

MSCR EAST Fall 2016

Check out the fun at this new facility!
4620 Cottage Grove Rd, 608-709-1927

PRESCHOOL ARTS & ENRICHMENT

Age	Day	Date	Time	Fee	Course #
BABY & ME - PARENT/CHILD - NEW!					
0-18m	Th	9/22-10/20	8:45am-9:30am	\$22	12489
0-18m	Th	11/3-12/8	8:45am-9:30am	\$22	12495
FUN WITH MUSIC - PARENT/CHILD					
1-5	Th	9/22-10/20	9:45am-10:30am	\$22	12491
1-5	Th	11/3-12/8	9:45am-10:30am	\$22	12497
LITTLE MOVERS - PARENT/CHILD					
2-3	M	9/12-10/17	11:10am-11:40am	\$22	12449
2-3	T	9/13-10/18	9:45am-10:15am	\$22	12451
2-3	M	10/24-11/28	11:10am-11:40am	\$22	12450
2-3	T	10/25-11/29	9:45am-10:15am	\$22	12452
DANCE - 3 YEAR-OLD PRE-BALLET					
3	Sa	9/10-11/12	9:00am-9:30am	\$36	12427
3	Su	9/11-11/13	4:45pm-5:15pm	\$36	11528
3	M	9/12-11/14	5:25pm-5:55pm	\$36	11527
3	M	9/12-10/17	9:00am-9:30am	\$22	11529
3	T	9/13-10/18	10:30am-11:00am	\$22	11518
3	T	9/13-11/15	5:00pm-5:30pm	\$36	12423
3	Th	9/15-11/17	4:45pm-5:15pm	\$36	11525
3	M	10/24-11/28	9:00am-9:30am	\$22	11531
3	T	10/25-11/29	10:30am-11:00am	\$22	12417
DANCE - 4 YEAR-OLD PRE-BALLET					
4	Sa	9/10-11/12	9:40am-10:20am	\$48	12437
4	M	9/12-10/17	9:40am-10:20am	\$29	12438
4	M	9/12-11/14	6:05pm-6:45pm	\$48	12439
4	T	9/13-10/18	11:15am-11:55am	\$29	12440
4	T	9/13-11/15	5:40pm-6:20pm	\$48	11550
4	Th	9/15-11/17	5:25pm-6:05pm	\$48	11544
4	M	10/24-11/28	9:40am-10:20am	\$29	12434
4	T	10/25-11/29	11:15am-11:55am	\$29	12441
DANCE - RHYTHM & MOVEMENT					
3-5	M	9/12-10/17	10:30am-11:00am	\$22	12460
3-5	T	9/13-10/18	9:00am-9:30am	\$22	12462
3-5	M	10/24-11/28	10:30am-11:00am	\$22	12461
3-5	T	10/25-11/29	9:00am-9:30am	\$22	12463
LET'S LEARN THROUGH PLAY NEW!					
3-5	Th	9/22-10/20	10:45am-11:30am	\$22	12493
3-5	Th	11/3-12/8	10:45am-11:30am	\$22	12499

YOUTH DANCE & MOVEMENT

Grade	Day	Date	Time	Fee	Course#
BALLET					
K-1	Sa	9/10-11/12	10:30am-11:20am	\$66	11558
K-1	T	9/13-11/15	4:00pm-4:50pm	\$66	11553
BALLET/JAZZ					
2-5	S	9/11-11/13	3:20pm-4:35pm	\$78	11565
HIP HOP					
3-5	M	9/12-11/14	4:15pm-5:15pm	\$69	11573
3-5	Th	9/15-11/17	6:15pm-7:15pm	\$69	11572
JAZZ					
K-2	M	9/12-11/14	3:15pm-4:05pm	\$66	11577
MODERN					
4-8	Sa	9/10-11/12	11:30am-12:30pm	\$69	12454
POMS - NEW!					
4-8	Su	9/11-11/13	2:15pm-3:15pm	\$69	12476
DANCE- HIGH KICK					
4-8	T	9/13-11/15	6:30pm-7:30pm	\$69	12547

See back page for
Adult Classes & Workshops



PARENT/CHILD WORKSHOPS

MOVIE MAKE IT - MOANA - PARENT/CHILD - NEW!					
3-7 yrs	Su	12/4	10-11:30 AM	\$15	11700
MOVIE MAKE IT - FINDING DORY - PARENT/CHILD - NEW!					
3-7 yrs	Th	8/25	6-7:30 PM	\$15	12483
MOVIE MAKE IT - THE SECRET LIFE OF PETS - PARENT/CHILD - NEW!					
3-7 yrs	Tu	8/30	6-7:30 PM	\$15	12530
OOEY GOOEY MONSTERS - PARENT/CHILD					
3-7 yrs	Sa	10/29	10-11:30 AM	\$15	12486

YOUTH ENRICHMENT

Grade	Day	Date	Time	Fee	Course#
BUILD IT WITH DR. T					
1-4	Th	9/15-10/13	4:45pm-6:00pm	\$25	12537
JEWELRY					
4-8	M	11/7-12/12	4:30-5:30pm	\$45	12515
MIXED MEDIA ART - NEW!					
1-3	T	10/25-11/29	4:00pm-5:00pm	\$37	12517
4-6	T	10/25-11/29	5:15pm-6:15pm	\$37	12518
SEWING STUDIO - DRAWSTRING BAG					
4-8	W	9/21-10/12	4:30pm-6:00pm	\$50	12487
SEWING STUDIO INFINITY SCARF					
4-8	W	10/26-11/16	4:30pm-6:00pm	\$50	12488
PAINTING					
K-2	T	9/13-10/11	4:00pm-5:00pm	\$42	12519
3-5	Tu	9/13-10/11	5-6 pm	\$40	12520
MAKE AND TAKE WOODEN SIGNS - PARENT/CHILD					
1-8	Su	11/6	2:30pm-4:30pm	\$40	12411

YOUTH & FAMILY FITNESS

Age	Day	Date	Time	Fee	Course#
YOGA BEARS					
2-3	Th	9/15-11/10	9:30am-10:15am	\$41.75	12316
CAPOEIRA					
5-11	Th	9/15-11/17	4:30pm-5:15pm	\$41.75	12313
WERQ KIDS!					
7-13	Sa	9/17-11/12	10:00am-10:45am	\$41.75	12318

YOUTH FITNESS WORKSHOPS

Age	Day	Date	Time	Fee	Course#
GLOWGA (GLOW IN THE DARK YOGA!)					
5+	F	1/6	5:30pm-7:00pm	\$6	12333
GLOWGA TWEENS (GLOW IN THE DARK YOGA!)					
11-14	F	1/6	6:30pm-8:00pm	\$12	12335
YOGA & BRACELET MAKING WORKSHOP					
8-12	Sa	12/10	10:00am-11:30am	\$12	12331

ADULT ARTS WORKSHOPS

Shibori Dyeing Workshop					
18+	Su	10/2	2:30pm-5:30pm	\$36	12433
Chocolate & Paint Night					
18+	F	10/7	7:00pm-9:00pm	\$25	12347
Day of the Dead					
18+	F	10/28	6:30pm-8:30pm	\$24	12401

ADULT ARTS & ENRICHMENT

Age	Day	Date	Time	Fee	Course#
DANCE					
BALLET 1					
18+	M	9/12-11/14	6:30pm-7:30pm	\$54	12414
BALLET 2					
18+	M	9/12-11/14	7:45pm-8:45pm	\$54	12416
BALLROOM TRY IT!					
18+	W	9/7	7:00pm-8:15pm	\$7	11568
BALLROOM 1					
18+	W	9/14-10/12	7:00pm-8:15pm	\$32	12405
HIP HOP					
18+	Th	9/15-11/17	7:30pm-8:30pm	\$54	12419
SCOTTISH COUNTRY DANCE					
14+	T	9/27-11/15	7:45pm-8:45pm	\$43	12406
DRAWING & PAINTING					
DRAWING 1					
18+	T	9/13-10/18	1:00pm-3:30pm	\$75	12431
DRAWING 2					
18+	T	10/25-11/29	1:00pm-3:30pm	\$75	12432
ACRYLICS					
18+	F	9/16-10/21	9:00am-11:30am	\$86	12379
18+	F	11/4-12/16	9:00am-11:30am	\$86	12380
WATERCOLOR - TRY IT!					
18+	Sa	9/10-9/10	9:00am-11:30am	\$13	12378
WATERCOLOR 1					
18+	Sa	9/17-10/22	9:00am-11:30am	\$80	12373
WATERCOLOR 2					
18+	Sa	11/5-12/17	9:00am-11:30am	\$80	12374
ENRICHMENT					
ART METALS					
18+	M	11/7-12/12	6:00pm-8:30pm	\$80	12422
CROCHETING					
18+	M	11/28-12/12	10:00am-12:00pm	\$35	12366
GUITAR 1					
18+	T	9/13-11/15	6:30pm-7:30pm	\$54	12407
GUITAR 2					
18+	T	9/13-11/15	7:45pm-8:45pm	\$54	12409
KNITTING 1					
18+	M	9/12-9/26	10:00am-12:00pm	\$35	11629
KNITTING 2					
18+	M	10/10-10/24	10:00am-12:00pm	\$35	11630
KNITTING MAGIC SOCKS					
18+	M	11/7-11/21	10:00am-12:00pm	\$35	12363
SEWING 1					
18+	Su	9/11-9/25	2:30pm-4:30pm	\$40	12381
18+	T	9/13-9/27	9:30am-11:30am	\$40	12382
SEWING 2					
18+	Th	11/3-11/17	6:30pm-8:30pm	\$40	12383
SEWING - ALTERATIONS					
18+	Su	10/9-10/23	2:30pm-4:30pm	\$40	12395
18+	T	10/11-10/25	9:30am-11:30am	\$40	12384
SEWING - CORSETS					
18+	Th	9/29-10/27	6:30pm-9:00pm	\$63	12396
SEWING - DOLL CLOTHES					
18+	T	11/1-11/22	9:30am-11:30am	\$50	12385
SEWING - PATCHWORK STOCKING					
18+	Th	12/1-12/15	6:30pm-8:30pm	\$50	12397
SEWING - T-SHIRT QUILT					
18+	W	9/21-11/9	6:30pm-8:30pm	\$75	12398

ADULT FITNESS

Age	Day	Date	Time	Fee	Course#
ONE DUMBBELLS					
FOAM ROLL & RECOVER					
14+	T	9/13-11/8	8:15pm-9:00pm	\$41.75	11779
GENTLE YOGA FLOW					
14+	W	9/14-11/9	6:30pm-7:30pm	\$41.75	11761
14+	Th	9/15-11/10	10:30am-11:30am	\$41.75	12284
STRONG WOMEN					
18+	M	9/12-11/7	8:00am-9:00am	\$41.75	11783
18+	M	9/12-11/7	4:30pm-5:15pm	\$41.75	11785
18+	W	9/14-11/9	4:30pm-5:15pm	\$41.75	12264
TAI CHI YANG I					
14+	T	9/13-11/8	6:30pm-7:30pm	\$41.75	11790
YIN YOGA					
14+	M	9/12-11/7	7:00pm-8:00pm	\$41.75	11793
TWO DUMBBELLS					
45 STRENGTH					
14+	M	9/12-11/7	5:30pm-6:15pm	\$41.75	11745
60 MIX					
14+	Th	9/15-11/10	6:30pm-7:30pm	\$41.75	11746
CIRCUIT TRAINING					
14+	W	9/14-11/9	5:30pm-6:15pm	\$41.75	12268
14+	Th	9/15-11/10	5:30pm-6:15pm	\$41.75	12287
14+	Sa	9/17-11/12	10:00am-10:45am	\$41.75	12305
CORE					
14+	W	9/14-11/9	7:00pm-7:45pm	\$41.75	12356
HIP HOP AEROBICS					
14+	T	9/13-11/8	6:15pm-7:00pm	\$41.75	11765
POUND					
14+	M	9/19-11/7	6:00pm-6:45pm	\$37.25	12277
STRENGTH TRAINING FOR WOMEN					
14+	T	9/13-11/8	5:00pm-6:00pm	\$41.75	12258
TAI CHI YANG II					
14+	Th	9/15-11/10	6:15pm-7:15pm	\$41.75	11791
WERQ					
14+	M	9/12-11/7	7:00pm-7:30pm	\$41.75	12278
14+	Sa	9/17-11/12	9:00am-9:45am	\$41.75	12298
ZUMBA					
14+	M	9/12-11/7	5:00pm-5:45pm	\$41.75	11808
THREE DUMBBELLS					
BOOT CAMP					
14+	W	9/14-11/9	6:00pm-6:45pm	\$41.75	12355
HIIT					
14+	T	9/13-11/8	7:15pm-8:00pm	\$41.75	11763
14+	Sa	9/17-11/12	9:00am-9:45am	\$41.75	12303

GOODMAN-ROTARY 50+ FITNESS

Age	Day	Date	Time	Fee	Course#
BALANCING ACT					
50+	T	9/20-12/13	10:00am-10:45am	\$39	11853
50+	W	9/14-12/14	10:00am-10:45am	\$42	11850
50+	W	9/14-12/14	11:00am-11:45am	\$42	12244
CORE & BALANCE COMBO					
50+	T	9/13-12/13	4:45pm-5:45pm	\$44	11856
CROSS TRAINING					
50+	T	9/13-12/13	5:45pm-6:45pm	\$44	11859
50+	F	9/16-12/16	12:00pm-1:00pm	\$41	12248
FUNCTIONAL FITNESS					
50+	Th	9/15-12/15	9:00am-10:00am	\$43	12249
GENTLE EXERCISE					
50+	T	9/13-12/13	9:00am-9:55am	\$42	12340
NEIGHBORS IN MOTION					
50+	W	9/14 - 10/26	9:00-10:00 am	Free	12531
STEPPING ON					
50+	W	9/21-11/2	1:00pm-3:00pm	\$35	12280
STRONG WOMEN					
50+	M	9/12-12/12	9:15am-10:15am	\$46	12250
50+	W	9/14-12/14	11:00am-12:00pm	\$46	12251
50+	F	9/16-12/16	1:00pm-2:00pm	\$43	12252

ADULT FITNESS WORKSHOPS

Peaceful Power for Women					
18+	Su	10/2	1:00pm-4:00pm	\$20	12322
Aromatherapy & Yoga					
18+	F	10/28	6:00pm-7:30pm	\$12	12328
Make Your Own Hula Hoop					
12+	Su	10/16	2:30pm-4:00pm	\$24	12324
Learn to Hoop!					
12+	Su	10/16-10/30	1:00pm-2:30pm	\$24	12323
Partner Yoga					
18+	F	11/4	6:00pm-7:30pm	\$12	12326
Coloring & Meditation					
18+	F	12/2	6:00pm-8:00pm	\$15	12325