



July is Park and Recreation Month

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JOIN THE CELEBRATION WITH MSCR!



• **FREE Shallow Water Aerobic Classes!**

- Tuesday, July 27: East High School Pool, 7-8pm
- Wednesday, July 28: Goodman Aquatic Ctr. (West-by Verona), 7:30-8:30pm
- Thursday, July 29: West High School Pool, 7:45-8:45pm
- Friday, July 30: Goodman Aquatic Ctr. (West-by Verona), 8-9am

- **Enjoy a Pontoon Boat Ride on A Clear Summer Night!** Every Tuesday and Thursday night in July, either 5:30-7pm or 7:15-8:45pm, first-come, first-serve, arrive one half hour early before either shift, sometimes the boats fill up quickly, \$5 per person, children under 3 are free, payable at site. Meet at Tenney Park Boat Pier, 1615 Sherman Ave. Enjoy Madison's beautiful lakes!

• **FREE Adult Fitness Classes!** Drop-in to try out a new fitness class!

- Monday, July 26: Cardiofit at Chavez Elem., 6-6:55pm
- Monday, July 26: 20/20/20 Fitness at Mendota Elem, 7:05-8pm
- Tuesday, July 27: 20/20/20 at Goodman Comm. Ctr. 6-7am
- Tuesday, July 27: Walk Abouts (free pedometer giveaway!) at Warner Park, 11am-12noon
- Wednesday, July 28: Cardio Kick at Maple Bluff Comm. Ctr., 6-6:55pm
- Wednesday, July 28: Total Toning at Olson Elem., 7:35-8:30pm
- Thursday, July 29: Walk Abouts (free pedometer giveaway!) at Hoyt Park, 5:30-6:30pm

- **MSCR Art Cart!** Come enjoy the famous MSCR Art Cart (it's a family tradition!). Look up the site nearest you on our website at www.mscr.org (co-sponsored by Madison Museum of Contemporary Art). Drop-in and free.
- **The Painting of the Shoe!** Don't miss this fun Madison tradition. Paint the shoe at Vilas Park Playground during the week of July 19th. Call 204-3021 for info. Drop-in and free.
- **Go watch a MSCR Softball Game!** Cheer on your favorite local team! Games Monday-Friday at local fields, call 204-3000. Free.

Activities are open to the public. No registration required. No rainouts or re-schedules. Call (608) 204-3000 for information or visit our website at www.mscr.org