



MEADOWOOD NEIGHBORHOOD CENTER SUMMER 2009

CLASSES & PROGRAMS ARE HELD AT THE MEADOWOOD NEIGHBORHOOD CENTER,
5734 RAYMOND ROAD, MADISON, 608-467-8360. REGISTRATION FORM ON REVERSE SIDE.

Age Day Date Time Fee Course #

ADULT FITNESS



★ Cardio Kickboxing-Beginning

A great cardiovascular fitness & muscle toning workout, including aerobics, kicks and boxing techniques to music. Pre-registration required.

18+ Th 6/18-8/20 6-7 pm \$35 29863

★ Growing Stronger

Introductory 8 week class teaching the basics of strength training for people over age 50. Pre-registration required. Skip 7/21

50+ Tu 6/2-7/28 9-10am \$20 29811

★ Meditation

Meditation promotes relaxation, reduces stress, and enhances personal growth. Explores different techniques including chanting, visualizations, mudras (hand gestures) and breathwork. Dress comfortably. Bring a shawl/blanket and cushion (optional). Open to beginners.

18+ M 6/29-8/24 7:45-8:15 pm \$32 29902

★ Yoga

Yoga can balance, strengthen and harmonize your mind, body and spirit. This is a woman focused beginner level class that involves postures, breathing exercises and meditation. Please dress comfortably. Mats provided. Pre-registration required.

18+ M 6/29-8/24 6:30-7:30pm \$32 29903

★ Zumba

Zumba is a fusion of Latin and International music-dance themes that feature aerobic/fitness interval training. Helps tone and sculpt the body. Pre-registration required.

18+ Th (Beg.) 6/18-8/20 7-8pm \$35 29864

18+ Tu (Intermed.) 6/16-8/18 7:15-8 pm \$35 29865

COMPUTER AND WRITING

★ Open Computer Lab

Four computer stations with internet access and limited printing capability.
Monday 11am-12pm, 6-8pm Tuesday 9am-12pm, 7-8pm
Wednesday 9-10am, 7-8pm Thursday 9am-12pm, 6-8pm
Friday 9am-12pm, 6-8pm

★ Very, Very, Basic Computer

Designed for the novice. Learn how to use the mouse, and move through the internet. Space is limited. Reservation required at 467-8360.

18+ M 6/22-7/20 9-10am Free *above

18+ M 7/27-8/17 9-10am Free *above

18+ Tu 6/23-7/21 6-7pm Free *above

18+ Tu 7/28-8/18 6-7pm Free *above

★ Basic Computer

Designed for the novice. Learn how to save a letter, start an email account and how to surf the internet. Space is limited. Reservation required at 467-8360.

18+ W 6/24-7/22 6-7pm Free *above

18+ W 7/29-8/19 6-7pm Free *above

★ Facebook, What is it?

Facebook is a free-access social network website with more than 200 million current members. Learn how to set up your own account, navigate the website and meet up with friends! Reservation required at 467-8360.



18+ W ongoing 10:15-11:15am Free *above

Policies & Procedures

Financial Needs/Scholarships

MSCR will reduce or waive fees for youth meeting the criteria for free or reduced lunch or adults whose income is at or below 185 percent of Federal Poverty Level. Participants are encouraged to pay a portion of the program fee when possible. Scholarships are only available to MMSD residents. Request scholarships on the registration form and attach a letter of request. Please fax or mail form - requests are not available on EZ-REG. Reduction or waiving of team fees will be considered by the sports supervisor, based on information provided by the applicant.

Refunds

Full refunds are made if MSCR cancels programs. Refunds (minus a \$5 service charge per transaction) will only be given up to one week prior to the start of class. Letters of credit, which may be used within one year of issue, are available in lieu of refunds. No refunds or credits are given with less than one week's notice.

Insurance

MSCR does not provide individual accident insurance for participants.

Accommodations For People With Disabilities (Voice 204-3025 and 204-3058 TDD)

If you have a disability or are the parent/guardian of a child with a disability, and require accommodations to participate, please inform MSCR at the time of registration. At least two weeks notice is required to coordinate reasonable accommodations, which are provided on an individual basis. For more information, please see www.mschr.org.

Register using the form on back or go to www.mschr.org. Call 467-8360 for more information.

Age Day Date Time Fee Course #

★ Writing Our Life Stories

Everyone has a life story to tell. Life stories have the power to inform, inspire, and compel. This seminar helps preserve our unique stories. Space is limited. Reservation required at 467-8360.

18+ M 6/29-8/17 10-11am Free *above

ADULT SOCIAL

★ Coffee and Treats

Join us for free coffee and treats. Bring friends and play cards, join the friendly chatter or listen to occasional presenters on a variety of subjects. Sponsored by Sunny Hill Health Care Center. Skip 7/3.

50+ F 6/5-8/21 9-11am Free Drop in

★ Euchre/Cribbage/Chess

Join your neighbors on Wednesdays for drop-in games. Bring a friend or come on your own. Boards and cards provided.

18+ W 6/3-8/26 9:30-11:30am Free Drop in

★ Knotty Knitters Knitting

Come compare patterns, share techniques and trade tips. Meet, mingle and knit with other neighborhood knitters! Anyone wanting to learn to knit welcome too!

18+ W 6/3-8/26 9:30am Free Drop in

YOUTH & FAMILY

★ Preschool Arts & Crafts

Make fun projects and work on basic painting, cutting, pasting and construction skills. Parent or guardian must participate with child.

2-5 yrs Th 6/25-8/20 10:30am Free Drop In

★ Lunch Bunch

Lunches are served free of charge. Skip 7/3

3-17 yrs M-F 6/22-8/14 12-1pm Free Drop in

★ Elementary Drop-In

Drop in for some fun activities including Nintendo Wii, Playstation 2, foosball, air hockey and crafts. Lunch is included and is served at 12pm.

6-10 yrs M-F 6/22-8/28 12-2pm Free Drop in

★ Middle and High School Drop-in

Drop in for fun activities including Nintendo Wii, PS2, air hockey, foosball and more. Workshops include: cooking, photography, writing and dancing. Work on life skills, get involved in community development and work towards incentives such as prizes and field trips. Bring a friend or come on your own. Snacks provided. Skip 7/3.

11-17 yrs M-F 6/22-8/28 2-6pm Free Drop in

★ Girls Group

Members learn how to be leaders and the importance of self respect. Learn how to deal with challenges and how to maintain a healthy relationship with each others, peers and community.

11-14 yrs M 6/22-8/28 5:30-6:25pm Free Drop in

★ Family Night

Bring the family and come for a night of fun! A selection of movies is available, but feel free to bring movies to share! Play Wii Sports, foosball, ping pong and air hockey. Meet other families in the neighborhood.

All Ages F 6/19-8/14 6-8pm Free Drop in



MSCR REGISTRATION FORM

Household/Last Name	First Name	Home Phone	Work or Cell Phone
Address		Apt #	
City	State	Zip	

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 may be taken during program for educational and marketing purposes. I have read and agree to follow the registration and refund policies.

E-mail _____

Please note special needs or health concerns:

Do you require accommodations to participate in this activity? Yes/ No Explain: _____

Signature _____

Signature required for participation.

MMSD Resident Non-Resident
Non-residents pay 50 percent more.

Name(s) of Participant(s):	Sex	DOB m/d/y	Grade 09-10	Race* <small>see below</small>	Activity List 1st & Alternate Choices	Dates	Times	Fee	Course#
					1st alternate				
					1st alternate				
					1st alternate				
					1st alternate				

I am requesting a partial scholarship and can pay \$_____ toward the fee. I am requesting a full scholarship. **I meet the guidelines and have attached my request.**

<p><small>*Please indicate above using corresponding number: (Optional)</small></p> <table style="width: 100%;"> <tr> <td style="width: 50%;">1. Asian/Pacific Islander</td> <td style="width: 50%;">1</td> </tr> <tr> <td>2. American Indian/Alaskan</td> <td>2</td> </tr> <tr> <td>3. African American</td> <td>3</td> </tr> <tr> <td>4. Hispanic</td> <td>4</td> </tr> <tr> <td>5. White</td> <td>5</td> </tr> <tr> <td>6. Multiracial</td> <td>6</td> </tr> </table>	1. Asian/Pacific Islander	1	2. American Indian/Alaskan	2	3. African American	3	4. Hispanic	4	5. White	5	6. Multiracial	6	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 50%;">Scholarship Eligibility</th> <th style="width: 50%;">Annual Income</th> </tr> <tr> <td>1</td> <td>\$19,240</td> </tr> <tr> <td>2</td> <td>25,900</td> </tr> <tr> <td>3</td> <td>32,560</td> </tr> <tr> <td>4</td> <td>39,220</td> </tr> <tr> <td>5</td> <td>45,880</td> </tr> <tr> <td>6</td> <td>52,540</td> </tr> </table>	Scholarship Eligibility	Annual Income	1	\$19,240	2	25,900	3	32,560	4	39,220	5	45,880	6	52,540	<p>Payment Method: <input checked="" type="checkbox"/> Check (payable to MSCR) <input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD</p> <p>Credit Card Number: _____</p> <p>Card Holder Print Name: _____ Expiration Date: ____/____/____</p> <p>Authorized Signature: _____ Payment Amount \$_____</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Total Fees \$</td> </tr> <tr> <td style="text-align: center;">Donation \$ to the Scholarship Fund</td> </tr> <tr> <td style="text-align: center;">Total \$</td> </tr> </table> <p style="font-size: small;">Make checks payable to MSCR. Enclose a stamped, self-addressed envelope. Mail to: MSCR, 3802 Regent St., Madison, WI 53705 Fax to: 204-0557</p>	Total Fees \$	Donation \$ to the Scholarship Fund	Total \$
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Meadowood Neighborhood Center
5734 Raymond Road
Madison, WI 53711

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U.S. POSTAGE
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MADISON, WI
PERMIT NO. 1172



Meadowood Neighborhood Center
Summer 2009
Look inside for summer fun!
www.mschr.org