



# MSCR Program Guide

## Fall 2024



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# MSCR FALL 2024 PROGRAM GUIDE

608.204.3000 OR MSCR.ORG



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

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### Registration begins:

- **Monday, August 12 at 12 pm**  
**for MMSD Residents**
- **Monday, August 26 at 12 pm**  
**for Non-MMSD residents**

**MMSD SUPERINTENDENT:** Dr. Joe Gothard

**MSCR EXECUTIVE DIRECTOR:** Mary Roth

#### MMSD BOARD OF EDUCATION:

Nichelle Nichols, President, Maia Pearson, Vice President, Nicki Vander Meulen, Laura Simkin, Clerk, Ali Janae Muldrow, Treasurer, Savion Castro, Blair Mosner Feltham, Talia Richmond Student Rep, Megan Finando, Alternate Student Representative

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#### MSCR CITIZENS' ADVISORY COMMITTEE:

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

### HOW TO REGISTER

Register online at [mscr.org](https://mscr.org). This is the best option for customers interested in high demand activities. All new customers must create an account in advance,

OR,

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

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

### HOW TO REQUEST FEE ASSISTANCE

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

Please note: for the best chance of being enrolled in your preferred program, please return your Fee Assistance Request Form to MSCR prior to the first day of registration on Monday, August 12.



### Dear Madison Community,

As we wrap up another amazing summer in Madison and at MSCR, we look forward to a season of transitions, back to school, cooler weather and shorter days. But don't worry, you don't have to give up your outdoor fun just yet. Explore lakes by pontoon or paddle, play ball on sunny fields and get fit or artistic outdoors! If you're ready to head back inside and take a break from the mosquitos, we've got you covered there, too. Kids and adults alike can stay active with a fitness class or sports program or stretch their creative muscles with an art or dance class. Whether you're 8 or 80 years old, MSCR has something for you.

For those of you who participate in MSCR activities each season, we thank you for continuing to choose us for your recreation. If you're new to MSCR, welcome, we are excited to have you join our community!

Sincerely,  
Mary Roth, MSCR Executive Director



### Dear Families and Community Members,

I am excited and honored to be back in the Madison community and serving as Superintendent of Schools for the Madison Metropolitan School District. As many know, I am not just coming to Madison for a job but returning to the community where I grew up. I was educated on Madison's east side, where I attended Elvehjem Elementary, Sennett Middle School, and La Follette High School. I've also walked through many school buildings and facilities as a teacher, an educational assistant, a football coach, a principal, a dean of students, and an assistant superintendent of secondary schools - Madison will always hold a special place in my heart.

I look forward to the upcoming school year and the impactful work ahead. Each and every day, we have an amazing opportunity to make a difference in our students' lives. These opportunities are available through Madison School & Community Recreation (MSCR). Programs and activities such as aquatics, arts and enrichment, fitness, sports, and day trips help with creativity and exploration, build problem-solving skills, contribute to continuous learning, and enhance collaboration and community.

MSCR has also significantly impacted my life. Growing up in Madison, I participated in summer day camps at Hoyt and Marshall parks, youth baseball, and Elvehjem summer recreation playground programs. As an adult, I continued to be involved through adult softball. My wife Mary and I watched our children experience MSCR activities, and the joy on their faces said more than any words can say. Today, I continue to be grateful for MSCR's services to our community.

As we head into fall, please consider participating in the many opportunities available at the Madison Metropolitan School District and Madison School & Community Recreation. MSCR has a lot to offer. With the many programs and activities available, you'll likely find something you and your family will truly enjoy.

In partnership,  
Dr. Joe Gothard, Superintendent



### MSCR Mission:

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

## MSCR Program Centers



**MSCR Central**  
328 E Lakeside Street

**MSCR East**  
4620 Cottage Grove Rd

**MSCR West**  
7333 West Towne Way

**MSCR facility and program hours vary, please go to [mscr.org](http://mscr.org) for specific location hours.**



# Thank you to our sponsors that support the Friends of MSCR Golf Outing

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Slow Roll Cycles

The Oaks

Vitense Golfland

X-Golf Madison

Friends of MSCR Golf Outing proceeds support MSCR programs including afterschool enrichment, arts, aquatics, camp scholarships, adapted and inclusive recreation and more. Learn more at [mscr.org/Friends of MSCR](http://mscr.org/Friends of MSCR)

## MSCR AT COMMUNITY AND NEIGHBORHOOD CENTERS



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

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



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

MSCR operates the Meadowood Neighborhood Center in collaboration with the City of Madison on the southwest side in the Meadowood Shopping Center. The purpose is to provide safe, supervised activities for youth during the summer, afterschool and evening hours. The center also offers arts and enrichment programs, fitness classes and a place for neighbors and groups to meet. Additional services are a job shop, food pantry and computer access. The space is a focal point in the neighborhood to share resources for a better and stronger community.



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

MSCR, in collaboration with the City of Madison Parks Division, offers recreation programs at the Warner Park Community Recreation Center. Classes are listed in various activity sections throughout the program guide. ID cards are required at WPCRC. MSCR does not give discounts for WPCRC members. ID Forms are available at [cityofmadison.com/parks/wpcrc/](http://cityofmadison.com/parks/wpcrc/) or stop in.



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

### BOWLING

A time to socialize with others and have some fun on the lanes! Participants may bowl two games, as time allows. Lane-issued shoes included. Bowlers have the option of participating in Special Olympics Wisconsin (SOWI). This requires 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. For this activity, please see Essential Eligibility Criteria.

### CHAIR EXERCISE

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

### CITY CLUB

Meet new friends while enjoying arts & crafts, fitness activities, field trips and other fun and engaging activities. Skip 11/26, 11/27 & 11/28.

### CLIMBING

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

### DANCE AND MOVE

Low impact class using music and basic steps for great cardiovascular and muscle toning workout. All fitness levels welcome. Skip 11/25 & 11/26.

### INDOOR BOCCE

Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the rules and develop the skills on our new bocce courts! For this activity, please see Essential Eligibility Criteria. Skip 11/27.

### PADDLING

No previous experience needed! Participants are scheduled for a one hour time block after the participant profile is completed with adapted programs staff. Adapted paddling equipment is available, including universal paddling seats, outriggers, tandem kayaks, chariot transfer bench and multiple paddle adaptations. Staff can accommodate a variety of ability levels. MSCR Outdoor Programs staff lead this activity, please see Essential Eligibility Criteria.

### PICKLEBALL

Learn the basics of this popular game through playing and ongoing coaching. Equipment is provided. For this activity, please see Essential Eligibility Criteria. Skip 11/26.

### PONTOON RIDE

Cruise on the beautiful lake and enjoy views of the Capitol and Monona Terrace, UW Skyline and the bluffs.

### POTTERY

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

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

This class provides instruction based on swimmers' goals and comfort level in the water. Prior to registration, Adapted Specialist works with the family to ensure participant is appropriate for the class. This is not open for online registration. Call 608-204-3030 for information.

### WATER WALKING

Class 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 11/25, 11/26 & 11/27.

### YOGA

Focus on yoga forms to reduce stress and anxiety. Increase body awareness, balance and strength in a fun and safe environment. Skip 11/25 & 11/28.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>ADULT</b>							
13+	Indoor Bocce	MSCR West	W	9/18-12/4	5:15-6:30pm	\$66	40245
13+	Bowling	Dream Lanes	T	9/17-11/19	4:15-5:45pm	\$105	40235
13+	Bowling	Spare Time	Th	9/19-11/21	4:15-5:45pm	\$105	41130
13+	Chair Exercise	MSCR West	Sa	9/7-11/9	11:45am-12:30pm	\$60	40236
13+	City Club	MSCR West	T	9/24-12/10	3:30-5:30pm	\$80	40239
13+	City Club	MSCR Central	W	9/25-12/11	3:30-5:30pm	\$80	40237
13+	City Club	MSCR East	Th	9/26-12/12	3:30-5:30pm	\$80	40240
13+	Climbing	Kennedy Challenge Course	Sa	9/21	9:30am-12pm	\$15	40242
13+	Dance and Move	MSCR West	M	9/23-12/9	4:30-5:30pm	\$66	40243
13+	Dance and Move	MSCR Central	T	9/24-12/10	4:30-5:30pm	\$66	40244
13+	Paddling	Olin Park	M	9/16	2-6pm	\$10	41132
13+	Pickleball	MSCR West	T	9/24-12/10	3:30-4:30pm	\$66	41133
13+	Pontoon Ride	Tenney Boat Pier	W	9/18	4-6pm	\$8	41134
13+	Pottery	MSCR West	Sa	9/14-9/28	12-1:15pm	\$40	40246
13+	Water Walking	Lapham	M	9/23-12/9	7:10-8:10pm	\$102	40249
13+	Water Walking	Lapham	T	9/24-12/10	7:10-8:10pm	\$102	40250
13+	Water Walking	Lapham	W	9/25-12/11	7:10-8:10pm	\$102	40251
13+	Yoga	MSCR Central	M	9/23-12/9	4:30-5:30pm	\$66	40253
13+	Yoga	MSCR West	Th	9/26-12/12	4:30-5:30pm	\$66	40252
<b>YOUTH</b>							
5-13	Swim Lessons	Lapham	Sa	9/21-11/23	9:25-9:55am	\$110	40238
5-13	Swim Lessons	Lapham	Sa	9/21-11/23	10:05-10:35am	\$110	40247
5-13	Swim Lessons	Lapham	Sa	9/21-11/23	10:45-11:15am	\$110	40248

**MUCH ADO ABOUT NOTHING AT AMERICAN PLAYERS THEATER**

Experience one of Shakespeare's most beloved comedies in the woods with a matinee performance of Much Ado About Nothing at American Players Theater in Spring Green, WI. The original will-they-won't-they couple returns to the outdoor Hill Stage. Find out in this fun and funny performance. Before the show, enjoy an exclusive talk with one of the actors while enjoying a picnic dinner in a shelter reserved for the group. BYO picnic or purchase food on site at concessions. Shuttle available from shelter to the hilltop. Please share if you require wheelchair access when registering. Bus loads at 11:15am in front of MSCR West at 7333 West Towne Way. Fee includes admission, pre-show talk with an actor from the show, picnic shelter reservation and motorcoach transportation. Registration deadline is September 6, 2024. Ages 16+

**CHICAGO'S LGBTQ+ STORIES**

Embark on a journey through Chicago's vibrant streets guided by Tours with Mike and delve into the heart of the city's LGBTQ+ heritage. Explore pivotal places where queer communities have made indelible marks on Chicago's social fabric and fought for change. The tour starts at University of Chicago campus followed by a stop for lunch at Manny's Cafe & Deli. Tour highlights include a visit to the site of the world's first Pride Parade, and marveling at the world's largest Keith Haring sculpture in the AIDS Garden Chicago. The adventure concludes in the Northalsted neighborhood, where participants can explore the Legacy Walk. Whether you identify as LGBTQ+, an ally, or are simply interested in the rich tapestry of Chicago's history, this tour offers an inclusive, comprehensive experience that promises to enlighten and inspire. Fee includes motorcoach transportation, tour guide and lunch. Bus loads at 7am on Pflaum Road in front of LaFollette High School. Registration deadline is September 3, 2024. Ages 18+.

**FIRESIDE DINNER THEATER - THE MUSIC OF 1964**

Join us as we travel to the Fireside Dinner Theater in Ft. Atkinson for a celebration dinner buffet and a brand new concert event by their popular Fireside Band, The Music of 1964. The Fireside opened its doors 60 years ago in May 1964 and to celebrate that they are bringing fans the music of that magical year from Rock and Roll to country to jazz and Broadway. Featuring the music of the Beatles, The Supremes, The Beach Boys, Jim Reeves, Johnny Cash, Louis Armstrong and many more. Bus loads at 4:45pm on Pflaum Road in front of LaFollette High School. Fee includes admission, buffet dinner and motorcoach transportation. Registration deadline is 9/19. Ages 18+

**MICHIGAN AVENUE SHOPPING**

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 8:15 am on Pflaum Rd in front of LaFollette High School. Youth ages 6+ may register with a participating adult.

Age	Class	Location	Day	Date	Time	Fee	Course#
16+	Much Ado About Nothing at Am Players Theater	MSCR West	Sa	9/21	11:30am-6:30pm	\$80	40577
18+	Chicago's LGBTQ+ Stories	LaFollette High School	Sa	10/5	7am-7pm	\$123	40579
18+	Fireside Dinner Theater - The Music of 1964	LaFollette High School	Sa	10/26	5pm-11pm	\$119	41140
18+	Michigan Avenue Shopping	LaFollette High School	S	12/8	8:30am-8:30pm	\$67	40578



Monona Academy of Dance



**Monona Academy of Dance**  
*Online registration open for Fall*  
[www.mononaacademyofdance.org](http://www.mononaacademyofdance.org)

**Introductory, Intermediate, and Advanced**  
**classes for YOUTH and ADULT dancers.**  
 Classes include: Ballet, Tap, Jazz, Modern, and Hip Hop

- 2605 S. Stoughton Rd., Madison
- 838 Grove St., Sun Prairie (Sun Prairie Ice Arena)

- Professional Faculty • Sprung Floors with Marley
  - Performance Opportunities • Positive Environment
- [mononaacademyofdance@gmail.com](mailto:mononaacademyofdance@gmail.com)



## AFTERSCHOOL PROGRAMS

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

Email: [mscrolemtteam@madison.k12.wi.us](mailto:mscrolemtteam@madison.k12.wi.us) or visiting [mscr.org](http://mscr.org) for registration materials.

### MSCR AFTERSCHOOL

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

### MSCR ENRICHMENT

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

### MSCR AFTERSCHOOL & ENRICHMENT GOALS:

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

### RECREATIONAL & EDUCATIONAL ACTIVITIES

MSCR offers fun programming & activities:

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

### STAFFING

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

### EARLY RELEASE & NO SCHOOL DAYS

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

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

### PROGRAM ELIGIBILITY

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

## KIDS DAY OUT

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



Grade	Location	Day	Date	Time	Fee	Course #
K-5	Midvale Elementary	Th	10/3	7:45am-5:30pm	\$60	40823
K-5	Warner Park CRC	Th	10/3	7:45am-5:30pm	\$60	40825
K-5	Midvale Elementary	F	10/4	7:45am-5:30pm	\$60	40824
K-5	Warner Park CRC	F	10/4	7:45am-5:30pm	\$60	40826
K-5	Midvale Elementary	M	11/4	7:45am-5:30pm	\$60	41153
K-5	Warner Park CRC	M	11/4	7:45am-5:30pm	\$60	41154
K-5	Midvale Elementary	T	11/5	7:45am-5:30pm	\$60	41155
K-5	Warner Park CRC	T	11/5	7:45am-5:30pm	\$60	41156
K-5	Midvale Elementary	M	12/2	7:45am-5:30pm	\$60	41157
K-5	Warner Park CRC	M	12/2	7:45am-5:30pm	\$60	41158



**2024-25 SCHOOL YEAR PROGRAM INFORMATION & REGISTRATION LINKS:**

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

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

Please note: Completing the registration form does not guarantee enrollment in the MSCR Afterschool or MSCR Enrichment program. Space is limited and based on a number of factors, including staffing ratios. If a waitlist is started, MSCR continues to accept participants from the waitlist as additional staff are hired. Registration for MSCR Afterschool and Enrichment requires full-time enrollment (5 days per week). Part-time registration is not available. You receive a confirmation letter via email that includes a start date, or be notified if you have been placed on the waiting list.

Contact us at 608-204-4583 or [mscreleamteam@madison.k12.wi.us](mailto:mscreleamteam@madison.k12.wi.us)

- To request registration materials, please contact [mscreleamteam@madison.k12.wi.us](mailto:mscreleamteam@madison.k12.wi.us)
- For the Meadowood Neighborhood Center, please contact [jaanderson@madison.k12.wi.us](mailto:jaanderson@madison.k12.wi.us)
- For the Allied Learning Center, please contact [mscralliedlc@madison.k12.wi.us](mailto:mscralliedlc@madison.k12.wi.us)

**MSCR AFTERSCHOOL & ENRICHMENT SITES** \*Site is supported by a federal 21st Century Learning Center grant.

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



Registration form with various checkboxes and input fields for site selection and contact information.



## MSCR MIDDLE SCHOOL PROGRAMS

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

### MSCR MIDDLE SCHOOL CLUBS

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

### MSCR MIDDLE SCHOOL SPORTS

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

## MSCR MIDDLE SCHOOL SITES AND CONTACT INFORMATION

Please go to [mscr.org](http://mscr.org) for staff and email contact information.

School	Phone Number
Badger Rock	608-640-0079
Black Hawk*	608-204-4378
Cherokee	608-204-1256
Gillespie	608-663-6427
Hamilton	608-204-4739
O'Keeffe	608-204-6854
Sennett*	608-204-1948
Sherman*	608-204-2127
Spring Harbor	608-640-0079
Toki	608-204-4763
Whitehorse	608-204-1349
Wright*	608-204-1369

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



**CAMP RANDALL  
ROWING  
CLUB**

**CAMPRANDALLRC.ORG**

**USRowing**  
A US ROWING MEMBER ORGANIZATION

"ROWING IS TRULY A SPORT FOR ALL. ROWERS ARE DIVERSE. WE WELCOME ANYONE INTERESTED IN TAKING ON THE SPORT NO MATTER THEIR RACE, ETHNICITY, GENDER, ABILITY, SEXUAL ORIENTATION, SOCIO-ECONOMIC STATUS, AGE, GEOGRAPHIC LOCATION, RELIGION, LANGUAGE, OR VETERAN STATUS. THERE IS A PLACE FOR YOU OR YOUR CHILD." -US ROWING GET A GRIP FLIER

**MSCR HIGH SCHOOL PROGRAMS**

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

**HIGH SCHOOL EXTRAMURAL SPORTS LEAGUES**

Extramural sports are available at all MMUSD 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.



**MSCR HIGH SCHOOL SITES AND CONTACT INFORMATION**

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

**HIGH SCHOOL EXTRAMURAL SPORTS LEAGUES**

Grade	School	Day	Date	Time	Fee
9-12	East	Sa	9/28-11/16	8-2 pm	\$50
9-12	West	Sa	9/28-11/16	8-2 pm	\$50
9-12	Memorial	Sa	9/28-11/16	8-2 pm	\$50
9-12	LaFollette	Sa	9/28-11/16	8-2 pm	\$50
9-12	Capital	Sa	9/28-11/16	8-2 pm	\$50

**Building a brighter future**

Over the past 12 years, MMUSD has navigated fiscal challenges stemming from inadequate state resources for public education. With little or no annual revenue growth to meet rising costs of inflation and students' needs, there will be significant impacts on the more than 25,000 young minds in MMUSD's schools.

**Madison has an opportunity to invest in these young minds and our community at large.** The MMUSD Board of Education is asking voters to consider two referenda questions on the November 5 ballot. This Referenda will provide essential funding to attract and retain high-quality staff, invest in early learning, and well-rounded and multilingual opportunities. This referenda will also invests in our aging facilities essential to student learning, including the renovation or construction of 10 school buildings with critical infrastructure needs.

**2024 Referenda**  
Future Ready

**Learn More:** 



## 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.

### INDOOR CLASSES - CHILD + ADULT

#### A TO Z ART AND ANIMALS - CHILD + ADULT

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

#### ADVENTURES IN GARDENING - CHILD + ADULT **NEW!**

Participants get hands on experience with growing plants. Use a mix of crafts and gardening activities to explore the natural world.

#### 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.

#### 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!

#### CREATIVE MOVEMENT - CHILD + ADULT

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

#### HOLIDAY ORNAMENTS - CHILD + ADULT

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

#### 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!

### OUTDOOR CLASSES - CHILD + ADULT

#### ART AND MOVEMENT - CHILD + ADULT **NEW!**

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

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>CHILD + ADULT CLASSES</b>							
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	9/13-10/18	9:30-10:15am	\$36	40312
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	11/1-12/6	9:30-10:15am	\$36	40313
2-3yrs	A to Z Art and Animals - Child + Adult	MSCR West	T	10/22-11/19	9-9:45am	\$36	40318
2-3yrs	A to Z Art and Animals - Child + Adult	MSCR West	Th	11/7-12/12	9-9:45am	\$36	41080
2-3yrs	Creative Movement - Child + Adult	MSCR West	T	9/10-11/12	9:30-10am	\$38	41058
2-3yrs	Creative Movement - Child + Adult	MSCR East	F	9/13-11/15	9:30-10am	\$38	41057
3-4yrs	Creative Movement - Child + Adult	MSCR East	M	9/9-11/11	6:30-7pm	\$38	40360
3-5yrs	Process Art - Child + Adult	MSCR West	F	9/13-10/18	10:45-11:30am	\$36	40492
3-5yrs	Process Art - Child + Adult	MSCR West	F	11/1-12/6	10:45-11:30am	\$36	40493
3-6yrs	Costumes and Crafts - Child + Adult	MSCR Central	Th	10/17	5-5:45pm	\$12	40337
3-6yrs	Costumes and Crafts - Child + Adult	MSCR Central	Th	10/24	5-5:45pm	\$12	40338
3-6yrs	Holiday Ornaments - Child + Adult	MSCR Central	Th	12/5	5-5:45pm	\$12	40428
3-6yrs	Holiday Ornaments - Child + Adult	MSCR Central	T	12/10	5-5:45pm	\$12	40429
3-6yrs	Holiday Ornaments - Child + Adult	MSCR Central	Th	12/12	5-5:45pm	\$12	40430
3-6yrs	Unbe-leaf-able Art - Child + Adult	MSCR Central	Th	11/7	5-5:45pm	\$12	40524
3-6yrs	Unbe-leaf-able Art - Child + Adult	MSCR Central	Th	11/14	5-5:45pm	\$12	40965
<b>OUTDOOR CHILD + ADULT CLASSES</b>							
2-3yrs	Art and Movement - Child + Adult	MSCR Central	T	9/10-10/8	9-9:45am	\$36	41062
3yrs	Adventures in Gardening - Child + Adult	MSCR West	T	9/10-10/15	9-9:45am	\$43	40304
4-5yrs	Adventures in Gardening - Child + Adult	MSCR West	T	9/10-10/15	10-10:45am	\$43	40305

## PRESCHOOL CLASSES

These classes are for preschoolers only. Adults are welcome to stay in the lobby areas during class.

## DANCE CLASSES

## IRISH DANCE - PRESCHOOL

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

## PRE-BALLET

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

## PRESCHOOL CLASSES

## A TO Z ART AND ANIMALS

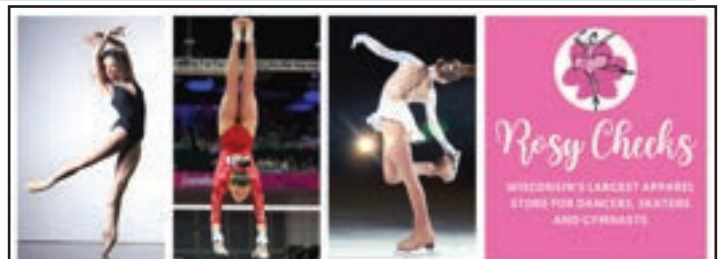
Get ready for a walk on the wild side with this class focused on critter creation! Learn fun facts about a new animal each week, then unleash your imagination to create an artistic animal interpretation.

## OUTDOOR PRESCHOOL CLASSES

ART AND MOVEMENT *NEW!*

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

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>PRESCHOOL DANCE</b>							
4+	Irish Dance - Preschool	MSCR Central	Su	9/8-11/3	4:05-4:45pm	\$41	40365
3yrs	Pre-Ballet	MSCR West	M	9/9-11/11	4:15-4:45pm	\$38	40396
3yrs	Pre-Ballet	MSCR West	T	9/10-11/12	10:15-10:45am	\$38	40393
3yrs	Pre-Ballet	MSCR Central	T	9/10-11/12	4-4:30pm	\$38	40403
3yrs	Pre-Ballet	MSCR West	W	9/11-11/13	4:30-5pm	\$38	40400
3yrs	Pre-Ballet	MSCR East	W	9/11-11/13	6:30-7pm	\$38	40387
3yrs	Pre-Ballet	MSCR Central	Th	9/12-11/14	9-9:30am	\$38	40399
3yrs	Pre-Ballet	MSCR East	F	9/13-11/15	10:15-10:45am	\$38	40390
3yrs	Pre-Ballet	MSCR Central	Sa	9/7-11/9	9-9:30am	\$38	40398
3yrs	Pre-Ballet	MSCR West	Sa	9/7-11/9	10-10:30am	\$38	40392
3yrs	Pre-Ballet	MSCR East	S	9/8-11/10	4-4:30pm	\$38	40388
4yrs	Pre-Ballet	MSCR West	M	9/9-11/11	5-5:40pm	\$45	41059
4yrs	Pre-Ballet	MSCR West	T	9/10-11/12	11-11:40am	\$45	40395
4yrs	Pre-Ballet	MSCR Central	T	9/10-11/12	4:45-5:25pm	\$45	40402
4yrs	Pre-Ballet	Madison Youth Arts Center	W	9/11-11/13	5-5:40pm	\$45	41060
4yrs	Pre-Ballet	MSCR West	W	9/11-11/13	5:15-5:55pm	\$45	40401
4yrs	Pre-Ballet	MSCR Central	Th	9/12-11/14	9:35-10:15am	\$45	40394
4yrs	Pre-Ballet	MSCR Central	Th	9/12-11/14	4:30-5:10pm	\$45	40397
4yrs	Pre-Ballet	MSCR East	F	9/13-11/15	11-11:40am	\$45	40391
4yrs	Pre-Ballet	MSCR East	Su	9/8-11/10	3:20-4pm	\$45	40389
<b>PRESCHOOL CLASSES</b>							
4-5yrs	A to Z Art and Animals	MSCR West	Th	11/7-12/12	10:15-11am	\$36	41081
<b>OUTDOOR PRESCHOOL CLASSES</b>							
4-5yrs	A to Z Art and Animals	MSCR West	T	10/22-11/19	10:15-11am	\$36	40319
4-5yrs	Art and Movement	MSCR Central	T	9/10-10/8	10:15-11am	\$36	41061



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**YOUTH & TEEN CLASS DESCRIPTIONS**



**ARTS & ENRICHMENT CLASSES**

**AUTUMN WATERCOLOR LEAVES WITH ZENTANGLE DOODLES *NEW!***

Paint your own beautiful watercolor leaves using rich hues of autumn colors. Then use black ink to add zentangle doodles to create unique detail to the leaves.

**BASKETRY BLISS *NEW!***

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

**CANVASES AND CRAFTS**

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

**DRAWING - BEGINNING**

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.

**FLEECE TIE BLANKETS**

Get ready for some super cozy crafting! Prep and make a tie-together throw blanket to take home.

**INTRO TO FLY TYING**

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

**KNITTING - STITCH MAKERS**

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

**OWL WALL HANGING *NEW!***

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

**RADIAL WEAVING WITH PAINTING *NEW!***

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

**SEA CREATURE CRAFTS**

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

**UKULELE - BEGINNING**

Join us for this joyful class that inspires curiosity about music. Participants learn to tune their instrument, play multiple ukulele chords, clap rhythms with notes and rests, play several simple songs and become familiar with musical notation. All equipment provided.

**UKULELE - CONTINUING**

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

**DANCE & BATON TWIRLING CLASSES**

**BALLET**

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

**BATON TWIRLING - ADVANCED SKILLS**

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

**BATON TWIRLING - BEGINNING**

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

**BATON TWIRLING - CONTINUING**

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

**HIP HOP**

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

**IRISH DANCE - BEGINNING**

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

**IRISH DANCE - CONTINUING**

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

**JAZZ**

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

**JAZZ/HIP HOP**

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

**LYRICAL**

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

**POMS**

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

**TAP**

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

## YOUTH &amp; TEEN CLASS SCHEDULE

Grade	Class	Location	Day	Date	Time	Fee	Course#
<b>ARTS &amp; ENRICHMENT CLASSES</b>							
4-6	Autumn Watercolor Leaves with Zentangle Doodles	MSCR East	Sa	9/28-10/12	10:45am-12:15pm	\$24	40333
9-12*	Basketry Bliss	MSCR Central	Sa	10/5-11/23	9-10:30am	\$50	40448
K-2	Canvases and Crafts	MSCR West	M	9/16-10/21	4-5pm	\$41	40328
K-2	Canvases and Crafts	MSCR West	M	11/4-12/9	2:30-3:30pm	\$41	41071
3-5	Canvases and Crafts	MSCR West	M	9/16-10/21	2:30-3:45pm	\$49	40327
3-5	Canvases and Crafts	MSCR West	Sa	10/5-11/9	9-10:15am	\$49	40324
6-8	Canvases and Crafts	MSCR West	M	11/4-12/9	3:45-5:15pm	\$57	41072
6-8	Canvases and Crafts	MSCR West	Sa	10/5-11/9	10:30am-12pm	\$57	40323
K-2	Drawing - Beginning	MSCR West	Th	9/12-10/17	4:30-5:30pm	\$47	40412
3-5	Drawing - Beginning	MSCR West	Th	9/12-10/17	5:45-6:45pm	\$47	40413
2-4	Fleece Tie Blankets	MSCR Central	M	12/2-12/9	3:30-4:45pm	\$21	40419
5-7	Fleece Tie Blankets	MSCR Central	M	12/2-12/9	5-6:15pm	\$21	40418
9-12*	Intro to Fly Tying	MSCR West	Th	10/17-11/21	6-7:30pm	\$50	40432
6-12	Knitting - Stitch Makers	MSCR West	M	10/21-11/25	5:45-7pm	\$38	40311
3-5	Owl Wall Hanging	MSCR East	M	9/30-10/21	5-6pm	\$31	40332
5-7	Radial Weaving with Painting	MSCR East	M	9/23-10/21	6:30-7:45pm	\$39	40331
K-2	Sea Creature Crafts	MSCR West	Th	10/24-12/5	4:30-5:30pm	\$39	40354
3-5	Sea Creature Crafts	MSCR West	Th	10/24-12/5	5:45-6:45pm	\$39	40355
3-5	Ukulele - Beginning	MSCR Central	Th	9/19-10/24	5-6pm	\$44	40356
3-5	Ukulele - Beginning	MSCR Central	Th	11/7-12/12	5-6pm	\$36	40357
3-5	Ukulele - Continuing	MSCR Central	Th	11/7-12/12	6:15-7:15pm	\$36	40358
<b>DANCE &amp; BATON TWIRLING CLASSES</b>							
K1	Ballet	MSCR East	M	9/9-11/11	7:15-8pm	\$66	40342
K1	Ballet	MSCR West	M	9/9-11/11	5:55-6:45pm	\$73	40344
K1	Ballet	MSCR Central	T	9/10-11/12	5:40-6:30pm	\$85	40362
2-5	Ballet	MSCR West	M	9/9-11/11	3-4pm	\$85	40343
2-5	Ballet	MSCR Central	T	9/10-11/12	6:45-7:45pm	\$85	40359
1-5	Baton Twirling - Beginning	MSCR West	M	9/9-11/11	4:30-5:30pm	\$85	40351
3-10	Baton Twirling - Continuing	MSCR West	M	9/9-11/11	5:45-6:45pm	\$85	40352
7-12	Baton Twirling - Advanced Skills	MSCR West	M	9/9-11/11	6:50-7:30pm	\$45	40353
3-5	Hip Hop	MSCR East	Su	9/8-11/10	2-3pm	\$69	40361
1-5	Irish Dance - Beginning	MSCR Central	Su	9/8-11/10	2:50-3:50pm	\$85	40366
3-10	Irish Dance - Continuing	MSCR Central	Su	9/8-11/10	5-6pm	\$85	40367
K1	Jazz	MSCR East	Su	9/8-11/10	2:15-2:55pm	\$73	40374
K1	Jazz	MSCR East	W	9/11-11/13	7:15-8pm	\$66	40373
2-5	Jazz	MSCR East	Su	9/8-11/10	1-2pm	\$85	40375
2-5	Jazz	MSCR Central	Th	9/12-11/14	6:30-7:30pm	\$85	40376
3-5	Jazz	MSCR East	W	9/11-11/13	8:15-9pm	\$66	40372
K1	Jazz/Hip Hop	MSCR Central	Sa	9/7-11/9	9:45-10:35am	\$73	40377
2-5	Jazz/Hip Hop	Madison Youth Arts Center	W	9/11-11/13	5:45-6:45pm	\$85	40380
4-6	Lyrical	MSCR Central	Sa	9/7-11/9	10:50-11:50am	\$85	40382
4-6	Lyrical	Madison Youth Arts Center	W	9/11-11/13	7-8pm	\$85	40381
4-8	Poms	MSCR East	M	9/9-11/11	8:15-9pm	\$66	40386
K1	Tap	MSCR Central	Th	9/12-11/14	5:25-6:15pm	\$73	40349
K1	Tap	MSCR West	Sa	9/7-11/9	10:45-11:35am	\$73	40347
2-5	Tap	MSCR West	Sa	9/7-11/9	11:50am-12:50pm	\$85	40348

\*These classes are open to participants 14 years and older, including adults.

**YOUTH & TEEN CLASS DESCRIPTIONS**



**POTTERY**

**HANDBUILDING - CHILD + ADULT**

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

**YOUTH HANDBUILDING**

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

**YOUTH WHEEL**

Practice centering on the wheel to work towards creating projects.

**SEWING**

**YOUTH SEWING STUDIOS - MONSTER PILLOWS**

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

**YOUTH SEWING STUDIOS - TAIL BLANKET**

Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward a finished sewing project. Create a mermaid, shark or dino tail blanket!

**WORKSHOPS**

**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!

**MAKE AND TAKE PRINTMAKING NEW!**

The original copy+paste! Join us for a fun filled workshop to explore the art and techniques of fine art printmaking. Creatively repurpose recycled and found materials to make art sure to leave an impression! Leave with a personalized tote bag.

**PAINT NIGHT NEW!**

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

**PANCAKE (ART) PARTY WORKSHOP - CHILD + ADULT**

You'll flip when you see what batter and a griddle can do! National Pancake Day is Sept. 26 - join us for some colorful (pan)cake creations. Learn how to use food coloring, pancake pens, and your imagination to cook up some edible art! Adult must participate with child on provided class project, register child only.

**PANCAKE (ART) PARTY WORKSHOP**

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

**PUPPET WORKSHOP NEW!**

Do you like Sesame Street, The Muppets, or just puppets in general? Have you ever wanted to try and create one of your own? In this workshop learn step by step how to do just that! Take home a felt friend and show it off to all your friends and family!

**YOUTH OUTDOOR CLASSES**

**ADVENTURES IN GARDENING NEW!**

Participants get hands on experience with growing plants. Use a mix of crafts and gardening activities to explore the natural world.

**ART AND MOVEMENT NEW!**

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

**NATURE WRITING**

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

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## YOUTH &amp; TEEN SCHEDULE

Grade	Class	Location	Day	Date	Time	Fee	Course#
<b>POTTERY</b>							
K-2	Handbuilding - Child + Adult	MSCR West	M	11/4-11/25	2:30-3:45pm	\$52	40466
K-2	Handbuilding - Child + Adult	MSCR West	Sa	9/14-9/28	9-10:15am	\$40	40465
3-5	Youth Handbuilding	MSCR West	Sa	9/14-9/28	10:30-11:45am	\$39	40486
3-5	Youth Handbuilding	MSCR West	M	11/4-11/25	4-5:15pm	\$52	40487
6-12	Youth Wheel	MSCR West	W	10/2-11/6	4:15-6:15pm	\$100	40488
6-12	Youth Wheel	Warner Park CRC	Sa	10/12-11/16	12:30-2:30pm	\$100	40489
<b>SEWING</b>							
5-8	Youth Sewing Studios - Tail Blanket	MSCR East	M	11/11-11/25	4:15-6:15pm	\$50	40547
5-8	Youth Sewing Studios - Monster Pillows	MSCR West	T	10/8-10/15	6:15-8:15pm	\$35	40546
<b>WORKSHOPS</b>							
2-5	Gratefulness Canvas Art Workshop	MSCR West	Sa	11/23	10:45am-12pm	\$15	41077
6-8	Gratefulness Canvas Art Workshop	MSCR West	Sa	11/23	9-10:30am	\$18	40425
K-2	Make and Take Printmaking	MSCR Central	Su	9/29	1:15-2:30pm	\$15	40962
K-2	Make and Take Printmaking	MSCR East	Sa	11/2	9-10:15am	\$15	40334
3-5	Make and Take Printmaking	MSCR Central	Su	9/29	3-4:30pm	\$15	40963
3-5	Make and Take Printmaking	MSCR East	Sa	11/2	10:45am-12:15pm	\$15	40961
K-2	Paint Night	MSCR Central	T	9/24	5-7pm	\$15	40490
3-5	Paint Night	MSCR Central	T	9/17	5-7pm	\$15	40491
K-2	Pancake (Art) Party Workshop - Child + Adult	MSCR West	Sa	9/21	9:15-10:30am	\$12	40461
3-5	Pancake (Art) Party Workshop	MSCR West	Sa	9/21	11am-12:30pm	\$12	40460
K-2	Puppet Workshop	MSCR Central	T	11/19	5-7pm	\$15	40510
3-5	Puppet Workshop	MSCR Central	T	11/12	5-7pm	\$15	40511
<b>OUTDOOR CLASSES</b>							
K-2	Adventures in Gardening	MSCR Central	M	9/16-10/21	3:30-4:30pm	\$43	40340
3-5	Adventures in Gardening	MSCR Central	M	9/16-10/21	4:45-5:45pm	\$43	40341
K-1	Art and Movement	MSCR Central	M	10/28-11/25	3:30-4:15pm	\$39	40369
2-3	Art and Movement	MSCR Central	M	10/28-11/25	4:30-5:30pm	\$39	40370
3-5	Nature Writing	MSCR Central	Su	10/20-11/24	2:45-3:45pm	\$40	40447
6-8	Nature Writing	MSCR Central	Su	10/20-11/24	1:30-2:30pm	\$40	40446

**MSCR POTTERY SALE**

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

MSCR West  
7333 West Towne Way  
Madison, WI 53719

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

See pages 43 for Teen virtual opportunities.  
 Wear comfortable clothing that allows for free movement.  
 BYOM=Bring Your Own Mat

### CAPOEIRA LEVEL 1

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

### CAPOEIRA LEVEL 2

This class is 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.

### 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 (due to limited space only one caregiver can attend). BYOM

### RUNNING CLUB

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

### STRENGTH & CONDITIONING

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



### TOT TUMBLING - CHILD + ADULT

Learn basic tumbling, stretching and movement skills while participating in simple obstacle courses, games and activities. Develop coordination, body awareness and gross motor skills. Register each child, required for 1 adult per child to attend and assist with skill development.

### TUMBLING FOR TOTS

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

### TUMBLING

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

Age	Class	Location	Day	Date	Time	Fee	Course#
5-12	Capoeira Level 1	MSCR Central	M	9/9-12/9	4:30-5:15pm	\$70	41039
5-12	Capoeira Level 2	MSCR Central	M	9/9-12/9	5:30-6:15pm	\$70	41040
8-13	Running Club East	Demetral Park	T	9/10-10/22	5:30-6:15pm	\$35	41042
8-13	Strength & Conditioning	MSCR East	T	9/10-11/12	5:15-6pm	\$50	41041
3-6	Family Yoga	MSCR West	T	9/10-10/15	6:15-7pm	\$30	41104
3-6	Family Yoga	MSCR West	T	10/22-11/26	6:15-7pm	\$30	41105
4	Tot Tumbling - Child + Adult	MSCR West	W	9/11-11/20	3-3:30pm	\$55	41125
5	Tumbling for Tots	MSCR West	W	9/11-11/20	3:45-4:15pm	\$55	41127
6	Tumbling	MSCR West	W	9/11-11/20	4:30-5:15pm	\$55	41126
8-13	Strength & Conditioning	MSCR West	W	9/11-11/20	5-5:45pm	\$55	41043
8-13	Running Club Central	MSCR Central	W	9/11-10/23	5:30-6:15pm	\$35	41044
5-7	Running Club East	Demetral Park	Th	9/12-10/24	5:30-6:15pm	\$35	41045
3-6	Family Yoga	MSCR East	Th	9/12-11/21	5:15-6pm	\$50	41106
8-13	Running Club West	Elver Park	Th	9/12-10/24	5:30-6:15pm	\$35	41103
5-12	Capoeira Level 1	Warner Park CRC	Th	9/12-12/12	5-5:45pm	\$60	41055
5-12	Capoeira Level 2	Warner Park CRC	Th	9/12-12/12	6-6:45pm	\$60	41056

**INDOOR SOCCER SKILLS****CHILD + ADULT SOCCER SKILLS**

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

**INDOOR OPEN PLAY**

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

All classes skip 11/25-12/1.



Age	Class	Location	Day	Date	Time	Fee	Course#
<b>PRESCHOOL &amp; CHILD + ADULT SOCCER</b>							
2	Soccer Skills - Child + Adult	Lapham	Sa	11/16-12/21	9-9:30am	\$25	40894
2	Soccer Skills - Child + Adult	Lapham	Sa	11/16-12/21	9:45-10:15am	\$25	40897
2	Soccer Skills - Child + Adult	Lapham	Sa	11/16-12/21	10:30-11am	\$25	40903
2	Soccer Skills - Child + Adult	Lapham	Sa	11/16-12/21	11:15-11:45am	\$25	40907
2	Soccer Skills - Child + Adult	Toki	Sa	11/16-12/21	9-9:30am	\$25	40908
2	Soccer Skills - Child + Adult	Toki	Sa	11/16-12/21	9:45-10:15am	\$25	40893
2	Soccer Skills - Child + Adult	Toki	Sa	11/16-12/21	10:30-11am	\$25	40898
2	Soccer Skills - Child + Adult	Toki	Sa	11/16-12/21	11:15-11:45am	\$25	40905
3-4	Indoor Open Play	Lapham	T	11/12-12/17	6-6:45pm	\$30	41168
3-4	Indoor Open Play	Lincoln	T	11/12-12/17	6-6:45pm	\$30	41169
3-4	Indoor Open Play	Crestwood	W	11/13-12/18	6-6:45pm	\$30	41170
3-4	Indoor Open Play	Southside	W	11/13-12/18	6-6:45pm	\$30	41171
3-4	Indoor Open Play	MSCR West	Sa	11/16-12/21	9-9:45am	\$25	41173
3-4	Indoor Open Play	Whitehorse	Sa	11/16-12/21	9-9:45am	\$30	41172
<b>YOUTH SOCCER</b>							
5-7	Indoor Open Play	MSCR West	Su	11/10-12/8	12:30-1:30pm	\$30	41182
5-7	Indoor Open Play	Lapham	T	11/12-12/17	6:50-7:50pm	\$30	41174
5-7	Indoor Open Play	Lincoln	T	11/12-12/17	6:50-7:50pm	\$30	41175
5-7	Indoor Open Play	Crestwood	W	11/13-12/18	6:50-7:50pm	\$30	41176
5-7	Indoor Open Play	Southside	W	11/13-12/18	6:50-7:50pm	\$30	41177
5-7	Indoor Open Play	Whitehorse	Sa	11/16-12/21	10-10:45am	\$30	41178
5-7	Indoor Open Play	MSCR West	Sa	11/16-12/21	10-10:45am	\$25	41179
8-10	Indoor Open Play	MSCR West	Su	11/10-12/8	1:30-2:30pm	\$30	41183
8-10	Indoor Open Play	Whitehorse	Sa	11/16-12/21	11am-12pm	\$30	41180
8-10	Indoor Open Play	MSCR West	Sa	11/16-12/21	11am-12pm	\$30	41181
11-12	Indoor Open Play	MSCR West	Su	11/10-12/8	2:30-3:30pm	\$30	41184

## OUTDOOR SOCCER LEAGUES



### YOUTH SOCCER LEAGUES

MSCR Outdoor Soccer Leagues are focused on recreational play (score is not recorded). Leagues use smaller fields to promote fast paced games and more player action. 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 schedules games and provides referees for the games. Practices are determined by the volunteer coach or parents/guardians.

#### LEAGUE INFORMATION

League	Division	Age	Dates	Day	Time
3v3	U4	3-4	9/15-10/20	Su	1, 2, 3 or 4pm
3v3	U6	5-6			
6v6	U8	7-8	9/14-10/19	Sa	9, 10:15, 11:30am or 12:45pm
6v6	U10	9-10			
6v6	U12	11-12			
6v6	U14	13-14			
Locations			Tentative Field Locations		
Eastside			Kennedy, Lake View, Lapham & Nuestro Mundo		
Westside			Chavez, Cherokee, Crestwood, Stephens & Toki		

#### 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](http://mscryouthsportsleagues.org) or by paper at the MSCR office. Call 608-229-6820 for more information.

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	Now-8/11	\$55	\$82.50
Regular	8/12-8/18	\$60	\$90
Late	8/19-8/25	\$70	\$105

Register at [mscryouthsportsleagues.org](http://mscryouthsportsleagues.org)

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

#### REGISTRATION PROCESS FOR LEAGUES

Go to [mscryouthsportsleagues.org](http://mscryouthsportsleagues.org) or go to the MSCR office for paper registration.

##### New Users

- Go to [mscryouthsportsleagues.org](http://mscryouthsportsleagues.org)
- Click the "Sign In" button on the top right of the page.
- Click "First time signing in to this site? Create a new account."
- Fill in the appropriate information.
- Once your account has been created, hover over "My Account" and click "Members".
  - Add Players (children)
  - Add Parent or Guardian (any adult that you would like emails from the staff or team to go to in addition to yours)

##### Coaches

All volunteer coaches, including guardians, must register (like a player) at [mscryouthsportsleagues.org](http://mscryouthsportsleagues.org).

**NOW HIRING**  
**MSCR.ORG/JOBS**

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

**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. First week of the program is a practice, coaches may schedule additional practices. Register for either the 2-3, or 4-5 division.

Volunteer coaches are essential to the success of this program. If you are interested in coaching please contact Chris McGill at [cmcgill@madison.k12.wi.us](mailto:cmcgill@madison.k12.wi.us)



Grade	Location	Day	Date	Time
2-3	Cherokee	Tu	9/17-10/22	5-7pm
4-5	Cherokee	Th	9/19-10/24	5-7pm
Registration Type	Registration Opens	Registration Deadline	Resident Fee	Non-Resident Fee
Early	Opened 7/1	8/14	\$51	\$66
Regular	8/15	9/1 3pm	\$56	\$79

Flag Football Leagues register at [mscryouthsportsleagues.org](http://mscryouthsportsleagues.org).  
Registration closes on 9/1 at 3pm.



# 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  MADISON DRAGONS  
 GIRLS HOCKEY  REC LEAGUE  Travel teams available for  
 Mites (7-8 year olds), Squirts (8-10 year olds),  
 Pee wee (10-12 year olds), & Bantams (12-14 year olds)

Something For Everyone

patriotshockey.org



## SPORTS SKILLS DESCRIPTIONS



### PRESCHOOL SPORTS

#### 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.

#### 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 staff.

### YOUTH 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.

#### 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 your child has a solid base of fundamentals and has played basketball for a few years, this is the program for them.

#### FOOTBALL SKILLS *NEW!*

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

#### 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.

#### 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.

VISIT  
CTMTHEATER.ORG  
TO ENROLL  
TODAY!

**CTM**

THEATER  
CLASSES

CLASSES FOR ALL AGES  
& ALL LEVELS

FALL · SIGN UP NOW!  
WINTER · SPRING

## SPORTS SKILLS SCHEDULE

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>PRESCHOOL SPORTS</b>							
3-4	Pre-K Gym Games Galore	MSCR West	M	11/11-12/9	9:45-10:30am	\$30	40882
3-4	Pre-K Gym Games Galore	MSCR West	M	11/11-12/9	10:45-11:30am	\$30	40883
3-4	Pre-K Gym Games Galore	MSCR West	W	11/13-12/11	9:45-10:30am	\$30	41166
3-4	Pre-K Gym Games Galore	MSCR West	W	11/13-12/11	10:45-11:30am	\$30	41167
3-5	Sports Sampler	MSCR West	M	9/9-10/14	6-6:30pm	\$21	40924
3-5	Sports Sampler	MSCR West	M	9/9-10/14	6:40-7:10pm	\$21	40926
3-5	Sports Sampler	MSCR West	M	11/4-12/9	6-6:30pm	\$21	40927
3-5	Sports Sampler	MSCR West	M	11/4-12/9	6:40-7:10pm	\$21	40928
3-5	Sports Sampler	MSCR West	T	9/10-10/15	6-6:30pm	\$21	40925
3-5	Sports Sampler	MSCR West	T	9/10-10/15	6:40-7:10pm	\$21	40929
3-5	Sports Sampler	MSCR West	T	11/5-12/10	6-6:30pm	\$21	40930
3-5	Sports Sampler	MSCR West	T	11/5-12/10	6:40-7:10pm	\$21	40931
3-5	Sports Sampler	Nuestro Mundo	W	9/11-10/16	6-6:30pm	\$21	40923
3-5	Sports Sampler	Nuestro Mundo	W	9/11-10/16	6:40-7:10pm	\$21	40922
3-5	Sports Sampler	Lapham	W	11/6-12/11	6-6:30pm	\$21	40920
3-5	Sports Sampler	Lapham	W	11/6-12/11	6:40-7:10pm	\$21	40921
<b>YOUTH SPORTS</b>							
8-10	Badminton	Gillespie	Th	11/7-12/12	6-7pm	\$21	40912
11-13	Badminton	Gillespie	Th	11/7-12/12	7-8pm	\$21	40913
6-8	Basketball Skills Clinic - Beginner	Toki	T	9/17-10/22	6-7pm	\$30	40933
9-11	Basketball Skills Clinic - Beginner	Toki	T	9/17-10/22	7-8pm	\$30	40934
12-14	Basketball Skills Clinic - Advanced	Toki	T	9/17-10/22	8-9pm	\$30	40932
6-8	Basketball Skills Clinic - Beginner	Southside	Th	9/19-10/24	6-7pm	\$30	40936
9-11	Basketball Skills Clinic - Beginner	Southside	Th	9/19-10/24	7-8pm	\$30	40935
5-6	Football Skills	Cherokee	W	9/11-10/16	5-5:45pm	\$30	41143
5-6	Football Skills	Cherokee	W	9/11-10/16	5:45-6:30pm	\$30	41144
7-9	Ultimate Frisbee	Toki	M	9/9-10/14	5-5:45pm	\$30	40940
10-12	Ultimate Frisbee	Toki	M	9/9-10/14	5:45-6:45pm	\$36	40941
6-7	Volleyball Skills	MSCR West	Th	9/12-10/17	6-6:30pm	\$31	40914
8-10	Volleyball Skills	MSCR West	Th	9/12-10/17	6:40-7:10pm	\$31	40916
10-12	Volleyball Skills	MSCR West	Th	9/12-10/17	7:20-8pm	\$36	40918
6-7	Volleyball Skills	MSCR West	Th	11/7-12/12	6-6:30pm	\$31	40915
8-10	Volleyball Skills	MSCR West	Th	11/7-12/12	6:40-7:10pm	\$31	40917
10-12	Volleyball Skills	MSCR West	Th	11/7-12/12	7:20-8pm	\$36	40919

**POLICIES & PROCEDURES**

**WHAT TO BRING**

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

**LOCKER ROOMS**

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

**BEFORE YOU SWIM**

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

**POOL INFORMATION**

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

**POOL LOCATIONS**

**EAST HIGH SCHOOL POOL**

2222 E Washington Ave  
Use Door #3 off of N 4th St on the south side of the school.

**LA FOLLETTE HIGH SCHOOL POOL**

702 Pflaum Rd  
Use Athletics entrance, northeast corner of the school.

**LAPHAM ELEMENTARY SCHOOL POOL**

1045 E Dayton St  
Use door on Mifflin St, near Ingersoll St.

**MEMORIAL HIGH SCHOOL POOL**

201 S Gammon Rd  
Use Fieldhouse entrance, north of school on Gammon Rd.

**WEST HIGH SCHOOL POOL**

30 Ash St  
Use the Athletics entrance on Regent St, close to Highland Ave.

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

**All aquatics programs skip 11/25-11/28.**



**OPEN & LAP SWIM**

**OPEN/LAP SWIM FEES**

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

**OPEN SWIM - LAPHAM ELEMENTARY**

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

**OPEN SWIM - LAPHAM**

October 4 - December 13  
Skip 11/29

Day	Location	Time
Fridays	Lapham	4-7:30pm

**ADULT LAP SWIM SCHEDULE**

Swimmers who are ages 13+ and who can swim laps continuously as part of a fitness regimen are welcome during lap swim time. September 16 - December 12. Skip 11/25-11/28

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



**CHILD + ADULT**

Active adult participation is required.

**LITTLE DIPPERS (6 MONTHS - AGE 2)**

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

**SHRIMP DIP (AGES 3 - 4)**

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

**SWIM WITH ME (AGES 5 - 13)**

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

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

**PRESCHOOL (AGES 3 - 5)**

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

**YOUTH (AGES 5 - 13)**

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

**LEVEL 1: INTRODUCTION TO WATER SKILLS**

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

**LEVEL 2: FUNDAMENTAL AQUATIC SKILLS**

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

**LEVEL 3: STROKE DEVELOPMENT**

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

**LEVEL 4: STROKE IMPROVEMENT**

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

**LEVEL 5: STROKE REFINEMENT**

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

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

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

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

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

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

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

**TEEN/ADULT SWIM INSTRUCTION**

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

**ADULT WATER FITNESS**

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

**AQUA CIRCUIT**

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

**DEEP WATER EXERCISE**

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

**WARM WATER EXERCISE**

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

**MASTERS SWIM (AGES 18+)**

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

**East High School Pool, 2222 E Washington Ave**
**YOUTH CLASSES**

Day & Date	Time	Class	Fee	Course #
Sun 9/22-11/24	3-3:30pm	Swim With Me - Child+Adult	\$93	40277
	3:40-4:10pm	Youth Swim Lessons - Ages 5-13	\$93	40292
	4:20-4:50pm	Youth Swim Lessons - Ages 5-13	\$93	40293
	5-5:30pm	Youth Swim Lessons - Ages 5-13	\$93	40294
Wed 9/25-12/11	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$70	40295
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$70	40296

**ADULT CLASSES**

Day & Date	Time	Class	Fee	Course #
Tues, Fri 9/17-12/13	5:45-7am	Masters Swimming (2x per week)	\$132	40262
Tues 9/17-12/10	6:15-7pm	Water Fitness: Deep Water	\$69	40288
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$75	40285
Sun 9/22-11/24	3-3:30pm	Teen/Adult Swim Instruction - Ages 13+	\$95	40279
Wed 9/25-12/11	7:35-8:05pm	Teen/Adult Swim Instruction - Ages 13+	\$85	40280

**La Follette High School Pool, 702 Pflaum Rd**
**YOUTH CLASSES**

Day & Date	Time	Class	Fee	Course #
Mon 9/23-12/9	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$70	40297
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$70	40298
	7:35-8:05pm	Youth Swim Lessons - Ages 5-13	\$70	40299

**ADULT CLASSES**

Day & Date	Time	Class	Fee	Course #
Th 9/19-12/12	6:15-7:15pm	Water Fitness: Aqua Circuit	\$75	40286
	7:30-8:15pm	Water Fitness: Deep Water	\$69	40289

**Lapham Elementary School, 1045 E Dayton St**
**YOUTH CLASSES**

Day & Date	Time	Class	Fee	Course #
Sun 9/22-11/24	2:30-3pm	Shrimp Dip - Child+Adult	\$93	40273
	3:10-3:40pm	Preschool Swim Lessons - Age 3-5	\$98	40266
	3:50-4:20pm	Little Dippers - Child+Adult	\$93	40257
Mon 9/23-12/9	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	40267
	5:50-6:20pm	Little Dippers - Child+Adult	\$81	40258
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	40268
Tue 9/24-12/10	4:30-5pm	Little Dippers - Child+Adult	\$81	40259
	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	40269
	5:50-6:20pm	Little Dippers - Child+Adult	\$81	41162
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	41163
Wed 9/25-12/11	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	40270
	5:50-6:20pm	Shrimp Dip - Child+Adult	\$81	40274
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	40271
Th 9/26-12/12	5:10-5:40pm	Little Dippers - Child+Adult	\$81	40260
	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$85	40272
	6:30-7pm	Shrimp Dip - Child+Adult	\$81	40275

**ADULT CLASSES**

Day & Date	Time	Class	Fee	Course #
Thurs 9/19-12/12	7:10-8:10pm	Warm Water Exercise	\$75	40276
Sun 9/22-11/24	4:30-5pm	Learning the Basics - Teen/Adult	\$98	40256

**ADAPTED CLASSES**

Day & Date	Time	Class	Fee	Course #
Sa 9/21-11/23	9:25-9:55am	Swim Lessons 5-13	\$110	40238
	10:05-10:35am	Swim Lessons 5-13	\$110	40247
	10:45-11:15am	Swim Lessons 5-13	\$110	40248

**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.

**Memorial High School Pool, 201 S Gammon Rd****YOUTH CLASSES**

Day & Date	Time	Class	Fee	Course #
Sun 9/22-11/24	3-3:30pm	Swim With Me - Child+Adult	\$93	40278
	3:40-4:10pm	Youth Swim Lessons - Ages 5-13	\$93	40291
	4:20-4:50pm	Youth Swim Lessons - Ages 5-13	\$93	40300
	5-5:30pm	Youth Swim Lessons - Ages 5-13	\$93	40301

**ADULT CLASSES**

Day & Date	Time	Class	Fee	Course #
Wed 9/18-12/11	6:15-7pm	Water Fitness: Deep Water	\$69	40290
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$75	40287
Sun 9/22-11/24	3-3:30pm	Teen/Adult Swim Instruction - Ages 13+	\$95	40281

**West High School Pool, 30 Ash St****YOUTH CLASSES**

Day & Date	Time	Class	Fee	Course #
Tues 9/24-12/10	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$70	41159
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$70	41160
	7:35-8:05pm	Youth Swim Lessons - Ages 5-13	\$70	41161
Thurs 9/26-12/12	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$70	40302
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$70	40303

**ADULT CLASSES**

Day & Date	Time	Class	Fee	Course #
Mon 9/16-12/9	6:15-7:15pm	Water Fitness - Aqua Circuit	\$75	40283
	7:30-8:15pm	Water Fitness - Deep Water	\$69	40284
Tues, Thurs 9/17-12/19	5:40-7:10am	Masters Swimming (2x per week)	\$166	40263
Thurs 9/26-12/12	7:35-8:05pm	Teen/Adult Swim Instruction - Ages 13+	\$85	40282

**American Red Cross classes at West High School Pool**

Day & Date	Time	Class	Fee	Course #
F-Su 11/15-11/17	F 5-9pm Sa 8am-6pm Su 8am-5pm	American Red Cross Lifeguarding r.24 BL	\$200	41165
Sa 12/21	8am-6pm	American Red Cross Lifeguard Recertification r.24	\$100	40254
Su 10/6	8am-6pm	LG I/IT Recertification	\$50	41186
Sa 11/2	10am-12pm	Lifeguard Course Prereq Prep	\$10	41164

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



## 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](mailto:eapeffer@madison.k12.wi.us),

or Liz Just: [ekjust@madison.k12.wi.us](mailto:ekjust@madison.k12.wi.us)

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**MSCR**

**CREATE**

See pages  
32-39  
for Adult Arts &  
Enrichment classes

**PONTOON BOAT 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 specialty trips (summer only). Locations and times vary, please review descriptions below. Boats are wheelchair accessible, and Tenney Park is the 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, seven days a week, however we do not operate on the following holidays: Memorial Day, 4th of July, 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](http://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](mailto:pontoon@madison.k12.wi.us).

**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 through September 30 each year at [mscr.org](http://mscr.org). Please complete the Pontoon Reservation Request Form at [mscr.org/pontoon](http://mscr.org/pontoon).

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

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

90 Minute rentals available weekdays only: 10am-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.

**THANK YOU VOLUNTEER DRIVERS AND FIRST MATES**

Drivers and First Mates on MSCR Pontoon Boats are volunteers – they represent a long standing community of trained and dedicated members. Please thank them for their hard work on your ride!

We are grateful for their service!

**DROP IN RIDES THROUGH SEPTEMBER 30**

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 7:15pm trip.

**Sundays**

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

**Tuesdays and Thursdays**

- 5:30-7pm
- 7:15-8:45pm **Does not run in September.**

**OLBRICH PARK**

Boat trips on Lake Monona from Olbrich Park pier located off Atwood Ave across the street from Olbrich Gardens. Registration begins 30 minutes prior to posted starting times.

**Mondays**

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

**GOODSPEED**

Boat trips on Lake Mendota from Goodspeed Pier next to the Memorial Union on UW Campus. Registration begins 30 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 30 minutes prior to posted starting times.

**Fridays**

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



## ADULT & FAMILY PROGRAMS

### 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. All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

### AUTUMN WONDERS - CHILD+ADULT

Leaves dropping, changing colors, busy squirrels and cooler temps are all signs of the summer season ending and autumn beginning. Become explorers of the autumn landscape discovering the many changes that signal fall. Create a nature mandala, explore the leaves and trees during the fall transition and learn about animal habits as they prepare for winter. \*Please note: only the registered child can attend. Siblings including infants and friends are not allowed to attend classes. One adult per registered child may attend class marked "Child + Adult."

### 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 an chance to look at objects in the sky through a telescope. This class is weather dependent, the back up weather date is October 5. Participants receive an email day of the program to confirm the program is running. All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

### NATURE EXPLORATION - TREES

Spend time outdoors with MSCR's nature activity kits! Each activity contains three different types of activities (art, science and exploration) for you to complete while exploring a Madison park. Every date focuses on a different nature theme and activities take approximately one hour to complete on your own. Pre registration is recommended but not required. There is a suggested donation of \$5. Best suited for ages 4-8 years.



### 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! All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

### ORIENTEERING

Orienteering is an activity in which participants find their way to various checkpoints with the aid of a map and compass. Orienteering can be competitive (groups compete to finish finding all the 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). All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>ADULT ONLY &amp; ALL AGES</b>							
5+	All Things Fall	Madison School Forest	Sa	10/12	10am-12pm	\$8	40869
5-8	Autumn Wonders - Child+Adult	Olin Park	Sa	9/28	10am-11:30am	\$10	40874
5+	Exploring the Night Sky	Madison School Forest	F	10/4	7pm-9pm	\$8	40871
All	Nature Exploration - Trees	Owen Conservation Park	M	9/23	4pm-6pm	\$6	40870
5+	Night Experience	Madison School Forest	F	9/27	6pm-8pm	\$8	40872
5+	Orienteering	Madison School Forest	Sa	10/12	1pm-4pm	\$8	40873





Let us show you the beautiful lakes, rivers and waterways right out your door and beyond! MSCR has a fleet of canoes and kayaks to offer introductory paddling clinics and paddling trips. We provide instruction, lifejackets, boats and paddles. Our trips range from beginner level to advanced, with the longer trips requiring more endurance and the ability to sit in a boat for up to 4 hours. Experienced instructors teach the skills you need to navigate the water and are your guides during the trips. Best suited for ages 16+, please contact us to register a participant under 16 and anyone under the age of 18 must register with a participating adult.

Request disability accommodations by contacting MSCR Inclusion Services at [MSCRInclusion@madison.k12.wi.us](mailto:MSCRInclusion@madison.k12.wi.us). Advance notice may be necessary to arrange for some accessibility needs.

**Adapted Paddling:** Adapted equipment and experienced instructors are available to provide accommodations. Please see Paddling in the Adapted section to register for specific programs.

**INTRO TO CANOE & INTRO TO KAYAK**

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

**LOCAL PADDLING TRIPS**

*These are great opportunities to try half day paddling trip and build your skills and stamina. Trips last no more than three hours. Choose canoe or kayak on any of these trips, if canoeing both participants must register.*

**WINGRA CREEK FALL TOUR**

Enjoy a calm fall morning paddling at down Wingra Creek where you'll see plenty of wildlife and hopefully the start of some fall colors. Canoe or kayak trip. Best suited for ages 16+, anyone under the age of 18 must register with a participating adult.

**YAHARA RIVER ADVENTURE**

Take an adventure based on the wind/water conditions for the day. We may paddle on Monona or Mendota, depending on conditions. Depart from MSCR Pontoon Boatyard, adjacent to Tenney Park. Canoe or kayak trip. Best suited for ages 16+, anyone under the age of 18 must register with a participation adult.

**PADDLING ADVENTURE TRIPS**

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

**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. Best suited for ages 16+, anyone under the age of 18 must register with a participating adult.

Age	Class	Location	Day	Date	Time	Fee	Course#
16+	Discover Mirror Lake	Memorial High School	Sa	10/5	12pm-5pm	\$27	40876
16+	Intro to Canoe/Kayak	Vilas Park	M	9/9	5pm-7pm	\$16	40878
16+	Intro to Canoe/Kayak	Warner Park	Th	10/10	4:30pm-6:30pm	\$16	4087
16+	Intro to Kayak	Vilas Park	Th	8/31	10am-12pm	\$16	39502
16+	Intro to Kayak	Vilas Park	Th	9/26	5pm-7pm	\$16	40879
16+	Intro to Kayak	Warner Park	M	10/7	4:30pm-6:30pm	\$16	40880
16+	Wingra Creek Fall Tour	Vilas Park	Sa	9/14	9am-12pm	\$25	40881
16+	Yahara River Adventure	Tenney Park	Sa	9/28	9am-12pm	\$25	40875

## JOIN OUR TEAM!

[MSCR.ORG/JOBS](http://MSCR.ORG/JOBS)





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



## 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.

### BALLET - TRY IT!

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

### BELLY DANCING 1 *NEW!*

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

### FUSION MOVEMENT & DANCE - TRY IT! *NEW!*

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

### HIP HOP *NEW!*

Discover basic hip hop movement, rhythm and routine in this introductory course. A simple beginner to intermediate routine is taught and worked on throughout the course - be ready to move and sweat for a low-impact cardio class. This course involves the use of the entire body to create dynamic movements. Drop in participation is available at MSCR East for \$10 per class.

### JAZZ FUNK *NEW!*

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

### MODERN LINE DANCE *NEW!*

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

### SCOTTISH COUNTRY 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.

### SCOTTISH COUNTRY DANCE - TRY IT

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 Madison Scottish Country Dancers. Teens 14+ may register with a participating adult.

### TAP 1

Learn easy starter steps with an introduction to basic tap technique. Then, progress into intermediate steps and rhythms. By the end of the scheduled classes, gain a basic understanding of the nuances of technique and tap dance. Learn a short routine and complete it by the end of the semester. This course mostly involves only the movement of your feet, heels and toes.

### 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 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.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>DANCE</b>							
18+	Ballet 1	MSCR West	Th	9/19-12/5	6:05-7:20pm	\$75	40345
18+	Ballet 2	MSCR West	Th	9/19-12/5	7:25-8:40pm	\$75	40346
18+	Ballet - Try It!	MSCR West	Th	9/12	6:05-7:20pm	\$8	40408
18+	Belly Dancing 1	MSCR Central	M	9/23-11/11	6:30-7:15pm	\$60	40451
18+	Fusion Movement & Dance - Try It!	Warner Park	Sa	9/28	1:2-3:00pm	\$8	40512
18+	Fusion Movement & Dance - Try It!	McPike Park	Sa	10/5	1:2-3:00pm	\$8	40513
18+	Fusion Movement & Dance - Try It!	MSCR East	Sa	10/12	10-11:30am	\$8	40514
18+	Hip-Hop	MSCR East	Su	9/8-11/10	4:30-5:30pm	\$60	40449
18+	Hip Hop	MSCR West	Sa	9/14-11/2	10-11am	\$60	41002
18+	Jazz Funk	MSCR East	Su	9/8-11/10	3:15-4:15pm	\$60	40450
18+	Modern Line Dance	MSCR West	T	9/17-11/5	2-3pm	\$60	40406
18+	Scottish Country Dance - Try It!	MSCR West	W	9/11	7-8:15pm	\$8	40409
18+	Scottish Country Dance	MSCR West	W	9/25-11/13	7-8:15pm	\$60	40404
18+	Tap 1	MSCR West	T	9/17-11/5	6-7pm	\$60	40405
18+	Vitality & Dance Lab	MSCR East	Th	9/12-10/24	6:30-8pm	\$55	40410
18+	Vitality & Dance Lab	MSCR East	Th	11/7-12/19	6:30-8pm	\$50	40411



**DRAWING & OUTDOOR****DRAWING****AUTUMN WATERCOLOR LEAVES WITH ZENTANGLE DOODLES *NEW!***

Paint your own beautiful watercolor leaves using rich hues of autumn colors. Then use black ink to add Zentangle Doodles to create your own unique detail to the leaves.

**CHARCOAL FIGURE DRAWING**

Be introduced to figure drawing with charcoal. Learn how to draw the human form from a live clothed model. Grow your skills, connect with other artists and play with charcoal! A model fee is already included in the class price.

**DRAWING - BACK TO BASICS**

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

**DRAWING 1**

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

**DRAWING 2**

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

**EXPRESSIVE DRAWING**

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

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>DRAWING</b>							
18+	Autumn Watercolor Leaves with Zentangle Ddls	MSCR East	Sa	9/28-10/12	9-10:30am	\$0	40967
18+	Charcoal Figure Drawing	MSCR East	Su	10/6-11/17	1-3:30pm	\$143	40330
18+	Drawing - Back to Basics	Warner Park CRC	T	9/10-10/1	9:30am-12pm	\$55	40415
18+	Drawing 1	MSCR West	T	9/10-10/15	6:30-9pm	\$80	40416
18+	Drawing 1	MSCR East	T	10/15-11/19	9:30am-12pm	\$80	40417
18+	Drawing 2	MSCR West	T	10/22-11/26	6:30-9pm	\$80	41005
18+	Expressive Drawing	MSCR East	M	9/18-10/23	6-8:30pm	\$80	41220

**OUTDOOR CLASSES****CROCHETING 1 - HATS**

Learn the basics of crochet while making a cute beanie-style hat in the round. Add some personal flair with ear flaps or appliques. Hats can be sized for adults or children, and they make the perfect winter gift. Supply list available at mscr.org.

**NATURE WRITING *NEW!***

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

**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).

Supplies are provided in all Adult Art classes unless stated differently in the class description.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>OUTDOOR CLASSES</b>							
18+	Crocheting 1 - Hats	Garner Park	W	9/18-10/2	10am-12pm	\$36	40453
18+	Nature Writing	MSCR Central	S	10/20-11/24	4pm-5pm	\$40	40445
18+	Photography - Neighborhood Fall Walks	TBA	S	10/6-10/20	1-2:30pm	\$38	40454

**MSCR POTTERY SALE**

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

MSCR West  
7333 West Towne Way  
Madison, WI 53719

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



## PAINTING

### ACRYLIC PAINTING 1

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

### ACRYLICS & OILS - LANDSCAPES

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

### CHINESE & JAPANESE BRUSH PAINTING - ANIMALS *NEW!*

Continue your exploration of Chinese & Japanese brush painting. Review material from beginning class and expand your creativity with more emphasis on the composition of the painting and focus on animals. Class is appropriate for those who have taken Chinese & Japanese Brush Painting.

### COLOR HARMONY *NEW!*

In this painting lecture, learn about mixing colors, use of lights and darks, elements of color theory, the color wheel and the benefits of limited palette painting. All levels welcome.

### PAINT NIGHT

Learn how to make a fun, seasonally-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! Themes include: Autumn Sky, End of Summer Flowers, Feeling Witchy, Lake View, Leaves of Change and Moonlit Night.

### WATERCOLOR 1

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

### WATERCOLOR 1 WORKSHOP - PAINTING AUTUMN LEAVES *NEW!*

Try using watercolors by painting beautiful autumn leaves. Learn basic techniques and color mixing. Open to all levels.

### WATERCOLOR 2

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

### WATERCOLOR 2 WORKSHOP - PAINTING AUTUMN LEAVES *NEW!*

Expand your watercolor painting knowledge and learn how to paint beautiful autumn leaves. Learn new techniques and color mixing. This course is for those who have previously taken Watercolor 1, or people who have had some experience with watercolors.

### WATERCOLOR 3 - PLEIN AIR *NEW!*

Come learn the art of painting watercolor outside. Discuss what is essential for painting out of doors and what supplies can be left at home. Explore close-up studies, landscape techniques, and the beautiful colors of fall. Participants are required to have taken Watercolor 2 or have equivalent experience.

### WATERCOLOR STUDIO

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

Classes at Warner Park CRC require an annual purchased Photo ID  
Please go to [mscr.org](http://mscr.org) for more information.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>PAINTING</b>							
18+	Acrylic Painting 1	MSCR Central	T	9/10-10/15	1-3:30pm	\$82	40306
18+	Acrylic Painting 1	MSCR West	W	10/9-11/13	9:30am-12pm	\$82	40976
18+	Acrylics & Oils - Landscapes	MSCR East	M	9/9-10/14	9:30am-12pm	\$82	40309
18+	Acrylics & Oils - Landscapes	Warner Park CRC	Th	9/12-10/17	1-3:30pm	\$82	40310
18+	Chinese & Japanese Brush Painting - Animals	Warner Park CRC	Th	10/24-11/21	1-3:30pm	\$68	40325
18+	Color Harmony	MSCR East	M	10/28-11/18	9:30am-12pm	\$55	40326
18+	Paint Night - End of Summer Flowers	Warner Park CRC	F	9/6	6-8pm	\$25	40457
18+	Paint Night - Lake View	Warner Park CRC	F	9/20	6-8pm	\$25	40459
18+	Paint Night - Leaves of Change	Warner Park CRC	F	10/4	6-8pm	\$25	41009
18+	Paint Night - Feeling Witchy	Warner Park CRC	F	10/18	6-8pm	\$25	40458
18+	Paint Night - Autumn Sky	Warner Park CRC	F	11/15	6-8pm	\$25	40456
18+	Paint Night - Moonlit Night	MSCR West	F	12/6	6-8pm	\$25	41010
18+	Watercolor 1	MSCR Central	M	9/9-10/14	9:30am-12pm	\$82	40534
18+	Watercolor 1	MSCR East	W	9/11-10/16	9:30am-12pm	\$82	40532
18+	Watercolor 1	MSCR West	W	9/11-10/16	6:30-9pm	\$82	40533
18+	Watercolor 1 Workshop - Painting Autumn Leaves	Warner Park CRC	Sa	10/12	9am-12pm	\$20	41015
18+	Watercolor 2	MSCR Central	M	10/28-12/2	9:30am-12pm	\$82	40537
18+	Watercolor 2	MSCR East	W	10/30-12/11	9:30am-12pm	\$82	40535
18+	Watercolor 2	MSCR West	W	10/30-12/11	6:30-9pm	\$82	40536
18+	Watercolor 2 Workshop - Painting Autumn Leaves	Warner Park CRC	Sa	10/12	12:30-3:30pm	\$20	41016
18+	Watercolor 3 - Plein Air	MSCR Central	M	9/9-9/30	12:30-3pm	\$54	40538
18+	Watercolor Studio	MSCR West	T	9/10-10/15	12:30-3pm	\$82	40539
18+	Watercolor Studio	MSCR West	T	10/22-11/26	12:30-3pm	\$82	41017

**ACTING 101**

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

**ACTING SHAKESPEARE NEW!**

The reputation of Shakespeare's plays can make them intimidating, even before reading a single word. Demystify some of the common misconceptions about Shakespeare's works and focus on techniques actors use to bring stories to life. Work on monologues and scenes with other actors. Come prepared to play, use your imagination and have fun! All levels are welcome.

**BASKETRY BLISS NEW!**

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

**BRIDGE BASICS 1**

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

**FROM BLENDER TO BINDING - RECYCLED BOOKS**

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

**FUNDAMENTALS OF COLLAGE NEW!**

Learn the fundamentals of collage while playing with a variety of materials. This art making practice is about accessibility, composition and imagination. Beginners and practicing collage artists are all welcomed to participate.

**INTRODUCTION TO BRIDGE**

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

**INTRO TO FLY TYING**

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

**JEWELRY MAKING**

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

**MEMOIR WRITING 1**

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

**MEMOIR WRITING 2 NEW!**

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.

**MEMORY WALL HANGINGS NEW!**

Make a unique, memorable wall hanging by braiding fabric together. Learn the basics of creating fabric artwork by combining storytelling and artistic design. Add fabrics like a favorite shirt to relive memories and showcase your life's journey.

**MIXED MEDIA**

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

**PERSONAL ESSAY WRITING NEW!**

Discover the elements of the personal essay writing format. Learn from listening to successful and innovative writing examples. Shape a personal essay over the course of three class sessions.

Supplies are provided in all Adult Art classes unless stated differently in the class description.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>ENRICHMENT</b>							
18+	Acting 101	MSCR Central	T	9/10-10/15	6pm-8pm	\$66	40321
18+	Acting Shakespeare	MSCR Central	T	10/29-12/3	6pm-8pm	\$66	40322
*14+	Basketry Bliss	MSCR Central	Sa	10/5-11/23	9-10:30am	\$50	40448
18+	Bridge Basics 1	MSCR West	T	10/1-10/29	4:15pm-6:15pm	\$35	40320
18+	From Blender to Binding - Recycled Books	MSCR West	M	10/14-12/9	7:15pm-8:45pm	\$90	40423
18+	Fundamentals of Collage	Warner Park CRC	T	10/29-11/26	6pm-8pm	\$65	40427
18+	Introduction to Bridge	MSCR West	T	9/10-9/17	4:15pm-6:15pm	\$18	40421
*14+	Intro to Fly Tying	MSCR West	Th	10/17-11/21	6-7:30pm	\$50	40432
18+	Jewelry Making	MSCR East	Th	12/5-12/19	6:30pm-8:30pm	\$50	40437
18+	Memoir Writing 1	MSCR West	M	9/9-10/14	6pm-8pm	\$80	40441
18+	Memoir Writing 2	MSCR West	M	10/28-11/18	6pm-8pm	\$53	40442
18+	Memory Wall Hangings	MSCR West	M	9/9-10/7	6:30pm-8:30pm	\$80	40424
18+	Mixed Media	MSCR East	M	9/9-10/14	1:30pm	\$80	40426
18+	Personal Essay Writing	MSCR West	M	12/2-12/16	6pm-7:15pm	\$35	40438

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

## ENRICHMENT

### PHOTOGRAPHY - INTRODUCTION TO PHOTO LIGHTING *NEW!*

Be introduced to using different types of photo lighting kits to light various subjects. On-camera flash, constant lights and off-camera flash are discussed. Learn the basics of using each type and the advantages of each.

### PHOTOGRAPHY - INTRODUCTION TO TRAVEL PHOTOGRAPHY

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

### RESIN ART 1

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

### RETIREMENT - NOW WHAT?

Ahh, retirement. The 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 that day!

## ENRICHMENT WORKSHOPS

### CONNECTING THROUGH CONVERSATION *NEW!*

"Conversation is the communal air we breathe." Conversation is the way we connect with those around us. But so often, it can lead to disagreement, confusion and disappointment. In this hour, discuss how "Super Communicators" utilize conversation to elevate relationships. Then, you can impress everyone with your skills this holiday season.

### THE FOUR TENDENCIES

Author, Gretchen Rubin created a paradigm explaining how inner and outer expectations motivate us. In this interactive workshop, learn which of the four tendencies you favor and how to utilize this information to your advantage. Understanding your tendency makes creating lasting habits, much easier. Plus, learn what your loved ones' tendencies are for ultimate control.

### THE GIFTS OF IMPERFECTION *NEW!*

"The dark does not destroy the light; it defines it. It's our fear of the dark that casts our joy into the shadows." Does striving for perfection get in the way of progress? Over 10 years ago, Brene Brown wrote *The Gifts of Imperfection*, advocating wholehearted living. Use this wisdom to discuss how to get out of our own way and allow ourselves to shine.

### GNOME CANDY JAR WORKSHOP *NEW!*

Transform mason jars into charming gnomes in just a few simple steps. Fill these delightful creations with candy for an adorable and thoughtful gift. Join us for a fun and creative session where you craft your own unique gnome jars, perfect for any occasion.

### 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 to increase our everyday happiness. In this highly interactive workshop, discuss ways to uncover roadblocks and increase gratitude in our lives.

### RESIN TRAY WORKSHOP

Discover the trending resin pour art. Perfect for all skill levels, this workshop offers a fun and distinctive experience. Create your own bespoke resin tray with expert guidance. Join your peers for an unparalleled crafting adventure!

### SCANDINAVIAN KNOT RUG WORKSHOP

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 contains a round started piece, fabric strips, a bone needle and instruction reference. Bring a small sewing scissors to class. Complete the started rungs to desired size on your own at home. Kit included in class price.

### WOOD BURNING WORKSHOP - CHARCUTERIE BOARDS

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

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>ENRICHMENT CLASSES CONTINUED</b>							
18+	Photography - Introduction to Photo Lighting	MSCR Central	W	11/13-11/20	6:30pm-7:45pm	\$24	40950
18+	Photography - Introduction to Travel Photography	MSCR Central	W	10/30-11/6	6:30pm-8pm	\$24	40464
18+	Resin Art 1	MSCR East	Th	11/7-11/21	6:30pm-8:30pm	\$52	40314
18+	Retirement - Now What?	MSCR Central	T	9/24-10/15	9:30-11am	\$60	40494
<b>ENRICHMENT WORKSHOPS</b>							
18+	Connecting Through Conversation	MSCR East	F	12/6	9:30-11:30am	\$16	40335
18+	The Four Tendencies	MSCR East	F	9/13	9:30-11:30am	\$16	40519
18+	The Gifts of Imperfection	MSCR East	F	10/11	9:30-11:30am	\$16	40520
18+	Gnome Candy Jar Workshop	Warner Park CRC	Sa	11/23	10am-12pm	\$20	40496
18+	Gnome Candy Jar Workshop	MSCR East	Sa	12/7	10am-12pm	\$20	40498
18+	Increasing Gratitude	MSCR East	F	11/8	9:30-11:30am	\$16	40518
18+	Resin Tray Workshop	MSCR East	W	11/13-11/20	6:30pm-8:30pm	\$60	40542
18+	Scandinavian Knot Rug Workshop	MSCR East	T	10/22	1pm-3:30pm	\$28	40495
18+	Wood Burning Workshop - Coasters	MSCR East	W	9/11	6:30pm-8:30pm	\$36	40544
18+	Wood Burning Workshop - Coasters	MSCR East	W	12/18	6:30pm-8:30pm	\$36	40545
18+	Wood Burning Workshop - Charcuterie Boards	MSCR East	W	10/30	6pm-8:30pm	\$50	40543

## FIBER ARTS &amp; VIRTUAL

## FIBER ARTS

**INTRODUCTION TO EMBROIDERY - FALL SAMPLER *NEW!***

Explore the basics of hand embroidery by creating a personalized, fall-themed sampler. Learn a range of versatile stitches including satin stitch, backstitch, stem stitch, fishbone stitch and French knots. Then, learn how to utilize these stitches to create unique embroidered designs. Hand embroidery offers endless possibilities to decorate your life!

**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 2 - MITTENS**

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

**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 classes meet from 6:30-9pm.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>FIBER ARTS</b>							
18+	Introduction to Embroidery - Fall Sampler	MSCR Central	Th	9/19-10/10	6:30-8:30pm	\$57	40443
18+	Introduction to Embroidery - Fall Sampler	MSCR Central	Th	11/7-12/5	6:30-8:30pm	\$57	41139
18+	Knitting 1 - Beginner Scarf	MSCR East	T	9/17-10/1	6:30-9pm	\$44	40434
18+	Knitting 2 - Cable Stitch Hat	MSCR East	W	10/16-10/30	6:30-9pm	\$44	40435
18+	Knitting 2 - Mittens	MSCR East	T	11/5-11/19	6:30-9pm	\$44	40436
18+	Weaving 1	MSCR Central	M	9/30-11/25	6:30-8pm	\$142	40540

## VIRTUAL CLASSES

**ACRYLIC PAINTING 2 - STILL LIFE**

Expand your skills with acrylic paint! Be inspired from different artists and learn new techniques. Benefit from critiques through a virtual classroom community. This class is for participants who have previous experience painting with acrylics. Supplies not included. To purchase a kit, please go to course #40307.

**CREATING FICTIONAL CHARACTERS**

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

**CROCHETING 2 - SOCKS**

Create an adorable and cozy pair of crocheted socks while building upon your crochet knowledge. Learn the necessary steps to create the different parts of a sock to make sure it is well-fitting and long lasting. Participants should have basic crochet skills and be able to read a basic pattern. Supply list available at mscr.org.

**DECLUTTERING BOOTCAMP**

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

**INTRODUCTION TO FICTION WRITING**

Be introduced to the art of writing short stories, with step-by-step guidance on how to build a story from the ground up. Follow prompts in class with the goal of finishing a short story by the end of class. Out-of-class writing is optional, but encouraged. This is a supportive environment for beginning fiction writers and for anyone looking to brush up on their story-writing skills.

**START YOUR NOVEL *NEW!***

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

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>VIRTUAL CLASSES</b>							
18+	Acrylic Painting 2 - Still Life	Virtual	T	11/5-12/10	9:30-11:30am	\$82	40308
18+	Creating Fictional Characters	Virtual	T	9/24	6-8:30pm	\$17	40336
18+	Crocheting 2 - Socks	Virtual	M	10/21-11/11	6:30-8:30pm	\$48	41008
18+	Decluttering Bootcamp	Virtual	Th	9/12-11/21	6-7:15pm	\$43	40525
18+	Decluttering Bootcamp	Virtual	Th	9/19-12/5	6-7:15pm	\$43	40526
18+	Introduction to Fiction Writing	Virtual	T	10/1-10/29	6:30-8pm	\$60	40527
18+	Start Your Novel	Virtual	T	11/12-12/10	6:30-8pm	\$60	40528

## POTTERY

### THE FINISHING TOUCH

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.

### GLAZE APPLICATION WORKSHOP

Learn helpful techniques and tips for applying MSCR West glazes successfully. Includes dipping and pouring techniques, applying glazes to large and/or tall pieces and more. This is a demo only workshop (you will not be glazing). Bring a notebook and questions!

### HANDBUILDING WORKSHOP - BIRD FEEDERS

Using pinch, coil, and slab construction, build a beautiful hanging bird feeder. Through texture and sculpting techniques in clay, personalize your project. The finished bird feeder is glazed, fired and ready for hanging in any outdoor space within four weeks after class ends. No clay experience required.

### 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 - Fridays (8am-5pm) and some additional weekend hours. Studio times may vary due to studio location and staffing. Fee includes use of tools, firing, glaze and 25 lbs. of clay.

### TAKE A SPIN

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

### WHEEL 1

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

### WHEEL 2

Great course for those comfortable with wheel basics 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.

### WOOD KILN FIRING WORKSHOP

Participants get one shelf of space, approximately 12" x 24". On the first day, glaze bisqued pots & help load kiln. MSCR provides wood fire glazes and wood ash. An instructor is on site to facilitate glazing of pots. On the second day, pots are fired by an experienced kiln boss. Participants can watch the firing process any time that day between 9am - 12pm. Work is ready for pick up approximately four days after the firing. For more questions regarding space and non-MSCR glazes, please contact [mhutchinson@madison.k12.wi.us](mailto:mhutchinson@madison.k12.wi.us).

Classes at Warner Park CRC Require an annual purchased Photo ID  
Please go to [mscr.org](http://mscr.org) for more information.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>POTTERY</b>							
18+	The Finishing Touch	MSCR West	Th	11/7-11/21	9:30am-12pm	\$48	40474
18+	Glaze Application Workshop	MSCR West	Th	10/24-10/24	10am-12pm	\$18	40947
18+	Handbuilding Workshop - Bird Feeders	MSCR West	Th	9/19-10/10	10am-12pm	\$80	40948
18+	Open Pottery Studio	Warner Park CRC	M-F	9/8-12/6	8am-6pm	\$266	40467
18+	Open Pottery Studio	MSCR West	M-Sa	9/9-11/27	8am-8pm	\$266	40468
18+	Take a Spin	MSCR West	Sa	9/7	10am-12pm	\$26	40472
18+	Take a Spin	MSCR West	M	9/16	6:30-8:30pm	\$26	40470
18+	Take a Spin	Warner Park CRC	F	9/20	6-8pm	\$26	40469
18+	Take a Spin	MSCR West	F	11/1	6:30-8:30pm	\$26	40473
18+	Take a Spin	Warner Park CRC	F	11/15	6-8pm	\$26	40943
18+	Wheel 1	Warner Park CRC	T	9/10-11/19	6-8pm	\$226	40475
18+	Wheel 1	MSCR West	W	9/11-11/6	10am-12:30pm	\$185	40944
18+	Wheel 1	Warner Park CRC	W	9/11-11/20	6-8pm	\$226	40477
18+	Wheel 1	MSCR West	W	9/11-11/6	6:30-9pm	\$185	40478
18+	Wheel 1	MSCR West	F	9/13-11/8	10am-12:30pm	\$185	40479
18+	Wheel 1	MSCR West	Su	9/15-11/10	12-2:30pm	\$185	40945
18+	Wheel 1	MSCR West	Su	9/15-11/10	3-5:30pm	\$185	40480
18+	Wheel 1	MSCR West	T	9/24-11/12	10am-12:30pm	\$165	40476
18+	Wheel 2	Warner Park CRC	M	9/9-12/2	6-8:30pm	\$246	40481
18+	Wheel 2	MSCR West	T	9/10-11/5	6:30-9pm	\$185	40484
18+	Wheel 2	Warner Park CRC	Th	9/12-12/5	6-8:30pm	\$246	40483
18+	Wheel 2	MSCR West	Th	9/12-11/7	6:30-9pm	\$185	40485
18+	Wheel 2	MSCR West	M	9/23-11/11	6:30-9pm	\$165	40482
18+	Wheel 2	MSCR West	Sa	10/5-11/23	9:30am-12pm	\$165	40946
18+	Wood Kiln Firing Workshop	Capital High	Sa-Su	9/28-9/29	8am-4pm	\$80	40949

**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!

**SEWING 1**

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

**SEWING 2**

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

**SEWING 3 NEW!**

Focus your sewing skills on how to refine the fit and finish a garment. Learn advanced techniques to complete a commercial pattern project. Learn how to adjust commercial patterns for the best fit and how to grade between sizes if necessary. Classes cover how to install closures and how to use different presser feet for hems. Supply list available at [mscr.org](http://mscr.org).

**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.

**SEWING FIT & FINISH WORKSHOP NEW!**

The success of the sewing project depends on the preparation you put in before even beginning sewing. Learn how to select the right pattern, fabric, notions and finishing techniques. Discuss how to troubleshoot the fit and adjust as you go to ensure a beautiful finish. Participants are encouraged to bring patterns of clothing items they have always wanted to sew, but have been too nervous to begin.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>SEWING</b>							
18+	Behind the Seams - Caring for Your Machine	MSCR West	W	11/6	6:30-8:30pm	\$10	40315
18+	Behind the Seams - Caring for Your Machine	MSCR West	W	11/13	6:30-8:30pm	\$10	40316
18+	Behind the Seams - Pattern Reading for Beginners	MSCR West	W	11/6	9:30-11:30am	\$10	40317
18+	Behind the Seams - Pattern Reading for Beginners	MSCR West	W	11/13	9:30-11:30am	\$10	40979
18+	Sewing Alterations	MSCR East	W	9/18-10/2	1-3pm	\$40	40509
18+	Sewing Alterations	MSCR East	Th	10/10-10/24	6:30-8:30pm	\$40	41014
18+	Sewing Alterations	MSCR West	Sa	11/9-11/23	9:30-11:30am	\$40	40508
18+	Sewing 1	MSCR East	Su	9/8-9/22	6:30-8:30pm	\$40	41012
18+	Sewing 1	MSCR East	T	9/10-9/24	6:30-8:30pm	\$40	41011
18+	Sewing 1	MSCR West	W	9/11-9/25	6:30-8:30pm	\$40	40501
18+	Sewing 1	MSCR West	Th	9/12-9/26	9:30-11:30am	\$40	40500
18+	Sewing 1	MSCR West	T	10/22-11/5	6:30-8:30pm	\$40	40499
18+	Sewing 1	MSCR West	Th	10/24-11/7	9:30-11:30am	\$40	41185
18+	Sewing 1	MSCR East	T	12/3-12/17	6:30-8:30pm	\$40	41013
18+	Sewing 2	MSCR East	T	10/8-10/29	6:30-8:30pm	\$53	40504
18+	Sewing 2	MSCR West	W	10/9-10/30	6:30-8:30pm	\$53	40502
18+	Sewing 2	MSCR East	W	10/9-10/30	1-3pm	\$53	40505
18+	Sewing 2	MSCR West	T	11/12-12/3	6:30-8:30pm	\$53	40503
18+	Sewing 3	MSCR West	W	12/4-12/18	6:30-8:30pm	\$40	40506
18+	Sewing Fit & Finish Workshop	MSCR West	Sa	11/2	9:30am-12pm	\$18	40507

## FITNESS CLASS DESCRIPTIONS



### 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. BYOM

### BARRE FUSION

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

### BOLLYX DANCE

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

### BOOT CAMP

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

### CARDIO DANCE & TONING

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

### HEALTHY LIVING TO PREVENT DIABETES

Join UW Madison 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. This course consists of short presentations followed by a discussion and interactive educational games!

### 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! 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.

## 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.

**Classes at Warner Park CRC Require a Photo ID. Please go to [mscr.org](http://mscr.org)**

### 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. 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! BYOM

### ROW FIT

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

### SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level with a small group of 5-15 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. 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. BYOM

### TRX EXPRESS *NEW!*

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

### TRX SUSPENSION TRAINING *NEW!*

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

Yoga Amped is a cardio-strength based class that is the perfect blend of energizing fitness and yoga postures. Cardio, strength, balance, and core movements are woven into each unique class through a variety of interval training formats. By combining yoga poses and free weights with traditional strength building movements, challenge your muscles and mind. 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.



**MIND & BODY CLASS & EVENT DESCRIPTIONS****FUN FITNESS EVENTS COMING LATER THIS FALL!****FIT FOR THE HOLIDAYS - VIRTUAL - 12/16-1/3, #41052**

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

**WINTER WELLNESS WEEK - 12/16-12/21, #41053**

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

**MIND & BODY****GENTLE YOGA**

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

**GENTLE YOGA FLOW**

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

**GENTLE FLOW & MEDITATION**

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

**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. 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

**MINDFULNESS MOVEMENT & GUT HEALTH *NEW!***

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

**MINDFULNESS MOVEMENT & JOINT HEALTH *NEW!***

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

**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.

**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. BYOM

**PRANAYAMA YOGA**

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

**YOGA FLOW**

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

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**FITNESS CLASS SCHEDULE**

Age	Class	Location	Day	Date	Time	Fee	Course #
<b>INDOOR</b>							
18+	Mindfulness Movement & Joint Health	MSCR Central	M	9/9-12/9	6-7pm	\$70	41123
18+	Row Fit	MSCR East	M	9/9-12/9	4-4:45pm	\$70	40189
18+	Row Fit	MSCR East	M	9/9-12/9	5-5:45pm	\$70	40190
18+	Small Group Training	MSCR East	M	9/9-12/9	5-5:45pm	\$91	40201
18+	WERQ	MSCR East	M	9/9-12/9	6-6:45pm	\$70	40199
18+	Strength Training for Women	Warner Park CRC	M	9/16-12/9	12-12:45pm	\$65	40176
18+	Hatha Yoga II	Warner Park CRC	M	9/9-12/9	5:30-6:45pm	\$70	40172
18+	Hatha Yoga I	Warner Park CRC	M	9/9-12/9	7-8pm	\$70	40171
18+	Winter Wellness Week	Varies	M-Sa	12/16-12/21	Varies	\$15	41053
18+	TRX Suspension Training	MSCR West	M	9/16-12/9	4:10-4:55pm	\$65	41121
18+	Healthy Living to Prevent Diabetes	MSCR West	M	9/16-9/23	4-5:30pm	\$0	40969
18+	TRX Express	MSCR West	M	9/16-12/9	5-5:30pm	\$33	41050
18+	Gentle Yoga	MSCR West	M	9/9-12/9	5:45-6:45pm	\$70	41119
18+	Pure Strength	MSCR West	M	9/9-12/9	5:45-6:30pm	\$70	40182
18+	HIIT	MSCR West	M	9/9-12/9	6:45-7:30pm	\$70	40180
18+	Yoga Amped	MSCR Central	T	9/10-12/10	5:30-6:15pm	\$70	40166
18+	WERQ	MSCR Central	T	9/10-12/10	6:30-7:15pm	\$70	40219
18+	Cardio Dance & Toning	MSCR East	T	9/10-12/10	5:30-6:15pm	\$70	40953
18+	Mat Pilates	Warner Park CRC	T	9/24-12/10	8:30-9:15am	\$60	40163
18+	Gentle Flow & Meditation	Warner Park CRC	T	9/10-12/10	5:30-6:30pm	\$60	40956
18+	Strength Training for Women	MSCR West	T	9/10-12/10	4:30-5:15pm	\$70	40187
18+	Barre Sculpt	MSCR West	T	9/17-12/10	5-5:45pm	\$65	41049
18+	Total Body Fitness	MSCR West	T	9/10-12/10	5:30-6:15pm	\$70	40188
18+	Yoga Flow	MSCR West	T	9/10-12/10	7:15-8:15pm	\$70	40951
18+	Barre Fusion	MSCR Central	W	9/11-12/11	6-7pm	\$65	41120
18+	Mindfulness Movement & Gut Health	MSCR Central	W	9/11-12/11	6-7pm	\$65	41124
18+	Barre Sculpt	MSCR East	W	9/25-12/11	5:15-6pm	\$55	40162
18+	LGBTQIA+ Yoga	MSCR East	W	11/13-12/11	5:30-6:30pm	\$20	40958
18+	Total Body Fitness	MSCR East	W	9/11-12/11	6:30-7:30pm	\$65	41222
18+	Cardio Dance & Toning	Warner Park CRC	W	9/11-12/11	5-6pm	\$65	40952
18+	TRX Express	MSCR West	W	9/11-12/11	4:55-5:25pm	\$33	40942
18+	Boot Camp	MSCR West	W	9/11-12/11	5:30-6:15pm	\$65	40191
18+	BollyX Dance	MSCR West	W	9/11-12/11	6-6:45pm	\$60	40220
18+	Small Group Training	MSCR West	W	9/11-12/11	6:30-7:15pm	\$85	40192
18+	Yoga Amped	MSCR Central	Th	9/12-12/12	7:15-8am	\$65	40167
18+	Zumba	MSCR Central	Th	9/12-12/12	6-6:45pm	\$60	40221
18+	Small Group Training	MSCR East	Th	9/12-12/12	4:15-5pm	\$78	40202
18+	Pure Strength	MSCR East	Th	9/12-12/12	5:15-6pm	\$60	40203
18+	Cardio Dance	MSCR East	Th	9/12-12/12	6:30-7:15pm	\$60	40222
18+	Pranayama Yoga	MSCR East	Th	9/12-12/12	7:15-8:15pm	\$55	40959
18+	Barre Sculpt	MSCR West	Th	9/12-12/12	5-6pm	\$60	40193
18+	Pure Strength	MSCR West	Th	9/12-12/12	5:45-6:30pm	\$50	40183
18+	HIIT	MSCR West	Th	9/12-12/12	6:45-7:30pm	\$50	40181
18+	WERQ	MSCR West	Th	10/3-12/12	6:45-7:30pm	\$45	40204
18+	Kickbox Cardio	MSCR West	Th	11/7-12/12	4:45-5:30pm	\$25	40159
18+	PIYo	MSCR West	Th	11/7-12/12	5:45-6:30pm	\$25	40161

## FITNESS CLASS SCHEDULE

Age	Class	Location	Day	Date	Time	Fee	Course #
<b>INDOOR</b>							
18+	Arms & Abs	MSCR East	F	9/13-12/13	8:15-9am	\$60	40205
18+	Total Body Fitness	MSCR East	F	11/1-12/13	9:15-10am	\$25	40206
18+	Yoga Flow	MSCR East	Sa	9/14-12/14	8:30-9:30am	\$55	40960
18+	Barre Sculpt	MSCR West	Sa	9/14-11/9	9-9:45am	\$45	41122
18+	Pure Strength	MSCR West	Sa	9/14-12/7	9-9:45am	\$60	40184
18+	Yoga Amped	MSCR West	Sa	9/14-12/14	9-9:45am	\$65	40186
18+	Cardio Dance & Toning	MSCR West	Sa	9/14-12/14	9-10am	\$50	40954
18+	HIIT	MSCR West	Sa	9/14-12/14	10-10:45am	\$65	40185
18+	Gentle Yoga Flow	MSCR West	Sa	9/14-12/14	10:30-11:30am	\$65	40194

**OUTDOOR**

Age	Class	Location	Day	Date	Time	Fee	Course #
18+	Gentle Yoga Flow	Olbrich Park	M	9/23-10/28	5-6pm	\$30	40165
18+	Kickbox Cardio	Garner Park	T	9/10-10/29	4:45-5:30pm	\$40	40168
18+	Kickbox Strength	Garner Park	T	11/5-11/26	5:15-6pm	\$20	40169
18+	Pure Strength	Garner Park	T	9/10-10/29	5:40-6:25pm	\$40	40170
18+	LGBTQIA+ Yoga	Tenney Park	W	9/11-10/23	5:30-6:30pm	\$35	40957
18+	Kickbox Cardio	Garner Park	Th	9/12-10/24	4:45-5:30pm	\$35	40158
18+	PIYo	Garner Park	Th	9/12-10/24	5:40-6:25pm	\$35	40160
18+	Pure Strength	Acewood Park	F	9/13-10/25	9:30-10:15am	\$35	40207

**VIRTUAL**

Age	Class	Location	Day	Date	Time	Fee	Course #
14+	Pure Strength	Virtual	M	9/16-12/9	7:45am	\$65	40175
14+	Arms & Abs	Virtual	M	9/9-12/9	8:15-9am	\$65	40210
14+	WERQ	Virtual	M	9/9-12/9	6-6:45pm	\$55	40200
14+	Mat Pilates	Virtual	T	9/24-12/10	6-6:45pm	\$60	40164
14+	Zumba	Virtual	T	9/10-12/10	6-6:45pm	\$65	41051
14+	Yin Yoga	Virtual	T	9/10-12/3	7-8pm	\$65	40196
14+	Barre Sculpt	Virtual	W	9/18-12/11	7:45am	\$60	40174
14+	Total Body Fitness	Virtual	W	9/11-12/11	11-11:45am	\$65	40209
14+	Pure Strength	Virtual	Th	9/12-12/12	5-5:45pm	\$55	40208
14+	Hatha Yoga II	Virtual	Th	9/12-12/12	5:30-6:45pm	\$60	40173
14+	T'ai Chi Flow	Virtual	Th	9/12-12/12	6-7pm	\$50	40955
14+	Arms & Abs	Virtual	F	9/13-12/13	8:15-9am	\$60	40211
14+	Yin Yoga	Virtual	Sa	9/14-12/14	10:15-11:15am	\$65	40195
14+	Gentle Yoga	Virtual	Su	9/15-12/15	5-6pm	\$70	40197
14+	Fit for the Holidays	Virtual	Su-Sa	12/16-1/3	Varies	\$30	41052

## INDOOR CLASS DESCRIPTIONS



In 1994, Irwin and Robert Goodman, of Goodman Jewelers, gifted MSCR with an endowment to establish a fitness and enrichment program area to serve older adults. The endowment is overseen by the Rotary Club of Madison, which determines the annual gift given to MSCR to subsidize our older adult programming - and that is how we came to be the Goodman Rotary 50+ Fitness program! We have grown, expanded and changed a lot since 1994, with over 8,300 enrollments in 2023 alone, but our goals remain the same. As we celebrate our 30th Anniversary, we thank you for your participation!

### 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. Swimming skills are not required as flotation belts are used for support in deep water in the lap pool. NOTE: More 18+ deep water exercise classes available in the Aquatics section of the program guide.

### AQUA EXERCISE SHALLOW WATER

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

### AQUA EXERCISE WARM WATER

These specially designed classes promote toning, increased stamina, endurance, flexibility and strength for active participants in a warm water pool. After warm-up routines, use flotation devices for resistance training, 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 provides a comprehensive approach to enhancing balance, posture, strength, endurance and flexibility. Use a variety of equipment such as weights and resistance bands to help improve balance and lower chances of experiencing falls.

### BALLROOM BASICS FOR BALANCE *NEW!*

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

### BARRE SCULPT

Utilize a ballet barre or standing by a chair for alignment and stability to increase flexibility and build muscular endurance and strength. High-rep, small-range movements shape and define all major muscle groups through the use of weights, resistance bands and balls.

### BRAIN & BODY FITNESS

Do you know the steps you can take to promote your brain health? What can you do if you or someone you know is experiencing changes in memory or thinking? Join the Brain Health Team from the University of Wisconsin-Madison School of Medicine and Public Health to address these questions and more. Topics include normal age-related brain changes, conditions such as Alzheimer's disease and other dementias, strategies to strengthen and protect your brain health and more!

### CARDIO DANCE

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

### CARDIO DANCE & TONING

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

### CARDIO STEP

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

### CHAIR EXERCISE

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

### CHAIR ONE DANCE FITNESS

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

### CIRCUIT FITNESS

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

### CORE & BALANCE COMBO

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

### FITNESS CONDITIONING

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

### FUNCTIONAL FITNESS

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

### GENTLE EXERCISE

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

### MINDFUL BALANCE

This introductory exercise program is designed to increase balance and decrease the risk of falling by using Asian energy meridian and chakra practices. Gentle stretches, tapping, static and dynamic balance exercises (vs. moving), are primarily from a standing position to unblock energy in tight muscles and joints. Focus and breathe mindfully as you tune into your energy systems to find balance of both body and mind. Adapted chair based exercises are available to meet individual needs.

### MINDFULNESS MOVEMENT & GUT HEALTH *NEW!*

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

Classes at Warner Park CRC require an annual purchased Photo ID  
Please go to [mscr.org](http://mscr.org) for more information.

## INDOOR CLASS DESCRIPTIONS

**HEALTHY LIVING TO PREVENT DIABETES - FREE**

Join UW student pharmacists from Operation Diabetes to learn about this chronic illness: prevention, lifestyle, modifications, healthy choices and tips on living with type 2 Diabetes. This course consists of short presentations followed by a discussion and interactive educational games!

**Mondays, 4-5:30pm, 9/16 & 9/23 at MSCR West, #40969**

**MODERN LINE DANCE *NEW!***

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

**Tuesdays, 9/17-11/5, 2-3pm at MSCR West, \$60, #40406**

**MINDFULNESS MOVEMENT & JOINT HEALTH *NEW!***

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

**PARKOUR FOR SENIORS**

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

**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**

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

**SIMPLE STRENGTH**

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

**SMALL GROUP TRAINING *NEW!***

Take your training, strength and fitness goals to the next level with a small group of 2-8 participants. The group focuses on safely introducing active seniors to exercises that improve posture, mobility, accountability and overall strength for a truly superior workout experience. This is a comprehensive training experience specifically designed to promote healthy aging.

**STRENGTH TRAINING FOR WOMEN**

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

**TRX SUSPENSION TRAINING**

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

**TAI CHI****T'AI CHI ADVANCED**

Teaches Yangjia Michuan Taijiquan (YMT), an early traditional form of T'ai Chi. Class consists of warm ups, followed by the Fan Routine and Parts I-III of YMT.

**T'AI CHI ELEMENTS**

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

**T'AI CHI ELEMENTS CONTINUING**

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

**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 INTERMEDIATE**

This class refines the movements of T'ai Chi Intro (Part 1 & 2). After QiGong, the class focuses on refining both individual forms and the entire Beijing 24 sequence. Beginners are encouraged to complete the Intro classes before registering for the intermediate class.

**T'AI CHI INTRO PART 2**

This beginning class gives participants a taste of relaxation and flow in T'ai Chi. Warm-ups with QiGong exercises are followed by exposure to the second half of the Beijing 24 T'ai Chi set of exercises.

**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 5lbs but adjustments can be made to perfect your form and build strength.

**T'AI CHI YANG STYLE *NEW!***

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

**YOGA****CHAIR YOGA**

A practice that modifies yoga poses so that they may be done either sitting or using chairs for support in various postures. Class incorporates an exploration of alignment, 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.

**GENTLE YOGA**

A good fit for all ability levels, this class combines slow, gentle yoga movements and breath awareness. Class ends with quiet breathing techniques.

**GENTLE YOGA FLOW**

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

**HATHA YOGA I**

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

**HATHA YOGA II**

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

**YOGA FLOW**

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

## INDOOR CLASS SCHEDULE

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>AQUA EXERCISE CLASSES</b>							
50+	Aqua Exercise Shallow Water	Capitol Lakes	M	9/9-12/9	3-4pm	\$72	40698
50+	Aqua Exercise Warm Water	Capitol Lakes	M	9/9-12/9	4:15-5:15pm	\$72	40701
50+	Aqua Exercise Deep Water	Capitol Lakes	M	9/9-12/9	5:30-6:30pm	\$72	40696
50+	Aqua Exercise Warm Water	Lapham	M	9/9-12/9	2-3pm	\$66	40700
50+	Aqua Exercise Warm Water	Lapham	M	9/9-12/9	3:15-4:15pm	\$66	40702
50+	Aqua Exercise Deep Water	Capitol Lakes	T	9/10-12/10	2:30-3:30pm	\$72	40695
50+	Aqua Exercise Warm Water	Capitol Lakes	T	9/10-12/10	3:45-4:45pm	\$72	40704
50+	Aqua Arthritis Exercise	Lapham	T	9/10-12/10	3:15-4:15pm	\$66	40693
50+	Aqua Arthritis Exercise	Capitol Lakes	W	9/11-12/11	2-3pm	\$72	40692
50+	Aqua Exercise Deep Water	Capitol Lakes	W	9/11-12/11	3:15-4:15pm	\$72	40697
50+	Aqua Exercise Warm Water	Lapham	W	9/11-12/11	3:15-4:15pm	\$66	40703
50+	Aqua Exercise Shallow Water	Capitol Lakes	Th	9/12-12/12	2-3pm	\$72	40699
50+	Aqua Exercise Warm Water	Capitol Lakes	Th	9/12-12/12	3:15-4:15pm	\$72	40705
50+	Aqua Arthritis Exercise	Lapham	Th	9/12-12/12	3:15-4:15pm	\$66	40694
Age	Class	Location	Day	Date	Time	Fee	Course#
<b>FITNESS CLASSES</b>							
50+	Cardio Dance & Toning	MSCR Central	M	9/9-12/9	12:30-1:30pm	\$60	41035
50+	Pure Strength	MSCR East	M	9/9-12/9	8:30-9:15am	\$46	41001
50+	Circuit Fitness	MSCR East	M	9/9-12/9	9:30-10:30am	\$60	40995
50+	Gentle Yoga Flow	MSCR East	M	9/16-12/9	10:30-11:15am	\$42	40230
50+	Cardio Dance	MSCR East	M	9/9-12/9	10:45-11:45am	\$60	40993
50+	Small Group Training	MSCR East	M	9/16-12/9	4-4:45pm	\$77	41048
50+	Core & Balance Combo	MSCR West	M	9/9-12/9	9-10am	\$60	41069
50+	Functional Fitness	MSCR West	M	9/9-12/9	9:30-10:30am	\$60	41030
50+	T'ai Chi Yang Style	MSCR West	M	11/4-12/9	9:30-10:30am	\$26	41117
50+	Gentle Exercise	MSCR West	M	9/9-12/9	10:15-11:15am	\$60	41074
50+	Functional Fitness	MSCR West	M	9/9-12/9	10:45-11:45am	\$60	41031
50+	Cardio Dance & Toning	MSCR West	M	9/9-12/9	11:45am-12:45pm	\$60	41067
50+	Balance, Strength & Core Stability	MSCR West	M	9/9-12/9	12-1pm	\$60	41102
50+	Pilates	MSCR West	M	9/9-12/9	12:30-1:30pm	\$60	41025
50+	Fitness Conditioning	Warner Park CRC	M	9/9-12/9	9-10am	\$60	41023
18+	Winter Wellness Week	Varies	M-Sa	12/16-12/21	Varies	\$15	41053

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Boomer Harris Fund  
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Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Pilates	MSCR Central	T	9/10-12/10	11am-12pm	\$60	41026
50+	T'ai Chi Intro Part 2	MSCR Central	T	9/10-12/10	12:30-1:30pm	\$60	41092
50+	T'ai Chi Intermediate	MSCR Central	T	9/10-12/10	1:45-2:45pm	\$60	41095
50+	T'ai Chi Advanced	MSCR Central	T	9/10-12/10	3-4pm	\$60	41093
50+	TRX Suspension Training	MSCR East	T	9/10-12/10	9-9:45am	\$46	40989
50+	Gentle Exercise	MSCR East	T	9/10-12/10	10-11am	\$60	41038
50+	Yoga Flow	MSCR East	T	9/17-12/10	10:30-11:15am	\$42	40232
50+	Arms & Abs	MSCR East	T	9/10-12/10	11:15am-12pm	\$46	41037
50+	Row Fit	MSCR East	T	9/10-12/10	11:45am-12:30pm	\$46	41019
50+	Pure Strength	MSCR East	T	9/10-12/10	12:15-1pm	\$46	40759
50+	Barre Sculpt	MSCR East	T	9/10-12/10	12:45-1:30pm	\$46	41007
50+	Chair Exercise	MSCR East	T	9/10-12/10	1:15-2pm	\$46	40716
50+	Gentle Yoga Flow	MSCR East	T	9/10-12/10	3-4pm	\$60	40215
50+	Stretch & Strength	MSCR West	T	11/5-12/10	8:30-9:30am	\$26	41079
50+	Hatha Yoga II	MSCR West	T	9/10-12/10	8:45-10am	\$56	40224
50+	T'ai Chi Yang Style	MSCR West	T	11/5-12/10	9:30-10:30am	\$26	41116
50+	Hatha Yoga I	MSCR West	T	9/10-12/10	10:15-11:15am	\$56	40225
50+	Gentle Exercise	MSCR West	T	9/10-12/10	11am-12pm	\$60	41021
50+	T'ai Chi Elements	MSCR West	T	9/10-12/10	11am-12pm	\$60	40772
50+	Cardio Step	MSCR West	T	9/10-12/10	11:30am-12:15pm	\$46	40984
50+	Simple Strength	MSCR West	T	9/10-12/3	1:15-2pm	\$52	41082
50+	Functional Fitness	MSCR West	T	9/10-12/10	1-2pm	\$60	41032
50+	Functional Fitness	MSCR West	T	9/10-12/3	2-2:50pm	\$52	41084
50+	Functional Fitness	MSCR West	T	9/10-12/3	3-3:50pm	\$52	41086
50+	Parkour for Seniors	Warner Park CRC	T	10/29-12/10	9:30-11am	\$53	41029
50+	Chair Exercise	Warner Park CRC	T	9/10-12/10	10:15-11:15am	\$60	41064
50+	Core & Balance Combo	Warner Park CRC	T	9/10-12/10	11:30am-12:30pm	\$60	41066
50+	Functional Fitness	MSCR Central	W	9/11-12/11	8:30-9:30am	\$60	40996
50+	Functional Fitness	MSCR Central	W	9/11-12/11	9:45-10:45am	\$60	40997
50+	Functional Fitness	MSCR Central	W	9/11-12/11	11am-12pm	\$60	40998
50+	Functional Fitness	MSCR Central	W	9/11-12/11	12:15-1:15pm	\$60	40999
50+	Pilates	MSCR East	W	9/25-12/11	8:30-9:30am	\$52	40990
50+	Cardio Dance & Toning	MSCR East	W	9/11-12/11	9:30-10:30am	\$60	41036
50+	Brain & Body Fitness	MSCR East	W	9/11-10/23	10:30-11:45am	\$0	40711
50+	Mindful Balance	MSCR East	W	9/11-12/11	10:30-11:30am	\$60	41004
50+	Strength Training for Women	MSCR East	W	9/11-12/11	11am-12pm	\$60	40987
50+	T'ai Chi Pole	MSCR East	W	9/11-12/11	3-4pm	\$60	41099
50+	Simple Strength	MSCR West	W	9/11-12/11	9-10am	\$60	41070
50+	T'ai Chi Yang Style	MSCR West	W	11/6-12/11	9:30-10:30am	\$26	41115
50+	Pilates	MSCR West	W	9/11-12/11	10-11am	\$60	41047
50+	Chair Exercise	MSCR West	W	9/11-12/11	10:15-11am	\$46	41075
50+	Stretch & Strength	MSCR West	W	9/25-12/11	10:30-11:30am	\$52	40991
50+	Balance, Strength & Core Stability	MSCR West	W	9/11-12/11	11:30am-12:30pm	\$60	41046
50+	Gentle Yoga Flow	MSCR West	W	9/11-12/11	12-12:45pm	\$46	41221
50+	Functional Fitness	MSCR West	W	9/11-12/11	5:30-6:30pm	\$56	41020
50+	Fitness Conditioning	Warner Park CRC	W	9/11-12/11	9-10am	\$60	41024
50+	Stretch & Strength	Warner Park CRC	W	9/11-12/11	9-9:45am	\$46	40768
50+	Pure Strength	Warner Park CRC	W	9/11-12/11	10:15-11am	\$46	40761
50+	Mindfulness Movement & Joint Health	Warner Park CRC	W	9/11-12/11	10:30-11:30am	\$46	40752
50+	T'ai Chi Intermediate	Warner Park CRC	W	9/11-12/11	1-2pm	\$60	41091

## INDOOR CLASS SCHEDULE

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Balance, Strength & Core Stability	MSCR Central	Th	9/12-12/12	10-11am	\$56	40980
50+	Cardio Dance	MSCR Central	Th	9/12-12/12	11:15am-12:15pm	\$56	40983
50+	T'ai Chi Intermediate	MSCR Central	Th	9/12-12/12	4:45-5:45pm	\$56	41094
50+	Functional Fitness	MSCR East	Th	9/12-12/12	9-10am	\$56	40985
50+	Functional Fitness	MSCR East	Th	9/12-12/12	10:15-11:15am	\$56	40986
50+	Yoga Flow	MSCR East	Th	9/12-12/12	10:30-11:30am	\$56	41118
50+	TRX Suspension Training	MSCR East	Th	9/12-12/12	12-12:45pm	\$42	40988
50+	T'ai Chi Intermediate	MSCR East	Th	9/12-12/12	1:30-2:30pm	\$56	41097
50+	T'ai Chi Intro Part 2	MSCR East	Th	9/12-12/12	2:45-3:45pm	\$56	41098
50+	Stretch & Strength	MSCR West	Th	9/12-12/12	8:15-9:15am	\$56	41078
50+	Hatha Yoga II	MSCR West	Th	9/12-12/12	8:45-10am	\$52	40226
50+	Chair Exercise	MSCR West	Th	9/12-12/12	9:30-10:30am	\$56	41076
50+	T'ai Chi for Arthritis & Fall Prevention	MSCR West	Th	9/12-12/12	9:30-10:30am	\$56	40778
50+	Hatha Yoga I	MSCR West	Th	9/12-12/12	10:15-11:15am	\$52	40227
50+	Gentle Exercise	MSCR West	Th	9/12-12/12	11am-12pm	\$56	41022
50+	T'ai Chi Elements Continuing	MSCR West	Th	9/12-12/12	11am-12pm	\$56	40773
50+	Cardio Dance & Toning	MSCR West	Th	9/12-12/12	11:35am-12:35pm	\$56	41068
50+	Gentle Yoga	MSCR West	Th	9/12-12/12	1-2pm	\$56	40217
50+	Simple Strength	MSCR West	Th	9/12-12/5	1:15-2pm	\$52	41083
50+	TRX Suspension Training	MSCR West	Th	9/12-12/12	1:45-2:35pm	\$56	40783
50+	Functional Fitness	MSCR West	Th	9/12-12/5	2-2:50pm	\$52	41085
50+	Pilates	MSCR West	Th	9/12-12/12	2:30-3:30pm	\$56	41027
50+	Functional Fitness	MSCR West	Th	9/12-12/5	3-3:50pm	\$52	41087
50+	Gentle Yoga Flow	Warner Park CRC	Th	9/12-12/12	9:15-10am	\$42	40233
50+	Pure Strength	Warner Park CRC	Th	9/12-12/12	10:30-11:15am	\$42	41018
50+	Chair Yoga	MSCR Central	F	9/13-12/13	10-10:45am	\$42	40218
50+	Strength Training for Women	MSCR Central	F	9/13-12/13	11am-12pm	\$56	40982
50+	Cardio Dance	MSCR Central	F	9/13-12/13	12:15-1:15pm	\$56	40981
50+	T'ai Chi Intermediate	MSCR Central	F	11/8-12/13	1-2pm	\$26	41096
50+	Ballroom Basics for Balance	MSCR East	F	9/13-12/13	9-10am	\$56	41111
50+	Cardio Dance	MSCR East	F	9/13-12/13	10:45-11:45am	\$56	40994
50+	Strength Training for Women	MSCR East	F	9/13-12/13	12:30-1:30pm	\$56	41003
50+	Functional Fitness	MSCR East	F	9/13-12/13	1:45-2:45pm	\$56	41000
50+	Gentle Yoga	MSCR West	F	9/13-12/13	9-10am	\$56	40223
50+	Functional Fitness	MSCR West	F	9/13-12/13	9:30-10:30am	\$56	41033
50+	Gentle Exercise	MSCR West	F	9/13-12/13	10:20-11:20am	\$56	41073
50+	Functional Fitness	MSCR West	F	9/13-12/13	10:45-11:45am	\$56	41034
50+	Chair One Dance Fitness	MSCR West	F	9/13-12/13	12-1pm	\$56	40992
50+	Mindfulness Movement & Gut Health	Warner Park CRC	F	9/13-12/13	10:30-11:30am	\$42	41110
50+	Chair Exercise	Warner Park CRC	F	9/13-12/13	12:30-1:30pm	\$56	41065





**Fun Fall Special Events**

Contact Mindy Vinje at [mjvinje@madison.k12.wi.us](mailto:mjvinje@madison.k12.wi.us) or 608-204-3000

**ACTIVE AGING**

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. From October 1-31, participants are challenged each day to complete activities for a chance to win some great prizes! View a list of free activities starting September 16 at [mscr.org](http://mscr.org). Registration opens on September 23 for MMSD residents and non-residents. To register, visit [mscr.org](http://mscr.org) or in person at any MSCR facility during operating hours.

**FIT FOR THE HOLIDAYS - VIRTUAL - 12/16-1/3, #41052**

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

**WINTER WELLNESS WEEK - 12/16-12/21 #41053**

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

**OUTDOOR CLASSES**

**PARKOUR FOR SENIORS**

Travel through your world with joy and creativity! Learn balance and coordination, work on preventing falls, find more flexibility in your body and more movement options for your life! Open to participants of all fitness levels, instructors have options for all. Class meets at Frautschi Family Accessible Playground at Warner Park but indoor spaces might be incorporated.

**STRETCH & STRENGTH**

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

**T'AI CHI INTERMEDIATE**

This class refines the movements of T'ai Chi Intro (Part 1 & 2). After QiGong, the class focuses on refining both individual forms and the entire Beijing 24 sequence. Beginners are encouraged to complete the intro classes before registering for the intermediate class.

**T'AI CHI QIGONG**

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

**T'AI CHI YANG STYLE**

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

**WALK ABOUTS**

A brisk walk in the great outdoors promotes physical and psychological well-being. Walks are in Madison area parks, neighborhoods and natural areas and are 2 - 2.5 miles in length. A detailed schedule is emailed to registered participants prior to the first walk. Prior to the first walk, participants should be able to walk two miles &/or complete one mile in 20 minutes.

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	T'ai Chi Yang Style	Garner Park	M	9/9-10/28	9:30-10:30am	\$35	41112
50+	Stretch & Strength	Rennebohm Park	T	9/10-10/29	8:30-9:30am	\$35	41063
50+	Walk Abouts	Varies	T	9/10-10/15	9:15-10:15am	\$26	40803
50+	T'ai Chi Yang Style	Garner Park	T	9/10-10/29	9:30-10:30am	\$35	41113
50+	Parkour for Seniors	Warner Park	T	9/10-10/22	9:30-11am	\$53	41028
50+	T'ai Chi Yang Style	Garner Park	W	9/11-10/30	9:30-10:30am	\$35	41114
50+	T'ai Chi QiGong	Garner Park	F	9/13-11/1	10:30-11:30am	\$35	41090
50+	T'ai Chi Intermediate	Hoyt Park	F	9/13-11/1	1-2pm	\$35	41089

**GOODMAN'S Jewelers**

"The Diamond Store of Madison Since 1933"

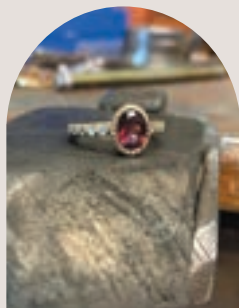
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Customizable Bands



Custom Creations



One-of-a-kind gemstones

## 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

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

### CHAIR ONE DANCE FITNESS

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

### CORE WITHOUT THE FLOOR

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

### FUNCTIONAL FITNESS

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

### MEDITATION

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

### PURE STRENGTH

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

### SIMPLE STRENGTH

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

### STRENGTH TRAINING FOR WOMEN

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

### T'AI CHI /CHI KUNG FOR BALANCE

Instruction in a variety of standing and moving Tai 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.

### YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Yoga flow is an active yoga.

### 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 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#
50+	Pure Strength	Virtual	M	9/9-12/9	8:30-9:15am	\$46	41088
50+	Chair Exercise	Virtual	M	9/9-12/9	9:15-10:15am	\$56	40972
50+	Yoga Suave en Español	Virtual	M	9/9-12/9	10:15-11:15am	\$0	40214
50+	Functional Fitness	Virtual	M	9/9-12/9	10:30-11:30am	\$60	40973
50+	Strength Training for Women	Virtual	T	9/10-12/10	8-8:45am	\$46	40977
50+	Simple Strength	Virtual	T	9/10-12/10	9-10am	\$60	40970
50+	Yoga Flow	Virtual	T	9/17-12/10	9-9:45am	\$42	40229
50+	Gentle Yoga	Virtual	T	9/10-12/10	10:30-11:30am	\$56	40212
50+	Chair One Dance Fitness	Virtual	T	9/10-12/10	12:15-1pm	\$56	40978
50+	Meditation	Virtual	T	9/10-12/10	1-2pm	\$48	40216
50+	T'ai Chi /Chi Kung for Balance	Virtual	T	9/10-12/10	1-2pm	\$60	41129
50+	Core without the Floor	Virtual	W	9/11-12/11	9-9:30am	\$30	41141
50+	Pure Strength	Virtual	W	9/11-12/11	3-4pm	\$60	40975
50+	Functional Fitness	Virtual	Th	9/12-12/12	8:30-9:30am	\$56	40974
50+	Simple Strength	Virtual	Th	9/12-12/12	9-10am	\$56	40971
50+	Yoga Flow	Virtual	Th	9/12-12/12	10:30-11:30am	\$52	40213
50+	Balancing Act	Virtual	Th	9/12-12/12	1-1:45pm	\$42	41128
50+	Hatha Yoga I	Virtual	Th	9/12-12/12	4:15-5:15pm	\$56	40228
14+	Fit for the Holidays	Virtual	Su-Sa	12/16-1/3	Varies	\$30	41052

No school?!? No problem.

# VACATION DAYS

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

*Offered anytime MMSD or MGSD has off of school*

*Payment plans and tuition assistance available*

**Registration Open for  
Fall and Spring Semesters**

For camp information and to register:

[camps@aldoleopoldnaturecenter.org](mailto:camps@aldoleopoldnaturecenter.org)  
[aldoleopoldnaturecenter.org](http://aldoleopoldnaturecenter.org)



330 Femrite Drive, Monona  
(608) 221-0404



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](mailto:wonderbugs@aldoleopoldnaturecenter.org)  
[aldoleopoldnaturecenter.org](http://aldoleopoldnaturecenter.org)



330 Femrite Drive, Monona  
(608) 221-0404



## NON-LEAGUE

### 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.

### BASKETBALL

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

### BOCCE

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

### 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.

### 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.

### 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.

### PICKLEBALL INTERMEDIATE

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

### PICKLEBALL OPEN PLAY

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



### VOLLEYBALL INTERMEDIATE

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

### VOLLEYBALL 50+ OPEN PLAY

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

### VOLLEYBALL RECREATION

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	Times	Fee	Course#
<b>BADMINTON</b>							
18+	Badminton	Memorial	M	9/9-10/14	7:30-9:30pm	\$24	40840
18+	Badminton	Memorial	M	10/28-12/9	7:30-9:30pm	\$24	40841
18+	Badminton	Memorial	T	9/10-10/15	7:30-9:30pm	\$24	40842
18+	Badminton	Memorial	T	10/29-12/10	7:30-9:30pm	\$24	40843
<b>BASKETBALL</b>							
18+	Basketball	Marquette	T	9/10-10/15	7:15-9:15pm	\$24	40853
18+	Basketball	Marquette	T	10/29-12/10	7:15-9:15pm	\$24	40854
18+	Basketball	Toki	Th	9/12-10/17	7:15-9:15pm	\$24	40855
18+	Basketball	Toki	Th	10/31-12/12	7:15-9:15pm	\$24	40856
<b>BOCCE</b>							
18+	Bocce	MSCR West	W	9/11-10/16	6:45-8:15pm	\$24	41135
18+	Bocce	MSCR West	W	10/23-12/4	6:45-8:15pm	\$24	41136

Age	Class	Location	Day	Date	Times	Fee	Course#
<b>PICKLEBALL</b>							
18+	Pickleball Beginner	MSCR West	M	9/9-10/14	7:15-9pm	\$36	41145
18+	Pickleball Beginner	MSCR West	M	10/28-12/9	7:15-9pm	\$36	41146
18+	Pickleball Beginner	O'Keefe	M	9/9-10/14	7:15-9:15pm	\$36	40827
18+	Pickleball Beginner	O'Keefe	M	10/28-12/9	7:15-9:15pm	\$36	40828
18+	Pickleball Beginner	O'Keefe	Th	9/12-10/17	7:15-9:15pm	\$36	40829
18+	Pickleball Beginner	O'Keefe	Th	10/31-12/12	7:15-9:15pm	\$36	40830
18+	Pickleball Advanced Beginner	Black Hawk	W	9/11-10/16	7:15-9:15pm	\$30	40835
18+	Pickleball Advanced Beginner	Black Hawk	W	10/30-12/11	7:15-9:15pm	\$30	40836
18+	Pickleball Intermediate	MSCR West	T	9/10-10/15	7:30-9pm	\$21	41147
18+	Pickleball Intermediate	MSCR West	T	10/29-12/10	7:30-9pm	\$21	41148
18+	Pickleball Intermediate	Memorial	T	9/10-10/15	7:15-9:15pm	\$24	40857
18+	Pickleball Intermediate	Memorial	T	10/29-12/10	7:15-9:15pm	\$24	40858
18+	Pickleball Intermediate	O'Keefe	T	9/10-10/15	7:15-9:15pm	\$24	40861
18+	Pickleball Intermediate	O'Keefe	T	10/29-12/17	7:15-9:15pm	\$24	40862
18+	Pickleball Intermediate	Memorial	W	9/11-10/16	7:15-9:15pm	\$24	40859
18+	Pickleball Intermediate	Memorial	W	10/30-12/11	7:15-9:15pm	\$24	40860
18+	Pickleball Intermediate	O'Keefe	W	9/11-10/16	7:15-9:15pm	\$24	40863
18+	Pickleball Intermediate	O'Keefe	W	10/30-12/11	7:15-9:15pm	\$24	40864
50+	Pickleball 50+ Intermediate	MSCR West	T	9/10-10/15	9:30-11:30am	\$24	40831
50+	Pickleball 50+ Intermediate	MSCR West	T	10/29-12/10	9:30-11:30am	\$24	40832
50+	Pickleball 50+ Intermediate	MSCR West	Th	9/12-10/17	9:30-11:30am	\$24	40833
50+	Pickleball 50+ Intermediate	MSCR West	Th	10/24-12/5	9:30-11:30am	\$24	40834
18+	Pickleball Open Play	MSCR West	M	9/9-10/14	1-3pm	\$24	40837
18+	Pickleball Open Play	MSCR West	M	10/28-12/9	1-3pm	\$24	40838
18+	Pickleball Open Play	MSCR West	T	9/10-10/15	1-3pm	\$24	41149
18+	Pickleball Open Play	MSCR West	T	10/29-12/10	1-3pm	\$24	41150
18+	Pickleball Open Play	MSCR West	Th	9/12-10/17	1-3pm	\$24	41151
18+	Pickleball Open Play	MSCR West	Th	10/24-12/5	1-3pm	\$24	41152
<b>VOLLEYBALL</b>							
18+	Volleyball Intermediate	East	M	9/9-10/14	7:15-9:15pm	\$24	40847
18+	Volleyball Intermediate	East	M	10/28-12/9	7:15-9:15pm	\$24	40848
18+	Volleyball Intermediate	Stephens	M	9/9-10/14	7-9pm	\$24	40845
18+	Volleyball Intermediate	Stephens	M	10/28-12/9	7-9pm	\$24	40846
18+	Volleyball Intermediate	East	W	9/11-10/16	7:15-9:15pm	\$24	40849
18+	Volleyball Intermediate	East	W	10/30-12/11	7:15-9:15pm	\$24	40850
18+	Volleyball Intermediate	Whitehorse	Th	9/12-10/17	7:15-9:15pm	\$24	40851
18+	Volleyball Intermediate	Whitehorse	Th	10/31-12/12	7:15-9:15pm	\$24	40852
50+	Volleyball 50+ Open Play	MSCR West	F	9/13-10/18	12-2pm	\$24	41137
50+	Volleyball 50+ Open Play	MSCR West	F	10/25-12/6	12-2pm	\$24	41138
18+	Volleyball Recreation	Crestwood	T	9/10-10/15	7-9pm	\$24	40865
18+	Volleyball Recreation	Crestwood	T	10/29-12/10	7-9pm	\$24	40866
18+	Volleyball Recreation	Cherokee	Th	9/12-10/17	7:15-9:15pm	\$24	40867
18+	Volleyball Recreation	Cherokee	Th	10/31-12/12	7:15-9:15pm	\$24	40868

## LEAGUES



Age	Sport	Registration	Late Registration	Play
18+	Fall Softball	See Free Agent List		September 3 - October
18+	Fall Volleyball	Now - August 11	August 12 - 18	September 9 - November
18+	Fall Basketball	August 5 - 25	August 26 - September 2	September 30 - October
18+	Winter Basketball	October 21 - November 10	November 11-24	January 6 - early March
18+	Winter Volleyball	November 4 - December 8	December 9-20	January 27 - early March

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

### AGE

18 years and older. High school students are not eligible for adult volleyball or basketball leagues. MSCR runs separate leagues for high school students in volleyball and basketball. Registration for high school leagues is done at each high school.

### FEES

Cover the cost of officials, facilities, awards, equipment, scorer-timers and league administration. MSCR does not have a team fee, all fees are based on individual participation. Fee assistance is available to MMSD residents in need. Additionally, MSCR will work with teams that have a local sponsor to lower the cost of participation.

### 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](http://mscrsportsleagues.org)

### FALL SOFTBALL

Begins September 3 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 9 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.

### FALL BASKETBALL

A short season with limited availability. Great way to get in shape for the winter season! Season begins the week of September 30 and runs through October. Men, Women and All Gender leagues are available.

### WINTER BASKETBALL

Season begins January 6 and runs through early March. Leagues run Monday-Thursday. Offer Men's, Women's and All Gender play. Leagues run one night a week and play on that night for the entire season.

### WINTER VOLLEYBALL

Short, 5 week season. Season starts January 27 and goes through February. Space is limited. Leagues for Men, Women and All Gender. Usually plays at West High School. A short season with limited availability.

## 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](mailto:asld@madison.k12.wi.us) to learn more.

## WANT TO JOIN A TEAM? JOIN OUR FREE AGENT LIST

For more information contact [asld@madison.k12.wi.us](mailto:asld@madison.k12.wi.us) or call 608-204-3024.

If you want to join MSCR Sports Leagues, go to [mscrsportsleagues.org](http://mscrsportsleagues.org) and click on Free Agent Sign Up. Complete the form and submit. We make your name available to managers seeking players. No fees are charged until you join a team.





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

#### WHAT IS THE INCLUSIVE APPROACH TO RECREATION?

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

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

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

#### WHAT ARE THE ELIGIBILITY REQUIREMENTS?

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

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

#### WHAT ARE REASONABLE ACCOMMODATIONS?

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

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

#### WHAT ARE THE LIMITATIONS OF INCLUSION SERVICES?

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

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

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

#### WHO DOES MSCR HIRE?

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

#### HOW CAN YOU ACCESS SERVICES?

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

#### BY REQUESTING INCLUSION SERVICES, I UNDERSTAND THAT:

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

#### FOR MORE INFORMATION ON INCLUSION SERVICES:

##### Jason Busack

Inclusion Services Specialist  
Supports East and La Follette regions,  
Allied Learning Center, Outdoors, Sports and Aquatics programs  
Email: [jbbusack@madison.k12.wi.us](mailto:jbbusack@madison.k12.wi.us)  
Office Phone: 608-204-4586 Cell Phone: 608-622-6927

##### Jill Jaworski

Inclusion Services Specialist  
Supports West and North regions,  
Meadowood Neighborhood Center, Fitness and Arts programs  
Email: [jjaworski1@madison.k12.wi.us](mailto:jjaworski1@madison.k12.wi.us)  
Office Phone: 608-204-3043 Cell Phone: 608-228-2087



Online:  
Register for most MSCR  
activities at [mscr.org](http://mscr.org)



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



Email:  
[mscr@madison.k12.wi.us](mailto:mscr@madison.k12.wi.us)



Fax :  
608-204-0557



Registration opens Monday, August 12 at 12pm  
for residents of the Madison Metropolitan School District.  
Non-residents may register  
beginning Monday, August 26 at 12pm.

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](http://mscr.org), all customers must create an account prior to registering online. All fees include appropriate sales tax.
2. Include first and alternate choice where applicable. If your first choice is full, we will try your alternate choice. If both choices are full, your fee will be returned and you will be added to the waitlist.
3. Make check or money order payable to MSCR. Visa and MasterCard also accepted.
4. Receipts are emailed, unless a stamped, self-addressed envelope is enclosed. Please verify that your email address is correct.
5. Return to MSCR one of four easy ways: email, mail, drop off or fax.

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

#### REFUND POLICY

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

#### WEATHER IMPACT & CANCELLATIONS

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

#### MISSED PROGRAMS

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

#### PROGRAMS AT WARNER PARK CRC (WPCRC)

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

#### CUSTOMER PRIVACY STATEMENT

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

#### FEE ASSISTANCE

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

#### GENDER

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

#### INSURANCE

MSCR does not provide individual accident insurance for participants.

#### 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](http://mscr.org).

<https://www.wiaawi.org/Portals/0/PDF/Health/Concussion-SuddenCardiacArrest-InfoSheet2022.pdf>,

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

#### INFORMACIÓN EN ESPAÑOL

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

#### 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 55 for more information on MSCR's Inclusion Services.

#### WAIT LIST

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

#### WEATHER IMPACT [mscr.org/weather-impact/](http://mscr.org/weather-impact/)

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



# 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 Email: mscr@madison.k12.wi.us

(Head of Household) Last Name		First Name	Birth Date (mm/dd/yy)	
Street Address		City	State	Zip

Email (Required for registration confirmation OR send a stamped, self-addressed envelope) \*I agree to receive MSCR promotional email

Primary Phone	Cell Phone	Are you an MMSD resident? (Check one) <input type="checkbox"/> Yes <input type="checkbox"/> No, Non MMSD residents pay 50% more. See the Policy Page.		Do you have any medical conditions or concerns of which our staff need to be aware? (Asthma, Allergies, etc.)
Emergency Contact Name		Emergency Contact Phone		

Participant's Full Name	Gender *See page 55.	Date of Birth mm/dd/yy	Grade 2024- 2025	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assis- tance Request
					1st Alternate, If any							
					1st							
					Alternate, If any							
					1st							
					Alternate, If any							
					1st							
					Alternate, If any							
					1st							
					Alternate, If any							

\*Must complete form on back.

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

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

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

I am requesting a Payment Plan (campus 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.

# 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.

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

## WHAT HAPPENS NEXT?

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



# Your Year of Discovery

## Be a Girl Scout.

Find your friends (*and yourself*) here.  
[girlscouts.org/join](https://www.girlscouts.org/join)



*Savor* THE ART OF  
BAKING

OR *Explore* THE WORLD OF  
CHEESE AND WINE-TASTING!



GET *YOUR* PASSION FOR FOOD AND BEVERAGE STARTED  
IN OUR NONCREDIT COURSES TODAY

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 the Affirmative Action Officer, 1701 Wright Street, Madison, WI, 53704. Phone 608.243.4137.



[madisoncollege.edu/pce](https://madisoncollege.edu/pce)



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



Visit Us Online:  
[mscr.org](http://mscr.org)

**MADISON MADE,  
FAMILY OWNED,  
COMMUNITY LOVED  
SINCE 1962.**



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MADISON SHOPPE  
LOCATIONS 