



# MSCR EAST Summer 2017

Check out the programs at this facility!  
4620 Cottage Grove Road, Madison 608-709-1927



## ADULT DRAWING & PAINTING

Age Location Day Date Time Fee Course#

### DRAWING - TRY IT!

Do you find yourself doodling? Then it is time to discover a potential new hobby. Before buying supplies, try out the drawing tools artists use. Use pastel or ink, pencils and paint to express your inner Van Gogh. Draw from simple objects and photographs. Materials provided.

18+ MSCR East T 4/4 1pm-3:30pm \$13 15078

### DRAWING 1

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

18+ MSCR East T 4/18-5/23 1pm-3:30pm \$75 15079

### DRAWING THE CITY

Experience the city from a different vantage point and learn drawing skills while you explore. Meet in a different outdoor location each week to learn about drawing different subjects, shapes and light conditions; subjects include nature and plant life, architecture, street scenes, animals and more. Bring a watercolor sketchbook, all other materials provided. Class meeting locations to be announced.

18+ TBA T 7/11-8/15 1pm-4pm \$75 15109

### ACRYLICS - TRY IT!

Learn acrylic painting techniques along with color mixing and composition. Paintings cover a wide range of subjects. All levels are welcome. Materials provided.

18+ MSCR East F 4/7 9am-11:30am \$13 15095

### ACRYLICS

Learn acrylic painting techniques along with color mixing and composition. Paintings cover a wide range of subjects. All levels are welcome. Materials provided.

18+ MSCR East W 4/19-5/24 6:30pm-9pm \$80 15155

18+ MSCR East F 4/21-5/26 9am-11:30am \$80 15105

18+ MSCR East F 7/14-8/18 9am-11:30am \$80 15107

### WATERCOLOR 1

Learn to love working with watercolor by applying a few simple techniques. Each class begins with a demonstration and experimentation. Complete one painting per class using simple subjects and limited color. Materials provided.

18+ MSCR East M 7/10-8/14 1pm-3:30pm \$80 15242

## ADULT ENRICHMENT

Age Location Day Date Time Fee Course#

### BLOCK PRINT A TABLECLOTH & NAPKIN SET

Create a set of beautiful hand-made stamps that you apply to cotton fabric creating a tablecloth and set of matching napkins. Learn this fun and simple technique that you can later use to embellish all sorts of fabrics. Supply list available at [www.msccr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list](http://www.msccr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list).

18+ MSCR East M 4/17-5/1 6pm-8pm \$35 15151

### BOOKMAKING

Learn basic bookmaking structures and stitches focusing on books without adhesive, including the Japanese stab binding, a saddle stitch book, a pocket book and the single sheet book. Each week explore a different structure or binding and learn the steps to construct your own booklet for drawing or journaling from start to finish. Materials provided.

18+ MSCR East T 4/25-5/16 6:45pm-8:45pm \$50 15158

### FACEBOOK FOR BEGINNERS

Are you using Facebook, but want to take a deeper look into the features? Learn how to upload photos, share posts, set up groups, adjust privacy, edit your profile and more. Must come with an active Facebook page, device with WIFI connectivity optional, but recommended. Information is shared on a large screen for all to see.

18+ MSCR East F 5/5-5/12 1pm-3pm \$25 15239

18+ MSCR East F 7/14-7/21 1pm-3pm \$25 15144

## ADULT FIBER ARTS

Age Location Day Date Time Fee Course#

### CROCHETING 1

Have you always admired those cute handmade market bags? Here is your chance to make one of your own just in time for the summer farmer's market. Learn basic crochet stitches from chaining to double crochet, while creating a bag with your own personal flair. Supply list available at [www.msccr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list](http://www.msccr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list).

18+ MSCR East M 4/24-5/8 10am-12pm \$35 15114

### KNITTING 1

Always wanted to learn to knit? Here is your chance. Learn how to cast on, knit, purl, bind off and read a knitting pattern, while making a simple project like a lightweight scarf or potholder. Supply list available at [www.msccr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list](http://www.msccr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list).

18+ MSCR East T 5/9-5/23 6:30pm-8:30pm \$35 15120

## ADULT SEWING

Age Location Day Date Time Fee Course#

### SEWING 1

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

18+ MSCR East T 4/25-5/9 9:30am-11:30am \$40 15124

18+ MSCR East Th 5/11-5/25 6:30pm-8:30pm \$40 15125

18+ MSCR East Th 7/6-7/20 6:30pm-8:30pm \$40 15126

### SEWING 2

Apply skills learned in Sewing 1 to create basic projects working from a pattern. Learn how to choose the right pattern, pin and prep fabric and see your project through to completion. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided. Supply list available at [www.msccr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list](http://www.msccr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list)

18+ MSCR East T 7/11-7/25 9:30am-11:30am \$40 15127

### SEWING LAB

Need some time to work on a sewing project or to get some help troubleshooting? This is non-instructional, open sewing time to have access to the space and machines. Participants must be comfortable threading a machine and sewing independently. Machines, tools and basic thread are available for use. Participants must bring own fabric or projects to work on. A staff is available from 1-2:30pm on Mondays and 4:30-6:15pm on Thursdays to offer advice and help troubleshoot projects, this is not a substitute for sewing instruction.

18+ MSCR East M,Th 4/17-5/25 M 1-5pm, \$50 15138  
Th 2:30-6:15 pm

### SEWING - ALTERATIONS

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

18+ MSCR East T 5/16-5/30 9:30am-11:30am \$40 15128

18+ MSCR East Th 7/27-8/10 6:30pm-8:30pm \$40 15129

### TEXTILE WALL ART

Collage random pieces of fabric and create a lovely textile piece out of fabric scraps ranging from quilting fabric to old sweaters. Learn patchwork and reverse applique techniques as well as machine and hand sewing. Use additional techniques such as embroidery, beading and stitching to embellish your work and create dimensional effects. Course is appropriate for participants with basic sewing knowledge and a desire to sew.

18+ MSCR East M 7/10-7/17 6pm-8pm \$30 15149

### UPCYCLE YOUR CLOSET

Have pieces in your closet that have lost their luster or feel outdated, but have potential? Learn how to alter your clothes so they fit you properly and add some embroidery and bead- ing techniques to create interest and embellishment to your otherwise plain, used items. Bring 5-8 clothing items that have potential. Sewing tools and supplies provided.

18+ MSCR East M 5/15-5/22 6pm-8pm \$30 15148

18+ MSCR East M 7/31-8/7 6pm-8pm \$30 15154

## ADULT PHOTOGRAPHY

Age Location Day Date Time Fee Course#  
**4 CORNERS OF MADISON**

Open to people of all photographic abilities! Bring your point-and-shoots, SLRs, or even mobile phone camera. The emphasis is on using your vision to improve your photos. Class meets in a different neighborhood location each week to discover the four corners of Madison (east, west, south and north). Meeting locations to be announced. Walk through the neighborhoods stopping along the way to shoot photos and discuss photographic techniques. Group will cover varying distances on foot each week, wear appropriate footwear for walking.

18+ MSCR East W 7/12-8/2 6pm-8pm \$48 14438

### ALTERNATIVE PHOTO PROCESSES

Start with a digital image and learn alternative processes to create photographic prints using UV light. Create photos from scratch by mixing chemicals, preparing paper, printing negatives and printing beautiful images. Course covers the cyanotype, anotype and gum bichromate processes. Participants receive information about selecting a digital image in advance. All materials provided.

18+ MSCR East T 7/11-8/1 6pm-8pm \$56 15140

### BASIC PHOTOGRAPHY

This workshop is geared toward people of all photographic abilities and there are no camera requirements; point-and-shoots, SLRs, and mobile phone cameras are acceptable. The emphasis is on using your personal 'vision' to improve your photos. Session covers camera basics, rules of composition, fundamentals digital workflow, file management, downloading, editing, posting to social networks and backing up your images. Must bring digital camera with full battery and USB cord.

18+ MSCR East M 6/19-6/26 6pm-8pm \$25 15139

## ADULT ART WORKSHOPS

*Workshops are a great opportunity to try something new without the commitment of a class. Take home what you create.*

Age Location Day Date Time Fee Course#  
**MINDFUL ART WORKSHOP**

Take a break from the stress of everyday life for a few hours be present and engage your creativity. Learn simple techniques to ground yourself and practice mindfulness through art exercises and free creation that focus on process rather than product. This fun workshop helps to release tension, be present and embrace how relaxing making art can be.

18+ MSCR East T 8/8 6pm-8pm \$15 15247

### SHIBORI DYEING WORKSHOP

Learn to create textile patterns using the Shibori dyeing process that dates back to 8th century Japan. Prepare the cloth by binding, folding, twisting and compressing the cloth and create patterns with a traditional indigo dye. All supplies except fabric provided.

Information about the best fabrics to bring is available here at [www.mschr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list](http://www.mschr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list).

18+ MSCR East S 4/23 2pm-5pm \$36 15110

### SHIBORI CONTINUING TECHNIQUES

Continue exploring the dyeing techniques demonstrated in the introductory workshop to create pieces that are more complex and thoughtfully planned out. Learn and experiment with new techniques including a stitching technique. Some fabric for experimenting provided, bring a few fabric pieces to bind and dye using any technique you choose.

Supply list available at [www.mschr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list](http://www.mschr.org/our-programs/18-adult-arts-enrichment/534-adult-arts-class-supply-list).

18+ MSCR East Th 6/29 6pm-9pm \$36 15112

## Friends of MSCR Golf Outing & Auction! Online Auction coming soon!

Check out our online auction for hundreds of items! Bidding starts June 26 and closes at midnight July 19, so bid early and often to help us reach our goal of \$25,000!

### Join us for Golf -- Best Ball Scramble at Cherokee Country Club

Tuesday, July 18, 2017

Proceeds support  
 MSCR Programs, go  
 to [www.mschr.org](http://www.mschr.org)  
 for more information.

Presented by  
 CUNA Mutual Group  
 Goodman Foundation, Inc.  
 Oak Park Place  
 Phil and Anne Duffy



## PARENT/CHILD CLASSES - IMPORTANT INFORMATION

Only registered child and their caregiver can attend. To ensure a safe and quality class, siblings (including infants) and friends are not allowed to attend classes.

## PARENT/CHILD ARTS & ENRICHMENT

Age	Location	Day	Date	Time	Fee	Course#
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### ART EXPLORATION

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

18M-2	MSCR East	M	7/10-7/31	9:30am-10:15am	\$26	15210
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### PRESCHOOL MUSIC

Make music together! Learn new songs using musical instruments, finger plays and body movements. Develop muscle control, body awareness and rhythm through music, games and stories.

18M-2	MSCR East	M	7/17-8/7	9am-9:45am	\$26	15198
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### TALES FOR TOTS

Bring your child to this creative outlet involving activities from games to drama and music based on children's books! Each week involves craft projects, songs, stories and games centered around a different book.

18M-6	MSCR East	Th	8/3-8/24	9:30am-10:15am	\$26	15216
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## PRESCHOOL ARTS & ENRICHMENT

Age	Location	Day	Date	Time	Fee	Course#
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### ART EXPLORATION

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

3-5	MSCR East	M	7/10-7/31	10:30am-11:15am	\$26	15212
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### 3-YEAR-OLD PRE-BALLET

Affordable opportunity for boys and girls to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance. Participant must be 3 years old by class start date. See what to wear in the sidebar.

3	MSCR East	Th	6/22-7/27	4:45pm-5:15pm	\$22	15018
3	MSCR East	F	7/7-8/11	8:45am-9:15am	\$22	15020
3	MSCR East	T,Th	7/11-7/27	9am-9:30am	\$22	15025

### 4-YEAR-OLD PRE-BALLET

Affordable opportunity for boys and girls to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance. Participant must be 4 years old by class start date. See what to wear in the sidebar.

4	MSCR East	Th	6/22-7/27	5:20pm-6pm	\$29	15028
4	MSCR East	F	7/7-8/11	9:20am-10am	\$29	15030
4	MSCR East	T,Th	8/1-8/17	9:40am-10:20am	\$29	15035

### CREATIVE MOVEMENT

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

3-4	MSCR East	T,Th	7/11-7/27	9:40am-10:10am	\$22	15049
3-4	MSCR East	T,Th	8/1-8/17	9am-9:30am	\$22	15050

### PRESCHOOL IRISH DANCE

Children learn the basics of Irish dance, including the beginner's jig. Learn the timing of music, foot positions, and Irish culture and words while working on a final performance piece.

3-4	MSCR East	W	7/5-8/9	4:45pm-5:15pm	\$22	15029
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### PRESCHOOL MUSIC

Make music! Learn new songs using musical instruments, finger plays and body movements. Develop muscle control, body awareness and rhythm through music, games and stories.

3-5	MSCR East	M	7/17-8/7	10am-10:45am	\$26	15199
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### TALES FOR TOTS

Bring your child to this creative outlet involving activities from games to drama and music based on children's books! Each week involves craft projects, songs, stories and games centered around a different book.

3-5	MSCR East	Th	8/3-8/24	10:30am-11:15am	\$26	15220
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## FAMILY ARTS WORKSHOPS

**Bring the whole family! Create different arts and crafts projects with your children. All projects are adapted to different age groups. Materials provided: One parent must attend for every two children under age five. Register child only.**

Age	Location	Day	Date	Time	Fee	Course#
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### DINO TERRARIUMS - PARENT/CHILD

Join us for some prehistoric fun! Have a ROARing good time assembling your own dinosaur themed terrarium. Supplies provided.

4-7	MSCR East	T	8/22	6:30pm-7:30pm	\$10	15185
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### MOVIE MAKE IT - DESPICABLE ME 3 - PARENT/CHILD

Join Gru and crew for a fun and crafty time. Sweat bands, leg warmers, shoulder pads and other 80s attire are optional for this class, which is sure to be a criminally good time.

3-7	MSCR East	T	7/11	6:30pm-7:30pm	\$10	15178
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## YOUTH ARTS & ENRICHMENT

Grade	Location	Day	Date	Time	Fee	Course#
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### DRAWING

Class covers introduction to drawing. Learn different techniques to expand your drawing skills, and add soul and character to the objects you represent. Materials provided.

1-3	MSCR East	W	6/21-7/12	9:30am-10:30am	\$28	15223
4-6	MSCR East	W	6/21-7/12	10:45am-11:45am	\$28	15224

### BEGINNING GUITAR

Did you know you can play many pop, folk, or rock songs with just three or four chords?

Learn basic guitar techniques, chord shapes and some music theory and open up the wonderful world of guitar playing. Guitar is required, but no experience necessary.

4-9	MSCR East	T	7/11-8/22	9:00-9:45am	\$42	15272
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### CONTINUING GUITAR

Review basics: chord shapes, techniques and exposure to music theory. Learn how to get the most out of practice time so you can play hundreds of songs quickly. Guitar required.

4-9	MSCR East	T	7/11-8/22	10:00-10:45am	\$42	15273
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### SEWING STUDIO

Learn the basics of machine sewing including threading the machine, bobbin winding & speed control as you work toward a finished project. Materials including fabrics provided.

#### Apron

3-5	MSCR East	T-F	8/15-8/18	1:30pm-3:30pm	\$75	15257
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#### Drawstring Backpack

6-9	MSCR East	M-Th	6/26-6/29	1:30pm-3:30pm	\$75	15254
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#### Farmer's Market Tote

3-5	MSCR East	W	7/12-8/2	4:30pm-6pm	\$50	15255
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#### Picnic Utensil Roll

6-9	MSCR East	W	7/12-8/2	6:30pm-8pm	\$50	15256
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## YOUTH DANCE

Grade	Location	Day	Date	Time	Fee	Course#
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### BALLET

Learn basic skills and positions. Combines technique with balance, coordination and rhythm.

K-1	MSCR East	T,Th	7/11-7/27	10:20am-11:10am	\$33	15041
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### BALLET/JAZZ

Course features a combination of ballet and jazz styles.

2-5	MSCR East	F	7/7-8/11	11am-12pm	\$35	15046
2-5	MSCR East	T,Th	8/1-8/17	11:30am-12:30pm	\$35	15047

### HIP HOP

A high-energy introduction to hip hop dance styles focusing on rhythm & stylized movements.

3-5	MSCR East	Th	6/22-7/27	6:05pm-7:05pm	\$35	15042
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### IRISH DANCE

Children learn the basics of Irish dance, including the jig and reel. Learn the timing of music, foot positions and Irish culture and words while working on a final performance piece.

K-2	MSCR East	W	7/5-8/9	5:25pm-6:15pm	\$33	15019
3-5	MSCR East	W	7/5-8/9	6:25pm-7:25pm	\$35	15038

### JAZZ

Course features a variety of jazz techniques including turns, jumps and combinations.

K-2	MSCR East	T,Th	8/1-8/17	10:30am-11:20am	\$33	15052
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### TAP

This course introduces basic tap steps, rhythms and combinations to get your feet moving.

K-1	MSCR East	F	7/7-8/11	10:05am-10:55am	\$35	15044
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## YOUTH FITNESS

Age	Location	Day	Date	Time	Fee	Course #
<b>CAPOEIRA</b>						
Capoeira is a 5-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. Age 12+.						
5-11	MSCR East	W	6/14-8/16	5:30am-6:15am	\$47	15174
12+	MSCR East	W	6/14-8/16	6:30pm-7:15pm	\$47	15161
<b>MINDFULNESS</b>						
Develop senses while learning breath work, practicing kindness, gratitude, empathy, and togetherness. Using the Beginner's Mind ToolKit, find new ways to practice self-control, awareness, and acceptance through creative projects, stories and discussion.						
5-7	MSCR East	M	6/12-8/14	4:45pm-5:30pm	\$42	15169
8-12	MSCR East	M	6/12-8/14	5:45pm-6:30pm	\$42	15171

## FIT2GO VAN

FIT2GO is a mobile source of physical activity, education, play and fun for adults and children of all ages. Equipment includes hula hoops, jump ropes, Imagination Playground, obstacle courses and much more. Programs are free drop-ins. Parents/guardians must stay with their children or be present. Programs do not operate during severe weather, rain, high winds, etc\*. No programming on July 3 & 4.\*

Day	Time	Location	Dates
Monday	1-3pm	Meadowood Park	June 19 - August 21*
Tuesday	1-3pm	Northland Manor Park	June 20 - August 22*
Tuesday	4-6pm	Acewood Park	June 20 - August 22*
Wednesday	1-3pm	Worthington Park	June 21 - August 23
Wednesday	4-7pm	Capitol View Farmer's Market	May 31 - October 21
Thursdays	2:30-4:30pm	King James Way, Fitchburg	June 8 - July 27
Thursdays	5-7pm	Let's Eat Out! Locations	June 15 - Aug

24

## ADULT FITNESS - ONE DUMBBELL

Age	Location	Day	Date	Time	Fee	Course #
<b>STRONG WOMEN</b>						
Experience strength training that focuses on improving the health and well-being of middle-aged and older women by increasing strength, muscle mass and bone density. This program was developed by experts at Tufts University and the Centers for Disease Control. Strong Women is perfect for: Women ages 40+, strength improvement, fitness education.						
18+	MSCR East	M	6/12-8/14	8am-9am	\$42	15135
18+	MSCR East	W	6/14-8/16	4:30pm-5:15pm	\$47	15162
<b>TAI CHI YANG I</b>						
This Yang style short form emphasizes effective body mechanics, alignment, breathing and the interplay of strength and relaxation. Tai Chi Yang I is perfect for: physical and emotional balance, sports performance or self defense. Teens 14+ may register with participating adult.						
14+	MSCR East	T	6/13-8/15	6:30pm-7:30pm	\$42	15153
<b>TAI CHI YANG II</b>						
This progressing study of the Yang style short-form offers new challenges while continuing to build on the basics of alignment, body mechanics, breath and energy flow. Tai Chi Yang II is perfect for: continuing study of Tai Chi, physical and emotional balance, sport performance and self-defense. Teens 14+ may register with participating adult.						
14+	MSCR East	Th	6/15-8/17	6:15pm-7:15pm	\$47	15163

## ADULT FITNESS - TWO DUMBBELLS

Age	Location	Day	Date	Time	Fee	Course #
<b>CAPOEIRA</b>						
A 500-year Afro-Brazilian Martial Art that combines self-defense, dance and acrobatic movements to the pulsating rhythm of traditional live music. Progress from animal-like movements and 1-2-3 rhythm to ginga (the core movement), cartwheels, kicks & basic songs.						
12+	MSCR East	W	6/14-8/16	6:30-7:15 am	\$47	15161
<b>STRENGTH TRAINING FOR WOMEN</b>						
This women's specific strength training class incorporates weights, kettlebells, body weight training and resistance tubing for an effective total body strength training class. Teens 14+ may register with a participating adult. BYOM.						
14+	MSCR East	T	6/13-8/15	5pm-5:45pm	\$42	15150
14+	MSCR East	Th	6/15-8/17	6:15pm-7:15pm	\$47	15163

## FIT FOR SUMMER CLASS DESCRIPTIONS - SEE NEXT PAGE FOR COMPLETE SCHEDULE

### ONE DUMBBELL CLASSES

#### YIN YOGA

This yoga format focuses on developing strength and flexibility in the hips, pelvis and back. Poses are held for longer durations than Yoga Flow.

### TWO DUMBBELLS CLASSES

#### 45 MIX

The ultimate cure for fitness boredom! This class combines athletic cardio, strength training drills, games and more for 45 minutes of non-stop fitness.

#### 45 STRENGTH

This class combines upper, lower and core training for a total body strength workout

#### CIRCUIT TRAINING

Work in timed intervals alternating cardio, strength, balance and fitness fun. Each station provides a new challenge.

#### CORE

Combine strength, cardio, balance and agility for the ultimate core-shredding workout. Workout may include body weight, resistance tubing, BOSU, Indoboards, barefoot training, med balls and more!

#### PILATES

This class uses a system of exercises designed to improve physical strength, flexibility, and posture and enhance mental awareness.

#### YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures.

#### ZUMBA

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



### THREE DUMBBELLS CLASSES

#### BOOT CAMP (OUTDOOR)

Combine strength training, plyometrics, cardio drill and core exercises for a total body workout. For outdoor classes, bring a mat, sunscreen, bug spray and a sense of adventure.

#### HIIT

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

#### POWER FLOW

Power flow is an invigorating vinyasa flow class. Steep in strength building poses and breathe more opening into muscles, fascia and cells. Try creative standing poses and arm balances. Modification and variation are presented.

#### TURBOKICK

A combination of intense kickboxing and dance moves all perfectly choreographed to high energy and motivating music. TK is the ultimate cardiovascular challenge.

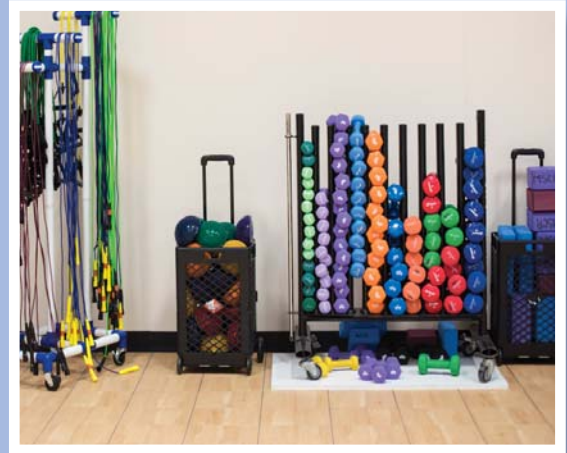
## FIT FOR SUMMER

**FIT FOR SUMMER CLASS PASS** - Pick your favorite or try something new! Purchase a 10-class pass for \$55, and enjoy any class on the Fit for Summer schedule. Passes, valid June 12-August 18, are non-transferable and non-refundable. Class descriptions are available in the Summer 2017 Program Guide or [www.mschr.org](http://www.mschr.org). No classes 7/3 & 7/4.

To buy multiple passes:

1. Go to [www.mschr.org/Register](http://www.mschr.org/Register). Add course # 15179 to your cart,
2. Select participant and complete additional information,
3. Under the "fees" section, change the number in the "Purchase multiple seats for this activity" to the desired number of passes,
4. Complete your transaction as normal.

Ages	Location	Day	Dates	Time	Fee	Course #
14+	Multiple	M-F	6/12-8/18	6pm-7:45pm	\$55	15179



Day	Class	Location	Dates	Time	Instructor
Monday	45 Strength	MSCR East 2	6/12 - 8/14	6:00 - 6:45 pm	Angela
	Pilates	MSCR East 2	6/12 - 8/14	7:00 - 7:45 pm	Angela
	Yin Yoga	MSCR East 3	6/12 - 8/14	6:45 - 7:45 pm	Clare
	HIIT	Odana B	6/12 - 8/14	6:15 - 7:00 am	Brent
	45 Strength	Odana B	6/12 - 8/14	5:30 - 6:15 pm	Grace
	TurboKick	Odana B	6/12 - 8/14	6:30 - 7:15 pm	Grace
Tuesday	Boot Camp - Outdoor	Warner Park	6/13 - 8/15	6:30 - 7:15 am	Jess/Megan
	Zumba	MSCR East 2	6/13 - 8/15	6:00 - 6:45 pm	Maren
	Core	MSCR East 2	6/13 - 8/15	7:00 - 7:45 pm	Maren
	45 Mix	Odana B	6/13 - 8/15	5:15 - 6:00 pm	Amy
	Core	Odana B	6/13 - 8/15	6:15 - 7:00 pm	Amy
	Yoga Flow	Odana B	6/13 - 8/15	7:15 - 8:15 pm	Heidi
Wednesday	Power Flow	MSCR East 2	6/14 - 8/16	5:45 - 6:45 pm	Laura
	Circuit Training	Odana B	6/14 - 8/16	6:15 - 7:00 am	Brent
	Zumba	Odana B	6/14 - 8/16	5:00 - 5:45 pm	Natalie
	TurboKick	Odana B	6/14 - 8/16	6:00 - 6:45 pm	Grace
	Yoga Flow	Odana B	6/14 - 8/16	7:00 - 7:45 pm	Patricia
Thursday	Boot Camp - Outdoor	Warner Park	6/15 - 8/17	6:30 - 7:30 am	Jess/Megan
	Yin Yoga	MSCR East 1	6/15 - 8/17	7:00 - 8:00 pm	Clare
	Circuit Training	Odana B	6/15 - 8/17	6:00 - 6:45 pm	Brent
	HIIT	Odana B	6/15 - 8/17	7:00 - 8:00 pm	Brent
Friday	Yin Yoga	Odana B	6/16 - 8/18	12:30 - 1:15 pm	Clare

**This is only a snapshot of MSCR Programs,  
please go to [www.mschr.org](http://www.mschr.org) or the MSCR Summer  
2017 Program Guide for a complete list of activities.**

**GOODMAN-ROTARY 50+ FITNESS**

Age	Location	Day	Date	Time	Fee	Course#
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**BALANCING ACT <sup>B</sup>**

An introductory exercise program designed to increase balance and decrease the risk of falling by using tai chi movements and principles. Standing and chair-based exercises are adapted to individual needs. Skip 7/4.

50+	MSCR East	T	6/13-8/15	10am-10:45am	\$27	14215
50+	MSCR East	W	6/14-8/16	10am-10:45am	\$30	14211
50+	MSCR East	W	6/14-8/16	11am-11:45am	\$30	14216

**CORE & BALANCE COMBO**

Incorporates the elements of Pilates, yoga and core strength training. Class includes both standing balance exercises and mat work. Please bring a yoga mat to class. Skip 7/3, 7/4.

50+	MSCR East	T	6/13-8/15	4:45pm-5:45pm	\$28	14222
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**CROSS TRAINING**

Class is a good mix of aerobic, strength & flexibility exercises. Bring mat. Skip 7/3, 7/4.

50+	MSCR East	T	6/13-8/15	5:45pm-6:45pm	\$28	14224
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**DANCE CARDIO**

Low impact dance-based cardio workout set to current music. Class uses basic low impact steps to deliver a great cardio workout. Smooth soled athletic shoes required. East skips 7/3, & 7/31 and WPCRC skips 7/3, 7/17 & 7/19.

50+	MSCR East	M	6/12-8/14	10:45am-11:30am	\$25	15094
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**FUNCTIONAL FITNESS**

Learn safe and effective exercise using light weights, bands and mat exercises. This workout focuses on improving functional performance levels. It includes movement patterns like strength, agility, aerobic fitness, balance and flexibility. Please bring a mat to class. Skip 7/3, 7/4.

50+	MSCR East	Th	6/15-8/17	9am-10am	\$33	14240
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**GENTLE EXERCISE**

These classes promote balance, strength, and flexibility for those with aches and pains. They include breath awareness, active relaxation and stretching exercises, both standing and using a chair. Skip 7/3, 7/4.

50+	MSCR East	T	6/13-8/15	9am-10am	\$27	14242
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**LOW IMPACT**

Learn easy low-impact aerobic routines and low back and abdominal strengthening exercises. Learn proper techniques to improve muscular strength, endurance, range of motion and flexibility. Please bring a mat to class. Skip 6/27, 7/3, 7/4.

50+	MSCR East	F	6/16-8/18	12pm-1pm	\$37	15235
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**STRONG WOMEN**

Learn strength-training that focuses on improving the health and well-being of middle-aged/older women by increasing strength, muscle mass and bone density. This program was developed by experts at Tufts University and the Centers for Disease Control and Prevention (CDC). Please bring a mat to class. Skip 7/3, 7/4, WPCRC skips 8/3.

50+	MSCR East	M	6/12-8/14	9:15am-10:15am	\$30	14273
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50+	MSCR East	T	6/13-8/15	1pm-2pm	\$30	15237
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50+	MSCR East	W	6/14-8/16	11am-12pm	\$33	14274
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50+	MSCR East	F	6/16-8/18	1pm-2pm	\$33	14275
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<sup>B</sup> The "B" (for balance) symbol identifies exercise classes that help prevent falls in older adults. The "B" classes incorporate both balance and strength training. Scientific literature has shown balance training to be the best exercise for fall prevention.

Age	Location	Day	Date	Time	Fee	Course#
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**TAI CHI FOR BALANCE <sup>B</sup>**

Instruction in a Yang style Tai Chi form for cultivation of physical and emotional balance, strength, flexibility and body-mind integration. Skip 7/3.

50+	MSCR East	M	6/12-8/14	2pm-3pm	\$28	15060
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50+	MSCR East	Th	6/15-8/17	5pm-6pm	\$32	14285
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**GENTLE YOGA**

A good fit for all ability levels, this class combines slow, gentle yoga movements and breath awareness. Class ends with relaxation and quiet breathing techniques. Please bring a yoga mat to class. Skip 7/3, 7/4. Covenant skips 6/27.

50+	MSCR East	M	6/12-8/14	1pm-2pm	\$28	14294
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**YOGA FOR LIFE**

Go through a continuous sequence of appropriate yoga asanas (exercises) which are designed to build strength and flexibility. Learn proper body posture and alignment. Class ends with relaxation and quiet breathing techniques. Please bring a yoga mat to class. Skip 7/4.

50+	MSCR East	F	6/16-8/18	11am-12pm	\$32	15236
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**YOGA SUAVE**

Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. La clase termina con técnicas de respiración suave y relajante. Por favor traiga su propia estera-(yoga mat) a la clase.

50+	MSCR East	M	6/12-8/14	10am-11am	\$28	15200
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**NEIGHBORS IN MOTION**

Take a neighborhood walk with your friends! Join MSCR Fitness Staff to explore your neighborhood parks and sights. Activity is free but registration is required.

50+	MSCR East	W	5/24-6/28	9am-10am	\$0	14252
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**FREE FUN FAMILY EVENTS**

**MSCR MOBILE MORNINGS!**

Art Cart & MSCR FIT2GO are coming together for Free art and fitness in the park!

Thursday, July 6, 9 am-12pm at Yahara Place Park,

Thursday, July 13, 9 am-12pm at Wexford Park

Visit [www.msqr.org](http://www.msqr.org) for more Art Cart & FIT2GO schedules.







# REQUEST FOR FEE WAIVER

204-3000

- **PLEASE SUBMIT COMPLETED FORM ONE WEEK PRIOR TO THE FIRST DAY OF REGISTRATION (MARCH 13, 2017)**
- Fee waivers are available only to MMSD residents. Non-residents do not qualify for Fee Waivers. Fee waiver requests and payment must accompany Registration Form. Fee Waivers cannot be done electronically.
- Fee waivers are not granted after registration is processed.
- Any payments, included with your Fee Waiver Request/Registration Form will be applied to program fees for available requested courses.
- Fill out completely and check each item as appropriate. Include a second and third program choice on the Registration Form.

Contact Name: \_\_\_\_\_  
Last
First
Phone

**I AM REQUESTING A FEE WAIVER FOR A CHILD (CHILDREN) (AGE 17 AND UNDER)**

Fee waivers are limited to two courses per child per program \*session. MSCR youth program fees may be partially or fully waived for youth meeting the criteria for free or reduced lunch. Parents/guardians are requested to pay what they can towards the program fee.  
 \_\_\_ My child (children) qualify/qualifies for free meals \_\_\_yes \_\_\_no; or reduced-price meals \_\_\_yes \_\_\_no.  
 \_\_\_ I am requesting a fee waiver and can pay \$\_\_\_\_\_ towards the fee, which is enclosed.

**I AM REQUESTING A FEE WAIVER FOR AN ADULT**

Fee waivers are limited to one course per adult per program \*session. Adult participants are required to pay 50% of the course fee. Check one:  
 1. \_\_\_ My household income is at or below 185% of the Federal Poverty Level as circled below. Answer #2.  
 2. \_\_\_ I am requesting a fee waiver and can pay \$\_\_\_\_\_ toward the fee which is enclosed.  
 If fee waiver request exceeds 50% of program cost, please explain:

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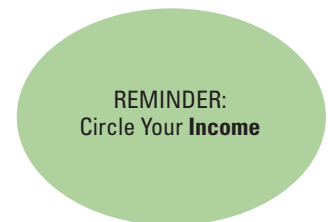


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**CIRCLE YOUR FAMILY SIZE & INCOME - 185% OF FEDERAL POVERTY GUIDELINES (GROSS INCOME\*)**

\*Gross Income, as the term is used in this table, means: Income before any deductions such as income taxes, Social Security taxes, insurance premiums, charitable contributions and bonds.

FAMILY SIZE	ANNUAL	MONTHLY	TWICE MONTHLY	BI-WEEKLY
1	\$21,589.56 <i>(or below)</i>	\$1,799.13	\$899.57	\$830.37
2	\$29,100.48	\$2,425.04	\$1,212.52	\$1,119.25
3	\$36,611.52	\$3,050.96	\$1,525.48	\$1,408.14
4	\$44,122.56	\$3,676.88	\$1,838.44	\$1,697.02
5	\$51,633.48	\$4,302.79	\$2,151.40	\$1,985.90
6	\$59,144.52	\$4,928.71	\$2,464.36	\$2,274.79
7	\$66,655.56	\$5,554.63	\$2,777.32	\$2,563.68
8	\$74,166.48	\$6,180.54	\$3,090.27	\$2,852.56
Each additional Add	\$7,511.04	\$625.92	\$312.96	\$288.89



**\*THERE ARE THREE SESSIONS PER YEAR - WINTER/SPRING, SUMMER AND FALL.**