



Spring Programs 2025



MSCR IS A DEPARTMENT OF THE MADISON METROPOLITAN SCHOOL DISTRICT • MSCR.ORG • 608.204.3000

Fee Assistance Available • Disponible en Español

MSCR SPRING PROGRAM GUIDE 2025

608.204.3000 OR MSCR.ORG Para español, llame al 608-204-3057



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

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. No additional documentation is required.

PRESCHOOL & YOUTH

Aquatics	20
Arts & Enrichment - Preschool & Child + Adult	4
Arts & Enrichment - Youth	5
Fitness	22
Outdoor Pursuits	19
Soccer & Sports	21

ADULT

Adapted Recreation	2
Aquatics	20
Arts & Enrichment	6 - 7
Day Trips & Events	3
Fitness	8 - 11
Goodman-Rotary 50+ Fitness	12 - 17
Outdoor - Customizable Experiences	18
Outdoor Pursuits	19
Sports - Leagues	20

FAMILY/MULTI-AGE

Arts & Enrichment - Preschool & Child + Adult	4
Day Trips & Events	3
Fitness	22
Outdoor Pursuits	19
Sports	21

REGISTRATION

Fee Assistance Request Form	26
Inclusion Services	23
Policies & Procedures	24
Registration Form	25

Q. MY CLASS ISN'T IN THIS GUIDE. SHOULD I BE CONCERNED?

A. Don't worry! This guide only shows classes with current availability. If you've already signed up for a class, it's still on the schedule. This guide is just for those looking to register for new classes.



HOW TO REGISTER

- Register online at mscr.org. This is the best option for customers interested in high demand activities. All new customers must create an account in advance,
- OR,**
- Complete a paper MSCR Registration Form (found at the back of the MSCR Program Guide) and return your form and payment method to MSCR one of these ways:
 - US Mail to MSCR Central, 328 E Lakeside St, Madison, WI 53715
 - Email a photo or scan of the form to mscr@madison.k12.wi.us
 - Fax to 608-204-0557
 - Drop off at MSCR Central, MSCR East or MSCR West

ADAPTED RECREATION 608.204.3025

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. These classes have openings and can join. Please call 608-204-3025 to learn more.

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.

DANCE AND MOVE

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

PICKLEBALL

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

YOGA

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

Age	Class	Location	Day	Date	Time	Fee	Course #
13+	Climbing	MSCR Kennedy Challenge Crse	Sa	5/10	9:30am-12pm	\$15	41253
13+	Dance and Move	MSCR West	M	2/3-5/5	4:30-5:30pm	\$78	41256
13+	Dance and Move	MSCR Central	T	2/4-5/6	4:30-5:30pm	\$78	41257
13+	Pickleball	MSCR West	T	2/4-5/6	4:30-5:30pm	\$78	41259
13+	Yoga	MSCR Central	M	2/3-5/5	4:30-5:30pm	\$78	41268
13+	Yoga	MSCR West	Th	2/6-5/8	4:30-5:30pm	\$78	41269

DAY TRIPS

CLAY COLLECTIVE POTTERY TOUR

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

DAIRYLAND DELIGHTS

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



GALENA GETAWAY

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

Age	Class	Location	Day	Date	Time	Fee	Course #
DAY TRIPS							
18+	Clay Collective Pottery Tour	MSCR West	Sa	5/3	9:30am-6pm	\$53	41631
18+	Dairyland Delights	LaFollette High School	Sa	3/29	8:30am-5:15pm	\$144	41629
18+	Galena Getaway	MSCR West	Sa	4/26	8:30am-6:30pm	\$72	41630



MARCH 7 AT MSCR WEST

GLAZE APPLICATION

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

POP! DIVA DANCE PARTY & CRAFTS NIGHT

Oops! MSCR did it again! This time Friday Night Features is celebrating the pop princess turned diva. You'll feel so "lucky" to be a part of this night. Learn the choreography to "Oops!.." and then head into the studios to create 2000s era themed crafts. This is guaranteed to make you "Stronger" than yesterday. Gather your friends for a night of nostalgia and get on the dance floor "baby, one more time." Class is for 18+ because it's not that innocent.

FAMILY

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

DIY SHOE CHARMS WORKSHOP

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

Age	Class	Time	Fee	Course #
ADULT				
18+	Glaze Application	6-8pm	\$20	41529
18+	FPOP! Diva Dance Party & Crafts Night	6:30-8:30pm	\$10	44080
YOUTH & FAMILY				
5+	DIY Shoe Charms Workshop - Family	6-8pm	\$5	42416

CTM PRESENTS

The Velveteen Rabbit

FRIDAY, MARCH 14, 6:30-8PM

AT MSCR EAST

GRADES K-5 + AN ADULT



JOIN US FOR THIS FREE EVENT!

The Children's Theater of Madison presents The Velveteen Rabbit. The story of the Velveteen Rabbit explores themes of love and imagination, as a toy rabbit becomes "real" by experiencing the magic of a child's deep affection, learning that true value comes from being loved, not just fancy or new. The goal of this program is to bring theater by youth and for youth out of the arts center and into the community. Designed with accessibility in mind, this performance is free, but space is limited, so please register! All audience members have the opportunity to participate in a theater workshop directly following the show with the members of the cast.

The show begins at 6:30pm. Please arrive early to grab your seat!

A registered adult must participate with a registered child for family workshops. Use # 44082 to register at mscr.org.



Heads Up! This guide shows available classes only. If you're already registered, your class is still on!

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

CHILD + ADULT CLASSES

MSCR MAKES - CHILD + ADULT

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

PROCESS ART - CHILD + ADULT

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

DANCE WITH ME CHILD + ADULT

Use games, songs, props and more to explore how bodies move! This class is designed for an adult and child to enjoy music and movement together while learning beginning artistic concepts. Each class is based on a skill that is developed through dancing, singing and literacy. Develop coordination, learn to move in space and have fun moving to music.

PRESCHOOL DANCE & MOVEMENT CLASSES

PRE-BALLET

Classes nourish a dancer's creativity and love of movement while exposing them to essential skills for all dancers, including active listening, coordination, spatial awareness, rhythm and basic ballet technique. This class is for the dancer only, adults are not allowed in the classroom.

YOUTH ENRICHMENT

HAIR BRAIDING BEGINNING

Join us for a relaxed and interactive introduction to the art of hair braiding, focusing on 3a through 4c hair types. 3a to 4c hair types are typically medium to tight curls and may have a coarser texture due to low porosity. Start with the basics, learning foundational techniques, along with other popular styles and hair care recommendations. The experienced instructor guides you step-by-step, providing personalized feedback and tips. Whether you want to add some flair to your hair or learn a new skill to share with family, this empowers you to create stunning braided hairstyles. All materials provided.

YOUTH MUSIC

MUSIC INDUSTRY 101 *NEW!*

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

UKULELE - BEGINNING

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

WORKSHOPS

MAKE YOUR OWN SHOE CHARMS WORKSHOP *NEW!*

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

Age	Class	Location	Day	Date	Time	Fee	Course#
CHILD + ADULT CLASSES							
18-30m	Dance with Me - Child + Adult	MSCR East	F	4/4-5/23	9-9:30am	\$38	44049
18-30m	Dance with Me - Child + Adult	MSCR East	Su	4/6-5/18	4:25-5:05pm	\$24	44055
3-4	MSCR Makes - Child + Adult	MSCR Central	Th	4/3-4/24	5-5:45pm	\$33	41490
3-5	Process Art - Child + Adult	MSCR West	F	4/4-4/25	10:45-11:30am	\$33	41581
3-5	Process Art - Child + Adult	MSCR West	F	5/9-5/30	10:45-11:30am	\$33	42181
PRESCHOOL DANCE & MOVEMENT							
3-4	Pre-Ballet	MSCR East	F	4/4-5/23	9:45-10:15am	\$38	44050
4-5	Pre-Ballet	MSCR East	F	4/4-5/23	10:30-11:10am	\$48	44051
3-4	Pre-Ballet	MSCR East	Su	4/6-5/18	5:20pm-5:50pm	\$33	44056
4-5	Pre-Ballet	MSCR East	Su	4/6-5/18	3:30pm-4:10pm	\$37	44054
YOUTH ENRICHMENT							
14+	Hairbraiding Beginning	Meadowood Neighborhood Ctr	W	4/2-5/7	6-7:30pm	\$60	44081
YOUTH MUSIC							
3-5	Music Industry 101	MSCR Central	Su	4/6-5/18	2-3pm	\$45	41524
6-8	Music Industry 101	MSCR Central	Su	4/6-5/18	3:15-4:30pm	\$53	41585
3-5	Ukulele - Beginning	MSCR Central	Th	4/3-5/15	5-6pm	\$57	41622
3-5	Ukulele - Continuing	MSCR Central	Th	4/3-5/15	6:15-7:15pm	\$57	42426
YOUTH, TEEN & FAMILY WORKSHOPS							
3-5	Make Your Own Shoe Charms Workshop	MSCR Central	T	4/1	5:45-7pm	\$15	42386



DANCE & MOVEMENT

BALLET

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

BATON TWIRLING - GROUP TRICK WORKSHOP *NEW!*

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

BATON TWIRLING - TRY IT!

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

BATON TWIRLING - TWO BATON WORKSHOP *NEW!*

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

CHEERLEADING *NEW!*

Sparkling smiles & spirited cheers! Our beginner cheerleading class is designed for energetic kids who love to move and have fun. Learn basic cheers, exciting jumps, and dynamic motions while developing coordination, rhythm and teamwork. Get ready to shine on and off the mat!

CONTEMPORARY DANCE *NEW!*

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

HIP HOP

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

JAZZ

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

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.

MUSICAL THEATER *NEW!*

Showtime! This exciting class introduces young performers to the world of musical theater. Learn basic dance techniques, develop stage presence and learn simple choreography from popular musicals. It's a fantastic way to build confidence, creativity and a love for the performing arts! Get ready to step into the spotlight!

TAP

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



**Heads Up! This guide shows available classes only.
If you're already registered, your class is still on!**

Grade	Class	Location	Day	Date	Time	Fee	Course#
DANCE & MOVEMENT							
2-5	Ballet	Madison Youth Arts Center	M	3/31-5/5	7:05-8:05pm	\$45	41417
K-2	Ballet	MSCR Central	W	4/2-5/21	6:30-7:20pm	\$53	44047
3-5	Ballet	MSCR Central	W	4/2-5/21	7:45-8:45pm	\$59	44048
3-12	Baton Twirling - Group Trick Workshop	MSCR West	M	3/31	5:45-6:45pm	\$10	42183
3-12	Baton Twirling - Two Baton Workshop	MSCR West	M	4/28	5:45-6:45pm	\$10	42420
1-8	Baton Twirling - Try It!	MSCR West	M	3/31	4:30-5:30pm	\$5	41395
1-8	Baton Twirling - Try It!	MSCR West	M	4/28	4:30-5:30pm	\$5	41371
K-2	Cheerleading	MSCR East	T	4/1-5/20	6:30-7:15pm	\$51	44045
3-5	Cheerleading	MSCR East	T	4/1-5/20	7:30-8:15pm	\$51	44046
4-8	Contemporary	MSCR East	T	4/1-5/6	7:25-8:25pm	\$45	41415
3-5	Hip Hop	MSCR East	Su	4/6-5/18	2-3pm	\$38	41498
K-1	Jazz	MSCR East	W	4/2-5/7	5:25-6:10pm	\$38	41412
K-1	Jazz	MSCR Central	Th	4/3-5/8	6:10-7:10pm	\$40	42195
2-5	Jazz	MSCR East	T	4/1-5/6	6:10-7:10pm	\$45	41413
2-5	Jazz	MSCR Central	Th	4/3-5/8	7:15-8:15pm	\$45	42196
4-6	Lyrical	Madison Youth Arts Center	W	4/2-5/14	7-8pm	\$52	42186
K-2	Musical Theater	MSCR East	Su	4/6-5/18	2:30-3:15pm	\$32	44053
3-5	Musical Theater	MSCR East	Su	4/6-5/18	1:30-2:15pm	\$32	44052
K-2	Musical Theater	MSCR West	M	3/31-5/19	6:45-7:30pm	\$51	44043
3-5	Musical Theater	MSCR West	M	3/31-5/19	7:45-8:30pm	\$51	44044
2-5	Tap	MSCR West	Sa	4/5-5/3	11:20am-12:20pm	\$38	42200



DANCE & MOVEMENT

BELLY DANCING 1

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

BELLY DANCING 2 *NEW!*

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

HIP HOP

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

JAZZ FUNK

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

VITALITY & DANCE LAB

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

Heads Up! This guide shows available classes only. If you're already registered, your class is still on!

Age	Class	Location	Day	Date	Time	Fee	Course #
DANCE & MOVEMENT							
18+	Belly Dancing 1	MSCR Central	M	3/31-5/19	6-7:15pm	\$76	42202
18+	Belly Dancing 2	MSCR Central	M	3/31-5/19	7:30-8:45pm	\$76	42204
18+	Hip Hop	MSCR East	Su	4/6-5/18	4:30-5:30pm	\$48	41460
18+	Jazz Funk	MSCR East	Su	4/6-5/18	3:15-4:15pm	\$48	41470
18+	Vitality & Dance Lab	MSCR East	Th	4/3-5/8	6:30-8pm	\$58	41451

DRAWING & PAINTING

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.

WATERCOLOR 2

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

WATERCOLOR STUDIO

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

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



Age	Class	Location	Day	Date	Time	Fee	Course #
DRAWING & PAINTING							
18+	Drawing 2	MSCR West	T	4/1-5/6	6:30-9pm	\$88	41459
18+	Watercolor Studio	MSCR West	T	4/1-5/6	12:30-3pm	\$82	41616
18+	Watercolor 2	MSCR Central	M	3/31	9:30am-12pm	\$88	41612

ENRICHMENT**BRIDGE BASICS 2 - COMPETITIVE BIDDING**

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

EXPLORING THE FIVE SENSES

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

THE FUN HABIT

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

HAIR BRAIDING BEGINNING

Join us for a relaxed and interactive introduction to the art of hair braiding, focusing on 3a through 4c hair types. 3a to 4c hair types are typically medium to tight curls and may have a coarser texture due to low porosity. Start with the basics, learning foundational techniques, along with other popular styles and hair care recommendations. The experienced instructor guides you step-by-step, providing personalized feedback and tips. Whether you want to add some flair to your hair or learn a new skill to share with family, this empowers you to create stunning braided hairstyles. All materials provided.

MEMOIR WRITING 2

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

WORKSHOP**AWE! NEW!**

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

VIRTUAL CLASS**WRITE YOUR NOVEL NEW!**

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

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

Age	Class	Location	Day	Date	Time	Fee	Course #
ENRICHMENT							
18+	Bridge Basics 2 - Competitive Bidding	MSCR West	T	4/1-4/22	4-6pm	\$44	41363
18+	Exploring the Five Senses	MSCR Central	Th	4/10-4/24	9:30-11am	\$36	42219
18+	The Fun Habit	MSCR East	F	5/9-5/16	9:30-11am	\$24	41469
14+	Hairbraiding Beginning	Meadowood Nghbr Ctr	W	4/2-5/7	6-7:30pm	\$60	44081
18+	Memoir Writing 2	MSCR West	M	3/31-5/5	6-8pm	\$72	41487
WORKSHOPS							
18+	Awe!	MSCR East	F	4/25	9:30-11:30am	\$12	41345
VIRTUAL							
18+	Write Your Novel	Virtual	T	4/1-4/29	6:30-8pm	\$55	41604





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

MSCR.ORG/JOBS

WORK WITH MSCR



ARMS & ABS

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

BARRE FUSION

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

BARRE SCULPT

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

BOLLYX DANCE

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

BOOT CAMP

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

BICYCLING - BACK IN THE SADDLE - OUTDOOR

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

BICYCLING - DIGITIZE YOUR RIDE, RIDE WITH GPS

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

BICYCLING - RIDE WITH FRIENDS, TRAVEL BY BICYCLE

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

CARDIO DANCE

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

CLASSIC CARDIO & TONING

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

HIIT

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

KICKBOX CARDIO

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

PURE STRENGTH

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

ROW FIT

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

SMALL GROUP TRAINING

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

STRENGTH TRAINING FOR WOMEN

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

TOTAL BODY FITNESS

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

TRX EXPRESS

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

TRX SUSPENSION TRAINING

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

WERQ

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

YOGA AMPED

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

ZUMBA

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

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

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

Saturday, May 3 - Friday, May 9

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

MIND & BODY**CORE FLOW NEW!**

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

GENTLE FLOW & MEDITATION

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

GENTLE YOGA

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

GENTLE YOGA FLOW

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

HATHA YOGA I

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

HATHA YOGA II

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

LGBTQIA+ YOGA

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

MAT PILATES

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

MINDFULNESS MOVEMENT & GUT HEALTH

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

**MINDFULNESS MOVEMENT & JOINT HEALTH**

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

PIYO

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

PRANAYAMA YOGA

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

T'AI CHI FLOW

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

YIN YOGA

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

YOGA FLOW

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

YOGA SCULPT

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

**Q. MY CLASS ISN'T IN THIS GUIDE.
SHOULD I BE CONCERNED?**

A. Don't worry! This guide only shows classes with current availability. If you've already signed up for a class, it's still on the schedule. This guide is just for those looking to register for new classes.



GOOD NEWS!



JOIN OUR TEAM!



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

MSCR.ORG/JOBS

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

FEE ASSISTANCE AVAILABLE

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. No additional documentation is required. Call 608-204-3000 for help.

Age	Class	Location	Day	Date	Time	Fee	Course #
VIRTUAL SESSION							
14+	Barre Sculpt	Virtual	M	3/31-6/2	5:30-6:15pm	\$45	42261
14+	WERQ	Virtual	M	3/31-6/2	6-6:45pm	\$45	42285
14+	Pure Strength	Virtual	M	3/31-6/2	7:45am	\$45	42283
14+	Arms & Abs	Virtual	M	3/31-6/2	8:15-9:00am	\$45	42206
14+	Yoga Sculpt	Virtual	T	4/1-6/3	7:45am	\$50	42256
14+	Zumba	Virtual	T	4/1-6/3	6-6:45pm	\$50	43671
14+	Mat Pilates	Virtual	T	4/8-6/3	6-6:45pm	\$45	42268
14+	Yin Yoga	Virtual	T	4/1-6/3	7-8pm	\$50	42227
14+	Total Body Fitness	Virtual	W	4/2-6/4	11-11:45am	\$50	42312
14+	Barre Sculpt	Virtual	W	4/2-6/4	7:45am	\$50	42263
14+	Arms & Abs	Virtual	F	4/4-6/6	8:15-9am	\$50	42205
14+	Pure Strength	Virtual	Th	4/3-6/5	5-5:45pm	\$50	41760
14+	Hatha Yoga II	Virtual	Th	4/3-6/5	5:30-6:45pm	\$45	42267
14+	T'ai Chi Flow	Virtual	Th	4/3-6/5	6-7pm	\$50	42311
14+	Yin Yoga	Virtual	Sa	4/5-5/17	10:15-11:15am	\$35	42226
14+	Gentle Yoga	Virtual	Su	4/6-5/18	5-6pm	\$30	42265
OUTDOOR SESSION							
18+	Gentle Yoga Flow	Olbrich Park	M	4/21-6/2	5-6pm	\$30	41746
18+	Kickbox Cardio	Garner Park	T	4/22-6/3	4:45-5:30pm	\$35	41748
18+	Pure Strength	Garner Park	T	4/22-6/3	5:40-6:25pm	\$35	41752
18+	LGBTQIA+ Yoga	Tenney Park	W	4/30-6/4	5:30-6:30pm	\$30	41749
18+	Ride with Friends, Travel by Bicycle	MSCR West	Th	4/3	4:30-6:30pm	\$5	42404
18+	Digitize Your Ride, Ride with GPS	MSCR West	Th	4/10	4:30-6:30pm	\$5	42405
18+	Kickbox Cardio	Garner Park	Th	4/24-6/5	4:45-5:30pm	\$35	41747
18+	PiYo	Garner Park	Th	4/24-6/5	5:40-6:25pm	\$35	42310
18+	Bicycling - Back in the Saddle	Kennedy Elem	Th	5/1-5/22	5:30-7:30pm	\$20	42403
18+	Pure Strength	Acewood Park	F	4/25-6/6	9:30-10:15am	\$35	41751

Q. MY CLASS ISN'T IN THIS GUIDE. SHOULD I BE CONCERNED?

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 Fitness
 Youth & Adult Sports
 Inclusion Services

[MSCR.ORG/JOBS](https://mscr.org/jobs)

INDOOR DESCRIPTIONS



AQUA ARTHRITIS EXERCISE

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

AQUA EXERCISE DEEP WATER

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

AQUA EXERCISE SHALLOW WATER

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

AQUA EXERCISE WARM WATER

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

ARMS & ABS

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

BALANCE, STRENGTH & CORE STABILITY

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

BALLROOM BASICS FOR BALANCE

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

BARRE SCULPT

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

BODY GROOVE

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

CARDIO DANCE

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

CARDIO DANCE & TONING

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

CARDIO STEP

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

CHAIR EXERCISE

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

CHAIR ONE DANCE FITNESS

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

CIRCUIT FITNESS

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

CORE & BALANCE COMBO

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

FITNESS CONDITIONING

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

FUNCTIONAL FITNESS

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

GENTLE EXERCISE

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

MINDFULNESS MOVEMENT & GUT HEALTH

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

MINDFULNESS MOVEMENT & JOINT HEALTH

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

PARKOUR FOR SENIORS

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

PILATES

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

PURE STRENGTH

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

SIMPLE STRENGTH

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

INDOOR DESCRIPTIONS

SMALL GROUP TRAINING

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

STRENGTH TRAINING FOR WOMEN

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

STRETCH & STRENGTH

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

TRX SUSPENSION TRAINING

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

TAI CHI**QIGONG FOR RENEWAL & RELAXATION**

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

QIGONG INTRO

Qigong is an ancient Chinese practice that combines gentle movements, controlled breathing and mental focus to cultivate and balance the body's "qi," which is considered the vital life force or breath energy. Class introduces the fundamental principles, movements and popular forms of Qigong. Harmonize body and mind through flowing movements which can help with stress reduction, mental clarity, emotional resilience and increased vitality.

TAI CHI ADVANCED

This class 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.

TAI CHI ELEMENTS

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

TAI CHI FOR ARTHRITIS & FALL PREVENTION

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

TAI CHI INTERMEDIATE

This class refines the movements of 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.

TAI CHI INTRO - PART 1

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 first half of the Beijing 24 T'ai Chi set of exercises.

CONVERSATION ON BRAIN HEALTH

Monday, April 21 at MSCR East, 9:30-10:20am Free!

Want to learn more about supporting your brain health? Join us for an engaging presentation and conversation with the Brain Health Team from the University of Wisconsin-Madison School of Medicine and Public Health. Explore age-related brain changes, conditions like Alzheimer's and dementia, and practical strategies to strengthen and protect your brain. This is an interactive event! Submit your questions/topics beforehand via this survey: [https://uwmadison.co1.qualtrics.com/jfe/form/SV_bIWtCNnckQEiXWe]. Your questions and experiences are key to this conversation! We look forward to learning together and exploring strategies to promote our brain well-being together. Use #44079 to register at mscr.org

TAI 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.

TAI 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 in order to perfect your form and build strength.

TAI CHI YANG STYLE

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

YOGA**CHAIR YOGA**

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

GENTLE YOGA

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

GENTLE YOGA FLOW

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

HATHA YOGA I

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

HATHA YOGA II

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

YOGA FLOW

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



Heads Up! This guide shows available classes only. If you're already registered, your class is still on!

Classes at Warner Park CRC require an annual purchased Photo ID
Please go to mscr.org for more information.

Some classes scheduled at WPCRC may be moved to alternate locations due to construction at Warner Park Due to construction.

Heads Up! This guide shows available classes only. If you're already registered, your class is still on!

Age	Class	Location	Day	Date	Time	Fee	Course #
50+	Aqua Exercise Shallow Water	Capitol Lakes Aquatics	M	3/31-5/19	3-4pm	\$45	41782
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	M	3/31-5/19	4:15-5:15pm	\$45	41792
50+	Aqua Exercise Deep Water	Capitol Lakes Aquatics	M	3/31-5/19	5:30-6:30pm	\$45	41777
50+	T'ai Chi - Part 1	MSCR Central	M	3/31-6/2	9:30-10:30am	\$43	43681
50+	QiGong - Intro	MSCR Central	M	3/31-6/2	10:45-11:30am	\$33	43680
50+	Cardio Dance & Toning	MSCR Central	M	3/31-6/2	12:30-1:30pm	\$39	41827
50+	Pure Strength	MSCR East	M	3/31-6/2	8:30-9:15am	\$29	41898
50+	Gentle Yoga Flow	MSCR East	M	4/7-6/2	10:30-11:15am	\$26	41965
50+	Cardio Dance	MSCR East	M	3/31-6/2	10:45-11:45am	\$39	41807
50+	Pilates	MSCR East	M	3/31-6/2	10:45-11:30am	\$29	41894
50+	Small Group Training	MSCR East	M	3/31-6/2	4-4:45pm	\$50	41914
50+	Gentle Exercise	MSCR West	M	3/31-6/2	10:15-11:15am	\$39	41870
50+	Cardio Dance & Toning	MSCR West	M	3/31-6/2	11:45am-12:45pm	\$39	41825
50+	Balance, Strength & Core Stability	MSCR West	M	3/31-6/2	12-1pm	\$39	42011
50+	Fitness Conditioning	Warner Park CRC	M	3/31-6/2	9-10am	\$39	41835
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	T	4/1-5/20	3:45-4:45pm	\$45	41793
50+	Aqua Arthritis Exercise	Lapham	T	4/1-5/20	3:15-4:15pm	\$42	41771
50+	T'ai Chi Intro - Part 2	MSCR Central	T	4/1-6/3	12:30-1:30pm	\$43	41943
50+	T'ai Chi Intermediate	MSCR Central	T	4/1-6/3	1:45-2:45pm	\$43	41937
50+	T'ai Chi Advanced	MSCR Central	T	4/1-6/3	3-4pm	\$43	41929
50+	Gentle Exercise	MSCR East	T	4/1-6/3	10-11am	\$43	41872
50+	Arms & Abs	MSCR East	T	4/1-6/3	11:15am-12pm	\$33	41797
50+	Pure Strength	MSCR East	T	4/1-6/3	12:15-1pm	\$33	41900
50+	Barre Sculpt	MSCR East	T	4/1-6/3	12:45-1:30pm	\$33	42382
50+	Chair Exercise	MSCR East	T	4/1-6/3	1:15-2pm	\$33	41811
50+	Gentle Yoga Flow	MSCR East	T	4/1-6/3	3-4pm	\$43	41967
50+	Hatha Yoga II	MSCR West	T	4/1-6/3	8:45-10am	\$39	41973
50+	Gentle Exercise	MSCR West	T	4/1-6/3	11am-12pm	\$43	41874
50+	T'ai Chi Elements	MSCR West	T	4/1-6/3	11am-12pm	\$43	41933
50+	Cardio Step	MSCR West	T	4/1-6/3	11:30am-12:15pm	\$33	42208
50+	Simple Strength	MSCR West	T	4/1-5/20	1:15-5pm	\$35	41908
50+	Chair Exercise	Warner Park CRC	T	4/1-6/3	10:15-11:15am	\$43	41810
50+	Core & Balance Combo	Warner Park CRC	T	4/1-6/3	11:30am-12:30pm	\$43	41833

JOIN OUR TEAM!

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



Age	Class	Location	Day	Date	Time	Fee	Course #
50+	Aqua Exercise Deep Water	Capitol Lakes Aquatics	W	4/2-5/21	3:15-4:15pm	\$45	41779
50+	Functional Fitness	MSCR Central	W	4/2-6/4	11:30am-12:20pm	\$43	42336
50+	Functional Fitness	MSCR Central	W	4/2-6/4	12:30-1:20pm	\$43	42337
50+	Barre Sculpt	MSCR Central	W	4/2-5/21	2-3pm	\$43	42474
50+	Balance, Strenth & Core	MSCRCentral	W	4/2-5/219	3:15-4:15pm	\$43	42475
50+	Pilates	MSCR East	W	4/9-6/4	8:30-9:30am	\$39	41892
50+	Cardio Dance & Toning	MSCR East	W	4/2-6/4	9:30-10:30am	\$43	41828
50+	T'ai Chi for Arthritis & Falls Prevention	MSCR East	W	4/23-6/4	9:30-10:30am	\$30	43682
50+	Balancing Act	MSCR East	W	4/23-6/4	10:45-11:45am	\$30	44042
50+	Simple Strength	MSCR West	W	4/2-6/4	9-10am	\$43	41910
50+	Chair Exercise	MSCR West	W	4/2-6/4	10:15-11am	\$33	41814
50+	Stretch & Strength	MSCR West	W	4/9-6/4	10:30-11:30am	\$39	41927
50+	Functional Fitness	MSCR West	W	4/2-6/4	5:30-6:30pm	\$43	42339
50+	Fitness Conditioning	Warner Park CRC	W	4/2-6/4	9-10am	\$43	41837
50+	Pure Strength	Warner Park CRC	W	4/2-6/4	10:15-11am	\$33	41902
50+	Mindfulness Movement & Joint Health	Warner Park CRC	W	4/2-6/4	10:30-11:30am	\$33	42346
50+	T'ai Chi Intermediate	Warner Park CRC	W	4/2-6/4	1-2pm	\$43	42351
50+	Aqua Exercise Shallow Water	Capitol Lakes Aquatics	Th	4/3-5/22	2-3pm	\$45	41783
50+	Aqua Exercise Warm Water	Capitol Lakes Aquatics	Th	4/3-5/22	3:15-4:15pm	\$45	41795
50+	Balance, Strength & Core Stability	MSCR Central	Th	4/3-6/5	10-11am	\$43	41801
50+	Cardio Dance	MSCR Central	Th	4/3-6/5	11:15am-12:15pm	\$43	42335
50+	Yoga Flow	MSCR East	Th	4/3-6/5	10:30-11:30am	\$43	41981
50+	TRX Suspension Training	MSCR East	Th	4/3-6/5	12-12:45pm	\$33	41953
50+	Body Groove	MSCR East	Th	4/3-6/5	12-1pm	\$43	41822
50+	T'ai Chi Intermediate	MSCR East	Th	4/3-6/5	1:30-2:30pm	\$43	41941
50+	T'ai Chi Intro - Part 1	MSCR East	Th	4/3-6/5	2:45-3:45pm	\$43	41949
50+	Chair Exercise	MSCR West	Th	4/3-6/5	9:30-10:30am	\$43	41816
50+	T'ai Chi for Arthritis & Fall Prevention	MSCR West	Th	4/3-6/5	9:30-10:30am	\$43	41935
50+	Hatha Yoga I	MSCR West	Th	4/3-6/5	10:15-11:15am	\$39	41971
50+	Gentle Exercise	MSCR West	Th	4/3-6/5	11am-12pm	\$43	41876
50+	Cardio Dance & Toning	MSCR West	Th	4/3-6/5	11:35am-12:35pm	\$43	42338
50+	TRX Suspension Training	MSCR West	Th	4/3-6/5	1:45-2:35pm	\$43	42345
50+	Pilates	MSCR West	Th	4/3-6/5	2:30-3:30pm	\$43	41896
50+	Functional Fitness	MSCR West	Th	4/3-5/22	3-3:50pm	\$35	41863
50+	Chair Yoga	MSCR Central	F	4/4-6/6	9:30-10:15am	\$33	41957
50+	Cardio Dance	MSCR Central	F	4/4-6/6	12:15-1:15pm	\$43	41804
50+	Ballroom Basics for Balance	MSCR East	F	4/4-6/6	9-10am	\$43	41812
50+	Cardio Dance	MSCR East	F	4/4-6/6	10:45-11:45am	\$43	41806
50+	Strength Training for Women	MSCR East	F	4/4-6/6	12:30-1:30pm	\$43	41920
50+	Circuit Fitness	MSCR East	F	4/4-6/6	1:45-2:45pm	\$43	41869
50+	Gentle Yoga	MSCR West	F	4/4-6/6	9-10am	\$39	41962
50+	Gentle Exercise	MSCR West	F	4/4-6/6	10:20-11:20am	\$43	41878
50+	Chair One Dance Fitness	MSCR West	F	4/4-6/6	12-1pm	\$43	41821
50+	Mindfulness Movement & Gut Health	Warner Park CRC	F	4/4-6/6	10:30-11:30am	\$33	41883
50+	Chair Exercise	Warner Park CRC	F	4/4-6/6	12:30-1:30pm	\$43	41818



**Heads Up! This guide shows available classes only.
If you're already registered, your class is still on!**

OUTDOOR

BICYCLING - BACK IN THE SADDLE

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

NORDIC POLE WALKING

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

PARKOUR FOR SENIORS

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

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 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

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

WALKABOUTS

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

VIRTUAL

BALANCING ACT

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

CHAIR EXERCISE

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

CHAIR ONE DANCE FITNESS

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

CORE WITHOUT THE FLOOR

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

FUNCTIONAL FITNESS

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

MEDITATION

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

PURE STRENGTH

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

SIMPLE STRENGTH

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

STRETCH & STRENGTH

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

STRENGTH TRAINING FOR WOMEN

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

T'AI CHI /CHI KUNG FOR BALANCE

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

WALK & TONE

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

GENTLE YOGA

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

GENTLE YOGA FLOW

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

HATHA YOGA I

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

YOGA FLOW

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

YOGA SUAVE EN ESPAÑOL

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



Heads Up! This guide shows available classes only. If you're already registered, your class is still on!

Age	Class	Location	Day	Date	Time	Fee	Course #
OUTDOOR SESSION							
50+	Tai Chi Yang Style	Garner Park	M	4/21-6/2	9:30-10:30am	\$26	42394
50+	Stretch & Strength	Rennebohm Park	T	4/22-6/3	8:30-9:30am	\$30	41985
50+	WalkAbouts	TBA	T	4/22-6/3	9:15-10:15am	\$30	41989
50+	Parkour for Seniors	Warner Park	T	4/22-6/3	9:30-11am	\$53	41885
50+	Parkour for Seniors	Warner Park	T	4/22-6/3	11:15am-12:45pm	\$53	41887
50+	Tai Chi Yang Style	Garner Park	W	4/23-6/4	9:30-10:30am	\$30	42390
50+	Nordic Pole Walking	Lake Farm Park	W	5/14	9-10am	\$5	41982
50+	Tai Chi Pole	MSCR Central	W	4/23-6/4	3-4pm	\$30	41986
50+	Bicycling - Back in the Saddle	Olbrich Park	W	5/7-5/28	9:30-11:30am	\$17	42402
50+	Bicycling - Back in the Saddle	Olin-Turville Park	Th	5/8-5/29	9:30-11:30am	\$17	42401
50+	Nordic Pole Walking	Warner Park	Th	5/8	9-10am	\$5	42352
50+	Tai Chi Yang Style	Garner Park	F	4/25-6/6	9:30-10:30am	\$30	42393
50+	QiGong for Renewal & Relaxation	Garner Park	F	4/25-6/6	10:30-11:30am	\$30	41987
50+	Tai Chi Intermediate	Hoyt Park	F	4/25-6/6	1-2pm	\$30	41988
VIRTUAL SESSION							
50+	Pure Strength	Virtual	M	3/31-6/2	8:30-9:15am	\$29	41999
50+	Chair Exercise	Virtual	M	3/31-6/2	9:15-10:15am	\$39	41993
50+	Gentle Yoga Flow	Virtual	M	3/31-6/2	10-10:45pm	\$29	42217
50+	Yoga Suave en Español	Virtual	M	3/31-6/2	10:15-11:15am	\$0	42218
50+	Functional Fitness	Virtual	M	3/31-6/2	10:30-11:30am	\$39	41995
50+	Stretch & Strength	Virtual	M	3/31-6/2	11-11:45am	\$29	42275
50+	Strength Training for Women	Virtual	T	4/1-6/3	8-8:45am	\$33	42002
50+	Yoga Flow	Virtual	T	4/1-6/3	9-9:45am	\$43	42221
50+	Simple Strength	Virtual	T	4/1-6/3	9-10am	\$43	42000
50+	Gentle Yoga	Virtual	T	4/1-6/3	10:30-11:30am	\$65	42212
50+	Chair One Dance Fitness	Virtual	T	4/8-6/3	12:15-1pm	\$39	41994
50+	Tai Chi /Chi Kung for Balance	Virtual	T	4/1-6/3	1-2pm	\$43	42360
50+	Meditation	Virtual	T	4/1-6/3	1-2pm	\$43	42207
50+	Core without the Floor	Virtual	W	4/2-6/4	9-9:30am	\$22	42277
50+	Walk & Tone	Virtual	W	4/2-6/4	10-10:45am	\$33	42280
50+	Pure Strength	Virtual	W	4/2-6/4	3-4pm	\$43	42273
50+	Functional Fitness	Virtual	Th	4/3-6/5	9:30-10:30am	\$43	41996
50+	Simple Strength	Virtual	Th	4/3-6/5	9-10am	\$43	42260
50+	Yoga Flow	Virtual	Th	4/3-6/5	10:30-11:30am	\$33	42007
50+	Balancing Act	Virtual	Th	4/3-6/5	1-1:45pm	\$33	42361
50+	Hatha Yoga I	Virtual	Th	4/3-6/5	4:15-5:15am	\$39	42211
50+	Core Without the Floor	Virtual	F	4/4-6/6	9-9:45am	\$33	43726

CUSTOMIZABLE EXPERIENCES

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

MADISON SCHOOL FOREST

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

PROGRAM OPTIONS:

OVERNIGHT CAMPING

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

ENVIRONMENTAL EDUCATION

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

NIGHT PROGRAMS

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

ORIENTEERING

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

CHALLENGE COURSE

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

PADDLING

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



TEAMBUILDING

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

Program Options:

LOW CHALLENGE COURSE

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

LOW/HIGH CHALLENGE COURSE

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

MOBILE COURSE

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

REAL COLORS

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

Interested in designing your own program?

Contact Outdoor Programs Specialists:

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

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

NOW HIRING

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



MSCR.ORG/JOBS

CHILD + ADULT

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

DIGGING IN THE DIRT - CHILD+ADULT

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

OUTDOOR SURVIVAL SKILLS - CHILD+ADULT

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

FAMILY & MULTI-AGE

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

NATURE EXPLORATION

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

NIGHT EXPERIENCE

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



ORIENTEERING

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

Age	Class	Location	Day	Date	Time	Fee	Course #
CHILD + ADULT							
5-11	Digging in the Dirt - Child+Adult	Madison School Forest	Sa	4/26	10am-12pm	\$10	42087
5-11	Outdoor Survival Skills - Child+Adult	Madison School Forest	Su	4/20	2-4pm	\$10	42095
FAMILY & MULTI-AGE							
All	Nature Exploration	Cherokee Marsh	Su	5/18	10am-12pm	\$0	42092
5+	Night Experience	Madison School Forest	Sa	5/17	6-8pm	\$8	42209
All	Orienteering	Madison School Forest	Sa	5/17	2-5pm	\$8	42210

Q:
MY CLASS ISN'T IN THIS GUIDE. SHOULD I BE CONCERNED?

A:
Don't worry! This guide only shows classes with current availability. If you've already signed up for a class, it's still on the schedule. This guide is just for those looking to register for new classes.



MSCR West  **March 7**

FRIDAY NIGHT = FEATURES =

POP! Diva Dance Party & Crafts Night

6:30PM - 8:30PM, Ages 18+, #44080

Glaze Application

6PM - 8PM, Ages 18+, #41529

SIGN UP MSCR.ORG



AQUATICS



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.

Heads Up! This guide shows available classes only. If you're already registered, your class is still on!

West High School Pool, 30 Ash St

ADULT CLASSES

WATER POLO (AGES 14+)

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

Day & Date	Time	Class	Fee	Course #
Wed 3/5-4/30	5:15-6:45pm	Water Polo- Ages 14+	\$80	42407

YOUTH CLASSES

WATER BALLET (AGES 5 - 14)

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

Day & Date	Time	Class	Fee	Course #
Mon 3/3-4/28	5-6pm	Water Ballet	\$72	41315

ADULT SPORTS LEAGUES

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!

REGISTRATION

Register your team at mscrsportsleagues.org

SUMMER SOFTBALL

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

SUMMER KICKBALL

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

Age	Sport	Registration	Late Registration	Play
16+	Summer Softball	3/17-4/6	4/7-4/13	5/9 to August
16+	Summer Kickball	3/31-4/13	4/14-4/20	5/21 to August



WANT TO JOIN A TEAM? JOIN OUR FREE AGENT LIST

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

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

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

YOUTH SPORTS LEAGUES

MSCR Youth Sports inspires kids to lead active, healthy lives and to make friends through sports, leagues and classes.

MSCR Youth Sports Leagues provides participants an experience that emphasizes skill and character development through non-competitive recreational leagues. Our youth leagues promote fun, participation, sportsmanship and fair play. MSCR offers soccer, baseball, tball, and flag football leagues throughout the year. All children are welcome to join our leagues regardless of skill level or sports experience. If you are looking for a fun, safe, non competitive youth sports league experience, MSCR is the place to be!

- League Game schedules are released one week prior to the season start date
- Sign up as an individual and let us place you on a team or request to join a team with your friends
- Volunteer Coaches are always needed!

Find more league information and sign up at mscryouthsportsleagues.org

FLAG FOOTBALL LEAGUES

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

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



Grade	Location	Day	Date	Time
2-3	Cherokee Heights	Tu	4/22-6/8	5:30-7:30pm
4-5		Th	4/24-6/7	

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

REGISTRATION FOR SPORTS LEAGUES

Go to mscryouthsportsleagues.org or go to MSCR East, MSCR Central or MSCR West for a paper registration.

All volunteer coaches must register at mscryouthsportsleagues.org.

SOCCER LEAGUES 608.229.6820

MSCR Youth Soccer Leagues are designed to provide neighborhood-based recreational soccer programs for players of all abilities and experience levels. Our community-focused leagues strive to bring players, families and volunteer coaches together while enjoying and learning the basics of soccer. No try-outs, scores or records are kept - just in it for the fun of the beautiful sport. MSCR staff schedules the games, provides referees, and supports volunteer coaches throughout each season. Volunteer coaches may also schedule practice days/times but they are not mandatory.

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

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



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



BICYCLING - PEDAL PARTY - CHILD + ADULT

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

CAPOEIRA - ALL LEVELS

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

CAPOEIRA LEVEL 1

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

CAPOEIRA LEVEL 2

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

FAMILY YOGA

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

RUNNING CLUB

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

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.

Age	Class	Location	Day	Date	Time	Fee	Course#
5-12	Capoeira Level 1	MSCR Central	M	3/31-6/2	4:30-5:15pm	\$45	41654
5-12	Capoeira Level 2	MSCR Central	M	3/31-6/2	5:30-6:15pm	\$45	41658
8-13	Strength & Conditioning	MSCR East	T	4/1-6/3	5:15-6pm	\$50	41669
8-13	Running Club East - Outdoor	Demetral Park	T	4/22-6/3	5:30-6:15pm	\$35	41670
3-6	Family Yoga	MSCR West	T	4/8-5/27	6:15-7pm	\$40	41651
8-13	Running Club Central - Outdoor	MSCR Central	W	4/23-6/4	5:30-6:15pm	\$35	42328
8+	Bicycling - Pedal Party	Kennedy Elementary School	W	4/30-5/21	5:30-6:30pm	\$20	42406
5-12	Capoeira - All Levels	Warner Park CRC	Th	4/3-6/5	5-5:45pm	\$50	41655

THANK YOU TO THE FOLLOWING CONTRIBUTORS & DONORS FOR SUPPORTING MSCR PROGRAMS

CONTRIBUTORS	United Way of Dane County	Barbara Buechel	Kyoko Maund	Linda Schmidt
Boomer Harris Fund	WI Department of Public Instruction	Carolyn Culp	David and Maureen	Donna Senzig
City of Madison Community Development Division	Nita M. Lowey 21st Century Community Learning Center	Helen Fischer	McGlynn Flanagan	Rosann Sherrill
City of Madison Parks Division	DONORS	Anthonette Gilpatrick	Marjon Ornstein	Mike & Nancy Sloan
Dane County	Bobbie Alexander	Anthonette Gilpatrick	Richard and Sally Raschick	Angie Stewart
Foundation for Madison's Public Schools	Nancy Baillies	Karen Gustafson	Jane Richardson	Ann Waidelich
Friends of MSCR	Barbara Baumgartner	Telise Johnsen	Celeste L. Robins	Patricia Watson
Madison Rotary Foundation	Pamela Bradford	Faith Kelley	Nancy Ross	Nancy Widder
- Goodman 50+ Fitness Fund	Nancy Braem	Nancy Kendrick	Kathleen Saunders	Philip Wiseley
		James Larson	Mary Jo Schiavoni	Karen Wolf
		Karen Lindau		Sandra & George Wysock



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

WHAT IS THE INCLUSIVE APPROACH TO RECREATION?

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

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

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

WHAT ARE THE ELIGIBILITY REQUIREMENTS?

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

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

WHAT ARE REASONABLE ACCOMMODATIONS?

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

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

WHAT ARE THE LIMITATIONS OF INCLUSION SERVICES?

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

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

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

WHO DOES MSCR HIRE?

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

HOW CAN YOU ACCESS SERVICES?

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

BY REQUESTING INCLUSION SERVICES, I UNDERSTAND THAT:

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

FOR MORE INFORMATION ON INCLUSION SERVICES:

Jason Busack

Inclusion Services Specialist

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

Email: jbbusack@madison.k12.wi.us

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

Jill Jaworski

Inclusion Services Specialist

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

Email: jjaworski1@madison.k12.wi.us

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



Online:
Register for most MSCR activities at mscr.org



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



Email:
mscr@madison.k12.wi.us



Fax :
608-204-0557



Registration is open for spring!

1. Complete the Registration Form on page 27. All members of a household may register for multiple classes on one form. Or register at mscr.org, all customers must create an account prior to registering online. All fees include appropriate sales tax.
2. Include first and alternate choice where applicable. If your first choice is full, we will try your alternate choice. If both choices are full, your fee will be returned and you will be added to the waitlist.
3. Make check or money order payable to MSCR. Visa and MasterCard also accepted.
4. Receipts are emailed, unless a stamped, self-addressed envelope is enclosed. Please verify that your email address is correct.
5. Return to MSCR one of four easy ways: email, mail, drop off or fax.

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

REFUND POLICY

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

WEATHER IMPACT mscr.org/weather-impact/

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

WEATHER IMPACT & CANCELLATIONS

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

MISSED PROGRAMS

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

PROGRAMS AT WARNER PARK CRC (WPCRC)

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

CUSTOMER PRIVACY STATEMENT

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

FEE ASSISTANCE

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

LAW REGARDING CONCUSSION PREVENTION

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

INFORMACIÓN EN ESPAÑOL

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

GENDER

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

INSURANCE

MSCR does not provide individual accident insurance for participants.

NON-DISCRIMINATION STATEMENT

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

REGISTRATION POLICIES

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

RESIDENCY

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

SERVICES FOR PEOPLE WITH DISABILITIES

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

WAIT LIST

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

MSCR Registration Form

Madison School & Community Recreation Office: MSCR Central, 328 E. Lakeside St., Madison, WI 53715 Phone: 608-204-3000 Fax: 608-204-0557 E-mail: mscr@mcdlison.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) ___ Yes ___ 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 24.	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							
					1st Alternate, if any							

*Must complete form on back.

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

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

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

Credit Card Number:

Name as printed on card: _____ Three Digit Code

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

Youth Sports Participants:
 I acknowledge receipt of Concussion & Sudden Cardiac Arrest Information (page 24).

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

Liability Waiver - Signature Required for Participation

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

Signature: _____

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

Fee Assistance Request

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

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

WHAT HAPPENS NEXT?

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