



MSCR Program Guide

Summer 2025



Camps Information Inside!

FOLLOW US ON:



Fee Assistance Available

2025 SUMMER PROGRAMS



Join the summer fun!

June 16-August 15

Course Options Include:

Cooking | Baking | 3D Printing | Amigurumi

Rock Climbing | Escape Rooms | LARPing

And many more!

**Half-day & full-day options
available for your middle schooler**



Middle School U

Other programs for campers ages 5-11:



Day Camps



Wander Wisconsin



Theater Immersion Camp

**FIND MORE INFORMATION AND REGISTER
AT [WISCONSINYOUTHCOMPANY.ORG](https://www.wisconsinyouthcompany.org)**

**OR SCAN THIS
QR CODE**



MSCR SUMMER 2025 PROGRAM GUIDE

608.204.3000 OR MSCR.ORG



MSCR Central

328 E Lakeside Street

Madison, WI 53715

Monday - Friday

8 am - 5 pm

608.204.3000

**Registration begins
Monday, March 10 at 12 pm
for MMSD Residents and
Monday, March 24 at 12 pm
for Non-MMSD residents.**

MMSD SUPERINTENDENT: Dr. Joe Gothard

MSCR EXECUTIVE DIRECTOR: Mary Roth

MMSD BOARD OF EDUCATION:

Nichelle Nichols, President, Maia Pearson, Vice President, Nicki Vander Meulen, Laura Simkin, Clerk, Ali Janae Muldrow, Treasurer, Savion Castro, Blair Mosner Feltham, Megan Finando, Student Representative

FRIENDS OF MSCR BOARD MEMBERS:

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MSCR CITIZENS' ADVISORY COMMITTEE:

Jackie Bastyr Cooper, Jan Ford, Lindsey Kourafas, Bessie Splitt, Blair Mosner Feltham, Board of Education Representative

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HOW TO REGISTER

Registration begins at 12 pm.

1. Register online at mscr.org. This is the best option for customers interested in high demand activities.

OR

2. 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

FEE ASSISTANCE

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 2 above. No additional documentation is required.

Please note: for the best chance of being enrolled in your preferred program, please return your Fee Assistance Request Form to MSCR prior to the first day of registration on Monday, March 10.

Dear Madison Community,

When school's out for the summer, it's our time to shine at MSCR. As a department of the Madison Metropolitan School District, we offer recreation opportunities for community members of all ages and abilities all year round, but summer is when things really heat up.

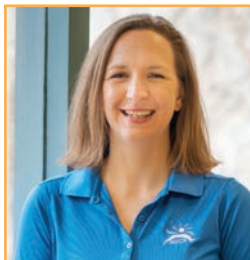
This year, we're especially excited to celebrate the 50th anniversary of Art Cart, a beloved Madison tradition! For half a century, in partnership with the Madison Museum of Contemporary Art, Art Cart has been bringing creative, outdoor artmaking experiences to parks and playgrounds across the city. You can find Art Cart, along with our other "MSCR on the Move" programs - Play on the Move and Clay on the Move - throughout the city all summer.

Looking for something different? Explore an intergalactic art or stop-motion animation workshop, jump into a sports camp, drop-in for a high school club, or take a new fitness class or tennis lesson. Whatever your interests, you're sure to find something fun with MSCR.

Let MSCR help you and your family discover your summer fun!

Sincerely,

Mary Roth, MSCR Executive Director



Dear Families and Community Members,

Although summer is just a few months away, our MSCR team has been deep in planning a variety of opportunities for students. MSCR is known for its dynamic programming and super camps for grades K-9, and the team is ready to provide opportunities for growth and exploration. Our camps feature creative and visual arts, outdoors, sports, science and more!

Here are a few of our programs to look forward to:

Elementary

- Fascination Station
- Super Center Arts Camp
- Camp Compass
- Camp Tall Oaks
- Sport Spectacular

Middle School

- Wide World of Sports
- Camp Adventure
- Middle School on the Move
- Greenhouse Garden
- Creative Arts Camp

Various opportunities are also available to high scholars, including outdoor adventure, gardening, sports and more.

MSCR has long been an important part of MMSD and serves more than 90,000 community members. With so many exciting options available, I encourage you to review this guide to discover what's planned and how to get involved. We hope to see you around MSCR!

In partnership,

Joe Gothard, Ed. D., Superintendent



MSCR Mission:

To enhance the quality of life for individuals in the Madison Metropolitan School District and for the community by providing recreation and enrichment opportunities year-round that are accessible to all.

MSCR Program Centers

MSCR Central

328 E Lakeside Street

MSCR East

4620 Cottage Grove Rd

MSCR West

7333 West Towne Way

MSCR facility and program hours vary, please go to mscr.org for specific location hours.



MSCR at Community Centers



Allied Learning Center, 2237 Allied Dr, 608-204-6561

MSCR provides afterschool programming for K-5th grade and summer programming serving K-8th grade students living in the Allied Neighborhood. Allied Learning Center has deep community connections with MMSD, Joining Forces for Families, Madison Police Department, Madison Public Library and the University of Wisconsin.

Meadowood Neighborhood Center, 5740 Raymond Rd, 608-467-8360

MSCR operates the Meadowood Neighborhood Center in collaboration with the City of Madison on the southwest side in the Meadowood Shopping Center. The purpose is to provide safe, supervised activities for youth during the summer, afterschool and evening hours. The center also offers arts and enrichment programs, fitness classes and a place for neighbors and groups to meet.

Additional services are a job shop, food pantry and computer access. The space is a focal point in the neighborhood to share resources for a better and stronger community.

Warner Park Community Recreation Center, 1625 Northport Dr, 608-245-3670

MSCR, in collaboration with the City of Madison Parks Division, offers recreation programs at the Warner Park Community Recreation Center. Classes are listed in various activity sections throughout the program guide. ID cards are required at WPCRC. ID Forms are available at cityofmadison.com/parks/wpcrc/ or stop in.

MSCR ON THE MOVE!

MSCR on the Move offers free public recreation and arts activities for all ages through programming in parks and schools within the Madison Metropolitan School District, prioritizing areas that have limited access to recreation resources. Although MSCR on the Move targets children ages 3+ years, staff are trained to be flexible in adapting projects to large ranges of ages, including preschoolers through middle school-age children. Family collaboration is encouraged, guardians must stay with their child. Please check mscr.org in May for all the MSCR on the Move and Art Cart Schedules.

CLAY ON THE MOVE

Clay on the Move is a free mobile pottery program. Discover the world of clay through hands-on experiences! For adults and youth ages 10+, try the potters' wheel and learn throwing techniques from staff. For all ages, dig into hand-building projects and have fun learning how to pinch, coil and roll. All projects are created for the experience and cannot be taken home. Clay projects are recycled for future opportunities.

PLAY ON THE MOVE

Play on the Move is a free, drop-in mobile play program. Our van brings unique play equipment for organized games, physical activities, and free play that encourages imagination and interactive learning experiences. Play on the Move strives to bring equitable play opportunities to more families in the Madison community.

ART CART - CELEBRATING 50 YEARS!

The Art Cart is a free, traveling art program that provides creative, outdoor art-making experiences to children ages 3+ and their families. Activities include both group and individual projects, with a variety of materials. During a typical summer, Friday afternoons feature plaster casting on the beach and the third week of July features the re-painting of the Vilas Park Shoe – a Madison tradition!

Art Cart runs in cooperation with the Madison Museum of Contemporary Art. Art Cart was featured on PBS Wisconsin Life! Go to pbs.org/show/wisconsin-life to see this exciting video.

CELEBRATE 50 YEARS OF THE ART CART!

Join us for two free family events: Kick off the summer Art Cart season at the Madison Museum of Contemporary Art (MMoCA) 227 State Street on June 7, 10am-2pm with a free open house and community art project. The celebration continues as MSCR and MMoCA unveil the Vilas Park Shoe, 1602 Vilas Park Dr., in late July with more art projects and family fun! Stay tuned for birthday party invites and details!



MOBILE MADISON

Mobile Madison is a collaborative group that consists of the following organizations' mobile programs:

- MSCR Clay on the Move
- MSCR Play on the Move
- MSCR & Madison Museum of Contemporary Art - Art Cart
- MSCR Nature Kits
- Madison Reading Project- Big Red Reading Bus
- Department of Natural Resources - Fishmobile
- Dane County Library Service & Madison Public Library - Dream Bus
- City of Madison Parks Division - Sina Davis Movies in the Park
- Madison Children's Museum - MCM Roadshow
- Madison Metropolitan School District - Play & Learn

This group works collaboratively to bring free, mobile activities to a multitude of neighborhoods, prioritizing areas of need. Member organizations work together with stakeholders to broaden the reach of services to best benefit the community. Go to mscr.org for more collaborative events and meetups.

Mobile Madison is hosting three free events this summer:

- Monday, June 16 at Brittingham Park 5-7pm (Movie at 6:45pm)
- Tuesday, June 17 at Elver Park 5-7pm (Movie at 6:45pm)
- Wednesday, June 18 at Warner Park 5-7pm





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.

Essential Eligibility Criteria can be found at mscr.org/programs/adapted-recreation

CHAIR EXERCISE

Increase your range of motion through stretching and strength exercises. Participate either sitting or standing, exercises are adapted as needed. Skip 7/4.

CITY CLUB

Meet new friends while enjoying arts and crafts, fitness activities, field trips and other fun and engaging activities.

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. MSCR Outdoor Programs staff lead this activity. For this activity, please see Essential Eligibility Criteria.

DANCE AND MOVE

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

INDOOR BOCCE

Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the rules and develop the skills of this great ball sport on our new bocce courts! For this activity, please see Essential Eligibility Criteria.

PADDLING

No previous experience in a canoe or kayak needed! Participants are scheduled for a one hour time block after the participant profile is completed with adapted programs staff. Adapted paddling equipment is available, including universal paddling seats, outriggers, tandem kayaks, chariot transfer bench and multiple paddle adaptations. Staff can accommodate a variety of ability levels. MSCR Outdoor Programs staff lead this activity. For this activity, please see Essential Eligibility Criteria.

PICKLEBALL

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

PONTOON RIDE

Cruise on the beautiful lake and enjoy views of the Capitol and Monona Terrace, UW skyline and the bluffs. MSCR Pontoon volunteers lead this program.

POTTERY

Experience the hand-building techniques of pinch, coil and slab construction. No experience required. Materials provided. Projects are ready for pick up 3 weeks after class ends.

RECREATIONAL SWIM (WATER WALKING)

Designed for individuals with intellectual and/or physical disabilities. Exercise on an individual basis with MSCR-provided staff support, or supported by family/caregiver. Activities in this small warm water pool may include water basketball, floating on noodles, or walking in the water. MSCR staff assess the individual abilities of participants in order to provide support.

YOGA

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

SWIM LESSONS AGES 5-13

Intended for youth with disabilities who would benefit from a small group, this class provides instruction based on swimmers' goals and comfort level in the water. Prior to registration, the Adapted Specialist works with the family to ensure participant is appropriate for the class. Considerations may include, but are not limited to, swimming as a preferred activity, goals related to swim instruction, and safety of participant, staff and other swimmers. Swimmers who have been successful in group swim lessons should NOT enroll in this class. NOTE: This class is not open for internet registration. Call 608-204-3030 for information. For this activity, please see Essential Eligibility Criteria.

ADAPTED FAMILY SWIMS - FREE! GOODMAN POOL, 325 W OLIN AVE

July 11, 5:30-7pm, August 1, 5:30-7pm and August 16, 10:11-30am

Open to all individuals with disabilities and their caregivers and families. Pre-registration is not required.

HARMONY VALLEY FARM

COMMUNITY SUPPORTED AGRICULTURE

- ♥ Certified Organic Vegetables, Beef & Pork
- ♥ Simple & Tasty Recipes with Every Delivery
- ♥ Madison Area CSA Deliveries on Thursdays & Saturdays



SIGN UP AT HARMONYVALLEYFARM.COM

SCIENCE + ENGINEERING + ART CAMPS



LEARN MORE AT STELLARTECHGIRLS.COM
Middleton | @stellartechgirls | Scholarships Available

Age	Class	Location	Day	Date	Time	Fee	Course #
13+	Chair Exercise	MSCR West	F	6/27-8/15	10-11am	\$42	42581
13+	City Club	MSCR West	W	6/25-8/13	4-5:45pm	\$58	42582
13+	City Club	MSCR East	Th	6/26-8/14	4-5:45pm	\$58	42583
13+	Climbing	MSCR Kennedy Challenge Course	Sa	6/7	9:30am-12pm	\$15	42585
13+	Climbing	MSCR Kennedy Challenge Course	Sa	8/9	9:30am-12pm	\$15	42586
13+	Dance and Move	MSCR West	M	6/23-8/11	4:30-5:30pm	\$48	42587
13+	Dance and Move	MSCR Central	T	6/24-8/12	4:30-5:30pm	\$48	42588
13+	Indoor Bocce	MSCR West	W	6/25-8/13	5:30-6:30pm	\$48	42589
13+	Paddling	Olin	T	6/24	2-7pm	\$10	42591
13+	Paddling	Olin	Th	7/17	2-7pm	\$10	42592
13+	Paddling	Olin	W	8/13	2-7pm	\$10	42593
13+	Pickleball	MSCR West	T	6/24-8/12	3:30-4:30pm	\$48	42594
13+	Pontoon Ride	Tenney Boat Pier	Th	7/10	3-4:30pm	\$8	42595
13+	Pontoon Ride	Tenney Boat Pier	W	8/6	4-5:30pm	\$8	42596
13+	Pottery	MSCR West	W	7/9-7/23	2:30-3:45pm	\$44	42590
13+	Recreational Swim (Water Walking)	Lapham	M	6/23-8/11	7:10-8:10pm	\$74	42600
13+	Recreational Swim (Water Walking)	Lapham	T	6/24-8/12	7:10-8:10pm	\$74	42601
13+	Recreational Swim (Water Walking)	Lapham	W	6/25-8/13	7:10-8:10pm	\$74	42602
13+	Yoga	MSCR Central	M	6/23-8/11	4:30-5:30pm	\$48	42603
13+	Yoga	MSCR West	Th	6/26-8/14	3:45-4:45pm	\$48	42604
5-13	Swim Lessons Ages 5-13	Goodman Pool	F	6/20-8/22	9:30-10am	\$86	42597
5-13	Swim Lessons Ages 5-13	Goodman Pool	F	6/20-8/22	10:10-10:40am	\$86	42598
5-13	Swim Lessons Ages 5-13	Goodman Pool	F	6/20-8/22	10:50-11:20am	\$86	42599



Monona Academy of Dance

• 2605 S. Stoughton Rd., Madison

• 838 Grove St., Sun Prairie (Sun Prairie Ice Arena)

Summer options:

- Introductory evening classes for new/beginning dancers youth or adult (Ballet, Tap, Jazz and Hip Hop).
- Multiple week intensives to propel your personal growth forward.
- Dancers return to your home studio renewed and ready for your next season.
- Advanced morning intensive ballet class taught by nationally known guest teachers.

mononaacademyofdance@gmail.com



Monona Academy of Dance - Accepting New Students!

www.mononaacademyofdance.org

Introductory, Intermediate, and Advanced classes for YOUTH and ADULT dancers

Classes include: Ballet, Tap, Jazz, Modern, and Hip Hop



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

A TO Z ART AND ANIMALS - CHILD + ADULT

Get ready for a walk on the wild side with this class focused on critter creation! Learn fun facts about a new animal each week, then unleash your imagination to create an artistic animal interpretation.

CREATIVE MOVEMENT - CHILD + ADULT

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

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. This is a great way to introduce your little dancer to the arts! Please wear socks and comfortable clothing that allows for movement.

FIELD OF FLOWERS WORKSHOP - CHILD + ADULT

Grow your relationship and skills as an artist while exploring mixed media techniques to create a flower filled landscape.

4TH OF JULY FIREWORKS WORKSHOP - CHILD + ADULT

Young artists use the "wax resist" technique of using watercolors to paint over designs made in crayons to reveal a 4th of July night sky.

INTERGALACTIC ART WORKSHOP - CHILD + ADULT

Get ready to have a blast exploring the depths of outer space and your imagination! Discover new ways to have fun with out-of this world projects during this space themed workshop.

MOVE WITH ME - CHILD + ADULT

Designed to use developmental proprioception and attachment concepts to promote bonding and connection. Participants can expect tactile play utilizing fine and gross motor movement, use of props that invite communication and imagination, and musical accompaniment. Caregivers learn techniques that can be transferred to home settings.

MSCR MAKES - JUNIOR JEWELERS - CHILD + ADULT

Explore methods to make your own wearable art!

MSCR MAKES - PETITE PAINTERS - CHILD + ADULT

Explore different methods of painting and types of paint.

MSCR MAKES - SMALL SCULPTORS - CHILD + ADULT

Explore different methods and materials for making 3-D Art. Small Sculptors is an open-ended process-based art class where working with materials, engaging and spending time together is just as important as the final product.

RAINBOW MOSAICS - MIXING COLORS - CHILD + ADULT

Young artists learn about primary colors to make the secondary colors by mixing paint. Explore, paint and create art projects and finish with a rainbow mosaic collage with of course, fluffy clouds!

CHILD + ADULT CLASSES

Age	Class	Location	Day	Date	Time	Fee	Course #
6m-3yrs	Move with Me - Child + Adult	MSCR Central	W	6/25-7/16	4:30-5:15pm	\$25	43866
6m-3yrs	Move with Me - Child + Adult	MSCR Central	W	7/23-8/20	4:30-5:15pm	\$25	43867
18m-2 1/2yrs	Dance with Me - Child + Adult	MSCR East	T	6/24-8/12	9-9:30am	\$38	44059
2-3	Creative Movement - Child + Adult	MSCR West	M	6/23-8/11	9:30-10am	\$38	43553
2-3	Creative Movement - Child + Adult	MSCR East	T	6/24-8/12	4:45-5:15pm	\$38	43807
3-4	A to Z Art and Animals - Child + Adult	MSCR Central	W	7/23-8/13	10:15-11am	\$32	43554
3-4	Creative Movement - Child + Adult	MSCR East	T	6/24-8/12	4-4:30pm	\$38	43555
3-5	Field of Flowers Workshop - Child + Adult	MSCR East	M	6/23	9-9:45am	\$12	43594
3-5	Field of Flowers Workshop - Child + Adult	MSCR East	W	6/25	4:30-5:15pm	\$12	43595
3-5	4th of July Fireworks Workshop - Child + Adult	MSCR East	M	6/30	9-10am	\$12	43592
3-5	4th of July Fireworks Workshop - Child + Adult	MSCR East	W	7/2	4:30-5:30pm	\$12	43593
3-7 years	Intergalactic Art Workshop - Child + Adult	MSCR Central	Th	7/10	5-5:45pm	\$12	43534
3-5	MSCR Makes - Petite Painters - Child + Adult	MSCR Central	Th	7/31	5-5:45pm	\$12	43686
3-5	MSCR Makes - Junior Jewelers - Child + Adult	MSCR Central	Th	8/7	5-5:45pm	\$12	43606
3-5	MSCR Makes - Small Sculptors - Child + Adult	MSCR Central	Th	8/14	5-5:45pm	\$12	43687
3-5	Rainbow Mosaics - Mixing Colors - Child + Adult	MSCR East	M	7/7-7/21	9-9:45am	\$24	43684
3-5	Rainbow Mosaics - Mixing Colors - Child + Adult	MSCR East	W	7/23-8/13	4:30-5:15pm	\$24	43685

PRESCHOOL CLASSES**A TO Z ART AND ANIMALS**

Get ready for a walk on the wild side with this class focused on critter creation! Learn fun facts about a new animal each week, then unleash your imagination to create an artistic animal interpretation.

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. If your child is not ready for a class independently, we recommend a Child + Adult class.

Age	Class	Location	Day	Date	Time	Fee	Course #
PRESCHOOL ARTS							
4-5	A to Z Art and Animals	MSCR Central	W	7/23-8/13	9-9:45am	\$32	43806
PRESCHOOL DANCE							
3	Pre-Ballet	MSCR East	M	6/23-8/11	9-9:30am	\$38	43575
3	Pre-Ballet	MSCR West	M	6/23-8/11	10:15-10:45am	\$38	43572
3	Pre-Ballet	Madison Youth Arts Center	T	6/24-8/12	9-9:30am	\$38	43585
3	Pre-Ballet	MSCR East	T	6/24-8/12	9:45-10:15am	\$38	44060
3	Pre-Ballet	MSCR West	W	6/25-8/13	3:15-3:45pm	\$38	43581
3	Pre-Ballet	MSCR East	W	6/25-8/13	4-4:30pm	\$38	43577
3	Pre-Ballet	MSCR Central	Th	7/10-8/7	4:30-5pm	\$24	44072
4-5	Pre-Ballet	MSCR East	M	6/23-8/11	9:45-10:25am	\$48	43576
4-5	Pre-Ballet	MSCR West	M	6/23-8/11	11-11:40am	\$48	43573
4-5	Pre-Ballet	MSCR West	T	6/24-8/12	9-9:40am	\$48	43582
4-5	Pre-Ballet	MSCR East	T	6/24-8/12	10:30-11:10am	\$48	44061
4-5	Pre-Ballet	MSCR East	T	6/24-8/12	3:05-3:45pm	\$48	43864
4-5	Pre-Ballet	MSCR Central	W	7/9-8/6	9-9:40am	\$30	44071
4-5	Pre-Ballet	MSCR East	Th	6/26-8/14	4-4:40pm	\$42	44065
4-5	Pre-Ballet	Madison Youth Arts Center	Th	6/26-8/14	4:45-5:25pm	\$42	43586

SUMMER ADVENTURES 2025**HOLY CROSS AND KIDS CROSSING**

Where Childcare Meets Daily Themed Activities!

Open 6:30 am - 5:30 pm, Ages: Entering K - 5th Grade

No Movie Days, No Mandatory Quiet Time, 18 and Older Staff

Tuition includes 6 Field Trips, Supplies, and 3 Meals following USDA Food Guidelines

734 HOLY CROSS WAY - MADISON, WI 53704 - WWW.HOLYCROSSWAY.ORG

TO REGISTER OR FOR MORE INFORMATION,

CALL OR EMAIL KATIE KRUG AT 608-249-3101 KKRUG@HOLYCROSSMADISON.ORG





DANCE & MOVEMENT

BALLET

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

BALLET/TAP

This class provides an affordable opportunity for participants to experience both ballet and tap! Participants split class time between 25 minutes of ballet and 25 minutes of tap. During the ballet portions of class, participants learn basic ballet skills and positions, as well as learn to combine technique along with balance, coordination and rhythm. The tap portion of class focuses on learning basic steps, rhythms and combinations to get your feet moving!

BATON TWIRLING - ADVANCED SKILLS

For twirlers with previous baton experience. This class moves beyond single baton tricks and focuses on teaching new skills such as two-baton, three-baton and hoop baton tricks. Concurrent enrollment in Continuing Baton is okay and encouraged. Hoop baton included in the class fee.

BATON TWIRLING - BEGINNING

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 available for purchase at the first class.

BATON TWIRLING - CONTINUING

Continue developing skills and mastering tricks learned in past baton twirling classes. Learn to combine skills in combination. Class is appropriate for participants who have completed an MSCR Baton Twirling class or have past experience with baton twirling.

CHEERLEADING *NEW!*

Sparkling smiles & spirited cheers! This 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!

DANCE TEAM PREP *NEW!*

What's it like to be on a dance team? This class helps you achieve your goals! This covers all the essentials: sharp moves, high-energy routines and spirited pom technique. Build strength, flexibility and confidence. Master the moves for tryouts and beyond!

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. A variety of jazz techniques and skills, such as turns, jumps and combinations

JAZZ/HIP HOP

This class combines the high energy hip hop dance style, focusing on rhythm and stylized movements, with jazz technique including 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!

POMS

Poms is a style of dance that combines sharp, precise arm motions with jazz technique, focusing on jumps, kicks, turns and leaps. Great for a dancer who is interested in combining dance skills with energy and enthusiasm. Begins with a warm-up and stretching to improve flexibility and cardiovascular endurance.

TAP

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

SIGN UP NOW!

Swim & GYM

SUMMER CAMP

Where Fun and Adventure Meet



STATE LICENSED SINCE 2003

• Full-Day Camp • Swimming Lessons • Themed Weeks
Field Trips • Weekly schedule - June 9 to August 22

W W W . S W I M G Y M C A M P . C O M

Grade	Class	Location	Day	Date	Time	Fee	Course #
1-3	Ballet	MSCR East	M	6/23-8/11	10:40-11:30am	\$53	43547
1-3	Ballet	MSCR East	T	6/24-8/12	11:25-12:15pm	\$53	44062
1-3	Ballet	MSCR West	W	6/25-8/13	2:10-3pm	\$53	43548
1-3	Ballet	Madison Youth Arts Center	Th	6/26-8/14	5:30-6:20pm	\$46	43564
1-3	Ballet	MSCR Central	Th	7/10-8/7	5:15-6:05pm	\$33	43549
4-6	Ballet	MSCR East	M	6/23-8/11	11:45am-12:45pm	\$59	43836
4-6	Ballet	Madison Youth Arts Center	T	6/24-8/12	10:50-11:50am	\$59	43821
4-6	Ballet	MSCR West	W	6/25-8/13	4-5pm	\$59	43545
4-6	Ballet	MSCR Central	Th	7/10-8/7	6:20-7:20pm	\$37	43811
1-2	Ballet/Tap	MSCR East	T	6/24-8/12	6:30-7:20pm	\$53	43546
7-12	Baton Twirling - Advanced Skills	MSCR West	M	6/23-8/11	6:50-7:30pm	\$46	43550
1-5	Baton Twirling - Beginning	MSCR West	M	6/23-8/11	4:30-5:30pm	\$59	43551
3-10	Baton Twirling - Continuing	MSCR West	M	6/23-8/11	5:45-6:45pm	\$59	43552
1-3	Cheerleading	MSCR East	T	6/24-8/12	6:30-7:15pm	\$51	44057
4-6	Cheerleading	MSCR East	T	6/24-8/12	7:30-8:15pm	\$51	44058
7-9	Dance Team Prep	MSCR West	M	6/23-8/11	6:50-7:50pm	\$59	43559
4-6	Hip Hop	MSCR East	M	6/23-8/11	7:45-8:45pm	\$59	44070
1-3	Jazz	MSCR West	M	6/23-8/11	4:30-5:20pm	\$53	43565
1-3	Jazz	Madison Youth Arts Center	T	6/24-8/12	9:45-10:35am	\$53	43563
1-3	Jazz	MSCR East	W	6/25-8/13	4:45-5:35pm	\$53	43562
1-3	Jazz	MSCR Central	W	7/9-8/6	9:55-10:45am	\$33	43567
4-6	Jazz	MSCR West	M	6/23-8/11	5:35-6:35pm	\$59	43566
4-6	Jazz	MSCR East	W	6/25-8/13	5:50-6:50pm	\$59	43853
4-6	Jazz	Madison Youth Arts Center	Th	6/26-8/14	6:35-7:35pm	\$52	43865
4-6	Jazz	MSCR Central	W	7/9-8/6	11am-12pm	\$37	43813
1-3	Jazz/Hip Hop	MSCR East	M	6/23-8/11	6:30-7:20pm	\$53	44069
4-9	Lyrical	MSCR East	W	6/25-8/13	7:05-8:05pm	\$59	43568
4-9	Lyrical	Madison Youth Arts Center	Th	6/26-8/14	7:50-8:50pm	\$52	43823
1-2	Musical Theater	MSCR East	Th	6/26-8/14	4:55-5:40pm	\$45	44066
1-3	Musical Theater	MSCR West	W	6/25-8/13	6:45-7:30pm	\$51	44063
3-5	Musical Theater	MSCR East	Th	6/26-8/14	5:55-6:40pm	\$45	44067
4-6	Musical Theater	MSCR West	W	6/25-8/13	7:45-8:30pm	\$51	44064
5-9	Poms	MSCR Central	Th	7/10-8/7	7:35-8:35pm	\$37	43812
1-3	Tap	MSCR West	T	6/24-8/12	9:55-10:45am	\$53	43589
4-6	Tap	MSCR West	T	6/24-8/12	11am-12pm	\$59	43590

LOOKING FOR FLEXIBLE, FUN AND REWARDING WORK?

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Learn more & apply



MSCR.ORG/JOBS

ENRICHMENT & MUSIC

ART AND MOVEMENT

Unleash your inner Heather Hansen or Jackson Pollock! Explore the art of movement and mark-making in this class focused on abstract expressionism. Use a variety of materials and processes to create fun projects!

BASKETRY BLISS

Learn the fundamental techniques and patterns to create unique baskets.

CANVASES AND CRAFTS

Everyone has an inner artist! Go beyond the canvas in this class as we not only explore painting techniques and drawing skills, but also have fun with crafting. Bring your creativity to life by using all sorts of mediums and supplies to make all kinds of crafts- some seasonal and some not!

CUSTOM CROSS STITCH CREATIONS

Participants learn to design their own cross-stitch pattern and bring it to life. From sketching your idea on graph paper to stitching it with colorful threads, exercise creativity every step of the way.

DRAWING - BEGINNING

Ditch dull doodles and depictions! Step up your drawings with this introductory class focused on the fundamental drawing skills needed to add style, character and soul to your sketches.

FLY TYING

Join us for a super fly class! Learn to tie flies, a type of fishing lure, sure to make fish take the bait. Learn the skills by tying a new type of lure each class. Practice the technique, use creativity and materials you have on hand to make modifications on the fly.

INTRO TO AMIGURUMI

Amigurumi is the Japanese art of crocheting small stuffed yarn creatures. This fun class teaches fundamental crochet stitches, master amigurumi techniques, follow a pattern and create your own unique plushies to cherish. This class is perfect for those who love crafting and want to develop a new hobby!

MUSIC APPRECIATION *NEW!*

Delve into the history, elements and cultural significance of various musical genres, from classical to jazz, rock to pop. Learn about different musical terms and families of instruments. This insightful class enhances your listening experience and deepens your understanding of the art of music.

PAPER MACHE SILLY MONSTER HEADS *NEW!*

In this fun and messy art class, create wacky and wonderful paper mache monster heads. Sculpt unique monster faces using balloons and paper mache. Once it dries, add details to bring these creations to life.

SHRINK ART CREATIONS

Get ready to shrink down your creations in this exciting art class! Use special plastic to transform your drawings into tiny colorful charms, keychains and more. Make a collection of your own mini masterpieces.

SKETCH CUTE!

Learn how to take simple shapes, lines and textures to create lighthearted images, while building on your skills to produce sketchbooks, greeting cards, framed art and more! Using simple line art and watercolor, produce adorable designs you can be proud of.

UKULELE - BEGINNING

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! Class ends with a ukulele performance for family and friends. 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 for family & friends. 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.

WATERCOLOR MONSTER DOODLES

Watercolor paints are used in a different way: small water puddles are made randomly on watercolor paper. The paint is applied to the puddles through the process of bleeding from the paint-saturated brush to the puddle. Artists then use Sharpies (black ink) to turn the organic puddle shapes into silly monsters!

WOODBURNED WONDERS *NEW!*

This class is for beginners looking to explore the art of pyrography. Learn how to use wood burning tools to create beautiful designs and patterns on wood. Covers the basics, including safety, technique and shading, so you can start creating your pieces with confidence. All equipment and materials provided.

Grade	Class	Location	Day	Date	Time	Fee	Course #
1-3	Art and Movement	MSCR Central	W	6/25-7/16	9-9:45am	\$32	43604
4-6	Art and Movement	MSCR Central	W	6/25-7/16	10:15-11am	\$32	43605
*9-12	Basketry Bliss	MSCR West	M	6/23-8/11	7-9pm	\$130	43541
1-3	Canvases and Crafts	MSCR East	F	6/27-8/15	9-10am	\$48	43542
4-6	Canvases and Crafts	MSCR East	F	6/27-8/15	10:15-11:30am	\$56	43543
7-9	Canvases and Crafts	MSCR East	F	6/27-8/15	11:45am-1:15pm	\$64	43859
1-3	Canvases and Crafts	MSCR West	Th	6/26-8/14	4:30-5:30pm	\$48	43607
4-6	Canvases and Crafts	MSCR West	Th	6/26-8/14	5:45-7pm	\$56	43861
7-9	Canvases and Crafts	MSCR West	Th	6/26-8/14	7:15-8:45pm	\$64	43862
5-12	Custom Cross Stitch Creations	MSCR West	W	6/25-7/2	6-7:30pm	\$16	43612
4-8	Drawing - Beginning	MSCR East	M	6/23-8/11	4:30-5:30pm	\$78	43610
*9-12	Fly Tying	MSCR West	W	7/9-7/30	6-7:30pm	\$48	43601
6-12	Intro to Amigurumi	MSCR West	T	6/24-7/15	10-11:30am	\$50	43561
4-8	Music Appreciation	MSCR East	M	6/23-8/11	6-7pm	\$64	43629
*9-12	Music Appreciation	MSCR East	M	6/23-8/11	7:15-8:15pm	\$64	43820
3-5	Paper Mache Silly Monster Heads	MSCR East	M	7/14-8/4	10:15-11:15am	\$28	43535
3-5	Paper Mache Silly Monster Heads	MSCR East	W	7/23-8/13	5:45-6:45pm	\$28	43536
4-7	Shrink Art Creations	MSCR Central	T	7/22-8/5	5:30-6:45pm	\$25	43625
4-7	Shrink Art Creations	MSCR West	M	6/23-7/7	5:30-6:45pm	\$25	43626
5-9	Sketch Cute!	MSCR West	T	8/5-8/19	12:1-3:00pm	\$35	43622
3-6	Ukulele - Beginning	MSCR Central	Th	6/26-8/14	4-5pm	\$48	43631
3-6	Ukulele - Continuing	MSCR Central	Th	6/26-8/14	5:15-6:15pm	\$48	43809
4-7	Watercolor Monster Doodles	MSCR East	M	6/23-7/7	10:15-11:15am	\$26	43537
4-7	Watercolor Monster Doodles	MSCR East	W	6/25-7/9	5:45-6:45pm	\$26	43538
*9-12	Woodburned Wonders	MSCR West	M	7/14-8/11	5-6:30pm	\$100	43628

POTTERY**HANDBUILDING - CHILD + ADULT**

Experience handbuilding pottery techniques of pinch, coil and slab construction to create joint pieces of art with your child. All work must be completed in the studio. Adult must participate with child on provided class project, register child only.

YOUTH HANDBUILDING

No clay experience required! Experience the hand-building techniques of pinch, coil and slab construction.

YOUTH WHEEL

Practice centering on the wheel to work towards creating projects.

SEWING**HAND SEWING - FELT FRIENDS**

In this fun and creative class, participants learn basic hand sewing techniques while creating adorable felt creatures! Learn to sew simple stitches like running stitch and back stitch, and use newfound skills to bring your own unique felt friends to life! This class is perfect for beginners and a great way to develop fine motor skills and express your creativity.

YOUTH SEWING 1

Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward finishing a pencil bag and drawstring bag. All materials and sewing machine provided.

WORKSHOPS**INTRO TO PERFORMANCE ART WORKSHOP**

This class offers an immersive exploration of the key concepts and techniques behind performance as a medium. Attendees engage in creative exercises that focus on the body, space and audience interaction, pushing boundaries of self-expression and presence. The history of performance art while developing experimental performances. No prior experience is necessary, just a willingness to explore and take creative risks.

INTRO TO STOP MOTION WORKSHOP

Participants learn the essentials of creating their own stop-motion films, from storyboarding to bringing characters and objects to life frame by frame. Explore different techniques, such as claymation and object animation.

**JUNK JOURNALS WORKSHOP NEW!**

Are you a collector of paper memorabilia during vacations or want a way to repurpose some of your junk mail? In this workshop, learn how to transform paper scraps into journals that are works of art! Use scrapbook paper, paper bags, cereal boxes, etc. to create projects. Participants are encouraged to bring any other paper they would like to include in the journal. All other materials are included.

OUTDOOR**CELL PHONE PHOTOGRAPHY NEW!**

Unleash your inner photographer! This class teaches you how to take stunning photos using your smartphone's camera. Learn about composition, lighting, editing techniques and more. Discover the art of mobile photography and share your unique vision with the world. Please bring your cell phone with you to class!

CYANOTYPE EXPLORATION

Perfect for those interested in art, photography and exploring creative processes, this unique and exciting art class teaches the fascinating process of cyanotype printing. Discover this historical photographic technique that uses sunlight and chemistry to create beautiful blue and white images. Learn the techniques, experiment with different materials and create unique works of art using sunlight and simple chemistry. *Activities are subject to change due to weather conditions.

Grade	Class	Location	Day	Date	Time	Fee	Course #
POTTERY							
K-2	Handbuilding - Child + Adult	MSCR West	M	6/23-7/14	4:45-6pm	\$58	43614
K-2	Handbuilding - Child + Adult	Warner Park CRC	F	7/11-7/25	9-10:15am	\$44	43613
K-2	Handbuilding - Child + Adult	MSCR West	Th	7/24-8/14	4:45-6pm	\$58	43615
K-2	Handbuilding - Child + Adult	Warner Park CRC	F	8/1-8/15	9-10:15am	\$44	43868
2-5	Youth Handbuilding	MSCR West	M	6/23-7/14	3-4:15pm	\$58	43617
2-5	Youth Handbuilding	Warner Park CRC	F	7/11-7/25	10:30-11:45am	\$44	43616
2-5	Youth Handbuilding	MSCR West	Th	7/24-8/14	3-4:15pm	\$58	43618
2-5	Youth Handbuilding	Warner Park CRC	F	8/1-8/15	10:30-11:45am	\$44	43869
6-12	Youth Wheel	MSCR West	W	7/9-8/13	4-6pm	\$105	43620
6-12	Youth Wheel	Warner Park CRC	M	7/14-8/11	5:45-7:45pm	\$88	44031
SEWING							
6-12	Hand Sewing - Felt Friends	MSCR West	T	7/22-8/5	10-11:30am	\$47	43560
4-9	Youth Sewing 1	MSCR West	T	6/24-7/8	6:30-8pm	\$45	43635
YOUTH & TEEN WORKSHOPS							
9-12	Intro to Performance Art Workshop	MSCR Central	T	7/15	5:30-8:30pm	\$21	43539
6-8	Intro to Stop Motion Workshop	MSCR Central	T	8/12	5:30-8:30pm	\$21	43540
5-9	Junk Journals Workshop	MSCR Central	F	7/18	9:30-11am	\$18	43623
OUTDOOR YOUTH CLASSES							
Grade	Class	Location	Day	Date	Time	Fee	Course #
6-12	Cell Phone Photography	MSCR Central	Th	7/24-8/14	10-11:30am	\$52	43597
6-12	Cyanotype Exploration	MSCR Central	Th	7/10-7/17	10-11:30am	\$30	43600



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, and due to limited space only one caregiver can attend. Please bring your own yoga mat.

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.

RUNNING CLUB

This youth training group is geared toward 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.

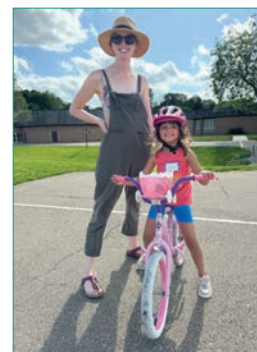
TUMBLING

Learn basic tumbling, stretching and movement skills while participating in obstacle courses, games and activities. Practice and develop coordination, body awareness and gross motor skill using progressive tumbling techniques. Wear comfortable clothing that allows free movement.

Age	Class	Location	Day	Date	Time	Fee	Course #
5-12	Capoeira Level 1	MSCR Central	M	6/23-8/18	4:30-5:15pm	\$45	42865
5-12	Capoeira Level 2	MSCR Central	M	6/23-8/18	5:30-6:15pm	\$45	42867
8-13	Strength & Conditioning	MSCR East	T	6/24-8/19	5-5:45pm	\$45	42891
8-13	Running Club East	Demetral Park	T	6/24-8/19	5:30-6:15pm	\$45	42887
3-6	Family Yoga	MSCR West	T	6/24-8/19	6:15-7pm	\$45	42869
8-13	Strength & Conditioning	MSCR West	W	6/25-8/20	5-5:45pm	\$40	42890
8-13	Running Club	MSCR Central	W	6/25-8/20	5:30-6:15pm	\$45	42886
5-7	Running Club West	Elver Park	Th	6/26-8/21	4:30-5:15pm	\$40	42889
4	Tumbling	MSCR West	Th	6/26-8/21	5-5:30pm	\$40	42893
5-12	Capoeira - All Levels	Warner Park	Th	6/26-8/21	5-5:45pm	\$40	43847
8-13	Running Club West	Elver Park	Th	6/26-8/21	5:30-6:15pm	\$40	43849
5	Tumbling	MSCR West	Th	6/26-8/21	5:40-6:10pm	\$40	43843
5-7	Running Club East	Demetral Park	Th	6/26-8/21	6:15-7pm	\$40	42888
6	Tumbling	MSCR West	Th	6/26-8/21	6:20-7:05pm	\$40	43844

LEARN 2 RIDE

Is your child ready to lose the training wheels? Are you tired of running up and down the sidewalk? Learn easy, hands-on techniques to get your child riding solo on two wheels! This innovative approach includes balancing, gliding and pedaling. Participants receive instruction and practice time. Children must be accompanied by an active companion 16+ years old. You must bring a bike that allows your sitting participant to put both feet completely flat on the ground. Participants must bring a helmet. If you are unable to bring a helmet, please reach out for accommodations. Class sizes are limited to allow for reduced distractions, course congestion and more guidance from our Learn 2 Ride staff if needed. If your participant has a disability and may need further accommodations, please reach out to us and we work with you to provide reasonable accommodations. Due to limited space, registration is limited to 1 class per youth participant. If after attending 1 class your youth participant needs more practice, reach out to see if there are extra available spots. Learn 2 Ride is sponsored by Pacific Cycle.



Age	Class	Location	Day	Date	Time	Fee	Course #
4-8	Learn 2 Ride	Huegel	T	7/1	5-6:15pm	\$15	42874
9-13	Learn 2 Ride	Huegel	T	7/1	6:30-7:45pm	\$15	42875
4-8	Learn 2 Ride	Kennedy	T	7/8	5-6:15pm	\$15	42880
9-13	Learn 2 Ride	Kennedy	T	7/8	6:30-7:45pm	\$15	42881
4-8	Learn 2 Ride	Lincoln	Th	7/10	5-6:15pm	\$15	42872
4-8	Learn 2 Ride	Lincoln	Th	7/10	6:30-7:45pm	\$15	42873
4-8	Learn 2 Ride	Huegel	T	7/15	5-6:15pm	\$15	42876
4-8	Learn 2 Ride	Huegel	T	7/15	6:30-7:45pm	\$15	42877
4-8	Learn 2 Ride	Kennedy	T	7/22	5-6:15pm	\$15	42882
4-8	Learn 2 Ride	Kennedy	T	7/22	6:30-7:45pm	\$15	42883
4-8	Learn 2 Ride	Lincoln	T	7/29	5-6:15pm	\$15	42870
9-13	Learn 2 Ride	Lincoln	T	7/29	6:30-7:45pm	\$15	42871
4-8	Learn 2 Ride	Huegel	T	8/5	5-6:15pm	\$15	42878
4-8	Learn 2 Ride	Huegel	T	8/5	6:30-7:45pm	\$15	42879
4-8	Learn 2 Ride	Kennedy	T	8/12	5-6:15pm	\$15	42884
4-8	Learn 2 Ride	Kennedy	T	8/12	6:30-7:45pm	\$15	42885

**YOUTH SPORTS 608.229.6820****GYM CLASS SUPERHEROES**

Beat the heat and explore all your favorite gym class games in an energetic and supportive camp atmosphere! Capture the flag, world cup soccer, elimination dodgeball, numerous tag games and more are played in this dynamic and fast paced class. Skip 7/4.

Grade	Class	Location	Day	Date	Time	Fee	Course #
3-6	Gym Class Superheroes	MSCR West	MWF	6/23-6/27	9-11am	\$80	43805
3-6	Gym Class Superheroes	MSCR West	M/W	6/30-7/3	9-11am	\$64	43810
3-6	Gym Class Superheroes	MSCR West	MWF	7/7-7/11	9-11am	\$80	43814
3-6	Gym Class Superheroes	MSCR West	MWF	7/14-7/18	9-11am	\$80	43815
3-6	Gym Class Superheroes	MSCR West	MWF	7/21-7/25	9-11am	\$80	43816
3-6	Gym Class Superheroes	MSCR West	MWF	7/28-8/1	9-11am	\$80	43817
3-6	Gym Class Superheroes	MSCR West	MWF	8/4-8/8	9-11am	\$80	43818
3-6	Gym Class Superheroes	MSCR West	MWF	8/11-8/15	9-11am	\$80	43819



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



SOCCKER LEAGUES

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	7/13-8/17	Su	1, 2, 3 or 4pm
3v3	U6	5-6			
6v6	U8	7-8	7/12-8/16	Sa	9, 10:15, 11:30am or 12:45pm
6v6	U10	9-10			
6v6	U12	11-12			
6v6	U14	13-14			

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

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	5/5-6/1	\$55	\$82.50
Regular	6/2-6/9	\$60	\$90
Late	6/10-6/13	\$70	\$105

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.

TBALL & COACH PITCH

608-204-3026

TBALL

MSCR instructional T-Ball league emphasizes teamwork, skill development and most importantly, fun. Dedicated volunteer coaches and MSCR staff focus on teaching the fundamentals of baseball in a positive and encouraging environment. The first 2 weeks of the program are organized practices followed by 5 weeks of games.



COACH PITCH

Introduce your child to the exciting world of baseball with our Coach Pitch program! This fun, non-competitive league focuses on teaching the fundamentals of the sport in a supportive and engaging environment. The program begins with 2 weeks of practice to develop essential skills, followed by 5 games where players can put what they've learned into action. Our emphasis is on sportsmanship, teamwork and enjoying the game, making this the perfect introduction to baseball for young players. Volunteer coaches and MSCR staff lead this program.

T-BALL LEAGUES

Grade	Location	Day	Date	Time
K - 1	Midvale	M	6/16-7/28	5:30-8pm
K - 1	Elvehjem	M	6/16-7/28	5:30-8pm
K - 1	Midvale	W	6/18-7/30	5:30-8pm
K - 1	Elvehjem	W	6/18-7/30	5:30-8pm

COACH PITCH LEAGUES

Grade	Location	Day	Date	Time
2 - 3	Midvale	T	6/17-7/29	5:30-8pm
2 - 3	Elvehjem	T	6/17-7/29	5:30-8pm

FEES

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	3/10-5/11	\$41	\$61.50
Regular	5/12-5/25	\$46	\$69

SPORTS SKILLS

T-BALL SPORTS SKILLS

Sport Skills T-Ball is a developmentally appropriate introductory baseball program for children 3-5 years old. The program prepares children for organized T-Ball and baseball teaching skills in a non-threatening and non-competitive environment. Skills covered include running, batting, throwing and catching. Adults and children work together one-on-one in a fun atmosphere. No games are played in this program.

TRACK AND FIELD CLINIC

This clinic is designed for all entering Kindergarten - 8th grade. Whether a beginner or experienced track and field athlete, this clinic provides instruction to participants for many track and field events. The program aims to assist youth in developing event specific skills. Skip 6/19 & 7/3.

ULTIMATE FRISBEE SKILLS CLINIC

Ultimate Frisbee is the sport of the future and MSCR is offering a series of youth programs designed to help all kids get into this spirited sport at a young age. Ultimate is the only sport that requires two players to score. With elements of soccer, football and basketball, ultimate teaches youth to be a good sport on and off the field. Youth learn skill fundamentals and an understanding of their position on the field to get everyone working together. Grades 3-5 participate in instruction for the first six weeks. The final two weeks, participants play official Ultimate Frisbee games.

Age	Class	Location	Day	Dates	Time	Fee	Course #
SPORTS SKILLS							
3-5	T-Ball Sports Skills	Elvehjem	M	6/16-7/21	4:45-5:15pm	\$25	43638
3-5	T-Ball Sports Skills	Midvale	M	6/16-7/21	4:45-5:15pm	\$25	43655
3-5	T-Ball Sports Skills	Midvale	M	6/16-7/21	5-5:30pm	\$25	43656
3-5	T-Ball Sports Skills	Midvale	M	6/16-7/21	5:45-6:15pm	\$25	43657
3-5	T-Ball Sports Skills	Midvale	M	6/16-7/21	6:30-7pm	\$25	43658
3-5	T-Ball Sports Skills	Elvehjem	T	6/17-7/22	4:45-5:15pm	\$25	43643
3-5	T-Ball Sports Skills	Elvehjem	T	6/17-7/22	5:30-6pm	\$25	43644
3-5	T-Ball Sports Skills	Elvehjem	T	6/17-7/22	6:15-6:45pm	\$25	43645
3-5	T-Ball Sports Skills	Midvale	T	6/17-7/22	4:45-5:15pm	\$25	43647
3-5	T-Ball Sports Skills	Midvale	T	6/17-7/22	5-5:30pm	\$25	43648
3-5	T-Ball Sports Skills	Midvale	T	6/17-7/22	5:45-6:15pm	\$25	43649
3-5	T-Ball Sports Skills	Midvale	T	6/17-7/22	6:30-7pm	\$25	43650
3-5	T-Ball Sports Skills	Elvehjem	W	6/18-7/23	4:45-5:15pm	\$25	43642
3-5	T-Ball Sports Skills	Midvale	W	6/18-7/23	4:45-5:15pm	\$25	43651
3-5	T-Ball Sports Skills	Midvale	W	6/18-7/23	5-5:30pm	\$25	43652
3-5	T-Ball Sports Skills	Midvale	W	6/18-7/23	5:45-6:15pm	\$25	43653
3-5	T-Ball Sports Skills	Midvale	W	6/18-7/23	6:30-7pm	\$25	43654
3-5	T-Ball Sports Skills	Elvehjem	Th	6/26-8/7	4:45-5:15pm	\$25	43639
3-5	T-Ball Sports Skills	Elvehjem	Th	6/26-8/7	5:30-6pm	\$25	43640
3-5	T-Ball Sports Skills	Elvehjem	Th	6/26-8/7	6:15-6:45pm	\$25	43641
3-5	T-Ball Sports Skills	Midvale	Th	6/26-8/7	4:45-5:15pm	\$25	43801
3-5	T-Ball Sports Skills	Midvale	Th	6/26-8/7	5:30-6pm	\$25	43802
3-5	T-Ball Sports Skills	Midvale	Th	6/26-8/7	6:15-6:45pm	\$25	43803
Grade	Class	Location	Day	Dates	Time	Fee	Course #
ULTIMATE FRISBEE SKILLS CLINICS							
K-2	Ultimate Frisbee Skills Clinic	Toki	M	6/16-7/28	5:15-5:45pm	\$41	43664
3-5	Ultimate Frisbee Skills Clinic	Toki	M	6/16-7/28	6-6:45pm	\$41	43665
6-8	Ultimate Frisbee Skills Clinic	Toki	M	6/16-7/28	7-7:45pm	\$41	43666
K-2	Ultimate Frisbee Skills Clinic	Whitehorse	Th	6/26-8/7	5:15-5:45pm	\$35	43661
3-5	Ultimate Frisbee Skills Clinic	Whitehorse	Th	6/26-8/7	6-6:45pm	\$35	43662
6-8	Ultimate Frisbee Skills Clinic	Whitehorse	Th	6/26-8/7	7-7:45pm	\$35	43663
TRACK & FIELD CLINICS							
K-8	Track and Field Clinic	Lussier Stadium	M,W	6/16-7/30	6-7:15pm	\$45	43660
K-8	Track and Field Clinic	Mansfield Athletic Complex	T,Th	6/17-7/31	6-7:15pm	\$45	43659

YOUTH TENNIS



BEGINNER

Introductory class covering the basics of gameplay, rules, hand-eye coordination and basic strokes. Emphasis on ball contact and keeping the ball in play.

BEGINNER /INTERMEDIATE

Beginner and intermediate skill levels welcome. Participants are divided into skill-alike groups on the first day.

INTERMEDIATE

For players with previous tennis experience. Continued development of tennis fundamentals, while incorporating more advanced techniques such as lobs and volleys. Emphasis on skill refinement and strategy development.

PRE-COMPETITIVE

For players interested in exploring tennis as a possible high school sport. Emphasis on developing strategy, net play and advanced techniques through match play.

USTA PACKAGE

We have add-on tennis equipment packages! An age-appropriate tennis racquet and a USTA t-shirt are included. Purchase at mscr.org, see course numbers below.

TENNIS WEATHER POLICY

In the event of inclement weather, instructors determine if lessons are canceled. Cancellations are determined on a class-by-class basis. Participants receive an email and/or robocall in case of a cancellation. No makeup classes are held; if a class session is canceled, participants are compensated accordingly. If you have any questions, please call 608-204-3026.

YOUTH USTA EQUIPMENT PACKAGES NEW!

Includes youth racquet & t-shirt. Purchase at mscr.org
For guaranteed delivery by June 23, please register by May 19.

Session	Date	Fee	Course #
Daytime Lessons Packages			
Session 1: M-Th	6/23-7/3	\$45	43526
Session 2: M-Th	7/7-7/17	\$45	43527
Session 3: M-Th	7/21-7/31	\$45	43528
Session 4: M-Th	8/4-8/14	\$45	43529
Evening Lessons Packages			
Session	Date	Fee	Course #
Monday	6/23-8/11	\$45	43525
Tuesday	6/24-8/12	\$45	43531
Wednesday	6/25-8/13	\$45	43532
Thursday	6/26-8/14	\$45	43530

EASTSIDE LESSONS

DOOR CREEK PARK

Day & Date	Time	Gr	Class	Fee	Course #
Mon-Thurs 6/23-7/3	8:30-9:15am	K-2	Beg/Intermediate	\$63	43305
	9:30-10:15am	3-5	Beginner	\$63	43306
		3-5	Intermediate	\$63	43307
	10:30-11:15am	6-9	Beginner	\$63	43308
		6-9	Intermediate	\$63	43309
Mon-Thurs 7/7-7/17	11:30am-12:15pm	K-2	Beg/Intermediate	\$63	43310
	8:30-9:15am	6-9	Beginner	\$63	43311
		6-9	Intermediate	\$63	43312
	9:30-10:15am	K-2	Beg/Intermediate	\$63	43313
	10:30-11:15am	3-5	Beginner	\$63	43314
Mon-Thurs 7/21-7/31		3-5	Intermediate	\$63	43315
	11:30am-12:15pm	6-9	Beginner	\$63	43317
		6-9	Intermediate	\$63	43318
	8:30-9:15am	3-5	Beginner	\$63	43399
		3-5	Intermediate	\$63	43409
Mon-Thurs 8/4-8/14	9:30-10:15am	6-9	Beginner	\$63	43410
	9:30-10:15am	6-9	Intermediate	\$63	43422
	10:30-11:15am	K-2	Beg/Intermediate	\$63	43423
	11:30am-12:15pm	K-5	Beginner	\$63	43425
		K-5	Intermediate	\$63	43426
Mon-Thurs 8/4-8/14	11:30am-12:15pm	6-9	Pre-Competitive	\$63	43424
	8:30-9:15am	K-2	Beg/Intermediate	\$63	43427
	9:30-10:15am	3-5	Beginner	\$63	43428
		3-5	Intermediate	\$63	43429
	10:30-11:15am	6-9	Beginner	\$63	43487
Mon-Thurs 8/4-8/14		6-9	Intermediate	\$63	43497
	11:30am-12:15pm	K-5	Beginner	\$63	43513
		K-5	Intermediate	\$63	43519
Mon-Thurs 8/4-8/14		6-9	Pre-Competitive	\$63	43498

EASTSIDE YOUTH TENNIS

HERITAGE HEIGHTS PARK

Day & Date	Time	Gr	Class	Fee	Course #
Mon-Thurs 6/23-7/3	8:30-9:15am	K-2	Beg/Intermediate	\$63	43875
	9:30-10:15am	3-5	Beginner	\$63	43881
		3-5	Intermediate	\$63	43892
Mon-Thurs 7/7-7/17	10:45-11:30am	3-5	Beginner	\$63	43882
		3-5	Intermediate	\$63	43893
	11:45am-12:30pm	6-9	Beginner	\$63	43883
		6-9	Intermediate	\$63	43894
Mon-Thurs 7/21-7/31	8:30-9:15am	3-5	Beginner	\$63	43884
		3-5	Intermediate	\$63	43895
	9:30-10:15am	6-9	Beginner	\$63	43885
		6-9	Intermediate	\$63	43896
Mon-Thurs 8/4-8/14	10:45-11:30am	6-9	Beginner	\$63	43886
		6-9	Intermediate	\$63	43897
	11:45am-12:30pm	K-5	Beginner	\$63	43887
		K-5	Intermediate	\$63	43898
		6-9	Pre-Competitive	\$63	43906

KENNEDY PARK

Day & Date	Time	Gr	Class	Fee	Course #
Mon-Thurs 6/23-7/3	10:45-11:30am	6-9	Beginner	\$63	43888
		6-9	Intermediate	\$63	43901
	11:45am-12:30pm	K-2	Beg/Intermediate	\$63	43876
Mon-Thurs 7/7-7/17	8:30-9:15am	6-9	Beginner	\$63	43889
		6-9	Intermediate	\$63	43903
	9:30-10:15am	K-2	Beg/Intermediate	\$63	43878
Mon-Thurs 7/21-7/31	10:45-11:30am	K-2	Beg/Intermediate	\$63	43879
		6-9	Pre-Competitive	\$63	43907
	11:45am-12:30pm	K-5	Beginner	\$63	43890
		K-5	Intermediate	\$63	43904
Mon-Thurs 8/4-8/14	8:30-9:15am	K-2	Beg/Intermediate	\$63	43880
	9:30-10:15am	3-5	Beginner	\$63	43891
		3-5	Intermediate	\$63	43905

EASTSIDE EVENING LESSONS

LA FOLLETTE HIGH SCHOOL

Day & Date	Time	Gr	Class	Fee	Course #
Mon 6/23-8/11	5-5:45pm	6-9	Beginner	\$63	43374
		6-9	Intermediate	\$63	43462
	6-6:45pm	K-5	Beginner	\$63	43375
		K-5	Intermediate	\$63	43452
Tues 6/24-8/12	5-5:45pm	6-9	Beginner	\$63	43357
		6-9	Intermediate	\$63	43464
	6-6:45pm	K-5	Beginner	\$63	43358
		6-9	Intermediate	\$63	43451
Wed 6/25-8/13	5-5:45pm	K-5	Beginner	\$63	43378
		K-5	Intermediate	\$63	43466
	6-6:45pm	6-9	Beginner	\$63	43380
		6-9	Intermediate	\$63	43450
Thurs 6/26-8/14	5-5:45pm	K-5	Beginner	\$63	43376
		K-5	Intermediate	\$63	43449
	6-6:45pm	6-9	Beginner	\$63	43377
		6-9	Intermediate	\$63	43468

OLBRICH PARK

Day & Date	Time	Gr	Class	Fee	Course #
Mon-Thurs 6/23-7/3	8:30-9:15am	K-2	Beg/Intermediate	\$63	43953
	9:30-10:15am	3-5	Beginner	\$63	43958
		3-5	Intermediate	\$63	43969
	10:30-11:15am	6-9	Beginner	\$63	43959
		6-9	Intermediate	\$63	43970
Mon-Thurs 7/7-7/17	11:30am-12:15pm	K-5	Beg/Intermediate	\$63	43954
	8:30-9:15am	6-9	Beginner	\$63	43960
		6-9	Intermediate	\$63	43971
	9:30-10:15am	K-2	Beg/Intermediate	\$63	43955
	10:30-11:15am	3-5	Beginner	\$63	43961
		3-5	Intermediate	\$63	43972
	11:30am-12:15pm	6-9	Beginner	\$63	43962
		6-9	Intermediate	\$63	43973
Mon-Thurs 7/21-7/31	8:30-9:15am	3-5	Beginner	\$63	43963
		3-5	Intermediate	\$63	43974
	9:30-10:15am	6-9	Beginner	\$63	43964
		6-9	Intermediate	\$63	43975
	10:30-11:15am	K-2	Beg/Intermediate	\$63	43956
	11:30am-12:15pm	K-5	Beginner	\$63	43965
		K-5	Intermediate	\$63	43976
Mon-Thurs 8/4-8/14	8:30-9:15am	6-9	Pre-Competitive	\$63	43980
		6-9	Pre-Competitive	\$63	43980
	9:30-10:15am	K-2	Beg/Intermediate	\$63	43957
		3-5	Beginner	\$63	43966
	10:30-11:15am	3-5	Intermediate	\$63	43977
		6-9	Beginner	\$63	43967
	11:30am-12:15pm	6-9	Intermediate	\$63	43978
		K-5	Beginner	\$63	43968
		K-5	Intermediate	\$63	43979
		6-9	Pre-Competitive	\$63	43981

WESTSIDE YOUTH TENNIS DAYTIME

ELVER PARK

Day & Date	Time	Gr	Class	Fee	Course #
Mon-Thurs 6/23-7/3	8:30-9:15am	K-2	Beg/Intermediate	\$63	43982
	9:30-10:15am	3-5	Beginner	\$63	43987
		3-5	Intermediate	\$63	43998
	10:30-11:15am	6-9	Beginner	\$63	43988
		6-9	Intermediate	\$63	43999
11:30am-12:15pm	K-5	Beg/Intermediate	\$63	43983	
Mon-Thurs 7/7-7/17	8:30-9:15am	6-9	Beginner	\$63	43989
		6-9	Intermediate	\$63	44000
	9:30-10:15am	K-2	Beg/Intermediate	\$63	43984
	10:30-11:15am	3-5	Beginner	\$63	43990
		3-5	Intermediate	\$63	44001
	11:30am-12:15pm	6-9	Beginner	\$63	43991
Mon-Thurs 7/21-7/31	8:30-9:15am	6-9	Intermediate	\$63	44002
		3-5	Beginner	\$63	43992
	9:30-10:15am	3-5	Intermediate	\$63	44003
		6-9	Beginner	\$63	43993
	10:30-11:15am	6-9	Intermediate	\$63	44004
		K-2	Beg/Intermediate	\$63	43985
	11:30am-12:15pm	K-5	Beginner	\$63	43994
		K-5	Intermediate	\$63	44005
	6-9	Pre-Competitive	\$63	44009	
Mon-Thurs 8/4-8/14	8:30-9:15am	K-2	Beg/Intermediate	\$63	43986
	9:30-10:15am	3-5	Beginner	\$63	43995
		3-5	Intermediate	\$63	44006
	10:30-11:15am	6-9	Beginner	\$63	43996
		6-9	Intermediate	\$63	44007
	11:30am-12:15pm	K-5	Beginner	\$63	43997
		K-5	Intermediate	\$63	44008
6-9	Pre-Competitive	\$63	44010		

QUANN PARK

Day & Date	Time	Gr	Class	Fee	Course #
Mon-Thurs 6/23-7/3	8:30-9:15am	K-2	Beg/Intermediate	\$63	43909
	9:30-10:15am	3-5	Beginner	\$63	43915
		3-5	Intermediate	\$63	43936
	10:30-11:15am	6-9	Beginner	\$63	43916
		6-9	Intermediate	\$63	43937
11:30am-12:15pm	K-2	Beg/Intermediate	\$63	43910	
Mon-Thurs 7/7-7/17	8:30-9:15am	6-9	Beginner	\$63	43917
		6-9	Intermediate	\$63	43938
	9:30-10:15am	K-2	Beg/Intermediate	\$63	43911
	10:30-11:15am	3-5	Beginner	\$63	43918
		3-5	Intermediate	\$63	43939
	11:30am-12:15pm	6-9	Beginner	\$63	43919
6-9		Intermediate	\$63	43940	
Mon-Thurs 7/21-7/31	8:30-9:15am	3-5	Beginner	\$63	43920
		3-5	Intermediate	\$63	43941
	9:30-10:15am	6-9	Beginner	\$63	43921
		6-9	Intermediate	\$63	43942
	10:30-11:15am	K-2	Beg/Intermediate	\$63	43913
	11:30am-12:15pm	K-5	Beginner	\$63	43922
		K-5	Intermediate	\$63	43943
6-9		Pre-Competitive	\$63	43935	
Mon-Thurs 8/4-8/14	8:30-9:15am	K-2	Beg/Intermediate	\$63	43914
	9:30-10:15am	3-5	Beginner	\$63	43923
		3-5	Intermediate	\$63	43944
	10:30-11:15am	6-9	Beginner	\$63	43924
		6-9	Intermediate	\$63	43945
	11:30am-12:15pm	K-5	Beginner	\$63	43925
		K-5	Intermediate	\$63	43946
6-9	Pre-Competitive	\$63	43932		



NOW HIRING

CAMPS, SPORTS,
OUTDOORS, ARTS,
SWIMMING & MORE!



APPLY TODAY
MSCR.ORG



WESTSIDE YOUTH TENNIS DAYTIME & EVENING

DAYTIME LESSONS

RENNEBOHM PARK

Day & Date	Time	Gr	Class	Fee	Course #
Mon-Thurs 6/23-7/3	8:30-9:15am	K-2	Beg/Intermediate	\$63	43291
	9:30-10:15am	3-5	Beginner	\$63	43292
		3-5	Intermediate	\$63	43414
	10:30-11:15am	6-9	Beginner	\$63	43293
		6-9	Intermediate	\$63	43415
Mon-Thurs 7/7-7/17	11:30am-12:15pm	K-2	Beg/Intermediate	\$63	43294
	8:30-9:15am	6-9	Beginner	\$63	43295
		6-9	Intermediate	\$63	43416
	9:30-10:15am	K-2	Beg/Intermediate	\$63	43296
	10:30-11:15am	3-5	Beginner	\$63	43297
Mon-Thurs 7/21-7/31		3-5	Intermediate	\$63	43417
	11:30am-12:15pm	6-9	Beginner	\$63	43299
		6-9	Intermediate	\$63	43300
	8:30-9:15am	3-5	Beginner	\$63	43398
		3-5	Intermediate	\$63	43486
Mon-Thurs 8/4-8/14	9:30-10:15am	6-9	Beginner	\$63	43303
		6-9	Intermediate	\$63	43419
	10:30-11:15am	K-5	Beg/Intermediate	\$63	43301
	11:30am-12:15pm	K-5	Beginner	\$63	43411
		K-5	Intermediate	\$63	43412
		6-9	Pre-Competitive	\$63	43517
	8:30-9:15am	K-2	Beg/Intermediate	\$63	43302
	9:30-10:15am	3-5	Beginner	\$63	43304
		3-5	Intermediate	\$63	43418
	10:30-11:15am	6-9	Intermediate	\$63	43420
		6-9	Intermediate	\$63	43421
	11:30am-12:15pm	K-5	Beginner	\$63	43499
		K-5	Intermediate	\$63	43500
		6-9	Pre-Competitive	\$63	43518

EVENING LESSONS

MEMORIAL HIGH SCHOOL

Day & Date	Time	Gr	Class	Fee	Course #
Mon 6/23-8/11	5-5:45pm	6-9	Beginner	\$63	43390
		6-9	Intermediate	\$63	43478
	6-6:45pm	K-5	Beginner	\$63	43391
		K-5	Intermediate	\$63	43479
Wed 6/25-8/13	5-5:45pm	K-5	Beginner	\$63	43394
		K-5	Intermediate	\$63	43482
	6-6:45pm	6-9	Beginner	\$63	43512
		6-9	Intermediate	\$63	43483

WEST HIGH SCHOOL

Day & Date	Time	Gr	Class	Fee	Course #
Tues 6/24-8/12	5-5:45pm	6-9	Beginner	\$63	43384
		6-9	Intermediate	\$63	43472
	6-6:45pm	K-5	Beginner	\$63	43383
		K-5	Intermediate	\$63	43473
Thurs 6/26-8/14	5-5:45pm	K-5	Beginner	\$63	43388
		K-5	Intermediate	\$63	43476
	6-6:45pm	6-9	Beginner	\$63	43386
		6-9	Intermediate	\$63	43474

CAN

RAPAMYCIN

SLOW

AGING?




PARTICIPANTS 55-80 YEARS OLD NEEDED

Join our clinical trial
testing whether a medication can
promote healthy longevity!

Contact us at:
everlast@medicine.wisc.edu
(608)228-2978
<https://konopkalab.medicine.wisc.edu/clinical-trials/everlast/>



POLICIES & PROCEDURES

MSCR Aquatics offers swim lessons for all ages (infants through adults) following American Red Cross standards, plus a variety of adult aquatic fitness and specialized programs.

REGISTRATION

For Preschool and Youth lessons, please register for a time slot. Swimmers who are either new to MSCR or who have not taken lessons in the previous calendar year are tested to determine their class placement.

WHAT TO BRING

Participants should arrive swim-ready for their lesson and bring their own towel. Patrons are allowed to bring bags and towels to the spectator area. MSCR and the City of Madison are not responsible for any lost or damaged items.

BEFORE YOU SWIM

Showers must be taken before swimming and long hair must be restrained. Lockers are available. Men's, women's and all-gender restrooms are available for changing after lessons. MSCR affirms the right of individuals to use facilities that align with their gender identity.

WEATHER IMPACT & CANCELLATIONS

In the event a class is canceled, participants receive a one time credit for that class. Make up classes are not scheduled.



CHILD + ADULT

Active adult participation is required.

LITTLE DIPPER (6 MONTHS - AGE 2)

An introductory class that familiarizes children to the water and teaches swimming readiness skills. Provides safety information for guardians and teaches techniques that can be used to orient children to the water.

SHRIMP DIP (AGES 3-4)

Builds upon skills learned in Little Dippers. To prepare children for preschool or youth lessons, this class provides a bridge to independent swimming by gradually decreasing adult support in the water.

SWIM WITH ME (AGES 5-13)

A transition class for youth who are not comfortable without an adult in the water. Instructors work with each family individually on a transition plan into youth swim lessons. Learn basic swimming strokes and about water safety, closely following Red Cross Level 1 skills.

*Swimmers who have been successful in regular youth lessons should not enroll in this class. Not open for internet registration. Call 608-204-3019.

PRESCHOOL (AGES 3 - 5)

Prerequisite: must be toilet trained and comfortable without an adult in the water. A variety of swim aids are utilized to assist in skills development and encourage the discovery of independent movement through the water, based on the child's developmental age. If your child isn't ready to participate without an adult in the water, consider a Child + Adult class.

YOUTH (AGES 5-13)

MSCR is a licensed American Red Cross Learn-to-Swim provider. A variety of swim aids are utilized in all class levels to encourage the discovery of independent movement through the water and to assist in building endurance.

LEVEL 1: INTRODUCTION TO WATER SKILLS

No swimming skills necessary. Introduces basic aquatics skills. Begin developing positive attitudes, effective swimming habits and safe practices in and around the water.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental and locomotion skills in the water, including how to float and glide without support and recover to a vertical position.

LEVEL 3: STROKE DEVELOPMENT

Builds on previous skills by providing additional guided practice in deeper water. Example skills: rotary breathing, treading, elementary backstroke and headfirst entries in deep water.

LEVEL 4: STROKE IMPROVEMENT

Helps develop confidence in the strokes learned in previous levels and improves other aquatic skills. Example skills: back crawl, sidestroke, breaststroke, butterfly and surface dives.

LEVEL 5: STROKE REFINEMENT

Teaches how to coordinate and refine strokes. Example skills: flip turns, sculling and shallow-angle dives.

ADULT

TEEN/ADULT SWIM INSTRUCTION (AGES 13+)

This class orients swimmers to the aquatic environment to feel comfortable in the water in a small group. Instruction is individualized based on swimmers' goals and proficiency levels.

ADULT WATER FITNESS

Teens ages 13-17 may register with a participating adult.

AQUA CIRCUIT

A high-energy workout, this class includes cardio and muscle conditioning using noodles and aqua dumbbells. Aqua endurance and interval training, followed by strength and core work and a short cool down. You do not need to be a swimmer to participate, as the class is conducted in shallow water.

DEEP WATER EXERCISE

A solid aerobic, cross-training workout without the impact and strain on joints. Aqua endurance, strength and core work followed by a short cool down. Flotation belts provided, but you should feel comfortable in deep water.

MASTERS SWIM (AGES 18+)

A structured workout environment for swimmers of a variety of fitness and skill levels. The coach provides workouts varying from emphasizing endurance and building fitness to speed work and stroke development. Participants should be able to swim 500 yards non-stop. Typical workouts are 1800-2500 yards.

WARM WATER EXERCISE

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.

LAP SWIM & FEES

A Swim Pass is required for lap swim and can be purchased at MSCR or from the lifeguard on duty at any site. No cash please; check or credit cards only. Passes are good at all MMSD pools and are transferable; they are non-refundable and do not expire. \$25 for 14 punches per card (1=youth, 2=adult). All participants are required to fill out a waiver of liability and emergency contact form, which is available on our website.

ADULT LAP SWIM SCHEDULE

Swimmers who are ages 13+ and who can swim laps continuously as part of a fitness regimen are welcome during lap swim time.

June 23 - August 7

Mondays	West HS	6 - 8pm
Thursdays	La Follette HS	6 - 8pm

Adapted Swim Lessons for Ages 5-13.

Lessons for youth with disabilities who would benefit from a very small group. Friday mornings at Goodman Pool.

Please see Swim Lessons in the Adapted section.

Goodman Pool, 325 W Olin Ave - Use Swim Lesson Gate (left of main entrance)
Youth Daytime

Day & Date	Time	Class	Fee	Course #
Mon-Thurs 6/23-7/3	9-9:30am	Youth Swim Lessons - Ages 5-13	\$52	42741
	9:40-10:10am	Youth Swim Lessons - Ages 5-13	\$52	42742
	10:20-10:50am	Little Dippers - Child+Adult	\$59	42694
		Preschool Swim Lessons - Ages 3-5	\$62	42710
	11-11:30am	Little Dippers - Child+Adult	\$59	42695
		Preschool Swim Lessons - Ages 3-5	\$62	42711
Mon-Thurs 7/7-7/17	9-9:30am	Youth Swim Lessons - Ages 5-13	\$52	42743
	9:40-10:10am	Youth Swim Lessons - Ages 5-13	\$52	42744
	10:20-10:50am	Preschool Swim Lessons - Ages 3-5	\$62	42716
		Shrimp Dip - Child+Adult	\$59	42724
	11-11:30am	Little Dippers - Child+Adult	\$59	42696
		Preschool Swim Lessons - Ages 3-5	\$62	42717
Mon-Thurs 7/21-7/31	9-9:30am	Youth Swim Lessons - Ages 5-13	\$52	42745
	9:40-10:10am	Youth Swim Lessons - Ages 5-13	\$52	42746
	10:20-10:50am	Little Dippers - Child+Adult	\$59	42697
		Preschool Swim Lessons - Ages 3-5	\$62	42718
	11-11:30am	Little Dippers - Child+Adult	\$59	42698
		Preschool Swim Lessons - Ages 3-5	\$62	42719
Mon-Thurs 8/4-8/14	9-9:30am	Youth Swim Lessons - Ages 5-13	\$52	42747
	9:40-10:10am	Youth Swim Lessons - Ages 5-13	\$52	42748
	10:20-10:50am	Little Dippers - Child+Adult	\$59	42726
		Preschool Swim Lessons - Ages 3-5	\$62	42720
	11-11:30am	Preschool Swim Lessons - Ages 3-5	\$62	42721
		Shrimp Dip - Child+Adult	\$59	42725

Adult Evening

Day & Date	Time	Class	Fee	Course #
Monday 6/23-8/18	6-6:45pm	Aqua Fitness - Deep Water	\$52	42682
	7-8pm	Aqua Fitness - Aqua Circuit	\$56	42676
Tuesday 6/24-8/19	6-7pm	Aqua Fitness - Aqua Circuit	\$56	42677
	7:15-8pm	Aqua Fitness - Deep Water	\$52	42683
Wednesday 6/25-8/20	6-6:45pm	Aqua Fitness - Deep Water	\$52	42684
	7-8pm	Aqua Fitness - Aqua Circuit	\$56	42678
	7:20-8pm	Teen/Adult Swim Instruction - Ages 13+	\$90	42736
Thursday 6/26-8/21	6-7pm	Aqua Fitness - Aqua Circuit	\$56	42679
	7:15-8pm	Aqua Fitness - Deep Water	\$52	42685

Youth Evening

Day & Date	Time	Class	Fee	Course #
Tuesday 6/24-8/19	6-6:30pm	Swim With Me - Child+Adult	\$67	42732
		Little Dippers - Child+Adult	\$67	42693
		Preschool Swim Lessons - Ages 3-5	\$69	42713
	6:40-7:10pm	Youth Swim Lessons - Ages 5-13	\$59	42738
	7:20-7:50pm	Youth Swim Lessons - Ages 5-13	\$59	42739
		Youth Swim Lessons - Ages 5-13	\$59	42740
Wednesday 6/25-8/20	6-6:30pm	Youth Swim Lessons - Ages 5-13	\$59	42740
	6:40-7:10pm	Youth Swim Lessons - Ages 5-13	\$59	42762

**ADAPTED FAMILY SWIMS - FREE!
GOODMAN POOL, 325 W OLIN AVE**


July 11, 5:30-7pm,
August 1, 5:30-7pm
August 16, 10-11:30am

Open to all individuals with disabilities and
their caregivers and families.
Pre-registration is not required.



Registration opens April 1
Ages 5 – 18 • No competitive experience necessary
Scholarships available • ALL ARE WELCOME!

Register at
GoodmanWaves.com

**MADISON
PARKS**

Lapham Elementary School Pool

1045 E Dayton St - Use door on Mifflin St, near Ingersoll St

Adult Evenings

Day & Date	Time	Class	Fee	Course #
Thurs 6/26-8/7	7:10-8:10pm	Warm Water Exercise	\$44	42749

Youth Evenings

Day & Date	Time	Class	Fee	Course #
Monday 6/23-8/4	4:30-5pm	Little Dippers - Child+Adult	\$52	42689
	5:10-5:40pm	Preschool Swim Lessons - Ages 3-5	\$54	42702
	5:50-6:20pm	Shrimp Dip - Child+Adult	\$52	42727
	6:30-7pm	Preschool Swim Lessons - Ages 3-5	\$54	42703
Tuesday 6/24-8/5	4:30-5pm	Preschool Swim Lessons - Ages 3-5	\$54	42704
	5:10-5:40pm	Little Dippers - Child+Adult	\$52	42690
	5:50-6:20pm	Preschool Swim Lessons - Ages 3-5	\$54	42705
	6:30-7pm	Shrimp Dip - Child+Adult	\$52	42728
Wednesday 6/25-8/6	4:30-5pm	Little Dippers - Child+Adult	\$52	42691
	5:10-5:40pm	Preschool Swim Lessons - Ages 3-5	\$54	42706
	5:50-6:20pm	Little Dippers - Child+Adult	\$52	42692
	6:30-7pm	Preschool Swim Lessons - Ages 3-5	\$54	42707
Thursday 6/26-8/7	4:30-5pm	Little Dippers - Child+Adult	\$52	42699
	5:10-5:40pm	Preschool Swim Lessons - Ages 3-5	\$54	42708
	5:50-6:20pm	Little Dippers - Child+Adult	\$52	42700
	6:30-7pm	Preschool Swim Lessons - Ages 3-5	\$54	42709

For Preschool and Youth lessons, please register for a time slot. Swimmers who are either new to MSCR or who have not taken lessons in the previous calendar year are tested to determine their class placement.

La Follete High School Pool

702 Pflaum Rd - Use Athletics entrance, northeast corner

Adult Evenings

Day & Date	Time	Class	Fee	Course #
Mondays 6/23-8/4	7:20-8pm	Teen/Adult Swim Instruction - Ages 13+	\$70	42735
Thursdays 6/26-8/7	6-6:45pm	Aqua Fitness - Deep Water	\$40	42687
	7-8pm	Aqua Fitness - Aqua Circuit	\$44	42681

Youth Evenings

Day & Date	Time	Class	Fee	Course #
Mondays 6/23-8/4	5:20-5:50pm	Preschool Swim Lessons - Ages 3-5	\$54	42714
		Swim With Me - Child+Adult	\$52	42734
	6-6:30pm	Youth Swim Lessons - Ages 5-13	\$46	42757
	6:40-7:10pm	Youth Swim Lessons - Ages 5-13	\$46	42758

West High School Pool

30 Ash St - Use Athletics entrance on Regent St, close to Highland Ave

Adult Mornings

Day & Date	Time	Class	Fee	Course #
Tues, Thurs 6/17-8/7	5:40-7:10am	Masters Swimming (2x per week)	\$102	42701

Adult Evenings

Mondays 6/23-8/4	6-7pm	Aqua Fitness - Aqua Circuit	\$44	42680
	7:15-8pm	Aqua Fitness - Deep Water	\$40	42686
Thursday 6/26-8/7	7:20-8pm	Teen/Adult Swim Instruction - Ages 13+	\$70	42737

Youth Evenings

Day & Date	Time	Class	Fee	Course #
Thursdays 6/26-8/7	5:20-5:50pm	Preschool Swim Lessons - Ages 3-5	\$54	42715
		Swim With Me - Child+Adult	\$52	42733
	6-6:30pm	Youth Swim Lessons - Ages 5-13	\$46	42760
	6:40-7:10pm	Youth Swim Lessons - Ages 5-13	\$46	42761

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ADULT**BEYOND THE TRAIL**

Learn essential outdoor skills from MSCR Outdoor Instructors including poisonous plant ID, knot tying for shelter building, wood splitting for fire building and navigation using map and compass. No experience required.

MULTI AGE/FAMILY

All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+ unless otherwise noted.

CAMPFIRE COOKING

Learn the art of cooking delicious and nutritious meals over an open fire. Practice campfire cooking methods and safety procedures through a combination of demonstrations, hands-on activities and a shared campfire meal. Apply camp kitchen setup techniques and leave no trace principles. Information regarding the specific menu is emailed closer to the program date. If you have concerns regarding dietary restrictions, please call 608-205-3025. Best suited for 8+.

ESSENTIAL OUTDOOR SKILLS

Learn fundamental outdoor skills 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 CAMP OUT

Whether you are new to camping or want to experience an activity-filled overnight at the Madison School Forest, look forward to a memorable time with supportive MSCR staff! Saturday activities include the opportunity to learn or grow in outdoor survival skills, a night hike with stargazing and campfire cooking. On Sunday morning learn how to use a map and compass, with options to complete an Orienteering course or go on an instructor-led nature walk. Tents are provided and the price includes snacks, dinner and breakfast. More pre-trip information is sent to registered participants before the program.

FIRELIGHT & STARS

Enjoy a family night adventure where MSCR staff lead participant through various night time activities including firebuilding, stargazing, understanding night vision and even a night hike! End the night with a s'more by the campfire.

**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 check-points with the lowest time) or a fun leisure activity. MSCR has three courses located 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).

POND DIPPING AT THE MARSH

Early summer is a great time to see Cherokee Marsh come alive! Families discover critters of the marsh through pond dipping, an activity using nets, buckets, spoons and other investigative tools to uncover all there is below the surface of the water. Participants hike to the wetland ponds to learn about wetlands and pond dip. If time allows, we'll compare what we find at the wetlands with what we find in the river.

SOIL EXPLORERS

Take a closer look and uncover the secrets beneath our feet. Become a soil scientist for the day: dig, test, build, play and learn...in and about the dirt! Discover what critters live in the dirt, how dirt is "made" and complete a soil craft project.

UNCOVER THE WONDERS OF WILD EDIBLES

Join us for a fun and informative outdoor adventure where families can learn the basics of safe and ethical foraging in Wisconsin during the summer months. This hands-on program guides you through identifying 3-5 common edible plants, foraging techniques and nature exploration.

Age	Class	Location	Day	Date	Time	Fee	Course #
ADULT							
18+	Beyond the Trail	Madison School Forest	Su	6/15	10am-12:30pm	\$12	43198
MULTI AGE/FAMILY							
All	Campfire Cooking	Madison School Forest	Sa	6/7	5-7pm	\$15	43200
All	Essential Outdoor Skills	Madison School Forest	Sa	6/14	10am-12:30pm	\$12	43214
All	Family Camp Out	Madison School Forest	Sa-Su	6/21-6/22	3-12pm	\$30	43201
All	Family Camp Out	Madison School Forest	Sa-Su	7/19-7/20	3-12pm	\$30	43202
All	Family Camp Out	Madison School Forest	Sa-Su	8/9-8/10	3-12pm	\$30	43203
All	Firelight & Stars	Madison School Forest	F	6/13	7-9pm	\$10	43207
All	Firelight & Stars	Madison School Forest	Sa	7/12	7-9pm	\$10	43208
All	Firelight & Stars	Madison School Forest	Sa	8/16	7-9pm	\$10	43209
All	Orienteering	Madison School Forest	Sa	6/14	1:30-4:30pm	\$8	43210
All	Orienteering	Madison School Forest	Sa	7/12	3-6pm	\$8	43211
All	Orienteering	Madison School Forest	Sa	8/16	3-6pm	\$8	43212
All	Pond Dipping at the Marsh	Cherokee Marsh	Su	6/8	10am-12pm	\$10	43234
All	Soil Explorers	Olin Park	Su	7/27	10am-12pm	\$10	43199
All	Uncover the Wonders of Wild Edibles	Madison School Forest	Sa	6/7	2-4pm	\$10	43213

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



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PADDLING**INTRO TO CANOE & INTRO TO KAYAK**

Learn the basics to start paddling safely. These clinics give introductory information about boats, safety equipment, water safety and paddling techniques. If you've never been in a boat before, this is a great place to start!

LOCAL PADDLING TRIPS

These are great opportunities on local waterways to build your paddling skills and stamina. Trips last no more than three hours. Choose canoe or kayak on any of these trips, if canoeing both participants must register.

DISCOVER CHEROKEE MARSH

Take a short trip through Cherokee Marsh. View local wildlife while you paddle. Meet at Cherokee Marsh, South Boat Launch.

EXPLORE WINGRA CREEK

Explore wildlife in the city paddling through Wingra Creek or Lake Monona. Meet at Olin Park Boat Launch.

EXPLORE CAPITAL SPRINGS

Paddle through the Capital Springs State Recreation Area just south of Monona to paddle along the Yahara River. Meet at Lottes Park in Monona.

YAHARA RIVER ADVENTURE

Paddle on the Yahara River into Lake Monona to Starkweather Creek and enjoy the Madison skyline from the lake. Depart from MSCR Pontoon Boatyard, adjacent to Tenney Park.

PADDLING ADVENTURE TRIPS

Head outside of Madison with us to paddle at some stunning locations. Times listed include travel to and from location; paddling lasts up to four hours. Experienced instructors teach the skills you need to navigate the water and are your guides during the trips.

BARK RIVER ADVENTURE

Enjoy the winding and beautiful clarity of the Bark River segment from Lower Nemahbin Lake to Dousman in a kayak.

**DISCOVER BLACK EARTH CREEK**

Explore an adventurous, fast-moving creek through Wisconsin's driftless area in a kayak. This is a challenging paddle and does include rapids.

WANDERING THE WISCONSIN

Spend a day paddling Wisconsin's namesake river, with views of bluffs, sandbars and wildlife.

ADAPTED PADDLING

Adapted paddling equipment is available, including universal paddling seats, outriggers, tandem kayaks, chariot transfer bench and multiple paddle adaptations. Staff can accommodate a variety of ability levels. Please see the Adapted section for more information.

Age	Class	Location	Day	Date	Time	Fee	Course #
16+	Bark River Adventure	LaFollette High	Sa	6/28	9am-4pm	\$30	43217
16+	Discover Black Earth Creek	Memorial High	Sa	8/23	9am-4pm	\$30	43683
16+	Discover Cherokee Marsh	Cherokee Marsh	Sa	6/7	10am-12pm	\$21	43215
16+	Discover Cherokee Marsh	Cherokee Marsh	W	7/16	5-7pm	\$21	43216
16+	Explore Capital Springs	Lottes Park	Su	7/13	1-4pm	\$25	43218
16+	Explore Capital Springs	Lottes Park	T	8/5	5-8pm	\$25	43219
16+	Explore Wingra Creek	Olin Park	Sa	6/14	1-3pm	\$21	43220
16+	Explore Wingra Creek	Olin Park	T	8/12	5-7pm	\$21	43221
16+	Intro to Canoe/Kayak	Olin Park	T	6/3	4-6pm	\$16	43222
16+	Intro to Kayak	Olin Park	T	6/17	4-6pm	\$16	43226
16+	Intro to Kayak	Olin Park	W	7/23	5-7pm	\$16	43228
16+	Intro to Kayak	Olin Park	Sa	8/9	10am-12pm	\$16	43229
16+	Intro to Canoe/Kayak	Warner Park	Th	7/10	5-7pm	\$16	43223
16+	Intro to Kayak	Warner Park	W	6/11	4-6pm	\$16	43225
16+	Intro to Kayak	Warner Park	Su	6/22	10am-12pm	\$16	43227
16+	Intro to Canoe/Kayak	Vilas Park	Sa	8/2	10am-12pm	\$16	43224
16+	Wandering the Wisconsin	Memorial High	Sa	7/19	9am-4pm	\$30	43231
16+	Wandering the Wisconsin	Memorial High	Sa	8/16	9am-4pm	\$30	43230
16+	Yahara River Adventure	Tenney Park	W	6/25	4-7pm	\$25	43232
16+	Yahara River Adventure	Tenney Park	Su	7/27	9am-12pm	\$25	43233

PONTOON BOAT RIDES


Enjoy the city of Madison from the water on an MSCR Pontoon Boat Ride! MSCR maintains 3 pontoon boats at the Tenney Park Boat House (1615 Sherman Ave.) offering opportunities to get on the water through drop-ins, private reservations and speciality trips. Locations and times vary, please review descriptions below. Boats are wheelchair accessible however Tenney Park is our only accessible loading/unloading site, all other locations are not wheelchair accessible. Smoking, vaping, chewing tobacco, alcohol and weapons are prohibited on property or boats. Boats are equipped with safety equipment, floatation devices and deck chairs.

Our season is May through September, 7 days a week however we do not operate on the following Holidays: Memorial Day, 4th of July, Labor Day and Juneteenth.

Programming and access to any lake is not guaranteed due to weather and water levels, we communicate program changes on mscr.org/pontoon and the MSCR weather line 608-204-3044 (ext. 4)

If you have questions please contact us at pontoon@madison.k12.wi.us


Volunteer Drivers and First Mates

Drivers and First Mates on MSCR Pontoon Boats are volunteers. They represent a long standing community of trained and dedicated members. Please thank them for their hard work on your ride! Are you interested in becoming a volunteer?

New volunteers are accepted through June 1 each year, please reach out to the program supervisor, Emily Pepper at eapeffer@madison.k12.wi.us or 608-204-4580 for more information.

RENTAL RESERVATIONS

Reserve a pontoon boat for your own outing; volunteer drivers and first mates accompany your trip. Three boats are available with a 15 passenger maximum per boat.

3 hour rentals available: 9:30am-12:30pm, 1-4pm, 5-8pm

90 Minute rentals available weekdays only: 10-11:30am, 1-2:30pm

Submit a reservation request online at mscr.org/pontoon

A reservation request must be made at least 14 days prior to your trip and reservations are only processed on weekdays.

Rates are per boat:

- Standard 3 hour rate: \$150
- 90 minute trips: \$100
- Non-MMSD Resident Policy: A resident resides at an address within the Madison Metropolitan School District. If the primary renter is not a resident of MMSD rental cost is 50% more.

DROP IN RIDES

Trips run June 1 through September 30 at multiple locations. All trips are first come-first serve and riders must be present to reserve a seat. Rides are \$5 per person, free for youth 3 and under. Fee is collected onsite, only cash and checks accepted. A limited number of free tickets are available at Madison Public Libraries and MSCR locations that are made possible by donor funding.

Max group size is 6, larger groups should contact us to arrange for a private rental. All drop-ins are subject to cancellation due to inaccessible lake levels, weather, or public mandates. Please call the MSCR weather line for the most current program information: 608-204-3044 (ext. 4)

TENNEY PARK

90 minute boat trips to either Monona or Mendota (dependent on lake accessibility) from our Tenney Park Boat House. Registration begins 45 minutes prior to posted starting times. This site is wheelchair accessible!

OLBRICH PARK

60 minute boat trips on Lake Monona from Olbrich Park pier located off Atwood Ave, across from the entrance to Olbrich Gardens.

OLIN PARK

60 minute trips on Lake Monona from Olin Park Boat launch, located at 302 E Lakeside St. Registration begins 30 minutes prior to posted starting times.

WARNER PARK

60 minute boat trips on Lake Mendota from Warner Park Boat Launch at 1201 Woodward Dr. Registration begins 30 minutes prior to posted starting times, register at dock and park on Woodward Dr., not in the lot, to avoid ticketing.

TENNEY PARK
Sundays

- 1:30-3pm
- 3:15-4:45pm

Tuesdays and Thursdays

- 5:30-7pm
- 7:15-8:45pm (does not run in Sept)

OLBRICH PARK
Mondays

- 1:30-2:30pm
- 2:45-3:45pm

SPECIALTY TRIPS
MEAL TRIPS

All food is at your own expense. If restaurants are inaccessible on the date of the trip, new venues may be chosen.

DINNER TRIP TO BREAKWATER

Join us for dinner at the Breakwater. *Please note, access to this restaurant requires climbing stairs.

DINNER TRIP TO BUCK AND HONEYS

Join us for dinner at Buck and Honeys in Monona.

LUNCH TRIP TO CHRISTY'S LANDING

Join us for lunch at Christy's Landing. *Please note, access to this restaurant requires climbing stairs.

LUNCH TRIP TO THE BOATHOUSE, EDGEWATER HOTEL

Join us for lunch at the Boathouse at the Edgewater Hotel.

LUNCH TRIP UW MEMORIAL UNION

Join us for lunch at the UW Memorial Union.

2 LAKE TOUR

Cruise both Monona and Mendota to enjoy views of the Capitol, Monona Terrace, UW skyline, the bluffs and the Governor's residence.

EFFIGY MOUND LANDSCAPE TOUR

Learn about the effigy mound landscape and the four lakes from Robert Birmingham, former Wisconsin state archaeologist, professor of anthropology at UW-Waukesha and author of publications on effigy mounds in Wisconsin.

GEOLOGY: THE STUDY OF EARTH'S PHYSICAL STRUCTURES

Learn about the geologic past of Lake Mendota from Dr. Carol McCartney formerly of WI Geological Survey, and Dr. David Mickelson, professor emeritus of geology and geophysics of UW-Madison.

OLIN PARK
Wednesdays

- 1:30-2:30pm
- 2:45-3:45pm

WARNER PARK
Fridays

- 1:30-2:30pm
- 2:45-3:45pm

PONTOON BOAT RIDES

LIMNOLOGY: THE STUDY OF FRESHWATER

In this interactive, hands-on tour, learn how scientists study lakes and water quality monitoring with a variety of scientific tools. Join Tim Asplund, DNR monitoring section manager, and Justin Chenevert, water resources management specialist, to learn and practice limnology.

MADISON BIRD & NATURE ADVENTURES

Join Madison Friends of Urban Nature (FUN) Naturalists on a boat ride to highlight local flora and fauna from the water.

PAINTING ON THE PONTOON

Paint the sights of Madison while cruising on the water! Learn watercolor painting techniques and loosen up your style while spending a morning on a pontoon boat. All levels welcome. Materials provided.

SOCIAL HISTORY TOUR

Join Don Sanford, author of On Fourth Lake, a Social History of Lake Mendota, on a tour of Lake Mendota to learn fascinating stories including famous visitors, notable architecture and shoreline history.

SUNSET CRUISE

Enjoy the sunset from the water.

Youth Speciality Trips

Adults must register, pay and attend with youth participants. Enjoy trip with fun themed activities for youth, all ages are welcome but best suited for ages 4-10. Costumes for themed trips welcome, but not required. Trips may include a stop where concessions are available for purchase at your own expense.

AQUATIC KIDS

Explore the lake like a scientist.

BOOKS ON BOATS

Bring along your favorite story or dress like your favorite character.

FAIRY TALES

Dress like your favorite fairy tale character and find magic aboard the boat.

LAKE SAFARI

Explore the plants and animals you find in and around the lakes.

MAKE MUSIC MENDOTA

Enjoy making music on the water.

SCHLUTER BEACH TRIP

Enjoy the playground and visit Monona Bait and Ice Cream Shop.

SUPERHEROS

Bring your cape and save the day.

Age	Class	Location	Day	Date	Time	Fee	Course #
All Ages	2 Lake Tour	Tenney Boat Pier	Sa	6/7	9am-12pm	\$16	43236
All Ages	2 Lake Tour	Tenney Boat Pier	Th	7/24	12-3pm	\$16	43237
All Ages	2 Lake Tour	Tenney Boat Pier	Sa	8/9	9am-12pm	\$16	49144
All Ages	Dinner Trip Breakwater	Tenney Boat Pier	M	7/14	5:30-9pm	\$16	43707
All Ages	Dinner Trip Buck and Honeys	Tenney Boat Pier	W	6/25	5:30-9pm	\$16	43242
All Ages	Dinner Trip Buck and Honeys	Tenney Boat Pier	W	8/27	5:30-9pm	\$16	43243
All Ages	Effigy Mound Landscape Tour	Tenney Boat Pier	F	7/25	5-8pm	\$17	43245
All Ages	Geology: The Study of Earth's Physical Structures	Tenney Boat Pier	Su	7/13	10am-12pm	\$17	43246
All Ages	Geology: The Study of Earth's Physical Structures	Tenney Boat Pier	Su	8/17	10am-12pm	\$17	43703
All Ages	Limnology: The Study of Freshwater	Tenney Boat Pier	F	7/25	12:30-3:30pm	\$17	43250
All Ages	Limnology: The Study of Freshwater	Tenney Boat Pier	Sa	8/23	10am-1pm	\$17	43704
All Ages	Limnology: The Study of Freshwater	Tenney Boat Pier	Th	6/26	4-7pm	\$17	43734
All Ages	Lunch Trip to Christy's Landing	Tenney Boat Pier	T	7/15	11:30am-3pm	\$16	43251
All Ages	Lunch Trip to The Boathouse, Edgewater Hotel	Tenney Boat Pier	Th	6/12	11:30am-3pm	\$16	43252
All Ages	Lunch Trip UW Memorial Union	Tenney Boat Pier	Th	8/7	11:30am-3pm	\$16	43253
All Ages	Madison Bird & Nature Adventures	Tenney Boat Pier	Sa	8/2	2-5pm	\$17	43257
All Ages	Painting on the Pontoon	Tenney Boat Pier	M	6/16	9am-12pm	\$25	43719
All Ages	Painting on the Pontoon	Tenney Boat Pier	W	6/25	9am-12pm	\$25	43720
All Ages	Painting on the Pontoon	Tenney Boat Pier	W	7/16	9am-12pm	\$25	43721
All Ages	Schluter Beach Trip	Tenney Boat Pier	Sa	6/21	12-2pm	\$13	43259
All Ages	Schluter Beach Trip	Tenney Boat Pier	Sa	8/9	12-2pm	\$13	43702
All Ages	Social History Tour	Tenney Boat Pier	F	6/13	5-8pm	\$17	43264
All Ages	Social History Tour	Tenney Boat Pier	M	7/7	5-8pm	\$17	43263
All Ages	Social History Tour	Tenney Boat Pier	M	8/4	5-8pm	\$17	43265
All Ages	Sunset Cruise	Tenney Boat Pier	F	6/6	6-9pm	\$16	43260
All Ages	Sunset Cruise	Tenney Boat Pier	F	7/18	6-9pm	\$16	43261
All Ages	Sunset Cruise	Tenney Boat Pier	F	8/22	6-9pm	\$16	43262
All Ages	Aquatic Kids	Tenney Boat Pier	Sa	7/19	9am-11am	\$14	43715
All Ages	Aquatic Kids	Tenney Boat Pier	Sa	7/19	12-2pm	\$14	43716
All Ages	Books on Boats	Tenney Boat Pier	Sa	6/14	9am-11am	\$14	43247
All Ages	Books on Boats	Tenney Boat Pier	Sa	6/14	12-2pm	\$14	43248
All Ages	Fairy Tales	Tenney Boat Pier	Sa	7/26	9-11am	\$14	43254
All Ages	Fairy Tales	Tenney Boat Pier	Sa	7/26	12-2pm	\$14	43711
All Ages	Lake Safari	Tenney Boat Pier	Sa	8/16	9am-11am	\$14	43255
All Ages	Lake Safari	Tenney Boat Pier	Sa	8/16	12-2pm	\$14	43712
All Ages	Make Music Mendota	Tenney Boat Pier	Sa	6/28	9-11am	\$14	43709
All Ages	Make Music Mendota	Tenney Boat Pier	Sa	6/28	12-2pm	\$14	43710
All Ages	Superheros	Tenney Boat Pier	Sa	8/23	9am-11am	\$14	43713
All Ages	Superheros	Tenney Boat Pier	Sa	8/23	12-2pm	\$14	43714

Connect with a
Community
that thrives on
Creativity!



MADISON COLLEGE
Professional and
Continuing Education

DO WHAT INSPIRES *YOU!*

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Fabric Arts, Needlework and Upholstery
Fitness and Wellness | Food and Beverage
Graphic Design | Music and Ensembles
Painting and Drawing
Video and Photography | Writing



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MSCR Camps Guide

Summer 2025



FOLLOW US ON:



Fee Assistance Available

ELEMENTARY CAMPS

Camp Compass Gr 1-6 • E/W	C7
Camp Tall Oaks Gr 1-5 • S	C8
Fascination Station Gr 1-5 • E/W	C4-C6
Sports Spectacular Gr 1-5 • E/W	C10
Super Center Arts Camp Gr 1-5 • E	C6

MIDDLE SCHOOL CAMPS

Camp Adventure Gr 6-9 • E/W	C12
Creative Arts Gr 6-9 • W	C14
Greenhouse Gardening Gr 6-9 • W	C14
Middle School on the Move Gr 6-9 • E/W	C13
Wide World of Sports Gr 6-9 • W	C11

SPORTS CAMPS

Sports Spectacular Gr 1-5 • E/W	C9
Wide World of Sports Gr 6-9 • W	C11

REGISTRATION

Policies & Procedures	C2 & 54
Supplemental Information Form	55-56
Registration Form	57
Fee Assistance Request Form	58

Grade: Grade is the grade the child will enter in the 2025-2026 school year.

Location: E = East N = North W = West/South



CAMP POLICIES & PROCEDURES

REGISTRATION BEGINS:

- Monday, March 10 at 12 pm for MMSD Residents
- Monday, March 24 at 12 pm for Non-MMSD Residents

HOW TO REGISTER:

- Register online at mscr.org or return your completed MSCR Registration Form and Camp Supplemental Information Form to MSCR at 328 E Lakeside St, Madison, WI 53715
- First time registering with MSCR? Create your customer account at mscr.org before registration begins to streamline your registration process.
- 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 wait listed.
- Please note: Registration for Camp Compass is not done using the Active registration system on the MSCR website. Please see page C8 for more information.

CAMP SUPPLEMENTAL FORM - PLAN AHEAD & SAVE TIME

Save time during camp registration by completing or updating your Camp Supplemental Information in advance. **Register for course #42580 between February 23 and March 9 to add or update your child's emergency contact and medical information that is required for summer camp registration.**

PLEASE NOTE: Completing this process does **not** guarantee registration in camps. Guardians still need to register for camps on Monday, March 10 beginning at 12pm.

FEE ASSISTANCE:

- MSCR youth program fees may be partially or fully waived for MMSD residents based on need.
- Fee assistance requests are not available online.
- Fee assistance requests are not granted after registration is processed.
- Complete the Fee Assistance Request Form along with the Registration Form (pages 57-58) and submit/mail to MSCR, 328 E. Lakeside St., Madison, WI 53715

PAYMENT PLANS

Payment plans must be requested using an MSCR Registration Form and are not available during online registration.

A non-refundable deposit is required for each day camp session and is due at the time of registration, except for families requesting fee assistance:

- \$20 deposit for each full day camp session
- \$10 deposit for each half-day camp session

A credit card number is required and is automatically charged the week prior to camp for the outstanding weekly balance. Your signature on the registration authorizes MSCR to initiate recurring credit card charge(s) as per the listed schedule.

CAMP PAYMENT SCHEDULE

Camp Session Start Date	Payment Processing Week	Camp Session Start Dates	Payment Processing Week
6/23/25	6/16/25	7/21/25	7/14/25
6/30/25	6/23/25	7/28/25	7/21/25
7/7/25	6/30/25	8/4/25	7/28/25
7/14/25	7/7/25	8/11/25	8/4/25

CAMP REGISTRATION CHANGES & REFUNDS

All changes to your registration including cancellations, withdrawals and transfers must be made in writing and received in the MSCR administrative office, 328 E Lakeside St or mscr@madison.k12.wi.us at least 7 days prior to the start of the session.

Refunds for withdrawals are issued up to 7 days prior to the start of the program, minus the service charge listed below:

- \$20 per full-day camp session
- \$10 per half-day camp session
- \$5 per non-camp program

No refunds or credits are issued with less than 7 days advance notice.

SEE PAGE 55 FOR ALL OTHER MSCR POLICIES.

HOW DO YOU WANT TO CHOOSE YOUR CAMP?

1/2 day - One Week Sessions

Fascination Station
Greenhouse Gardening

Full Day - One Week Sessions

Camp Tall Oaks Middle School on the Move
Super Center Arts Camp Sports Spectacular
Camp Adventure Wide World of Sports
Creative Arts

Full Day - Full Summer

Camp Compass (Gr 1-6)*
*extended hours
Please note: Camp Compass Registration is processed differently, please see page C8 for details.

PROGRAM LOCATIONS

East/North

Camp Adventure: Demetral Park
Camp Compass: Henderson, Lake View, Lowell
Fascination Station: Nuestro Mundo
Middle School on the Move: Sherman
Sports Spectacular: Elvehjem
Super Center Arts Camp: Lapham

West/South

Camp Adventure: Westmorland Park
Camp Compass: Anana, Midvale
Camp Tall Oaks at School Forest: Lincoln (Bus Stop)
Creative Arts: Hamilton
Fascination Station: Stephens
Greenhouse Gardening: Spring Harbor
Middle School on the Move: Toki
Sports Spectacular: Van Hise
Wide World of Sports: Cherokee

CAMP TYPE

All Around

Camp Compass

Arts

Creative Arts
Super Center Arts Camp

Outdoor Adventure

Camp Adventure
Camp Tall Oaks
Greenhouse Gardening

Special Interest

Fascination Station
Greenhouse Gardening
Middle School on the Move

Sports

Fascination Station
Sports Spectacular
Wide World of Sports

WHY SPEND YOUR SUMMER WITH MSCR?

Value!

- More than 150 weekly camp sessions and 5 full summer camps
- Affordable, quality, structured programs
- Options for ages 4-14 years
- Scheduling options for every family including half day, full day and extended care
- Fee assistance & payment plans available

Experience!

- Opportunities for campers to challenge themselves, stretch their imaginations and discover new talents
- Engaging activities to keep every camper entertained
- Caring and competent staff enthusiastic about sharing their skills and interests with campers
- Peace of mind knowing your child is having fun in a safe place
- Your source for recreation since 1926!



INCLUSION SERVICES

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 are Inclusion Services?

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

See page 53 or
mscr.org/registration/Inclusion-Services for more information.

FASCINATION STATION

Get ready for a summer of fun and learning at Fascination Station Camps! Experience the best of both worlds: half-day morning programs that dive deep into fascinating subjects like arts, nature and science and half-day afternoon programs that are filled with sports, games and play! Sign up for either program individually for a half-day experience, or combine them with the Lunch Bunch for a full day of exploration, fun and play.

Please note that morning camp drop off time is 8am-8:30am and afternoon pick up time is 4:30pm-5pm. Registration for Lunch Bunch closes one week prior to the start of each session.

For both morning and afternoon camps, youth should bring a labeled bag/backpack with their full name on all items:

- One Snack for each morning and/or afternoon session
- Water bottle
- Sunscreen, bug repellent and hand sanitizer
- Swimming suit and towel, daily
- Sun hat and/or sunglasses
- Lunch that does not require refrigeration or heating (for Lunch Bunch participants only)

Footwear

Please send your camper in footwear with closed toes and a back strap appropriate for sports play and other physical activity. Crocs, flipflops or similar footwear are not recommended for camp due to safety concerns.

CAMP THEMES

BACKYARD FIELD GAMES

Campers get to experience all time outdoor classics like corn hole, 4 square, blitzball & wiffleball, gaga ball, tug of war, capture the flag and more!

BOOM, POP, SPLAT!

Is it messy? Does it explode? Projects may include things such as activating chemical reactions, comparing slime recipes and designing the best egg drop contraptions. Be prepared for mess and fun in this camp that includes everything that goes boom, pop and splat! Please wear clothes that can get dirty.

CAMP WITH CHARACTER

This week at camp, we are focusing on intentional kindness and discovering how our actions can make a positive impact on the world around us. Explore values of kindness, compassion, mindfulness, generosity and care. Campers and staff lend a hand and make a difference while spreading kindness in our community!

CREATIVE CONSTRUCTIONS

Use a variety of materials like recycled things and bricks to build towers, bridges, race tracks and more! This exciting week of camp is all about building, designing and creating incredible structures. Explore the basics of motion, force and the fundamentals of physics and engineering with exciting projects and activities. Campers catapult, propel, construct and experiment their way to an understanding of these sciences.

DUCK, DIVE, DIP & DODGEBALL

Time to dodge! This week puts campers' agility and teamwork to the test as they work on throwing, catching and dodging techniques. Learn to play all types of dodgeball variation games—continuous dodgeball, sharks & minnows dodgeball, zone dodgeball and more!

FAIRY TALES, FOLKLORE & FABLES

Jump into the pages of your favorite storybooks! Fairy Tales, Folklore & Fables promises a week filled with wonder, creativity and the magic of storytelling. Explore today's most popular stories and the traditional tales that inspired the different ways fables have been brought to life throughout the ages. Join us for a week of fairy tales, folklore and fantastical adventures!

KICKING IT

Soccer stars unite! Campers have a blast while learning basic foot skills, trying different kickball variations and age appropriate games that aim to improve their kicking technique. Each week concludes with "World Cup" style tournament where campers get to create a team tee shirt for their country.



LUNCH BUNCH

Supervised lunch hour option for Fascination Station Camp participants in grades 1-5 before, after or between camps they are registered for. Lunch Bunch is supervised by MSCR staff and includes time for eating lunch and outdoor play. Campers should bring a lunch and a beverage that does not require refrigeration or reheating. Please register individually for each week.

NOTHING BUT NETS

Serve, smash and defend while playing all sorts of games at the net, including badminton, pickleball, beach ball volleyball, spikeball and more.

PUNT, PASS & HIT

Ready, set, hut! This is the week to dribble, shoot, pass & score. Games include variations of flag football and basketball, concluding with a 3 on 3 basketball tournament and a "Super Bowl" flag football game.

ROCKET BUILDING

Blast off into the world of rocketry! Explore the science of aerodynamics and force through building and flying different kinds of rockets. Start with small UFOs such as flying saucers and pyramids. Then, beat the heat experimenting with water rockets. Design and build larger rockets out of cardboard, foam core and other materials. Learn how to do a pre-flight test for stability then launch your creations with rocket engines. Additional supply fee included.

THINGS WITH WINGS

It's a bird, it's a plane, it's things with wings week at Fascination Station! This week at camp, we take flight! Learn about airplanes and birds, and other flying creatures, and what makes them fly.

TOP SECRET AGENT ACADEMY

Become a master spy at Fascination Station Secret Agent Academy! Master the art of stealth by deciphering secret codes, write notes with invisible ink that you created and execute top secret mission scavenger hunts!

WHERE THE WILD THINGS ARE

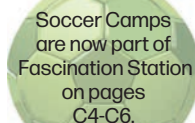
Let the Wild Rumpus start! Tropical rain forests, deserts, arctic tundras, coral reefs and more! Join us for a week of fun learning about ecosystems and their components. Learn about how animals and their environments interact to make a super cool system in nature and how we can help protect them. At the end of this week you'll be saying: Oh, please don't make me go - I love camp so!

For all Camp and MSCR Policies including registration changes and payments, see pages C2 and pages 54-58.

FASCINATION STATION AT NUESTRO MUNDO ELEMENTARY SCHOOL (EASTSIDE)

Date	Grade	Camp Theme	Time	Fee	Course #
June 23-27	4 yrs-K	Boom, Pop, Splat!	8am-12pm	\$115	42940
	Gr 1-2	Boom, Pop, Splat!	8am-12pm	\$115	42941
	Gr 3-5	Boom, Pop, Splat!	8am-12pm	\$115	42942
	Gr 1-5	Lunch Bunch	12-1pm	\$18	42936
	4 yrs-K	Punt, Pass & Hit	1-5pm	\$115	43750
	Gr 1-2	Punt, Pass & Hit	1-5pm	\$115	43751
June 30-July 3	Gr 3-5	Punt, Pass & Hit	1-5pm	\$115	43758
	4 yrs-K	Things with Wings	8am-12pm	\$92	42930
	Gr 1-2	Things with Wings	8am-12pm	\$92	42931
	Gr 3-5	Things with Wings	8am-12pm	\$92	42932
	Gr 1-5	Lunch Bunch	12-1pm	\$15	42937
	4 yrs-K	Kicking It	1-5pm	\$92	43759
July 7-11	Gr 1-2	Kicking It	1-5pm	\$92	43760
	Gr 3-5	Kicking It	1-5pm	\$92	43761
	4 yrs-K	Creative Constructions	8am-12pm	\$115	42945
	Gr 1-2	Creative Constructions	8am-12pm	\$115	42946
	Gr 3-5	Creative Constructions	8am-12pm	\$115	42947
	Gr 1-5	Lunch Bunch	12-1pm	\$18	42938
July 14-18	4 yrs-K	Backyard Field Games	1-5pm	\$115	43762
	Gr 1-2	Backyard Field Games	1-5pm	\$115	43763
	Gr 3-5	Backyard Field Games	1-5pm	\$115	43764
	4 yrs-K	Where the Wild Things Are	8am-12pm	\$115	42923
	Gr 1-2	Where the Wild Things Are	8am-12pm	\$115	42924
	Gr 3-5	Where the Wild Things Are	8am-12pm	\$115	42925
July 21-25	Gr 1-5	Lunch Bunch	12-1pm	\$18	43696
	4 yrs-K	Kicking It	1-5pm	\$115	43765
	Gr 1-2	Kicking It	1-5pm	\$115	43766
	Gr 3-5	Kicking It	1-5pm	\$115	43767
	4 yrs-K	Fantastic Foods & Where to Find Them	8am-12pm	\$115	42933
	Gr 1-2	Fantastic Foods & Where to Find Them	8am-12pm	\$115	42934
July 28-August 1	Gr 3-5	Fantastic Foods & Where to Find Them	8am-12pm	\$115	42935
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43697
	4 yrs-K	Nothing But Nets	1-5pm	\$115	43768
	Gr 1-2	Nothing But Nets	1-5pm	\$115	43769
	Gr 3-5	Nothing But Nets	1-5pm	\$115	43770
	4 yrs-K	Camp With Character	8am-12pm	\$115	42943
August 4-8	Gr 1-2	Camp With Character	8am-12pm	\$115	42944
	Gr 3-5	Camp With Character	8am-12pm	\$115	43733
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43698
	4 yrs-K	Kicking It	1-5pm	\$115	43771
	Gr 1-2	Kicking It	1-5pm	\$115	43772
	Gr 3-5	Kicking It	1-5pm	\$115	43773
August 11-15	4 yrs-K	Fairy Tales, Folklore & Fables	8am-12pm	\$115	42927
	Gr 1-2	Fairy Tales, Folklore & Fables	8am-12pm	\$115	42928
	Gr 3-5	Fairy Tales, Folklore & Fables	8am-12pm	\$115	42929
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43699
	4 yrs-K	Duck, Dive, Dip & Dodgeball	1-5pm	\$115	43774
	Gr 1-2	Duck, Dive, Dip & Dodgeball	1-5pm	\$115	43775
August 11-15	Gr 3-5	Duck, Dive, Dip & Dodgeball	1-5pm	\$115	43776
	Gr 4-5	Rocket Building	1-5pm	\$125	42939
	4 yrs-K	Top Secret Agent Academy	8am-12pm	\$115	43722
	Gr 1-2	Top Secret Agent Academy	8am-12pm	\$115	43723
	Gr 3-5	Top Secret Agent Academy	8am-12pm	\$115	43724
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43700
August 11-15	4 yrs-K	Kicking It	1-5pm	\$115	43777
	Gr 1-2	Kicking It	1-5pm	\$115	43778
	Gr 3-5	Kicking It	1-5pm	\$115	43779

EASTSIDE



Soccer Camps
are now part of
Fascination Station
on pages
C4-C6.

Elementary Age Camp

Morning Camps: 608.204.3021, Afternoon Camps: 608-229-6820

FASCINATION STATION AT STEPHENS ELEMENTARY SCHOOL (WESTSIDE)

WESTSIDE

Date	Grade	Camp Theme	Time	Fee	Course #
June 23-27	4 yrs-K	Fairy Tales, Folklore & Fables	8am-12pm	\$115	42914
	Gr 1-2	Fairy Tales, Folklore & Fables	8am-12pm	\$115	42915
	Gr 3-5	Fairy Tales, Folklore & Fables	8am-12pm	\$115	42916
	Gr 1-5	Lunch Bunch	12-1pm	\$18	42910
	4 yrs-K	Kicking It	1-5pm	\$115	43756
	Gr 1-2	Kicking It	1-5pm	\$115	43780
	Gr 3-5	Kicking It	1-5pm	\$115	43781
June 30-July 3	4 yrs-K	Top Secret Agent Academy	8am-12pm	\$92	42904
	Gr 1-2	Top Secret Agent Academy	8am-12pm	\$92	42905
	Gr 3-5	Top Secret Agent Academy	8am-12pm	\$92	42906
	Gr 1-5	Lunch Bunch	12-1pm	\$15	42911
	4 yrs-K	Punt, Pass & Hit	1-5pm	\$92	43753
	Gr 1-2	Punt, Pass & Hit	1-5pm	\$92	43754
	Gr 3-5	Punt, Pass & Hit	1-5pm	\$92	43755
July 7-11	4 yrs-K	Boom, Pop, Splat!	8am-12pm	\$115	42919
	Gr 1-2	Boom, Pop, Splat!	8am-12pm	\$115	42920
	Gr 3-5	Boom, Pop, Splat!	8am-12pm	\$115	42921
	Gr 1-5	Lunch Bunch	12-1pm	\$18	42912
	4 yrs-K	Kicking It	1-5pm	\$115	43782
	Gr 1-2	Kicking It	1-5pm	\$115	43783
	Gr 3-5	Kicking It	1-5pm	\$115	43784
July 14-18	4 yrs-K	Things with Wings	8am-12pm	\$115	42897
	Gr 1-2	Things with Wings	8am-12pm	\$115	42898
	Gr 3-5	Things with Wings	8am-12pm	\$115	42899
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43688
	4 yrs-K	Backyard Field Games	1-5pm	\$115	43785
	Gr 1-2	Backyard Field Games	1-5pm	\$115	43786
	Gr 3-5	Backyard Field Games	1-5pm	\$115	43787
July 21-25	4 yrs-K	Creative Constructions	8am-12pm	\$115	42907
	Gr 1-2	Creative Constructions	8am-12pm	\$115	42908
	Gr 3-5	Creative Constructions	8am-12pm	\$115	42909
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43689
	4 yrs-K	Kicking It	1-5pm	\$115	43788
	Gr 1-2	Kicking It	1-5pm	\$115	43789
	Gr 3-5	Kicking It	1-5pm	\$115	43790
July 28-August 1	Gr 4-5	Rocket Building	1-5pm	\$125	42913
	4 yrs-K	Where the Wild Things Are	8am-12pm	\$115	42917
	Gr 1-2	Where the Wild Things Are	8am-12pm	\$115	42918
	Gr 3-5	Where the Wild Things Are	8am-12pm	\$115	43732
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43690
	4 yrs-K	Nothing But Nets	1-5pm	\$115	43791
	Gr 1-2	Nothing But Nets	1-5pm	\$115	43792
August 4-8	Gr 3-5	Nothing But Nets	1-5pm	\$115	43793
	4 yrs-K	Fantastic Foods & Where to Find Them	8am-12pm	\$115	42901
	Gr 1-2	Fantastic Foods & Where to Find Them	8am-12pm	\$115	42902
	Gr 3-5	Fantastic Foods & Where to Find Them	8am-12pm	\$115	42903
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43691
	4 yrs-K	Kicking It	1-5pm	\$115	43794
	Gr 1-2	Kicking It	1-5pm	\$115	43795
August 11-15	Gr 3-5	Kicking It	1-5pm	\$115	43796
	4 yrs-K	Camp With Character	8am-12pm	\$115	43693
	Gr 1-2	Camp With Character	8am-12pm	\$115	43694
	Gr 3-5	Camp With Character	8am-12pm	\$115	43695
	Gr 1-5	Lunch Bunch	12-1pm	\$18	43692
	4 yrs-K	Duck, Dive, Dip & Dodgeball	1-5pm	\$115	43797
	Gr 1-2	Duck, Dive, Dip & Dodgeball	1-5pm	\$115	43798
	Gr 3-5	Duck, Dive, Dip & Dodgeball	1-5pm	\$115	43799



SUPER CENTER ARTS CAMP

Does your child love to be creative? In an increasingly technological world, it's easy for the arts to be overshadowed. Super Center Arts Camp is for children who would enjoy new arts explorations in dance, theater, music and visual arts. This fine arts camp provides youth with the opportunity to develop artistic interests and skills in a creative day camp experience. At Super Center, campers are grouped by age and rotate daily through music, drama, dance and art activities that are loosely based on a weekly theme. Daily activities also include games and other traditional camp activities, as well as a mid-day mindfulness break. Other weekly activities may include swimming, guest performers, field trips and special camp performances. Whether your child is a musician, artist, dancer, actor or anything in between, we invite them to discover their artistic passion by giving new experiences a try at Super Center Arts Camp!

Registration closes one week prior to the first day of camp. Youth should bring a labeled bag/backpack with their full name on all items:

- Lunch that does not require refrigeration or heating
- 2 Snacks
- Water bottle
- Sunscreen, bug repellent and hand sanitizer
- Swimming suit and towel daily, sun hat and/or sunglasses

Guardian handbooks are emailed approximately one week prior to the start of camp. Please review camp policies prior to registering.

CAMP THEMES

ALL THE WORLD'S A STAGE

Dive into the magical world of theater! This week, young performers explore the art of acting, singing and dancing. Explore all the elements of producing a musical- casting, set and costume design and rehearsal lead up to a performance on the final day of this special 2-week session. Whether you're a budding actor or the stage manager behind the scenes, Super Center is the perfect place to shine! No camp 7/4.

MAGIC AND MYSTERIES

This week is filled with enchantment and intrigue! Unleash your magical powers as we explore magic tricks, popular magical characters and their worlds, and uncover unusual mysteries. Through art, drama, dance and music, we dive into the fantastical and the unknown.

ONCE UPON A CAMP

Jump into the pages of your favorite storybooks! Young storytellers explore classic tales and modern masterpieces. Campers create their own storybook characters, design imaginative settings, and illustrate their own stories. Through art, drama and creative writing, we bring beloved stories to life. Join us for a week of fairy tales, folklore and fantastical adventures!



PAY IT FORWARD

Join us for a week of intentional kindness and creativity! In this special camp, explore the power of kindness through art, music, dance and drama. Campers learn how to express themselves through acts of kindness and how to spread positivity to others. Through fun activities such as painting kindness rocks, writing thank-you notes and performing acts of service, we inspire each other to make a difference in our community.

SUMMER SPLASH

Cool off this summer during our water week with a splash of creativity! This week at camp, we explore the wonderful world of water through exciting games, creative activities and refreshing adventures.

SUPER CENTER'S GOT TALENT

Super Center is full of talent, get ready to shine on stage! We're celebrating all things talent. Campers have the opportunity to explore and develop their unique skills in their chosen talent such as singing, dancing, acting and more. Work together to create amazing performances and build confidence on stage. Session culminates in a summer favorite - the Talent Show and Gallery Walk!

#SUPERPOP

We don't need permission to dance and enjoy all the latest pop culture trends! Join us as we explore different forms of pop culture such as movies, music, television, games, sports, fashion and learn how the world of fine arts is intertwined. Learn dance moves that are smooth like butter, explore the rich worlds illustrated in graphic novels, the art of anime and sing along to chart topping K-pop hits during this fun filled week of Super Center!

Grade is the grade your child enters in fall 2025.

Grade	Theme	Location	Day	Date	Time	Fee	Course #
1-5	*All the World's a Stage	Lapham	M-F	6/23-7/3	7:45am-4:45pm	\$432	43282
1-5	Magic and Mysteries	Lapham	M-F	7/7-7/11	7:45am-4:45pm	\$240	43286
1-5	Pay It Forward	Lapham	M-F	7/14-7/18	7:45am-4:45pm	\$240	43285
1-5	Once Upon a Camp	Lapham	M-F	7/21-7/25	7:45am-4:45pm	\$240	43284
1-5	Super Center's Got Talent	Lapham	M-F	7/28-8/1	7:45am-4:45pm	\$240	43289
1-5	#SuperPop	Lapham	M-F	8/4-8/8	7:45am-4:45pm	\$240	43287
1-5	Summer Splash	Lapham	M-F	8/11-8/15	7:45am-4:45pm	\$240	43283

*Two week session.

Please review page C2 and pages 54-58 for all Camp Policies.

- All camps require a non-refundable and non-transferable deposit. (\$20 for full day and \$10 for half day.)
- All changes and transfers must be submitted in writing 7 days prior to the start of the program.
- Please complete the Camp Supplemental Information Form (page 56) and the MSCR Registration Form (page 57).
- Payment Plans and Fee Assistance are available. See pages C2 and 54-58.

CAMP COMPASS

Camp Compass provides structured activities in such areas as arts & crafts, dramatic play, science, sports & games and nutrition. We focus on learning, exploring and growing through fun and educational programming and experiences. All MSCR programs follow health & safety practices to ensure a safe, positive experience. Breakfast, lunch and an afternoon snack are provided. MSCR does not provide transportation to and from the program. There are no MSCR programs on Friday, July 4.

Get your kids up and exploring this summer with:

- Weekly MSCR swim lessons
- Fun literacy and STEAM activities
- Special activities in partnership with the Madison Public Library, Madison Reading Project and Rooted
- Teambuilding, special interest clubs and group activities

Children must register for the entire 8-week program. In order to attend the first week of the program the registration and payment process must be completed by Friday, June 13. Space is limited. Participants are grouped by age, so groups may fill prior to the program reaching max enrollment. Registration cannot be done on a weekly basis. Please see other MSCR camps for weekly registration options. Payments are scheduled on a bi-monthly basis. Fee assistance is available for those who qualify based on family financial status.

Choose from the MSCR Camp Compass locations listed below:

- Registration is for the entire eight week session from June 23-August 15, 2025
- Registration for residents begins on Monday, March 10, 2025
- A resident or non-resident child can register at any program location. They do not need to live in the school attendance area or in the Madison Metropolitan School District. However, non-residents pay 50% more than residents. Registration for non-residents begins on Monday, March 24, 2025.

Registration is not done using the Active registration system on the MSCR website. All applicants must complete an application in ProCare. The electronic registration form can be found at mscr.org or by emailing mscreleamteam@madison.k12.wi.us to have a form emailed to you.

Grade is the grade your child enters in fall 2025.



MSCR CAMP COMPASS SITES

(4 equal payments due June 16, July 1, July 15 and August 1)

Grade	Location	Day	Date	Time	Fee
EASTSIDE					
1-6	Henderson	M-F	6/23-8/15	7:45am-5:30pm	\$1,500
1-6	Lake View	M-F	6/23-8/15	7:45am-5:30pm	\$1,500
1-6	Lowell	M-F	6/23-8/15	7:45am-5:30pm	\$1,500
WESTSIDE					
1-6	Anana	M-F	6/23-8/15	7:45am-5:30pm	\$1,500
1-6	Midvale	M-F	6/23-8/15	7:45am-5:30pm	\$1,500

MMSD SUMMER SEMESTER & MSCR PROGRAMS - 608-663-1914

The 2025 session of the Madison Metropolitan School District Summer Semester is a full day program, in collaboration with Madison School & Community Recreation (MSCR); Summer Recreation & Enrichment Centers (SREC) for elementary students and Youth Resource Centers (YRC) for middle school students. This is a voluntary, invite-only, limited-seat, first come, first serve opportunity for students to receive additional instruction in literacy and math, explore the arts and participate in recreation & enrichment opportunities for six weeks this summer. No school or MSCR on Friday, July 4.

MMSD Summer Semester Enrollment Information:

Invitations/Enrollment Grades 4K-8: Summer Semester enrollment opens Thursday, April 3.

Summer Semester Schedule:

Grades 4K-5: Monday - Friday, June 23 - July 31, 8am-12pm MMSD School, 12-4pm MSCR

Grades 6-8: Monday - Thursday, June 23 - July 31, 8am-12pm MMSD School, 12-4pm MSCR, Friday 8am-4pm MSCR

Grades 9-12: Monday - Thursday, June 23 - July 30, Times vary depending on course(s)

Contact the MMSD Summer Semester office with additional questions at 608-663-1914 or summerschool@madison.k12.wi.us.

Participants who attend summer semester may register for MSCR camps in August. Register at mscr.org or by completing an MSCR Registration Form. What happens if I signed up for an MSCR camp prior to enrolling for Summer Semester? Go ahead and enroll in Summer Semester, then contact MSCR at mscr@madison.k12.wi.us to be unenrolled from your MSCR camp with no penalty.

**LOOKING FOR
FLEXIBLE, FUN AND
REWARDING WORK?**

MSCR has you covered!



Learn more & apply



MSCR.ORG/JOBS



CAMP TALL OAKS

Camp Tall Oaks is your go to camp for exploring the outdoors! Camp follows a regular routine that incorporates games, arts and crafts, sports and environmental education. No previous experience in any activity is required. Weekly itineraries are emailed prior to the start of the camp week. Every Wednesday is an all day field trip. Youth Program Handbook is available online at the time of registration.

Location: Madison School Forest Campground, a beautiful 300 plus acre property that camp calls home for the summer!

Camper Pick Up/Drop Off: Campers meet at Lincoln Elementary School, 909 Sequoia Trail, Madison, WI 53713, and take a bus to and from the Madison School Forest Campground (1577 Fritz Rd. Verona, WI 53593). Camper drop off is from 7:45-8am and camper pick-up is from 4:30-5:15pm.

Registration closes one week prior to the first day of camp. Youth should bring a labeled bag/backpack with their full name on all items:

- Sack lunch with a morning and afternoon snack
- Backpack
- Sunscreen & Insect Repellent
- Water bottle
- Rain poncho
- Sunhat
- Swimsuit and towel*

*Please contact the Camp Tall Oaks program coordinator if you need assistance getting the required items.

CAMP THEMES

ADVENTURE AWAITS

Get ready for a week of thrilling outdoor adventures! This week we focus on the core elements of adventure: excitement, exploration, skill development and personal growth. We explore hidden trails, conquer challenging obstacles and discover the wonders of the natural world. No programming July 4.

ANIMAL PLANET

Explore the living creatures and plants of the Madison School Forest and surrounding area! Take hikes through the woods discovering the landscape, find animal signs, make animal crafts and play animal themed games!

DIGGING IN THE DIRT

Get ready campers, this week is your chance to get dirty! Discover what critters live in the dirt, learn about the colors you find in the soil layers and grow your own plant.

OLYMPICS IN NATURE

Get ready for a week of friendly competition and outdoor fun! This exciting week will transform our camp into a vibrant "Olympics in Nature" where campers participate in a variety of exciting games and challenges inspired by that natural world.

SURVIVAL CAMP

Test your limits and learn valuable survival skills in our exciting "Survival Camp"! This week is for adventurous campers who want to learn how to thrive in the great outdoors.

TAKING FLIGHT

Do you ever wonder about flying? How do birds, insects and mammals do it?! Learn about flight from the original flyers and experiment with flight through activities at camp!

UNRAVELING NATURE'S MYSTERIES

Delve into the fascinating world of natural history. We'll uncover the secrets of the forest and learn about the amazing creatures that have shared our planet over time. Campers learn about prehistoric life and participate in a simulated fossil dig and embark on nature walks to observe birds, insects, plants and other wildlife.

WACKY WATER WEEK

All water, all week! Campers learn about the life cycle of water and the important role it plays at School Forest. Throughout the week campers play a variety of games and complete activities all involving water! Campers spend a day at a Wisconsin Dells Water Park! Come prepared to get wet! *Additional fee of \$30 for water park pass.

Grade	Theme	Location	Day	Date	Time	Fee	Course #
1-5	Animal Planet	Madison School Forest	M-F	6/23-6/27	7:45am-5:15pm	\$265	42785
1-5	Adventure Awaits	Madison School Forest	M-Th	6/30-7/3	7:45am-5:15pm	\$212	42787
1-5	Taking Flight	Madison School Forest	M-F	7/7-7/11	7:45am-5:15pm	\$265	42791
1-5	Wacky Water Week	Madison School Forest	M-F	7/14-7/18	7:45am-5:15pm	\$295	42793
1-5	Unraveling Nature's Mysteries	Madison School Forest	M-F	7/21-7/25	7:45am-5:15pm	\$265	42786
1-5	Survival Camp	Madison School Forest	M-F	7/28-8/1	7:45am-5:15pm	\$265	42790
1-5	Olympics in Nature	Madison School Forest	M-F	8/4-8/8	7:45am-5:15pm	\$265	42788
1-5	Digging in the Dirt	Madison School Forest	M-F	8/11-8/15	7:45am-5:15pm	\$265	42789

Please review page C2 and pages 54-58 for all Camp Policies.

- All camps require a non-refundable and non-transferable deposit. (\$20 for full day and \$10 for half day.)
- All changes and transfers must be submitted in writing 7 days prior to the start of the program.
- Please complete the Camp Supplemental Information Form (page 56) and the MSCR Registration Form (page 57).
- Payment Plans and Fee Assistance are available. See pages C2 and 54-58.

SPORT SPECTACULAR

Keep your child active this summer with our MSCR Sports Spectacular Sports Camp. Campers discover so much more than their athletic abilities. They build character, develop self-confidence and create healthy relationships through positive competition. Kids of all skill levels and abilities choose from a variety of sports to explore. Play a variety of sports and group games throughout the day. Teamwork, sportsmanship and fun are the main focus of this camp. If your child loves sports and having fun, this is the camp for them.

Youth should bring a labeled bag/backpack with their full name on all items:

- Water bottle
- Sunscreen and Insect repellent
- Sack lunch with snacks for each day
- Sun hat & sun glasses

CAMP THEMES

FUN IS OUR GOAL

All things soccer and floor hockey- kicking, passing, scoring, and games.

GROUP GAMES GALORE

Fit as many different sports and games into one week as possible - kickball, dodgeball, capture the flag, tag games and more.

RUN THE FIELD

Flag football/Ultimate frisbee - concentrate on the core aspects of football-touchdowns, passing and plays!

SHOOTING FOR THE STARS

Focus on Basketball fundamentals - dribbling, shooting baskets, defense/offense and scoring.

TAKE A SWING

Learn the basics of baseball, softball and wiffleball- hitting, throwing, catching, running bases, innings and outs!



For all Camp and MSCR Policies including registration changes and payments, see pages C2 and pages 54-58.



Grade	Theme	Location	Day	Date	Time	Fee	Course #
EASTSIDE							
1-5	Group Games Galore	Elvehjem	M-F	6/23-6/27	8am-4:30pm	\$200	43834
1-5	Fun is our Goal	Elvehjem	M-Th	6/30-7/3	8am-4:30pm	\$160	43833
1-5	Shooting for the Stars	Elvehjem	M-F	7/7-7/11	8am-4:30pm	\$200	43831
1-5	Run the Field	Elvehjem	M-F	7/14-7/18	8am-4:30pm	\$200	43832
1-5	Take a Swing	Elvehjem	M-F	7/21-7/25	8am-4:30pm	\$200	43829
1-5	Fun is our Goal	Elvehjem	M-F	7/28-8/1	8am-4:30pm	\$200	43830
1-5	Run the Field	Elvehjem	M-F	8/4-8/8	8am-4:30pm	\$200	43835
1-5	Shooting for the Stars	Elvehjem	M-F	8/11-8/15	8am-4:30pm	\$200	43852
WESTSIDE							
1-5	Group Games Galore	Van Hise	M-F	6/23-6/27	8am-4:30pm	\$200	43274
1-5	Fun is our Goal	Van Hise	M-Th	6/30-7/3	8am-4:30pm	\$160	43279
1-5	Shooting for the Stars	Van Hise	M-F	7/7-7/11	8am-4:30pm	\$200	43277
1-5	Run the Field	Van Hise	M-F	7/14-7/18	8am-4:30pm	\$200	43278
1-5	Take a Swing	Van Hise	M-F	7/21-7/25	8am-4:30pm	\$200	43275
1-5	Fun is our Goal	Van Hise	M-F	7/28-8/1	8am-4:30pm	\$200	43276
1-5	Run the Field	Van Hise	M-F	8/4-8/8	8am-4:30pm	\$200	43280
1-5	Shooting for the Stars	Van Hise	M-F	8/11-8/15	8am-4:30pm	\$200	43851

WIDE WORLD OF SPORTS

Practice fundamentals of sports while focusing on building knowledge, skills and confidence! Learn health and fitness tips that can improve athletic ability and coordination. Get ready to be active and sweat! All skill levels welcome!

Youth should bring a labeled bag/backpack with their full name on all items:

- Water bottle
- Sunscreen and Insect repellent
- Sack lunch with snacks for each day
- Sun hat & sun glasses

CAMP THEMES

BATTER UP

Learn the basics of baseball, softball and wiffleball- hitting, throwing, catching, running bases, innings and outs!

CASTING A WIDE NET

Playing all sports with a net- volleyball, badminton, pickleball, floor hockey.

SLAM DUNK

Focus on Basketball fundamentals - dribbling, shooting baskets, defense/offense and scoring.

TOUCHDOWN

Flag Football - concentrate on the core aspects of field sports-touchdowns, passing and plays!

WORLD CUP

World Cup - All things soccer- kicking, passing, scoring and games.



Grade is the grade your child enters in fall 2025.

Grade	Theme	Location	Day	Date	Time	Fee	Course #
6-9	Slam Dunk	Cherokee	M-F	6/23-6/27	9am-4pm	\$225	43157
6-9	World Cup	Cherokee	M-Th	6/30-7/3	9am-4pm	\$180	43158
6-9	Touchdown	Cherokee	M-F	7/7-7/11	9am-4pm	\$225	43159
6-9	Batter up	Cherokee	M-F	7/14-7/18	9am-4pm	\$225	43160
6-9	Casting a Wide Net	Cherokee	M-F	7/21-7/25	9am-4pm	\$225	43161
6-9	Slam Dunk	Cherokee	M-F	7/28-8/1	9am-4pm	\$225	43162
6-9	World Cup	Cherokee	M-F	8/4-8/8	9am-4pm	\$225	43899
6-9	Touchdown	Cherokee	M-F	8/11-8/15	9am-4pm	\$225	43900

SUMMER 2025 HIGH SCHOOL PROGRAMS

Need to keep your teen busy? Check out these free programs!

MSCR is offering a variety of recreation and enrichment activities for high school students. Activities and clubs include outdoor adventure, gardening, sports and more. Explore new skills and meet youth from other schools.

Go to mscr.org/programs/after-school-camps/high-school for more information.



Please review page C2 and pages 54-58 for all Camp Policies.

- All camps require a non-refundable and non-transferable deposit. (\$20 for full day and \$10 for half day.)
- All changes and transfers must be submitted in writing 7 days prior to the start of the program.
- Please complete the Camp Supplemental Information Form (page 56) and the MSCR Registration Form (page 57).
- Payment Plans and Fee Assistance are available. See pages C2 and 54-58.



CAMP ADVENTURE

Experience the outdoors with Camp Adventure! Campers engage with the outdoors through a variety of modes and activities such as canoeing/kayaking, hiking, log rolling, swimming and challenge courses. Camp Adventure teaches campers outdoor leadership skills through team building and exploring and experiencing outdoor spaces. Campers are encouraged to sign-up for themes that spark their curiosity and no previous experience in any activity is required. Field trips around Madison and to Wisconsin state parks are common throughout the week. Weekly itineraries are emailed prior to the start of the camp week.

Camp Adventure offers 4 overnight (Thursday to Friday) trips throughout the summer. Campers may sign up for a 3 day camp week during overnight weeks and not participate in the overnight.

Youth Programs Handbooks are emailed approximately one week prior to the start of camp. Please review camp policies prior to registering.

Registration closes one week prior to the first day of camp.

Youth should bring a labeled bag/backpack with their full name on all items:

- Swimsuit, towel and sunscreen
- Water bottle
- Insect repellent
- Rain gear
- Sack lunch with snacks for each day

CAMP THEMES

THE BIG SPLASH

Swimming, paddling and water games galore! This week is all about water! (Overnight Trip - Mirror Lake State Park)

PADDLING ADVENTURES

Float, paddle and swim! Have fun exploring and playing in local Wisconsin lakes and waterways. No camp July 4. (Day Trip Only - Kegonsa State Park)

SURVIVAL SKILLS

Learn outdoor survival skills such as fire building, shelter building, outdoor cooking and navigation skills (Day Trip Only - Blue Mounds State Park)

THE ULTIMATE CLIMB

Spend the week participating in climbing, challenge courses and hiking to beautiful vistas! No climbing or hiking experience necessary but all campers should be excited to try! (Overnight Trip - Devil's Lake State Park)

Grade is the grade your child enters in fall 2025.

Grade	Theme	Location	Day	Date	Time	Fee	Course #
6-9	Survival Skills	Westmorland Park	M-F	6/23-6/27	9am-4pm	\$240	42775
6-9	Paddling Adventures	Westmorland Park	M-Th	6/30-7/3	9am-4pm	\$192	42773
6-9	The Ultimate Climb	Westmorland Park	*M-W	7/7-7/9	9am-4pm	\$144	42779
6-9	The Ultimate Climb	Westmorland Park	M-F	7/7-7/11	9am-4pm	\$280	42778
6-9	The Big Splash	Westmorland Park	*M-W	7/14-7/16	9am-4pm	\$144	42783
6-9	The Big Splash	Westmorland Park	M-F	7/14-7/18	9am-4pm	\$280	42782
6-9	Paddling Adventures	Demetral Park	M-F	7/21-7/25	9am-4pm	\$240	42772
6-9	The Ultimate Climb	Demetral Park	*M-W	7/28-7/30	9am-4pm	\$144	42777
6-9	The Ultimate Climb	Demetral Park	M-F	7/28-8/1	9am-4pm	\$280	42776
6-9	Survival Skills	Demetral Park	M-F	8/4-8/8	9am-4pm	\$240	42774
6-9	The Big Splash	Demetral Park	*M-W	8/11-8/13	9am-4pm	\$144	42781
6-9	The Big Splash	Demetral Park	M-F	8/11-8/15	9am-4pm	\$280	42780

*Three day session.

JOIN OUR TEAM

AFTERSCHOOL - AQUATICS - FITNESS
ARTS & ENRICHMENT - INCLUSION SERVICES
YOUTH & ADULT SPORTS

MSCR.ORG/JOBS

MIDDLE SCHOOL ON THE MOVE

Join the fun in & out of the sun. Middle School on The Move is an inclusive camp for all. Weekly themes for activities allow campers to choose the sessions that match their interests. Activities related to the week's theme include afternoon recreational field trips such as swimming, paddling, rope courses and visiting local parks.

Youth Programs Handbooks are emailed approximately one week prior to the start of camp. Please review camp policies prior to registering.

Registration closes one week prior to the first day of camp.

Youth should bring a labeled bag/backpack with their full name on all items:

- Lunch that does not require refrigeration or heating.
- 2 Snacks
- Water bottle
- Sunscreen, bug repellent and hand sanitizer

CAMP THEMES

ART MANIA

Paint, draw, bead, tie dye and more! Visit local art museums, make your own project and learn new art techniques. Indulge your creative side and bring home your masterpieces!

ENVIRONMENTAL FUN

Learn about nature and wildlife in Madison! Explore the outdoors through animal exhibits, parks, trails, botanical gardens and more. Experience and enjoy the outdoors!

FOOD RULES!!

Love the food you eat! Campers learn about different foods, nutrition, and how the foods are grown and made! Visit local gardens and culinary programs and make simple food. Learn about healthy and unhealthy food choices by getting the essential nutritional facts needed to live a healthy life. Come see how you can make a difference in your kitchen and life!

LOST IN SPACE

Learn about the vastness of space through hands-on activities, field trips, arts and crafts and more. Experience and enjoy outer space! (Skip 7/4)



MAD SCIENTIST

Want to become a mad scientist? Campers do hands-on experiments, take field trips to get a better understanding of why science can be fun and engaging.

MEDIA AND MUSIC MADNESS

Explore the behind-the-scenes experience of media. Learn about safe and healthy ways to engage with social media sites and visit local radio stations, theaters and museums. Learn about the art and love behind the music. Create forms of media demonstrations and learn how to make music and media.

SUMMER SAFARI

Explore animals in the Madison area! Animal themed activities including the zoo, bird watching, nature trail walks and more!

WACKY WATER DAYS!

Learn about the importance of water and why it's so important to our environment. Visit and tour the local water utility companies. Visit beaches and waterparks and meet with lifeguards. Experience the need and importance of having clean water while having fun swimming and paddling through the Wisconsin lakes and engaging in daily on-site water activities. Come experience life around water with us!

Grade	Theme		Day	Date	Time	Fee	Course#
EASTSIDE							
6-9	Summer Safari	Sherman	M-F	6/23-6/27	9am-4pm	\$240	43176
6-9	Lost in Space	Sherman	M-Th	6/30-7/3	9am-4pm	\$192	43170
6-9	Food Rules!!	Sherman	M-F	7/7-7/11	9am-4pm	\$240	43168
6-9	Wacky Water Days!	Sherman	M-F	7/14-7/18	9am-4pm	\$240	43178
6-9	Environmental Fun	Sherman	M-F	7/21-7/25	9am-4pm	\$240	43166
6-9	Art Mania	Sherman	M-F	7/28-8/1	9am-4pm	\$240	43164
6-9	Mad Scientist	Sherman	M-F	8/4-8/8	9am-4pm	\$240	43172
6-9	Media and Music Madness	Sherman	M-F	8/11-8/15	9am-4pm	\$240	43174
WESTSIDE							
6-9	Summer Safari	Toki	M-F	6/23-6/27	9am-4pm	\$240	43177
6-9	Lost in Space	Toki	M-Th	6/30-7/3	9am-4pm	\$192	43171
6-9	Food Rules!!	Toki	M-F	7/7-7/11	9am-4pm	\$240	43169
6-9	Wacky Water Days!	Toki	M-F	7/14-7/18	9am-4pm	\$240	43179
6-9	Environmental Fun	Toki	M-F	7/21-7/25	9am-4pm	\$240	43167
6-9	Art Mania	Toki	M-F	7/28-8/1	9am-4pm	\$240	43165
6-9	Mad Scientist	Toki	M-F	8/4-8/8	9am-4pm	\$240	43173
6-9	Media and Music Madness	Toki	M-F	8/11-8/15	9am-4pm	\$240	43175

GREENHOUSE GARDEN

Come have a blast in Spring Harbor's Gardens! Campers can experience the sustainable greenhouse and learn the basics of composting, irrigation, planting and eating!

Youth should bring a labeled bag/backpack with their full name on all items:

- Water bottle
- Sunscreen, bug repellent and hand sanitizer

Grade	Location	Day	Date	Time	Fee	Course #
6-9	Spring Harbor	M-F	6/23-6/27	8:30am-11:30am	\$110	43151
6-9	Spring Harbor	M-F	7/7-7/11	8:30am-11:30am	\$110	43152
6-9	Spring Harbor	M-F	7/21-7/25	8:30am-11:30am	\$110	43153
6-9	Spring Harbor	M-F	8/18-8/22	8:30am-11:30am	\$110	43154



CREATIVE ARTS CAMP

Come join Creative Arts! This camp caters to all experience-level adolescent artists. Staff lead campers through various structured art projects using diverse mediums and techniques. Beyond art, campers engage in enjoyable activities, from entertaining games, to hands-on arts and crafts, and classic camp pastimes. The mission is to provide a comprehensive experience beyond the basics of drawing. This unique approach includes immersive field trips, exposing campers to diverse art forms such as theater, dance, pottery, and more. The camp strives to broaden their understanding of art, fostering an appreciation for its many facets. Join us as we embark on a creative adventure, where each camper discovers the expansive world of artistic expression.

Youth Programs Handbooks are emailed approximately one week prior to the start of camp. Please review camp policies prior to registering. Registration closes one week prior to the first day of camp.

Youth should bring a labeled bag/backpack with their full name on all items:

- Lunch that does not require refrigeration or heating.
- 2 Snacks
- Water bottle
- Sunscreen, bug repellent and hand sanitizer



CAMP THEMES

ANIMAL & NATURE ADVENTURES

Animals and nature are the focus of this week- take field trips to the zoo, tour animal exhibits and take nature trail walks. Campers make clay sculptures and create a detailed drawing of their favorite animal. Skip 7/4.

ART AROUND YOU

What does art mean to you? Art surrounds us daily. Find inspiration from the world around you. Using traditional methods like painting, drawing, and photography as well as non-traditional materials to turn the designs surrounding us into art.

COLOR YOUR WORLD

Explore the vibrant world of color through drawing, painting and sculpting. From colored pencils and paints to dynamic sculptures, every creation celebrates and incorporates the rich colors of our world.

IMAGINE IT, CREATE IT

Release your inner creativity and bring your ideas and imagination into the world of art. Finding inspiration in the great outdoors, sample mixed media projects and explore creative ways to bring your ideas to life.

ORDINARY TO EXTRAORDINARY

Variety is the spice of life! The goal is to transform the ordinary into the extraordinary, by trying a variety of mediums, including drawing and painting with rocks and other natural materials.

PEDAL AND PAINT

Pedal and Paint is the perfect blend of adventure and creativity for campers! Explore the outdoors on bikes, ride along scenic trails and draw inspiration from nature. After their ride, channel creativity into art projects such as painting, drawing and other hands-on activities. This camp fosters physical activity, artistic expression and a deep connection with the environment. Bikes are available for those who do not have their own. All skill levels are welcome!

WORDS TO WONDER

A picture is worth a thousand words; this week we turn words into pictures. Use your name to make abstract art, create a story, draw with words and enjoy much more.

Grade	Theme	Location	Day	Date	Time	Fee	Course #
6-9	Art Around You	Hamilton	M-F	6/23-6/27	9am-4pm	\$240	42796
6-9	Animal & Nature Adventures	Hamilton	M-Th	6/30-7/3	9am-4pm	\$192	42795
6-9	Color Your World	Hamilton	M-F	7/7-7/11	9am-4pm	\$240	42797
6-9	Ordinary to Extraordinary	Hamilton	M-F	7/14-7/18	9am-4pm	\$240	42799
6-9	Words to Wonders	Hamilton	M-F	7/21-7/25	9am-4pm	\$240	42800
6-9	Imagine It, Create It	Hamilton	M-F	7/28-8/1	9am-4pm	\$240	42798
6-9	Pedal and Paint	Hamilton	M-F	8/11-8/15	9am-4pm	\$240	43757

Engage with nature!

MINI CAMPS

Get your child outside
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For children ages 4 through 8

Payment plans and tuition assistance available

Registration opens at
NOON on February 20th

For camp information and to register:
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July 12th • 2 - 7pm

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DANCE

BALLET 1

Learn beginning ballet skills and terminology in a fun, relaxed environment. This introductory level class is for those with no dance or ballet experience. Dress in ballet shoes and fitted clothing that allows for movement.

BALLET 2

Continue to build ballet skills and terminology in a fun and relaxed environment. This class is best for those who have ballet experience or who have taken ballet classes before. Dress in ballet shoes and clothing that allows for 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

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 ages 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!

JAZZ NEW!

Discover the basics of jazz dance and jazz technique. Learn low-impact stretching, strength training warm-ups and basic jazz technique across the floor to pair with fun, exciting combinations incorporating jazz technique. Utilizing songs everyone loves from the '80s, '90s and today, this class is sure to provide participants with the fundamentals of jazz dance!

MODERN LINE DANCE

Take a step in a fun direction with this new dance class! Learn dances choreographed to country, latin, pop and Broadway music. With a focus on having fun and improving balance, there are no mistakes - just accidental solos. All levels welcome.

TAP 1

Intro to tap dance for dancers with little or no prior experience. Learn basic vocabulary and steps, which are put into a simple routine. It is typical for beginners to remain in Tap 1 for multiple sessions. Dress in tap shoes and clothing that allows movement.

TAP 2

Take your tap to the next level. Tap 2 is for dancers who have mastered basic steps or have past experience but might need a brush up. Participants learn more difficult combinations like single time steps. Dress in tap shoes and clothing that allows movement.

DRAWING & PAINTING

ACRYLIC PAINTING 1

Learn acrylic painting techniques, experiment with color, and create your own meaningful still life painting. Class is best for beginners, but all levels are welcome.

ANIMAL PORTRAITS IN COLORED PENCILS *NEW!*

Learn how to draw your favorite fur-friend! Discover how to use colored pencils to create value and texture. Complete a life-like portrait drawing of a favorite animal or pet using a toned paper base to bring the image to life.

DRAWING - BACK TO BASICS

Get back to the basics in drawing. This class is best for novice artists who want to try a new drawing class but is open to all participants. Use items and spaces in your home as props to learn contour drawing, shading and perspective. Learn to observe and make a visual record of your own environment while learning drawing fundamentals.

DRAWING 1

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

ELEMENTS OF DESIGN

This class is an overview of design concepts used in arts and crafts with an emphasis on fun! Each week includes a variety of fun in-class 2D and 3D assignments, emphasizing the elements and principles of art and design. The class is great as a refresher or for anyone looking to improve their visual literacy.

MIXED MEDIA

What masterpiece is waiting to happen when you combine media such as acrylic or watercolor paint with oil pastels, chalk or collage to create your own unique artwork? Discover all of the possibilities where media exploration is the name of the game.

SKETCH CUTE!

Sketching and doodling are a popular art form and a creative way of recording feelings, images and memories. Learn how to take simple shapes, lines and textures to create lighthearted images while building on your skills to produce sketchbooks, greeting cards, framed art and more! Using simple line art and watercolor, produce adorable designs you can be proud of.

WATERCOLOR 1

Learn to love working with watercolor by applying a few simple techniques. Class includes time for demonstrations and experimentation. Complete paintings using simple subjects and limited color.

WATERCOLOR STUDIO

Enjoy an afternoon of watercolor painting in a group setting. Demonstrations at each session, then 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. Drop-in participation is available as well for \$16 per class.

NOW HIRING

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APPLY TODAY
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Age	Class	Location	Day	Date	Time	Fee	Course #
DANCE							
18+	Ballet 1	MSCR East	Th	6/26-8/21	6:55-7:55pm	\$70	44068
18+	Ballet 1	MSCR West	Th	6/26-8/21	6:05-7:20pm	\$76	44019
18+	Ballet 2	MSCR West	Th	6/26-8/21	7:25-8:40pm	\$76	44020
18+	Belly Dancing 1	MSCR Central	M	6/23-8/11	6-7:15pm	\$76	42605
18+	Belly Dancing 2	MSCR Central	M	6/23-8/11	7:30-8:45pm	\$76	42617
18+	Hip Hop	MSCR West	W	6/25-8/13	6:45-7:45pm	\$64	44021
18+	Jazz	MSCR West	W	6/25-8/13	8-9pm	\$64	44022
50+	Modern Line Dance	MSCR West	M	6/23-8/18	1:30-2:30pm	\$72	44023
18+	Tap 1	MSCR West	T	6/24-8/12	6:15-7:15pm	\$64	44024
18+	Tap 2	MSCR West	T	6/24-8/12	7:30-8:30pm	\$64	44025
DRAWING & PAINTING							
18+	Acrylic Painting 1	MSCR West	W	6/25-7/30	9:30am-12pm	\$84	42606
18+	Animal Portraits in Colored Pencils	Warner Park CRC	M	7/7-8/11	6-8pm	\$80	44028
18+	Drawing - Back to Basics	Warner Park CRC	T	6/24-7/8	9:30am-12pm	\$44	42611
18+	Drawing 1	MSCR East	T	7/15-8/19	9:30am-12pm	\$70	42612
18+	Elements of Design	MSCR East	Th	6/26-7/31	6-8:30pm	\$80	42616
18+	Mixed Media	MSCR East	W	6/25-7/30	1-3:30pm	\$80	42627
18+	Sketch Cute!	MSCR West	T	6/24-7/15	10-11:30am	\$47	42625
18+	Sketch Cute!	MSCR Central	W	7/23-8/13	6:30-8pm	\$47	42626
18+	Watercolor 1	MSCR Central	M	6/23-7/28	9:30am-12pm	\$84	42669
18+	Watercolor 1	MSCR West	T	6/24-7/29	6:30-9pm	\$84	42671
18+	Watercolor 1	MSCR East	W	6/25-7/30	9:30am-12pm	\$84	42670
18+	Watercolor Studio	MSCR West	T	6/24-7/29	12:30-3pm	\$82	42674

DAY TRIP - TRAVEL WITH MSCR!

A MIDSUMMER NIGHT'S DREAM AT AMERICAN PLAYERS THEATER

Pack your picnic basket, embrace the night and get ready to experience a magical performance of Shakespeare's A Midsummer Night's Dream under the stars and in the woods at American Players Theater in Spring Green, WI.

In this iconic Shakespearean fairy tale, love weaves a tangled web. Hermia and her beloved Lysander flee into the forest to avoid Hermia's arranged marriage to Demetrius. They're pursued by Demetrius himself, along with Helena, who is, in turn, in love with Demetrius. In that same forest, Oberon and Titania, king and queen of the fairies, are having a quarrel of their own. And when Oberon enlists his accomplice Puck, aka Robin Goodfellow, to throw some magic into the mix, everyone - including a hilarious group of "rude mechanicals" led by Nick Bottom gets caught up in the spell.

Before the show, enjoy a picnic dinner in a shelter reserved for the group. BYO picnic or purchase food on site at concessions. Shuttle available from shelter to the hilltop. Must be able to step up at least one step. Bus loads at 4:45pm in front of MSCR West at 7333 West Towne Way. Fee includes admission, picnic shelter reservation and motorcoach transportation. Registration deadline is 7/10/25. Ages 14+.

A Midsummer Night's Dream	MSCR West	Sa	7/26	5-11:45pm	\$80	42864
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ENRICHMENT**ACTING 101**

Getting cold feet? No need in this class! Focus on the fundamental tools an actor needs to perform. Work on exercises that engage the mind, voice and body, and explore the techniques that help actors perform with consistency and confidence. Spend time in class rehearsing and performing monologues and scenes from contemporary plays, as well as observing the performances of fellow participants. All experience levels welcome, from beginner to advanced; no acting experience is necessary to join!

ART THERAPY - POWER DOLLS NEW!

In this art therapy class, find a deeper connection to yourself and discover something that needs a boost in your life. Evoke emotions through group discussions and personal reflection while creating a power doll that represents you. With found objects, fabric and sewing materials, bend and twist your power doll into a daily reminder of your best self.

BASKETRY BLISS

Learn the fundamental techniques and patterns essential to create unique baskets.

BRIDGE BASICS 1

Learn to Play Bridge - the best card game ever! Bridge is a great way to challenge your mind every day. Class focuses on bidding but covers the basics of playing and defending the hand. This class is appropriate for those who haven't played for a while who need a refresher, those who want to learn more about bidding strategy, or beginners. Participants are highly encouraged to take Introduction to Bridge first, if they have never played.

INTRODUCTION TO BRIDGE

In this two-week introduction to the game, learn the basics of playing. Have a fun time challenging your mind and picking up new skills in a social atmosphere.

COLLAGE FOR BEGINNERS NEW!

If drawing intimidates you, try collage! Explore introductory methods of collecting, editing, arranging and assembling found materials into expressive artworks. From the randomly selected to the carefully curated, collage is a great way to explore and stretch your visual abilities.

EXPLORATION IN COLLAGE

A course in which participants explore a variety of artists' collage techniques both traditional and new. Each week a new theme and collage technique will be offered for participants to explore during class hours and beyond. Optional themes include making a self-portrait, magical realism, exploring 2-D design, abstract art and more. Participants are encouraged to bring personal items they would like to use in their work.

FLY TYING

Join us for a super fly class! Learn to tie flies, a type of fishing lure, sure to make fish take the bait. Learn the skills by tying a new type of lure each class. Practice the technique, use creativity and use the materials you have on hand to make modifications on the fly.

INTRO TO PERFORMANCE ART WORKSHOP

This class offers an immersive exploration of the key concepts and techniques behind performance as a medium. Attendees engage in creative exercises that focus on the body, space and audience interaction, pushing boundaries of self-expression and presence. Learn the history of performance art while developing experimental performances. No prior experience is necessary, just a willingness to explore and take creative risks.

INTRODUCTION TO TRAVEL PHOTOGRAPHY

Explore the fundamentals of storytelling through travel imagery. Whether you're a novice with a smartphone or an enthusiast with a DSLR/mirrorless camera, this course equips you with the skills to craft compelling travel narratives through stunning photographs. There are no camera requirements; point-and-shoots, SLR and mobile phone cameras are acceptable.

JUNK JOURNALS WORKSHOP NEW!

Are you a collector of paper memorabilia during vacations or want a way to repurpose some of your junk mail? Learn how to transform paper scraps into journals that are works of art! Use scrapbook paper, paper bags, cereal boxes, etc. to create projects. Participants are encouraged to bring any other paper they would like to include in the journal. All other materials are included.

**MUSIC APPRECIATION NEW!**

Delve into the history, elements and cultural significance of various musical genres, from classical to jazz, rock to pop. Learn about different musical terms and families of instruments. This insightful class enhances your listening experience and deepens your understanding of the art of music.

RESIN ART 1

Learn the art of resin! Use silicone molds to cast resin objects like pendants, bookmarks, small plates or bowls. This class uses a low-vapor, food safe resin. Add dye, mica, glitter and other small found objects into the resin before it sets for extra pizzazz!

ZINE MAKING

Making and producing zines (pronounced "zeen") is an amazing way to develop ideas into a creative structure that can be shared with others. In this class, explore how to turn your ideas into a zine format, how to develop visuals to support your viewpoint (whether or not you can draw) and how to publish your work to share with others.

WOODBURNED WONDERS NEW!

This class is for beginners looking to explore the art of pyrography. Learn how to use wood burning tools to create beautiful designs and patterns on wood. Covers the basics, including safety, technique and shading, so you can start creating your pieces with confidence. All equipment and materials provided.

FIBER ARTS**EMBROIDERED PATCHES**

Create your very own hand embroidered, iron-on patches! In this class learn ideal stitches for making patches, including chain stitch, stem stitch, back stitch and French knots. Then, use these stitches to create 1-2 small designs. Finally, discover how to turn these designs into iron-on patches. Some previous needlework experience may be beneficial but is not necessary.

INTRODUCTION TO EMBROIDERY - FLORAL SAMPLER

Explore the basics of hand-stitched embroidery by creating a unique floral sampler. Learn a range of versatile stitches including satin stitch, backstitch, stem stitch, French knots and woven wheel stitch. By the end of the class, participants have a personalized floral sampler and the knowledge to create more embroidered designs.

THREAD PAINTING WORKSHOP

Create photo-realistic embroidery with thread painting! Learn the basics of thread painting, a hand embroidery technique that uses a needle and multiple shades of thread to create realistic details and dimensions. Previous embroidery experience is beneficial, but is not necessary.

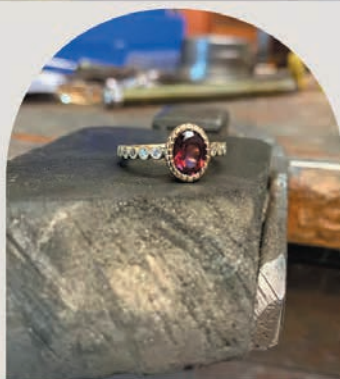
WEAVING 1

Learn to weave on easy-to-use and versatile rigid heddle looms. Explore basic and complex weave structures to create beautiful handwoven items. Choose from a variety of individualized projects such as shawls, scarves, belts, vests, book bags, purses, pillows, table runners and more. Looms are borrowed and taken home between classes each week to work on projects outside of class. Loom size 24"x24"x2". Open to all skill levels. First 5 class meetings meet from 6:30-9pm.

Age	Class	Location	Day	Date	Time	Fee	Course #
ENRICHMENT							
18+	Acting 101	MSCR Central	T	7/8-8/12	6-8pm	\$66	42607
18+	Art Therapy - Power Dolls	MSCR West	T	7/8-8/12	6:30-8:30pm	\$84	42624
14+	Basketry Bliss	MSCR West	M	6/23-8/11	7-9pm	\$130	43541
18+	Bridge Basics 1	MSCR West	T	7/15-8/12	4-6pm	\$40	42609
18+	Collage for Beginners	Warner Park CRC	W	7/2-7/30	1-2:30pm	\$60	44029
18+	Exploration in Collage	MSCR East	T	7/8-8/12	1-3pm	\$80	42615
18+	Introduction to Bridge	MSCR West	T	6/24-7/1	4-6pm	\$20	42613
14+	Intro to Performance Art Workshop	MSCR Central	T	7/15	5:30-8:30pm	\$21	43539
18+	Introduction to Travel Photography	MSCR Central	Th	7/10-7/17	6:30-8pm	\$24	42621
14+	Fly Tying	MSCR West	W	7/9-7/30	6-7:30pm	\$48	43601
18+	Junk Journals Workshop	MSCR Central	F	6/27	9:30-11am	\$18	42618
18+	Junk Journals Workshop	MSCR East	T	7/8	9:30-11am	\$18	42610
18+	Resin Art 1	MSCR East	Th	7/10-7/24	1-3pm	\$52	42661
14+	Woodburned Wonders	MSCR West	M	7/14-8/11	5-6:30pm	\$100	43628
18+	Zine Making	MSCR West	T	7/29-8/19	10-11:30am	\$47	44018
FIBER ARTS							
18+	Embroidered Patches	MSCR Central	W	6/25-7/9	6:30-8pm	\$35	42614
18+	Introduction to Embroidery - Floral Sampler	MSCR West	M	6/23-7/14	6:30-8:30pm	\$57	42620
18+	Introduction to Embroidery - Floral Sampler	MSCR Central	Th	7/24-8/21	6:30-8:30pm	\$57	42619
18+	Thread Painting Workshop	MSCR Central	Th	6/26	6:30-8:30pm	\$15	42672
18+	Thread Painting Workshop	MSCR West	M	7/21	6:30-8:30pm	\$15	42629
18+	Weaving 1	MSCR Central	M	6/23-8/18	6:30-8pm	\$142	44037



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POTTERY**OPEN POTTERY STUDIO**

Formerly Pottery Lab, this non-instructional, open studio for hobbyist potters who are able to work independently. Must have previously taken pottery classes with MSCR to be approved and register for the course. Studio is generally available Monday - Friday, 8am-8pm, and some additional weekend hours. Studio times may vary due to studio location and staffing. Fee includes use of tools, firing, glaze and 25 lbs. of clay.

TAKE A SPIN

New to the pottery world? Take a spin on the wheel and get your hands dirty! Concentrate on learning how to center items on the wheel and attempt to throw a small pot. At the end of the class, choose your favorite piece to be glazed and fired. For participants who have little to no experience throwing on a wheel.

WHEEL 1

No clay experience required! For the person who wants to concentrate on wheel thrown pottery. Learn how to center clay and throw simple shapes like cylinders, cups and bowls. Fee includes clay, use of tools, glaze and firing.

WHEEL 2

Great course for those comfortable with wheel basics and want to improve skills as well as learn new techniques and projects. Course focuses on craftsmanship, form, handles and glazing techniques. Participants need to be comfortable with throwing, trimming and basic glazing. Fee includes clay, use of tools, glaze and firing.

**WOOD KILN FIRING WORKSHOP**

Participants get one shelf of space, approximately 12" x 24". On the first day, glaze bisqued pots & help load kiln. MSCR provides wood fire glazes and wood ash. An instructor is on site to facilitate glazing of pots. On the second day, pots are fired by an experienced kiln boss. Participants can watch the firing process any time that day between 9am - 12pm. Work is ready for pick up approximately four days after the firing. For more questions regarding space and non-MSCR glazes, please contact mlhutchinson@madison.k12.wi.us

Age	Class	Location	Day	Date	Time	Fee	Course #
POTTERY							
18+	Open Pottery Studio	MSCR West	M-F	6/23-8/15	8am-8pm	\$190	42641
18+	Open Pottery Studio	Warner Park CRC	M-Sa	6/23-8/22	8am-8pm	\$200	42640
18+	Take a Spin	MSCR West	M	6/16	6-8pm	\$30	42642
18+	Take a Spin	MSCR West	T	6/17	6-8pm	\$30	42643
18+	Take a Spin	MSCR West	W	6/18	6-8pm	\$30	42644
18+	Take a Spin	Warner Park CRC	M	6/30	6-8pm	\$30	42645
18+	Take a Spin	Warner Park CRC	M	7/7	6-8pm	\$30	42646
18+	Wheel 1	MSCR West	T	6/24-8/12	10am-12:30pm	\$170	42651
18+	Wheel 1	Warner Park CRC	T	6/24-8/19	5:45-7:45pm	\$190	42649
18+	Wheel 1	MSCR West	W	6/25-8/13	10am-12:30pm	\$170	42652
18+	Wheel 1	Warner Park CRC	W	6/25-8/20	5:45-7:45pm	\$190	42650
18+	Wheel 1	MSCR West	W	6/25-8/13	6:30-9pm	\$170	42653
18+	Wheel 1	MSCR West	F	6/27-8/22	10am-12:30pm	\$170	42654
18+	Wheel 2	MSCR West	M	6/23-8/11	6:30-9pm	\$170	42656
18+	Wheel 2	MSCR West	T	6/24-8/12	6:30-9pm	\$170	42657
18+	Wheel 2	Warner Park CRC	Th	6/26-8/21	5:30-8pm	\$190	42655
18+	Wheel 2	MSCR West	Th	6/26-8/21	6:30-9pm	\$170	42658
18+	Wood Kiln Firing Workshop	Capital High School	Sa-Su	6/14-6/15	8am-4pm	\$80	44073
18+	Wood Kiln Firing Workshop	Capital High School	Sa-Su	6/28-6/29	8am-4pm	\$80	44074
18+	Wood Kiln Firing Workshop	Capital High School	Sa-Su	7/12-7/13	8am-4pm	\$80	44075
18+	Wood Kiln Firing Workshop	Capital High School	Sa-Su	7/19-7/20	8am-4pm	\$80	44076

SEWING

BEHIND THE SEAMS - CARING FOR YOUR MACHINE

Go behind the seams of the world of sewing! Keep your sewing machine in the best shape possible! Learn how to clean and care for your sewing machine. Participants must bring their own sewing machine.

SEWING 1

Start from scratch and learn the basics of sewing. Begin 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.

SEWING 2

Apply skills learned in Sewing 1 to create basic projects working from a pattern. Participants choose their own pattern to bring to the first class. Learn how to read the 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 mscr.org.

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. Sewing machines provided.



SEWING WORKSHOP - HAND APPLIQUE

Using scrap quilting fabric, participants learn hand applique sewing to make a botanical scene on a garden/door hanging flag! No previous sewing experience required.

Age	Class	Location	Day	Date	Time	Fee	Course #
SEWING							
18+	Behind the Seams - Caring for Your Machine	MSCR West	W	8/6	6:30-8:30pm	\$10	42608
18+	Sewing 1	MSCR East	M	6/23-7/7	1-3pm	\$42	44014
18+	Sewing 1	MSCR West	M	6/23-7/7	3-5pm	\$42	42664
18+	Sewing 1	MSCR East	T	6/24-7/8	6-8pm	\$42	42662
18+	Sewing 1	MSCR West	M	7/21-8/4	3-5pm	\$42	42665
18+	Sewing 1	MSCR East	W	8/6-8/20	1-3pm	\$42	42663
18+	Sewing 2	MSCR West	W	7/2-7/23	3-5pm	\$56	44016
18+	Sewing 2	MSCR East	T	7/15-8/5	6-8pm	\$56	44015
18+	Sewing 2	MSCR East	M	7/21-8/11	1-3pm	\$56	42666
18+	Sewing 2	MSCR West	W	7/30-8/20	3-5pm	\$56	44017
18+	Sewing Alterations	MSCR East	Th	8/7-8/21	6-8pm	\$42	42667
18+	Sewing Workshop - Hand Applique	MSCR West	W	8/13	6:30-9pm	\$20	42668

KIDS STEM SUMMER CAMPS

Week-long, half-day camps in Madison, Fitchburg and Middleton for kids entering grades 1-8! Full-day options available. Camps run from 6/16 to 8/22.

- LEGO Robotics
- 3D Printing
- Micro:bit Robotics
- Coding Scratch Games
- Minecraft Game Modding and more!



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OUTDOOR CLASSES & WORKSHOPS**COLORING FOR RELAXATION - TRY IT!**

Need a little time to relax and take a break from the cares of the world? Coloring can be a simple meditative activity or a social experience. This class is for anyone, regardless of their skill level. Learn easy ways to blend colors, shade and create volume.

FUSION DANCE & MOVEMENT

Explore eclectic dance styles including somatic movement and mindfulness practices to develop strength, flexibility, expressiveness, musicality and self-care. Styles may draw from Natural Movement, Taiji Chuan, Qi Gong, Contemporary, Capoeira, Animal/Ground Movement, Improv, Street Styles/Hip Hop, Fusion BellyDance, Afro-Caribbean, Ballet, Latin Dance and more.

FUSION DANCE & NATURE CONNECTION - TRY IT! NEW!

Connect outside with nature and your body through various practices and movements. Some main movements include natural movement and free-running, fox walking and animal forms, tree climbing, forest bathing and more! Come with an open mind and heart. The class goal is to practice an exercise that helps connect one's body-mind-heart to the land.

OUTDOOR SKETCHING

Sketch the summer days at various areas of Warner Park. Learn various drawing techniques to capture outdoor scenes. Participants bring a sketchbook; all other mark making materials provided.

PAINTING ON THE PONTOONS

Paint the sights of Madison while cruising on the water! Learn basic watercolor painting techniques and loosen up your style while spending a morning on a pontoon boat. All levels welcome.

PLEIN AIR PAINTING

Learn how to paint beautiful landscape pieces in acrylic! In this class, focus on principles of composition, color mixing and relationships, naming vs shaping and other techniques for creating an engaging landscape. Work plein air (out in nature) to paint the beauty of Madison. Short walks to outdoor locations on uneven ground and carrying supplies are involved.

SKETCHING THE CAPITOL

You may have visited the Capitol, but have you drawn it? Take a chance to learn perspective, style, and texture in this new drawing class. Enjoy the outdoors by sketching this magnificent building and the surrounding area. Participants need to bring a folding chair and dress for the weather. Drawing supplies are provided, but participants are encouraged to bring pastels, colored pencils or a traveling watercolor set.

**WATER, SUNSET & NIGHT PHOTOGRAPHY**

Learn the tricks for getting great shots! Shoot in a different location each week, two weeks focus on shooting sunsets, shorelines and night photos from the shore.

WATERCOLOR 1 - NATURE'S BEAUTY

In this five week course, revisit the basic techniques of watercolor painting. Then, create a painting using the beauty found in Madison's parks. Focus on painting landscapes and nature close-up. This course is perfect for beginners, or people who have had some experience with watercolors.

YOGA + ART

Stretch your mind, body and creativity. Start the workshop with a gentle and reflective yoga class. Then translate your meditations into a simple but thoughtful art project. Leave class with a refreshed mind and a completed piece of art each week. All levels welcome. BYOM.

Age	Class	Location	Day	Date	Time	Fee	Course #
OUTDOOR CLASSES							
18+	Fusion Dance & Movement	MSCR Central	F	7/11-8/15	9:30-10:45am	\$57	42628
18+	Outdoor Sketching	Warner Park	W	8/6-8/20	9:30am-12pm	\$44	42632
18+	Plein Air Painting	Warner Park	F	6/13-7/25	9:30am-12pm	\$84	42630
18+	Sketching the Capitol	State Capitol	T	7/1-7/15	9:30am-12pm	\$44	42635
18+	Water, Sunset & Night Photography	Various	W	8/6-8/20	6:30-8:30pm	\$42	42637
18+	Watercolor 1 - Nature's Beauty	Olbrich Park	Th	7/10-8/7	9:30am-12pm	\$70	42638
14+	Yoga + Art	MSCR Central	F	8/1-8/15	9am-12pm	\$42	42639
OUTDOOR WORKSHOPS							
18+	Coloring for Relaxation - Try It!	Brittingham Park	F	7/18	10am-12pm	\$0	42631
18+	Coloring for Relaxation - Try It!	Olbrich Park	F	8/8	10am-12pm	\$0	44033
18+	Fusion Dance & Nature Connection - Try It!	Warner Park	Th	6/26	9:30-10:45am	\$8	42636
18+	Painting on the Pontoons	Tenney Boat Pier	M	6/16	9am-12pm	\$25	42633
18+	Painting on the Pontoons	Tenney Boat Pier	W	6/25	9am-12pm	\$25	42634
18+	Painting on the Pontoons	Tenney Boat Pier	W	7/16	9am-12pm	\$25	44032



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!

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!

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.

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.

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. More information will be available in April at mscr.org

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 women's 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.

WERQ

WERQ is the 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.

WERQ LIKE A BOSS

Ignite your inner fire with a dynamic workout fusing WERQ dance fitness, bodyweight strength and core sculpting. Unleash your confidence and discover the joy of movement!

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 Warner Park CRC may be moved to alternate locations due to construction.

MIND & 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 toward 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

This 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.

BICYCLING

A League of American Bicyclists Certified Instructor leads these classes. Bicycle and helmet required. All bike types and riders are welcome, and no one gets left behind - staff frequently check-in with participants. Weekly locations are communicated prior to the start of the session. Locations vary.

HAPPY TRAILS

Discover Madison area long-distance trails with friends. Class meets at various area paved and gravel trails for a bike ride ranging 10-20 miles. Wisconsin trail pass required for some trails; details will be provided prior to start of class.

LET'S RIDE

This casual group focuses on fun, fitness and friendship. The pace is according to the rider's ability but no faster than 13 mph with varied routes. Hills are avoided. Rides start at five miles and gradually increase in distance over time to build endurance. Starting locations rotate between MSCR Central and MSCR East

Age	Class	Day	Date	Time	Fee	Course #
18+	Let's Ride	T	6/17-7/29	5:30-7:30pm	\$35	42957
18+	Happy Trails	W	6/18-7/30	10am-12pm	\$35	43841
18+	Happy Trails	Th	6/19-7/31	9-11am	\$35	42956

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 optional 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 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.

Age	Class	Location	Day	Date	Time	Fee	Course #
18+	Mindfulness Movement & Joint Health	MSCR Central	M	6/23-8/18	6-7:15pm	\$45	43737
18+	Row Fit	MSCR East	M	6/23-8/18	4-4:45pm	\$45	43727
18+	Row Fit	MSCR East	M	6/23-8/18	5-5:45pm	\$45	43728
18+	Small Group Training	MSCR East	M	6/23-8/18	5-5:45pm	\$59	42990
18+	WERQ	MSCR East	M	6/23-8/18	6-6:45pm	\$45	42999
18+	Gentle Yoga	MSCR West	M	6/23-8/18	5:45-6:45pm	\$40	42962
18+	Pure Strength	MSCR West	M	7/14-8/18	5:45-6:30pm	\$30	43747
18+	HIIT	MSCR West	M	7/14-8/18	6:45-7:30pm	\$30	42969
18+	Strength Training for Women	Warner CRC	M	6/23-8/18	12-12:45pm	\$45	42993
18+	Hatha Yoga II	Warner CRC	M	6/23-8/18	5:30-6:45pm	\$40	42967
18+	Hatha Yoga I	Warner CRC	M	6/23-8/18	7-8pm	\$40	42966
18+	Yoga Amped	MSCR Central	T	6/24-8/19	5:30-6:15pm	\$45	43004
18+	Yoga Flow	MSCR Central	T	6/24-8/19	5:45-6:45pm	\$40	43006
18+	WERQ	MSCR Central	T	6/24-8/12	6:30-7:15pm	\$40	43000
18+	Cardio Dance & Toning	MSCR East	T	6/24-8/19	5:30-6:15pm	\$45	42960
18+	Pure Strength	MSCR East	T	6/24-8/19	6:30-7:15pm	\$40	44077
18+	Total Body Fitness	MSCR West	T	6/24-8/19	5:45-6:30pm	\$45	44034
18+	Yoga Flow	MSCR West	T	6/24-8/19	7:15-8:15pm	\$45	43731
18+	Mat Pilates	Warner CRC	T	6/24-8/12	8:30-9:15am	\$40	42977
18+	Gentle Flow & Meditation	Warner CRC	T	7/8-8/19	5:30-6:30pm	\$30	42961
18+	WERQ	MSCR Central	W	6/25-8/20	5:30-6:15pm	\$45	42998
18+	Barre Fusion	MSCR Central	W	6/25-8/20	6:30-7:15pm	\$45	42952
18+	Mindfulness Movement & Gut Health	MSCR Central	W	6/25-8/20	6-7:15pm	\$45	43742
18+	WERQ Like a Boss	MSCR East	W	6/25-8/20	6:30-7:15pm	\$45	44078
18+	Total Body Fitness	MSCR East	W	6/25-8/20	6:30-7:30pm	\$45	42996
18+	Boot Camp	MSCR West	W	6/25-8/20	5:15-6pm	\$45	44035
18+	BollyX Dance	MSCR West	W	6/25-8/20	6-6:45pm	\$45	42958
18+	Yoga Amped	MSCR Central	Th	6/26-8/21	7:15am-8am	\$40	43005
18+	Zumba	MSCR Central	Th	6/26-8/21	6-6:45pm	\$40	43007
18+	Strength Training for Women	MSCR East	Th	6/26-8/21	4:15-5pm	\$40	43740
18+	Pure Strength	MSCR East	Th	6/26-8/21	5:15-6pm	\$40	42983
18+	Yoga Flow	MSCR East	Th	7/10-8/21	5:30-6:30pm	\$30	42972
18+	Cardio Dance	MSCR East	Th	6/26-8/21	6:30-7:15pm	\$40	42959
18+	Pranayama Yoga	MSCR East	Th	7/10-8/21	6:45-7:45pm	\$30	42981
18+	Barre Sculpt	MSCR West	Th	6/26-8/21	5-6pm	\$40	42953
18+	Pure Strength	MSCR West	Th	7/17-8/21	5:45-6:30pm	\$30	42984
18+	HIIT	MSCR West	Th	7/17-8/21	6:45-7:30pm	\$30	43749
18+	WERQ	MSCR West	Th	6/26-8/21	6:45-7:30pm	\$40	43745
18+	Arms & Abs	MSCR East	F	6/27-8/22	8:15am-9am	\$35	42948

Age	Class	Location	Day	Date	Time	Fee	Course #
OUTDOOR							
18+	Gentle Yoga Flow	Olbrich Park	M	6/23-8/11	5-6pm	\$40	42965
18+	Kickbox Cardio	Garner Park	T	6/24-8/19	4:45-5:30pm	\$45	42974
18+	Pure Strength	Garner Park	T	6/24-8/19	5:40-6:25pm	\$45	42985
18+	Boot Camp	Olbrich Park	T	6/24-8/19	5:15-6:15pm	\$45	43736
18+	LGBTQIA+ Yoga	Tenney Park	W	7/9-8/20	5:30-6:30pm	\$30	42976
18+	Kickbox Cardio	Garner Park	Th	6/26-8/21	4:45-5:30pm	\$35	42973
18+	PiYo	Garner Park	Th	6/26-8/21	5:40-6:25pm	\$35	42980
18+	Pure Strength	Acewood Park	F	6/27-8/22	9:30-10:15am	\$35	42986
18+	Yoga Flow	Olbrich Park	Sa	7/12-8/16	8:30-9:30am	\$25	43741
VIRTUAL							
14+	Pure Strength	Virtual	M	6/23-8/18	7-7:45am	\$45	42988
14+	Arms & Abs	Virtual	M	6/23-8/18	8:15-9am	\$40	42950
14+	Barre Sculpt	Virtual	M	6/23-8/18	5:30-6:15pm	\$45	42954
14+	WERQ	Virtual	M	6/23-8/18	6-6:45pm	\$45	43001
14+	Yoga Sculpt	Virtual	T	6/24-8/19	7-7:45am	\$45	43738
14+	Mat Pilates	Virtual	T	6/24-8/12	6-6:45pm	\$40	42978
14+	Zumba	Virtual	T	6/24-8/19	6-6:45pm	\$45	43008
14+	Yin Yoga	Virtual	T	6/24-8/19	7-8pm	\$45	43002
14+	Barre Sculpt	Virtual	W	6/25-8/20	7-7:45am	\$40	43739
14+	Total Body Fitness	Virtual	W	6/25-8/20	11-11:45am	\$40	42997
14+	Pure Strength	Virtual	Th	6/26-8/21	5-5:45pm	\$35	42987
14+	Hatha Yoga II	Virtual	Th	6/26-8/21	5:30-6:45pm	\$35	42968
14+	T'ai Chi Flow	Virtual	Th	6/26-8/21	6-7pm	\$40	42995
14+	Arms & Abs	Virtual	F	6/27-8/22	8:15-9am	\$35	42951
14+	Yin Yoga	Virtual	Sa	6/28-8/16	10:15-11:15am	\$35	43729
14+	Gentle Yoga	Virtual	Su	6/29-8/17	5-6pm	\$35	42963

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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 and spine. Participants individualize their workouts to meet specific goals or limitations. Swimming skills are not required as flotation belts are used for support in deep water in the lap pool. NOTE: More 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 shallow water classes available in the Aquatics section of this 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

This class provides a 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.

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.

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.

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 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.



BRAIN & BODY FITNESS

Do you know the steps you can take to promote your brain health? What can you do if you or someone you know is experiencing changes in memory or thinking? Join the Brain Health Team from the University of Wisconsin-Madison School of Medicine and Public Health to address these questions and more. Topics include normal age-related brain changes vs. conditions such as dementia including Alzheimer's disease, strategies to strengthen and protect your brain and more.

50+ Brain & Body Fitness MSCR East W 7/9-7/30 10:45am-12pm \$0 43035

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 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. This class is a cooperative effort between MSCR and NewBridge.

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. This class is a cooperative effort between MSCR and NewBridge.

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 and 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!

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 using a variety of fitness equipment. 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.

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.

SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level with a small group of 2-8 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 female specific strength training class incorporates weights and body weight 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 - 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.

T'AI CHI ADVANCED

This class explores Yangjia Michuan Taijiquan (YMT), an 18th century hidden tradition long form of tai chi. Class encompasses martial art applications, the Fan Routine and Parts I-III of the YMT form. Class requires balance and coordination and a good grasp of tai chi fundamentals. Familiarization of the Yang Style 24 Form is a prerequisite.

T'AI 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 an evidence-based program that is recommended by the CDC, the National Council on Aging (NCOA) and by multiple arthritis foundations around the world.

T'AI CHI - INTERMEDIATE

This class focuses on refining both individual forms and the Yang Style 24 Form. Participants should be familiar with the 24 forms before registering for the intermediate class.

T'AI CHI INTRO - PART 1

This introductory class focuses on improving balance, strength and flexibility through the practice of tai chi movements and qigong exercises. Class introduces the first half of the Yang Style 24 Form.

T'AI CHI INTRO - PART 2

This introductory class delves deeper into the Yang Style 24 Form, concentrating on the second half. Prior completion of Part 1 or familiarity with the 24 forms is recommended.

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, strength, balance, flexibility, breath and relaxation. Ideal for anyone with mobility or balance issues or 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.

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

Age	Class	Location	Day	Dates	Time	Fee	Course #
AQUA EXERCISE CLASSES							
50+	Aqua Exercise Shallow Water	Capitol Lakes	M	6/16-8/18	3-4pm	\$56	43016
50+	Aqua Exercise Warm Water	Capitol Lakes	M	6/16-8/18	4:15-5:15pm	\$56	43020
50+	Aqua Exercise Deep Water	Capitol Lakes	M	6/16-8/18	5:30-6:30pm	\$56	43013
50+	Aqua Exercise Warm Water	Lapham	M	6/16-8/18	2-3pm	\$52	43018
50+	Aqua Exercise Warm Water	Lapham	M	6/16-8/18	3:15-4:15pm	\$52	43019
50+	Aqua Exercise Deep Water	Capitol Lakes	T	6/17-8/19	2:30-3:30pm	\$56	43014
50+	Aqua Exercise Warm Water	Capitol Lakes	T	6/17-8/19	3:45-4:45pm	\$56	43022
50+	Aqua Exercise Warm Water	Lapham	T	6/17-8/19	2-3pm	\$52	43024
50+	Aqua Arthritis Exercise	Lapham	T	6/17-8/19	3:15-4:15pm	\$52	43010
50+	Aqua Arthritis Exercise	Capitol Lakes	W	6/18-8/20	2-3pm	\$56	43011
50+	Aqua Exercise Deep Water	Capitol Lakes	W	6/18-8/20	3:15-4:15pm	\$56	43015
50+	Aqua Exercise Warm Water	Lapham	W	6/18-8/20	2-3pm	\$52	43025
50+	Aqua Exercise Warm Water	Lapham	W	6/18-8/20	3:15-4:15pm	\$52	43021
50+	Aqua Exercise Shallow Water	Capitol Lakes	Th	6/26-8/21	3-4pm	\$50	43017
50+	Aqua Exercise Warm Water	Capitol Lakes	Th	6/26-8/21	4:15-5:15pm	\$50	43023
50+	Aqua Arthritis Exercise	Lapham	Th	6/26-8/21	3:15-4:15pm	\$47	43012
FITNESS CLASSES							
50+	T'ai Chi Intro - Part 1	MSCR Central	M	6/23-8/18	9:30-10:30am	\$39	44026
50+	QiGong - Intro	MSCR Central	M	6/23-8/18	10:45-11:30am	\$29	44027
50+	Cardio Dance & Toning	MSCR Central	M	6/23-8/18	12:30-1:30pm	\$39	43039
50+	Pure Strength	MSCR East	M	6/23-8/18	8:30-9:15am	\$29	43092
50+	Circuit Fitness	MSCR East	M	6/23-8/18	9:30-10:30am	\$39	43052
50+	Gentle Yoga Flow	MSCR East	M	6/23-8/11	10:30-11:15am	\$26	43137
50+	Cardio Dance	MSCR East	M	6/23-8/18	10:45-11:45am	\$39	43037
50+	Small Group Training	MSCR East	M	6/23-8/18	4-4:45pm	\$50	43104
50+	Core & Balance Combo	MSCR West	M	6/23-8/18	9-10am	\$39	43053
50+	Functional Fitness	MSCR West	M	6/23-8/18	9:30-10:30am	\$39	43065
50+	Gentle Exercise	MSCR West	M	6/23-8/18	10:15-11:15am	\$39	43079
50+	Functional Fitness	MSCR West	M	6/23-8/18	10:45-11:45am	\$39	43058
50+	Cardio Dance & Toning	MSCR West	M	6/23-8/18	11:45am-12:45pm	\$39	43041
50+	Balance, Strength & Core Stability	MSCR West	M	6/23-8/18	12-1pm	\$39	43848
50+	Pilates	MSCR West	M	6/23-8/18	12:30-1:30pm	\$39	43087
50+	Fitness Conditioning	Warner Park CRC	M	6/23-8/18	9-10am	\$39	43055

Age	Class	Location	Day	Dates	Time	Fee	Courae #
50+	T'ai Chi Intro - Part 2	MSCR Central	T	6/24-8/19	12:30-1:30pm	\$39	44013
50+	T'ai Chi Intermediate	MSCR Central	T	6/24-8/19	1:45-2:45pm	\$39	43116
50+	T'ai Chi Advanced	MSCR Central	T	6/24-8/19	3-4:30pm	\$58	44030
50+	TRX Suspension Training	MSCR East	T	6/24-8/19	9-9:45am	\$29	43131
50+	Gentle Exercise	MSCR East	T	6/24-8/19	10-11am	\$39	43077
50+	Arms & Abs	MSCR East	T	6/24-8/19	11:15am-12pm	\$29	43026
50+	Row Fit	MSCR East	T	6/24-8/19	11:45am-12:30pm	\$29	43098
50+	Pure Strength	MSCR East	T	6/24-8/19	12:15-1pm	\$29	43093
50+	Barre Sculpt	MSCR East	T	6/24-8/19	12:45-1:30pm	\$29	44036
50+	Chair Exercise	MSCR East	T	6/24-8/19	1:15-2pm	\$29	43048
50+	Hatha Yoga II	MSCR West	T	6/24-8/19	8:45-10am	\$35	43142
50+	Hatha Yoga I	MSCR West	T	6/24-8/19	10:15-11:15am	\$35	43842
50+	Gentle Exercise	MSCR West	T	6/24-8/19	11am-12pm	\$39	43076
50+	T'ai Chi Intro - Part 1	MSCR West	T	6/24-8/19	11am-12pm	\$39	43123
50+	Cardio Step	MSCR West	T	6/24-8/19	11:30am-12:15pm	\$29	43863
50+	Functional Fitness	MSCR West	T	6/24-8/19	1:30-2:30pm	\$39	43059
50+	Chair Exercise	Warner Park CRC	T	6/24-8/19	10:15-11:15am	\$39	43046
50+	Core & Balance Combo	Warner Park CRC	T	6/24-8/19	11:30am-12:30pm	\$39	43054
50+	Balance, Strength & Core Stability	MSCR Central	W	6/25-8/20	7:30-8:15am	\$29	43028
50+	Functional Fitness	MSCR Central	W	6/25-8/20	8:30-9:20am	\$39	43062
50+	Functional Fitness	MSCR Central	W	6/25-8/20	9:30-10:20am	\$39	43064
50+	Functional Fitness	MSCR Central	W	6/25-8/20	10:30-11:20am	\$39	43063
50+	Functional Fitness	MSCR Central	W	6/25-8/20	11:30am-12:20pm	\$39	43072
50+	Functional Fitness	MSCR Central	W	6/25-8/20	12:30-1:20pm	\$39	43073
50+	Barre Sculpt	MSCR Central	W	6/25-8/20	2-3pm	\$39	43030
50+	Balance, Strength & Core Stability	MSCR Central	W	6/25-8/20	3:15-4:15pm	\$39	43846
50+	Pilates	MSCR East	W	6/25-8/20	8:15-9:15am	\$39	43090
50+	Cardio Dance & Toning	MSCR East	W	6/25-8/20	9:30-10:30am	\$39	43040
50+	T'ai Chi for Arthritis & Fall Prevention	MSCR East	W	6/25-8/20	9:30-10:30am	\$39	44011
50+	Balancing Act	MSCR East	W	6/25-8/20	10:45-11:45am	\$39	43083
50+	Strength Training for Women	MSCR East	W	6/25-8/20	11am-12pm	\$39	43108
50+	Simple Strength	MSCR West	W	6/25-8/20	9-10am	\$39	43100
50+	Chair Exercise	MSCR West	W	6/25-8/20	10:15-11am	\$29	43044
50+	Stretch & Strength	MSCR West	W	6/25-8/20	10:30-11:30am	\$39	43110
50+	Balance, Strength & Core Stability	MSCR West	W	6/25-8/20	11:30am-12:30pm	\$39	43845
50+	TRX Suspension Training	MSCR West	W	6/25-8/20	12:45-1:35pm	\$39	43908
50+	Functional Fitness	MSCR West	W	6/25-8/20	5:30-6:30pm	\$39	43071
50+	Fitness Conditioning	Warner Park CRC	W	6/25-8/20	9-10am	\$39	43056
50+	Stretch & Strength	Warner Park CRC	W	6/25-8/20	9-9:45am	\$29	43111
50+	Pure Strength	Warner Park CRC	W	6/25-8/20	10:15-11am	\$29	43095
50+	Mindfulness Movement & Joint Health	Warner Park CRC	W	6/25-8/20	10:30-11:45am	\$39	43084
50+	T'ai Chi Intermediate	Warner Park CRC	W	6/25-8/20	1-2pm	\$39	43121

Age	Class	Location	Day	Dates	Time	Fee	Courae #
50+	Balance, Strength & Core Stability	MSCR Central	Th	6/26-8/21	10-11am	\$39	43027
50+	Cardio Step	MSCR Central	Th	6/26-8/21	11:15am-12:15pm	\$39	43043
50+	Functional Fitness	MSCR East	Th	6/26-8/21	9-10am	\$39	43057
50+	Functional Fitness	MSCR East	Th	6/26-8/21	10:15-11:15am	\$39	43066
50+	Yoga Flow	MSCR East	Th	6/26-8/21	10:30-11:30am	\$39	43144
50+	Body Groove	MSCR East	Th	6/26-8/21	12-1pm	\$39	43850
50+	TRX Suspension Training	MSCR East	Th	6/26-8/21	12-12:45pm	\$29	43130
50+	T'ai Chi Intermediate	MSCR East	Th	6/26-8/21	1:30-2:30pm	\$39	43115
50+	T'ai Chi Intro - Part 1	MSCR East	Th	6/26-8/21	2:45-3:45pm	\$39	44012
50+	Stretch & Strength	MSCR West	Th	6/26-8/21	8:15-9:15am	\$39	43109
50+	Hatha Yoga II	MSCR West	Th	6/26-8/21	8:45-10am	\$35	43143
50+	Chair Exercise	MSCR West	Th	6/26-8/21	9:30-10:30am	\$39	43045
50+	T'ai Chi for Arthritis & Fall Prevention	MSCR West	Th	6/26-8/21	9:30-10:30am	\$39	43120
50+	Hatha Yoga I	MSCR West	Th	6/26-8/21	10:15-11:15am	\$35	43140
50+	Gentle Exercise	MSCR West	Th	6/26-8/21	11am-12pm	\$39	43080
50+	T'ai Chi Intro - Part 2	MSCR West	Th	6/26-8/21	11am-12pm	\$39	43124
50+	Cardio Dance & Toning	MSCR West	Th	6/26-8/21	11:35am-12:35pm	\$39	43042
50+	Gentle Yoga	MSCR West	Th	6/26-8/21	1-2pm	\$39	43134
50+	TRX Suspension Training	MSCR West	Th	6/26-8/21	1:45-2:35pm	\$39	43902
50+	Pilates	MSCR West	Th	6/26-8/21	2:30-3:30pm	\$39	43089
50+	Pure Strength	Warner Park CRC	Th	6/26-8/21	10:30-11:15am	\$29	43094
50+	Chair Yoga	MSCR Central	F	6/27-8/22	10-10:45am	\$26	43133
50+	Strength Training for Women	MSCR Central	F	6/27-8/22	11am-12pm	\$35	43107
50+	Cardio Dance	MSCR Central	F	6/27-8/22	12:15-1:15pm	\$35	43036
50+	Cardio Dance	MSCR East	F	6/27-8/22	10:45-11:45am	\$35	43038
50+	Strength Training for Women	MSCR East	F	6/27-8/22	12:30-1:30pm	\$35	43106
50+	Circuit Fitness	MSCR East	F	6/27-8/22	1:45-2:45pm	\$35	43872
50+	Gentle Yoga	MSCR West	F	6/27-8/22	9-10am	\$30	43135
50+	Functional Fitness	MSCR West	F	6/27-8/22	9:30-10:30am	\$35	43069
50+	Gentle Exercise	MSCR West	F	6/27-8/22	10:20-11:20am	\$35	43078
50+	Functional Fitness	MSCR West	F	6/27-8/22	10:45-11:45am	\$35	43070
50+	Chair One Dance Fitness	MSCR West	F	6/27-8/22	12-1pm	\$35	43050
50+	Mindfulness Movement & Gut Health	Warner Park CRC	F	6/27-8/22	10:30-11:45am	\$35	43873
50+	Chair Exercise	Warner Park CRC	F	6/27-8/22	12:30-1:30pm	\$35	43047

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BICYCLING

A League of American Bicyclists Certified Instructor leads these classes. Bicycle and helmet required. All bike types and riders are welcome, and no one gets left behind - staff frequently check-in with participants. Weekly locations are communicated prior to the start of the session.

HAPPY TRAILS

Discover Madison area long-distance trails with friends. Class meets at various area paved and gravel trails for a bike ride ranging 10-20 miles. Wisconsin trail pass required for some trails; details will be provided prior to start of class.

LET'S RIDE

This casual group focuses on fun, fitness and friendship. The pace is according to the rider's ability but no faster than 13 mph with varied routes. Hills are avoided. Rides start at five miles and gradually increase in distance over time to build endurance. Starting locations alter between MSCR Central and MSCR East

LET'S RIDE: CONFIDENT CYCLING

This is a continuing and/or advanced group ride that features more miles and a little faster pace than Let's Ride. The goal is to gain independence to ride on your own by the end of the session. The pace is according to the rider's ability but no faster than 15 mph, with varied routes. Rides start at 12 miles and gradually increase in distance over time to build endurance. Starts at MSCR East, MSCR Central, Warner Park and Lussier Family Heritage Center.

18+	Let's Ride	Varies	T	6/17-7/29	5:30-7:30pm	\$30	42757
50+	Let's Ride	Varies	T	6/17-7/29	9:30-11:30am	\$30	43031
18+	Happy Trails	Varies	W	6/18-7/30	10am-12pm	\$35	43841
18+	Happy Trails	Varies	Th	6/19-7/31	9-11am	\$35	42956
50+	Confident Cycling	Varies	Th	6/19-7/31	12:30-2:30pm	\$30	43032

OUTDOOR CLASSES**NORDIC POLE WALKING**

Looking to add something new to your walk - try Nordic Poling! This class is for individuals wanting to practice their Nordic Poling skills while focusing on form and technique. 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

Travel through your world with joy and creativity! 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 focuses on refining both individual forms and the Yang Style 24 Form. Participants should be familiar with the 24 forms 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 provided is 2 lbs., but adjustments can be made available such as a lighter PVC pipe to perfect form and build strength.

T'AI CHI YANG STYLE

This class focuses on the introduction of the basic movements of the Yang Style 24 Form. This practice is renowned for its health benefits, including improved balance, flexibility, strength, mental focus and stress reduction. Learn foundational principles such as upright posture, weight transference and the tai chi breathing technique.

T'AI CHI YANG STYLE LONG FORM

Focuses on cultivating a deeper understanding of tai chi by introducing students to the Yang Family Long Form which consists of 108 postures divided into three sets. The extended class duration (1.5 hour) provides ample time to refine form technique, explore related aspects of qigong and Tui Shou (push hands). Requires balance and coordination, a good grasp of tai chi fundamentals and prior knowledge of the 24 forms. Completion of T'ai Chi Intermediate is a prerequisite.

QIGONG FOR RENEWAL AND 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.

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 and/or complete one mile in 25 minutes.

Age	Class	Location	Day	Dates	Time	Fee	Course #
OUTDOOR CLASSES							
50+	T'ai Chi Yang Style	Garner Park	M	6/23-8/18	9:30-10:30am	\$39	43127
50+	Stretch & Strength	Rennebohm Park	T	6/24-8/19	8:30-9:30am	\$39	43112
50+	WalkAbouts	Varies	T	6/24-8/19	9:15-10:15am	\$39	43132
50+	Parkour for Seniors	Warner Park	T	6/24-8/19	9:30-11am	\$68	43086
50+	T'ai Chi Intermediate	Garner Park	W	6/25-8/20	9:30-10:30am	\$39	43129
50+	Nordic Pole Walking	Prairie Moraine County Park	W	7/9	9:30-10:30am	\$5	43877
50+	T'ai Chi Pole	MSCR Central	W	6/25-8/20	3-4pm	\$39	43125
50+	Nordic Pole Walking	Token Creek County Park	Th	6/5	9-10am	\$5	43874
50+	Nordic Pole Walking	Lake Farm County Park	Th	8/7	9:30-10:30am	\$5	43085
50+	T'ai Chi Yang Style Long Form	Garner Park	F	6/27-8/22	9:30-11am	\$52	43118
50+	QiGong for Renewal & Relaxation	Garner Park	F	6/27-8/22	10:30-11:30am	\$35	43126
50+	T'ai Chi Intermediate	Hoyt Park	F	6/27-8/22	1-2pm	\$35	43122

VIRTUAL CLASSES

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

A straightforward, simple meditation practice. Covers 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 weights and various types of fitness equipment. Emphasis is on strength that enhances balance and flexibility.

STRETCH & STRENGTH

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

STRENGTH TRAINING FOR WOMEN

This women's specific strength training class incorporates weights and body weight training and resistance exercises 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.

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 quiet guided awareness and 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.

Age	Class	Location	Day	Dates	Time	Fee	Courae #
VIRTUAL CLASSES							
50+	Pure Strength	Virtual	M	6/23-8/18	8:30-9:15am	\$29	43097
50+	Yoga Flow	Virtual	M	6/23-8/18	9-9:45am	\$29	43147
50+	Chair Exercise	Virtual	M	6/23-8/18	9:15-10:15am	\$35	43049
50+	Functional Fitness	Virtual	M	6/30-8/18	10:30-11:30am	\$35	43074
50+	Stretch & Strength	Virtual	M	6/23-8/18	11-11:45am	\$29	43839
50+	Strength Training for Women	Virtual	T	6/24-8/19	8-8:45am	\$29	43108
50+	Simple Strength	Virtual	T	6/24-8/19	9-10am	\$35	43102
50+	Yoga Flow	Virtual	T	6/24-8/19	9-9:45am	\$29	43148
50+	Gentle Yoga	Virtual	T	6/24-8/19	10:30-11:30am	\$39	43136
50+	Chair One Dance Fitness	Virtual	T	6/24-8/19	12:15-1pm	\$29	43051
50+	Meditation	Virtual	T	6/24-8/19	1-2pm	\$35	43082
50+	T'ai Chi /Chi Kung for Balance	Virtual	T	6/24-8/19	1-2pm	\$39	43117
50+	Core without the Floor	Virtual	W	7/2-8/20	9-9:30am	\$17	43837
50+	Walk & Tone	Virtual	W	6/25-8/20	10-10:45am	\$26	43840
50+	Pure Strength	Virtual	W	7/2-8/20	3-4pm	\$35	43096
50+	Simple Strength	Virtual	Th	6/26-8/21	9-10am	\$35	43103
50+	Functional Fitness	Virtual	Th	7/3-8/21	9:30-10:30am	\$35	43075
50+	Yoga Flow	Virtual	Th	6/26-8/21	10:30-11:30am	\$39	43145
50+	Balancing Act	Virtual	Th	6/26-8/21	1-1:45pm	\$29	43029
50+	Hatha Yoga I	Virtual	Th	6/26-8/21	4:15-5:15pm	\$30	43141
50+	Core without the Floor	Virtual	F	7/11-8/22	9-9:45am	\$23	43838

BASEBALL

for ages 7-16



SOFTBALL

for girls aged 7-16

WEST MADISON LITTLE LEAGUE

- Spring/Summer (Apr-Jun/Jul) and Fall (Aug-Oct) seasons
- Supportive environment for players of all skill levels
- Family-friendly ballpark with first-class playing fields
- Financial support available for qualifying families
- No playing experience necessary!



Visit wmll.org for more information & to register

**SPRING / SUMMER LEAGUES
FORMING NOW!**

Register by March 3 to guarantee your player a roster spot!
Later registrations are accepted if space is available.

Madison's B.E.S.T. SUMMER CAMP!



Enroll before
January 31st ...
Save over
\$30/week!

CHOOSE ONE WEEK OR ALL SUMMER!

JOIN US FOR A FUN, SAFE, AND EXCITING SUMMER CAMP
THAT YOU AND YOUR CHILD ARE GOING TO LOVE!

- MARTIAL ARTS!
- OUTDOOR SPORTS!
- INDOOR GAMES!
- FIELD TRIPS!
- ARTS & CRAFTS
- AND MUCH MORE!

*Save Your Child's
spot today!*



CALL (608) 273-4111

BLACKBELTAMERICA.COM

LIMITED SPACES! HURRY!

ADULT TENNIS

BEGINNER

Introductory class covering the basics of gameplay, rules, hand-eye coordination and basic strokes. Emphasis on ball contact and keeping the ball in play.

DOUBLES

For players with previous tennis experience. Continued development of tennis fundamentals, while incorporating more advanced techniques such as lobs and volleys. Emphasis on skill refinement and strategy development.

INTERMEDIATE

For players with previous tennis experience. Continued development of tennis fundamentals, while incorporating more advanced techniques such as lobs and volleys. Emphasis on skill refinement and strategy development.

OPEN PLAY

Matches are set up based on ability and number of participants. This is not league play; no standings are kept. Previous tennis experience strongly recommended as there is no coaching or instruction available.



TENNIS WEATHER POLICY

In the event of inclement weather, instructors determine if lessons are canceled. Cancellations are determined on a class-by-class basis. Participants receive an email and/or robocall in case of a cancellation. No makeup classes are held; if a class session is canceled, participants are compensated accordingly. If you have any questions, please call 608-204-3026.

Day & Date	Time	Age	Class	Fee	Course #
LA FOLLETTE HIGH SCHOOL					
M 6/23-8/11	6-7pm	18+	Intermediate	\$64	43453
	6-8:15pm	18+	Doubles	\$53	43463
	7:15-8:15pm	18+	Beginner	\$64	43356
T 6/24-8/12	6-7pm	18+	Intermediate	\$63	43465
	6-8:15pm	18+	Open Play	\$53	43502
	7:15-8:15pm	18+	Beginner	\$64	43359
W 6/25-8/13	6-7pm	18+	Beginner	\$64	43379
	6-8:15pm	18+	Open Play	\$53	43501
	7:15-8:15pm	18+	Intermediate	\$64	43467
Th 6/26-8/14	6-7pm	18+	Beginner	\$64	43381
	6-8:15pm	18+	Doubles	\$53	43507
	7:15-8:15pm	18+	Intermediate	\$64	43469

MEMORIAL HIGH SCHOOL

M 6/23-8/11	6-7pm	18+	Intermediate	\$64	43392
	6-8:15pm	18+	Doubles	\$53	43511
	7:15-8:15pm	18+	Beginner	\$64	43393
W 6/25-8/13	6-7pm	18+	Beginner	\$64	43395
	6-8:15pm	18+	Open Play	\$53	43505
	7:15-8:15pm	18+	Intermediate	\$64	43485

WEST HIGH SCHOOL

T 6/24-8/12	6-7pm	18+	Intermediate	\$64	43475
	6-8:15pm	18+	Open Play	\$53	43503
	7:15-8:15pm	18+	Beginner	\$64	43385
Th 6/26-8/14	6-7pm	18+	Beginner	\$64	43389
	6-8:15pm	18+	Doubles	\$53	43509
	7:15-8:15pm	18+	Intermediate	\$64	43477

USTA EQUIPMENT PACKAGES

Includes a tennis racquet & two cans of tennis balls.

Purchase at mscr.org

For guaranteed delivery by June 23,
please register by May 19.

Session	Date	Fee	Course #
Monday	6/23-8/11	\$45	43525
Tuesday	6/24-8/12	\$45	43531
Wednesday	6/25-8/13	\$45	43532
Thursday	6/26-8/14	\$45	43530

NON-LEAGUE SPORTS

Non league sports are played as pick up games where teams are determined each night based on attendance. No officials are present. Site Supervisors and some equipment are provided. Individuals sign up for the night of play and location. Skip 7/3 and 7/4.

INDOOR**BOCCE**

Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the basic rules and then further develop your skills of this great ball sport on our indoor bocce courts. All skill levels welcome. Indoor bocce balls are provided.

PICKLEBALL BEGINNER

If you have been wondering about pickleball or have been playing but have never had a structured class this is the class for you. We cover the basics of the game moving up through basic strategy. By the end of the first 2 classes, you will be able to play a basic game that you refine throughout the session through playing and coaching.

PICKLEBALL ADVANCED BEGINNER

This is for players who have taken a pickleball class and have playing experience. Advanced beginners can play games, keep score, sustain short rallies, know the two-bounce rule and can demonstrate it at most times. Also, players should know court positioning during the serve, serve receive and general play. This class builds on the skills developed to move you closer to becoming an intermediate level pickleball player. This includes instruction, drills and periods of game play.

PICKLEBALL INTERMEDIATE 50+

Want to play Pickleball with other people who are 50+ years old? Intermediate players should understand core game rules and be able to serve, sustain a basic rally and keep score. While some coaching is available this is not a beginner's session.

PICKLEBALL INTERMEDIATE OPEN PLAY

Intermediate players should understand core game rules and be able to serve, sustain a basic rally and keep score. Players rotate in and out when a game ends so everyone has a chance to play with multiple partners during each class. This class is not for beginners because there is no coaching available.

VOLLEYBALL OPEN PLAY 50+

Want to play volleyball with other people who are 50+ years old? Open play volleyball is for beginner to intermediate players with no skill level required.

OUTDOOR**PICKLEBALL BEGINNER**

If you have been wondering about pickleball or have been playing but have never had a structured class or need a refresher, this is the class for you. We will cover the basics of the game moving up through basic strategy. By the end of the first 2 classes, you will be able to play a basic game. Refine skills throughout the session through playing and ongoing coaching.

PICKLEBALL ADVANCED BEGINNER

This is for players that have taken a pickleball class and have playing experience. Advanced beginners can play games, keep score, sustain short rallies, know the two-bounce rule and can demonstrate it at most times. Also, players should know court positioning during the serve, serve receive and general play. This class builds on the skills developed to move you closer to becoming an intermediate level pickleball player. This includes instruction, drills and periods of game play.

PICKLEBALL INTERMEDIATE

Come play outdoor pickleball! You must understand the core rules of the game, are able to keep score, be able to serve and can sustain a basic rally. While coaching is available this is not a beginner's session.

Age	Class	Location	Day	Dates	Time	Fee	Courae #
INDOOR							
18+	Bocce	MSCR West	W	6/25-8/13	6:45-8:15pm	\$32	43184
18+	Pickleball Beginner	MSCR West	M	6/23-8/11	6-8pm	\$56	43189
18+	Pickleball Beginner	MSCR West	Th	6/26-8/21	6-8pm	\$56	43190
18+	Pickleball Advanced Beginner	MSCR West	T	6/24-8/12	6-8pm	\$48	43827
18+	Pickleball Intermediate Open Play	MSCR West	M	6/23-8/11	1-3pm	\$40	43194
18+	Pickleball Intermediate Open Play	MSCR West	T	6/24-8/12	1-3pm	\$40	43195
18+	Pickleball Intermediate Open Play	MSCR West	Th	6/26-8/21	1-3pm	\$40	43196
50+	Pickleball Intermediate 50+	MSCR West	T	6/24-8/12	9:30-11:30am	\$40	43192
50+	Pickleball Intermediate 50+	MSCR West	Th	6/26-8/21	9:30-11:30am	\$40	43193
50+	Volleyball Open Play 50+	MSCR West	F	6/27-8/22	12-2pm	\$32	43197
OUTDOOR							
18+	Pickleball Beginner	Door Creek Park	M	6/16-8/4	6-8pm	\$56	43187
18+	Pickleball Beginner	Door Creek Park	W	6/18-8/6	6-8pm	\$56	43188
18+	Pickleball Advanced Beginner	Door Creek Park	M	6/16-8/4	9:30-11:30am	\$48	43185
18+	Pickleball Advanced Beginner	Door Creek Park	T	6/17-8/5	6-8pm	\$48	43186
18+	Pickleball Advanced Beginner	Door Creek Park	Th	6/26-8/21	6-8pm	\$48	43804
18+	Pickleball Intermediate	Garner Park	M	6/16-8/4	6-8pm	\$40	43180
18+	Pickleball Intermediate	Door Creek Park	T	6/17-8/5	6-8pm	\$40	43181
18+	Pickleball Intermediate	Door Creek Park	W	6/18-8/6	6-8pm	\$40	43182
18+	Pickleball Intermediate	Garner Park	W	6/18-8/6	6-8pm	\$40	43183

LEAGUES



Age	Sport	Registration	Late Registration	Play
16+	Summer Softball	March 17 - April 6	April 7-13	May 9 - August
16+	Summer Kickball	March 31-April 20	April 21-27	May 21 - August
18+	Fall Softball	July 1 - 20	July 21-27	September 2 - October
18+	Fall Volleyball	July 14- August 3	August 4-10	September 8 - November
18+	Fall Basketball	August 4 - 24	August 25 - September 2	September 29 - October

Adult sports leagues are team based competitions. Teams sign up and register for a division of play. Site supervisors (if applicable), officials and some game equipment are provided. Generally games are played at a local high school or a park softball diamond. 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 atmosphere with a good time for all.

AGE

18 years and older (16 for summer softball and kickball). High school students are not eligible for adult fall volleyball or adult fall basketball leagues.

FEES

Cover the cost of officials, facilities, awards, equipment, scorer-timers and league administration. MSCR offers fee assistance for MMSD residents in need - fill out the Fee Assistance Request on page 58 and send attention: ASLD at MSCR West. MSCR also works with teams that have secured sponsorships to help with the cost of playing. Fees are per individual - there are no team fees. No refunds are issued once schedules are published.

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. All gender leagues are offered with the intent of teams having a mix of genders included on the team.

RESIDENCY

50 percent of the team roster must reside within the Madison Metropolitan School District.

REGISTRATION

Register online at mscrsportsleagues.org

SUMMER SOFTBALL

Season begins May 9, 2025 and runs through early August. Games are played across Madison at city parks. All gender, women's and men's slow pitch leagues and a women's fast pitch league. No games on May 23, May 24, June 19, July 3 and July 4.

SUMMER KICKBALL

Season begins May 21, 2025 and runs through mid-August. Leagues play at Olbrich. Leagues are all gender and recreational. Season format is dependent on the number of teams in the league. Minimum of 9 weeks.

FALL SOFTBALL

Begins September 2 and runs through early October. Leagues play at Olbrich and Goodman. These are slow pitch leagues for men, women and all gender divisions.

FALL VOLLEYBALL

10 week season begins September 8 and runs through mid November. This is a traditional 6v6 indoor league with power and intermediate divisions. We have leagues for men, women and all gender.

FALL BASKETBALL

A short season with limited availability. Great way to get in shape for the winter season! Season begins week of September 29 and runs through the first week of November. Men, women and all gender leagues are available.

SPORTS OFFICIALS NEEDED!



Do you like sports?
Becoming an official is a great way to be a part of the game! MSCR hires and trains sports officials. Learn the rules and mechanics from area experts. We provide gear to get you started. Officials must be 18 years of age for all adult sports leagues.

Call 204-3024 or email asld@madison.k12.wi.us to learn more.



WANT TO JOIN A TEAM? JOIN OUR FREE AGENT LIST

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

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.



Fore Friends Golf Outing

**WEDNESDAY, JULY 23
AT THE OAKS GOLF COURSE!**

**Directly impact
MSCR programs
and services, enjoy a
great day on the links!**



You don't have to be a great golfer to play. Enjoy fun games on the course, door prizes and great food! \$150 per golfer/\$600 foursome includes 18 holes of golf, cart, golfer gift, free beverage, lunch and dinner!

Looking for a great way for your business or organization to give back to the community and gain great exposure?

Consider sponsoring this great event.

For more information on the golf outing or sponsorship opportunities, contact Martha at (608) 204-3045 or by email at mlhutchinson@madison.k12.wi.us. or Visit birdease.com/mscr to learn more and register.

Friends of MSCR Golf Outing proceeds support MSCR programs including afterschool enrichment, arts, aquatics, camp scholarships, adapted and inclusive recreation and more.





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, staff capacity and program structure 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 opens Monday, March 10 at 12pm
for residents of the Madison Metropolitan School District.
Non-residents may register
beginning Monday, March 24 at 12pm.**

1. Complete the Registration Form on page 57. 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 are 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/wpcrc 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 54 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.

Camp Supplemental Information Form

You are welcome to complete one form for multiple children from the same household. Please indicate any differences as needed. All information will be able to be reviewed or updated at camp during drop-off. Items with a * are required.

Participant Name(s)*: _____

Guardian 1 Name*: _____ Guardian 1 Cell Phone*: _____

Guardian 1 Email Address: _____ Guardian 1 Alt. Phone: _____

Guardian 2 Name: _____ Guardian 2 Cell Phone: _____

Guardian 2 Email Address: _____ Guardian 2 Alt. Phone: _____

Emergency Contact Name*: _____ EC Cell Phone*: _____
[and relationship to the participant(s)]

Other Adults Authorized to Pick Up Participant(s) from Program*: _____

Participant(s) may check themselves out at the end of program to walk or bike home: YES NO

Health Insurance Provider: _____ Group / Subscriber Number: _____

Hospital Preference: _____ Doctor's Name: _____

Other information we should know about your child(ren): _____

Participation Agreement

By registering for MSCR youth programming, I hereby understand and agree to the following:

1. My child(ren) and I will adhere to MSCR rules and procedures.
2. I have read the Youth Programs Policy Handbook and I am aware of MSCR policies, procedures and guidelines.
3. I have read the Participant Expectations of Behavior and am aware that MSCR staff will use these guidelines when working with participants and families to resolve any behavior issues.
4. My child and I will treat all MSCR participants, staff, volunteers and families with respect and dignity in language, attitude, behavior and mannerisms regardless of race, creed, color, gender, sexual orientation, gender identity or ability.
5. I will provide MSCR with current information regarding my child's address, phone number, medication, disabilities, swimming abilities and any other relevant information that will enable MSCR staff to serve my child in the best possible manner.
6. I hereby give permission for MSCR to take or transport my child(ren) on supervised field trips during program hours.
7. All children must leave the building at the close of the program. Guardians are responsible for their children at closing time.
8. I hereby grant permission for MMSD/MSCR staff to share with each other any information or records regarding my child. This includes the ability of MMSD school staff to disclose to MSCR staff pupil records or information related to disability status, health conditions and behavioral concerns for the purpose of providing appropriate accommodations and supports in MSCR youth programming.
9. MSCR/MMSD staff have my permission to assist my child in the application of sunscreen and/or insect repellent prior to outdoor activities. It is my understanding that children are required to bring both sunscreen and insect repellent for use during MSCR programs. Children should come to their program in the morning with sunscreen already applied.
10. If emergency medical care is deemed necessary and I am unable to be reached, MSCR staff is authorized to act in my child's behalf in granting permission for my child to receive emergency treatment or surgery.

Guardian Signature: _____ Date: _____

MSCR Registration Form

Madison School & Community Recreation, 328 E Lakeside St, Madison, WI 53715 Phone: 608-204-3000 Fax: 608-204-0557 Email: mscr@madison.k12.wi.us

(Head of Household) Last Name		First Name		Birth Date (mm/dd/yy)		Does the participant require an accommodation or special assistance due to a disability? If so, please explain.					
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 55.	Date of Birth mm/dd/yy	Grade 2025-2026	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assistance Request
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							

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

Payment Plan (camps 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 55).

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
	List your gross* annual income: \$ _____ (per year)	
	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.	
ADULT	<p>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.</p> <p>1. Adult participants are asked to pay 50% of the program fee.*</p> <p>2. I am enclosing the following payment of \$ _____.</p> <p>3. *If you are unable to pay 50%, or are requesting fee assistance beyond the one program per season limit, please explain:</p> <p>_____</p> <p>_____</p>	
YOUTH	<p>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.</p> <p>1. My child qualifies for free school meals o Yes o No My child qualifies for reduced-price school meals o Yes o No</p> <p>2. My family is requesting fee assistance and we are able to enclose the following payment of \$ _____.</p> <p>3. *My family is requesting fee assistance beyond the two programs per season limit. Please explain: _____</p> <p>_____</p> <p>4. My child(ren) are younger than school age. o Yes o No</p>	

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).

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of wisconsin
badgerland

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To learn more about our
noncredit courses, visit:
madisoncollege.edu/pce





MADISON METROPOLITAN SCHOOL DISTRICT
Madison School & Community Recreation
328 E. Lakeside St.
Madison, WI 53715

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