not discriminate on the basis of religion, race, creed, color, national origin, ancestry, age, sex, physical appearance, marital status, sexual orientation, gender identity, gender expression, disability, arrest or conviction record, membership in the national guard, state defense force, or any reserve component of the military forces of the United States or this state, political belief, less than honorable discharge, source of income or the fact that an individual is a student.

REGISTRATION POLICIES

Please register at least two weeks prior to the start of the program. Many programs fill rapidly, however, programs that do not meet minimum enrollment may be cancelled. MSCR does not accept registrations or reservations over the phone. Only registered customers are allowed to participate. Instructors do not accept registration forms at the program site.

RESIDENCY

A resident resides at an address within the Madison Metropolitan School District (MMSD); a resident also includes a student who does not reside at an address within the MMSD, but attends school in the MMSD under the Madison School Board's Open Enrollment Policy. Non-residents pay 50 percent more than the listed fees except for programs with a different pricing structure.

SERVICES FOR PEOPLE WITH DISABILITIES

MSCR welcomes individuals with disabilities to participate in any program. We provide reasonable accommodations in compliance with the Americans with Disabilities Act (ADA). Please see page 56 for more information on MSCR's Inclusion Services.

WAIT LIST

If a program is full, you can add your name to a waiting list. You are contacted if an opening becomes available for that program or if additional programs are added. If we do not hear back from you, your space will be given to the next customer on the waiting list. If you do not want to be placed on the waiting list, click the Remove button that appears on the Shopping Cart screen. Please Note: Placement on a waiting list does not guarantee a space in the program. It is recommended that you choose another program with space.

MSCR Registration Form

Madison School & Community Recreation Office: MSCR Central, 328 E. Lakeside St., Madison, WI 53715 Phone: 608-204-3000 Fax: 608-204-0557 E-mail: mscr@mcdlson.k12.wi.us

(Head of Household) Last Name		First Name	Birth Date (mm/dd/yy)	Does the participant require an accommodation or special assistance due to a disability? If so, please explain.	
Street Address		City	State	Zip	
Email (Required for registration confirmation OR send a stamped, self-addressed envelope) *I agree to receive MSCR promotional email					
Primary Phone	Cell Phone	Are you an MMSD resident? (Check one) <input type="checkbox"/> Yes <input type="checkbox"/> No, Non MMSD residents pay 50% more. See the Policy Page.		Do you have any medical conditions or concerns of which our staff need to be aware? (Asthma, Allergies, etc.)	
Emergency Contact Name		Emergency Contact Phone			

Participant's Full Name	Gender *See page 64.	Date of Birth mm/dd/yy	Grade 2024-2025	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assis- tance Request
					1st							
					1st							
					Alternate, If any							
					1st							
					Alternate, If any							
					1st							
					Alternate, If any							
					1st							
					Alternate, If any							

*Must complete form on back.

Race: Please indicate above using corresponding number: (Optional)

- 1. American Indian or Alaskan Native
- 2. Asian
- 3. Black or African American
- 4. Native Hawaiian or Other Pacific Islander
- 5. Hispanic
- 6. White
- 7. Multiracial

Payment (check all that apply) Cash Check # _____ (Payable to MSCR) Credit Card MasterCard or Visa Only

Credit Card Number:

Name as printed on card: _____ Three Digit Code

Payment Amount \$ _____ Authorized Signature: _____ Expiration Date: _____

Youth Sports Participants:
 I acknowledge receipt of Concussion & Sudden Cardiac Arrest Information (page 64).

Fee Total \$ _____
 Donation \$ _____
 Total \$ _____

Liability Waiver - Signature Required for Participation

By registering or participating, the registrant understands that individual accident insurance is not provided for MSCR programs and agrees to adhere to program rules. I do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in MSCR Program. Photos or videos may be taken during program for educational and marketing purposes. I have read and agree to follow the registration and refund policies.

Signature: _____

WPCRC Photo ID required for programs at Warner Park Community Recreation Center. Go to mscr.org for more information.

Fee Assistance Request

If your family is requesting fee assistance, you must fill out this form completely and answer each item as appropriate. If you are not able to print this form, please call 608-204-3000 for assistance. MSCR program fees may be partially or fully waived upon request for youth meeting criteria for free or reduced price school meals and adults with income at or below 185% of Federal Poverty Level. Fee assistance is available only to residents of the Madison Metropolitan School District (MMSD). Non-residents do not qualify for fee assistance. This Fee Assistance Request Form and partial payment, if applicable, must accompany the MSCR Registration Form. Fee assistance is not granted after program registrations are processed.

NAME	Head of Household Name: _____ Last _____ First _____	
FAMILY SIZE	What is your family size? Circle one number: 1 2 3 4 5 6 7 8 9 10	
ADULT	List your gross* annual income: \$ _____ (per year) Or list your gross* bi-weekly income: \$ _____ (every two weeks)	
YOUTH	<p>*Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds.</p> <p>Complete this section if the participant is an adult. If the participant is a child, skip to the next section and complete the section titled Youth. Fee assistance for adults is limited to one program per adult per season*. There are three program seasons per year: Winter/Spring, Summer and Fall.</p> <p>1. Adult participants are asked to pay 50% of the program fee.* 2. I am enclosing the following payment of \$ _____. 3. *If you are unable to pay 50%, or are requesting fee assistance beyond the one program per season limit, please explain: _____ _____</p> <p>Fee assistance is limited to two programs per program season for youth ages 17 and under*. There are three program seasons per year: Winter/Spring, Summer and Fall. Families are requested to pay what they can towards the program fee.</p> <p>1. My child qualifies for free school meals o Yes o No My child qualifies for reduced-price school meals o Yes o No</p> <p>2. My family is requesting fee assistance and we are able to enclose the following payment of \$_____.</p> <p>3. *My family is requesting fee assistance beyond the two programs per season limit. Please explain: _____</p> <p>4. My child(ren) are younger than school age. o Yes o No</p>	

WHAT HAPPENS NEXT?

If you qualify for full fee assistance, and space is available, you are emailed a confirmation of your registration request. If you do not qualify for partial or full fee assistance, we temporarily reserve a space in the requested course(s) and contact you. You are asked to remit payment within five business days to confirm your space in the program(s).

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Madison College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. Inquiry regarding the nondiscrimination policies are handled by: dean@madisoncollege.edu, 1711 High Street, Madison, WI 53706. Phone 608.263.1407.



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