



MSCR Program Guide Fall 2023



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MSCR FALL 2023 PROGRAM GUIDE

608.204.3000 OR MSCR.ORG



MSCR Mailing Address:

328 E Lakeside St,
Madison, WI 53715

Monday - Friday

8 am - 5 pm

608.204.3000

mscr.org

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Registration begins
Monday, August 14 at 12 pm
for MMSD Residents and
Monday, August 28 at 12 pm
for Non-MMSD residents.

MMSD INTERIM SUPERINTENDENT: Lisa Kvistad

MSCR EXECUTIVE DIRECTOR: Janet Dyer

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HOW TO REGISTER

Registration begins at 12 pm.

1. Register online at mscr.org. This is the best option for customers interested in high demand activities.

2. 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

FEE ASSISTANCE

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. 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, August 14.

Editing and layout by Nicole M. Graper & Mary Roth, MSCR. Design by Greeleaf Media. Photographs by Inspired Images by Phillips, LLC and MSCR Staff.

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Issue No. 2 August 6, 2023



Dear Madison Community,

This welcome letter marks the beginning of my final season with MSCR. After a 38 year career with MSCR, I am retiring at the end of the year. As I reflect on my time with MSCR, it has been incredible to witness the growth of programs and services and the impact MSCR makes in the community every day. It has been a pleasure serving the community and I will greatly miss seeing our participants and hardworking staff each day.



This fall we also celebrate new beginnings at MSCR with our new MSCR West program center fully completed. Our largest program facility yet, MSCR West has 30,000 square feet of beautiful programming space designed specifically for MSCR. I am excited that we are able to better serve our community with programming in all corners of the city at MSCR Central, MSCR East, MSCR West and the Warner Park Community Recreation Center. I hope you will visit us for a program or activity in one of these locations very soon.

Thank you all for your ongoing support of MSCR.

Best regards,
Janet Dyer
MSCR Executive Director

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.

Dear Families & Community Members,

The Madison School and Community Recreation (MSCR) staff have been hard at work planning the many programs and activities in store for fall. We hope you are excited as we are to participate in some of these great offerings!



MSCR's work provides many benefits to our students with MMSD and our global community. These benefits include:

Creativity and Exploration: Recreational programming allows individuals to explore their creative potential and think outside the box. It provides a platform to experiment with new ideas, develop unique projects and pushes the boundaries of traditional programming concepts. Individuals can unleash their imagination and discover innovative solutions to complex problems by engaging in recreational programming.

Problem-Solving Skills: Recreational programming encourages individuals to tackle challenging problems and find solutions through coding. It fosters critical thinking, logical reasoning and analytical skills. These skills acquired in recreational programming are directly transferable to instructional programming, improving overall performance and efficiency.

Continuous Learning: Recreational programming provides a platform for continuous learning and self-improvement. The curiosity-driven nature of recreational programming fuels a lifelong learning mindset and keeps programmers motivated to stay ahead in their professional careers.

Collaboration and Community: Recreational programming fosters a sense of community among like-minded individuals with a shared passion. This camaraderie and support helps build a strong network and encourages continuous growth and professional development.

Additionally, we can't wait to welcome you into our new MSCR spaces! Our new facilities are now open, with expanded classes and programs available. There are plenty of opportunities for your family; please review this guide to find many favorites as well as some surprises. We hope to see you around MSCR this fall!

Sincerely,
Lisa Kvistad
Interim Superintendent

MSCR Program Centers



- MSCR Central**
328 E Lakeside Street
- MSCR East**
4620 Cottage Grove Rd
- MSCR West**
7333 West Towne Way

Join us for an
Open House at
MSCR West
on August 9!
Look for details
at mscr.org

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

DAY TRIPS

KOHLER ART CENTER & PRESERVE

Join us for an artful escape to The John Michael Kohler Art Center and Art Preserve in Sheboygan, WI. View contemporary American art with an emphasis on craft-related forms, folk traditions, new genres and the work of self-taught artists at the John Michael Kohler Arts Center in a docent-led tour. After lunch, continue the guided tour exploring the newly added Art Preserve. It is the world's first museum dedicated to the presentation, care and study of over thirty-five artist-built environments, embodying the idea that works of art are created everywhere, by people from a broad spectrum of life experiences. Round out your time in this creative environment with a hands-on art workshop. No art experience necessary. Fee includes lunch, motorcoach, tours and workshops. Bus loads at 7:15am on Pflaum Rd in front of LaFollette High School. Registration deadline is September 15, 2023.



THE HOLOCAUST MUSEUM: HISTORY & MEMORY

Take history to heart with a tour of the Illinois Holocaust Museum & Education Center's core Holocaust exhibition. Travel through history as you explore life before, during, and after the Holocaust through over 500 artifacts donated by Chicagoland Holocaust Survivors, including an authentic German rail car of the type used in Nazi deportations, and leave inspired to make a difference and take a stand for humanity. Fee includes tours, lunch and motorcoach. Bus loads at 7:15am on Pflaum Rd in front of LaFollette High School. Registration deadline is October 12, 2023. Ages 18+. More information about the exhibition, go to ihm.ec/karkomi

MICHIGAN AVENUE SHOPPING TRIP

Do you want to shop on Michigan Avenue, see the sights in Chicago or explore the big city? A comfortable double decker motorcoach bus takes the worry of driving, traffic and parking out of the equation. Enjoy a day in the big city during the holidays. Approximate travel time is 3 hours depending on traffic and weather. We drop off as close as possible to Michigan and E. Chicago Avenues. Bus loads at 7:15am on Pflaum Rd in front of LaFollette High School. Youth ages 6+ may register with a participating adult.

Age	Day Trip	Location	Day	Date	Time	Fee	Course #
18+	Kohler Art Center & Preserve	LaFollette High School	Sa	9/30	7:30-5:30pm	\$117	37162
18+	The Holocaust Museum: History & Memory	LaFollette High School	Su	10/22	7:30-5:30pm	\$88	37160
6+	Michigan Avenue Shopping Trip	LaFollette High School	Sa	12/2	7:30-8:30pm	\$76	37161

MSCR at Community and Neighborhood Centers

MEADOWOOD NEIGHBORHOOD CENTER, 5740 RAYMOND RD
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 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. Please visit mscr.org or call 608-467-8360.

WARNER PARK COMMUNITY RECREATION CENTER, 1625 NORTHPORT DR
MSCR, in collaboration with 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 which entails a photo and fee, are required at Warner Park CRC. MSCR does not give discounts for WPCRC members. ID Forms are available at mscr.org/our-programs/mscr-neighborhood-centers or call 608-245-3670.



Additional Program Locations

Acewood Park, 1402 Acewood Blvd
Allied Learning Center, 2237 Allied Dr
Anana Elem, 6323 Woodington Way
Badger Rock Middle, 501 E Badger Rd
Black Hawk Middle, 1402 Wyoming Way
Capitol Lakes, 333 W Main St
Chavez Elementary, 3502 Maple Grove Dr
Cherokee Middle, 4301 Cherokee Dr
Crestwood, 5930 Old Sauk Rd
Demetral Park, 601 N 6th St
Dream Lanes, 13 Atlas Ct
East High, 2222 E Washington Ave
Elements Welcome Center, 5025 Sudbury Way
Elver Park, 1236 McKenna Blvd
Emerson Elem, 2421 E Johnson St
Garner Park, 333 S Rosa Rd
Gillespie Middle, 101 S Gammon Rd
Hamilton Middle, 4801 Waukesha St
Hawthorne Elem, 3344 Concord Ave
Henderson Elem, 1201 Tompkins Dr
Heritage Heights Park, 701 Meadowlark Dr

Holtzman, 333 Holtzman Rd
Hoyt Park, 3902 Regent St
Kennedy Elem, 221 Meadowlark Dr
LaFollette High, 702 Pflaum Rd
Lake View Elem, 1802 Tennyson Ln
Lapham Elem, 1045 E Dayton St
Leopold Elem, 2602 Post Rd
Lincoln Elem, 909 Sequoia Trail
Lindbergh Elem, 4500 Kennedy Rd
Lowell Elem, 401 Maple Ave
Marquette Elem, 1501 Jennifer St
Meadowood Neighborhood Ctr, 5740 Raymond Rd
Memorial High, 201 S Gammon Rd
Mendota Elem, 4002 School Rd
Midvale Elem, 502 Caromar Dr
MSCR Central, 328 E. Lakeside St
MSCR East, 4620 Cottage Grove Rd
MSCR West, 7333 West Towne Way
Nuestro Mundo at Allis Elem, 4201 Buckeye Road
O'Keeffe Middle, 510 S Thornton Ave
Olbrich Park & Gardens, 3330 Atwood Ave

Olin Park, 1156 Olin-Turville Ct
Orchard Ridge Elem, 5602 Russett Rd
Rennebohm Park, 115 N Eau Claire Ave
Sandburg Elem, 4114 Donald Dr
Schenk Elem, 230 Schenk St
School Forest, 1577 Fritz Rd
Sherman MS, 1610 Ruskin St
Southside Elementary, 501 E Badger Rd
Spring Harbor Middle, 1110 Spring Harbor Dr
Stephens Elem, 1205 Rosa Rd
Tenney Park, 1414 E Johnson St
Tenney Pontoon Boat Pier, 1615 Sherman Ave
Toki Middle School, 5606 Russett Rd
UW Goodspeed Family Pier, 650 N Lake St
Vilas Park, 702 S Randall Ave
Warner Park Comm Rec Ctr, 1625 Northport Dr
Warner Park, 1511 Northport Dr
West High, 30 Ash St
Whitehorse Middle, 218 Schenk St
Wright Middle, 1717 Fish Hatchery Rd



Thank you sponsors for supporting the Friends of MSCR 19th Annual Golf Outing!

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Bronze Sponsors

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Peninsula State Park Golf Course
Slow Roll Bicycles
The Oaks Golf Course
Willy Street Co-op
Winestyles
Woodman's Supermarkets



Programs are open to individuals with disabilities ages 18+ and their caregivers, families, friends. Participants 14+ may register if accompanied by a participating caregiver and/or adult. Caregivers/adults must stay with the 14+ participants at all times during program.

INDOOR BOCCÉ

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 inflatable bocce courts! Participants ages 13+ may register unaccompanied. Participants must be able to stay with the group and take turns with reasonable prompting. Skip 11/22.

BOWLING

A time to socialize with others and have some fun on the lanes! Participants may bowl two or three games, as time allows. Lane issued shoes included. Participants must be able to stay in their lane and take turns with reasonable prompting. Bowlers have the option of participating in Special Olympics Wisconsin (SOWI). This consists of submitting an athlete physical. Weekly scores are sent to SOWI. Bowlers who place first, second or third in their division are eligible to advance to the State Bowling Tournament in Wausau in December. Participants ages 13+ may register unaccompanied.

CHAIR EXERCISE

Increase your range of motion through stretching and strength exercises. Participate either sitting or standing, exercises are adapted as needed. Skip 11/22.

CITY CLUB

Meet new friends while enjoying arts & crafts, fitness activities, field trips and other fun and engaging activities. Skip 11/21 & 11/23.

CLIMBING

No previous experience needed! An introduction to climbing and off the ground experiences! Opportunities include the giant swing, climbing wall, flying squirrel, cargo net and zipline. Adapted climbing equipment is available and staff can accommodate a variety of ability levels. Programming provided by MSCR Outdoor Programs staff. Must have core strength to maintain upright body position; must be able to climb up and down ladder independently. Participants ages 13+ may register unaccompanied.

DANCE AND MOVE

Low impact class using music and basic steps for great cardiovascular and muscle toning workout. All fitness levels welcome. Skip 11/20.

OPEN GYM

A safe space for children with disabilities and their caregivers to make friends and work on gross motor and fine motor skills. Activities include jumping, balls, building, sensory toys and more. Active adult participation is required. Skip 11/21.

POTTERY

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

CHILD + ADULT SWIM LESSONS

A transition class for children with disabilities who are not quite comfortable without an adult in the water. Active adult participation is required; only one adult may accompany the participant in the water. Prior to registration, the Adapted Specialist works with the family to ensure that the participant is appropriate for this class. Considerations to include but not limited to swimming as a preferred activity, goals related to swim instruction and safety of participant, staff and other swimmers. Pool is 15 yards long and 88 degrees to maximize comfort. Swimmers who have been successful in regular Child + Adult lessons should not enroll in this class. This class is not open for online registration. Please call 608-204-3030 for information. Skip 11/25.

ADAPTED SWIM LESSONS

Intended for youth with disabilities who would benefit from a small group, this class provides swimming instruction based on swimmers' goals and comfort level. Prior to registration, staff work with the family to ensure the 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 online registration. Call 608-204-3030 for information. Skip 11/25.

WATER WALKING

Designed for individuals with cognitive and/or physical disabilities. Exercise on an individual basis with MSCR-provided staff support, or supported by family/caregiver. Best for non-swimmers who would benefit from a warm water pool. MSCR staff assess the individual abilities of participants and establish simple exercises that improve overall health. Skip 11/20, 11/21, & 11/22.

YOGA

Focus on yoga forms to reduce stress and anxiety. Increase body awareness, balance and strength in a fun and safe environment. Skip 11/21 & 11/23.

Age	Class	Location	Day	Date	Time	Fee	Course#
14+	Adapted Pottery	MSCR West	Sa	9/9-9/23	12-1:15pm	\$39	37615
13+	Indoor Bocce	MSCR West	W	9/20-12/13	5-6:30pm	\$66	36891
13+	Bowling	Dream Lanes	T	9/19-11/14	4:15-6pm	\$90	37614
14+	Chair Exercise	MSCR Central	W	9/20-12/13	5:30-6:30pm	\$62	36890
14+	City Club	MSCR West	T	9/19-12/12	3:30-5:30pm	\$74	36892
14+	City Club	MSCR East	Th	9/21-12/14	3:30-5:30pm	\$74	36893
13+	Climbing	Elements Welcome Center	Sa	9/9	9:30-12pm	\$15	37619
13+	Climbing	Elements Welcome Center	Sa	9/23	9:30-12pm	\$15	37620
14+	Dance and Move	MSCR East	M	9/18-12/11	4:15-5:15pm	\$62	36894
14+	Dance and Move	MSCR West	M	9/18-12/11	5-6pm	\$62	36895
2-5	Child + Adult Open Gym	MSCR West	T	9/19-12/12	1:30-2:45pm	\$42	37711
2-5	Child + Adult Swim Lessons	Lapham	Sa	9/30-12/9	9:25-9:55am	\$90	37616
5-13	Swim Lessons	Lapham	Sa	9/30-12/9	10:05-10:35am	\$95	37625
8-13	Swim Lessons	Lapham	Sa	9/30-12/9	10:45-11:15am	\$95	37626
14+	Water Walking	Lapham	M	9/18-12/11	7:10-8:10pm	\$105	36896
14+	Water Walking	Lapham	T	9/19-12/12	7:10-8:10pm	\$105	36897
14+	Water Walking	Lapham	W	9/20-12/13	7:10-8:10pm	\$105	36898
14+	Yoga	MSCR East	T	9/19-12/12	6:30-7:30pm	\$62	36901
14+	Yoga	MSCR West	Th	9/21-12/14	4:30-5:30pm	\$62	36900



Elementary School

AFTERSCHOOL & ENRICHMENT

MSCR provides afterschool programming in 15 MMSD elementary schools, the Allied Learning Center and the Meadowood Neighborhood Center. Some schools have both MSCR Afterschool and MSCR Enrichment, and others only have one.

MSCR AFTERSCHOOL

MSCR Afterschool provides daily afterschool care on-site at a variety of MMSD schools and MSCR centers. MSCR Afterschool serves K-5th grade students and offers a variety of educational, recreational and social activities for children at their home school or local center. Registration materials can be requested by emailing msscreelemteam@madison.k12.wi.us. Registrations are processed on a first-come, first-served basis as staffing ratios allow.

MSCR ENRICHMENT

MSCR Enrichment provides afterschool academic support and enrichment activities for students living in the school attendance area who are referred by school day teachers and have a need for academic support in an afterschool setting. MSCR Enrichment staff design engaging activities to complement children's school-day academic programs. Registration by invitation only. MSCR Enrichment sites are funded by federal Nita M. Lowey 21st Century Community Learning Center Grants.

As a part of the Madison Metropolitan School District, MSCR has provided quality child care since 1992. The program was established with the belief that all children need a safe and enriching place to spend their afterschool hours while their families are at work or school.

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 and educational activities:

- Creative enrichment projects
- Homework/academic help
- Special events and field trips, when possible
- Active play
- Free choice time
- Opportunities to make new friends



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 below.) Fee assistance is available.

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.

REGISTRATION

To request registration materials for afterschool programs, please contact msscreelemteam@madison.k12.wi.us



KIDS DAY OUT - 608-204-3025

The Kids Day Out (KDO) program provides supervised activities on MMSD no-school days for children in grades K-5. Activities typically involve going on a field trip and may include: swimming, arts & crafts, games, nature activities, performing arts, museums and zoos.

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 mscr.org. For financial assistance complete the form on the other side of registration form. Register early as space is limited.

The deadline for registration is two weeks prior to the KDO date. No onsite registration.

Grade	Activity	Location	Day	Date	Time	Fee	Course #
K-5	Kids Day Out	Midvale Elem	F	10/20	7:45am-5:45pm	\$50	37483
K-5	Kids Day Out	Warner Park CRC	F	10/20	7:45am-5:45pm	\$50	37486
K-5	Kids Day Out	Midvale Elem	F	11/3	7:45am-5:45pm	\$50	37484
K-5	Kids Day Out	Warner Park CRC	F	11/3	7:45am-5:45pm	\$50	37487

MSCR AFTERSCHOOL & ENRICHMENT SITES

Site	Office 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	Yes
Henderson Elementary	442-2963	Yes	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	Yes	Yes
Midvale Elementary	204-6733	Yes	No
Nuestro Mundo Community School at Allis	442-2494	Yes	Yes
Orchard Ridge Elementary	204-2353	No	Yes
Sandburg Elementary	204-7952	Yes	No
Schenk Elementary	204-1485	No	Yes
Southside Elementary	204-1018	Yes	Yes



PATRIOTS YOUTH HOCKEY ASSOCIATION COME PLAY WITH US!

For all children living in the Madison East, Madison Lafollette, and Monona Grove School Districts. Scholarships and equipment rental available.



SKILL LEVELS FOR ALL AGES:

- LEARN TO SKATE/LEARN TO PLAY GIRLS HOCKEY
- REC LEAGUE Travel teams available for

Mites (7-8 year olds), Squirts (8-10 year olds),
Peewee (10-12 year olds), & Bantams (12-14 year olds)

Something For Everyone

patriotshockey.org



Middle School

MSCR provides afterschool 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 Afterschool programs are offered on a drop in basis, are not offered every school day of the year and are designed to be afterschool enrichment and not childcare. For more information on schedules and activities, please contact the MSCR Afterschool Coordinator at your student's school.

AFTERSCHOOL CLUBS

A variety of special interest clubs are available at each middle school. Clubs are based on student interest. Clubs may include academic support, academic enrichment, music, dance, youth leadership, service learning, ski & snowboard, active games and more.

AFTERSCHOOL SPORTS

Selected afterschool team sports are available at all MMSD middle schools. Sports include volleyball, flag football, cross country, basketball, tennis, soccer and ultimate frisbee. Competition is with other MMSD middle schools. Due to facility and staff limitations, some team sports are not available at some schools.

MSCR MIDDLE SCHOOL AFTERSCHOOL COORDINATORS

School	MSCR Staff	Phone
Badger Rock	Amanda Lukindo	561-2954
Black Hawk (CLC Site)	Jovaughn Lane	204-4378
Cherokee	Reginald Lee	204-1266
Gillespie	Issis Hardy	663-6427
Hamilton	Kris Anderson	204-4739
O'Keefe	Kenzie Damon	204-6854
Sennett (CLC Site)	Devonte Robinson	204-1948
Sherman (CLC Site)	TBD	204-2127
Spring Harbor	Kris Anderson	640-1119
Toki	Fred Martinez	204-4763
Whitehorse	Shaneece Taylor	204-1349
Wright (CLC Site)	Amanda Lukindo	204-1369



MADISON ICE SKATING SCHOOL

Learn-to-skate Classes.....Ages 2 – Adult
Beginner, hockey and figure skating

For complete class information please visit our website
www.madisoniceinc.com/iceskatingschool

Classes offered at
Madison Ice Arena and Hartmeyer Ice Arena

HIGH SCHOOL AFTERSCHOOL PROGRAMS

MSCR provides a variety of afterschool and weekend activities, events and services for students at each high school. Offerings include afterschool 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. 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.

School	REC Specialist	Phone	Office Location
East High School	Mayder Lor	204-1752	1014
La Follette High School	Dane Gottschall	204-3625	J6
Memorial High School	TBD	442-2220	764D
West High School	Monique Porter	204-2136	1131



HIGH SCHOOL SPORTS LEAGUES

Afterschool 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 (listed above) or by calling the MSCR office at 204-3022 for more information.

Grade	Location	Day	Date	Time	Fee
VOLLEYBALL					
11 - 12	East	Sa	TBD mid Sept-Oct	8 -2 pm	\$50
11 - 12	La Follette	Sa	TBD mid Sept-Oct	8 -2 pm	\$50
11 - 12	Memorial	Sa	TBD mid Sept-Oct	8 -2 pm	\$50
11 - 12	West	Sa	TBD mid Sept-Oct	8 -2 pm	\$50



Now Hiring!
 Work with youth in afterschool clubs & sports.
 Apply now at mscr.org/employment



COMMUNITY INPUT SURVEY
 MSCR is conducting an annual survey on our programs and services. Please take a few minutes to share your thoughts of programs in your neighborhood. Your voice will help us provide programs that better meet your needs. Complete the survey and enter for your chance to win gift cards (valued at \$10-\$25).

Child + Adult

These classes are Child + Adult. Only registered child and one participating adult may attend these classes. 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 a building at any time. Register child only; only one adult may attend.

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.

BOOKS, BRUSHES AND BEYOND - CHILD + ADULT

Does your child love story time? Does their mind run wild with imagined characters and universes? In this Child+Adult class, participants gain inspiration from reading stories before exploring art stations and completing various projects. Materials provided.

COSTUMES AND CRAFTS - CHILD + ADULT

Come in your costume and make some not so spooky Halloween inspired crafts! Silly slime monsters, glow in the dark creations, fall inspired art and more are sure to delight, not fright!

HOLIDAY ORNAMENT - 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.

LET'S CREATE TOGETHER - CHILD + ADULT

Create more than just crafts in the community focused class! While your little one explores the world of art, caregivers have the opportunity to connect with each other.



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.

PROCESS ART - CHILD + ADULT

Process Art is about the practice of making art, not the final product. Participants 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!

UNBE-LEAF-ABLE ART - CHILD + ADULT

Fall in love with the colors of Fall! Join us for a tree-mendously good time creating crafts based on the season's changing leaves!

Age	Class	Location	Day	Date	Time	Fee	Course#
CHILD + ADULT							
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	9/15-10/13	9:30-10:15am	\$36	36966
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	10/27-12/1	9:30-10:15am	\$36	36967
2-4yrs	Books, Brushes & Beyond - Child + Adult	MSCR West	M	9/18-10/16	9-9:45am	\$30	36981
2-4yrs	Books, Brushes & Beyond - Child + Adult	MSCR West	M	10/30-11/27	9-9:45am	\$30	36982
3-6yrs	Costumes and Crafts - Child + Adult	MSCR Central	Th	10/26	5-5:45pm	\$12	36993
3-6yrs	Holiday Ornament - Child + Adult	MSCR Central	Th	12/7	5-5:45pm	\$12	37063
18m-2yrs	Let's Create Together - Child + Adult	MSCR Central	T	9/19-11/21	9:30-10:15am	\$60	36994
3-5yrs	Let's Create Together - Child + Adult	MSCR Central	T	9/19-11/21	10:45-11:30am	\$60	36995
3-6yrs	MSCR Makes - Child + Adult	MSCR Central	Th	9/21-10/12	5-5:45pm	\$29	36971
3-5yrs	Process Art - Child + Adult	MSCR West	F	9/15-10/13	10:45-11:30am	\$36	37086
3-5yrs	Process Art - Child + Adult	MSCR West	F	10/27-12/1	10:45-11:30am	\$36	37087
3-6yrs	Unbe-leaf-able - Art Child + Adult	MSCR Central	Th	11/16	5-5:45pm	\$12	36970

THANKS TO OUR MSCR CONTRIBUTORS & DONORS

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Preschool Classes

4K FIBER ARTS

Explore fiber arts through felting, weaving, string art and much more! Participants get a hands-on sensory experience while creating beautiful and sometimes functional art! Materials provided.

CREATIVE MOVEMENT

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

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

Does your child dance more than they walk? Participants learn basic ballet technique. Through creative dance, they combine listening skills, coordination and rhythm.



Age	Class	Location	Day	Date	Time	Fee	Course#
4yrs	4K Fiber Arts	MSCR West	M	9/18-10/16	10-10:45am	\$30	36958
4yrs	4K Fiber Arts	MSCR West	M	10/30-11/27	10-10:45am	\$30	36968
3-4yrs	Creative Movement	MSCR East	M	9/11-11/6	5:30-6pm	\$34	37005
4-5yrs	Irish Dance	MSCR Central	Su	9/10-11/5	3:20-4pm	\$44	37006
3yrs	Pre-Ballet	MSCR West	M	9/11-11/6	4-4:30pm	\$34	37022
3yrs	Pre-Ballet	MSCR East	T	9/12-11/7	4:10-4:40pm	\$34	37032
3yrs	Pre-Ballet	MSCR Central	W	9/13-11/8	5-5:30pm	\$34	37029
3yrs	Pre-Ballet	Madison Youth Arts Center	W	9/13-11/8	3:55-4:25pm	\$34	37030
3yrs	Pre-Ballet	MSCR East	F	9/15-10/20	9-9:30am	\$23	37018
3yrs	Pre-Ballet	MSCR East	F	10/27-12/8	9-9:30am	\$23	37019
3yrs	Pre-Ballet	MSCR East	Sa	9/9-11/4	9-9:30am	\$34	37027
3yrs	Pre-Ballet	MSCR West	Su	9/10-11/5	4:10-4:40pm	\$34	37026
3yrs	Pre-Ballet	MSCR East	Su	9/10-11/5	4:15-4:45pm	\$34	37021
4yrs	Pre-Ballet	MSCR West	M	9/11-11/6	4:45-5:25pm	\$44	37023
4yrs	Pre-Ballet	MSCR East	T	9/12-11/7	3:15-3:55pm	\$44	37033
4yrs	Pre-Ballet	Madison Youth Arts Center	W	9/13-11/8	3-3:40pm	\$44	37031
4yrs	Pre-Ballet	MSCR East	F	9/15-10/20	9:45-10:25am	\$29	37017
4yrs	Pre-Ballet	MSCR East	F	10/27-12/8	9:45-10:25am	\$29	37020
4yrs	Pre-Ballet	MSCR East	Sa	9/9-11/4	9:35-10:15am	\$44	37028
4yrs	Pre-Ballet	MSCR West	Su	9/10-11/5	3:15-3:55pm	\$44	37025
4yrs	Pre-Ballet	MSCR East	Su	9/10-11/5	3:20-4pm	\$44	37024

**Now Hiring!**

MSCR is hiring for a variety of positions.
Go to mscr.org

- Afterschool
- Aquatics
- Arts
- Fitness
- Sports
- & more!

Arts & Enrichment Classes



ART & CREATIVE WRITING

Participants create art that inspires their own creative writing! Explore art techniques such as origami, felting and drawing. Participant art is used to inspire miniature book making, poetry and more! Materials provided.

CANVAS ART

Learn the color wheel, painting techniques and drawing skills. All skill levels are welcome. The instructor assists and guides participants at their own pace. Materials provided.

CARDMAKING

Create unique, handmade greeting cards. We make everything from traditional greeting card crafts to 3D pop up special occasion cards.

CREATE YOUR OWN COMIC

Create comic strips by learning how to weave together words and pictures in a comic strip to create a non fiction story. Learn about the history of comics and how to develop your own original characters, artwork and story lines.

CREATURE FEATURE

Fun and fabulous art class where creating monsters and fantasy creatures from your wildest imagination is the goal! Participants create two and three dimensional creatures from a variety of materials, including recycled materials.

DRAWING

Ditch dull doodles and depictions! Step up your drawings with this introductory class focused on the fundamental drawing skills needed to add style, character and soul to your sketches. Materials provided.

DRAWING ANIMALS

Learn how to draw all kinds of animals, from cats to crocodiles! We'll go step by step together as a class to draw our critters, then add our own flare with colors, glitter and more.

GLUE BATIK WALL TAPESTRIES

Using glue, create a resist batik design on a large fabric wall tapestry. Once the batik design is finished, learn basic machine sewing skills to finish out wall tapestries so they are ready to hang.

INTRO TO FLY TYING

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

WORKSHOPS

PANCAKE (ART) PARTY

You'll flip when you see what batter and a griddle can do! National Pancake Day is September 26, join us for colorful pancake creations. Learn how to use food coloring, pancake pens and your imagination to cook up some edible art!

CHILD + ADULT SUCCULENT TERRARIUM WORKSHOP

Do you like plants? Grab your favorite adult and let's get gardening! In this class, work together to create a succulent terrarium garden. What's a terrarium without decorations? Participants also have the opportunity to plant a stone to put in their garden, as well as other little goodies and critters! Learn basic care tips to keep the succulents happy! Materials provided.

CHILD + ADULT SENSORY CRAFT WORKSHOP

Ever need a sensory break? Me too! Grab your favorite adult and let's make some sensory crafts! In this workshop, work together to create a nebula jar and stress balloon ball. Learn how to incorporate ways these crafts can be used when feeling upset or overwhelmed. Materials provided.

NATURE WRITING

In this fun and immersive class, we connect with the beauty of nature around us. Students explore different types of writing and dig deeper into types they like best. Writers have the opportunity to share their work with others, but are never pressured to share if they'd rather not. Spend time writing both inside and outside as weather and activities allow.

PAPER MACHE MASKS

Get inspired by masks from around the world as you create a wearable paper mache mask. Will it be an animal, imaginary creature or pop culture icon?

PRINTMAKING

The original Copy+Paste! Join us for a fun filled class to explore the art and techniques of Fine Art Printmaking. Creatively repurpose recycled and found materials to make art sure to leave an impression!

PRINTMAKING 2

Did Printmaking leave a lasting imprint and you want to create more? Join us for a second edition of Printing, Printmaking 2! We explore new techniques to enhance your creative process and expand your printmaking abilities.

SCREEN PRINTING & TIE DYE

Have you ever wanted to create a custom shirt? Learn how to create your own screen for screen printing. Also learn different tie dye techniques and design their own set of t-shirts! Materials provided.

POTTERY

CHILD + ADULT HANDBUILDING

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

YOUTH HANDBUILDING

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

YOUTH WHEEL

Practice centering on the wheel to work towards creating projects. Materials provided.

SEWING

SQUISHABLE STUFFED ANIMAL

Do you have a favorite squishable stuffed animal? Participants create their own squishable stuffed animal by learning hand sewing, embroidery and beginner machine sewing techniques! Materials provided.

YOUTH SEWING STUDIOS: MONSTER PILLOWS

Expand your sewing knowledge to create a dragon or 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. Materials provided.

YOUTH SEWING STUDIOS: TAIL BLANKET

Hang out with your favorite adult and create your own succulent terrarium garden together! Learn care tips to avoid turning your succulent garden into a succulent graveyard. Decorate your terrarium with your own painted rock, as well as other little goodies and critters. Materials provided.

TEEN + ADULT SENSORY CRAFT WORKSHOP

Need a way to relieve stress? With your favorite adult, create three sensory crafts that appeal to different senses: a nebula jar, stress balloon ball and a scented rice pillow. Learn ways to use these sensory crafts to help decrease stress, especially when dealing with strong emotions. Materials provided.

TEEN + ADULT SUCCULENT TERRARIUM WORKSHOP

Hang out with your favorite adult and create your own succulent terrarium garden together! Learn care tips to avoid turning your succulent garden into a succulent graveyard. Decorate your terrarium with your own painted rock, as well as other little goodies and critters. Materials provided.

GRATEFULNESS CANVAS ART WORKSHOP

Give thanks for all the things in your life! Create canvas art inspired by or for everything you are most grateful for during the season of thanks!

SWEETEST DAY CANVAS ART WORKSHOP

Life is sweeter with those you love and care about! Create canvas art inspired by all the different types of love in your life or for the people and pets who are your "Sweetest!"

Grade	Class	Location	Day	Date	Time	Fee	Course#
ARTS & ENRICHMENT							
3-8	Art & Creative Writing	MSCR West	Th	9/14-10/12	4:45-5:45pm	\$40	36969
6-8	Canvas Art	MSCR West	Su	9/17-10/22	12-1:30pm	\$49	36964
2-5	Canvas Art	MSCR West	Su	9/17-10/22	1:45-3:00pm	\$41	36965
3-5	Canvas Art	MSCR West	M	11/6-12/11	2:15-3:30pm	\$41	37037
K-2	Canvas Art	MSCR West	M	11/6-12/11	3:45-4:45pm	\$32	37038
3-5	Cardmaking	MSCR East	M	10/30-12/4	5:30-6:30pm	\$50	37089
3-5	Create Your Own Comic	MSCR East	M	9/11-10/16	5:30-6:30pm	\$50	37079
K-2	Creature Feature	MSCR Central	Sa	10/28-12/9	2:25-3pm	\$50	37066
3-5	Creature Feature	MSCR Central	Sa	10/28-12/9	1-2pm	\$50	37067
K-2	Drawing	MSCR Central	T	9/19-10/24	4:30-5:30pm	\$47	36979
3-5	Drawing	MSCR Central	T	9/19-10/24	5:45-6:45pm	\$47	36980
3-8	Drawing	MSCR West	Th	10/19-11/9	4:45-5:45pm	\$31	36984
K-2	Drawing Animals	MSCR Central	T	11/7-12/5	4:30-5:30pm	\$39	36985
3-5	Drawing Animals	MSCR Central	T	11/7-12/5	5:45-6:45pm	\$39	36986
3-8	Glue Batik Wall Tapestries	MSCR West	Th	11/16-12/7	4:45-5:45pm	\$45	36987
9+	Intro to Fly Tying	MSCR West	Th	9/21-10/19	6-7:30pm	\$50	37068
9+	Intro to Fly Tying	MSCR West	Th	11/2-12/7	6-7:30pm	\$50	37069
3-5	Nature Writing: Early Autumn	MSCR Central	Su	9/10-10/15	2-3pm	\$40	36988
6-8	Nature Writing: Early Autumn	MSCR Central	Su	9/10-10/15	3:15-4:15pm	\$40	36989
3-5	Nature Writing: Late Autumn	MSCR Central	Su	10/22-12/3	2-3pm	\$40	36990
6-8	Nature Writing: Late Autumn	MSCR Central	Su	10/22-12/3	3:15-4:15pm	\$40	36991
3-5	Paper Mache Masks	MSCR Central	Su	9/10-10/8	1-2:30pm	\$42	37064
K-2	Printmaking	MSCR East	M	9/11-10/16	4-5pm	\$50	37078
K-2	Printmaking 2	MSCR East	M	10/30-12/4	4-5pm	\$50	37088
3-8	Screen Printing & Tie Dye	MSCR West	Th	9/21-10/5	6-7pm	\$30	36992
POTTERY							
K-2	Child + Adult Handbuilding	MSCR West	Sa	9/9-9/23	9-10:15am	\$39	37640
K-2	Child + Adult Handbuilding	MSCR West	M	10/9-10/30	2:30-3:45pm	\$52	37641
3-5	Youth Handbuilding	MSCR West	Sa	9/9-9/23	10:30-11:45am	\$39	37127
3-5	Youth Handbuilding	MSCR West	M	10/9-10/30	4-5:15pm	\$52	37638
6-12	Youth Wheel	MSCR West	W	10/4-11/8	4:30-6pm	\$75	37082
6-12	Youth Wheel	Warner Park CRC	Sa	10/14-11/18	12:30-2:30pm	\$100	37639
SEWING							
3-8	Squishable Stuffed Animal	MSCR West	Th	10/19-11/9	6-7pm	\$28	36999
3-8	Squishable Stuffed Animal	MSCR West	Th	11/16-12/14	6-7pm	\$28	37010
5-8	Youth Sewing Studios: Monster Pillows	MSCR West	W	10/4-10/11	4:15-6:15pm	\$35	37129
5-8	Youth Sewing Studios: Tail Blanket	MSCR East	T	11/28-12/12	4-6pm	\$50	37662
WORKSHOPS							
K-2	Child + Adult Succulent Terrarium Workshop	MSCR East	Sa	9/23	9:30-10:15am	\$15	37676
3-5	Child + Adult Succulent Terrarium Workshop	MSCR East	Sa	9/23	10:45-11:30am	\$15	37677
6-8	Teen + Adult Succulent Terrarium Workshop	MSCR East	Sa	9/23	12-1pm	\$15	37678
K-2	Pancake (Art) Party	MSCR West	Sa	9/23	9-10:30am	\$12	37045
3-5	Pancake (Art) Party	MSCR West	Sa	9/23	11am-12:30pm	\$12	37046
2-5	Sweetest Day Canvas Art Workshop	MSCR West	Sa	10/21	10:45am-12pm	\$15	37056
2-5	Gratefulness Canvas Art Workshop	MSCR West	Sa	11/18	10:45am-12pm	\$15	37099
K-2	Child + Adult Sensory Craft Workshop	MSCR East	Sa	12/2	9:30-10:15am	\$12	37674
3-5	Child + Adult Sensory Craft Workshop	MSCR East	Sa	12/2	10:45-11:30am	\$12	37675
6-8	Teen + Adult Sensory Craft Workshop	MSCR East	Sa	12/2	12-1pm	\$12	37679

Dance Classes



DANCE

Dance classes for grades Kindergarten and older participate in a dance recital on Saturday, November 11 at Madison Youth Art Center. Breakdance is not included in the recital. Go to mscr.org for information on what to wear to dance class.

ADVANCED BATON TWIRLING 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 okay and encouraged. Hoop baton included in the class fee.

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. 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 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 included in fee.

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 included in fee.

BREAKDANCE

Learn the fundamentals of Hip Hop's original dance form called Breaking (Breakdance). This class provides dance introduction, ways to condition for full body movements, rhythm, creative freedom and structure. Learn step by step knowledge of the art form and have fun! *Breakdance is not in the recital.

HIP HOP

Hip Hop began in the 1960s and 1970s as a style inspired by the movement of traditional African dancing. As this of dance style has grown in popularity, it has incorporated aspects from many styles of dance, such as modern, tap and swing, in combination with music to create a complex form of artistry and movement. In this high energy class, participants gain an introduction to hip hop dance styles while focusing on rhythm and stylized movements.

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.

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. A variety of jazz techniques and skills, such as turns, jumps and combinations featured in this class!

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 section to improve flexibility and cardiovascular endurance. Class introduces poms movement and terminology.

DANCE TRY ITS

Are you unsure what classes to sign up for or want to try something new? MSCR "Try It Out" classes are for you! Try out a class for only \$5 (non-residents \$7.50)! Offering ballet, baton, hip hop, Irish dance, jazz, lyrical and tap!



Join us this Fall:
 Group Art Classes
 Group & Private Music Classes
 Seasonal Adult Workshops

See the class schedule:



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WISCONSIN'S LARGEST APPAREL STORE FOR DANCERS, SKATERS AND GYMNASTS

Dance Classes

Grade	Class	Location	Day	Date	Time	Fee	Course#
DANCE CLASSES							
K-1	Ballet	MSCR East	M	9/11-11/6	6:15-7:05pm	\$65	36996
K-1	Ballet	MSCR East	T	9/12-11/7	4:50-5:40pm	\$65	36997
K-1	Ballet/Tap	MSCR East	Sa	9/9-11/4	10:20-11:10am	\$65	36998
1-5	Baton Twirling Beginning	MSCR West	M	9/11-11/6	4:30-5:30pm	\$83	37003
3-10	Baton Twirling Continuing	MSCR West	M	9/11-11/6	5:45-6:45pm	\$83	37004
7-12	Baton Twirling Skills - Advanced	MSCR West	M	9/11-11/6	6:50-7:30pm	\$83	37002
1-2	Breakdance	MSCR East	T	9/12-11/7	5:45-6:30pm	\$65	36972
1-2	Breakdance	MSCR Central	W	9/13-11/8	5:45-6:30pm	\$65	36977
3-5	Breakdance	MSCR East	T	9/12-11/7	6:40-7:25pm	\$65	36973
3-5	Breakdance	MSCR Central	W	9/13-11/8	6:40-7:25pm	\$65	36978
6-8	Breakdance	MSCR East	T	9/12-11/7	7:30-8:30pm	\$69	36974
6-8	Breakdance	MSCR Central	W	9/13-11/8	7:30-8:30pm	\$69	36975
3-5	Hip Hop	MSCR West	Su	9/10-11/5	12:45-1:45pm	\$69	37011
6-8	Hip Hop	MSCR Central	W	9/13-11/8	7-8pm	\$69	37012
K-1	Irish Dance	MSCR Central	Su	9/10-11/5	2:15-3:05pm	\$65	37015
2-5	Irish Dance	MSCR Central	Su	9/10-11/5	1-2pm	\$69	37014
6-8	Irish Dance	MSCR Central	Su	9/10-11/5	4:15-5:15pm	\$69	37013
K-1	Jazz	MSCR East	Su	9/10-11/5	2:15-3:05pm	\$65	37040
K-1	Jazz	MSCR West	M	9/11-11/6	5:40-6:30pm	\$65	37039
K-1	Jazz	Madison Youth Arts Center	W	9/13-11/8	4:40-5:30pm	\$65	37051
2-5	Jazz	MSCR East	Su	9/10-11/5	1-2pm	\$69	37041
2-5	Jazz	MSCR West	M	9/11-11/6	6:45-7:45pm	\$69	37035
2-5	Jazz	Madison Youth Arts Center	W	9/13-11/8	5:45-6:45pm	\$69	37042
3-5	Lyrical	MSCR Central	W	9/13-11/8	5:45-6:45pm	\$69	37054
6-8	Lyrical	MSCR West	Su	9/10-11/5	2-3pm	\$69	37053
4-8	Poms	MSCR East	M	9/11-11/6	7:20-8:20pm	\$69	37016
TRY ITS							
K-1	Ballet Try It	MSCR East	T	11/28	4:30-5:20pm	\$5	37694
K-1	Ballet Try It	MSCR East	Sa	12/2	9am-9:50am	\$5	37700
2-5	Ballet Try It	MSCR East	T	11/28	5:30-6:30pm	\$5	37695
1-12	Baton Twirling Try It	MSCR West	M	11/27	4:30-5:30pm	\$5	37691
3-5	Hip Hop Try It	MSCR West	Su	12/3	12:45-1:45pm	\$5	37702
6-8	Hip Hop Try It	MSCR Central	W	11/29	6:15-7:15pm	\$5	37696
K-1	Irish Dance Try It	MSCR Central	Su	12/3	2:15-3:05pm	\$5	37705
2-5	Irish Dance Try It	MSCR Central	Su	12/3	1-2pm	\$5	37704
6-8	Irish Dance Try It	MSCR Central	Su	12/3	3:20-4:20pm	\$5	37703
K-1	Jazz Try It	MSCR West	M	11/27	5:40-6:30pm	\$5	37692
K-1	Jazz Try It	Madison Youth Arts Center	W	11/29	4:30-5:20pm	\$5	37698
2-5	Jazz Try It	MSCR West	M	11/27	6:45-7:45pm	\$5	37693
2-5	Jazz Try It	Madison Youth Arts Center	W	11/29	5:30-6:30pm	\$5	37697
3-5	Lyrical Try It	MSCR Central	W	11/29	5-6pm	\$5	37699
6-8	Lyrical Try It	MSCR West	Su	12/3	2-3pm	\$5	37706
K-1	Tap Try It	MSCR East	Sa	12/2	10-10:50am	\$5	37701

Family & Youth Classes

Looking for Teen Fitness? See Adult Fitness on pages 40-43.
 Wear comfortable clothing that allows free movement.
 BYOM = Bring Your Own Mat

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. Skip 10/31. BYOM

CAPOEIRA LEVEL 1

This class is geared toward 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. Skip 11/23.

CAPOEIRA LEVEL 2

This class is open to beginners but also incorporates skill building from previous Capoeira experiences. If you have taken Capoeira Level 1 before, we encourage you to sign up for Capoeira Level 2. Skip 11/23.

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. Skip 11/22.

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. Register each child, optional for 1 adult per child to attend and assist with skill development. Skip 10/31.

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 skills using progressive tumbling techniques. Wear comfortable clothing that allows free movement. Skip 10/31.



WARRIOR AND NINJA FITNESS

Channel your inner warrior and ninja with a high-energy workout that combines functional, resistance and cardiovascular training in a one of a kind environment. An opportunity for kids to test out their ninja and warrior skills with challenging obstacle courses and fitness movements. The class starts with a proper warm up which prepares children for a fun physical game or obstacle course challenge. Class ends with a cool down and proper stretching techniques. They won't get bored, and the uniqueness of each workout keeps them excited about participating. Skip 11/23.

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. Youth ages 5-7: The goal is to build endurance to run/walk 1.5-2 miles or 20 minutes non stop by the end of the session. Youth 8-13: the goal is to build endurance to run/walk 3 miles or 30 minutes non stop by the end of the session.

Age	Class	Location	Day	Date	Time	Fee	Course#
5-12	Capoeira Level 1	MSCR Central	M	9/11-11/27	4:30-5:15pm	\$60	37668
5-12	Capoeira Level 2	MSCR Central	M	9/11-11/27	5:30-6:15pm	\$60	37669
4	Tot Tumbling	MSCR East	T	9/12-11/28	4:15-4:45pm	\$55	37597
5	Tumbling for Tots	MSCR East	T	9/12-11/28	4:50-5:20pm	\$55	37598
8-13	Running Club East	Demetral Park	T	9/12-10/24	5:30-6:15pm	\$35	37600
3-6	Family Yoga	MSCR West	T	9/12-10/17	6:15-7pm	\$30	37167
3-6	Family Yoga	MSCR West	T	10/24-11/28	6:15-7pm	\$25	37168
8-13	Strength & Conditioning	MSCR West	W	9/13-11/29	5:30-6:15pm	\$55	37174
5-7	Running Club East	Demetral Park	Th	9/14-10/26	5:30-6:15pm	\$35	37601
8-13	Warrior and Ninja Fitness	MSCR East	Th	9/14-11/30	6:15-7pm	\$55	37602
8-13	Running Club West	Elver Park	Th	9/14-10/26	5:30-6:15pm	\$35	37181
5-12	Capoeira Level 1	Warner Park CRC	Th	9/14-11/30	4:45-5:30pm	\$55	37169
5-12	Capoeira Level 2	Warner Park CRC	Th	9/14-11/30	5:40-6:25pm	\$55	37171

SOCCER SKILLS CHILD + ADULT

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. Child plus adult work together to learn soccer skills. Each session concludes with a short-sided game to practice new skills. Classes skip week of 11/20-11/24.

SOCCER SKILLS

Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff work with participants on individual skills and focus on essentials with each child. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills. Classes skip week of 11/20 - 11/24.



Age	Class	Location	Day	Date	Time	Fee	Course#
CHILD + ADULT							
2 yrs	Child + Adult	Lapham	Sa	11/11-12/16	9-9:30am	\$25	37539
2 yrs	Child + Adult	Toki	Sa	11/11-12/16	9-9:30am	\$25	37540
2 yrs	Child + Adult	MSCR West	Sa	11/11-12/16	9-9:30am	\$25	37541
2 yrs	Child + Adult	Whitehorse	Sa	11/11-12/16	9-9:30am	\$25	37542
2 yrs	Child + Adult	Midvale	Sa	11/11-12/16	9-9:30am	\$25	37543
PRESCHOOL SOCCER							
3-4	Soccer Skills	Lapham	T	11/7-12/12	6-6:45pm	\$30	37564
3-4	Soccer Skills	Toki	T	11/7-12/12	6-6:45pm	\$30	37565
3-4	Soccer Skills	Midvale	W	11/8-12/13	6-6:45pm	\$30	37566
3-4	Soccer Skills	Schenk	W	11/8-12/13	6-6:45pm	\$30	37556
3-4	Soccer Skills	Stephens	W	11/8-12/13	6-6:45pm	\$30	37555
3-4	Soccer Skills	MSCR West	Sa	11/11-12/16	9:45-10:30am	\$30	37545
3-4	Soccer Skills	Midvale	Sa	11/11-12/16	9:45-10:30am	\$30	37546
3-4	Soccer Skills	Toki	Sa	11/11-12/16	9:45-10:30am	\$30	37547
3-4	Soccer Skills	Lapham	Sa	11/11-12/16	9:45-10:30am	\$30	37548
3-4	Soccer Skills	Whitehorse	Sa	11/11-12/16	9:45-10:30am	\$30	37549
YOUTH SOCCER							
5-7	Soccer Skills	Lapham	T	11/7-12/12	6:50-7:50pm	\$35	37552
5-7	Soccer Skills	Toki	T	11/7-12/12	6:50-7:50pm	\$35	37553
5-7	Soccer Skills	Midvale	W	11/8-12/13	6:50-7:50pm	\$35	37567
5-7	Soccer Skills	Schenk	W	11/8-12/13	6:50-7:50pm	\$35	37563
5-7	Soccer Skills	Stephens	W	11/8-12/13	6:50-7:50pm	\$35	37550
5-7	Soccer Skills	Lapham	Sa	11/11-12/16	10:45-11:45am	\$35	37560
5-7	Soccer Skills	MSCR West	Sa	11/11-12/16	10:45-11:45am	\$35	37557
5-7	Soccer Skills	Midvale	Sa	11/11-12/16	10:45-11:45am	\$35	37559
5-7	Soccer Skills	Toki	Sa	11/11-12/16	10:45-11:45am	\$35	37562
5-7	Soccer Skills	Whitehorse	Sa	11/11-12/16	10:45-11:45am	\$35	37561



Outdoor Soccer Leagues



YOUTH 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. 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 and team jerseys or t-shirts 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	9/17-10/22	Su	1, 2, 3 or 4pm
3v3	U6	5-6			
6v6	U8	7-8	9/16-10/21	Sa	9, 10:15, 11:30am or 12:45pm
6v6	U10	9-10			
6v6	U12	11-12			
6v6	U14	13-14			
Locations		Fields			
Eastside		Nuestro Mundo at Allis at Allis, Kennedy, Lapham & Lake View			
Westside		Chavez, Cherokee, Crestwood, Toki & Stephens			

REGISTRATION PROCESS FOR SOCCER LEAGUES

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 204-4581 for more information.

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	7/17-8/13	\$55	\$82.50
Regular	8/14-8/20	\$60	\$90
Late	8/21-8/27	\$70	\$105

Register at mscryouthsportsleagues.org

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 bag containing soccer balls and cones.

The Unique Boutique for the dance wear needs of men and women from toddler to adult. Featured brands: Bloch, Bullet Pointe, Capezio, Elava, Eurotard, Gaynor Minden, Mitella, Nikolay, RP, Trienawear and WearMat

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Outdoor Football Leagues

**YOUTH 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 Saturdays, 9am to 2pm. Coaches may schedule additional practices. Register for either the K-1, 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 McGill at cmcgill@madison.k12.wi.us.

Grade	Location	Day	Date	Time
K-1	Cherokee or Sherman	Sa	9/9-10/21	9am -2pm
2-3				
4-5				

Registration Type	Registration Deadline	Resident Fee	Non-Resident Fee
Regular	8/15	\$46	\$69
Waitlist	9/1		

Flag Football Leagues register at mscryouthsportsleagues.org

CAMP RANDALL ROWING CLUB

CAMPRANDALLRC.ORG





Indoor Sports

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. Skip 11/23.

BASKETBALL SKILLS CLINIC - BEGINNER

Youth learn basketball in a fun and supportive atmosphere. Clinic covers skills, rules, team play and sportsmanship. Each class 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.

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 11/20-11/24.

YOUTH 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. Skip 11/20-11/24.



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. Skip 11/23.

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by MADISON

Indoor Sports

Age	Class	Location	Day	Date	Time	Fee	Course#
PRESCHOOL							
3-4	Pre-K Gym Games Galore	MSCR West	M	11/6-12/18	9:45-10:30am	\$30	37551
3-4	Pre-K Gym Games Galore	MSCR West	W	11/8-12/20	9:45-10:30am	\$30	37622
3-4	Youth Sports Sampler	Lapham	W	11/8-12/13	6-6:30pm	\$21	37576
3-4	Youth Sports Sampler	Lapham	W	11/8-12/13	6:40-7:10pm	\$21	37577
3-4	Youth Sports Sampler	MSCR West	M	9/11-10/16	6-6:30pm	\$21	37580
3-4	Youth Sports Sampler	MSCR West	M	9/11-10/16	6:40-7:10pm	\$21	37683
3-4	Youth Sports Sampler	MSCR West	M	11/6-12/4	6-6:30pm	\$21	37684
3-4	Youth Sports Sampler	MSCR West	M	11/6-12/4	6:40-7:10pm	\$21	37685
3-4	Youth Sports Sampler	MSCR West	T	9/12-10/17	6-6:30pm	\$21	37581
3-4	Youth Sports Sampler	MSCR West	T	9/12-10/17	6:40-7:10pm	\$21	37686
3-4	Youth Sports Sampler	MSCR West	T	11/7-12/5	6-6:30pm	\$21	37687
3-4	Youth Sports Sampler	MSCR West	T	11/7-12/5	6:40-7:10pm	\$21	37688
3-4	Youth Sports Sampler	Nuestro Mundo at Allis	W	9/13-10/18	6-6:30pm	\$21	37579
3-4	Youth Sports Sampler	Nuestro Mundo at Allis	W	9/13-10/18	6:40-7:10pm	\$21	37578
YOUTH							
11-13	Badminton	Gillespie	Th	11/2-12/7	7-8pm	\$21	37569
6-8	Basketball Skills Clinic- Beginner	Toki	T	9/19-10/24	6-7pm	\$30	37583
9-11	Basketball Skills Clinic- Beginner	Toki	T	9/19-10/24	7-8pm	\$30	37584
6-8	Basketball Skills Clinic- Beginner	Nuestro Mundo at Allis	Th	9/21-10/26	6-7pm	\$30	37586
9-11	Basketball Skills Clinic- Beginner	Nuestro Mundo at Allis	Th	9/21-10/26	7-8pm	\$30	37585
6-8	Basketball Skills Clinic- Beginner	MSCR West	Sa	9/23-10/28	9-10am	\$30	37682
6-8	Basketball Skills Clinic- Beginner	MSCR West	Sa	9/23-10/28	10-11am	\$30	37681
9-11	Basketball Skills Clinic- Beginner	MSCR West	Sa	9/23-10/28	11am-12pm	\$30	37680
12-14	Basketball Skills Clinic- Advanced	Toki	T	9/19-10/24	8-9pm	\$30	37582
7-9	Ultimate Frisbee	Toki	W	9/13-10/18	5-5:45pm	\$30	37590
10-12	Ultimate Frisbee	Toki	W	9/13-10/18	5:45-6:45pm	\$36	37591
6-7	Volleyball Skills	MSCR West	Th	9/14-10/19	6-6:30pm	\$31	37570
6-7	Volleyball Skills	MSCR West	Th	11/2-12/7	6-6:30pm	\$31	37571
8-10	Volleyball Skills	MSCR West	Th	9/14-10/19	6:40-7:10pm	\$31	37572
8-10	Volleyball Skills	MSCR West	Th	11/2-12/7	6:40-7:10pm	\$31	37573
10-12	Volleyball Skills	MSCR West	Th	9/14-10/19	7:20-8pm	\$36	37574
10-12	Volleyball Skills	MSCR West	Th	11/2-12/7	7:20-8pm	\$36	37575

Policies & Procedures

WHAT TO BRING

Participants must bring their own suits, locks 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 departments, 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.

EAST HIGH SCHOOL POOL

2222 E Washington Ave

LA FOLLETTE HIGH SCHOOL POOL

702 Pflaum Rd

LAPHAM ELEMENTARY SCHOOL POOL

1045 E Dayton St

MEMORIAL HIGH SCHOOL POOL

201 S Gammon Rd

WEST HIGH SCHOOL POOL

30 Ash St

A portable aquatic lift is available at all MMSD High School Pools.

Please call 608.204.3025 to inquire about usage.

All sessions are 10 classes unless otherwise indicated.

All aquatics programs skip 11/20-11/26



OPEN & LAP SWIM

OPEN/LAP SWIM FEES

A Pool Pass is required for open and lap swimming. A Swim Pass can be purchased at MSCR or from the lifeguard on duty at any site. No cash please; check, money order 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 fill out a waiver of liability and emergency contact form, which is available on our website.

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 (204-3030) 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

September 22 - December 15
(Skip 11/24)

Fridays	Lapham	4-7:30pm
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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.

September 18 - December 7
(Skip 11/20-11/23)

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

Class Descriptions

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 quite comfortable without an adult in the water. Instructors work with each family individually 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

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 aquatics 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.

LEVEL 6: FITNESS SWIMMER

Works on refining strokes with greater efficiency and effectiveness over longer distances. Example skills: circle swimming, using a pace clock, using a pull buoy and turns.

PRE-COMPETITIVE (AGES 8-13)

Must be age 8 and have passed Stroke Improvement (Red Cross Level 4). Pre-competitive is a challenging class that focuses on gaining a better understanding of stroke mechanics and techniques using a variety of swimming drills. The concentration is on performing legal strokes, turns, starts & finishes 25 yards at a time. Swimmers learn how to use a pace clock, circle swim and lane-sharing etiquette.

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

Intended for youth with disabilities who would benefit from a very small group, this class will provide swimming 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.

ADAPTED CHILD + ADULT (AGES 2-5)

A transition class for children with disabilities who are not quite comfortable without an adult in the water. Active adult participation is required; only one adult may accompany the participant 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 regular Child + Adult lessons should not enroll in this class. This class is not open for internet registration. Call 608-204-3030 for information.

ADULT SWIM LESSONS**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.

TEEN/ADULT SWIM INSTRUCTION (AGES 13+)

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 14-17 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.

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 yards.

**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 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.**

East High School Pool, 2222 E Washington Ave
ADULT

Day & Date	Time	Class	Fee	Course #
Tues & Fri 9/12-12/15	5:45-7am	Masters Swimming (1x per week)	\$76	36909
	5:45-7am	Masters Swimming (2x per week)	\$130	36910
Tues 9/19-12/5 11 Classes	6:15-7pm	Water Fitness: Deep Water	\$61	36940
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$66	36937
Wed 9/27-12/6	7:35-8:05pm	Teen/Adult Swim Instruction - Ages 13+	\$75	36931
Sun 10/1-12/10	3-3:30pm	Teen/Adult Swim Instruction - Ages 13+	\$95	36930

YOUTH

Day & Date	Time	Class	Fee	Course #
Wed 9/27-12/6	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$63	36947
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$63	36948
Sun 10/1-12/10	3-3:30pm	Pre-Competitive - Ages 8-13	\$80	36913
	3-3:30pm	Swim With Me	\$80	36928
	3:40-4:10pm	Youth Swim Lessons - Ages 5-13	\$80	36944
	4:20-4:50pm	Youth Swim Lessons - Ages 5-13	\$80	36945
	5-5:30pm	Youth Swim Lessons - Ages 5-13	\$80	36946

AMERICAN RED CROSS CLASSES

Day & Date	Time	Class	Fee	Course #
Sat 10/7	9am-6pm	American Red Cross Lifeguard Review	\$100	37689
Thurs 10/19-10/22	Thurs 5-9pm and Fri, Sat & Sun 9-5pm	Water Safety Instructor	\$225	37690

Lapham Elementary School Pool, 1045 E Dayton St


We offer classes in art, dance, music, and theatre. Classes for ages 2.5 and up, including adult classes.

Studio Dansu
608.445.3556
info@studiodansu.com

Join us for Fall 2023!
Learn more at
www.studiodansu.com



CTM THEATER CLASSES

FALL WINTER SPRING

CLASSES FOR ALL AGES & ALL LEVELS

SIGN UP NOW! VISIT CTMTHEATER.ORG TO ENROLL TODAY

ADULT

Day & Date	Time	Class	Fee	Course #
Sun 10/1-12/10	4:30-5pm	Learning the Basics - Teen/Adult	\$95	36903

YOUTH

Day & Date	Time	Class	Fee	Course #
Mon 9/25-12/4	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$75	36918
	5:50-6:20pm	Shrimp Dip	\$72	36925
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$75	36919
Tues 9/26-12/5	5:10-5:40pm	Little Dippers	\$72	36905
	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$75	36920
	6:30-7pm	Shrimp Dip	\$72	36926
Wed 9/27-12/6	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$75	36921
	5:50-6:20pm	Little Dippers	\$72	36906
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$75	36922
Thurs 9/28-12/7	5:10-5:40pm	Shrimp Dip	\$72	36927
	6:30-7pm	Little Dippers	\$72	36907
	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$75	36923
Sun 10/1-12/10	2:30-3pm	Shrimp Dip	\$90	36924
	3:10-3:40pm	Preschool Swim Lessons - Age 3-5	\$95	36917
	3:50-4:20pm	Little Dippers	\$90	36904

La Follette High School Pool, 702 Pflaum Rd
ADULT

Day & Date	Time	Class	Fee	Course #
Thurs 9/21-12/7 11 Classes	6:15-7:15pm	Water Fitness: Aqua Circuit	\$66	36938
	7:30-8:15pm	Water Fitness: Deep Water	\$61	36941

YOUTH

Day & Date	Time	Class	Fee	Course #
Mon 9/25-12/4	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$63	36949
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$63	36950
	7:35-8:05pm	Youth Swim Lessons - Ages 5-13	\$63	36951

Memorial High School Pool, 201 S Gammon Rd
ADULT

Day & Date	Time	Class	Fee	Course #
Wed 9/20-12/6 11 Classes	6:15-7pm	Water Fitness: Deep Water	\$61	36942
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$66	36939
Sun 10/1-12/10	3-3:30pm	Teen/Adult Swim Instruction - Ages 13+	\$95	36932

YOUTH

Day & Date	Time	Class	Fee	Course #
Sun 10/1-12/10	3-3:30pm	Pre-Competitive - Ages 8-13	\$80	36915
	3-3:30pm	Swim With Me	\$80	36929
	3:40-4:10pm	Youth Swim Lessons - Ages 5-13	\$80	36943
	4:20-4:50pm	Youth Swim Lessons - Ages 5-13	\$80	36952
	5-5:30pm	Youth Swim Lessons - Ages 5-13	\$80	36953

West High School Pool, 30 Ash St
ADULT

Day & Date	Time	Class	Fee	Course #
Mon 9/18-12/4 11 Classes	6:15-7:15pm	Water Fitness - Aqua Circuit	\$66	36935
	7:30-8:15pm	Water Fitness - Deep Water	\$61	36936
Tues & Thurs 9/19-12/14	5:40-7:10am	Masters Swimming (2x per week)	\$142	36912
Thurs 9/28-12/7	7:35-8:05pm	Teen/Adult Swim Instruction - Ages 13+	\$75	36934

YOUTH

Day & Date	Time	Class	Fee	Course #
Thurs 9/28-12/7	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$63	36956
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$63	36957



Madison Starlings Volleyball Club
High Quality Volleyball Training & Committed To Equity.
 Visit starlings.org/madison
 For more information & tryout schedule for boys and girls teams.
 - Middle school tryouts in October
 - High School tryouts in November

starlings.org/madison
madisonstarlings@gmail.com



KANOPIY DANCE
COME DANCE WITH KANOPIY!
 Classes for ages 5-Adult, Beginner-Professional!
 Modern, Ballet, Choreography, Dance Fitness, Master Classes, Performance Opportunities at Overture Center

2023-24 Academic Year: Fall Term
 To register/learn more: kanopydance.org
 Kanopy Center for Modern and Contemporary Dance
 329 W Mifflin St Madison WI, 53703
 Audition for Kanopy2, Our Second Company +Pro Training Program

Outdoor Pursuits

ADULT & FAMILY

ALL THINGS FALL

The Madison School Forest is a magical place in the fall! The leaves are falling, the air is crisp, and the forest is alive with animals preparing for winter! Families enjoy roasting s'mores over the fire, carving pumpkins in the open air shelter and hiking the School Forest trails with MSCR Nature Kits.

ASTRONOMY 101

Take in the night sky with an expert! Learn how to aim a telescope, find points of interest in the night sky, and discover constellations. This class is weather dependent, there is no back up weather date.

EXPLORING THE NIGHT SKY

Curious to know more about the night sky? Come learn about constellations, stars, and the galaxy! MSCR Instructors tell stories, share information and give participants a chance to look at objects in the sky through a telescope. This class is weather dependent, there is no back up weather date.

NIGHT EXPERIENCE

Enjoy a summer evening with MSCR's Night Experience program. MSCR staff offer various night time activities including firebuilding, stargazing, understanding night vision and even a night hike!

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 check-points with the lowest time) or a fun leisure activity. MSCR has three "courses" located 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).



CHILD + ADULT

SIGNS OF WILDLIFE - CHILD+ADULT

We can learn a lot from the clues that wildlife leave us. Join us in exploring different types of wildlife signs that can tell us more about the animals and the world around us. *Please note: Only the registered child can attend. Siblings including infants and friends are not allowed to attend classes. Only one adult per registered child may attend class marked "Child + Adult."

Age	Class	Location	Day	Date	Time	Fee	Course#
ADULT & FAMILY							
5+	All Things Fall	Madison School Forest	Sa	10/7	10-12pm	\$8	37524
5+	Astronomy 101	Madison School Forest	F	9/22	8-9pm	\$6	37707
5+	Exploring the Night Sky	Madison School Forest	F	10/6	7:30-9pm	\$8	37709
5+	Night Experience	Madison School Forest	F	9/22	6-8pm	\$8	37527
5+	Orienteering	Madison School Forest	Sa	10/7	1-4pm	\$8	37528
CHILD + ADULT							
5-11	Signs of Wildlife - Child+Adult	Olin Park	Sa	9/23	10-11:30am	\$10	37708



SOCCER PROGRAM FOR CHILDREN AGES 2-8.
Offered year round at daycares, preschools and public programs around Dane County
www.soccershots.com/madisonwi/



SCIENCE + ENGINEERING + ART CAMPS

STELLAR TECH GIRLS

Building Confident Girls to Engineer the Future

LEARN MORE AT STELLARTECHGIRLS.COM
Middleton | @stellartechgirls | Scholarships Available

Paddling

**PADDLING**

Spend some time paddling around Madison. See the sites from a different vantage point – the water! Our classes are a great way to try paddling without a huge investment of money or equipment. We provide instruction, lifejackets, boats and paddles. Experienced instructors contact you prior to the trip and teach everything you need to successfully navigate the water. Best suited for ages 16+, anyone under the age of 18 must register with a participating adult.

INTRODUCTORY COURSES**INTRO TO CANOE/KAYAK & INTRO TO KAYAK**

Learn the basics to start paddling safely. These courses give introductory information about boats, safety equipment, water safety and paddling techniques. If you've never been in a boat before, this is a great place to start!

WINGRA CREEK FALL TOUR

Enjoy a calm fall morning paddling down Wingra Creek where you'll see plenty of wildlife and hopefully the start of some fall colors. Canoe or kayak trip.

DAY TRIPS

Head outside of Madison with us to paddle at some stunning locations. Times listed include travel; paddling lasts up to three hours. Choose canoe or kayak on any of these trips, if canoeing both participants must register.

DISCOVER HORICON MARSH

Spend a day paddling Horicon National Wildlife Refuge, the largest freshwater cattail marsh in the US. Canoe or kayak trip.

DISCOVER MIRROR LAKE

Spend a day paddling at Mirror Lake State Park, where the water is so calm that not a ripple marks its surface. Canoe or kayak trip.

Age	Class	Location	Day	Date	Time	Fee	Course#
16+	Intro to Canoe/Kayak	Vilas	W	9/13	5-7pm	\$16	37533
16+	Intro to Canoe/Kayak	Warner	Th	10/12	4:30-6:30pm	\$16	37532
16+	Intro to Kayak	Vilas	W	9/20	5-7pm	\$16	37534
16+	Intro to Kayak	Warner	Th	10/5	4:30-6:30pm	\$16	37535
16+	Wingra Creek Fall Tour	Vilas	Sa	9/16	9-12pm	\$25	37537
16+	Discover Mirror Lake	Memorial	Sa	10/7	12-5pm	\$27	37536
16+	Discover Horicon Marsh	LaFollette	Su	10/15	8-4pm	\$30	37531

CLASSES FOR PROFESSIONALS & LIFELONG LEARNERS

**MADISON
AREA TECHNICAL
COLLEGE**



madisoncollege.edu/pce



MADISON COLLEGE
Postsecondary & Continuing Education

**EXPLORE AND
REGISTER
FOR FALL CLASSES**

Madison College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. Inquiries regarding the nondiscrimination policies are handled by Equal Opportunity Office, 1741 Waigle Street, Madison, WI 53706. Phone 608.262.4111.



Pontoon Boat Rides - Rentals & Drop In Rides



Explore Madison's Lakes!

Enjoy the city of Madison from the water on an MSCR Pontoon Boat Ride!

For over 40 years, MSCR has maintained 3 pontoon boats at the Tenney Park Boat House (1615 Sherman Ave) offering opportunities to get on the water through drop-ins, private reservations and speciality trips. Locations and times vary, please review descriptions below. Boats are wheelchair accessible, and Tenney Park is our only accessible loading/unloading site. All other locations are not wheelchair accessible. Smoking, vaping, chewing tobacco, alcohol and weapons are prohibited on property or boats. Boats are equipped with safety equipment, flotation devices and deck chairs.

Our season is May through September, 7 days a week, however we do not operate on the holidays - Labor Day. Programming and access to any lake is not guaranteed due to weather and water levels. We communicate program changes and weather cancellations on mscr.org/pontoon and the MSCR weather line 608-204-3044 (ext. 4) If you have questions, please contact us at pontoon@madison.k12.wi.us

DROP IN RIDES

All trips are first come-first served with no reservations available. Registration and fees are collected by MSCR crew at the pier.

\$5 per person (ages 3 and under free). Free ride tickets can be obtained at any Madison Public Library. Groups of 6+ should contact us to schedule a private rental and will not be accepted at Drop Ins.

All drop ins are subject to cancellation due to high water levels, or weather. Please call the MSCR weather line for the most current program information: 608-204-3044 (ext. 4). Drop In Rides take place June 1 to September 30.

TENNEY PARK

Boat trips to either Monona or Mendota (dependent on lake accessibility) from our Tenney Park Boat House. Registration begins 45 minutes prior to posted starting times. In September, there is no 7:15 pm trip.

Sundays

- 1:30-3pm
- 3:15-4:45pm

Mondays

- 1:30-2:30pm
- 2:45-3:45pm

Tuesdays and Thursdays

- 5:30-7pm
- 7:15-8:45pm - No late trip in September.

GOODSPEED

Boat trips on Lake Mendota from Goodspeed Pier next to the Memorial Union on UW Campus. Registration begins 15 minutes prior to posted starting times and fees are collected by MSCR crew on board the boat.

Thursdays

- 1:30-2:30pm
- 2:45-3:45pm

WARNER PARK

Boat trips on Lake Mendota from Warner Park Boat Launch at 1201 Woodward Dr. Registration begins 15 minutes prior to posted starting times.

Fridays

- 1:30-2:30pm
- 2:45-3:45pm

RENTAL RESERVATIONS

Reserve a pontoon boat for your own outing; your reservation includes volunteer drivers and first mates to crew the boats for your trip. Three boats are available with a 15 passenger maximum per boat. We accept applications for rentals beginning March 1 each year at mscr.org. Please complete the Pontoon Reservation Request Form at mscr.org/pontoon.

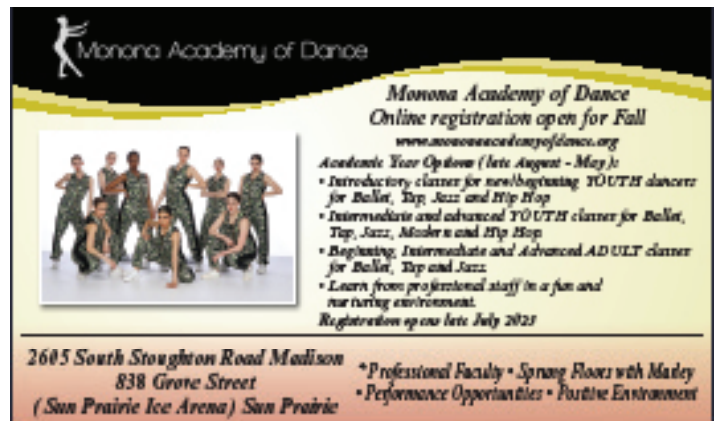
Typical season is May through September, 7 days a week.

3 hour rentals are available: 9:30-12:30pm, 1-4pm, 5-8pm

90 Minute rentals available weekdays only: 10-11:30am, 1-2:30pm

Rates are per boat:

- Standard 3 hour rate: \$150
- 90 minute trips: \$100
- Rentals are 50% more for non-MMSD residents.



Monona Academy of Dance
Online registration open for Fall
www.mononadanceacademyofdance.org
Academic Year Options (lets August - May):
• Introductory classes for new/beginning YOUTH dancers for Ballet, Tap, Jazz and Hip Hop
• Intermediate and advanced YOUTH classes for Ballet, Tap, Jazz, Modern and Hip Hop
• Beginning, Intermediate and Advanced ADULT classes for Ballet, Tap and Jazz
• Learn from professional staff in a fun and nurturing environment.
Registration open late July 2023

2605 South Stoughton Road Madison
838 Grove Street
(Sun Prairie Ice Arena) Sun Prairie

• Professional Faculty • Sprung Floors with Mallet
• Performance Opportunities • Fun Environment

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

BOULDERS CLIMBING GYM

SCAN FOR MORE INFO! 

PROGRAMS FOR ALL AGES!

BOULDERSGYM.COM



Indoor Classes

DANCE

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.

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 is typical for beginners to remain in Tap 1 for multiple sessions. Dress in clothing that allows movement and tap shoes.

TAP 2

Take your tap to the next level. Tap 2 is for dancers who have mastered basic steps or have past experience but might need a brush up. Participants learn more difficult combinations like single time steps. Dress in clothing that allows movement and tap shoes.

TRY IT! BALLET

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

TRY IT! 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.

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 uses the work of Rudolf Laban and Irmgard Bartenieff for this reconnection with inner grace and movement exploration. All levels welcome.

DRAWING & MIXED MEDIA

CHARCOAL FIGURE DRAWING NEW!

Be introduced to figure drawing with charcoal. Learn how to draw the human form from a live clothed model. Come grow your skills, connect with other artists and play with charcoal! Materials provided. A model fee is required in addition to the class fee.

EXPLORATION IN COLLAGE NEW!

Explore a variety of artists' collage techniques both traditional and new. Each week a new theme and collage technique is offered for participants to explore during class hours and beyond. Optional themes include making a self-portrait, magical realism, exploring 2-D design, abstract art & more. Participants are encouraged to bring personal items they would like to use in their work. Materials provided.

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. Materials provided.



DRAWING 1

Using the many supplies available to artists, participants 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. Materials provided.

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. Materials provided. A model fee will be required in addition to the class fee.

PAPER MACHE MASKS NEW!

Create your own unique mask inspired by traditions from a variety of cultures around the world. Choose from a variety of materials, including fabric, paper mache, feathers, raffia and other materials to create a one-of-a-kind creation. Materials provided.

FIBER ARTS

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. Materials and knitting needles provided.

KNITTING 2 - CABLE STITCH HAT

Do you know how to knit, purl and cast on? Take your knitting skills to the next level. Learn how to knit in the round with double pointed and circular needles. Increase and decrease stitches to shape a basic hat pattern and make it your own. Supply list available at mscr.org.

KNITTING 3 - COLOR WORK SLIP STITCH COWL NEW!

In this advanced knitting class, learn to make a cowl with two colors using the Slip Stitch. Discover the fun way to create a colored pattern and practice two-color knitting in the round. Knitting kit is provided and includes two colors of yarn, pattern and circular needles.

OPEN KNITTING STUDIO NEW!

Tangled up in a current knitting project? Bring your unfinished projects and knitting questions to this open studio for individual assistance. Join a supportive knitting community and have fun completing projects without becoming unraveled.

SCANDINAVIAN KNOT RUG WORKSHOP NEW!

Wow your friends by creating your own knotted rug! Learn how to make a versatile, washable and durable Scandinavian (or Amish) Knot rug using simple materials. This class includes a kit which includes a round started piece, fabric strips, a bone needle and instruction reference. Bring a small sewing scissors to class. Complete the started rug to desired size on your own. Kit included in class price.

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. Materials provided. First 5 class meetings meet from 6:30-9pm.

Age	Class	Location	Day	Dates	Times	Fee	Course#
DANCE							
18+	Ballet 1	MSCR West	Th	9/14-11/16	6:05-7:20pm	\$65	37000
18+	Ballet 2	MSCR West	Th	9/14-11/16	7:25-8:40pm	\$65	37001
18+	Tap 1	MSCR West	T	9/12-11/14	6-7pm	\$59	37043
18+	Tap 2	MSCR West	T	9/12-11/14	7:15-8:15pm	\$59	37044
18+	Try It! Ballet	MSCR West	Th	9/7	6:05-7:20pm	\$8	37646
18+	Try It! Scottish Country Dance	MSCR West	W	9/13	7-8:15pm	\$8	37111
18+	Scottish Country Dance	MSCR West	W	9/27-11/15	7-8:15pm	\$47	37090
18+	Vitality & Dance Lab	MSCR East	Th	9/14-10/19	6:30-8pm	\$36	37112
18+	Vitality & Dance Lab	MSCR East	Th	11/2-12/14	6:30-8pm	\$36	37647
DRAWING & MIXED MEDIA							
18+	Charcoal Figure Drawing	MSCR East	Su	10/22-12/10	1-3:30pm	\$93	37058
18+	Figure Drawing	MSCR Central	W	9/13-10/18	6:30-9pm	\$80	37649
18+	Drawing 1	MSCR East	T	10/17-11/21	9:30am-12pm	\$80	37048
18+	Drawing 1	MSCR West	W	10/11-11/15	6:30-9pm	\$80	37049
18+	Drawing - Back to Basics	Warner Park CRC	T	9/12-10/3	9:30am-12pm	\$55	37047
18+	Exploration in Collage	MSCR East	W	10/4-11/8	4:30-7pm	\$80	37139
18+	Paper Mache Masks	MSCR Central	Su	9/10-10/8	3-5pm	\$58	37137
FIBER ARTS							
18+	Knitting 1 - Beginner Scarf	MSCR East	T	9/19-10/3	6:30-9pm	\$50	37070
18+	Knitting 2 - Cable Stitch Hat	MSCR East	T	11/7-11/21	6:30-9pm	\$50	37072
18+	Knitting 3 - Color Work Slip Stitch Cowl	MSCR East	T	11/28-12/12	6:30-9pm	\$44	37071
18+	Open Knitting Studio	MSCR Central	Su	10/15	2-4pm	\$12	37073
18+	Open Knitting Studio	MSCR Central	Su	11/12	2-4pm	\$12	37670
18+	Scandinavian Knot Rug Workshop	MSCR East	T	10/17	1-3:30pm	\$28	37101
18+	Scandinavian Knot Rug Workshop	Warner Park CRC	T	12/5	9:30am-12pm	\$28	37672
18+	Weaving 1	MSCR Central	M	10/2-11/27	6:30-8pm	\$142	37661

POSITIVE PSYCHOLOGY - THE GLAPPY HOUR: (GLAD + HAPPY = GLAPPY!)**SEE LISTINGS ON PAGE 35****DISCOVERING HAPPINESS**

"Everything that becomes true starts with a manifesto" - Courtney Love
Do you feel like you forget absolutely everything in times of stress? Discover how to create a list of instructions for those times to remind us what matters. Journal and discuss with peers to uncover what values matter most and how to turn that knowledge into a manifesto. Create a piece of art to take home with your manifesto on it. Materials provided.

IGNITING CURIOSITY

"The cure for boredom is curiosity. There is no cure for curiosity."
-Dorothy Parker. Curiosity is one of the five (VIA) character strengths most correlated with happiness. This strength is so important, even a Mars rover was named after it! Through this hour-long interactive workshop, figure out ways to leverage this valuable resource to your advantage.

INCREASING GRATITUDE

"Enjoy the little things, for one day you may look back and realize they were the big things." -Robert Brault. Gratitude is one of the most highly correlated traits associated with happiness. Yet our brains are set up to notice the negative. Practicing appreciation is a muscle we must learn to exercise in order to increase our everyday happiness. In this highly interactive workshop, discuss ways to uncover roadblocks and increase gratitude in our lives. Discover ways to make every day more like Thanksgiving!

PLUGGING INTO PRESENCE

"Your presence will always mean more than any present could."
-Loveable Quotes. What if in addition to focusing on presents this season, we focused on PRESENCE? How would the the holidaya transform? Figure out ways to bring mindfulness and peacefulness to our holidays.

Indoor Classes

ENRICHMENT

BEGINNING RESIN ART

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! Materials provided.

CONTINUING RESIN ART

Take resin to the next level! Make items that take multiple pours for more depth and interest. Explore new blending and mixing techniques. Best suited for participants who have taken Beginning Resin Art. Materials provided.

BRIDGE BASICS 1

Learn to Play Bridge--the best card game ever! Bridge is a great way to challenge your mind every day. 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.

CALLIGRAPHY - THE ART OF WRITING NEW!

Learn basics of script handwriting using the model developed by Robert Boardwell. Develop your personal style of writing that can be useful in other creative outlets. Words, terms, tools and practice lettering techniques are covered. Materials provided.

TRY IT! COMMUNITY SINGING

Find your singing voice within a supportive community! This class aims to inspire singing with the voice that you have and utilizes a pedagogy that focuses on body and voice awareness. Class focuses on rounds and simple multi-part songs. All levels welcome.

COMMUNITY SINGING

Singing is a whole body activity. This community singing class aims to inspire singing with the voice that you have and utilizes a pedagogy that focuses on body and voice awareness. Class focuses on rounds and simple multi-part songs. All levels welcome.

FALL FLORAL WREATH WORKSHOP

Welcome the fall season and spruce up your front door with a floral wreath! Use artificial flowers to create one-of-a-kind wreath designs. With guidance from your instructor, leave this workshop with a wreath you'd be excited to hang on your front door. Materials provided.

LEATHER EARRING WORKSHOP NEW!

Create three pairs of your very own leather earrings from start-to-finish to give as gifts or adorn yourself! All materials are provided. Choose from brass (bronze) or stainless steel (silver) hardware. Youth ages 14+ are welcome to participate with a registered adult. Taught by Jeena Breunig of Valley of Camps Jewelry & Gifts, LLC.

INTRO TO FLY TYING

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

WINTER WREATH WORKSHOP

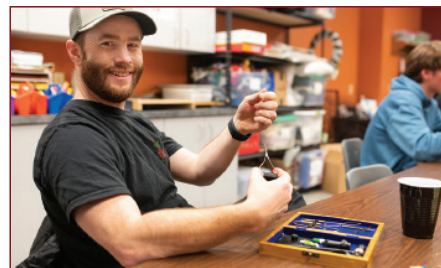
Don't get the winter blues! Welcome the winter season by sprucing up your front door with a handmade wreath. Use a variety of decorations and materials to create one-of-a-kind wreath designs. With guidance from your instructor, leave with a wreath you are excited to hang. Materials provided.

HENNA ON CANVAS WORKSHOP

Learn the ancient art of henna painting. Through step-by-step demonstrations, discover how henna (mehndi) is applied to a hand using a cone. Practice new designs on a canvas! Materials provided.

MEMOIR WRITING

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 CONTINUING

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.

MINDFUL ART JOURNALS

Do you struggle with anxiety or stress in your everyday life? Learn to cultivate a mindful art journaling practice to help promote mindfulness and reduce negative thinking. Explore various art techniques and mindfulness exercises as you relax, de-stress and connect. No art experience needed. Bring a journal or sketchbook to class. All other materials provided.

PHOTOGRAPHY - THE BASICS

This is geared toward all 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 photos. Covers camera basics, rules of composition, fundamentals of digital workflow, file management, downloading, editing, posting and backing up your digital image library.

RETIREMENT - NOW WHAT?

Ahh, retirement. The time of life when you can sit back and take it easy - right? What if it isn't exactly what you thought it would be? What if you aren't exactly sure what to do with all your free time now? Take time to focus on what has been working and what needs to change. Leave the class with clarity and ideas of how to proceed starting today!

SENSORY CRAFT WORKSHOP NEW!

Feeling stressed from the daily buzz around you? In this workshop, create three different sensory objects that may help reduce stress and aid in relaxation: a nebula jar, stress balloon ball and a scented rice pillow. Discover ways to use these objects to help decrease stress, especially when dealing with strong emotions, and other emotion regulation tips. Materials provided.

SUCCULENT TERRARIUM WORKSHOP NEW!

Create a succulent terrarium garden! Learn how to care for the new plants, basic care tips and how to propagate succulents. Participants have the opportunity to paint a stone to decorate their new garden. Materials provided, including a small glass terrarium.

WOOD BURNING + RESIN SERVING BOARD WORKSHOP NEW!

Learn how to wood burn an intricate design on a basswood board then preserve with epoxy resin to make a durable serving board. Step by step instruction given. Materials provided.

WOOD BURNING WORKSHOP - CHARCUTERIE BOARDS

Learn the trendiest craft of wood burning, also known as pyrography! Burn a mandala design on a charcuterie board. Wooden boards are finished and ready to use at your next dinner party! Materials provided. No prior skills needed.

WOOD BURNING WORKSHOP - COASTERS

Learn the trendiest craft of wood burning, also known as pyrography! Burn a mandala design on two wood coasters to take home. Coasters are finished with cork backing and ready to use. Materials provided. No prior skills needed.

WOOD BURNING WORKSHOP - PICTURE FRAMES

Create a mandala design on a wooden picture frame. Learn the trendiest craft of wood burning, also known as pyrography! Materials provided. No prior skills needed.

CLASSES AT WARNER PARK CRC REQUIRE AN ID
PLEASE GO TO MSCR.ORG FOR MORE INFORMATION

Indoor Classes

Age	Class	Location	Day	Dates	Times	Fee	Course#
ENRICHMENT							
18+	Beginning Resin Art	MSCR East	Th	9/14-9/28	6:30-8:30pm	\$52	36976
18+	Bridge Basics 1	MSCR West	T	10/3-10/31	4-6pm	\$44	36983
18+	Calligraphy - The Art of Writing	MSCR East	M	10/23-11/27	1-3:30pm	\$77	37057
18+	Calligraphy - The Art of Writing	Warner Park CRC	Th	9/7-10/19	1-3:30pm	\$77	37667
18+	Community Singing	MSCR Central	Su	9/24-11/12	1-3:30pm	\$52	37134
18+	Continuing Resin Art	MSCR East	Th	11/2-11/16	6:30-8:30pm	\$52	37655
18+	Exploration in Collage	MSCR East	Wu	10/4-11/8	4:30-7pm	\$80	37139
18+	Fall Floral Wreath Workshop	MSCR West	W	10/11	6:30-8:30pm	\$18	37050
18+	The Glappy Hour: Discovering Happiness	MSCR East	F	11/7	9:30-10:45am	\$10	37105
18+	The Glappy Hour: Increasing Gratitude	MSCR Central	Th	11/2	9:30-10:45am	\$10	37108
18+	The Glappy Hour: Increasing Gratitude	MSCR East	F	11/10	9:30-10:45am	\$10	37107
18+	The Glappy Hour: Igniting Curiosity	MSCR East	F	10/13	9:30-10:45am	\$10	37106
18+	The Glappy Hour: Plugging Into Presence	MSCR East	F	12/8	9:30-10:45am	\$10	37100
18+	Henna on Canvas Workshop	MSCR East	T	9/12	6-8pm	\$25	37061
18+	Henna on Canvas Workshop	Warner Park CRC	T	11/7	6-8pm	\$25	37062
14+	Intro to Fly Tying	MSCR West	T	9/21-10/19	6-7:30pm	\$50	37068
14+	Intro to Fly Tying	MSCR West	Th	11/2-12/7	6-7:30pm	\$50	37069
14+	Leather Earring Workshop	MSCR East	W	12/6	6-8pm	\$45	37140
14+	Leather Earring Workshop	MSCR West	M	9/25	6-8pm	\$45	37142
18+	Memoir Writing	MSCR West	M	9/11-10/23	6-8pm	\$80	37075
18+	Memoir Writing Continuing	MSCR West	M	11/6-11/27	6-8pm	\$53	37658
18+	Mindful Art Journals	MSCR Central	F	9/15-10/13	9:30am-12pm	\$60	37076
18+	Photography - The Basics	MSCR Central	W	11/1-11/8	6:30-8:30pm	\$26	37081
18+	Retirement - Now What?	MSCR Central	T	10/10-10/24	9:30-10:45am	\$32	37157
15+	Sensory Craft Workshop	MSCR East	Sa	12/2	1:30-2:30pm	\$15	37109
15+	Succulent Terrarium Workshop	MSCR East	Sa	9/23	1:30-2:30pm	\$20	37131
18+	Try It! Community Singing	MSCR Central	Su	9/10	1-3:30pm	\$10	37660
18+	Winter Wreath Workshop	MSCR West	W	11/15	5:30-7:30pm	\$18	37136
18+	Wood Burning Workshop - Charcuterie Boards	MSCR East	W	11/15	6-8:30pm	\$50	37120
18+	Wood Burning Workshop - Coasters	MSCR East	W	9/20	6:30-8:30pm	\$36	37121
18+	Wood Burning Workshop - Picture Frames	MSCR East	M	12/11	6:30-8:30pm	\$36	37663
18+	Wood Burning + Resin Serving Board Workshop	MSCR East	T	10/17-10/24	6:30-8:30pm	\$60	37673

CAREGIVER APPRECIATION EVENT

Are you a caregiver who is caring for a family member, friend or loved one? Join MSCR on October 30 and 31 as we honor caregivers with free relaxation activities, resource booths and opportunities to connect with other caregivers.

November is National Caregiver Month and MSCR wants to acknowledge the dedicated work caregivers are doing to support their loved ones. A list of free activities will be made available on September 11 at mscr.org or pick up a paper copy at all MSCR facilities. Registration opens on September 18 for MMSD residents and non residents. Swag bags full of resources and self-care treats will be given to the first 100 attendees as they come in the door.



Indoor Classes

PAINT NIGHT!

Learn how to make this fun, fall-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! New themes include corn harvest, fall birds, fall trees and pumpkin scene.

PAINTING

ACRYLICS & OILS - ALLA PRIMA WORKSHOP

Discover the painting style of alla prima! Complete one painting of a landscape or simple still life in one session and explore how to use a loose style with no fussing over detail. Learn a condensed version of the basics in composition and techniques. All levels are welcome. Materials provided.

ACRYLICS & OILS - STILL LIFE & LANDSCAPES

Learn acrylic and oil painting techniques along with color mixing and composition. Paint landscapes from photo references and still lifes in a loose and impressionistic painting style. All levels welcome. Materials provided.

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. Materials provided.

CANVAS ART

Learn the color wheel, painting techniques and drawing skills. All skill levels are welcome. The instructor assists and guides participants at their own pace. Materials provided.

GRATEFULNESS CANVAS ART WORKSHOP

Give thanks for all the things in your life! Create canvas art inspired by or for everything you are most grateful for during the season of thanks!

SWEETEST DAY CANVAS ART WORKSHOP

Life is sweeter with those you love and care about! Create canvas art inspired by all the different types of love in your life or for the people and pets who are your "Sweetest!"

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. Materials provided.

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. Materials provided.

WATERCOLOR 3: PORTRAIT NEW!

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. Materials provided.

WATERCOLOR STUDIO

Enjoy an afternoon of watercolor painting. Demonstrations at each session, then work on your own projects or instructor exercises. Class is appropriate for painters who have completed Watercolor 1 or have some background knowledge of watercolor painting. Bring your own supplies. Easels available for use.

Age	Class	Location	Day	Date	Time	Fee	Course#
PAINTING							
18+	Acrylic Painting 1	MSCR Central	W	9/27-11/1	9:30am-12pm	\$82	36963
18+	Acrylics & Oils - Alla Prima Workshop	MSCR East	T	10/3	9:30am-1pm	\$27	36960
18+	Acrylics & Oils - Alla Prima Workshop	Warner Park CRC	T	11/7	9:30am-1pm	\$27	36959
18+	Acrylics & Oils - Still Life & Landscapes	MSCR East	M	9/11-10/23	9:30am-12pm	\$82	36961
18+	Acrylics & Oils - Still Life & Landscapes	Warner Park CRC	Th	11/2-12/14	1-3:30pm	\$82	36962
18+	Canvas Art	MSCR West	Su	9/17-10/22	3:15-4:45pm	\$49	37009
18+	Canvas Art	MSCR West	M	11/6-12/11	12:30-2pm	\$49	37036
18+	Gratefulness Canvas Art Workshop	MSCR West	Su	11/18	9-10:30am	\$18	37060
18+	Paint Night - Corn Harvest	Warner Park CRC	F	10/6	6-8pm	\$25	37074
18+	Paint Night - Fall Birds	Warner Park CRC	F	9/15	6-8pm	\$25	37065
18+	Paint Night - Fall Tree	Warner Park CRC	F	11/17	6-8pm	\$25	37080
18+	Paint Night - Pumpkin Scene	Warner Park CRC	F	10/20	6-8pm	\$25	37077
18+	Sweetest Day Canvas Art Workshop	MSCR West	Sa	10/21	9-10:30am	\$18	37052
18+	Watercolor 1	MSCR Central	M	9/11-10/16	9:30am-12pm	\$82	37115
18+	Watercolor 1	MSCR East	W	9/13-10/18	9:30am-12pm	\$82	37113
18+	Watercolor 1	MSCR West	T	9/12-10/17	6:30-9pm	\$82	37114
18+	Watercolor 2	MSCR Central	M	10/30-12/4	9:30am-12pm	\$82	37644
18+	Watercolor 2	MSCR East	W	11/1-12/6	9:30am-12pm	\$82	37116
18+	Watercolor 2	MSCR West	T	11/7-12/12	6:30-9pm	\$82	37643
18+	Watercolor 3: Portrait	MSCR West	F	10/27-11/17	1-3:30pm	\$55	37135
18+	Watercolor Studio	MSCR Central	M	10/23-11/27	1-3:30pm	\$82	37645

Indoor Classes

**POTTERY****OPEN POTTERY STUDIO**

Formerly Pottery Lab, this non-instructional, open studio is 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 - Thursday (8am-8pm), 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 clay.

TAKE A SPIN - POTTERY NIGHT

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. Materials provided.

THE FINISHING TOUCH NEW!

Learn how to refine and finish your pottery to give it a professional look. On the first day of class, learn proper throwing techniques and tricks of the trade to make a professional looking finished piece. The second class is dedicated to surface design instruction, from clay additions to underglaze applications. Materials provided.

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 and want to improve skills as well as learn new techniques & 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.

Age	Class	Location	Day	Dates	Times	Fee	Course#
POTTERY							
18+	The Finishing Touch	MSCR West	Th	11/2-11/16	9:30am-12pm	\$48	37034
18+	Open Pottery Studio	Warner Park CRC	Daily	9/10-12/8	8am-6pm	\$266	37083
18+	Open Pottery Studio	MSCR West	M-Sa	9/11-12/2	8am-8pm	\$280	37627
18+	Take a Spin - Pottery Night	MSCR West	W	9/6	6:30-8:30pm	\$26	37104
18+	Take a Spin - Pottery Night	MSCR West	Th	9/7	6:30-8:30pm	\$26	37629
18+	Take a Spin - Pottery Night	MSCR West	F	9/8	6:30-8:30pm	\$26	37630
18+	Take a Spin - Pottery Night	Warner Park CRC	F	9/22	6-8pm	\$26	37103
18+	Take a Spin - Pottery Night	Warner Park CRC	F	11/17	6-8pm	\$26	37628
18+	Wheel 1	MSCR West	Su	9/10-11/12	3-5:30pm	\$205	37634
18+	Wheel 1	MSCR West	W	9/13-11/15	6:30-9pm	\$205	37632
18+	Wheel 1	MSCR West	T	10/3-12/5	10am-12:30pm	\$205	37085
18+	Wheel 1	MSCR West	Sa	10/7-12/2	9:30am-12pm	\$205	37633
18+	Wheel 1	Warner Park CRC	T	9/12-11/28	6:30-8:30pm	\$226	37084
18+	Wheel 1	Warner Park CRC	W	9/13-11/29	6:30-8:30pm	\$226	37631
18+	Wheel 2	MSCR West	T	9/12-11/14	6:30-9pm	\$205	37636
18+	Wheel 2	MSCR West	M	10/2-12/4	6:30-9pm	\$205	37118
18+	Wheel 2	MSCR West	Th	9/14-11/16	6:30-9pm	\$205	37637
18+	Wheel 2	Warner Park CRC	M	9/11-12/4	6-8:30pm	\$246	37117
18+	Wheel 2	Warner Park CRC	Th	9/14-12/7	6-8:30pm	\$246	37635

Indoor Classes

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.

OPEN SEWING STUDIO NEW!

Sewing can sometimes be harder than it "seams." Get help on your sewing project in this open sewing studio. Receive tips and tricks from instructors who can troubleshoot machine problems, help with a pattern or guide you through next steps on your project.

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 1 - PILLOW CASES

Start from scratch and discover the basics of sewing. Learn how to make a pillow case in one class. No experience necessary. Class is appropriate for very beginners as well as people looking for a refresher. Materials and sewing machines provided.

SEWING 2 - CAT BED NEW!

Create a soft bed your feline friend will want to nap in every day! Sew a cat head shaped bed in this one-day workshop. Basic sewing knowledge is required, and participants must be able to use a sewing machine. Materials provided.

SEWING 2 - GROCERY BAGS NEW!

Apply skills learned in Sewing 1 to create heavy duty grocery bags. 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 2 - HOLIDAY BAUBLE POUCH NEW!

Learn how to sew your own holiday bauble pouches to be used for decorations or reusable, original ways to gift wrap! Basic sewing knowledge is required and participants must be able to use a sewing machine. Materials provided.

SEWING 2 - PAJAMA PANTS NEW!

Apply skills learned in Sewing 1 to create pajama or sweat pants! 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 2 - QUILT AS YOU GO

Learn a simple technique of quilting on a home sewing machine. Leave with a new set of placemats or table runner using a technique called "Quilt as you Go." Participants also learn how to bind their quilted project. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines and materials provided.

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.

Age	Class	Location	Day	Dates	Times	Fee	Course#
SEWING							
18+	Behind the Seams - Caring for Your Machine	MSCR West	W	9/13	9:30-11:30am	\$10	37651
18+	Behind the Seams - Caring for Your Machine	MSCR West	W	11/15	9:30-11:30am	\$10	37652
18+	Behind the Seams - Pattern Reading for Beginners	MSCR West	W	10/18	9:30-11:30am	\$12	37055
18+	Open Sewing Studio	MSCR West	W	10/25	10:30am-12:30pm	\$12	37098
18+	Open Sewing Studio	MSCR West	W	11/29	10:30am-12:30pm	\$12	37671
18+	Sewing 1	MSCR East	Su	9/17-10/1	3-5pm	\$40	37092
18+	Sewing 1	MSCR East	T	9/19-10/3	6:30-8:30pm	\$40	37091
18+	Sewing 1	MSCR East	Sa	11/4-11/18	9:30-11:30am	\$40	37093
18+	Sewing 1	MSCR West	W	10/25-11/8	6:30-8:30pm	\$40	37094
18+	Sewing 1 - Pillow Cases	MSCR West	W	10/4	6:30-9pm	\$17	37110
18+	Sewing 2 - Cat Bed	MSCR West	W	10/18	1-4pm	\$25	37119
18+	Sewing 2 - Grocery Bags	MSCR East	Sa	10/7-10/28	9:30-11:30am	\$53	37096
18+	Sewing 2 - Holiday Bauble Pouch	MSCR West	T	12/5	6:30-8:30pm	\$17	37130
18+	Sewing 2 - Pajama Pants	MSCR East	T	10/31-11/21	6:30-8:30pm	\$53	37095
18+	Sewing 2 - Quilt as You Go	MSCR West	W	10/25-11/15	1-3pm	\$53	37097
18+	Sewing Alterations	MSCR East	W	10/4-10/18	1-3pm	\$40	37133
18+	Sustainable Sewing	MSCR East	Th	10/12-10/26	6:30-8:30pm	\$40	37102

Outdoor & Virtual Classes

OUTDOOR**CROCHETING 1 - KITCHEN ITEMS**

Looking to add some personality to your kitchen? Need a quick gift? Learn the basic crochet stitches while making the best dish scrubbies along with cute dishcloths, towels and hot pads. See for yourself why so many people swear by handmade kitchen items. A great class for beginners or those who want to try out a new pattern. Supply list available at mscr.org.

PHOTOGRAPHY: NEIGHBORHOOD FALL WALKS

Explore some of Madison's most beautiful green spaces with your camera. Open to people of all photographic abilities! Bring your point-and-shoots, SLRs or even mobile phone camera. The emphasis is on using your "vision" to improve your photos. Class walks are generally 2-3 miles (4,000-7,000 steps). Class meets at: 10/1: Hoyt Park 10/8: Olin Park Boat Launch 10/15: Vilas Beach Shelter.

VIRTUAL**ACRYLIC PAINTING 1 - STILL LIFE**

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. Supplies are not included with this class. To purchase a supply kit, please see Course ID # 37158.

COMMUNITY CROCHET-ALONG

Chat, craft and crochet along with your peers! Virtually connect with your crochet community and instructors by creating new projects together in a supportive environment. Receive weekly square patterns that each have a special stitch. Create enough crocheted squares to make a blanket or a pile of beautiful dishcloths. No formal lesson is taught, but the instructor is there to help with any questions and give suggestions. Participants must have experience in knitting or crocheting. Supply lists available at mscr.org.

CROCHETING 2 - CARDIGAN NEW!

Here's your chance to branch out, build upon your existing skills and experience how fun crocheting garments can be. Start with a gauge swatch, work your cardigan piece by piece and sew it all together to create a stylish garment to keep you warm during those cold winter months. Supply list available at mscr.org.

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.

**INTRO TO EMBROIDERY - BOTANICAL DESIGNS**

Learn to turn a doodle into a beautiful, delicate piece of art. Focusing on the botanical world, draw a simple design. Transform your sketch into a vibrant colored image using thread and different embroidery techniques. Make a special keepsake for a friend or save it and treasure it for yourself! Materials provided.

MEDITATIONAL STITCHING - "KANTHA" STYLE

Discover a unique, ancestral technique to develop layered textiles out of tattered, worn-out fabrics. Kantha is a Sanskrit word that means rags. However, kantha textiles are anything but rags. The effect is beautiful in its intricate, tactile appearance. Some materials provided.

NATURE INSPIRED FABRIC SCULPTURES

Using textile materials such as fabric remnants and yarn, experiment turning fabric into a three-dimensional sculpture. This class is an invitation to explore a new way to approach textiles, more like sculpture rather than just surface. No experience necessary. Some materials provided.

Age	Class	Location	Day	Dates	Times	Fee	Course#
OUTDOOR							
18+	Crocheting 1 - Kitchen Items	Garner Park	W	9/20-10/4	10am-12pm	\$36	37657
18+	Photography: Neighborhood Fall Walks	Various	Su	10/1-10/15	1-2:30pm	\$38	37138
VIRTUAL							
18+	Acrylic Painting 1 - Still Life	Virtual	T	11/7-12/12	9:30-11:30am	\$63	37642
18+	Community Crochet-Along	Virtual	M	11/6-12/11	6:30-8:30pm	\$72	37654
18+	Crocheting 2 - Cardigan	Virtual	M	10/2-10/30	6:30-8:30pm	\$48	37059
18+	Drawing 2: The Human Head & Facial Anatomy	Virtual	Th	10/26-11/16	6:30-8:30pm	\$55	37648
18+	Intro to Embroidery - Botanical Designs	Virtual	T	9/12-10/3	6:30-8:30pm	\$52	37151
18+	Meditational Stitching - "Kantha" Style	Virtual	W	11/8-11/22	6:30-8:30pm	\$43	37153
18+	Nature Inspired Fabric Sculptures	Virtual	W	10/11-10/25	6:30-8:30pm	\$43	37141
18+	Supply Kit for Acrylic Painting 1 Still Life	Virtual	T	11/7-12/12		\$35	37158

Indoor Classes**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. Skip 11/22, 11/24. BYOM

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. Skip 11/22, 11/23. BYOM

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! Skip 9/21, 11/23.

CLASSIC CARDIO & TONING

Pay homage to fitness classes of the 80s and 90s with this throwback to the classic. Mix of choreographed cardio to upbeat music with strength training for one sweaty good time. Leg warmers are optional! This class is perfect for cardio junkies, head-to-toe fitness and fun! Skip 10/7, 11/22, 11/25. BYOM

CORE DE FORCE

Core De Force workouts are broken into 3-minute rounds, just like a real boxing match! Experience boxing, kickboxing, Muay Tai combinations and bodyweight moves. You'll pummel calories and build a strong core! Skip 11/23.

GENTLE FLOW & MEDITATION

This class focuses on moving slowly into yoga poses while using the breath as a tool to remain present and mindful. The slow pace allows you to enjoy each pose. Expect lots of strengthening and lengthening with a dose of relaxation and meditation to wrap up your practice and leave you feeling great. BYOM

GENTLE YOGA FLOW

Great for beginners or those searching for a soothing, gentle practice. This focuses 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. Expect lots of stretching and lengthening with a heavy dose of relaxation to wrap up your practice and leave you feeling great. Skip 11/11, 11/25. BYOM

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. BYOM

HATHA YOGA II

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

HEALTHY LIVING TO PREVENT DIABETES

Join UW student pharmacists from Operation Diabetes to learn about this chronic illness: prevention, lifestyle, modifications, healthy living choices and tips on living with Type 2 Diabetes.

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! Skip 10/16. BYOM

KICKBOX CARDIO

No bags or gloves, just a killer workout! A dynamic class that incorporates kickboxing techniques with an intense cardio workout. Improves endurance, cardiovascular fitness, tones muscles and shreds abs. Skip 9/26. BYOM

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. Skip 11/22. BYOM

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. BYOM

**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 Skip 11/23. BYOM

PRANAYAMA

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. Create mindfulness and awareness patterns and much more. Skip 11/23. BYOM

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! Skip 10/16, 11/22-23. BYOM

ROW FIT

Rowing Fitness is for every body! Rowing targets every major muscle group with low-impact, high-intensity fitness gains for absolute beginners to elite athletes. Each workout combines technical instruction and interval training on Concept2 Indoor Rowers with off-rower exercises modified for all fitness levels. Off-rower work includes bodyweight exercises, dumbbells and resistance bands. Fast, fluid and FUN - let's row!

SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level with a small group of 2-10 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. Skip 11/22. BYOM

STRENGTH TRAINING FOR WOMEN

This women's specific strength training class incorporates weights, kettlebells, body weight training and resistance tubing for an effective total body strength training class. BYOM

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. Skip 11/24. BYOM

WERQ

WERQ is the 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

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. By combining yoga poses and free weights with traditional strength building movements, challenge your muscles and mind. Skip 11/23. BYOM and bring athletic shoes.

YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Yoga Flow is perfect for active yoga, strength building and improving flexibility. Skip 11/25. BYOM

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. Skip 11/23.

CLASS INFORMATION

- BYOM= Bring your own mat. All classes are open to beginners and participants of all fitness levels. Our instructors are trained to have options for all.

Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
18+	Row Fit	MSCR East	M	9/18-11/27	4:45-5:45pm	\$55	37221
18+	Small Group Training	MSCR East	M	9/11-11/27	5-5:45pm	\$60	37226
18+	WERQ	MSCR East	M	9/11-11/27	6-6:45pm	\$60	37240
18+	Pure Strength	MSCR West	M	9/11-11/27	5:45-6:30pm	\$55	37217
18+	Healthy Living to Prevent Diabetes	MSCR West	M	9/11-9/18	6-7pm	\$0	37606
18+	HIIT	MSCR West	M	9/11-11/27	6:45-7:30pm	\$55	37211
18+	Strength Training for Women	Warner Park CRC	M	9/11-12/11	12:15-1pm	\$70	37229
18+	Hatha Yoga II	Warner Park CRC	M	9/11-12/11	5:30-6:45pm	\$70	37209
18+	Hatha Yoga I	Warner Park CRC	M	9/11-12/11	7-8pm	\$70	37710
18+	Yoga Amped	MSCR Central	T	9/12-11/28	5:30-6:15pm	\$60	37244
18+	Yoga Flow	MSCR East	T	9/12-11/28	4:30-5:30pm	\$60	37247
18+	Classic Cardio & Toning	MSCR East	T	9/12-11/28	5:30-6:15pm	\$60	37200
18+	Total Body Fitness	MSCR West	T	9/12-11/28	5-5:45pm	\$60	37605
18+	Kickbox Cardio	MSCR West	T	9/12-11/28	6-6:45pm	\$60	37604
18+	Yoga Flow	MSCR West	T	9/12-11/28	7:15-8:15pm	\$37	37246
18+	Mat Pilates	Warner Park CRC	T	9/12-12/12	8:30-9:30am	\$70	37182
18+	Gentle Flow & Meditation	Warner Park CRC	T	9/19-12/12	5:30-6:30pm	\$65	37665
18+	Barre Sculpt	MSCR East	W	9/13-11/29	5:15-6pm	\$55	37188
18+	Pure Strength	MSCR East	W	9/13-11/29	6:15-7pm	\$55	37219
18+	Arms & Abs	MSCR East	W	9/13-11/29	6:45-7:30pm	\$55	37185
18+	LGBTQIA+ Yoga	MSCR East	W	11/1-12/20	5:15-6:15pm	\$40	37213
18+	Small Group Training	MSCR West	W	9/13-11/29	6:30-7:15pm	\$72	37225
18+	Classic Cardio & Toning	Warner Park CRC	W	9/13-12/13	5-6pm	\$65	37198
18+	Yoga Amped	MSCR Central	Th	9/14-11/30	7:30-8:15am	\$55	37650
18+	Zumba	MSCR Central	Th	9/14-11/30	6-6:45pm	\$55	37666
18+	Pure Strength	MSCR East	Th	9/14-11/30	5:15-6pm	\$55	37216
18+	Cardio Dance	MSCR East	Th	9/14-11/30	6:30-7:15pm	\$50	37196
18+	Pranayama	MSCR East	Th	9/14-11/30	7:15-8:15pm	\$55	37664
18+	Core de Force	MSCR West	Th	10/19-11/30	4:45-5:30pm	\$25	37204
18+	Barre Sculpt	MSCR West	Th	9/14-12/14	5-6pm	\$55	37190
18+	Pure Strength	MSCR West	Th	9/14-11/30	5:45-6:30pm	\$55	37215
18+	PiYo	MSCR West	Th	10/19-11/30	5:45-6:30pm	\$25	37214
18+	Arms & Abs	MSCR East	F	9/15-12/1	8:15-9am	\$55	37184
18+	Total Body Fitness	MSCR East	F	10/27-12/1	9:15-10am	\$60	37235
18+	Yoga Flow	MSCR East	Sa	9/16-12/2	8:30-9:30am	\$55	37253
18+	Classic Cardio & Toning	MSCR West	Sa	9/16-12/2	9-10am	\$50	37201
18+	Gentle Yoga Flow	MSCR West	Sa	9/16-12/2	10:30-11:30am	\$50	37205
18+	Fit for the Holidays	Hybrid	M-Su	12/4-12/31	8am-9pm	\$40	37269

FIT FOR THE HOLIDAYS - HYBRID!

During the holiday season join your favorite Adult Fitness & Goodman Rotary 50+ Fitness instructors for a wide variety of fitness classes. Enjoy virtual classes held live via Zoom in addition to in-person classes held at MSCR facilities. Come to as many or as few classes as you want! Program details and schedule coming in November! Find a variety of in-person and virtual classes to accommodate every fitness level.

Outdoor Classes

5K TO 10K

Novice and intermediate runners improve cardiovascular fitness with extended run/walk intervals and begin integrating speed, hills and form drills into training. Running workouts begin at 3 miles and progress up to 6.2. This class uses the Run/Walk/Run method to train. Participants must be able to run/walk a 5k (3.1 miles) at a pace between 11:00 and 13:30 min/mile. Class duration ranges between 45-60 minutes. As endurance improves, class duration increases. Additional details will be emailed the week before the start of class.

CORE DE FORCE

Core De Force workouts are broken into 3 minute rounds, just like a real boxing match! Experience boxing, kickboxing, Muay Tai combinations and bodyweight moves. You'll pummel calories and build a strong core! (This class is non-contact, no experience necessary!) Additional details will be emailed the week before start of class. Skip 11/23. BYOM

GENTLE YOGA FLOW

Great for beginners or those searching for a soothing gentle practice. This class focuses 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. Expect lots of stretching and lengthening with a heavy dose of relaxation to wrap up your practice and leave you feeling great. Additional details will be emailed the week before start of class. BYOM

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. Additional details will be emailed the week before start of class. Skip 9/26, 10/3. BYOM

KICKBOX STRENGTH

No bags, no gloves, just a killer workout! A dynamic and explosive class that incorporates body weight strength training and cardio kickboxing techniques. This class improves your endurance and cardiovascular fitness, tones muscles and shreds your abs. Dress for cold weather as this class goes into late November.

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. Additional details will be emailed the week before start of class. BYOM

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. Additional details will be emailed the week before start of class. BYOM

PURE STRENGTH

Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Use your own body weight and a limited amount of equipment to change the shape of your body - no muscle gets neglected! Additional details will be emailed the week before start of class. Skip 10/3. BYOM

STROLLER STRONG

A functional, total-body conditioning workout designed for adults with children in tow. Includes power walking and intervals of strength and body toning exercises using resistance bands, small hand-held weights, the stroller and the environment. Leave class feeling connected, successful and energized! Register the adult participant. Please limit the amount of children per stroller, ages 0-6 are welcome so long as they stay in the stroller when instructed.

Age	Class	Location	Day	Date	Time	Fee	Course#
18+	Gentle Yoga Flow	Olbrich	M	9/11-10/30	5-6pm	\$40	37257
18+	Pure Strength	Acewood	T	9/12-10/31	9:30-10:15am	\$40	37656
18+	Kickbox Cardio	Garner	T	9/12-10/31	4:45-5:30pm	\$35	37258
18+	Pure Strength	Garner	T	9/12-10/31	5:40-6:25pm	\$35	37264
18+	Kickbox Strength	Garner	T	11/7-11/21	5:15-6pm	\$20	37259
18+	5K to 10K	Hoyt	W	9/13-10/25	5:30-6:15pm	\$35	37254
18+	LGBTQIA + Yoga	Tenney	W	9/13-10/25	5:30-6:30pm	\$35	37260
18+	Core de Force	Garner	Th	9/14-10/12	4:45-5:30pm	\$25	37256
18+	PiYo	Garner	Th	9/14-10/12	5:40-6:25pm	\$25	37262
18+	Pure Strength	Acewood	F	9/15-10/20	9:30-10:15am	\$30	37263
18+	Stroller Strong	Heritage Heights	Su	9/17-10/29	10-11am	\$35	37265

Virtual Classes

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. Mat and light weights optional. Skip 11/24.

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. Skip 11/22.

GENTLE YOGA

Great for those searching for a soothing gentle practice. This class focuses 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. Expect lots of stretching and lengthening with a heavy dose of relaxation to wrap up your practice and leave you feeling great. Skip 11/26.

HATHA YOGA II

Explore yoga positions focusing on flexibility, strength, and balance with emphasis on body awareness and alignment. Mat and/or towel optional. Skip 11/23.

MAT PILATES

A low-impact class that strengthens muscles while improving postural alignment and flexibility. Build strength and improve flexibility and posture with Pilates. 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. Mat and/or towel optional.

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! Equipment needed: mat (optional), chair and hand weights. Skip 11/23.

FIT FOR THE HOLIDAYS

During the holiday season join your favorite Adult Fitness & Goodman Rotary 50+ Fitness instructors for a wide variety of fitness classes. Enjoy virtual classes held live via Zoom in addition to in-person classes held at MSCR facilities. Come to as many or as few classes as you want! Program details and schedule coming in November! Find a variety of in-person and virtual classes to accommodate every fitness level.

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. How does it feel, what do you notice? Strengthens, aligns, gently increases flexibility and enhances balance. Skip 11/23.

TOTAL BODY FITNESS

This class is a total body, heart pumping, aerobic and strength conditioning workout. Class combines full-body strength training with cardiac bursts designed to tone your body and improve your endurance. Equipment needed: mat (optional), chair and hand weights.

WERQ

WERQ is the 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.

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. Mat or towel optional. Skip 11/25.

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.

Age	Class	Location	Day	Date	Time	Fee	Course#
14+	Pure Strength	Virtual	M	9/11-11/27	7-7:45am	\$60	37273
14+	Arms & Abs	Virtual	M	9/11-11/27	8:15-9am	\$60	37267
14+	WERQ	Virtual	M	9/11-11/27	6-6:45pm	\$60	37276
14+	Yin Yoga	Virtual	M	9/11-11/27	7-8pm	\$52	37277
14+	Mat Pilates	Virtual	T	9/12-11/28	6-6:45pm	\$60	37603
14+	Zumba	Virtual	T	9/12-11/28	6-6:45pm	\$60	37281
14+	Barre Sculpt	Virtual	W	9/13-11/29	7-7:45am	\$55	37268
14+	Total Body Fitness	Virtual	W	9/13-11/29	11-11:45am	\$60	37275
14+	Pure Strength	Virtual	Th	9/14-11/30	5-5:45pm	\$60	37653
14+	Hatha Yoga II	Virtual	Th	9/14-11/30	5:30-6:45pm	\$55	37271
14+	T'ai Chi Flow	Virtual	Th	9/14-11/30	6-7pm	\$55	37274
14+	Arms & Abs	Virtual	F	9/15-12/1	8:15-9am	\$55	37266
14+	Yin Yoga	Virtual	Sa	9/16-12/2	10:15-11:15am	\$60	37278
14+	Gentle Yoga	Virtual	Su	9/17-12/3	5-6pm	\$55	37270
18+	Fit for the Holidays	Hybrid	M-Su	12/4-12/31	8am-9pm	\$40	37269

Indoor Classes

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 and spine. Participants individualize their workouts to meet specific goals or limitations. Swimming skills are not required as flotation belts are used for support in deep water in the lap pool. Participants must be able to enter and exit the pool independently.

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.

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, perform light aerobics 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

This class focuses on exercises designed to improve core stability, balance and muscular strength using a variety of equipment. Make everyday activities easier by increasing power, agility and range of motion to stay fit and active.

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.

BRAIN & BODY FITNESS

Some change in memory is normal as we age, but some find more challenges than others. This class is designed for those who are concerned about changes they notice in their memory and want to improve their physical and mental wellbeing. It combines light exercise and mental activities which has been shown to slow physical and mental decline as we age. This class is a cooperative effort between MSCR and the UW-Madison School of Nursing.

CARDIO DANCE

Low impact dance based cardio workout set to current, upbeat music. Class uses low impact steps to deliver a great cardio workout.

CHAIR EXERCISE

This specially designed class includes multiple components to help reduce pain and stiffness while maintaining or improving mobility, muscle strength and functional ability. All exercises can be performed while sitting or standing. 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.

CLASSIC CARDIO & TONING

Pay homage to fitness classes of the '80s and '90s with this throwback to the group fitness format. Mix choreographed cardio with strength training for one sweaty good time. Leg warmers optional! Perfect for cardio junkies, head to toe fitness and fun!

CORE & BALANCE COMBO

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



FITNESS CONDITIONING

Balanced approach to exercise. Focus on posture, breathing, overall strength and 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, 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.

MINDFULNESS MOVEMENT

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. Focus, calm your mind and breathe mindfully as you tune into your energy systems. This is a cooperative effort between MSCR and NewBridge.

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.

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

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

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.

STRENGTH TRAINING FOR WOMEN

This women's specific strength training class incorporates weights and body weight 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.

TOTAL BODY SUSPENSION TRAINING

This is a total body, heart pumping, aerobic and strength conditioning workout. Combines full-body strength training using suspension straps with bodyweight exercises and/or weights to tone and improve your endurance.

UNIQUE STEPPIN'

Come improve balance while having fun dancing! Learn the basics of Unique Steppin' to improve balance and cognition. No partner is needed - just comfortable shoes and clothing. This class is a cooperative effort between MSCR and Safe Communities.

Indoor Classes

T'AI CHI**T'AI CHI**

Beginning and continuing students flow with relaxing T'ai Chi movements. The class starts with Eight Brocade, gentle stretching exercises followed by Beijing 24 Tai Chi.

T'AI CHI CONTINUING

This class teaches Yangjia Michuan Taijiquan (YMT), an early traditional form of T'ai Chi. Class consists of sword cuts, KunLun Sword Routine and Part I and II of YMT.

T'AI 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.

T'AI CHI POLE

The T'ai 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 5 lbs., but adjustments can be made in order to perfect your form and build strength.

T'AI CHI QIGONG

This class involves movement coordinated with breathing. The T'ai Chi QiGong sequence involves coordinated breath movements and work on balance, flexibility and relaxation.

T'AI CHI WITH MINDFUL MOVEMENT

Improve strength, flexibility and balance through the practice of T'ai chi. Warm up and cool down exercises include a variety of slow, calming, mindful movements coordinated with breath.

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, strength, 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. There is no floor work.

GENTLE YOGA

A good fit for all ability levels, this class combines slow, gentle yoga movements and breathing practices. Class ends with a quiet guided awareness and relaxation.

GENTLE YOGA FLOW

This is a more relaxed yoga practice combining gentle breathing together with flowing movement.

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. Yoga flow is an active yoga.

FIT FOR THE HOLIDAYS - HYBRID!

37269 - \$40 (mmsd resident)

During the holiday season join your favorite Adult Fitness & Goodman Rotary 50+ Fitness instructors for a wide variety of fitness classes. Enjoy virtual classes held live via Zoom in addition to in-person classes held at MSCR facilities. Come to as many or as few classes as you want! Program details and schedule coming in November! Find a variety of in-person and virtual classes to accommodate every fitness level.

**CLASSES AT WARNER PARK CRC REQUIRE AN ID
PLEASE GO TO MSCR.ORG FOR MORE INFORMATION**

ACTIVE AGING MONTH IS OCTOBER

In celebration of Active Aging, older adults ages 50 & better are invited to try a new activity, meet new people and stay active by participating in free Active Aging activities and challenges. From October 2 -29, participants are challenged each day to complete activities listed on the "Active Aging Calendar" for a chance to win some great prizes! Active Aging activities are open to any MMSD resident and non-resident aged 50 and better.

You can view the calendar of activities starting September 11 at mscr.org or pick up a paper copy at all MSCR facilities. Registration opens on September 18 for MMSD residents and non residents.

To register, visit mscr.org or in person at any MSCR facility during operating hours. Contact Mindy Vinje at mjvinje@madison.k12.wi.us or 608-204-3033 with questions.

Age	Class	Location	Day	Date	Time	Fee	Course#
AQUA EXERCISE							
50+	Aqua Exercise Shallow	Capitol Lakes	M	9/11-12/11	3-4pm	\$70	37309
50+	Aqua Exercise Warm Water	Capitol Lakes	M	9/11-12/11	4:15-5:15pm	\$70	37315
50+	Aqua Exercise Deep Water	Capitol Lakes	M	9/11-12/11	5:30-6:30pm	\$70	37310
50+	Aqua Exercise Warm Water	Lapham	M	9/11-12/11	2-3pm	\$65	37312
50+	Aqua Exercise Warm Water	Lapham	M	9/11-12/11	3:15-4:15pm	\$65	37316
50+	Aqua Exercise Deep Water	Capitol Lakes	T	9/12-12/12	2-3pm	\$70	37308
50+	Aqua Exercise Warm Water	Capitol Lakes	T	9/12-12/12	3:15-4:15pm	\$70	37318
50+	Aqua Arthritis Exercise	Lapham	T	9/12-12/12	3:15-4:15pm	\$65	37306
50+	Aqua Arthritis Exercise	Capitol Lakes	W	9/13-12/13	2-3pm	\$70	37305
50+	Aqua Exercise Deep Water	Capitol Lakes	W	9/13-12/13	3:15-4:15pm	\$70	37313
50+	Aqua Exercise Warm Water	Lapham	W	9/13-12/13	3:15-4:15pm	\$65	37317
50+	Aqua Exercise Warm Water	Capitol Lakes	Th	9/14-12/14	3-4pm	\$70	37319
50+	Aqua Exercise Shallow Water	Capitol Lakes	Th	9/14-12/14	4:15-5:15pm	\$70	37311
50+	Aqua Arthritis Exercise	Lapham	Th	9/14-12/14	3:15-4:15pm	\$65	37307

Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Classic Cardio & Toning	MSCR Central	M	9/11-11/27	12:30-1:30pm	\$52	37325
50+	Pure Strength	MSCR East	M	9/11-11/27	8:30-9:15am	\$39	37392
50+	Circuit Fitness	MSCR East	M	9/11-11/27	9:30-10:30am	\$52	37334
50+	Gentle Yoga Flow	MSCR East	M	9/11-11/27	10:30-11:15am	\$52	37442
50+	Cardio Dance	MSCR East	M	9/11-11/27	10:45-11:45am	\$48	37338
50+	Total Body Suspension Training	MSCR East	M	9/11-11/27	12-12:45pm	\$39	37407
50+	Pilates	MSCR East	M	9/11-11/27	2-3pm	\$52	37388
50+	Core & Balance Combo	MSCR West	M	9/11-11/27	9-10am	\$52	37340
50+	Functional Fitness	MSCR West	M	9/11-11/27	9:30-10:30am	\$52	37352
50+	Gentle Exercise	MSCR West	M	9/11-11/27	10:15-11:15am	\$52	37380
50+	Functional Fitness	MSCR West	M	9/11-11/27	10:45-11:45am	\$52	37353
50+	Cardio Dance	MSCR West	M	9/11-11/27	12-1pm	\$52	37336
50+	Pilates	MSCR West	M	9/11-11/27	12:30-1:30pm	\$52	37386
50+	Fitness Conditioning	Warner Park CRC	M	9/11-12/11	9-10am	\$60	37346
50+	Pilates	MSCR Central	T	9/12-11/28	11am-12pm	\$52	37390
50+	Chair One Dance Fitness	MSCR Central	T	9/12-11/28	12:15-1:15pm	\$52	37343
50+	T'ai Chi	MSCR Central	T	9/12-11/28	1:45-2:45pm	\$52	37411
50+	T'ai Chi Continuing	MSCR Central	T	9/12-11/28	3-4pm	\$52	37421
50+	Total Body Suspension Training	MSCR East	T	9/12-11/28	9-9:45am	\$39	37406
50+	Gentle Exercise	MSCR East	T	9/12-11/28	10-11am	\$52	37383
50+	Yoga Flow	MSCR East	T	9/12-11/28	10:30-11:15am	\$39	37452
50+	Arms & Abs	MSCR East	T	9/12-11/28	11:15am-12pm	\$39	37322
50+	Row Fit	MSCR East	T	9/19-11/28	11:45am-12:30pm	\$33	37335
50+	Pure Strength	MSCR East	T	9/12-11/28	12:15-1pm	\$39	37393
50+	Chair Exercise	MSCR East	T	9/12-11/28	1:15-2pm	\$39	37330
50+	Gentle Yoga Flow	MSCR East	T	9/12-11/28	3-4pm	\$52	37440
50+	Stretch & Strength	MSCR West	T	11/7-11/28	8:15-9:15am	\$17	37410
50+	Hatha Yoga II	MSCR West	T	9/12-11/28	8:45-10am	\$52	37448
50+	Hatha Yoga I	MSCR West	T	9/12-11/28	10:15-11:15am	\$52	37444
50+	Gentle Exercise	MSCR West	T	9/12-11/28	11am-12pm	\$52	37381
50+	T'ai Chi with Mindful Movement	MSCR West	T	9/12-11/28	11am-12pm	\$48	37422
50+	Functional Fitness	MSCR West	T	9/12-11/28	1-2pm	\$52	37354
50+	Simple Strength	MSCR West	T	9/12-11/28	1-1:50pm	\$48	37399
50+	Functional Fitness	MSCR West	T	9/12-11/28	2-2:50pm	\$48	37350
50+	Functional Fitness	MSCR West	T	9/12-11/28	3-3:50pm	\$48	37361
50+	Chair Exercise	Warner Park CRC	T	9/12-12/12	10:15-11:15am	\$60	37326
50+	Core & Balance Combo	Warner Park CRC	T	9/12-12/12	11:30am-12:30pm	\$60	37341
50+	Functional Fitness	MSCR Central	W	9/13-11/29	8:30-9:30am	\$48	37356
50+	Functional Fitness	MSCR Central	W	9/13-11/29	9:40-10:40am	\$48	37357
50+	Functional Fitness	MSCR Central	W	9/13-11/29	10:50-11:50am	\$48	37365
50+	Functional Fitness	MSCR Central	W	9/13-11/29	12-1pm	\$48	37366
50+	Functional Fitness	MSCR East	W	9/13-11/29	8:45-9:45am	\$43	37355
50+	Classic Cardio & Toning	MSCR East	W	9/13-11/29	9:30-10:30am	\$48	37332
50+	Balancing Act	MSCR East	W	9/13-11/29	10-11am	\$48	37320

Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Strength Training for Women	MSCR East	W	9/13-11/29	11am-12pm	\$48	37404
50+	Balancing Act	MSCR East	W	9/13-11/29	11:15am-12:15pm	\$48	37321
50+	T'ai Chi Pole	MSCR East	W	9/13-11/29	3-4pm	\$48	37415
50+	Simple Strength	MSCR West	W	9/13-11/29	9-10am	\$48	37398
50+	Mat Pilates	MSCR West	W	9/13-11/29	10-11am	\$48	37345
50+	Chair Exercise	MSCR West	W	9/13-11/29	10:15-11am	\$36	37327
50+	Stretch & Strength	MSCR West	W	9/13-11/29	10:30-11:30am	\$48	37342
50+	Balance, Strength & Core Stability	MSCR West	W	9/13-11/29	11:15am-12:15pm	\$48	37324
50+	Fitness Conditioning	Warner Park CRC	W	9/13-12/13	9-10am	\$56	37347
50+	Stretch & Strength	Warner Park CRC	W	9/13-12/13	9-9:45am	\$42	37408
50+	Mindfulness Movement	Warner Park CRC	W,F	9/13-12/15	10:15-11:45am	\$0	37333
50+	Pure Strength	Warner Park CRC	W	9/13-12/13	10:15-11am	\$42	37395
50+	T'ai Chi	Warner Park CRC	W	9/13-12/13	1-2pm	\$56	37414
50+	Balance, Strength & Core Stability	MSCR Central	Th	9/14-11/30	10-11am	\$48	37323
50+	T'ai Chi	MSCR Central	Th	9/14-11/30	4:45-5:45pm	\$48	37413
50+	Functional Fitness	MSCR East	Th	9/14-11/30	9-10am	\$48	37358
50+	Functional Fitness	MSCR East	Th	9/14-11/30	10:15-11:15am	\$48	37359
50+	Brain & Body Fitness	MSCR East	Th	9/14-10/5	12-1pm	\$0	37464
50+	T'ai Chi	MSCR East	Th	9/14-11/30	1:30-2:30pm	\$48	37412
50+	Stretch & Strength	MSCR West	Th	9/14-11/30	8:15-9:15am	\$48	37409
50+	Chair Exercise	MSCR West	Th	9/14-11/30	9:30-10:30am	\$48	37328
50+	T'ai Chi for Arthritis & Fall Prevention	MSCR West	Th	9/14-11/30	9:30-10:30am	\$43	37426
50+	Hatha Yoga II	MSCR West	Th	9/14-11/30	8:45-10am	\$48	37449
50+	Hatha Yoga I	MSCR West	Th	9/14-11/30	10:15-11:15am	\$48	37445
50+	Gentle Exercise	MSCR West	Th	9/14-11/30	11am-12pm	\$48	37384
50+	T'ai Chi with Mindful Movement	MSCR West	Th	9/14-11/30	11am-12pm	\$43	37423
50+	Gentle Yoga	MSCR West	Th	9/14-11/30	1-2pm	\$48	37434
50+	Simple Strength	MSCR West	Th	9/14-11/30	1-1:50pm	\$48	37400
50+	Functional Fitness	MSCR West	Th	9/14-11/30	2-2:50pm	\$48	37351
50+	Pilates	MSCR West	Th	9/14-11/30	2:30-3:30pm	\$48	37387
50+	Functional Fitness	MSCR West	Th	9/14-11/30	3-3:50pm	\$48	37360
50+	Gentle Yoga	Warner Park CRC	Th	9/14-12/14	9-10am	\$52	37433
50+	Pure Strength	Warner Park CRC	Th	9/14-12/14	10:45-11:30am	\$42	37394

Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Chair Yoga	MSCR Central	F	9/15-12/1	9:30-10:15am	\$33	37607
50+	Chair Exercise	MSCR Central	F	9/15-12/1	10:30-11:15am	\$33	37331
50+	Cardio Dance	MSCR Central	F	9/15-12/1	12:30-1:30pm	\$43	37337
50+	T'ai Chi	MSCR Central	F	9/15-12/1	1-2pm	\$48	37419
50+	Cardio Dance	MSCR East	F	9/15-12/1	10:45-11:45am	\$43	37339
50+	Strength Training for Women	MSCR East	F	9/15-12/1	12:30-1:30pm	\$48	37405
50+	Functional Fitness	MSCR East	F	9/15-12/1	1:45-2:45pm	\$48	37364
50+	Gentle Yoga	MSCR West	F	9/15-12/1	9-10am	\$48	37435
50+	Functional Fitness	MSCR West	F	9/15-12/1	9:30-10:30am	\$43	37362
50+	Gentle Exercise	MSCR West	F	9/15-12/1	10:15-11:15am	\$48	37382
50+	T'ai Chi QiGong	MSCR West	F	9/15-12/1	10:30-11:30am	\$48	37428
50+	Functional Fitness	MSCR West	F	9/15-12/1	10:45-11:45am	\$43	37363
50+	Chair One Dance Fitness	MSCR West	F	9/15-12/1	12-1pm	\$48	37344
50+	Chair Exercise	Warner Park CRC	F	9/15-12/15	12:30-1:30pm	\$56	37329
50+	Unique Steppin'	MSCR East	Sa	9/16-12/2	1-3pm	\$0	37432

CAREGIVER APPRECIATION EVENT

Are you a caregiver who is caring for a family member, friend or loved one? Join MSCR on October 30 and 31 as we honor caregivers with free relaxation activities, resource booths and opportunities to connect with other caregivers. November is National Caregiver Month and MSCR wants to acknowledge the dedicated work caregivers are doing to support their loved ones. A list of free activities will be made available on September 11 at mscr.org or pick up a paper copy at all MSCR facilities. Registration opens on September 18 for MMSD residents and non residents. Swag bags full of resources and self-care treats will be given to the first 100 attendees as they come in the door.



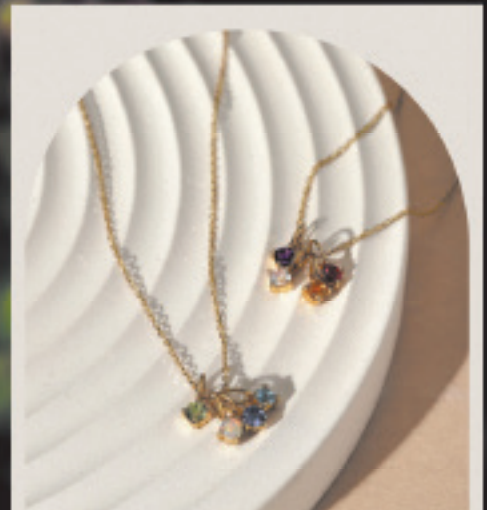
Initial Pendants



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VACATION DAYS

Keep your child engaged with a full day of nature exploration and play.

Offered anytime MNSED or MSSED has off at school

Payment plans and tuition assistance available

**Registration Open for
Fall and Spring Semesters**

For camp information and to register:

camps@aldoleopoldnaturecenter.org
aldoleopoldnaturecenter.org

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Explore nature. Together.

WONDER BUGS

Introduce your preschool-aged child to a safe and wonderful natural world.

Designed for children ages 2, 3, or 4, and their parent or guardian

Payment plans and tuition assistance available

**Fall Registration Now Open
Winter Registration opens Dec. 1st at Noon**

For program information and to register:

wonderbugs@aldoleopoldnaturecenter.org
aldoleopoldnaturecenter.org

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Outdoor Classes



NORDIC POLE WALKING

Take fitness walking to a new level by adding poles to produce an incredible upper body workout. Increase cardiovascular fitness, strengthen core, arms, back, and legs, improve balance and flexibility while taking stress off your joints. Class is geared toward the more physically fit and experienced exerciser. Poles are provided. A detailed schedule is emailed & mailed to registered participants prior to the first walk.

STRETCH & STRENGTH

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

WALK ABOUTS

A brisk walk in the great outdoors promotes physical and psychological well-being. All walks are in Madison area parks, neighborhoods and natural areas and are 2 - 2.5 miles in length. A detailed schedule is emailed & mailed to registered participants prior to the first walk.

OUTDOOR WORKSHOPS

BIRD MIGRATION WALK

Join MSCR Naturalists for a morning of birding adventure. Learn about using binoculars, identifying species visually and by ear, recognizing bird habitat, and how to spot the permanent residents vs. the migrants.

EXPLORE WINGRA CREEK BY KAYAK

Enjoy a calm fall morning paddling down Wingra Creek viewing wildlife and possibly some fall colors.

NATURE WALK

Join an MSCR Naturalist for an educational walk through the School Forest. Experience fall birds, plants, wildlife and more!

WALKING TOUR - MACHINERY ROW

Join a Madison Trust docent on a walking tour of Machinery Row. During the booming 19th century, the east side of Madison was the center of the agricultural implement manufacturing industry in Wisconsin. Railroads converged here and the area became "Machinery Row." Learn about this history and see factories, commercial buildings, a railroad station, hotels and a candy company to boot!

WALKING TOUR - SUNSET HILLS

Join a Madison Trust docent on a walking tour of Sunset Hills. These 1950s single-family houses will remind you of cigarettes and cocktails. Platted in 1953, this subdivision of 94 homes on Madison's west side established deed restrictions that required architect-designed "Modern" homes of high style and high quality. Attached garages only!

Age	Class	Location	Day	Date	Time	Fee	Course#
OUTDOOR CLASSES							
50+	Nordic Pole Walking	Various	T	9/12-10/17	8:20-9:20am	\$26	37456
50+	Stretch & Strength	Rennebohm Park	T	9/12-10/31	8:30-9:30am	\$35	37458
50+	Walk Abouts	Various	T	9/12-10/17	9:45-10:45am	\$26	37460
OUTDOOR WORKSHOPS							
50+	Walking Tour - Machinery Row	TBA	W	9/6	10-11:30am	\$20	37461
50+	Explore Wingra Creek by Kayak	Vilas Park	Th	9/14	10am-12pm	\$16	37455
50+	Walking Tour - Sunset Hills	TBA	Th	9/14	10:30-11:30am	\$20	37462
50+	Nature Walk	Cherokee Marsh	W	9/20	9:30-11am	\$10	37457
50+	Bird Migration Walk	Orchid Heights Park	Th	10/12	8-9:30am	\$10	37454

Virtual Classes

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

This specially designed class includes multiple components to help reduce pain and stiffness while maintaining or improving mobility, muscle strength and functional ability. All exercises can be performed while sitting or standing. 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.

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 weights, bands, and various types of fitness equipment. Emphasis is on strength that also enhances balance and flexibility.

STRENGTH TRAINING FOR WOMEN

This women's specific strength training class incorporates weights and body weight training and resistance exercises 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.

GENTLE YOGA

A good fit for all ability levels, this class combines slow, gentle yoga movements and breathing practices. Class ends with quiet guided awareness and 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. Yoga flow is an active yoga.

YOGA SUAVE EN ESPAÑOL

Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. La clase termina con técnicas de respiración suave y relajante.

Age	Class	Location	Day	Date	Time	Fee	Course#
VIRTUAL CLASSES							
50+	Pure Strength	Virtual	M	9/11-11/27	8:30-9:15am	\$39	37471
50+	Chair Exercise	Virtual	M	9/11-11/27	9:15-10:15am	\$52	37465
50+	Yoga Suave en Español	Virtual	M	9/11-11/27	10:15-11:15am	\$52	37480
50+	Functional Fitness	Virtual	M	9/11-11/27	10:30-11:30am	\$52	37467
50+	Strength Training for Women	Virtual	T	9/12-11/28	8-8:45am	\$39	37474
50+	Simple Strength	Virtual	T	9/12-11/28	9-10am	\$52	37472
50+	Yoga Flow	Virtual	T	9/12-11/28	9-9:45am	\$52	37478
50+	Gentle Yoga	Virtual	T	9/12-11/28	10:30-11:30am	\$52	37476
50+	T'ai Chi / Chi Kung for Balance	Virtual	T	9/12-11/28	1-2pm	\$52	37475
50+	Meditation	Virtual	T	9/12-11/28	2-3pm	\$52	37469
50+	Pure Strength	Virtual	W	9/13-11/29	3-4pm	\$48	37470
50+	Simple Strength	Virtual	Th	9/14-11/30	9-10am	\$48	37473
50+	Functional Fitness	Virtual	Th	9/14-11/30	9:30-10:30am	\$48	37468
50+	Yoga Flow	Virtual	Th	9/14-11/30	10:30-11:30am	\$48	37479
50+	Balancing Act	Virtual	Th	9/14-11/30	1-1:45pm	\$36	37463
50+	Chair Exercise	Virtual	Th	9/14-11/30	1-2pm	\$48	37466
50+	Hatha Yoga I	Virtual	Th	9/14-11/30	4:15-5:15pm	\$48	37477



Non-League Sports



MEN'S BASKETBALL

Open play for all skill levels. East and west side locations available with a nominal fee for each. Get a head start on your basketball season!

BEGINNER/RECREATIONAL GOALTIMATE

If you are brand new to the game of goaltimate or have played a little ultimate frisbee in the past and want to try playing goaltimate then this is for you. Goaltimate is a half-court frisbee game that combines elements of basketball and ultimate, with goals scored by throwing a disc through a hoop to a teammate on the other side.

BADMINTON

A lot of fun with great physical conditioning - this sport offers something for everyone. Birds are furnished. Some racquets are available or bring your own. All levels are welcome.

FUTSAL FRIDAYS

Pick up soccer is the perfect way to start your weekend! Join us for friendly, informal, small sided games of pick up futsal in our brand new gym, located at MSCR West. This program is open to all skill levels. New teams of 5 are chosen each week, depending on how many players show up to each session. MSCR soccer staff set up the goals and help facilitate the games when necessary.

PICKLEBALL BEGINNER

If you have been wondering about pickleball or have been playing but have never had a structured class or need a refresher 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 rest of the session through playing and ongoing coaching. Join us! Some paddles are available for use.

PICKLEBALL (50+) INTERMEDIATE

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 a beginner's session. Some paddles are available for use.

PICKLEBALL ADVANCED BEGINNER

This class is appropriate for players who have taken a beginner pickleball class and have some 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 where to stand on the court during service, serve receive and general play. This class builds on the skills developed at the beginner level in order to move you closer to becoming an intermediate level pickleball player. This includes instruction, drills and periods of game play. Some paddles are available for use.

PICKLEBALL INTERMEDIATE

Pickleball is the fastest growing sport in the USA! Similar to tennis, pickleball is played on a smaller indoor court with a paddle and hard wiffle ball. Balls are furnished and some racquets are available. All skill levels are welcome. Beginner and intermediate courts are available. Some paddles are available for use.

INTERMEDIATE VOLLEYBALL

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.

RECREATION VOLLEYBALL

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

Age	Class	Location	Day	Date	Time	Fee	Course#
BADMINTON							
18+	Badminton	Memorial	M	9/11-10/16	7:30-9:30pm	\$24	37496
18+	Badminton	Memorial	M	10/23-12/4	7:30-9:30pm	\$24	37498
18+	Badminton	Memorial	T	9/5-10/10	7:30-9:30pm	\$24	37497
18+	Badminton	Memorial	T	10/24-12/5	7:30-9:30pm	\$24	37499
MEN'S BASKETBALL							
18+	Men's Basketball	Marquette	T	9/5-10/10	7:15-9:15pm	\$24	37508
18+	Men's Basketball	Marquette	T	10/24-12/5	7:15-9:15pm	\$24	37510
18+	Men's Basketball	Toki	Th	9/7-10/12	7:15-9:15pm	\$24	37509
18+	Men's Basketball	Toki	Th	10/26-12/7	7:15-9:15pm	\$24	37511
FUTSAL FRIDAYS							
18+	Futsal Fridays	MSCR West	F	11/3-12/15	12-2pm	\$24	37481
GOALTIMATE							
18+	Beginner/Recreational Goaltimate	Black Hawk	M	9/25-10/9	7:15-9:30pm	\$12	37495

Non-League Sports

Age	Class	Location	Day	Date	Time	Fee	Course#
PICKLEBALL							
18+	Pickleball Beginner	O'Keeffe	M	9/11-10/16	7:15-9:15pm	\$36	37489
18+	Pickleball Beginner	O'Keeffe	M	10/23-12/4	7:15-9:15pm	\$36	37490
18+	Pickleball Beginner	O'Keeffe	Th	9/7-10/12	7:15-9:15pm	\$36	37491
18+	Pickleball Beginner	O'Keeffe	Th	10/26-12/7	7:15-9:15pm	\$36	37492
18+	Pickleball Advanced Beginner	Sherman	W	9/6-10/11	7:15-9:15pm	\$30	37608
18+	Pickleball Advanced Beginner	Sherman	W	10/25-12/6	7:15-9:15pm	\$30	37609
18+	Pickleball Intermediate	Memorial	T	9/5-10/10	7:15-9:15pm	\$24	37512
18+	Pickleball Intermediate	Memorial	T	10/24-12/5	7:15-9:15pm	\$24	37513
18+	Pickleball Intermediate	Memorial	W	9/6-10/11	7:15-9:15pm	\$24	37514
18+	Pickleball Intermediate	Memorial	W	10/25-12/6	7:15-9:15pm	\$24	37515
18+	Pickleball Intermediate	O'Keeffe	T	9/5-10/10	7:15-9:15pm	\$24	37516
18+	Pickleball Intermediate	O'Keeffe	T	10/24-11/28	7:15-9:15pm	\$20	37517
18+	Pickleball Intermediate	O'Keeffe	W	9/6-10/11	7:15-9:15pm	\$24	37518
18+	Pickleball Intermediate	O'Keeffe	W	10/25-11/29	7:15-9:15pm	\$20	37519
50+	Pickleball (50+) Intermediate	MSCR West	T	9/5-10/10	9:30-11:30am	\$24	37610
50+	Pickleball (50+) Intermediate	MSCR West	T	10/24-12/5	9:30-11:30am	\$24	37611
50+	Pickleball (50+) Intermediate	MSCR West	Th	9/7-10/19	9:30-11:30am	\$24	37612
50+	Pickleball (50+) Intermediate	MSCR West	Th	10/26-12/7	9:30-11:30am	\$24	37613
VOLLEYBALL							
18+	Intermediate Volleyball	East	M	9/11-10/16	7:15-9:15pm	\$24	37504
18+	Intermediate Volleyball	East	M	10/23-12/4	7:15-9:15pm	\$24	37505
18+	Intermediate Volleyball	Stephens	M	9/11-10/16	7-9pm	\$24	37503
18+	Intermediate Volleyball	Stephens	M	10/23-12/4	7-9pm	\$24	37501
18+	Intermediate Volleyball	East	W	9/6-10/11	7:15-9:15pm	\$24	37500
18+	Intermediate Volleyball	East	W	10/25-12/6	7:15-9:15pm	\$24	37506
18+	Intermediate Volleyball	Whitehorse	Th	9/7-11/2	7:15-9:15pm	\$36	37502
18+	Intermediate Volleyball	Whitehorse	Th	11/9-12/14	7:15-9:15pm	\$20	37507
18+	Recreation Volleyball	Crestwood	T	9/5-10/10	7-9pm	\$24	37520
18+	Recreation Volleyball	Crestwood	T	10/24-12/5	7-9pm	\$24	37521
18+	Recreation Volleyball	Cherokee	Th	9/7-10/12	7:15-9:15pm	\$24	37522
18+	Recreation Volleyball	Cherokee	Th	10/26-12/7	7:15-9:15pm	\$24	37523



Adult Sports Leagues



WANT TO JOIN A TEAM? JOIN OUR FREE AGENT LIST

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.

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

AGE

18 years and older. High school students are not eligible for adult volleyball or 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

Online team registration through mscrsportsleagues.org

Age	Sport	Registration	Late Registration	Play
18+	Fall Softball		Free Agent List	9/5 - October
18+	Fall Volleyball	7/17 - 8/11	8/12 - 8/18	9/11 - November
18+	Fall Basketball	8/14 - 9/1	9/2 - 9/8	10/2 - 11/2
18+	Fall Goaltimate	9/25-10/16	10/17-10/23	11/1 to mid Jan
18+	Winter Basketball	10/23 - 11/10	11/11-11/27	1/8 - early Mar
18+	Winter Volleyball	11/6 - 12/8	12/9-12/15	1/22 - early Mar
18+	Winter Goaltimate	12/11 - 1/5	1/6 - 1/12	1/22 - mid-Mar

SPORTS SEASONS

FALL SOFTBALL

Begins September 5 and runs through early October. Leagues play at Olbrich and Goodman. These are slow pitch leagues for Men, Women and All Gender divisions. While team registration is complete, you can register for the free agent list and we will try to help you find a team.

FALL VOLLEYBALL

The 10-week season begins September 11 and runs through mid-November. This is a traditional 6v6 league with power and intermediate divisions. We have leagues for Men, Women and All Gender divisions. Officials and all game equipment are provided.

FALL BASKETBALL

A short season with limited availability. Great way to get in shape for the winter season! Season begins the week of October 2 and runs through the first week of November. Men, Women and All Gender leagues are available.

FALL GOALTIMATE

Indoor frisbee game played in gyms. This is a team sport that fuses elements of ultimate frisbee, basketball, soccer and hockey. Leagues are available for Men, Women and All Gender - player matching. Season starts in early November and runs through mid-January. Seven weeks of round robin play followed by a two week tournament.

WINTER BASKETBALL

Season begins January 8 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.

WINTER GOALTIMATE

Seven week round robin schedule begins in mid-January followed by a two week tournament. Leagues for Men, Women and All Gender.

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.



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, MMSD 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 EXAMPLES OF REASONABLE ACCOMMODATIONS?

An accommodation is reasonable when it does not fundamentally change the nature of the program or activity. Reasonable accommodations include, but are not limited, to the following:

- 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 Registration Form or check the box when registering online.
- 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:

- Inclusion services are not designed for therapeutic or 1:1 care.
- It is my responsibility to provide MSCR with the most current information to assist in providing accommodations to meet my or my participant's needs.
- The participant's inclusion plan does not exempt them from meeting activity rules, expectations and health and safety guidelines, but may assist them in meeting them.
- 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.

Jason Busack

Inclusion Services Specialist

Supports East and La Follette after school 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 after school regions,
Meadowood Neighborhood Center, Fitness and Arts programs

Email: jjaworski1@madison.k12.wi.us

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

Registration opens Monday, August 14 at 12pm for residents of the Madison Metropolitan School District.
Non-residents may register beginning Monday, August 28 at 12pm.

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

ONLINE:
Register for most MSCR
activities at mscr.org

MAIL/DROP OFF
MSCR Central,
328 E Lakeside Street,
Madison, WI 53715

EMAIL:
mscr@madison.k12.wi.us

FAX:
608-204-0557

1. Complete the Registration Form on page 57. 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 (see above).

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.

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 will be issued to the customer account. When a customer misses a class no credit is provided.

PROGRAMS AT WARNER PARK COMMUNITY RECREATION CENTER (WPCRC)

WPCRC ID Cards are required for programs at Warner Park Community Recreation Center. Please go to mscr.org for the form. 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.

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.

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.

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.

INSURANCE

MSCR does not provide individual accident insurance for participants.

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.

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 will be 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.

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 will be asked to acknowledge receipt at the time of registration. If you need assistance accessing this information, please contact the MSCR office.

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

(Head of Household) Last Name	First Name	Birth Date (mm/dd/yy)	Does the participant have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what type(s) of disability?
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.)
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Emergency Contact Name	Emergency Contact Phone
------------------------	-------------------------

Participant's Full Name	Gender *See page 56.	Date of Birth mm/dd/yy	Grade 2023-2024	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assistance Request

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 56).

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.

*Must complete form on back.

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)	
Youth	Or list your gross* bi-weekly income: \$ _____ (every two weeks)	
	*Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds.	
	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.	
	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: _____	
	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.	
	1. My child qualifies for free school meals <input type="checkbox"/> Yes <input type="checkbox"/> No My child qualifies for reduced-price school meals <input type="checkbox"/> Yes <input type="checkbox"/> No	
	2. My family is requesting fee assistance and we are able to enclose the following payment of \$_____.	
	3. *My family is requesting fee assistance beyond the two programs per season limit. Please explain: _____	
	4. My child(ren) are younger than school age. <input type="checkbox"/> Yes <input type="checkbox"/> No	

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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COMMUNITY LOVED
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EXPLORE AND REGISTER FOR FALL CLASSES

Madison College does not discriminate on the basis of race, color, national origin, sex, disability or genetic information in its educational programs or activities. Inquiries regarding the nondiscrimination policies are handled by the Affirmative Action Office, 1700 Wright Street, Madison, WI 53706. Phone 608/262-6722.

madisoncollege.edu/pce



MADISON METROPOLITAN SCHOOL DISTRICT
Madison School & Community Recreation
328 E. Lakeside St.
Madison, WI 53715

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