



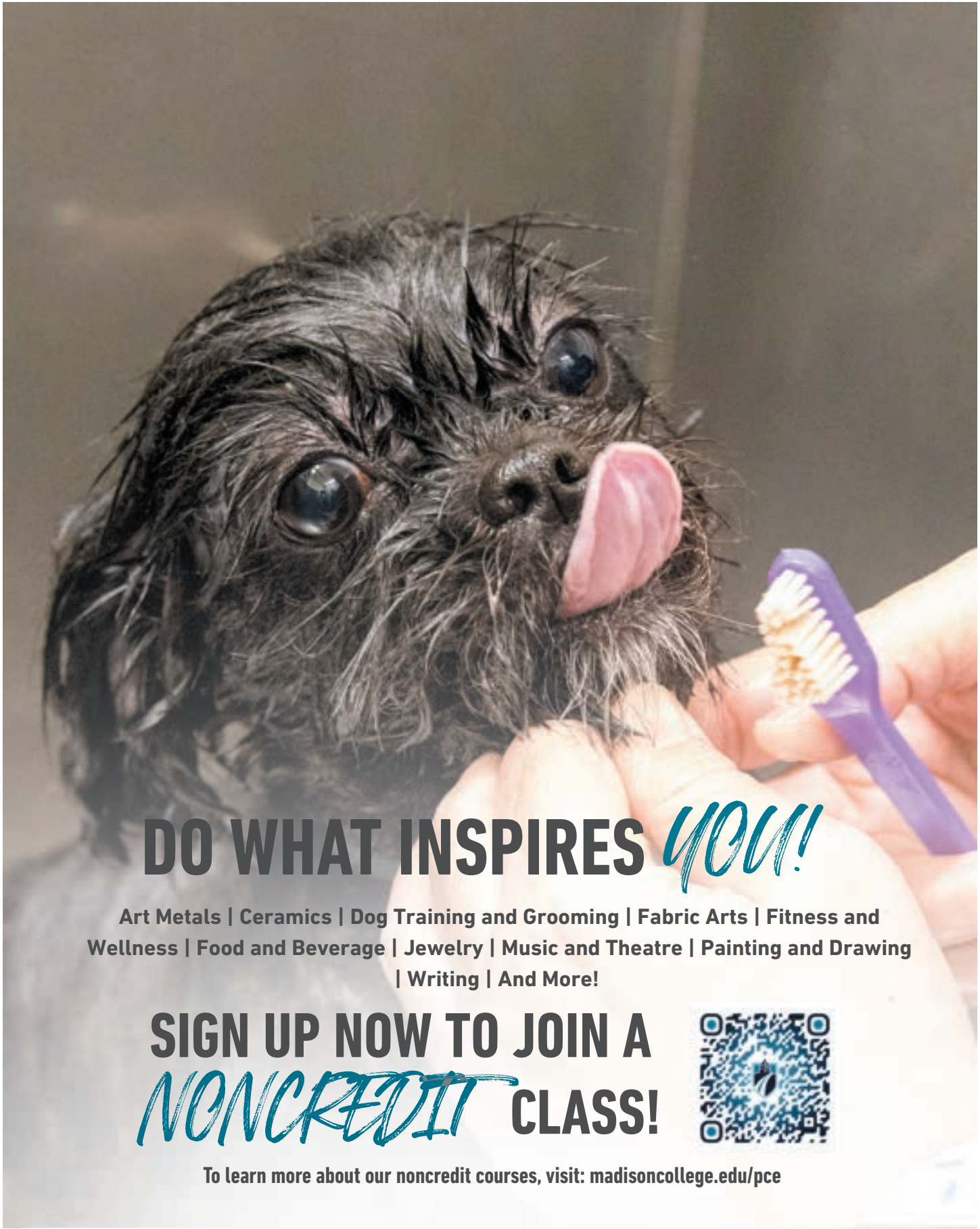
Program Guide Fall 2026



MSCR Centennial: 100 Years of Recreation!



MSCR is a department of the Madison Metropolitan School District
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Fall 2026 Program Guide

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328 E Lakeside Street
Madison, WI 53715
608.204.3000

Monday - Friday
8 am - 5 pm

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MMSD Registration begins:

- Monday, August 10 at 12 pm

Non-Resident Registration begins:

- Monday, August 24 at 12 pm

HOW TO REGISTER

HOW TO REGISTER

- Registration begins at 12 pm. Register online at mscr.org. This is the best option for customers interested in high demand activities.

Or

- 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:

- 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.
- 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, August 10.

BOARD MEMBERS

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MSCR EXECUTIVE DIRECTOR: Mary Roth

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Issue No. 2 August 2, 2026



Welcome to MSCR!

608.204.3000



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.

Dear Madison Community,

We're just over half way through our centennial year and we have so much left to celebrate. I want to take a moment to honor the five pillars of MSCR's Centennial. Together, we celebrate 100 years of:

Recreation: creating vibrant spaces and active programs where our community comes together to recharge, play, and connect.

Growth: continually evolving alongside our community to meet the ever-changing needs of those we serve and creating spaces for people of all ages to learn and grow.

Opportunity: opening doors and empowering individuals and communities to thrive personally and collectively.

Community Impact: delivering programs and services that improve lives, create connections and make Madison a great place to live every day.

Fun: bringing people together through shared laughter, unforgettable experiences, and the joy of a favorite pastime or trying something new.

This is what we're all about at MSCR, the programs, the people and the feeling of belonging in your community.

For those who love a great party, you are officially invited to the MSCR Centennial Celebration hosted by the Friends of MSCR on Thursday, October 15 at the Tinsmith. This once in a century party will honor a century of play and lay the groundwork for the next century community impact.

If you can't make it, we have hundreds of opportunities within this guide for you to learn, grow, play and connect with MSCR and your community. We hope you can join us as we close out our 100th year!

Sincerely,

Mary Roth, MSCR Executive Director



Dear Families & Community Members,

As we look ahead to the rest of the year, I am consistently reminded of the strength, creativity, and passion that define our community and the Madison Metropolitan School District. Within this guide, you'll find incredible opportunities and activities not only for our students to thrive outside of the classroom, but for all members in our community to participate in.

Something new you'll find is an initiative that embodies MMSD's spirit of innovation and equity - our High School Girls Flag Football League. Across the country, girls flag football is experiencing tremendous growth and is on its way to becoming an officially sanctioned Wisconsin Interscholastic Athletic Association (WIAA) sport. Not only are Madison athletes participating in this growth - they are leading it.

This program is an excellent example of what can happen when we work as a team - sharing ideas, involving stakeholders, and collaborating with the community. Thank you to Adam Smith, a teacher at Toki Middle School, MSCR staff, and the MMSD athletics department for bringing this idea to life, and thank you to the Green Bay Packers and USA Football for investing in our youth.

When we invest in our people, lead with purpose, and lift up our youth, we build a community we can all celebrate with pride.

In partnership,
Joe Gothard, Ed. D., Superintendent



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 youth 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.





608.204.3000

MSCR Centennial



1926

Madison's public recreation department funded



1930s

First programs - Adult Softball and Youth Playgrounds



1992

Safe Haven afterschool programs begin at Lowell, Mendota and Glendale schools.



1982

Pontoon program began as a way to take people with disabilities out on the lakes.



1975

Art Cart, a free and accessible art education program began.



1962

Swimming lessons in first MMSD high school pool at West High School



1994

Goodman Rotary 50+ Fitness Program begins



2002

MSCR launches the iconic MSCR Logo



2016-2023

MSCR expands programming locations with the opening of MSCR East, MSCR Central and MSCR West.



2026

MSCR Centennial - 100 Years of Recreation, Fun, Community Impact

Friends of MSCR invites you to the MSCR CENTENNIAL CELEBRATION

The Tinsmith, 828 E Main St
Thursday, October 15, 6-9pm

Join us for an unforgettable evening celebrating
MSCR's legacy & community impact.



Age Location Day Date Time Fee Course#
FOLKLORE VILLAGE TOUR & BARN DANCE

Join MSCR for a fun filled night of traditional American dancing at Folklore Village in Barneveld, WI. Learn and enjoy social dances like contras, big circles and old-time squares. All dances taught by Steve Pike, a renowned dance caller from the Milwaukee area. Featuring live music by the Barley Brothers, a Madison-based string band. The night starts with a tour of Folklore Village, followed by a potluck dinner and dancing. Bus loads at 4pm in front of MSCR West. Fee includes barn dance admission, dinner and motorcoach transportation. Registration deadline is 9/25/26. Ages 8+.

18+ MSCR West Sa 10/10 4-10pm \$50 53329

MICHIGAN AVENUE SHOPPING

Explore the big city with MSCR! A comfortable motorcoach bus takes the worry of driving, traffic and parking out of the equation. Approximate travel time is 3 hours depending on traffic and weather. Bus drops off as close as possible to Michigan and E. Chicago Avenues. Bus loads at 7:45am on Pflaum Rd in front of LaFollette High School or in front of MSCR West at 7333 West Towne Way. Please select course # that corresponds with the preferred pick up and drop off location. Youth ages 6+ may register with a participating adult.

LA FOLLETTE PICK UP

6+ LaFollette HS Sa 12/5 7:45am-8:15pm \$85 53331

MSCR WEST PICK UP

6+ MSCR West Sa 12/5 7:45am-8:15pm \$85 54219





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Sign up for our Community Newsletter.



A Century of Play, A Future of Community



Give Today



**For 100 years, MSCR
has been the heartbeat
of the community.**

As we celebrate this incredible milestone, we invite you to help us build the next 100 years. Your donation today ensures our community stays vibrant, active and connected for the next century.



Scan or visit mscr.org



Fall Programs

NOW HIRING

Go to mscr.org





Elementary Afterschool Programs

Afterschool Programs

As a part of the Madison Metropolitan School District, MSCR has provided quality child care since 1992. MSCR Afterschool and MSCR Enrichment programs were established with the belief that all children need a safe and enriching place to spend their after school hours. MSCR provides comprehensive programming after school in fifteen elementary schools (K-5) and two neighborhood centers in Madison. School based programs operate either the Enrichment program or the Afterschool program.

Email: mscreleamteam@madison.k12.wi.us or visit mscr.org for registration materials.

MSCR Afterschool

K-5th grade students have access to a variety of fun, safe and inclusive educational, recreational and social activities at their school or neighborhood center.

MSCR Enrichment

With funding through the Nita M. Lowey 21st Century Community Learning Center Grants, MSCR Enrichment is able to offer a variety of on-site afterschool activities that support, reinforce and extend school-day content and learning at no cost to families. Participants are confirmed based on a number of factors, including academic need and other barriers to school success. Limited spots are held for students who do not qualify based on need.

MSCR Afterschool & Enrichment Goals:

- Provide youth with opportunities to practice and try activities that enhance physical and cognitive capabilities & build self esteem
- Teach youth alternative ways to solve conflict
- Build teamwork and cooperation skills

Recreational & Educational Activities

MSCR offers fun programming & activities:

- Creative enrichment projects
- Special events and field trips, when possible
- Active play
- Free choice time
- Opportunities to make new friends
- Hands-on academic enrichment activities

Staffing

MSCR makes every effort to hire diverse, qualified, caring and professional staff who have experience, education and a desire to work with youth in a recreation setting. All employees have passed a background check through the Wisconsin Department of Justice. We take pride in the quality of our staff and maintain high standards by training staff in a variety of topics including: CPR, behavior management, supervision, health and safety, age appropriate practices and other related topics. MSCR provides a 10:1 child to staff ratio.

No School Days

MSCR Afterschool & Enrichment programs do not operate on scheduled no school days so that MSCR staff can participate in professional development. Child care does not operate on holidays, during winter or spring break or when school is closed due to weather.

Full day programming on no school days is available at certain locations for an additional fee (see Kids Day Out on the next page.) Pre-registration is required.

Program Eligibility

School-based programs are open to children attending the school in which the program is held, as space and staffing allows. The Allied Learning Center and Meadowood Neighborhood Center are open to all children living in the area surrounding the neighborhood centers.



School Year Program Information & Registration:

MSCR Afterschool at Allied Learning Center, Anana, Emerson, Hawthorne, Lake View, Lincoln, Lindbergh, Lowell, Meadowood Neighborhood Center, Midvale & Sandburg

MSCR Enrichment at Lori Mann Carey, Henderson, Mendota, Nuestro Mundo, Orchard Ridge, Schenk

Please note: Completing the registration form does not guarantee enrollment in the MSCR Afterschool or MSCR Enrichment program. Space is limited and based on a number of factors, including staffing ratios. If a waitlist is started, MSCR continues to accept participants from the waitlist as additional staff are hired. Registration for MSCR Afterschool and Enrichment requires full-time enrollment (5 days per week). Part-time registration is not available. You will receive an email confirmation letter that includes a start date, or that indicates if you have been placed on the waiting list.

- Contact us at 608-204-4583 or mscreleamteam@madison.k12.wi.us to request registration materials for school based locations
- For the Meadowood Neighborhood Center, please contact mncenter@madison.k12.wi.us
- For the Allied Learning Center, please contact mscralliedlc@madison.k12.wi.us

AFTERSCHOOL MONTHLY FEES:

- 1 child = \$415
- 2 children = \$725
- 3+ children = \$1035

MSCR AFTERSCHOOL & ENRICHMENT SITES

*Site is supported by a Nita M. Lowey 21st Century Community Learning Center grants.

Site	Phone	MSCR Afterschool Site	MSCR Enrichment Site
Allied Learning Center	608-204-6578	Yes	No
Anana Elementary	608-204-2208	Yes	No
Emerson Elementary	608-204-2021	Yes	No
Hawthorne Elementary	608-204-2507	Yes	No
Henderson Elementary*	608-516-8899	No	Yes
Lake View Elementary	608-204-4055	Yes	No
Lincoln Elementary	608-204-4963	Yes	No
Lindbergh Elementary	608-204-6507	Yes	No
Lowell Elementary	608-204-6616	Yes	No
Lori Mann Carey*	608-442-2529	No	Yes
Meadowood Neighborhood Center	608-229-6823	Yes	No
Mendota Elementary*	608-577-1570	No	Yes
Midvale Elementary	608-204-6733	Yes	No
Nuestro Mundo Community School*	608-204-1024	No	Yes
Orchard Ridge Elementary*	608-204-2353	No	Yes
Sandburg Elementary	608-204-7952	Yes	No
Schenk Elementary*	608-279-9749	No	Yes

Kids Day Out 608-204-0520

The Kids Day Out (KDO) program provides supervised activities on no-school days for children in grades K-5 from all MMSD elementary schools. Activities typically involve going on a field trip and may include: swimming, arts & crafts, games, nature activities, performing arts, museums and the zoo. Field trip locations vary and may include going to locations outside of Dane County. Field trip locations vary and may include going to locations outside of Dane County (see below):

- 10/15/26 Apple Orchard
- 10/16/26 Pumpkin Patch
- 11/2/26 Children's Museum
- 11/3/26 Sensory Zone

Participants must bring a lunch and beverage; a light breakfast and an afternoon snack is provided. Use the registration form in the back of the MSCR program guide or register online at mscr.org. For financial assistance complete the form on the other side of the registration form. Register early as space is limited. The deadline for registration is two weeks prior to the KDO date. No on-site registration.

K-5	Lincoln	Th	10/15	7:45 am - 5:30pm	\$60	53751
K-5	Lincoln	F	10/16	7:45 am - 5:30pm	\$60	53752
K-5	Lincoln	M	11/2	7:45 am - 5:30pm	\$60	53753
K-5	Lincoln	T	11/3	7:45 am - 5:30pm	\$60	53754





Middle School Programs

For more information on schedules and activities, please contact the MSCR Middle School Site Director at your student's school and the school announcements.

MSCR Middle School Site Directors

School	Phone Number
Badger Rock	608-576-6450
Black Hawk*	608-204-4425
Cherokee Heights	608-204-1256
Gillespie	608-663-6427
Hamilton	608-204-4739
Meadowood Neighborhood Center	608-229-6823
O'Keeffe	608-204-6854
Sennett*	608-204-1948
Sherman*	608-204-2127
Spring Harbor	608-576-6450
Toki	608-204-4763
Whitehorse	608-204-4494
Wright*	608-204-1366

MSCR Middle School Programs

MSCR provides exciting out-of-school time activities at all MMSD middle schools and the Meadowood Neighborhood Center. MSCR Middle School programs offer a fantastic mix of recreation, educational opportunities and youth development programs! Dane County Human Services and 21st Century Community Learning Center (CLC) grants help support the program. MSCR Middle School programs are offered on a drop in basis, are not offered every school day of the year and are designed to be out of school time enrichment and not childcare. MSCR Middle School programs are open to all students in a school's attendance area even if they don't attend MMSD for school.

MSCR Middle School Clubs

A variety of special interest clubs are available at all MMSD middle schools. Please contact the MSCR Site Director at your school. Clubs may include academic enrichment, arts, drama, music, dance, skiing, rec sports and more. Clubs are based on student interest at each school. Fees may be charged for some clubs. Receive information at school site. For general information call MSCR office at 608-204-3022.

MSCR Middle School Sports

Selected after school team sports are available at all MMSD middle schools. Sports include volleyball, soccer, cross country, basketball and flag football. Competition is with other MMSD middle schools.



Together, making Madison's schools
stronger for 25 years.



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FOUNDATION**

608.210.6900 SchoolsMakeMadison.org



High School Programs

For more information and specific schedules, please contact the MSCR High School Recreation Specialist at your child's school by phone or directly in their office or go to mscr.org.

MSCR High School Site Directors

School	Rec Specialist	Phone Number
East High School	Mayder Lor	608-204-1752
La Follette High School*	Sydney Lawson	608-204-3625
Memorial High School	Kelsie Coleman	608-442-2220
West High School	Monique Porter	608-204-2136
Capital High School	Monique Porter	608-204-2136

MSCR High School Programs

MSCR provides a variety of out of school time activities and events and services for students at each high school. Offerings include out of school time academic support clubs, student interest clubs, youth leadership opportunities, ski & snowboard club, extramural sports (volleyball and basketball), Leaders In Training (LIT) youth employment program, Driver's Education scholarship program (funded by Dane County) and more. La Follette is partially funded by a 21st Century Learning Center grant. Afterschool programs are open to all students in a school's attendance area even if they don't attend MMSD for school.

High School Sports Leagues

Afterschool sports are available at all MMSD high schools to students who are not currently on the WIAA team for the same sport. Sports practice one day per week after school and compete on Saturdays. Schedules are sent once registration for that sport has been completed. Practices are dependent on space availability. Register with your school's Rec Specialist. Community teams can register by contacting the Recreation Specialist at your school or by calling the MSCR office at 608-204-3022 for more information.

Fall Sports Seasons

VOLLEYBALL

Fall Registration begins in August and games take place on Saturdays, mid September to November with a season finale tournament. Please check with your MSCR High School Site Director or go to mscryouthsportsleagues.org.

GIRLS FLAG FOOTBALL **NEW!**

Fall Registration begins in August and games take in September in October - more details coming this fall. Please check with your MSCR High School Site Director.





Child + Adult

Only registered child and one participating adult may attend Child + Adult classes. Siblings, including infants and/or friends are not allowed to attend classes, be in the classroom or left unattended in a building at any time.

Child + Adult Arts & Enrichment

Age Location Day Date Time Fee Course#

A TO Z ANIMALS AND ART - CHILD + ADULT

This exciting class promotes your child's creativity and imagination using visual art, movement and song. With a weekly animal theme, children roar, crawl and hop! Experiment with a variety of art materials to create animal themed art. Practice and improve communication, fine-motor and gross-motor skills.

18m-2y	MSCR East	W	9/16-10/21	9-10am	\$48	54035
3-5y	MSCR East	W	9/16-10/21	10:15-11:15am	\$48	54036

ARCTIC ANIMALS - CHILD + ADULT

Participants and their caregivers are invited to dive into the icy world of arctic animals through books, movement and hands-on enrichment! Meet a new arctic animal each week through stories, songs and playful movement. Explore sensory-rich art and STEM activities that emphasize literacy, motor development and creativity in a safe, welcoming environment where children learn through play.

18m-2y	MSCR Central	W	11/4-12/9	10-10:45am	\$36	53929
3-5y	MSCR Central	W	11/4-12/9	11am-12pm	\$48	53930

CREATURE CREATIONS - CHILD + ADULT

Bring your imagination to life by crafting wild land, water, flying and fantasy beasts from recycled materials. You'll master scissors, try new supplies and practice patience while the glue dries! Turn trash into proud treasures together!

3-5y	MSCR East	Sa	10/24-11/21	9:30-10:30am	\$35	54263
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MINI MASTERS - CHILD + ADULT

Explore the world of art through hands-on, process-focused activities inspired by classic artists. Each week highlights a famous artist's style or technique, with an emphasis on child-led creativity and exploration. Participants experiment with a variety of materials, textures, and colors to express their own ideas and build confidence as young creators.

18m-2y	MSCR Central	W	9/16-10/21	10-10:45am	\$36	53927
3-5y	MSCR Central	W	9/16-10/21	11am-12pm	\$48	53928

MSCR MAKES - CHILD + ADULT

Explore your favorite, new and reimagined art techniques! MSCR Makes is an open-ended process-based art class where making, engaging and spending time together is just as important as the final product.

3-5y	MSCR Central	Th	9/17/10/8	5-5:45pm	\$33	53933
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Age Location Day Date Time Fee Course#

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!

3-5y	MSCR East	W	9/16-9/30	4:15-5pm	\$24	53949
3-5y	MSCR East	W	10/21-11/4	4:15-5pm	\$24	54031

TALES FOR TOTS - CHILD + ADULT

Ready for a weekly adventure? This energetic class uses the magic of children's literature as a launchpad for total creativity! Through a playful mix of storytelling, theater games, music and art projects, your child expresses themselves like never before. Every week features a different book and a fresh set of activities designed to spark imagination and joy. Come play, craft and sing along with us!

18m-2y	MSCR East	W	11/11-12/9	9-10am	\$40	54032
3-5y	MSCR East	W	11/11-12/9	10:15-11:15am	\$40	54033

Child + Adult Dance & Movement

CREATIVE MOVEMENT - 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. 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!

1-2y	MSCR West	Th	9/24-10/15	9:30-10am	\$19	53891
1-2y	MSCR West	Th	10/22-11/19	9:30-10am	\$19	54047
2-3y	MSCR West	Th	10/22-11/19	10:15-10:45am	\$19	54048
2-3y	MSCR West	Th	9/24-10/15	10:15-10:45am	\$19	54049
2-3y	MYArts	Th	9/24-10/15	4:15-4:45pm	\$19	54029
2-3y	MYArts	Th	10/29-11/19	4:15-4:45pm	\$19	54030

Child + Adult Workshops

Age Location Day Date Time Fee Course#

COSTUMES AND CRAFTS WORKSHOP - CHILD + ADULT

Come in your costume and make some not so spooky Halloween inspired crafts! Silly slime monsters, glow in the dark creations, fall inspired art and more are sure to delight, not fright!

3-6y	MSCR Central	Th	10/22	5-5:45pm	\$12	53877
3-6y	MSCR Central	Th	10/29	5-5:45pm	\$12	53878

HOLIDAY ORNAMENT WORKSHOP- CHILD + ADULT

Deck the Halls with homemade decorations! Join us for a fun and festive time creating unique holiday ornaments that are sure to be keepsakes for many years to come.

3-6y	MSCR Central	Th	12/3	5-5:45pm	\$12	53925
3-6y	MSCR Central	Th	12/10	5-5:45pm	\$12	53926

MAGICAL MERMAIDS WORKSHOP - CHILD + ADULT

Make a splash with this mermaid themed crafting workshop! Create magical arts and crafts inspired by everyone's favorite under the sea friends, mermaids!

3-6y	MSCR Central	Th	11/19	5-5:45pm	\$12	53924
3-6y	MSCR Central	Th	11/12	5-5:45pm	\$12	53923

Preschool

These classes are for the participant only, adults are not allowed in the classroom. If your child is not ready for a class independently, we recommend a Child + Adult class.

Preschool

Age Location Day Date Time Fee Course#

SPANISH

Build foundational Spanish language skills through play, reading, writing and conversation in this fun and interactive class. Young learners practice everyday vocabulary and simple communication skills through engaging activities designed to build confidence and curiosity about the language. All levels and abilities welcome.

3-5y MSCR Central T 9/15-10/20 10-10:45am \$35 54063

Preschool Dance

Age Location Day Date Time Fee Course#

IRISH DANCE

Children learn the basics of Irish dance, including the jig and reel. Learn the timing of music, foot positions and Irish culture and words.

4-5y MYArts M 9/21-10/12 4:30-5:10pm \$24 53895

4-5y MYArts M 10/26-11/16 4:30-5:10pm \$24 54027

ITTY BITTY BROADWAY

Lights up on our littlest stars! Itty Bitty Broadway is where pint-sized performers shine! Through playful games and their favorite catchy songs, we dive headfirst into the magic of musical theater dance. This class is a joyful, encouraging introduction to the performing arts, designed to boost creativity, confidence, and coordination. Get ready for a standing ovation!

4-5y Lapham T 9/22-10/13 4:45-5:25pm \$24 54039

4-5y Lapham T 10/27-11/17 4:45-5:25pm \$24 54040

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.

Pre-Ballet - Age 3

3y MSCR East T 9/22-10/13 4:10-4:40pm \$19 53912

3y MSCR East T 10/27-11/17 4:10-4:40pm \$19 53913

3y MSCR Central W 9/23-10/14 4-4:30pm \$19 54025

3y MSCR Central W 10/28-11/18 4-4:30pm \$19 54026

3y MSCR West Th 9/24-10/15 11-11:30am \$19 53908

3y MSCR West Th 10/22-11/19 11-11:30am \$19 54050

3y MYArts Th 9/24-10/15 4:45-5:15pm \$19 53915

3y MYArts Th 10/29-11/19 4:45-5:15pm \$19 54028

3y MSCR East Sa 9/19-10/10 9:30-10am \$19 53906

3y MSCR East Sa 10/24-11/14 9:30-10am \$19 53909

Pre-Ballet - Age 4

4y MSCR West M 9/21-10/12 3-3:40pm \$24 53916

4y MSCR West M 10/19-11/16 3-3:40pm \$24 54051

4y MSCR West W 9/23-10/14 4-4:40pm \$24 54052

4y MSCR West W 10/28-11/18 4-4:40pm \$24 54053

4y MSCR Central Th 9/24-10/15 5-5:40pm \$24 53910

4y MSCR Central Th 10/29-11/19 5-5:40pm \$24 53914

4y MSCR East Sa 9/19-10/10 10:15-10:55am \$24 53907

4y MSCR East Sa 10/24-11/14 10:15-10:55am \$24 53911

Family Workshops

Grade Location Day Date Time Fee Course#

CREATIVE CORNUCOPIA: A FAMILY GRATITUDE WORKSHOP **NEW!**

Celebrate togetherness at Creative Cornucopia! Gather the family for a fun, relaxed art workshop where we design beautiful, collaborative masterpieces centered on gratitude. No prior skills needed just bring your creativity and love! Please register all attending. Youth must attend with a participating adult.

K+ MSCR Central T 11/24 5:30-7pm \$5 54021

K+ MSCR West Th 11/19 5:30-7pm \$5 54018

FROM COLORS TO CLOWNING FAMILY WORKSHOP **NEW!**

Bring the whole crew for a colorful family clowning adventure! Using the celebrated Pochinko-style clown technique, your family explores how different colors inspire unique personalities and physical movements. Collaborate to design theatrical clown personas, complete with distinct traits and dramatic flair. Perfect for families looking to try something new, build performance skills and share a wildly creative experience together!

K+ Lapham Su 11/22 3-4:30pm \$5 54020

MERRY MAKERS FAMILY CRAFT WORKSHOP **NEW!**

Join us for a Holly Jolly art party! Bring the whole crew for fun, hands-on bonding and DIY projects. From seasonal keepsakes to colorful art, all supplies provided. Please register all attending. Youth must attend with a participating adult.

K+ MSCR West Th 12/3 5:30-7pm \$5 54019

K+ MSCR Central T 12/8 5:30-7pm \$5 54022

Family Meet Ups

Age Location Day Date Time Fee Course#

PARENT PLAYDATE - CHILD + ADULT **NEW!**

Class meets 9/9, 10/7, 11/4. Bring your new baby and/or toddler (ages 0 - 4) and connect with other parents navigating this same unique stage of life. This relaxed, welcoming group is led by a fellow mom of four with a background in positive psychology, creating space for conversation, support and shared experience. Each session includes time to chat, care for your child in a comfortable environment and explore a positive psychology topic focused on everyday well-being. Leave with new perspectives and a take-home worksheet to support connection and mindfulness in daily life, along with a sense of community and renewed energy. Parent registers, child(ren) attend with parent.

0-5 W MSCR West Th 9/9-11/4 9:30-11am \$30 54176

PRESCHOOL PLAYDATE - CHILD + ADULT **NEW!**

Ready for a play date? Pop on in! Join us for Preschool Play Date, a flexible drop-in program designed for toddlers and their caretakers to connect, socialize and play. Meet new friends, connect with fellow caretakers, and burn off some energy with a rotating mix of awesome activities—from arts and crafts and open play to mini dance parties and toddler yoga! Every date brings a brand-new adventure, so come for the fun and stay for the community. Adult supervision is required. Drop in program only. Pay \$5 per child at the door. Equipment and activities most suitable for ages 1+ but kids under 1 welcome.

0-5 MSCR West F 10/16 9:30-11am \$5 Drop In

0-5 MSCR West T 11/3 9:30-11am \$5 Drop In

0-5 MSCR West M 11/30 9:30-11am \$5 Drop In

INDOOR PLAYGROUND - CHILD + ADULT

Rain, Snow or Shine - It's play time! Join us for Indoor Playground, a space to meet new friends and have a great time playing with a variety of fun toys and equipment including our Imagination Playground! Adult supervision is required. Drop in program only. Pay \$4 per child at the door. Equipment most suitable for ages 1+ but kids under 1 welcome to join.

0-5 Th MSCR East Th 11/7-11/21 9:30-11am \$4 Drop In



**Look for Adult Arts
on page 36**



Arts & Enrichment

Grade Location Day Date Time Fee Course#
ANIME ACADEMY: MANGA MAKERS NEW!

Awaken your creativity in our fun, relaxed youth drawing class! Master the art of anime and manga by sketching vibrant characters, dynamic action scenes and expressive eyes. Perfect for all skill levels -- come make friends and design your own world!

4-8	MSCR West	M	11/2-12/7	4:30-5:30pm	\$54	53866
4-8	MSCR West	M	9/21-10/26	5:45-6:45pm	\$54	53867

ART THROUGH THE AGES

Every painting has a secret, and every sculpture tells a story... ready to find them? Step inside the world's greatest masterpieces in this high-energy, creative history class. Kids explore the wild, awesome and sometimes hilarious stories of history's coolest artists, then jump right into the studio to make their own inspired, messy projects. It's part history, part mystery and total hands-on fun!

1-3	MSCR Central	T	9/22-11/10	4:30-5:30pm	\$64	53934
4-8	MSCR Central	T	9/22-11/10	5:45-7pm	\$80	53935

CHARACTER DESIGN

This beginner-friendly class is for those who want to learn how to make their own characters. Draw both realistic and cartoon characters as you learn how shapes can influence not only the look of your character but what feeling it'll give the audience. Learn how to draw a figure, create character traits and techniques that are used in animation/video games to make a memorable character!

3-5	MSCR West	Su	9/20-10/11	2:45-3:45pm	\$36	54061
6-8	MSCR West	Su	9/20-10/11	4-5pm	\$36	54062



Grade	Location	Day	Date	Time	Fee	Course#
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CREATING COMICS - BEGINNING

Learn how to tell stories through a single piece of art or sequential art. Starts with storyboarding and the basics of how to tell stories, and then moves through laying out panels, lettering and drawing. Create either several one-page comics or a several-page story.

3-5	MSCR West	Su	10/18-11/8	1:45-3:15pm	\$48	54059
6-8	MSCR West	Su	10/18-11/8	3:30-5pm	\$48	54060
K-2	MSCR Central	Sa	9/19-10/17	9-10am	\$45	53868
3-8	MSCR Central	Sa	9/19-10/17	10:15-11:30am	\$45	53869

CREATING COMICS - CONTINUING NEW!

Take your comics to the next level! Expand your multi-page stories, master advanced panel layouts, and refine your unique art style. Level up your lettering, penciling, and pacing to create a comic you're ready to share with the world!

3-8	MSCR Central	Sa	10/24-11/21	9-10:15am	\$45	53991
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CREATURE CREATIONS

Bring your imagination to life by crafting wild land, water, flying and fantasy beasts from recycled materials. You'll master scissors, try new supplies and practice patience while the glue dries! Turn trash into proud treasures together!

K-2	MSCR East	Sa	10/24-11/21	10:45-11:45am	\$35	53919
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DIY BOARD GAMES NEW!

Got an awesome game idea? Let's build it! Join us and transform your imagination into a playable reality. Explore game design secrets, brainstorm wild rules and bring a board or card game to life using real game pieces. Design it, build it and take it home to play forever!

4-6	MSCR West	M	9/21-10/26	4:30-5:30pm	\$45	53870
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EXPLORING ART MEDIUMS

Step into a world of creativity and color! This class is your ticket to a different kind of adventure every day. Get ready to mix and make a mess as we try out everything from textured pastels to glowing paints and more. Learn how to create awesome art using all sorts of surprising materials and techniques. It's the perfect place to discover what you love to create!

4-6	MSCR East	W	10/21-11/11	5:30-7pm	\$36	53954
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FROM COLORS TO CLOWNING

Explore one of the fundamentals of Pochinko-style clown technique: using color as inspiration for characterization and movement. Drawing on innate understanding of color as a basis for expression, participants develop a clown persona with unique character traits and stylized movement. This technique can be used to develop characters with a distinct flair for any style of performance.

1-5	Lapham	Su	9/20-10/25	3-4:30pm	\$60	54057
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HOOKED ON RUGS NEW!

Turn your doodles into cozy decor in this hands-on, relaxing class. Sketch a custom design, map it to a grid, and bring it to life using a latch hook tool and vibrant yarn. Absolutely zero experience needed -- just show up, unwind and walk away with a mini custom rug you made from scratch!

6-12	MSCR West	Sa	9/19-10/17	10:30-12pm	\$45	53871
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JUNK JOURNALS

Ready to upcycle your imagination? Welcome to the ultimate paper-hacking class! Junk Journals is all about breaking the rules of traditional books. Rip, glue and stitch everyday items like cereal boxes and grocery bags into a vibrant canvas for your thoughts, doodles and memories. It's the perfect mix of recycling and radical self-expression. Bring your favorite paper clippings and paper souvenirs from home, and we supply the rest!

6-8	MSCR West	M	11/2-12/7	5:45-6:45pm	\$48	53999
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MICRO MASTERPIECES NEW!

Big ideas. Bite-sized art. Welcome to the ultimate shrinking art studio! In this hands-on class, design, color and cut out your own custom masterpieces, then watch them magically shrink into durable, pocket-sized treasures. Turn your biggest doodles into keychains, pins, or mini charms. Create something small that makes a huge impact!

3-8	MSCR West	Sa	10/3-10/17	9-10:15am	\$27	54000
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Grade	Location	Day	Date	Time	Fee	Course#
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ORIGAMI - BEGINNING NEW!

Unfold your creativity with Origami! Learn the magic of paper folding and transform simple sheets into stunning 3D art, from classic cranes to fun shapes. Perfect for beginners - no experience needed. Just bring your hands and a smile!

3-5	MSCR West	Th	9/24-10/29	4:45-5:30pm	\$42	54004
6-8	MSCR West	Th	9/24-10/29	5:45-6:30pm	\$42	54005

ORIGAMI - CONTINUING NEW!

Ready to level up your folds? Continuing Origami takes your paper-folding skills to new heights! Master intricate geometric designs, stunning 3D models, and complex animals. Ideal for those who know the basics and want a fun, creative challenge - basic previous experience recommended.

3-5	MSCR West	Th	11/5-12/10	4:45-5:30pm	\$42	54006
6-8	MSCR West	Th	11/5-12/10	5:45-6:30pm	\$42	54007

SPANISH

Build foundational Spanish language skills through play, reading, writing and conversation in this fun and interactive class. Young learners practice every-day vocabulary and simple communication skills through engaging activities designed to build confidence and curiosity about the language. All levels and abilities welcome.

1-3	MSCR West	M	10/19-11/16	5:30-6:30pm	\$50	54010
4-6	MSCR West	M	9/14-10/12	5:30-6:30pm	\$50	54009

THEATER TROUPE

This class introduces young performers to the world of acting through fun and interactive games. Explore the fundamentals of voice, movement and expression as they learn to create characters, tell stories and work together as a team. Each week features playful activities and group storytelling, all designed to build confidence and spark creativity. The program concludes with a showcase performance where each student presents their work, highlighting their creativity, confidence and collaboration.

K-2	MSCR East	W	9/23-11/11	4:30-5:30pm	\$64	53993
3-5	MSCR East	W	9/23-11/11	5:45-7pm	\$80	53994

YOUTH KNITTING - BEGINNING

Learn basic stitches and pattern reading while making your own knitted piece of work! All levels welcome, no prior knitting experience needed!

6-12	MSCR West	Sa	10/24-11/21	10:30-11:45am	\$40	54008
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Sewing**YOUTH SEWING**

Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward finishing simple projects. All materials and sewing machine provided.

4-8	MSCR East	W	9/16-10/14	5:30-7:30pm	\$60	54023
4-8	MSCR West	W	10/21-11/4	6-8pm	\$60	53953

Arts & Enrichment Workshops

Grade	Location	Day	Date	Time	Fee	Course#
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THE GRATITUDE GRAFFITI WORKSHOP NEW!

Make your mark and spread good vibes! This workshop turns positive energy into vibrant street art. In this dynamic workshop, learn basic graffiti lettering, bold color mixing, and cool stencil techniques. The twist? Every design is inspired by the things we appreciate! Come learn the art of the tag, express yourself and leave a positive mark on the world!

4-8	MSCR West	M	9/14	4:30-6:30pm	\$12	53946
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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.

6-8	MSCR West	Th	9/17	4:30-6:30pm	\$12	53872
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Pottery

Grade	Location	Day	Date	Time	Fee	Course#
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HANDBUILDING - CHILD + ADULT

Share a creative experience with your child in this hands-on ceramics class designed for making together. Explore foundational handbuilding techniques including pinch, coil, and slab construction. This class focuses on creativity, connection and learning. All work is completed in the studio, and the registered adult is required to participate alongside the registered child on the provided class project.

K-2	MSCR West	Sa	9/12-10/3	9-10:15am	\$80	53936
K-2	MSCR West	Sa	11/7-11/21	9-10:15am	\$60	53937
K-2	Warner Park CRC	M	9/21-10/12	3-4:15pm	\$80	53941

HANDBUILDING - YOUTH

In this fun, hands-on class, young artists will explore the basics of handbuilt ceramics using pinch, coil, and slab construction techniques. Through guided projects and creative experimentation, participants learn how to shape, build and decorate their own clay creations. This class encourages exploration and confidence while introducing the foundations of working with clay.

3-5	Warner Park CRC	M	9/21-10/12	4:30-5:45pm	\$80	53940
3-5	MSCR West	Sa	9/12-10/3	10:30-11:45am	\$80	53938
3-5	MSCR West	Sa	11/7-11/21	10:30-11:45am	\$60	53939

HANDBUILDING - TEEN

Learn foundational techniques including pinching, slab construction, and coil building, while developing confidence in forming and structuring clay by hand. Practice methods for joining and reinforcing clay, as well as ways to add personal detail and character to your work. By the end of class, you'll have a stronger understanding of how to bring your own creative ideas to life in clay, along with finished pieces that reflect your unique ceramic vision.

6-12	MSCR West	Sa	10/10-10/31	8:45-10:15am	\$80	54013
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TEEN TAKE-A-SPIN

Try out your skills on the potter's wheel in this hands-on class designed for teen beginners. Explore the foundational skills of wheel throwing, with a focus on centering clay and developing control at the wheel. Participants will create a few pieces that will be trimmed, glazed, and fired for them to pick up at a later date. No prior experience needed

6-12	MSCR West	Th	9/10	6:30-8:30pm	\$36	54017
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TEEN WHEEL

Get started on the potter's wheel in this hands-on class designed for teen beginners. Learn the foundational skills of wheel throwing, with a focus on centering clay and developing control at the wheel as you work toward forming simple projects. Through guided practice, build confidence with each step of the process while exploring the basics of working in a studio environment. No prior experience needed

6-12	MSCR West	W	9/16-10/7	4:30-6pm	\$80	53942
6-12	MSCR West	W	10/14-11/4	4:30-6pm	\$80	54014
6-12	MSCR West	Sa	9/12-10/10	12:1-3:30pm	\$80	54015
6-12	MSCR West	Sa	10/24-11/21	12:1-3:30pm	\$80	54016



Youth dance classes will perform at a Dance Recital on Saturday, November 21 at East High School. Details will be announced in the fall.

Youth Dance

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

Grade	Location	Day	Date	Time	Fee	Course#
3-5	MSCR West	M	9/14-11/16	5:05-6:05pm	\$78	53881
K-2	MSCR Central	W	9/23-11/18	4:45-5:35pm	\$70	53883
K-2	MSCR West	W	9/23-11/18	4:55-5:45pm	\$78	54024
3-5	MSCR Central	W	9/23-11/18	5:50-6:50pm	\$78	53882
K-2	MSCR East	Sa	9/19-11/14	11:10-12pm	\$70	53880

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.

7-12	MSCR West	M	9/21-11/16	6:50-7:30pm	\$78	53885
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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.

1-5	MSCR West	M	9/21-11/16	4:30-5:20pm	\$70	53886
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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.

3-12	MSCR West	M	9/21-11/16	5:35-6:35pm	\$78	53887
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BOLLYWOOD DANCE

Celebrate movement, music, and expression in this energetic Bollywood dance class. Blending vibrant choreography with infectious rhythms, Bollywood dance offers a fun and engaging way to build coordination, creativity, and cardio fitness. Explore expressive movement and enjoy the uplifting, community-centered spirit that makes this style so unique. All experience levels welcome.

K-2	MSCR West	T	9/22-11/17	5-6pm	\$73	54011
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BOLLYWOOD DANCE WORKSHOP

Try out this energetic and expressive form of dance! Blending vibrant choreography with infectious rhythms, Bollywood dance offers a fun and engaging way to build coordination, creativity, and cardio fitness. Explore expressive movement and enjoy the uplifting, community-centered spirit that makes this style so unique. All experience levels welcome.

K-2	MSCR West	T	9/8	5-6pm	\$7	54012
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Grade	Location	Day	Date	Time	Fee	Course#
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FLAMENCO DANCE - BEGINNING **NEW!**

Flamenco is a centuries - old, vibrant, emotional art form from Spain. This dynamic course teaches the fundamentals: thunderous footwork (zapateado), rhythmic clapping (palmas) and graceful arm movements. Sharpen musicality, coordination and cultural appreciation. No experience needed!

1-5	MYArts	Th	9/17-11/19	5-5:50pm	\$70	53899
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HIP HOP

Hip Hop began during the 1960s and 1970s as a style inspired by the movement of traditional African dancing. As this style of dance has grown in popularity, it has incorporated aspects from many styles of dance, such as modern, tap and swing, in combination with music to create a complex form of artistry and movement. In this high energy class, participants gain an introduction to hip hop dance styles while focusing on rhythm and stylized movements.

K-2	MYArts	Th	9/24-11/19	5:30-6:20pm	\$70	53996
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IRISH DANCE - BEGINNING

Dancers learn the basics of Irish dance including foot positioning, skip, and introductory steps. This class is recommended for those with no experience in Irish dance, even if they have previously taken other dance classes.

1-5	MYArts	M	9/21-11/16	5:25-6:15pm	\$70	53893
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IRISH DANCE - CONTINUING

Dancers build on their existing Irish dance knowledge with traditional steps of the Jig and the Reel. Develop skills in timing and rhythm, allowing them to dance more independently to traditional Irish music. This class is recommended for those who have previously taken Irish dance classes in which they have learned at least one full step.

3-10	MYArts	M	9/21-11/16	6:30-7:30pm	\$78	53995
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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

K-2	MSCR West	M	9/14-11/16	4-4:50pm	\$70	53998
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K-2	MSCR East	T	9/22-11/17	4:55-5:45pm	\$70	53884
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3-5	MSCR East	T	9/22-11/17	6-7pm	\$78	53992
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3-5	MSCR West	W	9/23-11/18	6-7pm	\$78	53997
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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.

3-5	MSCR Central	Th	9/24-11/19	5:55-6:55pm	\$78	53897
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K-POP DANCE

Unleash your inner K-Pop star! In this exciting class, dancers will explore the energetic world of K-Pop through engaging choreography and creative movement. Learn foundational dance techniques, practice catchy routines from popular K-Pop songs, and even have opportunities to express your own unique style. It's a fantastic way to develop coordination, rhythm, and a love for dance in a supportive and fun environment.

3-5	MSCR East	M	9/21-11/16	4-5pm	\$78	53900
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6-8	MSCR East	M	9/21-11/16	5:15-6:15pm	\$78	53901
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3-5	Memorial	T	9/22-11/17	4-5pm	\$78	54125
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6-8	Memorial	T	9/22-11/17	5:15-6:15pm	\$78	54126
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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.

4-8	MSCR Central	Th	9/24-11/19	7:10-8:10pm	\$78	53898
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Grade Location Day Date Time Fee Course#

MUSICAL THEATER

"Give Them the Ol Razzle Dazzle!" Join us for the ultimate high-energy dance class where the magic of musical theater comes to life. This isn't just about learning steps; it's about storytelling through movement. We combine the technique of jazz dance with the expressive, dramatic flair of Broadway, teaching kids how to not just dance a routine, but truly perform it.

1-3	Lapham	T	9/22-11/17	5:40-6:30pm	\$70	53903
4-8	Lapham	T	9/22-11/17	6:45-7:45pm	\$78	53904

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.

4-8	MYArts	Th	9/24-11/19	6:35-7:35pm	\$78	53902
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TAP

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

1-5	MSCR West	T	9/15-11/17	5:30-6:20pm	\$70	53917
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Madison Starlings

Improve your volleyball skills in a fun and competitive environment!

Teams for Girls & Boys

- **Elementary** - Fall session
- **Middle School** - Tryouts: Early October
- **High School** - Tryouts: Mid November



Visit our website for more information and tryout dates!



SAFARI, SLIME, & SOMERSAULTS

Little movers enjoy a beginner-friendly tumbling class focused on balance, coordination, confidence and playful movement. After flips, rolls and lots of fun, kids head into a safari-themed slime-making activity to create their own squishy masterpiece to take home.

K-2 MSCR West Sa 11/14 9:30-10:30am \$15 54171

Family Fitness

Family Fitness classes are all about moving together! Each class includes one registered child and one participating adult, only the child needs to be registered.

Grade Location Day Date Time Fee Course#

FAMILY BICYCLING - PEDAL PARTY - CHILD + ADULT

The family that rides together thrives together! Join a League of American Bicyclists Certified instructor for a 4-week workshop that teaches families how to ride together. Learn the basics of riding safely, play fun games and drills, practice skills through obstacle courses and neighborhood rides. This class is geared towards children who are able to ride a bike for one mile.

2-7 Lowell Su 10/4-10/25 1-2pm \$20 54183

FAMILY YOGA - CHILD + ADULT

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!

K-2 MSCR West T 9/22-10/20 6:15-7pm \$25 53341

FAMILY ZUMBA - CHILD + ADULT

Enjoy Latin-inspired music and simple dance routines that get the whole family up and moving. A great way to stay active and enjoy quality time together!

2-8 MSCR West W 9/23-10/21 5:45-6:30pm \$25 53344

2-8 MSCR West W 10/28-12/9 5:45-6:30pm \$35 54118

Youth Fitness

Grade Location Day Date Time Fee Course#

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.

2-7 MSCR Central M 9/28-12/7 5-5:45pm \$55 53337
2-7 Warner Park CRC Th 10/1-12/10 5-5:45pm \$50 54220

RUNNING CLUB

This youth training group is geared towards 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.

1-2 Demetral Park Th 9/10-10/22 5:30-6:15pm \$35 54113
2-4 Elver Park Th 9/10-10/22 4:30-5:15pm \$35 54111
4-8 Demetral Park T 9/8-10/20 5:30-6:15pm \$35 53353
4-8 MSCR Central W 9/9-10/21 5:30-6:15pm \$35 54206
5-8 Elver Park Th 9/10-10/22 5:30-6:15pm \$35 53355

STRENGTH & CONDITIONING

A fun, beginner-focused class that builds strength, coordination, and confidence through proper technique, free weights, and conditioning exercises.

5-8 MSCR West T 9/8-10/20 6:45-7:30pm \$35 53357
5-8 MSCR West T 10/27-12/15 6:45-7:30pm \$40 54115

TUMBLING

Learn basic tumbling, stretching and movement skills while participating in obstacle courses, games and activities. Develop coordination, body awareness and gross motor skills.

K-1 MSCR East M 10/26-12/14 6-6:40pm \$40 53361
K-1 MSCR West T 9/22-10/20 3:30-4:10pm \$25 54109
K-1 MSCR West T 10/27-12/1 3:30-4:10pm \$30 54110

TUMBLING LEVEL 2

Builds on the fundamentals taught in our beginner class, offering more advanced skill development. Participants should have a solid foundation and be confident with core movements such as backward rolls, handstands and cartwheels.

1-2 MSCR West T 9/22-10/20 4:20-5pm \$25 53366
1-2 MSCR West T 10/27-12/1 4:20-5pm \$30 54114

YOGA

Gain strength, flexibility, coordination, and confidence through yoga and mindfulness. Youth will practice focus, develop body awareness and learn techniques to feel calm and balanced.

3-5 MSCR West T 10/27-12/15 6:15-7pm \$40 54182



Preschool Sports

Age Location Day Date Time Fee Course#

PRE-K GYM GAMES GALORE

Jump, throw, catch and run! Specifically designed to encourage movement balance and teamwork, this class introduces kids to the wonder of indoor gym games. Balloons, bean bags, hula hoops and more are used in this fast paced class.

3-5	MSCR West	M	9/14-10/19	10:30-11am	\$30	54223
3-5	MSCR West	M	11/2-12/7	10:30-11am	\$30	54231

INDOOR T-BALL

Instructional, coed program that teaches your child introductory baseball skills, team play, and sportsmanship in a non-threatening and non-competitive environment. The indoor t-ball program uses foam bats and balls for safety, therefore baseball gloves and baseball helmets are not required. Skills covered include throwing, catching, batting, running and playing defense.

3-5	Lapham	M	11/2-12/7	6-6:30pm	\$30	54134
3-5	Lapham	M	11/2-12/7	6:40-7:10pm	\$30	54137
3-5	Lapham	W	11/4-12/9	6-6:30pm	\$30	54138
3-5	Lapham	W	11/4-12/9	6:40-7:10pm	\$30	54139
3-5	MSCR West	Sa	9/19-10/24	10:30-11am	\$30	54131
3-5	MSCR West	Sa	9/19-10/24	11:10-11:40am	\$30	54133

SOCCER SKILLS CHILD + ADULT

Child and adult work together to learn soccer skills. Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills. Skip 11/28.

2-3	Lapham	Sa	11/7-12/12	9-9:30am	\$25	54246
2-3	Toki	Sa	11/7-12/12	9-9:30am	\$25	54250
2-3	Lapham	Sa	11/7-12/12	9:45-10:15am	\$25	54247
2-3	Toki	Sa	11/7-12/12	9:45-10:15am	\$25	54251
2-3	Lapham	Sa	11/7-12/12	10:30-11am	\$25	54248
2-3	Toki	Sa	11/7-12/12	10:30-11am	\$25	54252
2-3	Lapham	Sa	11/7-12/12	11:15-11:45am	\$25	54249
2-3	Toki	Sa	11/7-12/12	11:15-11:45am	\$25	54253



Age Location Day Date Time Fee Course#

SOCCER SKILLS - PRESCHOOL INDOOR

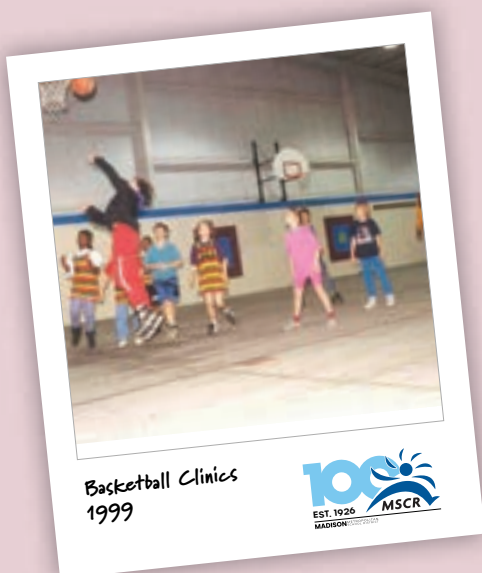
Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills. Skip 11/23-11/29.

3-5	Schenk	M	11/2-12/7	6:15-6:45pm	\$25	54232
3-5	Midvale	T	11/3-12/8	6:15-6:45pm	\$25	54234
3-5	Schenk	T	11/3-12/8	6:15-6:45pm	\$25	54236
3-5	Marquette	W	11/4-12/9	6:15-6:45pm	\$25	54238
3-5	Midvale	W	11/4-12/9	6:15-6:45pm	\$25	54240
3-5	Crestwood	Th	11/5-12/10	6:15-6:45pm	\$25	54242
3-5	Lapham	Th	11/5-12/10	6:15-6:45pm	\$25	54244
3-5	Whitehorse	Sa	11/7-12/12	9-9:30am	\$25	54257
3-5	MSCR West	Sa	11/7-12/12	9-9:30am	\$25	54254

SPORTS SAMPLER

Give your child the opportunity to sample sports and learn skills in a fun environment! Each week is devoted to learning a different sport including soccer, basketball, flag football and ultimate frisbee through fun exercises, drills and games. Staff work with participants on individual skills and focus on teaching the fundamentals to each child. Pairs are introduced to a skill and work on it together with assistance and guidance from the Youth Sports staff.

3-5	MSCR West	M	9/14-10/19	4-4:30pm	\$30	54224
3-5	MSCR West	M	9/14-10/19	4:45-5:15pm	\$30	54225
3-5	MSCR West	M	11/2-12/7	4-4:30pm	\$30	54228
3-5	MSCR West	M	11/2-12/7	4:45-5:15pm	\$30	54229
3-5	MSCR West	Th	9/17-10/22	4-4:30pm	\$30	54226
3-5	MSCR West	Th	9/17-10/22	4:45-5:15pm	\$30	54227



Basketball Clinics
1999





Youth Sports

Grade Location Day Date Time Fee Course#
BADMINTON

Learn badminton and get game practice with an emphasis on court etiquette, sportsmanship and fitness in a fun atmosphere! All skill levels are welcome. Beginners focus on the fundamentals including: correct and effective methods of hitting the shuttle, body position and movement, hand/eye coordination, rules and scoring. Intermediate and advanced participants practice skills refinement and game play including: overhead shots, clears, drops, smashes and lifts, smash returns and net drops, movement patterns and game tactics.

Grade	Location	Day	Date	Time	Fee	Course#
3-5	Ezekiel Gillespie	Th	11/5-11/19	6:15-7:15pm	\$12	53973
6-8	Ezekiel Gillespie	Th	11/5-11/19	7:15-8:15pm	\$12	54149

BASKETBALL SKILLS CLINIC - BEGINNER

Learn basketball in a fun and supportive atmosphere. Clinic covers skills, rules, team play and sportsmanship. Each session ends with a scrimmage game.

Grade	Location	Day	Date	Time	Fee	Course#
1-2	Toki	T	9/15-10/20	6-7pm	\$30	54141
1-2	Nuestro Mundo	Th	9/17-10/22	6-7pm	\$30	54144
3-5	Toki	T	9/15-10/20	7-8pm	\$30	54142
3-5	Nuestro Mundo	Th	9/17-10/22	7-8pm	\$30	54145



Look for Afterschool Sports on page 10-11

Grade Location Day Date Time Fee Course#

ULTIMATE FRISBEE 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.

2-3	Toki	M	9/14-10/19	5-5:45pm	\$30	53988
4-5	Toki	M	9/14-10/19	5:45-6:30pm	\$30	53989

VOLLEYBALL SKILLS

This instructional program teaches basic volleyball skills including the fundamentals of serving, bumping, passing and spiking. Rules and game strategies are also covered. Children build upon what they learn to improve their skills and play an instructional practice game at the last class.

1-2	MSCR West	T	9/15-10/20	5:30-6pm	\$31	54150
1-2	MSCR West	T	11/3-12/8	5:30-6pm	\$31	54151
1-2	MSCR West	Th	9/17-10/22	6-6:30pm	\$31	53982
1-2	MSCR West	Th	11/5-12/10	6-6:30pm	\$31	54152
3-4	MSCR West	T	9/15-10/20	6:10-6:40pm	\$31	54153
3-4	MSCR West	T	11/3-12/8	6:10-6:40pm	\$31	54155
3-4	MSCR West	Th	9/17-10/22	6:40-7:10pm	\$31	54154
3-4	MSCR West	Th	11/5-12/10	6:40-7:10pm	\$31	54156
5-8	MSCR West	Th	9/17-10/22	7:20-8pm	\$36	54157
5-8	MSCR West	Th	11/5-12/10	7:20-8pm	\$36	54158

INDOOR SOCCER SKILLS

Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills. Skip 11/23-11/28.

K-2	MSCR West	Sa	11/7-12/12	10-10:45am	\$30	54255
K-2	Whitehorse	Sa	11/7-12/12	10-10:45am	\$30	54258
1-2	MSCR West	Su	11/8-12/13	12:30-1:30pm	\$25	54260
1-2	Schenk	M	11/2-12/7	7-7:45pm	\$30	54233
1-2	Midvale	T	11/3-12/8	7-7:45pm	\$30	54235
1-2	Schenk	T	11/3-12/8	7-7:45pm	\$30	54237
1-2	Marquette	W	11/4-12/9	7-7:45pm	\$30	54239
1-2	Midvale	W	11/4-12/9	7-7:45pm	\$30	54241
1-2	Crestwood	Th	11/5-12/10	7-7:45pm	\$30	54243
1-2	Lapham	Th	11/5-12/10	7-7:45pm	\$30	54245
3-5	MSCR West	Sa	11/7-12/12	11am-12pm	\$35	54256
3-5	Whitehorse	Sa	11/7-12/12	11am-12pm	\$35	54259
3-5	MSCR West	Su	11/8-12/13	1:45-2:45pm	\$25	54261

YOUTH INDOOR SOCCER OPEN PLAY

MSCR provides the gym, game balls and goals - and lets the kids play. Instructors lead the children through a brief warm up, ice-breaker activity, skills practice and supervise the program. New teams are formed each week.

1-2	MSCR West	Su	11/8-12/13	12:30-1:30pm	\$25	53963
3-5	MSCR West	Su	11/8-12/13	1:45-2:45pm	\$25	53964

MSCR Youth Sports Leagues

Youth Sports Leagues provide 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! Sign up at mscryouthsportsleagues.org



Flag Football Leagues 608-204-3026

MSCR Flag Football League is geared to teach young players the essential skills of football. This is a minimal contact league that emphasizes safety, fundamentals and fun above all. Each player receives a flag set. Games are played on Tuesdays (Gr 2-3), Wednesdays (Gr 4-5 Girls) or Thursdays (Gr 4-5) 5-6:30pm. First week of the program is a practice, coaches may schedule additional practices. Register for either the 2-3, or 4-5 division. There is a new league for girls on Wednesdays. Volunteer coaches are essential to the success of this program. If you are interested in coaching please contact Chris McGill at cmcgill@madison.k12.wi.us.

Grade	Location	Day	Date	Time
2-3	Cherokee Heights	Tu	9/15-10/20	5-6:30pm
4-5 Girls		Wed	9/16-10/21	
4-5		Thurs	9/17-10/22	
Registration Type	Registration Deadline		Resident Fee	Non-Resident Fee
Early	Now - 8/14		\$51	\$66
Regular	8/15-9/3		\$56	\$79

Flag Football Leagues register at mscryouthsportsleagues.org

Registration Process for Sports Leagues

Go to mscryouthsportsleagues.org

Or go to MSCR East, MSCR Central or MSCR West for a paper registration.

We Need Your Help!

VOLUNTEER COACHES NEEDED

At least one volunteer coach per team is needed. Go to mscryouthsportsleagues.org to learn more

Soccer Leagues 608-229-6820

MSCR Youth Soccer League is 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. Please sign your player up for the Division they are entering in the 2026-2027 school year! While we do make accommodations for players to play up an age group, we do not allow them to play down a division.

League	Division	Grade	Dates	Day	Time
3v3	U4	PreK	9/13-10/18	Su	1, 2, 3 or 4pm
	U6	K			
6v6	U8	1-2	9/12-10/17	Sa	9, 10:15, 11:30am or 12:45pm
	U10	3-4			
	U12	5-6			
	U14	7-8			

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

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	Now - 8/2	\$55	\$82.50
Regular	8/3-8/16	\$60	\$90
Late	8/17-8/23	\$70	\$105



Celebrate 100 Years of Outdoors with the MSCR Centennial Forest Challenge!

September 1 – October 31 at the Madison School Forest

For a century, MSCR has connected our community to public spaces, active living and the great outdoors. To honor our Centennial, we are throwing down a challenge: Can you spend 100 minutes immersing yourself in the beautiful Madison School Forest this autumn?

Whether you crush it in one afternoon or break it up into a few crisp autumn visits, logging 100 minutes in nature is the perfect way to celebrate our centennial milestone. Head out to the Madison School Forest anytime between September 1 and October 31.

How to participate:

- Track your time until you hit at least 100 minutes
- Go to mscr.org and complete the online form by November 5

Perks & Prizes

We love a celebration, which means we're giving away some fantastic centennial swag!

The Grand Prize Raffle

Complete your 100 minutes, fill out our quick online completion form to be automatically entered to win one of five MSCR Gift Cards (perfect for future classes, pontoon rides, or camp registrations!).

Bonus Swag

Want to show off your accomplishment? Upload a photo of your time in the forest to your completion form and we mail you a limited-edition School Forest MSCR Centennial Bandana for free!

Learn more



All Ages

All participants must register and an adult over 18 must register and participate with youth participants.

Age	Location	Day	Date	Time	Fee	Course#
NATURE'S NIGHTMARE						

This night of fright certainly spooks whoever dares to journey through the wooded trail of terror at the School Forest. Things from the unknown lurk around every twist and turn - are you up to the challenge? The "walk" portion takes about 35 minutes to complete.

Participants are assigned a start time between 6:30-7pm for the 6:30-8pm session and a start time between 7:45-8:15pm for the 7:45-9:15 session. Look for an email with all the details following registration.

12+	Mad Schl Forest	F	10/23	6:30-8pm	\$15	53332
12+	Mad Schl Forest	F	10/23	7:45-9:15pm	\$15	53333
12+	Mad Schl Forest	Sa	10/24	6:30-8pm	\$15	53334
12+	Mad Schl Forest	Sa	10/24	7:45-9:15pm	\$15	53335

Family

All participants must register and an adult over 18 must register and participate with youth participants.

ALL THINGS FALL

The Madison School Forest is a magical place in the fall! The leaves are falling, the air is crisp, and the forest is alive with animals preparing for winter! Families enjoy roasting s'mores over the fire, carving pumpkins in the open air shelter and hiking the School Forest trails with MSCR Nature Kits. Best suited for ages 4-10 years.

4+	Mad Schl Forest	Sa	10/17	10am-12pm	\$10	53815
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HIGH CHALLENGE COURSE AT SCHOOL FOREST

Experience the High Challenge Course at Madison School Forest! Grab a friend or small group, get suited up in safety gear including harness, helmet, then practice on ground school before testing your problem solving skills up to 30ft in the air. Best suited for ages 10+.

10+	Mad Schl Forest	Sa	9/26	9am-12pm	\$35	53818
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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). Best suited for ages 5+.

5+	Mad Schl Forest	Sa	10/17	1-3pm	\$8	53820
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TWIGS AND TREATS

No tricks here! Tromp through the School Forest trails to learn about the natural world around you and get into the Halloween spirit. Short guided activities bring the plants and animals of the School Forest to life. End the night with a s'more and refreshments at the bonfire. Costumes encouraged! Best suited for ages 4-11 years old. An adult over 18 must register and participate with youth participants.

4+	Mad Schl Forest	Sa	10/24	2:30-3:30pm	\$10	53816
4+	Mad Schl Forest	Sa	10/24	3-4pm	\$10	53817

Outdoor Program Opportunities with MSCR

Bring your group for customizable experiences!



Our Outdoor Programs mission is to empower and facilitate individual and group transformation through experiential and outdoor learning.

MSCR offers a wide variety of programs designed to meet your group's specific needs and goals. Whether you're looking to build teamwork, develop leadership skills, or simply have fun in the great outdoors, we can create the perfect experience for you. We have trained instructors ready to provide the expertise and facilitate activities. Reach out to us today to book a program and start your adventure!



Teambuilding

Challenge courses, corporate teambuilding, mobile programs & more!

Paddling

Canoe and kayak instruction.

Outdoor Education

Survival skills, orienteering, nature hikes & more!

Camping at the School Forest Campground

The Madison School Forest offers its facilities, trails and 287 acres of Oak Forest to groups as an outdoor learning center or for overnight camping experiences.



For more information about programs, locations and booking online:

Contact Outdoor Programs Specialists:

Emily Pepper: eapecffer@madison.k12.wi.us,

Liz Just: ekjust@madison.k12.wi.us

Or go to mscr.org/programs/outdoors





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.

The Pontoon 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

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: 9am-12pm, 1-4:00pm, 5-8pm

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

- 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.

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.

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. Registration begins 30 minutes prior to posted starting times.

Olin Park

60 minute boat trips on Lake Monona from Olin Park. 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.

Drop In Schedule

Tenney Park

Sundays

1:30pm-3:00pm
3:15pm-4:45pm

Tuesdays and Thursdays

5:30pm-7:00pm
7:15pm-8:45pm
(No 7:15 trip in September)

Olbrich Park

Mondays

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

Olin Park

Wednesdays

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

Warner Park

Fridays

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



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 eapecffer@madison.k12.wi.us or 608-204-4580 for more information.

Specialty Trips

Age	Location	Day	Date	Time	Fee	Course #
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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.

All	Tenney Boat Pier	Sa	9/5	2-5pm	\$17	53829
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Meal Trips

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

MEAL TRIPS: UW UNION

Take a boat ride for a meal! This is a lunch outing. All food is at your own expense. If restaurants are inaccessible at the date of trip, new venues may be chosen.

All	Tenney Boat Pier	Th	9/17	11:30am-3pm	\$16	53830
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Age	Location	Day	Date	Time	Fee	Course #
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Youth Trips

Adults must register and attend with youth participants.

AQUATIC KIDS

Explore the lake like a scientist. Best suited for grades 3-5.

All	Tenney Boat Pier	W	8/26	6-8pm	\$15	52334
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LAKE SAFARI

Explore the plants and animals you find in and around the lakes. Best suited for grades K-4.

All	Tenney Boat Pier	Sa	8/15	12-2pm	\$15	52344
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HALLOWEEN IN SEPTEMBER

Adults must register, pay and attend with youth participants. Show off your costume early by wearing it on a Pontoon Ride.

All	Tenney Boat Pier	Sa	9/19	9-11am	\$15	53831
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All	Tenney Boat Pier	Sa	9/19	12-2pm	\$15	53832
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SCHLUTER BEACH TRIP

Adults must register, pay and attend with youth participants. Take a ride to Schluter Beach: Enjoy the playground and stop into the Monona Bait and Ice Cream Shop for a scoop.

All	Tenney Boat Pier	Sa	9/12	12-2pm	\$15	53833
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CAMP RANDALL ROWING

MIDDLE & HIGH SCHOOL YOUTH ROWING



FALL SEASON
STARTING
SOON

BEGINNERS
WELCOME

*Registration
Now Open*



CAMPRANDALLRC.ORG





Paddling

Let us show you the beautiful lakes, rivers and waterways right out your door and beyond! MSCR has a fleet of canoes and kayaks to offer introductory paddling clinics and paddling trips. We provide instruction, lifejackets, boats and paddles. Our trips range from beginner level to advanced, with the longer trips requiring more endurance and the ability to sit in a boat for up to 4 hours. Experienced instructors teach the skills you need to navigate the water and are your guides during the trips

Best suited for ages 14 and up, anyone under the age of 18 must register with a participating adult. Request disability accommodations by contacting MSCR Inclusion Services at MSCRInclusion@madison.k12.wi.us. Advance notice may be necessary to arrange for some accessibility needs.

Intro to Paddling

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. If canoeing, both participants must register.

Age	Location	Day	Date	Time	Fee	Course #
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! Best suited for grade 9 and up, anyone under the age of 18 must register with a participating adult.

14+	Warner Park	M	9/21	1-3pm	\$18	53826
14+	Warner Park	M	9/21	5-7pm	\$18	53823
14+	Vilas Park	M	10/5	1-3pm	\$18	53824
14+	Vilas Park	M	10/5	4-6pm	\$18	53825

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.

Age	Location	Day	Date	Time	Fee	Course #
SCHLUTER PARK ADVENTURE						

Launch from Schluter Park and paddle on Lake Monona based on the wind/ water conditions for the day. You'll either paddle towards Olbrich Park or around Monona to Wiicawak Bay. Upon your return, enjoy ice cream at the Monona Bait & Ice Cream Shop. Choose canoe or kayak for this trip, if canoeing both participants must register. All food optional and at your own expense. Best suited for grade 9 and up, anyone under the age of 18 must register with a participating adult.

14+	Schluter Beach	Sa	9/26	9am-12pm	\$27	53827
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YAHARA RIVER ADVENTURE

Paddle on the Yahara River into lake Monona to Starkweather Creek. Enjoy the Madison skyline and Olbrich Gardens from the water. Depart from MSCR Pontoon Boatyard, adjacent to Tenney Park. Choose canoe or kayak for this trip, if canoeing both participants must register. Best suited for grade 9 and up, anyone under the age of 18 must register with a participating adult.

14+	Tenney Park	Sa	10/10	1-4pm	\$27	53828
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Day Trips

Head outside of Madison with us to paddle at some stunning locations.

Times listed include travel; paddling lasts up to three hours. Choose canoe or kayak on any of these trips, if canoeing both participants must register.

CRUISING THE LAKES

Explore the Southern Yahara River from Babcock County Park to Fish Camp County Park. You'll paddle through Mud Lake into Lake Kegonsa. This trip will require participants to shuttle in their vehicles, shuttling is coordinated by MSCR staff. Times listed include travel to/from Madison, paddle time is around 3-4 hours. Choose canoe or kayak for this trip, if canoeing both participants must register. Best suited for grade 9 and up, anyone under the age of 18 must register with a participating adult.

14+	LaFollette High	F	10/16	10am-4pm	\$35	53822
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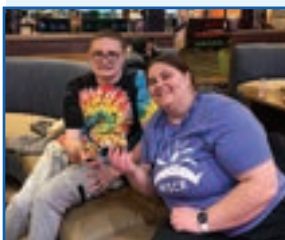
DISCOVER HORICON MARSH

Spend a day paddling Horicon National Wildlife and Refuge, the largest freshwater caitail marsh in the US. Times listed include travel to/from Madison, paddle time is around 3 hours. Choose canoe or kayak for this trip, if canoeing both participants must register. Best suited for grade 9 and up, anyone under the age of 18 must register with a participating adult.

14+	LaFollette High	Sa	10/24	10am-3pm	\$35	53821
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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.



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 grade 9+ and their caregivers unless otherwise noted. Essential Eligibility Criteria can be found at mscr.org/programs/adapted-recreation

Adapted Recreation

Grade Location Day Date Time Fee Course#

BOWLING

A time to socialize with others and have some fun on the lanes! Participants may bowl two games, as time allows. Lane-issued shoes included. For this activity, please see Essential Eligibility Criteria.

Grade	Location	Day	Date	Time	Fee	Course#
9+	Dream Lanes	T	9/22-12/8	4:15-5:45pm	\$121	53095
9+	Spare Time	Th	9/24-12/10	4:15-5:45pm	\$121	53096

CITY CLUB

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

Grade	Location	Day	Date	Time	Fee	Course#
9	MSCR West	W	9/23-12/9	3:30-5:30pm	\$82	53098
9+	MSCR East	Th	9/24-12/10	3:30-5:30pm	\$82	53099

CLIMBING AND HIGH ROPES

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. Programming provided by MSCR Outdoor Programs staff. For this activity, please see Essential Eligibility Criteria.

Grade	Location	Day	Date	Time	Fee	Course#
9+	MSCR Kennedy	Sa	9/19	9am-12pm	\$16	53100

DANCE AND MOVE

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

Grade	Location	Day	Date	Time	Fee	Course#
9+	MSCR West	M	9/21-12/7	4:30-5:30pm	\$70	53102
9+	MSCR Central	T	9/22-12/8	4:30-5:30pm	\$70	53103

GOALBALL

No prior experience required. This all-gender course introduces the fundamentals of goalball, a team sport designed for athletes with visual impairments. Open to all adapted participants - players wear eye shades which are provided. Players learn basic skills such as ball handling, throwing, diving and effective communication using auditory cues. Emphasis is placed on spatial awareness, teamwork and inclusive play through fun drills and guided scrimmages in a supportive environment. Please see Essential Eligibility Criteria.

Grade	Location	Day	Date	Time	Fee	Course#
9+	MSCR West	S	10/25-12/13	3-5pm	\$96	53104

INDOOR BOCCIE

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.

Grade	Location	Day	Date	Time	Fee	Course#
9+	MSCR West	W	9/23-12/9	5:15-6:30pm	\$70	53105

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. Open to individuals with disabilities grade 9+ and their caregivers. For this activity, please see Essential Eligibility Criteria.

Grade	Location	Day	Date	Time	Fee	Course#
9+	Olin Park	Th	9/10	2-5pm	\$10	53106
9+	Olin Park	T	10/6	2-5pm	\$10	53107



Grade Location Day Date Time Fee Course#

PICKLEBALL

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

Grade	Location	Day	Date	Time	Fee	Course#
9+	MSCR West	T	9/22-12/8	3:30-4:30pm	\$70	53108

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.

Grade	Location	Day	Date	Time	Fee	Course#
9+	MSCR West	Sa	10/10-10/31	10:30-11:45am	\$56	53110

RECREATIONAL SWIM (FORMERLY 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.

Grade	Location	Day	Date	Time	Fee	Course#
9+	Lapham	M	9/21-12/7	7:10-8:10pm	\$107	53111
9+	Lapham	T	9/22-12/8	7:10-8:10pm	\$107	53112
9+	Lapham	W	9/23-12/9	7:10-8:10pm	\$107	53113

SWIM LESSONS AGES 5-13

Intended for youth with disabilities who would benefit from a very small group, this class will provide 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.

Grade	Location	Day	Date	Time	Fee	Course#
K-8	Lapham	Sa	9/19-11/21	9:25-9:55am	\$125	53114
K-8	Lapham	Sa	9/19-11/21	10:05-10:35am	\$125	53115
K-8	Lapham	Sa	9/19-11/21	10:45-11:15am	\$125	53116

YOGA

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

Grade	Location	Day	Date	Time	Fee	Course#
9+	MSCR Central	M	9/21-12/7	4:30-5:30pm	\$70	53117
9+	MSCR West	Th	9/24-12/10	4:30-5:30pm	\$70	53118



**Look for Inclusion Services
on page 57**



MSCR Aquatics offers swim lessons for all ages (infants through adults), plus a variety of adult aquatic fitness and specialized programs. MSCR is a licensed American Red Cross Learn-to-Swim provider.

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 and bring their own towel. Patrons are allowed to bring bags and towels to the spectator area. MSCR is not responsible for any lost or damaged items

Before you swim

Lockers and showers are available. Men's, women's and all gender restrooms are available for changing after lessons. MSCR affirms the rights of individuals to use facilities that align with their gender identity. Showers must be taken before swimming and long hair must be either tied back or in a swim cap.

Pool Information

Pool temperatures and maintenance are regulated by the School District maintenance department, not MSCR. Requests have been made for varying water and air temperature, but some swimmers may be more sensitive to cooler temperatures, so we recommend wearing a swim cap and/or a clean rashguard.

An aquatic lift is available at all MMSD High School Pools.

Please call 608.204.3025 to inquire about usage.

Open & Lap Swim

FEES

A Swim Pass is required for open and lap swim and can be purchased at MSCR or from the off-duty lifeguard 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. Children under age 3 swim free with an adult swimmer. \$25 for 14 punches per card (1=youth, 2=adult). All participants are required to complete a liability waiver and emergency contact form each school year, which is available at mscr.org.

OPEN SWIM

Children ages 6 and under must be actively supervised by an adult in the water and within arm's reach. One adult (18+) must be present for every 2 children ages 6 and under. Any child under 12 must be actively supervised by an adult in the pool area. Children over the age of 12 may swim unaccompanied by an adult. Large groups (over 10 swimmers) require advanced notice. Please call the Aquatic Specialist (204-3019) to inquire. No inflatables allowed during open swim. Only Coast Guard approved flotation devices are allowed. MSCR equipment may be available during open swim at the discretion of the lifeguard on duty.

OPEN SWIM - LAPHAM

Lapham is a small, warm water, shallow pool (3 ft.-5 ½ ft. deep) with a capacity of 40 swimmers.

October 2 - December 11 Skip 11/27

Day	Location	Time
Fridays	Lapham	4-7:30pm

ADULT LAP SWIM SCHEDULE

Swimmers who are Grade 8-Adult and who can swim laps continuously as part of a fitness regimen are welcome during lap swim time.

September 21 - December 11. *Wednesdays at West begins 9/30.

Skip 11/23-11/26

Day	Pool	Time
Mondays	West	6:15-8:15pm
Tuesdays	East	6:15-8:15pm
Wednesdays	Memorial	6:15-8:15pm
*Wednesdays	West	7:15-8:30pm
Thursdays	La Follette	6:15-8:15pm



Look for Afterschool Sports on page 10-11

Adapted Swim Lessons

Lessons for children with disabilities who would benefit from a very small group. Saturday mornings at Lapham. Please see Swim Lessons in the Adapted section

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.

Child & Adult*

Active adult participation is required.

LITTLE DIPPERS (6 MONTHS - AGE 2)

Familiarizes children with 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. Continues to build on water safety knowledge. 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 (GRADES K-8)

A transition class for youth who are not comfortable without an adult in the water. Instructors work with each family on a transition plan into youth swim lessons. Youth learn basic swimming strokes and about water safety, closely following Red Cross Level 1 skills. Swimmers who have been successful in regular youth swim lessons should not enroll in this class. This class is not open for internet registration. Please call 608-204-3019 for information.

*Child + Adult classes are not instruction for adults who want to learn how to swim (please see Teen/Adult Swim Instruction below).

Preschool (Ages 3 - 5)

Preschool classes are designed for independent participation. 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 and swim readiness. If your child isn't ready to participate without an adult in the water, consider a Child + Adult class.

Level 1: Orients children to aquatic environment and teaches basic aquatic skills.

Level 2: Builds upon the skills learned in Preschool Level 1 to gain more independence.

Level 3: Increases proficiency and builds on basic aquatic skills learned in Preschool Levels 1 and 2. Reinforces water safety concepts and skills.

Youth (Grades K-8)

LEVEL 1: INTRODUCTION TO WATER SKILLS

No swimming skills necessary. Introduces basic 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.

LEVEL 6: FITNESS SWIMMER

Refines strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

COMPETITION PREP I: FUNDAMENTALS (GRADES 2-8) - NEW!

Builds on skills learned in Red Cross Learn to Swim Level 4 to further refine stroke mechanics and build endurance. The purpose of this course is to bridge the gap between swim lessons and competitive swimming. The focus is on performing legal strokes, and introducing turns, starts & finishes. Swimmers learn to circle swim and lane-sharing etiquette in order to prepare for competitive swimming in a non-competitive environment.

COMPETITION PREP II: ADVANCED REFINEMENT (GRADES 2-8) - NEW!

Builds on skills learned in Red Cross Learn to Swim Level 5 and 6 to further refine stroke mechanics and improve endurance. Swimmers transition from 25-yard sets to longer, continuous swims while maintaining technique. Swimmers learn to use multi-part sets, equipment, a pace clock and heart rate to further their swim proficiency and knowledge in order to prepare for competitive swimming in a welcoming environment.

INTRO TO ARTISTIC SWIMMING (GRADES 2-8) - NEW!

Perfect for those with water competency but little to no artistic swimming experience, this is designed to teach the fundamental skills and concepts of artistic swimming, formerly known as synchronized swimming. Build confidence and control in the water by learning specialized techniques for sculling, treading water, achieving various body positions, holding your breath and breathing efficiently while submerged. Develop rhythm and timing by moving to music, working with a partner and a team.

Adapted

ADAPTED SWIM LESSONS (GRADES K-8)

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, 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.

Adult Swim Lessons (Grade 8-Adult)

LEARNING THE BASICS TEEN/ADULT

An introductory course for beginners, this focuses on basic aquatic skills, including exploring personal buoyancy, breath control and movement through the water. This is for the non-swimmer or those who are generally uncomfortable in the water. This class is not open for internet registration. Call 608-204-3030 for information.

TEEN/ADULT SWIM INSTRUCTION

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, appropriate for those with beginner through advanced skill and comfort level.

Adult Water Fitness

AQUA CIRCUIT (GRADE 9-ADULT)

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 relaxing cool down. You do not need to be a swimmer to participate, as the class is conducted in shallow water.

DEEP WATER EXERCISE (GRADE 9-ADULT)

A solid aerobic, cross-training workout without the impact and strain on joints. 40 minutes of cardio followed by a short cool down. Flotation belts are provided, but you should feel comfortable in deep water.

WARM WATER EXERCISE (GRADE 9-ADULT)

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.

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 at least 2500-4000 yards.

INTRO TO ARTISTIC SWIMMING (GRADE 9-ADULT)

An introductory course, designed to teach the fundamental skills and concepts of artistic swimming, formerly known as synchronized swimming. Build confidence and control in the water by learning sculling, treading water and various body positions. Learn specific techniques for holding your breath and breathing efficiently while submerged. Develop rhythm and timing by moving to music, working with a partner and a team. Participants must be comfortable in deep water, able to tread water for at least 30 seconds, float on front and back and swim with face in the water.

INTRO TO WATER POLO (GRADE 9-ADULT)

Must be able to swim proficiently and be comfortable in deep water; past experience playing water polo is not necessary. This all-gender course teaches the basics of water polo rules and game play in a fun environment. The coach utilizes workouts to improve endurance, runs drills and games to improve technique, and instructs game play for scrimmages.

ADVANCED WATER POLO (GRADE 9-ADULT)

Must be comfortable with water polo fundamentals and deep water play; prior participation in an introductory water polo course or equivalent experience is recommended. This all-gender course focuses on refining technique, improving tactical awareness and building endurance through more intensive workouts and structured drills. Players engage in scrimmages with an emphasis on teamwork, strategy and skill development in a supportive, pre-competitive environment.

East High School Pool, 2222 E Washington Ave

Adult Classes

Day & Date	Time	Class	Fee	Course #
Sun 9/20-11/22	4:45-5:15pm	Teen/Adult Swim Instruction (Grade 8-Adult)	\$105	53295
Tues, Thurs 9/15-12/10	5:45-7am	Masters Swimming (2x per week)	\$150	53277
Tues 9/22-12/8	6:15-7pm	Water Fitness: Deep Water (Grade 9-Adult)	\$66	53305
	7:15-8:15pm	Water Fitness: Aqua Circuit (Grade 9-Adult)	\$72	53302
Wed 9/23-12/9	7:35-8:05pm	Teen/Adult Swim Instruction (Grade 8-Adult)	\$88	53296

Youth Classes

Day & Date	Time	Class	Fee	Course #
Sun 9/20-11/22	2:45-3:15pm	Youth Swim Lessons (K-8)	\$99	53309
	3:25-3:55pm	Youth Swim Lessons (K-8)	\$99	53310
	4:05-4:35pm	Youth Swim Lessons (K-8)	\$99	53311
	4:45-5:15pm	Swim With Me - Child + Adult (K-8)	\$96	53293
Wed 9/23-12/9	6:15-6:45pm	Youth Swim Lessons (K-8)	\$72	53312
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$72	53313

La Follette High School Pool, 702 Pflaum Rd

Adult Classes

Day & Date	Time	Class	Fee	Course #
Thurs 9/24-12/10	6:15-7:15pm	Water Fitness: Aqua Circuit (Grade 9-Adult)	\$72	53303
	7:30-8:15pm	Water Fitness: Deep Water (Grade 9-Adult)	\$56	53306

Youth Classes

Day & Date	Time	Class	Fee	Course #
Mon 9/21-12/7	6:15-6:45pm	Youth Swim Lessons (K-8)	\$75	53314
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$75	53315
	7:35-8:05pm	Youth Swim Lessons (K-8)	\$75	53316

Lapham Elementary School, 1045 E Dayton St

Adult Classes

Day & Date	Time	Class	Fee	Course #
Sun 9/20-11/22	4:30-5pm	Learning the Basics (Grade 8-Adult)	\$105	53270
Thurs 9/24-12/10	7:10-8:10pm	Warm Water Exercise (Grade 9-Adult)	\$72	53299
Sat 9/19-12/12	8:10-9:10am	Warm Water Exercise (Grade 9-Adult)	\$79	53292

Youth Classes

Day & Date	Time	Class	Fee	Course #
Sun 9/20-11/22	2:30-3pm	Shrimp Dip - Child+Adult	\$96	53289
	3:10-3:40pm	Preschool Swim Lessons (Ages 3-5)	\$103	53279
	3:50-4:20pm	Little Dippers - Child+Adult	\$96	53271
Mon 9/21-12/7	5:10-5:40pm	Preschool Swim Lessons (Ages 3-5)	\$86	53280
	5:50-6:20pm	Little Dippers - Child+Adult	\$82	53272
	6:30-7pm	Preschool Swim Lessons (Ages 3-5)	\$86	53281
Tues 9/22-12/8	5:10-5:40pm	Preschool Swim Lessons (Ages 3-5)	\$86	53282
	5:50-6:20pm	Little Dippers - Child+Adult	\$82	53273
	6:30-7pm	Preschool Swim Lessons (Ages 3-5)	\$86	53286
Wed 9/23-12/9	5:10-5:40pm	Preschool Swim Lessons (Ages 3-5)	\$86	53283
	5:50-6:20pm	Shrimp Dip - Child+Adult	\$82	53290
	6:30-7pm	Preschool Swim Lessons (Ages 3-5)	\$86	53284
Thurs 9/24-12/10	5:10-5:40pm	Little Dippers - Child+Adult	\$82	53274
	5:50-6:20pm	Preschool Swim Lessons (Ages 3-5)	\$86	53285
	6:30-7pm	Shrimp Dip - Child+Adult	\$82	53291



Memorial High School Pool, 201 S Gammon Rd

Adult Classes

Day & Date	Time	Class	Fee	Course #
Wed 9/23-12/9	6:15-7pm	Water Fitness: Deep Water (Grade 9-Adult)	\$66	53307
	7:15-8:15pm	Water Fitness: Aqua Circuit (Grade 9-Adult)	\$72	53304
Sat 9/19-11/21	4:45-5:15pm	Teen/Adult Swim Instruction - (Grade 8-Adult)	\$116	53297

Youth Classes

Day & Date	Time	Class	Fee	Course #
Sat 9/19-11/21	2:45-3:15pm	Youth Swim Lessons (K-8)	\$99	53308
	3:25-3:55pm	Youth Swim Lessons (K-8)	\$99	53317
	4:05-4:35pm	Youth Swim Lessons (K-8)	\$99	53318
	4:45-5:15pm	Swim With Me - Child + Adult (K-8)	\$96	53294

West High School Pool, 2312 Regent St

Adult Classes

Day & Date	Time	Class	Fee	Course #
Sun 9/20-12/13	3:15-4:15pm	Intro to Artistic Swimming (Grade 9-Adult)	\$111	54214
Mon 9/21-12/7	6:15-7:15pm	Water Fitness: Aqua Circuit (Grade 9-Adult)	\$72	53300
	7:30-8:15pm	Water Fitness: Deep Water (Grade 9-Adult)	\$66	53301
Tues, Thurs 9/22-12/17	5:40-7:10am	Masters Swimming (2x per week)	\$168	53278
Wed 9/30-12/9	6:15-7:15pm	Intro to Water Polo (Grade 9-Adult)	\$75	53269
	7:30-8:30pm	Advanced Water Polo (Grade 9-Adult)	\$75	53268
Thurs 9/24-12/10	7:35-8:05pm	Teen/Adult Swim Instruction (Grade 9-Adult)	\$88	53298

Youth Classes

Day & Date	Time	Class	Fee	Course #
Sun 9/20-12/13	2-2:45pm	Competition Prep I: Fundamentals (Grades 2-8)	\$87	53287
	2-3pm	Intro to Artistic Swimming (Grades 2-8)	\$111	54215
	3-4pm	Competition Prep II: Adv. Refinement (Grades 2-8)	\$111	53288
Tues 9/22-12/8	6:15-6:45pm	Youth Swim Lessons (K-8)	\$72	53321
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$72	53322
	7:35-8:05pm	Youth Swim Lessons (K-8)	\$72	53323
Thurs 9/24-12/10	6:15-6:45pm	Youth Swim Lessons (K-8)	\$72	53319
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$72	53320

Audition for Dance Wisconsin's The Nutcracker

Sunday September 13, 2026

- 1:00 PM Ages 7-9
- 2:00 PM 10-12 and under 5' 2"
- 3:00 PM Teen dancers over 5' 2"
- 4:15 PM Adults for Party Scene or Maids

www.dancewisconsin.org - dancewisconsin@gmail.com - 2605 S Stoughton Rd, Madison



American Red Cross Trainings & Certification Classes Go to mscr.org for class details.

ARC Lay Responder First Aid/CPR/AED

The purpose of the American Red Cross First Aid/CPR/AED (lay responder) program is to provide participants with the knowledge and skills they need to recognize and respond appropriately to cardiac, breathing and first aid emergencies.

ARC LAY RESPONDER ADULT FIRST AID/CPR/AED

This certification allows you to provide care to adults, defined as anyone about 12 years of age and older, or anyone showing signs of puberty. If you wish to receive certification in ONLY Pediatric First Aid/CPR/AED, you must register for Lay Responder Pediatric First Aid/CPR/AED (Blended Learning). If you wish to be certified in BOTH Adult and Pediatric First Aid/CPR/AED, please register for: Lay Responder Adult and Pediatric First Aid/CPR/AED.

Age	Location	Day	Date	Time	Fee	Course#
8+	West High School	M	11/9	10am-12pm	\$65	54210
8+	MSCR West	W	11/18	5-7pm	\$65	54211

ARC LAY RESPONDER PEDIATRIC FA/CPR/AED

This certification allows you to provide care to infants and children, defined as any person from birth up until the onset of puberty. If you wish to receive certification in ONLY Adult First Aid/CPR/AED, you must register for Lay Responder First Aid/CPR/AED - Adult (Blended Learning). If you wish to be certified in BOTH Adult and Pediatric First Aid/CPR/AED, please register for: Lay Responder Adult and Pediatric First Aid/CPR/AED.

8+	West High School	M	11/9	12:130pm	\$55	54212
8+	MSCR West	W	11/18	7-8:30pm	\$55	54213

ARC LAY RESPONDER ADULT & PEDIATRIC FA/CPR/AED

This certification allows you to provide care to adults, children and infants. If you are only looking to be certified in either Adult or Pediatric, please register for the corresponding course: Lay Responder Adult First Aid/CPR/AED or Lay Responder Pediatric First Aid/CPR/AED.

8+	West High School	M	11/9	10am-1:30pm	\$80	53260
8+	MSCR West	W	11/18	5-8:30pm	\$80	53261

Age	Location	Day	Date	Time	Fee	Course #
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ARC LIFEGUARDING BL

Upon successful completion, candidate is certified in American Red Cross Lifeguarding (including Deep Water), CPR/AED for the Professional Rescuer.

15+	West High School	F-Su	11/6-11/8	F 5-9pm Sa 8am-6pm Su 8am-5pm	\$215	53265
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ARC LIFEGUARDING RECERTIFICATION COURSE BL

Refresh your knowledge and skills and update your certification for another two years. To participate in the American Red Cross Lifeguard Recertification class you must have a current ARC Lifeguard certification.

15+	West High School	Sa-Su	11/14-11/15	Sa 11am-4pm Su 9am-2pm	\$110	53264
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ARC LIFEGUARD COURSE PREREQUISITE PREP

This two hour prep course gives participants an opportunity to practice the American Red Cross Lifeguarding course prerequisites prior to enrolling in or attending a course.

14+	West High School	Su	10/25	12:30-2:30pm	\$10	53262
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ARC CPR PRO/AED RECERTIFICATION

CPR/AED recertification courses allow you to refresh your memory, renew your skills and stay up to date on the latest techniques. Designed for those whose credentials are still valid but near expiration, a recertification course takes less time than a standard CPR class, and allows you to maintain certification for an additional two years.

15+	West High School	Su	10/25	9am-12:30pm	\$60	53327
15+	MSCR West	W	9/16	5-8:30pm	\$60	53326
15+	MSCR West	Sa	12/12	9am-12:30pm	\$60	53328

WATER SAFETY INSTRUCTOR

The American Red Cross Water Safety Instructor class is designed to train swim lesson instructors. Participants learn how to organize their classes, plan lessons, and guide their swimmers through different skills via different teaching strategies. Certification is valid for 2 years.

15+	East High School	Sa-T	12/19-12/22	9am-4pm	\$225	53267
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Friends of MSCR Golf Outing proceeds support MSCR programs including afterschool enrichment, arts, aquatics, camp scholarships, adapted and inclusive recreation and more. Learn more at [mscr.org/Friends of MSCR](https://mscr.org/Friends-of-MSCR)



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. All non league programs skip 11/23-11/27.

Adult Non-League Sports

Age Location Day Date Time Fee Course#
BADMINTON

A lot of fun with great physical conditioning. This sport offers something for everyone. Birds are furnished. Some racquets are available or bring your own.

18+	Memorial	M	9/14-10/26	7:30-9:30pm	\$35	53761
18+	Memorial	M	11/2-12/14	7:30-9:30pm	\$30	53762
18+	Memorial	T	9/8-10/27	7:30-9:30pm	\$40	53763
18+	Memorial	T	11/3-12/15	7:30-9:30pm	\$30	53764

BASKETBALL

All skill levels welcome. East and west side locations available.

18+	Marquette	T	9/8-10/13	7:15-9:15pm	\$30	53765
18+	Marquette	T	10/27-12/8	7:15-9:15pm	\$30	53766
18+	Toki	Th	9/10-10/22	7:15-9:15pm	\$30	53767
18+	Toki	Th	10/29-12/10	7:15-9:15pm	\$30	53768

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 on coaching.

18+	O'Keeffe	M	9/14-10/19	7:15-9:15pm	\$42	53779
18+	O'Keeffe	M	10/26-12/7	7:15-9:15pm	\$42	53780
18+	MSCR West	M	9/14-10/19	7:30-9pm	\$42	53783
18+	MSCR West	M	10/26-12/7	7:30-9pm	\$42	53784
18+	O'Keeffe	W	9/9-10/14	7:15-9:15pm	\$42	53781
18+	O'Keeffe	W	10/21-12/16	7:15-9:15pm	\$42	53782

PICKLEBALL ADVANCED BEGINNER

This class is for players who have taken a pickleball class and have playing experience. Advanced beginners should be able to 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 in the beginner class to move you closer to becoming an intermediate level pickleball player. This includes instruction, drills and periods of game play.

18+	Black Hawk	T	9/8-10/13	7:15-9:15pm	\$36	53775
18+	Black Hawk	T	10/27-12/8	7:15-9:15pm	\$36	53776
18+	Black Hawk	Th	9/10-10/22	7:15-9:15pm	\$36	53777
18+	Black Hawk	Th	10/29-12/10	7:15-9:15pm	\$36	53778

Age Location Day Date Time Fee Course#
PICKLEBALL INTERMEDIATE

Players must understand the core rules of the game, be able to keep score, serve and sustain a basic rally. Players rotate in and out when a game ends so everyone has a chance to play with multiple partners during each class. While coaching may be available, this is not a beginner's session.

18+	Memorial	M	9/14-10/19	7:15-9:15pm	\$30	53785
18+	Memorial	M	10/26-12/7	7:15-9:15pm	\$30	53786
18+	MSCR West	T	9/8-10/13	9:30-11:30am	\$30	53787
18+	MSCR West	T	10/27-12/8	9:30-11:30am	\$30	53788
18+	Memorial	T	9/8-10/13	7:15-9:15pm	\$30	53789
18+	Memorial	T	10/27-12/8	7:15-9:15pm	\$30	53790
18+	O'Keeffe	T	9/8-10/13	7:15-9:15pm	\$30	53791
18+	O'Keeffe	T	10/20-12/15	7:15-9:15pm	\$30	53792
18+	MSCR West	T	9/8-10/13	7:30-9pm	\$30	53773
18+	MSCR West	T	10/27-12/8	7:30-9pm	\$30	53774
18+	MSCR West	Th	9/10-10/15	9:30-11:30am	\$30	53793
18+	MSCR West	Th	10/29-12/17	9:30-11:30am	\$30	53794
18+	O'Keeffe	Th	9/10-10/22	7:15-9:15pm	\$30	53771
18+	O'Keeffe	Th	10/29-12/17	7:15-9:15pm	\$30	53772

PICKLEBALL INTERMEDIATE OPEN PLAY

Come play Pickleball! Players must understand the core rules of the game, be able to keep score, serve and sustain a basic rally. Players rotate in and out when a game ends so everyone has a chance to play with multiple partners during class. While coaching may be available, this is not a beginner's session.

18+	MSCR West	M	9/14-10/19	1-3pm	\$30	53795
18+	MSCR West	M	10/26-12/7	1-3pm	\$30	53796
18+	MSCR West	T	9/8-10/13	1-3pm	\$30	53797
18+	MSCR West	T	10/27-12/8	1-3pm	\$30	53798
18+	MSCR West	Th	9/10-10/15	1-3pm	\$30	53799
18+	MSCR West	Th	10/29-12/10	1-3pm	\$30	53800

PICKLEBALL TRY IT

This clinic is for beginner players. Learn everything you need to know to start playing - whether socially or competitively. We cover the rules, scoring and court positioning, followed by a hands-on introduction to key skills and strategies used in gameplay. Play a game to practice what you've learned.

18+	MSCR West	F	11/6	5-7pm	\$8	54075
18+	MSCR West	F	11/13	5-7pm	\$8	54076

VOLLEYBALL INTERMEDIATE

Sites may have multiple nets so high intermediate/low power and mid/low intermediate players can play with others who have similar skill levels (at discretion of the site supervisor). Intermediate players should have reliable but not excellent ball handling skills in hitting, setting, passing, serving and defensive coverage. Low Power players are those who formerly played Power but have lost some mobility. Participants who do not exhibit the skill level typical for Intermediate play may be asked to transfer to another class. MSCR staff reserve the right to make such judgments for the enjoyment of all participants.

18+	Stephens	M	9/14-10/19	7-9pm	\$30	53803
18+	Stephens	M	10/26-12/14	7-9pm	\$30	53804
18+	East	M	9/14-10/19	7:15-9:15pm	\$30	53805
18+	East	M	10/26-12/7	7:15-9:15pm	\$30	53806
18+	East	W	9/9-10/14	7:15-9:15pm	\$30	53807
18+	East	W	10/28-12/9	7:15-9:15pm	\$30	53808
18+	Whitehorse	Th	9/10-10/22	7:15-9:15pm	\$30	53809
18+	Whitehorse	Th	10/29-12/10	7:15-9:15pm	\$30	53810

VOLLEYBALL OPEN PLAY

Open play volleyball is for beginner to intermediate players with no skill level required. Volleyballs are provided.

18+	MSCR West	F	9/11-10/16	12-2pm	\$30	53801
18+	MSCR West	F	10/23-12/4	12-2pm	\$30	53802

VOLLEYBALL RECREATION

Enjoy the game as it should be - Recreation Volleyball is for beginner to intermediate players with no skill level required.

18+	Crestwood	T	9/8-10/13	7-9pm	\$30	53811
18+	Crestwood	T	10/27-12/8	7-9pm	\$30	53812
18+	Cherokee	Th	9/10-10/22	7:15-9:15pm	\$30	53813
18+	Cherokee	Th	10/29-12/10	7:15-9:15pm	\$30	53814



Adult sports leagues are team based competitions. Teams sign up and register for a division of play. Site supervisors, officials and game equipment are provided. Generally games are played at high schools. 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 with a good time for all!

AGE

18 years and older. High school students are not eligible for adult volleyball or basketball leagues. MSCR runs separate leagues for high school students in volleyball and basketball. Registration for high school leagues is done at each high school.

FEES

Cover the cost of officials, facilities, awards, equipment, scorer-timers and league administration. MSCR does not have a team fee, all fees are based on individual participation. Fee assistance is available to MMSD residents in need. Additionally, MSCR works with teams that have a local sponsor to lower the cost of participation.

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.

CONTINUING THIS YEAR

MSCR has moved to shorter indoor seasons. This change pushes back the dates that games are played in an effort to have fewer conflicts with extra-curricular activities. Additionally, while the league play is shorter, MSCR is offering a spring season. There will be a fall and winter 7 week season and an additional 5 week spring season.

REGISTRATION

Register online at mscrsportsleagues.org

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:

1. Go to mscrsportsleagues.org
2. Click on **Free Agent Sign Up**.
3. Complete the form
4. Submit.

MSCR makes every effort to place you on a team.

No fees are charged until you join a team.



100 years
of Softball!!

GAME SCHEDULES

Schedules are published two weeks prior to the season beginning. Sports teams generally play a round robin schedule. Teams should be prepared to play in any time slot (early, middle or late).

Sports Seasons & Registration Dates

FALL SOFTBALL

Begins September 8 and runs through early October. Leagues play at Olbrich and Goodman. These are slow pitch leagues for Men, Women and All Gender divisions. While team registration is complete, you can register for the free agent list and we will try to help you find a team.

FALL KICKBALL

Social league on Tuesday nights. Play begins September 8 and runs for 5 weeks. Great way to enjoy the outdoors with your friends! Only all gender divisions are available. While team registration is complete, please register for the free agent list and we try to help you find a team.

FALL VOLLEYBALL

The 7-week season begins early October and runs through November. This is traditional 6v6 men's, women's and all gender leagues with power and intermediate divisions. This is round robin play followed by a short tournament.

FALL BASKETBALL

The 7-week season begins early October and runs through November. Men's and Women's leagues are available. This is round robin play.

WINTER BASKETBALL

The 7-week season begins early January and runs through February. Men's and Women's leagues are available. This is round robin play. No games on Martin Luther King Jr. Day

WINTER VOLLEYBALL

The 7-week season begins early January and runs through February. This is traditional 6v6 men's, women's and all gender leagues with power and intermediate divisions. This is round robin play followed by a short tournament.

Age	Sport	Registration	Late Registration	Play
18+	Fall Softball	See Free Agent List		9/8- mid-October
18+	Fall Kickball	See Free Agent List		9/8-mid-October
18+	Fall Volleyball	8/3-8/30	8/31-9/7	10/5-11/19
18+	Fall Basketball	8/3-8/30	8/31-9/7	10/5-11/19
18+	Winter Basketball	11/2-11/29	11/30-12/6	1/4/27 - end of Feb
18+	Winter Volleyball	11/2-11/29	11/30-12/6	1/4/27 - end of Feb



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 608-204-3024 or email asld@madison.k12.wi.us to learn more.



Enrichment

Age Location Day Date Time Fee Course#

ACTING - VOICE AND SPEECH **NEW!**

Develop a clear, expressive voice for performance. Learn techniques to release vocal tension, reduce unnecessary effort and build strong breath support for healthy, confident speaking. Through guided exercises, explore how to connect voice, body and text to bring characters to life with greater clarity and intention. Use these skills to prepare a monologue at the end of class.

18+ MSCR Central T 9/22-11/3 6:30-9pm \$60 53119

CREATIVE WRITING

Build confidence and strengthen writing skills through guided exercises. Explore ideas, experiment with different styles, and develop core techniques such as voice, structure and clarity. The focus is on growing personal writing craft while discovering unique creative direction. Leave with new pieces of writing, stronger skills and greater confidence in the value of personal voice.

18+ MSCR Central M 9/21-11/2 7:30-9pm \$60 54197

AMERICAN MAHJONG **NEW!**

Get practice identifying tiles, setting up the game, choosing hands from the card and following the basic rules of play. Each participant receives a set of Mahjong cards to keep and use. Leave ready to play independently!

18+ MSCR West M 9/28-10/19 4-6:30pm \$54 54127

18+ MSCR West M 10/26-11/16 4-6:30pm \$54 54128

18+ MSCR Central W 9/30-10/28 9:30am-12pm \$54 54194

18+ MSCR Central W 11/4-12/2 9:30am-12pm \$54 54195

ASTROLOGY 101 **NEW!**

Curious about astrology? This class offers a grounded introduction to the foundations of Western astrology, including what astrology is and isn't. Learn the origins and history of the tradition while gaining a clear understanding of how a birth chart is constructed. Begin to unpack the meaning of the planets and zodiac signs and how they work together in chart interpretation.

18+ Warner Park CRC Sa 10/17 10am-1pm \$20 53131

BASKETRY BLISS

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

18+ MSCR West M 9/21-11/9 6:30-8:30pm \$130 53129

BEADED WINDOW SUNCATCHERS

Create colorful, light-catching art for the home by designing and assembling decorative suncatchers using glass beads and other reflective materials. Along the way, explore simple construction techniques, color combinations and design ideas while creating unique handmade decorations.

18+ MSCR East Th 9/3-9/17 9:30-11:30am \$45 53170

Age Location Day Date Time Fee Course#

CHARCUTERIE BOARD WOOD BURNING WORKSHOP

Create a personalized charcuterie board in this hands-on wood burning workshop. Learn how to safely use a wood-burning tool to create clean lines, shading and decorative details. Participants design and transfer a pattern onto a wooden board, then bring it to life using a variety of wood-burning techniques.

18+ MSCR East Sa 9/12 9-11:30am \$20 53256

18+ MSCR East Sa 9/26 9-11:30am \$20 53258

18+ MSCR East Sa 10/10 9-11:30am \$20 53257

DND 101

Curious about Dungeons & Dragons? This beginner-friendly class introduces the basics of the game in a Te-oriented story building setting. Learn the core rules, explore how storytelling and gameplay come together and practice working as a group to create adventures. Along the way, build a personal playable character using dice game statistics. No experience needed, just bring an imagination!

18+ MSCR West Sa 9/12-10/10 9:30-11:30am \$50 53186

RUN DND

Ready to step behind the screen? This class introduces the fundamentals of being a Game Master, from running pre-made adventures to creating personal homebrewed campaigns. Explore how to manage encounters, guide gameplay and create a fun, engaging experience for players. Practice leading a short scenario and collaborate on a resource packet to use in future games. Leave with the confidence and tools to run DnD sessions.

18+ MSCR West Sa 10/24-11/14 9:30-11:30am \$40 53220

MEMOIR WRITING - BEGINNING

Explore the art of telling one's own story. Through guided practice, learn techniques that help shape personal experiences into engaging narratives. Experiment with voice, structure, and detail while developing personal pieces. Share work with the class and receive constructive feedback. Leave with a stronger understanding of memoir writing and the beginnings of personal stories.

18+ MSCR West T 9/15-10/20 6-8pm \$60 53175

MEMOIR WRITING - CONTINUING

Continue developing personal storytelling in this supportive, workshop-style memoir class. Build on foundational memoir techniques while refining voice, structure and narrative depth in writing. Through guided exercises and ongoing drafting, work to shape more fully developed personal pieces with greater clarity and impact. The class emphasizes sharing work and engaging in constructive feedback, helping strengthen both writing and revision skills. Leave with revised memoir pieces and a deeper confidence in shaping lived experiences into meaningful stories.

18+ MSCR West T 10/27-12/8 6-8pm \$60 53176

PHOTOGRAPHY - FALL WALKS

Get outside and capture the beauty of the fall season on relaxed, social photo walks around Madison. Each week explores a different neighborhood or natural area, offering plenty of opportunities to practice photography. Along the way, ask questions, share tips and connect with fellow photo enthusiasts. Expect to walk 2 - 4 miles at a comfortable pace while enjoying conversation, fresh air and fall scenery. All experience levels welcome. Meeting locations: 10/11/26: Owen Conservation Park parking lot near the trailhead. 6021 Old Sauk Rd, 10/18/26: Garner Park Shelter, 333 S Rosa Rd, 10/25/26: Tenney Park Beach, 1300 Sherman Ave.

18+ Various Su 10/11-10/25 12:1:30pm \$30 53179

PLAYING BRIDGE

Interested in learning bridge or getting back into the game? Challenge the mind while learning in a supportive, social setting. Class focuses on bidding strategies, with additional guidance on the basics of play and defense. All levels welcome, brand new, returning after time away, or looking to strengthen understanding of bidding, build confidence and skills to enjoy the game more fully.

18+ MSCR West T 9/8-10/13 6-8pm \$60 53130

Age	Location	Day	Date	Time	Fee	Course#
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POETRY

Discover poetry as a creative, accessible and joyful form of expression. Read and explore a variety of poems while building confidence in understanding and interpreting language, imagery and meaning. Experiment with generating poetry across different styles and genres, focusing on expression rather than perfection. Leave the class with a collection of original written work and a deeper appreciation for poetry as both a reading and writing practice.

18+	MSCR West	W	9/9-10/28	6:30-8:30pm	\$80	53188
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REDUCTION BLOCK PRINTING *NEW!*

Explore the art of linoleum block printing in this class. Learn the step-by-step technique for creating a carved, multi-layer reduction print, from initial design through carving, inking and printing. Discover how layers of color and texture come together to produce bold, expressive images. Prior block printing experience is helpful but not required.

18+	MSCR East	Th	10/8-11/19	6-8pm	\$90	53218
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SCREENPRINTING *NEW!*

Explore the creative process of screen printing in this hands-on, beginner-friendly class. Learn how to design, prepare and transfer images onto screens, then print artwork onto paper, fabric or other surfaces. Through step-by-step instruction, discover how to work with stencils, layering and color to create bold and expressive prints.

18+	MSCR West	T	9/8-10/13	9:30-11:30am	\$120	54177
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SPANISH - BEGINNING

Build or brush up on skills for everyday communication in Spanish, including how to introduce yourself, ask and answer simple questions and navigate common situations like ordering food or shopping. Through guided practice, learn useful phrases and strategies to support basic conversations and informal interactions. By the end of class, participate in a short conversation in Spanish and feel more confident using the language in everyday settings.

18+	MSCR West	M	9/14-10/19	6:45-8:15pm	\$60	54178
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18+	MSCR Central	Th	9/17-11/5	9:30-11am	\$80	54207
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SPANISH - CONTINUING

Continue building Spanish language skills in this supportive, interactive class. Strengthen the ability to study and use the language while practicing collaboration, problem-solving, critical thinking and clear communication. Through guided activities, expand vocabulary and confidence to talk about everyday personal topics and navigate a variety of informal and transactional situations while deepening understanding of the cultural and social practices of the Spanish-speaking world. By the end of class, feel more comfortable holding simple, meaningful conversations in Spanish.

18+	MSCR Central	Th	9/17-11/5	11:15am-12:45pm	\$80	54208
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SPANISH FOR TRAVEL

Build confidence using Spanish while traveling in this practical, conversation-focused class. Learn helpful phrases and everyday vocabulary to navigate common travel situations such as dining, shopping, asking for directions and making simple conversation. Along the way, explore cultural tips that can help with connecting more comfortably and meaningfully in Spanish-speaking environments. No prior Spanish experience is necessary, and all levels are welcome.

18+	MSCR West	M	10/26-11/23	6:45-8:15pm	\$60	54179
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Age	Location	Day	Date	Time	Fee	Course#
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TRAVEL PHOTOGRAPHY

Planning a trip and want to capture it with confidence? This class helps prepare for photographing vacation destinations before leaving home. Learn how to create a practical packing checklist, use apps to research weather and lighting conditions and organize ideas and locations for travels. Explore the basics of composition, discover the best times of day to shoot and learn how to travel light without missing important shots. Using a phone or a camera, leave ready to make the most of every photo opportunity.

18+	MSCR Central	W	9/9-9/16	7:15-8:45pm	\$20	53185
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FELT FALL CENTERPIECES *NEW!*

Each week, learn to make a different foliage using wool blend felt, scissors, hot glue, wire, pastels and pens. By the end of the workshop, participants have a handmade permanent display to take home! Please note, this is not wet felting or needle felting. No experience needed.

18+	MSCR West	Su	11/1-11/22	1-4pm	\$60	54168
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FELT FLOWERS - SUMMER BOUQUETS *NEW!*

Each week, learn to make a different summer flower using wool blend felt, scissors, hot glue, wire, pastels and pens. By the end of the workshop, participants have a handmade permanent bouquet! Please note, this is not wet felting or needle felting. No experience needed.

18+	MSCR West	Su	9/20-10/11	1-4pm	\$80	53162
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FUNDAMENTALS OF ASTROLOGY *NEW!*

Curious about astrology? This class offers a grounded introduction to the foundations of Western astrology, including what astrology is and isn't. Explore its origins and history while learning key concepts from Hellenistic astrology. Break down the symbolism of the planets, zodiac signs and the 12 astrological houses using the tropical zodiac, whole-sign houses and the seven traditional planets.

18+	MSCR East	T	10/20-12/8	6-8pm	\$70	53132
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HOLIDAY GIFT TAG WORKSHOP *NEW!*

Get into the holiday spirit with this creative and festive workshop. Explore simple decorative techniques including watercolor painting and hand lettering to design personalized gift tags. Templates for lettering and playful illustrations are provided to help spark ideas and make the process easy and fun. Leave with a set of handmade gift tags ready to add a thoughtful touch to holiday gifts.

18+	MSCR West	W	12/2	6-8:30pm	\$20	54162
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18+	MSCR West	Th	12/10	1-3:30pm	\$20	54163
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INTRODUCTION TO FICTION

Explore the fundamentals of storytelling, including narrative structure, imagery, character and form, while developing personal voice as a writer. Through guided exercises and feedback, learn how to shape and refine short-form fiction with clarity and intention. Leave with a thoroughly workshoped, polished short story and the tools to continue writing with confidence.

18+	MSCR West	T	10/20-11/17	6-8pm	\$50	53163
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JEWELRY MAKING

Explore creating handmade jewelry in this relaxed, beginner-friendly class. Learn the basics of beading while experimenting with a variety of materials and techniques to create unique, wearable pieces. With an open-ended, hobby-focused approach, this class encourages creativity, exploration and personal style through individual projects. Basic materials provided, supply list are distributed at the first class.

18+	MSCR West	T	9/8-9/22	6-8pm	\$45	54175
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Look for Day Trips on page 6

Dance

Age Location Day Date Time Fee Course#

BALLET - BEGINNING

Learn the fundamentals of ballet in a relaxed environment. Learn basic positions of the arms and feet, explore proper alignment and body mechanics and practice foundational movements at the barre, in the center and across the floor. Whether new or returning after time away, build strength, coordination and confidence. Participants perform a short piece of choreography for each other at the end of the session.

18+	MSCR West	Th	9/10-10/22	6:05-7:20pm	\$49	53135
18+	MSCR West	Th	10/29-12/17	6:05-7:20pm	\$49	54129

BALLET - CONTINUING

Ready to build on ballet foundation? This class expands on the skills introduced in Ballet - Beginning with more complex movements, including jumps, turns, and faster combinations. Continue developing strength, coordination and technique while exploring artistry and expression. Participants perform a short piece of choreography at the end of the session.

18+	MSCR West	Th	9/10-10/22	7:25-8:40pm	\$49	53136
18+	MSCR West	Th	10/29-12/17	7:25-8:40pm	\$49	54130

BALLET - ADVANCED

This class builds on strengthening technical foundation through more complex combinations at the barre, in the center and across the floor. Emphasis is placed on strength, control, musicality, artistry and performance quality to deepen understanding of classical ballet technique. A great stepping stone for those looking to challenge themselves, improve precision and continue growing in both technical skill and artistic expression.

18+	MSCR West	W	9/16-11/4	7:15-8:30pm	\$56	53137
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BELLY DANCING - BEGINNING

Explore the vibrant world of belly dancing in this welcoming, beginner-friendly class. Learn foundational movements inspired by Middle Eastern social dances while discovering the music, rhythm and cultural traditions connected to the style. Through guided instruction, build coordination, confidence and expressive movement in a supportive environment open to all levels and abilities. Participants ages 16+ may register with a registered adult.

16+	MSCR Central	M	9/14-11/2	6-7:15pm	\$56	53139
16+	MSCR West	W	9/16-11/4	7-8:15pm	\$56	53134

BELLY DANCING - CONTINUING

Continue exploring the art of belly dancing to build on foundations. Expand movement vocabulary through new techniques, combinations and variations while continuing to develop rhythm, coordination and expressive movement. This supportive class is designed for those with previous belly dancing experience or who have completed Beginning Belly Dancing. Participants ages 16+ may register with a registered adult.

16+	MSCR Central	M	9/14-11/2	7:30-8:45pm	\$56	53140
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BELLY DANCING WORKSHOP

Curious about belly dancing? This fun and welcoming workshop offers an introduction to the expressive movements and rhythms of Middle Eastern dance. Learn a selection of foundational steps and combinations while exploring the music, culture and joy of movement that make this dance style so engaging. Participants ages 16+ may register with a registered adult.

16+	MSCR Central	M	12/7-12/14	6-7:15pm	\$14	53141
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BOLLYWOOD DANCE **NEW!**

Celebrate movement, music and expression in this energetic Bollywood dance class. Blending vibrant choreography with infectious rhythms, Bollywood dance offers a fun and engaging way to build coordination, creativity and cardio fitness. All experience levels welcome.

18+	MSCR West	T	9/22-11/10	6:30-7:30pm	\$56	53138
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BOLLYWOOD DANCE WORKSHOP **NEW!**

Try out this energetic and expressive form of dance! Blending vibrant choreography with infectious rhythms, Bollywood dance offers a fun and engaging way to build coordination, creativity and cardio fitness. All experience levels welcome.

18+	MSCR West	T	9/8	6:30-7:30pm	\$7	54140
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Age Location Day Date Time Fee Course#

LATIN DANCE **NEW!**

Ready to move to the rhythm? This energetic and welcoming class introduces the basics of Rumba, Cha-Cha and Samba. Learn fundamental steps, explore Latin rhythms and build coordination through simple combinations in each style. The class come together to learn short combinations in each style, giving a chance to practice skills and enjoy the music.

18+	MSCR West	W	9/23-11/11	6:45-7:45pm	\$56	54147
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LATIN DANCE WORKSHOP **NEW!**

Ready to move to the rhythm? This energetic and welcoming class introduces the basics of Rumba, Cha-Cha and Samba. Learn fundamental steps, explore Latin rhythms and build coordination through simple combinations.

18+	MSCR West	T	9/8	6:45-7:45pm	\$7	54148
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LINE DANCE - BEGINNING

Ready to give line dancing a try? This class introduces the basic steps and simple routines that make line dancing so fun. Learn foundational movements while building coordination and confidence. The activity level is similar to walking, making it a great option for beginners or anyone who prefers a slower, low-impact class. Come ready to move, have fun and dance together.

18+	MSCR West	M	9/14-11/2	3-4pm	\$56	54143
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LINE DANCE - CONTINUING

This class continues the fun with a mix of familiar beginner dances and new intermediate routines. Move at a slightly faster pace, similar to brisk walking, while learning additional steps, turns and combinations. Designed for those with some prior experience, this offers a great way to stay active.

18+	MSCR West	T	9/15-11/3	3:15-4:15pm	\$56	53147
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LINE DANCE WORKSHOP

This workshop introduces basic steps and simple routines that make line dancing so enjoyable. The activity level is similar to walking, making it a great option for beginners or anyone who prefers a slower, low-impact class.

18+	MSCR West	W	9/16	6:45-7:45pm	\$7	54146
18+	MSCR West	F	11/13	5:30-6:30pm	\$7	53148

SCOTTISH COUNTRY DANCE

Discover the lively tradition of Scottish country dancing in this engaging, social class. Learn foundational steps while exploring core figures. Along the way, develop techniques like eye contact and awareness to improve timing, connection and flow within the set. This class offers a fun and supportive environment to deepen confidence and enjoyment of group dancing. No partner or prior experience necessary!

18+	MSCR West	W	9/16-11/4	7-8:30pm	\$56	53149
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SCOTTISH COUNTRY DANCE WORKSHOP

Step into the lively tradition of Scottish country dancing in this welcoming, beginner-friendly workshop. Learn the basic Slip Step and explore foundational figures such as the Circle and Right & Left Hands Across. No prior experience needed, come ready to have fun.

18+	MSCR West	W	9/9	7-8:30pm	\$7	53150
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TAP - BEGINNING

Learn easy starter steps with an introduction to tap technique and progress into intermediate steps and rhythms. By the end of the scheduled classes, gain a basic understanding of the nuances of technique and tap dance.

18+	MSCR West	M	9/14-11/16	6:20-7:05pm	\$63	53151
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TAP - CONTINUING

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

18+	MSCR West	T	9/15-11/17	6:35-7:20pm	\$63	54159
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VITALITY THROUGH DANCE

Rediscover ease, balance and vitality through movement in this class led by a Somatic Movement Therapist. Explore grounding, elasticity, breath and deep core connectivity as pathways to more efficient and expressive movement. All levels are welcome, no prior dance experience is required.

18+	MSCR East	Th	9/10-12/17	6:30-8pm	\$91	53142
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Drawing

Age	Location	Day	Date	Time	Fee	Course#
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CALLIGRAPHY - BEGINNING

Discover the elegant italic style of calligraphy inspired by the Italian Renaissance in this beginner-friendly class. Through step-by-step instruction, learn and practice both lowercase letterforms while developing confidence with traditional calligraphy tools and techniques. Explore materials, historical examples and reference resources that support growing skills.

18+	MSCR West	W	10/14-11/18	6-8:30pm	\$75	54164
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CALLIGRAPHY - CONTINUING **NEW!**

Build on the foundations of italic calligraphy by exploring capital letters. Refine letterforms, improve consistency and spacing and explore more advanced techniques for creating polished, expressive calligraphic work. Through guided practice and demonstrations, continue developing confidence with pen control, layout and composition while expanding understanding of historical and contemporary calligraphy styles. Participants should have prior calligraphy experience or have completed Beginning Calligraphy.

18+	MSCR West	Th	10/15-11/19	1-3:30pm	\$90	54165
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DRAWING - BEGINNING

Through guided exercises, explore how to observe and accurately convey proportion and spatial relationships, as well as how to use value to create a sense of three-dimensional form. Build confidence step by step while developing the ability to see and draw the world around you.

18+	MSCR Central	Th	9/10-10/8	6-8:30pm	\$75	53155
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18+	MSCR West	M	9/14-10/5	1-3:30pm	\$60	53157
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FIGURE DRAWING

Working from live models, explore a variety of drawing techniques and materials. Practice foundational skills, including gesture drawing, breaking forms into basic shapes, sight measuring and shading to create depth and dimension. Through practice, complete at least 10 large-scale figure drawings, along with many additional studies, strengthening observation skills and artistic expression. Class fee includes the fee to pay the live models.

18+	MSCR Central	Th	10/15-11/12	6-8:30pm	\$125	54198
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PEN AND INK DRAWING

Learn fundamental pen strokes using nibs and pen holders while building control and confidence with this classic medium. Create drawings inspired by flowers, trees, animals and landscapes, discovering how line and texture can bring subjects to life. Experiment with drawing on a variety of papers to see how surface affects work. Leave with a collection of drawings and a better understanding of pen and ink drawing.

18+	MSCR East	T	9/8-9/29	6-8pm	\$60	53133
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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 skills to produce sketchbooks, greeting cards, framed art and more! Using simple line art and watercolor, produce adorable designs.

18+	MSCR Central	Sa	9/26-10/17	10-11:30am	\$40	53234
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Fiber Arts

Age	Location	Day	Date	Time	Fee	Course#
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CROCHET - BEGINNING

Curious about crochet? This beginner-friendly class introduces the essential stitches and techniques. Learn foundation stitches, including the chain stitch and single, double and triple crochet, as well as how to finish work and weave in loose ends. Build confidence with each step and apply new skills to create a simple finished scarf from start to finish. No experience needed.

18+	MSCR Central	T	10/13-10/27	6:30-9pm	\$60	53123
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CROSS STITCH CREATIONS

Ever dreamed of creating a unique piece of art? Now's your chance! In this exciting class, participants learn to design their own cross-stitch pattern and bring it to life. From sketching ideas on graph paper to stitching it with colorful threads, exercise creativity every step of the way.

18+	MSCR West	W	9/23-10/7	6:30-8pm	\$60	54167
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Age	Location	Day	Date	Time	Fee	Course#
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EMBROIDERED ORNAMENTS

In this festive, beginner-friendly workshop, learn a few simple yet versatile embroidery stitches and explore how to transform stitching into a three-dimensional felt ornament. Leave with a finished ornament ready to display and the skills to keep creating beyond the class.

18+	MSCR Central	M	12/7	6-9pm	\$20	53158
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18+	MSCR West	T	12/15	6-9pm	\$20	53169
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EMBROIDERY - BEGINNING

Learn versatile stitches while creating a sampler that builds skills step by step. Explore how to choose materials, transfer designs onto fabric, resolve common stitch issues and finish work for display. Leave with a completed sampler, practice pieces and the skills to complete a project start to finish.

18+	MSCR Central	W	10/7-10/28	6:30-8:30pm	\$80	53159
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18+	Warner Park CRC	Th	10/8-10/29	6-8pm	\$80	53154
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FREEFORM EMBROIDERY & BEADING **NEW!**

Learn foundational embroidery stitches and simple beading techniques while experimenting with texture, color, and design in an abstract, freeform style. Discover how to plan a cohesive composition and bring ideas to life in fabric. At the end of the session, learn how to finish, back and prepare work for display. Leave with a completed custom embroidery hoop that blends stitches, beads and embellishments into a one-of-a-kind piece.

18+	MSCR East	Th	9/10-10/1	6-8pm	\$80	53156
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KNITTING - BEGINNING

Interested in learning to knit? This class introduces the essential building blocks of knitting. Learn foundational techniques including the long tail cast on, knit and purl stitches, binding off and weaving in loose ends. Build confidence with straight needles, apply new skills to create a simple knitted scarf from start to finish. No prior experience needed.

18+	MSCR Central	T	9/22-10/6	6:30-9pm	\$60	54199
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KNITTING - CONTINUING

Expand personal knitting foundation and explore working with circular and double-pointed needles while practicing more textured stitch patterns, including ribbing, stockinette and simple cables while learning how to decrease stitches to shape work. Designed for those comfortable with the basics of knitting such as cast on, knit and purl and bind off.

18+	MSCR Central	T	11/3-11/17	6:30-9pm	\$60	54200
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KNITTING - ADVANCED SKILL BUILDER

Designed for knitters with experience with long tail cast on, knit and purl stitch, rib stitch and bind off. Each week, create a new sample square while exploring more advanced stitches and skills, including slip stitch techniques, increases and decreases, pattern reading, seed and moss stitch and yarn-over lace. Leave with a collection of practice squares and expanded confidence to take on more advanced projects independently. Supply list available at mscr.org.

18+	MSCR Central	W	9/23-10/14	6:30-9pm	\$80	54201
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KNITTING - STUDIO

Bring your current knitting project and enjoy time creating alongside fellow knitters in this relaxed, collaborative studio environment. This open-format class is designed for knitters who want dedicated project time, creative community and support while working independently. Share ideas, troubleshoot challenges, learn new tips and gain inspiration from others.

18+	MSCR Central	W	10/28	6:30-9pm	\$20	54202
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KNITTING - TIPS AND TRICKS

This skill-building class focuses on how to "read" knitting to identify mistakes, understand why they happen and fix them with confidence. Designed for knitters comfortable with long tail cast on, knit and purl and bind off.

18+	MSCR Central	T	12/1-12/15	6:30-9pm	\$60	54203
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WEAVING - BEGINNING

Explore weaving on an easy-to-use and versatile rigid heddle loom. Learn how to measure yarn, set up a loom and weave a variety of basic techniques including tabby, faux-tapestry, Bronson lace, weft floats and open weaves. Make 1 or 2 projects such as scarves, purses, pillows and table runners. Looms can be taken home to work on projects. Open to all skill levels.

18+	MSCR West	T	9/29-11/17	6-9pm	\$160	54181
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18+	MSCR Central	M	10/5-12/7	6:30-9pm	\$180	53253
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Painting

Age Location Day Date Time Fee Course#
ACRYLIC PAINTING - BEGINNING

Explore the versatility of acrylic paint in this welcoming, hands-on class. Learn foundational acrylic painting techniques while experimenting with color, layering and composition to create a meaningful still life painting. Designed with beginners in mind but open to all skill levels, this class offers a supportive environment to build confidence, develop new skills and enjoy the creative process.

18+ MSCR West W 9/9-10/14 9:30am-12pm \$120 53121

CHINESE BRUSH ART AND CALLIGRAPHY **NEW!**

This class introduces the basics of Chinese brush painting and calligraphy in a relaxed, hands-on setting. Practice fundamental brushstrokes, explore simple character forms and gain confidence working with brush and ink, learning about the cultural traditions behind the art while expressing creativity. Leave with a finished calligraphy piece and a deeper appreciation for this timeless practice.

18+ MSCR West W 12/9 6-8:30pm \$20 54166

WATERCOLOR PAINTING - BEGINNING

Discover the expressive, approachable art of watercolor in this class. Learn foundational watercolor techniques while also exploring basic color theory and how to mix pigments effectively. Experiment with layering, blending and water control to create depth, light and dimension. Complete finished paintings and leave with a strong understanding of watercolor fundamentals.

18+ MSCR East T 9/1-10/6 9:30am-12pm \$120 53243

18+ Warner Park CRC W 9/2-10/7 9:30am-12pm \$120 53249

18+ MSCR West W 9/9-10/14 6-8:30pm \$120 53244

18+ MSCR West Th 9/3-10/8 1-3:30pm \$120 53250

WATERCOLOR PAINTING - CONTINUING

Build on watercolor skills in this next-step class focused on deepening understanding of value, texture and composition. Working from photo references, practice observing and painting from light to dark through layering and gradual development. Emphasis is also placed on preserving the white of the paper as an active part of composition. Complete multiple finished paintings while strengthening control and confidence in watercolor.

18+ MSCR East T 10/13-11/17 9:30am-12pm \$120 53247

Paint Night

Unwind and get creative in this relaxed, social painting experience. Explore color mixing and basic color theory while learning a variety of brushstroke techniques while in a fun, low-pressure environment. New to painting or just looking for a creative night out, enjoy the process and build confidence along the way. Leave with a finished piece!

FEELING SQUIRRELY

18+ Warner Park CRC F 9/25 6-8pm \$20 53182

SPELL BOOK

18+ Warner Park CRC F 10/23 6-8pm \$20 54123

COZY CANDLELIGHT

18+ Warner Park CRC F 11/13 6-8pm \$20 53181

HOLIDAY GREENERY

18+ Warner Park CRC F 12/18 6-8pm \$20 53183

Age Location Day Date Time Fee Course#

WATERCOLOR WORKSHOP - FALL LEAVES **NEW!**

Celebrate the colors of the season in this relaxed watercolor class inspired by fall foliage. Learn basic watercolor techniques while working with warm autumn palettes to paint expressive leaf studies. Explore a few specialty techniques to add texture and visual interest to work. Each participant creates their own unique composition, allowing for personal creativity and interpretation. Leave with a finished seasonal painting and a stronger foundation in watercolor basics.

18+ Warner Park CRC Sa 10/3 9:30am-12pm \$20 53246

18+ Warner Park CRC Sa 10/24 9:30am-12pm \$20 54121

WATERCOLOR WORKSHOP - COZY AUTUMN ART **NEW!**

Celebrate the season with this fun and relaxed watercolor class inspired by all things cozy. Learn the basics of watercolor while combining simple painting techniques with line work to create charming, approachable artwork. Think warm drinks, wooly sweaters, playful pumpkins and more. Perfect for beginners, this class offers a no-pressure environment to explore the medium while building confidence. Create a collection of small pieces that can be used for greeting cards, bookmarks, or frameable art.

18+ MSCR Central Sa 10/31 9am-12pm \$20 53254

WATERCOLOR WORKSHOP - HOLIDAY FAVORITES **NEW!**

Celebrate the season with this festive watercolor workshop. Learn the basics of watercolor and simple line work while creating charming, easy-to-follow holiday designs. Perfect for all skill levels, this class offers a relaxed, creative way to explore the medium. Create a collection of small, lighthearted paintings ideal for greeting cards, gift tags, bookmarks and more. Leave with handmade pieces ready to share and new techniques to continue creating throughout the season.

18+ MSCR West Sa 12/5 9am-12pm \$20 53251

18+ MSCR West Sa 12/12 9am-12pm \$20 54160

WATERCOLOR WORKSHOP - SPOOKY SCENES **NEW!**

Get into the Halloween spirit with this fun and lighthearted watercolor class. Learn simple painting techniques while creating playful seasonal designs like pumpkins, ghosts, witches and more. This beginner-friendly class focuses on easy, approachable methods to relax and enjoy the creative process. Create a collection of charming mini paintings which are perfect for greeting cards, bookmarks, or festive art to display. Come ready to experiment, have fun and bring a little spooky creativity to life!

18+ MSCR West Sa 10/24 9am-12pm \$20 54161

Classes at Warner Park CRC require an annual purchased photo ID. Please go to mscr.org for more information.

Well Being Workshops

Age	Location	Day	Date	Time	Fee	Course#
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PARENT PLAYDATE NEW!

Class meets 9/9, 10/7, 11/4. Bring your new baby and/or toddler (ages 0 - 4) and connect with other parents navigating this same unique stage of life. This relaxed, welcoming group is led by a fellow mom of four with a background in positive psychology, creating space for conversation, support and shared experience. Each session includes time to chat, care for your child in a comfortable environment and explore a positive psychology topic focused on everyday well-being. Leave with new perspectives and a take-home worksheet to support connection and mindfulness in daily life, along with a sense of community and renewed energy. Parent registers, child(ren) attend with parent.

18+	MSCR West	W	9/9-11/4	9:30-11am	\$30	54176
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POSITIVE PSYCHOLOGY - HOLIDAY BLUEPRINT NEW!

The holidays are often seen as warm, joyful and full of connection but the reality can often feel rushed, stressful and overwhelming. This reflective, practical workshop offers a chance to slow down and intentionally shape a holiday season that works better for everyone. Together, explore what matters most, where common stress points arise and how to make more conscious choices around time, spending and expectations. Leave with a clearer plan and a few new strategies for creating a holiday experience that feels more manageable, meaningful and joyful.

18+	MSCR West	Su	11/1	2-4:30pm	\$10	54172
18+	MSCR East	F	11/13	9:30am-12pm	\$10	53187

Age	Location	Day	Date	Time	Fee	Course#
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POSITIVE PSYCHOLOGY - LET THEM/LET ME

Feeling drained by other people's opinions, expectations or drama? Explore the "Let Them" theory by Mel Robbins as a practical way to shift focus back to what can be controlled. Through guided discussion and reflection, learn strategies to reduce reactivity, set healthier boundaries and redirect energy toward what truly matters. Leave with simple, actionable tools to help respond with more clarity, calm and confidence in everyday situations.

18+	MSCR West	Su	12/6	2-4:30pm	\$10	54173
18+	MSCR East	F	12/4	9:30am-12pm	\$10	53189

POSITIVE PSYCHOLOGY - MATTERING

Explore connection, purpose and well-being through the lens of mattering. Discuss the erosion of mattering and how it shows up in everyday life through loneliness, burnout, grief and major life transitions. Together, reflect on research and real-life stories that highlight what it means to feel valued and to know we have value to offer. Leave with tools and insights to help recognize and cultivate moments of meaning, belonging and mutual care in small but intentional ways.

18+	MSCR West	Su	10/4	2-4:30pm	\$10	54174
18+	MSCR East	F	10/2	9:30am-12pm	\$10	53190

THE IN-BETWEEN: MAKING SENSE OF EARLY ADULTHOOD NEW!

First time navigating a major life transition? Feeling unsure where to start? No one is alone! In this supportive workshop, explore "the great scattering" while reflecting on strengths and values. Through guided discussion and shared experiences, gain clarity, build confidence and connect with others navigating similar paths. Come as one is, no experience needed!

18+	MSCR West	Su	9/20	2-4:30pm	\$10	54180
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Día de Fútbol 10

NEW LOCATION!

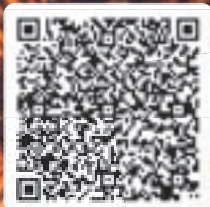
FREE FAMILY FUN!

Sat., October 3
11:00 a.m. – 3:00 p.m.Aldo Leopold
Elementary School

2602 Post Rd., Madison

MGE's 10th annual Día de Fútbol is here! Join us as we celebrate a decade of goals, smiles and community energy. Enjoy free soccer clinics, interactive activities and helpful resources for the whole family.

Register here:



your community energy company

Pottery

Age Location Day Date Time Fee Course#

HANDBUILDING - BEGINNING

Learn foundational techniques including pinching, slab construction, and coil building, while developing confidence in forming and structuring clay by hand. Practice methods for joining and reinforcing clay, as well as ways to add personal detail and character to work. By the end of class, have a stronger understanding of how to bring creative ideas to life in clay, along with finished pieces that reflect unique ceramic vision.

18+	MSCR West	T	9/8-9/29	4-6pm	\$80	53193
18+	MSCR West	T	10/6-10/27	4-6pm	\$80	53194

HANDBUILDING - CONTINUING **NEW!**

Expand the possibilities of handbuilt ceramics in this relaxed, project-based class. Work on small-scale pieces while building confidence with established handbuilding fundamentals through pinching, coils, slabs and surface experimentation. This social process-focused class encourages exploration, experimentation and conversation.

18+	MSCR West	T	11/3-12/1	6-8pm	\$80	54112
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ILLUSTRATION ON CLAY **NEW!**

Bring drawings to life on clay in this creative, hands-on class. Develop an image library and learn how to translate illustrations onto ceramic surfaces. Through guided drawing exercises, this class builds confidence for seasoned sketchers or those just beginning to doodle. Class explores a variety of surface design techniques including inlay, monoprinting, sgraffito, underglaze pencil and more, giving multiple ways to express imagery in clay.

18+	MSCR West	T	9/1-10/6	1-3:30pm	\$120	53192
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STUDIO HANDBUILDING: LARGE SLAB BOWLS **NEW!**

Explore the fundamentals of drape and press mold techniques to shape form, then enhance pieces with handmade handles and feet using the score and slip method. As the bowl takes shape, experiment with carving, texture and surface decoration to add depth and personality.

18+	MSCR West	M	11/2-11/23	6-8pm	\$80	53216
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STUDIO WHEEL: TEAPOTS **NEW!**

Learn to design and construct teapots in this advanced ceramics course. Explore the unique challenges of creating a cohesive functional form, including throwing and assembling the key components of a teapot such as the body, lid, spout and handle. Focus on proportion, balance and how each part works together both structurally and aesthetically. Intermediate wheel-throwing experience is required.

18+	MSCR West	M,W	9/16-11/2	1:30-4pm	\$240	54116
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OPEN POTTERY STUDIO - WARNER PARK CRC

A non-instructional, open studio for hobbyist potters who are able to work independently. Must have previously taken a pottery class with MSCR to be approved and register for the course. Fee includes studio access as well as use of tools, firing, glaze, 50lbs of PGM or DSM clay and unlimited access to reclaimed clay when available in the studio. Participants can only access the studio when the building is open and there is not a class. Classes generally happen between 4 - 8pm Monday - Thursday. Class hours are subject to change and are communicated to participants before the start of the session.

18+	Warner Park CRC	Su-Sa	9/14-12/12	8am-6pm	\$300	53195
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OPEN POTTERY STUDIO - MSCR WEST

A non-instructional, open studio for hobbyist potters who are able to work independently. Must have previously taken a pottery class with MSCR to be approved and register for the course. Fee includes studio access as well as use of tools, firing, glaze, 50lbs of PGM or DSM clay, and unlimited access to reclaimed clay when available in the studio. Go to mscr.org for details.

Open Pottery Studio - Mornings

18+	MSCR West	Su-Sa	9/8-12/12	8am-2pm	\$325	53196
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Open Pottery Studio - Afternoons

18+	MSCR West	Su-Sa	9/8-12/12	2-8pm	\$325	54105
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Wood Kiln Firing Workshop

Be a part of firing the historic MSCR fast-fire wood kiln! Bring approximately 1 cubic ft of work. Work is loaded in various places in the kiln depending on how all the work fits together. A full kiln fires better, participants are encouraged to bring a few extra pieces but be prepared that not every piece may get in. On Saturday, glaze bisqued pots and help load the kiln. MSCR provides various glazes and wood ash. An instructor is on site to facilitate glazing pots and loading the kiln. The kiln is fired on Sunday directed by an experienced kiln boss. Take part in the firing process any time that day. Kiln unloads the following Wednesday, from 9-10am. Can't join for the unloading? Work can be picked up at the MSCR West studio during regular hours.

18+	Capital High	Sa-Su	10/3-10/4	9am-12pm	\$120	53217
18+	Capital High	Sa-Su	11/7-11/8	9am-12pm	\$120	54120

STUDIO WHEEL: THROWING OFF THE HUMP **NEW!**

Discover an efficient and dynamic approach to wheel throwing in this focused ceramics class. Instead of centering individual pieces, learn how to work from a larger mound of clay centered on the wheel, creating multiple smaller forms from a single setup. Practice opening the top of the mound, throwing small vessels such as cups, bowls, or dishes and cleanly separating each piece using a wire tool before repeating the process. This technique is commonly used in production pottery and for creating coordinated sets, helping build consistency, rhythm and efficiency at the wheel.

18+	MSCR West	F	10/30-11/20	10am-12:30pm	\$100	54117
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TAKE A SPIN

Try out the potter's wheel in this hands-on class designed for beginners. Explore the foundational skills of wheel throwing, with a focus on centering clay and developing control at the wheel. Participants create a few pieces that will be trimmed, glazed and fired for them to pick up at a later date. No prior experience needed.

18+	MSCR West	Su	9/13	12-2pm	\$36	53198
18+	MSCR West	Su	9/13	2:30-4:30pm	\$36	54098
18+	MSCR West	Su	12/6	12-2pm	\$36	54099
18+	MSCR West	Su	12/6	2:30-4:30pm	\$36	54100
18+	MSCR West	W	9/9	4-6pm	\$36	54101
18+	MSCR West	W	9/9	6:30-8:30pm	\$36	54102
18+	Warner Park CRC	W	9/9	6-8pm	\$36	53201
18+	MSCR West	Th	9/10	4-6pm	\$36	53199
18+	Warner Park CRC	F	10/2	6-8pm	\$36	53197
18+	MSCR West	F	11/13	4:30-6:30pm	\$36	53200
18+	MSCR West	Sa	12/5	10am-12pm	\$36	54103

WHEEL - BEGINNING

Get started with the fundamentals of wheel throwing in this hands-on class. Learn how to center clay, open the form and pull up a cylinder. Explore basic techniques for attaching handles and working with leather-hard pieces, as well as simple methods for applying glaze to bisque ware. Feel confident with the core steps of wheel throwing and gain a strong ceramics foundation.

18+	MSCR West	Su	9/20-11/8	12-2:30pm	\$200	53203
18+	MSCR West	Su	9/20-11/8	3-5:30pm	\$200	53205
18+	MSCR West	M	9/14-11/2	6-8:30pm	\$200	53209
18+	Warner Park CRC	T	9/15-12/1	6-8pm	\$220	53202
18+	MSCR West	W	9/2-10/21	10am-12:30pm	\$200	53206
18+	Warner Park CRC	W	9/16-12/2	6-8pm	\$220	53204
18+	MSCR West	W	9/16-11/4	6:30-9pm	\$200	53208
18+	MSCR West	Th	9/3-10/22	10am-12:30pm	\$200	53207
18+	MSCR West	F	9/4-10/23	10am-12:30pm	\$200	54107

WHEEL - CONTINUING

Strengthen the ability to center clay efficiently and confidently pull taller, more consistent cylinders. Explore pulling and attaching handles, shaping bowls and developing forms based on the cylinder. Leave with a deeper understanding of techniques and completed functional ceramic pieces.

18+	Warner Park CRC	M	9/14-12/7	6-8:30pm	\$240	53210
18+	MSCR West	T	9/1-10/20	10am-12:30pm	\$200	53214
18+	MSCR West	T	9/8-10/27	6:30-9pm	\$200	53211
18+	MSCR West	T	10/27-12/15	10am-12:30pm	\$200	53215
18+	Warner Park CRC	Th	9/17-12/10	6-8:30pm	\$240	53212

Sewing

Age	Location	Day	Date	Time	Fee	Course#
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BEHIND THE SEAMS - CARING FOR YOUR MACHINE

Go behind the seams and learn how to keep a sewing machine running smoothly in this practical, hands-on workshop. Explore the basics of sewing machine care and maintenance, including cleaning, troubleshooting common issues and understanding how participant's personal machines work. Participants must bring their own sewing machine.

18+	MSCR Central	M	9/14	6-8pm	\$12	54196
18+	MSCR West	W	10/14	6:30-8pm	\$12	53127
18+	MSCR West	W	12/9	6:30-8pm	\$12	53128

ENGLISH PAPER PIECING

Learn the fundamentals of this relaxing and portable quilting technique. Learn how to hand stitch precise patchwork shapes and explore basic applique to bring pieces together. Create multiple patchwork components and incorporate them into a finished tote bag. Great for beginners or those looking to try something different.

18+	MSCR Central	W	11/4-11/18	6:30-8:30pm	\$60	53124
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SEWING - ADVANCED

Expand sewing skills and take on more complex projects in this advanced-level class. Build on existing knowledge while exploring more advanced techniques in garment construction, finishing, fitting and pattern work. Strengthen confidence, refine craftsmanship and continue developing personal sewing style. Participants choose their own pattern, some materials provided.

18+	MSCR West	T	10/20-11/24	9:30-11:30am	\$120	53231
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SEWING - ADVANCED SEAM WORKSHOP

Want to take garments from looking DIY to polished? Practice several seam techniques (French, felled, etc.) and discuss how to adapt sewing patterns to use them. This class is appropriate for intermediate-level sewists, but confident beginners are welcome.

18+	MSCR West	Th	12/10	6-9pm	\$20	54136
18+	MSCR West	Sa	10/17	9am-12pm	\$20	54135

SEWING - ALTERATIONS

Learn practical sewing skills that help extend the life of clothing and fabric items in this hands-on class focused on alterations and mending. Learn how to pin and fit garments in preparation for alterations, carry out common clothing adjustments and practice a variety of repair techniques for both garments and household textiles.

18+	MSCR West	T	9/29-10/13	9:30-11:30am	\$60	53232
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SEWING - BEGINNING

Interested in learning to sew? This beginner-friendly class introduces the basics of using a sewing machine in a supportive, hands-on environment. Skills learned may include how to read patterns, cut fabric, sew simple stitches, and construct a three-dimensional project while building confidence step by step. Projects vary by instructor, offering a chance to explore different creative approaches. Along the way, share progress, learn from one another and leave with the skills to continue sewing.

18+	MSCR West	W	9/2-9/16	9-11am	\$60	53221
18+	MSCR East	M	9/21-10/12	9:30-11:30am	\$80	53224
18+	MSCR West	W	11/11-12/2	6-8pm	\$60	53223
18+	MSCR East	Th	10/29-11/19	9:30-11:30am	\$80	53225
18+	MSCR West	Th	10/1-10/22	6-8pm	\$60	53222

Age	Location	Day	Date	Time	Fee	Course#
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SEWING - CONTINUING

Class builds on the basics while learning how to read a pattern, choose appropriate materials, and construct a beginner-friendly garment. Practice cutting pattern pieces, following step-by-step instructions and finishing seams for a polished result. Create a pajama item while building confidence and independence in sewing skills. Pattern provided in class.

18+	MSCR West	W	9/23-10/21	9-11am	\$100	53226
18+	MSCR East	M	10/19-11/9	9:30-11:30am	\$80	53228
18+	MSCR West	Th	10/29-12/3	6-8pm	\$100	53227

SEWING - THRIFT FLIPS: TWO TONE PANTS NEW!

Spruce up personal wardrobe by converting old garments into new ones. Improvise the viral two-tone pants with side-panel color blocks in complementary or contrasting colors. Participants bring garments to deconstruct; fabrics with similar weights are the most effective. This class is appropriate for confident beginners. The class does not work from a pattern, but experience working from a pattern is useful.

18+	MSCR West	Th	9/10-9/24	6-8pm	\$60	54132
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SEWING - ZIPPER POUCHES NEW!

It's time to get over the fear of zippers! With patience, practice and the proper foot attachment, be prepared to approach new projects with confidence. Participants leave with a gift-able project. This class is suitable for confident beginners. Familiarity with machine sewing is a prerequisite.

18+	MSCR West	W	11/4-11/18	9-11am	\$60	53230
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SEWING STUDIO NEW!

Bring sewing projects and make use of a fully equipped sewing lab in this open, supportive studio environment. Designed for those with beginning sewing skills or equivalent experience, this class offers the opportunity to work on projects of your choice with guidance from an instructor as needed. Projects may include sewing from patterns, alterations, mending, or other fabric-based creations.

18+	MSCR East	M	11/16	9:30-11:30am	\$20	53229
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SUSTAINABLE SEWING

Create practical, reusable items while building sewing skills in this creative, sustainability-focused class. Participants may choose from a wide variety of projects designed to reduce waste and support everyday living, including reusable kitchen and household items, personal care products, storage solutions, baby items and more. Supply list available at mscr.org

18+	MSCR East	Th	9/24-10/22	9:30-11:30am	\$100	53233
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Indoor

Age Location Day Date Time Fee Course#

ARMS & ABS

Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Using lighter resistance and high-repetition sets, this class focuses on building muscular endurance and definition.

18+ MSCR East F 9/11-12/18 8:15-9am \$70 53438

BARRE SCULPT

A full-body workout that blends barre movements with strength exercises to tone muscles, increase muscular endurance, and enhance flexibility.

18+ MSCR West T 9/8-10/20 4:30-5:15pm \$35 53443

BOLLYX DANCE

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world.

18+ MSCR West W 9/9-12/16 6-6:45pm \$65 53447

BOOTCAMP

Combine strength training, plyometrics, cardio drills, and core exercises for a total body workout. Get ready to move!

18+ MSCR East T 9/8-10/20 4:30-5:15pm \$42 54037

18+ MSCR East T 10/27-12/15 4:30-5:15pm \$48 54038

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!

18+ MSCR Central Th 9/10-12/17 6-6:45pm \$65 54077

18+ MSCR East Th 9/10-12/17 6:30-7:15pm \$65 53453

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.

18+ MSCR East T 9/8-12/15 5:30-6:15pm \$75 53454

18+ MSCR West Sa 9/12-12/12 9-10am \$65 54090

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.

18+ MSCR West Sa 9/19-12/12 9:30-10:15am \$60 53457

CORE FLOW

A dynamic yoga practice that incorporates traditional abdominal work, yoga sequences and breath work. Develop the power that lies within the core of your body!

18+ MSCR Central Th 9/10-12/17 7:50-8:35am \$65 53458

18+ MSCR West Sa 11/7-12/12 8:30-9:15am \$25 54064

Fitness & Arts Mash Up!

DUMBBELLS & DIY DOORMATS

This fun hybrid event starts with an energizing full-body strength class designed for all fitness levels focused on functional movement, confidence, and feeling strong. After we sweat, we slow things down and get creative with a guided fall doormat decorating session, where you design your own custom seasonal welcome mat to take home.

18+ MSCR West F 11/6 5-6:30pm \$28 54169

BOY BANDS, BOOTCAMP & BEADING

Join us for a throwback bootcamp set to your favorite boy band hits—from NSYNC to One Direction—designed to help you sweat, laugh and feel strong. After class, we swap dumbbells for beads and create custom beaded keychains to take home. A little nostalgia, a great workout and the perfect excuse for a fun night out with your friends!

18+ MSCR West F 11/13 5:30-6:45pm \$15 54170

Age Location Day Date Time Fee Course#

ENTRENAMIENTO DE RESISTENCIA **NEW!**

Esta clase de fuerza y resistencia utiliza una variedad de equipos de pesas para aumentar la fuerza y mejorar la condición física. La clase se imparte completamente en español y está dirigida por un instructor certificado en fitness.

18+ MSCR East T 9/8-10/20 5-5:45pm \$35 54186

18+ MSCR East T 10/27-12/15 5-5:45pm \$40 54187

GENTLE YOGA

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

18+ MSCR West M 9/14-12/14 4:30-5:30pm \$70 54204

18+ MSCR West Sa 9/19-12/12 10:30-11:30am \$60 53466

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.

18+ Warner Park CRC M 9/14-12/14 7-8pm \$70 53470

HATHA YOGA II

Explore yoga positions focusing on flexibility, strength, and balance with emphasis on body awareness and alignment.

18+ Warner Park CRC M 9/14-12/14 5:30-6:45pm \$70 53471

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!

18+ MSCR West M 9/14-10/19 6:45-7:30pm \$30 53473

18+ MSCR West M 10/26-12/14 6:45-7:30pm \$40 54108

INTRO TO TAI CHI **NEW!**

Discover the fundamentals of Tai Chi in this beginner-friendly class. Focus on improving balance, strength and flexibility through the practice of tai chi movements and qigong exercises.

18+ MSCR East T 10/27-12/15 6-7pm \$40 54041

KICKBOX CARDIO

No bags, no gloves, just a killer workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

18+ MSCR West Th 10/29-12/17 4:45-5:30pm \$35 53475

LGBTQIA+ YOGA

This class is a welcoming and inclusive space for LGBTQIA+ individuals. With this in mind, everyone is invited to join. Come with an open heart, ready to relax your mind, stretch your body and connect with new friends.

18+ MSCR East W 10/28-12/16 5:30-6:30pm \$35 53478

Age Location Day Date Time Fee Course#

MAT PILATES

A full-body workout that uses controlled movements to strengthen your core, increase flexibility, and improve posture. Focus on controlled movements to tone and strengthen your muscles.

18+	Warner Park CRC	T	9/8-12/15	8:30-9:15am	\$75	54122
18+	MSCR East	W	9/9-12/16	5:15-6pm	\$70	53480

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. Enjoy opening joints from your neck to feet with easy, focused movements.

18+	MSCR Central	M	9/14-12/14	6-7:15pm	\$70	53483
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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.

18+	MSCR West	Th	10/29-12/17	5:40-6:25pm	\$35	53484
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PRENATAL & POSTNATAL YOGA

A gentle yoga class designed to support your body and mind throughout pregnancy and after birth, encouraging relaxation, strength and connection. Experience the journey alongside others in a welcoming and nurturing environment.

18+	MSCR West	Sa	11/7-12/12	9:30-10:30am	\$25	54065
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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.

18+	MSCR West	M	9/14-10/19	5:45-6:30pm	\$30	54081
18+	MSCR West	M	10/26-12/14	5:45-6:30pm	\$40	54082
18+	MSCR West	T	9/8-10/20	5:15-6pm	\$35	53490
18+	MSCR West	T	10/27-12/15	5:15-6pm	\$40	54080
18+	MSCR East	Th	9/10-12/17	5-5:45pm	\$65	54087
18+	MSCR West	Th	9/10-10/22	5:45-6:30pm	\$30	54085
18+	MSCR West	Th	10/29-12/17	5:45-6:30pm	\$35	54084
18+	MSCR West	Th	9/10-10/22	6:45-7:30pm	\$30	54083
18+	MSCR West	Th	10/29-12/17	6:45-7:30pm	\$35	54091
18+	MSCR West	Sa	9/12-12/12	8:30-9:15am	\$65	54086

ROW FIT

Improve your rowing technique and build strength in this circuit-style class. Every class combines instruction on and off the Concept2 Indoor Rowers combined with strength training exercises.

18+	MSCR East	M	9/14-12/14	4-4:45pm	\$84	53497
18+	MSCR East	M	9/14-12/14	5-5:45pm	\$84	54034
18+	MSCR East	W	9/9-10/21	4:30-5:15pm	\$42	54264
18+	MSCR East	W	10/28-12/16	4:30-5:15pm	\$42	54265
18+	MSCR West	W	9/9-10/21	4:45-5:30pm	\$42	54188
18+	MSCR West	W	10/28-12/16	4:45-5:30pm	\$42	54189

SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level with a small group of participants. Receive personalized guidance to enhance motivation, stay accountable, and achieve your goals.

18+	MSCR East	M	9/14-10/12	5-5:45pm	\$35	54106
18+	MSCR East	T	9/8-10/20	4-4:45pm	\$49	54184
18+	MSCR East	T	10/27-12/15	4-4:45pm	\$56	54185
18+	MSCR Central	W	9/9-10/28	6:30-7:30pm	\$48	53499

Age Location Day Date Time Fee Course#

STRENGTH TRAINING FOR WOMEN

Designed specifically for women, this class focuses on building strength, confidence, and muscular endurance through effective, easy-to-follow total body strength training exercises.

18+	Warner Park CRC	M	9/14-12/14	12:12-45pm	\$70	54054
18+	MSCR Central	T	9/8-10/20	4:30-5:15pm	\$35	53501
18+	MSCR Central	T	10/27-12/15	4:30-5:15pm	\$40	54046

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.

18+	MSCR West	T	9/8-12/15	5:45-6:30pm	\$75	54079
18+	MSCR East	F	10/30-12/18	9:15-10am	\$35	53504

TRX YOGA FLOW

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Just like traditional yoga props such as blocks or bolsters, this class uses the TRX to support and enhance your yoga poses and sequences.

18+	MSCR East	Th	9/10-10/22	4-4:45pm	\$36	53510
18+	MSCR East	Th	10/29-12/17	4-4:45pm	\$42	54045
18+	MSCR East	Sa	9/12-10/24	9:30-10:15am	\$42	54205

WERQ

WERQ is a fiercely fun dance fitness class based on pop, rock and hip-hop music. Designed for all fitness levels, WERQ blends dance moves with high-energy cardio.

18+	MSCR East	M	9/14-10/19	6-6:45pm	\$30	54092
18+	MSCR East	M	10/26-12/14	6-6:45pm	\$40	54093
18+	MSCR Central	T	9/8-12/15	6:30-7:15pm	\$75	53511
18+	MSCR West	Th	9/10-10/22	6:45-7:30pm	\$30	54094
18+	MSCR West	Th	10/29-12/17	6:45-7:30pm	\$35	54095

WERQ LIKE A BOSS

Ignite your inner fire with a dynamic workout fusing WERQ cardio dance, strength, and mobility. Unleash your confidence and discover the joy of movement!

18+	MSCR West	M	9/14-10/19	6-7pm	\$30	54096
18+	MSCR West	M	10/26-12/14	6-7pm	\$40	54097
18+	MSCR East	W	9/9-12/16	6:30-7:30pm	\$70	53517

YIN YOGA

A slow-paced practice that combines long-held stretches with mindfulness and deep breathing. Perfect for calming the mind and restoring balance.

18+	MSCR East	Th	9/10-12/17	6:45-7:45pm	\$65	53518
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YOGA AMPED

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.

18+	MSCR Central	T	9/8-10/20	5:30-6:15pm	\$35	53521
18+	MSCR Central	T	10/27-12/15	5:30-6:15pm	\$40	54055
18+	MSCR Central	Th	9/10-12/17	7-7:45am	\$65	54056
18+	MSCR West	Th	9/10-10/22	4:45-5:30pm	\$30	54266
18+	MSCR West	Th	10/29-12/17	4:45-5:30pm	\$35	54267

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.

18+	MSCR Central	M	9/14-11/9	6:30-7:30pm	\$45	53524
18+	MSCR West	T	9/8-12/15	7:15-8:15pm	\$75	54066
18+	MSCR East	Th	9/10-12/17	5:30-6:30pm	\$65	54067
18+	MSCR East	Sa	9/12-11/21	8:30-9:30am	\$55	54068

Classes at Warner Park CRC require an annual purchased photo ID. Please go to mscr.org for more information.

Register at MSCR.ORG or use form on PAGE 57



Fitness Bingo Challenge

Celebrate a century of health, community, and play with our Fitness Bingo Challenge. Whether you've been with us for decades or you're just getting started, there's no better time to honor 100 Years of Recreation than by getting active! Now through December 18, 2026

The Centennial Bingo card is packed with fun ways to move, explore our parks, and try new wellness activities.

- No registration required! Just jump right in!
- Pick up a card: Grab a physical Bingo card at any MSCR location or download a digital version at mscr.org.

Outdoor

Age	Location	Day	Date	Time	Fee	Course#
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BICYCLING - HAPPY TRAILS

Discover Madison area long distance trails with friends. Class meets at various area paved and gravel trails for an out and bike ride ranging 10 - 20 miles. Wisconsin trail pass required for some trails, details are provided prior to start of class. All bike types and riders are welcome, and no one gets left behind - staff frequently check-in with participants. Class is led by a League of American Bicyclists Certified Instructor. Bicycle and helmet required.

18+	TBA	M	9/28-10/26	10am-12pm	\$25	53446
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COUCH TO 5K

This beginner-friendly, non-competitive outdoor class uses walk/run intervals and supportive coaching to build endurance. This program progresses from 1 to 3.1 miles, helping participants build endurance at their own pace. Participants should be comfortable walking 2 miles continuously, with the option to complete a 5K together at the end.

18+	MSCR Central	T	9/8-10/20	6:30-7:15pm	\$35	54058
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GENTLE YOGA

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

18+	Olbrich Park	M	9/14-10/19	5-6pm	\$30	53468
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KICKBOX CARDIO

No bags, no gloves, just a killer workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

18+	Garner Park	T	9/8-10/20	4:45-5:30pm	\$35	54089
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18+	Garner Park	Th	9/10-10/22	4:45-5:30pm	\$25	53476
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LGBTQIA+ YOGA

This class is a welcoming and inclusive space for LGBTQIA+ individuals. With this in mind, everyone is invited to join. Come with an open heart, ready to relax your mind, stretch your body, and connect with new friends.

18+	Tenney Park	W	9/9-10/21	5:30-6:30pm	\$35	53479
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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.

18+	Garner Park	Th	9/10-10/22	5:40-6:25pm	\$25	53485
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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.

18+	Garner Park	T	9/8-10/20	5:40-6:25pm	\$35	53493
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18+	Garner Park	T	10/27-11/17	5:15-6pm	\$20	54088
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18+	Acewood Park	F	9/11-10/23	9:30-10:15am	\$35	53492
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Fit for the Holidays - Virtual

During the holiday season, join your favorite Adult Fitness & Goodman Rotary 50+ Fitness instructors online for unlimited virtual fitness classes. Classes are held live and accommodate all fitness levels, making it easy to stay active throughout the season. Program details and schedule will be available in November. We're ringing in the new year with something new!

Beginning in January, watch for a fun, in-person "try it" experience. Stay tuned, we can't wait to share more details soon!

18 +	Virtual	12/19-1/3	\$30	53459
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Virtual

Age	Location	Day	Date	Time	Fee	Course#
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ARMS & ABS

Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Using lighter resistance and high-repetition sets, this class focuses on building muscular endurance and definition.

14 +	Virtual	M	9/14-12/14	8:15-9am	\$70	53439
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14 +	Virtual	F	9/11-12/18	8:15-9am	\$70	54078
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BARRE SCULPT

A full-body workout that blends barre movements with strength exercises to tone muscles, increase muscular endurance, and enhance flexibility.

14 +	Virtual	W	9/9-12/16	7-7:45am	\$75	53445
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GENTLE YOGA

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

14 +	Virtual	T	9/8-12/15	5:30-6:30pm	\$75	53469
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HATHA YOGA II

Explore yoga positions focusing on flexibility, strength, and balance with emphasis on body awareness and alignment.

14 +	Virtual	Th	9/10-12/17	5-6:15pm	\$65	53472
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MAT PILATES

A full-body workout that uses controlled movements to strengthen your core, increase flexibility, and improve posture. Focus on controlled movements to tone and strengthen your muscles.

14 +	Virtual	T	9/8-12/15	6-6:45pm	\$75	53481
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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.

14 +	Virtual	M	9/14-12/14	7-7:45am	\$65	53496
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14 +	Virtual	Th	9/10-12/17	5-5:45pm	\$70	53495
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TOTAL BODY

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.

14 +	Virtual	W	9/9-12/16	11-11:45am	\$75	53507
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WERQ

WERQ is a fiercely fun dance fitness class based on pop, rock and hip-hop music. Designed for all fitness levels, WERQ blends dance moves with high-energy cardio.

14 +	Virtual	M	9/14-12/14	6-6:45pm	\$70	53516
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YIN YOGA

A slow-paced practice that combines long-held stretches with mindfulness and deep breathing. Perfect for calming the mind and restoring balance.

14 +	Virtual	M	9/14-12/14	7-8pm	\$70	53519
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14 +	Virtual	Sa	9/26-12/12	10:15-11:15am	\$55	54044
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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.

14 +	Virtual	T	9/8-12/15	7-7:45am	\$75	54069
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PATRIOTS YOUTH HOCKEY ASSOCIATION COME PLAY WITH US!



For all children living in the Madison East, Madison La Follette, and Monona Grove school districts
SCHOLARSHIPS AND AFFORDABLE SEASONAL EQUIPMENT RENTAL AVAILABLE!



**SKILL
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FOR ALL
AGES**

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 **LEARN TO PLAY** (5-7 year olds)

 **REC LEAGUE**

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Mites (7-8 year olds), Squirts (8-10 year olds),

Pewee (10-12 year olds), & Bantams (12-14 year olds)

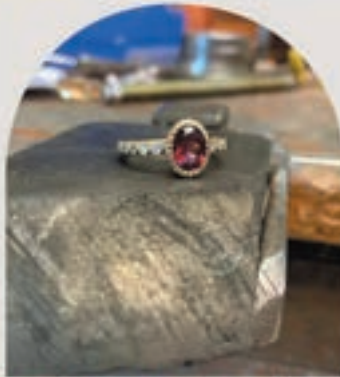
 **MADISON DRAGONS GIRLS HOCKEY** (8-14 year olds)

**JOIN US FOR OUR
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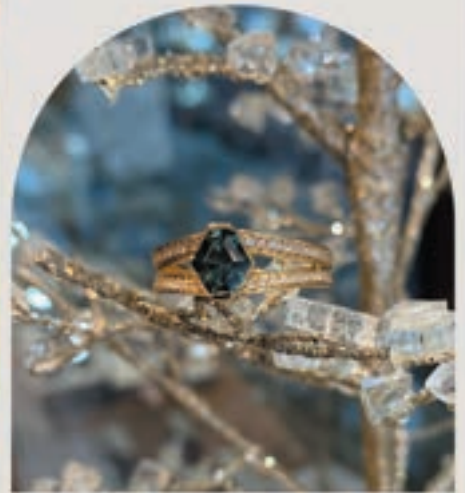
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Active Aging Month - October

In celebration of Active Aging, older adults ages 50 & better are invited to try a new activity, meet new people and stay active by participating in free Active Aging activities. From October 1-31, participants are challenged each day to complete activities for a chance to win some great prizes! View a list of free activities starting September 1 at mscr.org. Registration opens on September 21 for MMSD residents and non residents.

To register, visit mscr.org or in person at any MSCR facility during operating hours. Contact Mindy Vinje at mjvinje@madison.k12.wi.us or 608-204-3000 with questions.

AQUA ARTHRITIS EXERCISE

These specially designed warm water exercises contribute to overall fitness and health for someone with arthritis or joint pain. Builds endurance, promotes flexibility and muscle strength.

Age	Location	Day	Date	Time	Fee	Course#
50+	Lapham	T	9/22-12/8	3:15-4:15pm	\$58	53597
50+	Capitol Lakes	W	9/23-12/9	2-3pm	\$65	53596
50+	Lapham	Th	9/24-12/10	3:15-4:15pm	\$58	53598

AQUA EXERCISE DEEP WATER

This class is a great way to keep fit and flexible without impact on the hips, joints and spine. 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 (18+) available in the Aquatics section of the program guide.

50+	Capitol Lakes	M	9/21-12/7	5:30-6:30pm	\$65	53599
50+	Capitol Lakes	T	9/22-12/8	2:30-3:30pm	\$65	53600

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 (18+) available in the Aquatics section of the program guide. See Aqua Circuit.

50+	Capitol Lakes	M	9/21-12/7	3-4pm	\$65	53602
50+	Capitol Lakes	Th	9/24-12/10	2-3pm	\$65	53603

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.

50+	Lapham	M	9/21-12/7	2-3pm	\$58	53604
50+	Lapham	M	9/21-12/7	3:15-4:15pm	\$58	53606
50+	Capitol Lakes	M	9/21-12/7	4:15-5:15pm	\$65	53605
50+	Capitol Lakes	T	9/22-12/8	3:45-4:45pm	\$65	53608
50+	Capitol Lakes	W	9/23-12/9	3:15-4:15pm	\$65	53601
50+	Lapham	W	9/23-12/9	3:15-4:15pm	\$58	53607
50+	Capitol Lakes	Th	9/24-12/10	3:15-4:15pm	\$65	53609

ARMS & ABS

Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Using lighter resistance and high-repetition sets, this class focuses on building muscular endurance and definition.

50+	MSCR East	T	9/8-12/15	11:15am-12pm	\$49	53610
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BALANCE, STRENGTH & CORE STABILITY

This full-body class is designed to enhance balance, posture, strength and flexibility. Exercises are used to support daily activities and help reduce the risk of falls.

50+	MSCR West	M	9/14-12/14	9-10am	\$60	53618
50+	MSCR East	M	9/14-12/14	10:45-11:30am	\$46	53611
50+	MSCR West	M	9/14-12/14	12:15-1:15pm	\$60	53614
50+	Warner Park CRC	T	9/8-12/15	11:30am-12:30pm	\$65	53615
50+	MSCR West	T	9/8-12/15	4:10-5pm	\$65	54221
50+	MSCR Central	W	9/9-12/16	7:30-8:15am	\$49	53616
50+	MSCR West	W	9/9-12/16	11:15am-12:15pm	\$65	53613
50+	MSCR Central	Th	9/17-12/17	10-11am	\$56	53612

BALLROOM BASICS FOR BALANCE

This class is based on the best therapeutic principles of fall prevention and the joy of movement through music. Learn basic moves of ballroom and other dances in a safe environment to reduce risk of falls and increase balance and stability. All levels are welcome but participants should be able to move independently, with or without the help of a device like a cane or walker.

50+	MSCR East	F	9/11-12/18	9-10am	\$60	53622
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BRAIN HEALTH & MIND-BODY INTEGRATION

Support brain health with gentle movement, sensory "brain games" and mindfulness-based activities that encourage mind-body awareness. A licensed occupational therapist leads this welcoming class to all abilities as well as those who have experienced a brain injury such as a stroke or TBI.

50+	MSCR Central	Sa	9/19-11/21	9:30-10:30am	\$39	53667
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CARDIO DANCE

A dance-based cardio class that incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of high-energy beats.

50+	MSCR East	M	9/14-12/14	10:45-11:45am	\$60	53627
50+	MSCR East	F	9/11-12/18	10:45-11:45am	\$60	53628
50+	MSCR Central	F	9/18-12/18	12:15-1:15pm	\$56	53626

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.

50+	MSCR West	M	9/14-12/14	11:45am-12:45pm	\$60	53631
50+	MSCR Central	M	9/14-12/14	12:30-1:30pm	\$60	53629
50+	MSCR East	W	9/9-12/16	9:30-10:30am	\$65	53630
50+	MSCR West	Th	9/10-12/17	11:35am-12:35pm	\$60	53632

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.

50+	MSCR West	T	9/15-12/15	11:30am-12:30pm	\$60	53634
50+	MSCR Central	Th	9/17-12/17	11:15am-12:15pm	\$56	53633

CHAIR CARDIO DANCE & TONING

A completely seated, dance-based class that includes low-impact choreographed moves and full-body strength training exercises. This class is a fun total-body aerobic and strength conditioning workout. There is no floor work.

50+	MSCR West	W	9/9-12/16	4:45-5:45pm	\$56	54124
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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.

50+	Warner Park CRC	T	9/8-12/15	10:15-11:15am	\$65	53636
50+	MSCR East	T	9/8-12/15	1:15-2pm	\$49	53635
50+	MSCR West	W	9/9-12/16	10:15-11am	\$49	53638
50+	MSCR West	Th	9/10-12/17	9:30-10:30am	\$60	53639
50+	Warner Park CRC	F	9/11-12/18	12:30-1:30pm	\$60	53637

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.

Age	Location	Day	Date	Time	Fee	Course#
50+	MSCR West	F	9/11-12/18	12-1pm	\$60	53641

CIRCUIT FITNESS

Stay active, strong, and energized in this circuit-style class designed to enhance strength, cardiovascular endurance, balance and mobility through low-impact, joint-friendly exercises. You move through timed stations using a variety of equipment - all at your own pace for a fun and challenging workout.

Age	Location	Day	Date	Time	Fee	Course#
50+	MSCR East	M	9/14-12/14	9:30-10:30am	\$60	53643
50+	MSCR Central	W	9/9-12/16	12:30-1:20pm	\$65	54070
50+	MSCR East	F	9/11-12/18	1:45-2:45pm	\$60	53644

CORRECTIVE STRETCHING WORKSHOP

Improve flexibility, mobility and body awareness through gentle corrective stretching and mindful movement. This unique series focuses on helping participants better recognize their body's signals, reduce unnecessary tension and move with greater ease and confidence. Each week builds a deeper understanding of how the body moves and responds. Suitable for all fitness levels and ideal for anyone seeking improved comfort, mobility and movement quality in everyday life.

Age	Location	Day	Date	Time	Fee	Course#
50+	MSCR East	Th	9/10-10/8	9-10:15am	\$22	53699
50+	MSCR East	Th	10/22-11/19	9-10:15am	\$22	54190

ENTRENAMIENTO EN CIRCUITO (IMPARTIDA EN ESPAÑOL) **NEW!**

Manténgase activo, fuerte y con energía en esta clase de circuito impartida en español. Mejore su fuerza, resistencia cardiovascular, equilibrio y movilidad mediante ejercicios de bajo impacto. Recorra estaciones cronometradas con una variedad de equipamiento a su propio ritmo, disfrutando de un entrenamiento divertido y adaptable a todos los niveles de condición física.

Age	Location	Day	Date	Time	Fee	Course#
50+	MSCR West	Th	9/10-12/17	2:45-3:30pm	\$46	54191

FALLKOUR: PARKOUR MEETS THE ART OF FALLING

Take your movement skills to the next level with Fallkour - a fun and functional blend of parkour techniques and safe falling strategies. Perfect for participants who've taken Parkour for Seniors, How to Fall Safely, or anyone comfortable getting up and down from the ground on their own. Roll, land and flow with confidence - learning how to move smarter, fall safer and have a blast.

Age	Location	Day	Date	Time	Fee	Course#
50+	Madison Circus	M	9/14-10/19	9:30-10:30am	\$45	53647



Fitness Bingo Challenge

Celebrate a century of health, community, and play with our Fitness Bingo Challenge. Whether you've been with us for decades or you're just getting started, there's no better time to honor 100 Years of Recreation than by getting active! Now through December 18, 2026

The Centennial Bingo card is packed with fun ways to move, explore our parks, and try new wellness activities.

- No registration required! Just jump right in!
- Pick up a card: Grab a physical Bingo card at any MSCR location or download a digital version at mscr.org.

FUNCTIONAL FITNESS

This class is designed to improve strength, balance, flexibility, coordination, and aerobic fitness to optimize daily activities. Enhance quality of life, reduce the risk of injury and maintain independence through targeted exercises that reflect real-life movements.

Age	Location	Day	Date	Time	Fee	Course#
50+	Warner Park CRC	M	9/14-12/14	9-10am	\$60	53649
50+	MSCR West	M	9/14-12/14	9:30-10:30am	\$60	53658
50+	MSCR West	M	9/14-12/14	10:45-11:45am	\$60	53659
50+	MSCR West	M	9/14-12/14	11am-12pm	\$60	53648
50+	MSCR West	T	9/8-12/15	1:30-2:30pm	\$65	53660
50+	MSCR West	T	9/15-12/8	2-2:50pm	\$52	53663
50+	MSCR West	T	9/15-12/8	3-3:50pm	\$52	53665
50+	MSCR Central	W	9/9-12/16	8:30-9:20am	\$65	53653
50+	Warner Park CRC	W	9/9-12/16	9-10am	\$65	53650
50+	MSCR Central	W	9/9-12/16	9:30-10:20am	\$65	53654
50+	MSCR Central	W	9/9-12/16	10:30-11:20am	\$65	53655
50+	MSCR Central	W	9/9-12/16	11:30am-12:20pm	\$65	53656
50+	MSCR West	W	9/9-12/16	5:30-6:30pm	\$60	53657
50+	MSCR East	Th	9/10-12/17	9-10am	\$60	53651
50+	MSCR East	Th	9/10-12/17	10:15-11:15am	\$60	53652
50+	MSCR West	Th	9/17-12/10	2-2:50pm	\$52	53664
50+	MSCR West	Th	9/17-12/10	3-3:50pm	\$52	53666
50+	MSCR West	F	9/11-12/18	9:30-10:30am	\$60	53661
50+	MSCR West	F	9/11-12/18	10:45-11:45am	\$60	53662

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. All exercises can be performed while standing or seated in a chair. There is no floor work.

Age	Location	Day	Date	Time	Fee	Course#
50+	MSCR West	M	9/14-12/14	10:15-11:15am	\$60	53674
50+	MSCR East	T	9/8-12/15	10-11am	\$65	53672
50+	MSCR West	T	9/8-12/15	11am-12pm	\$65	53670
50+	MSCR West	Th	9/10-12/17	11am-12pm	\$60	53671
50+	MSCR West	F	9/11-12/18	10:20-11:20am	\$60	53673

GROOVE

A unique dance fitness experience where everyone moves in a simple movement or rhythm but dances their own unique way - not the typical follow-the-leader style. Experience everything from slow, delicious meditative grooves, to heart thumping and strength building cardio beats.

Age	Location	Day	Date	Time	Fee	Course#
50+	MSCR East	Th	9/10-12/17	12-1pm	\$60	53625

MINDFULNESS MOVEMENT & GUT HEALTH

Gently awaken your body's energy using ancient Asian meridian and chakra practices through stretching, tapping, movement and vibration. Calm your mind and breath with mindful awareness as you tune into and unblock your energy systems. Strengthen your core and activate your gut with focused intestine exercises that support internal organ health and vitality.

Age	Location	Day	Date	Time	Fee	Course#
50+	Warner Park CRC	F	9/11-12/18	10:30-11:45am	\$60	53676

MINDFULNESS MOVEMENT & JOINT HEALTH

Gently awaken your body's energy using ancient Asian meridian and chakra practices through stretching, tapping, movement and vibration. Calm your mind and breath with mindful awareness as you tune into and unblock your energy systems. Enjoy easy, focused movements to open your joints from neck to feet - because motion is lotion.

Age	Location	Day	Date	Time	Fee	Course#
50+	Warner Park CRC	W	9/9-12/16	10:30-11:45am	\$65	53677

Look for:



- **Adult Arts on pages 36-43**
- **Day Trips on page 6**

Classes at Warner Park CRC require an annual purchased photo ID. Please go to mscr.org for more information.

Register at MSCR.ORG or use form on PAGE 57



Fit for the Holidays - Virtual

During the holiday season, join your favorite Adult Fitness & Goodman Rotary 50+ Fitness instructors online for unlimited virtual fitness classes. Classes are held live and accommodate all fitness levels, making it easy to stay active throughout the season. Program details and schedule are available in November.

We're ringing in the new year with something new! Beginning in January, watch for a fun, in-person "try it" experience. Stay tuned, we can't wait to share more details soon!

December 19, 2026 - January 3, 2027 \$30 #53459

Age Location Day Date Time Fee Course#

PARKOUR FOR SENIORS

Move through your world with confidence, joy and creativity! This class helps you build balance and coordination, improve flexibility and discover new ways your body can move. Explore a variety of movement options - including floor work that support fall prevention and make everyday activities feel easier and safer. Open to all fitness levels - our instructors provide options so everyone can participate comfortably.

50+	Madison Circus	T	11/3-12/15	9:30-11am	\$53	53678
50+	Warner Park	T	9/8-10/27	9:30-11am	\$60	53679
50+	Madison Circus	Th	11/5-12/17	9:30-11am	\$45	54119
50+	Warner Park	Th	9/10-10/29	9:30-11am	\$60	54074

PILATES

Low impact exercise that focuses on postural alignment, breath control, flexibility and strength in the upper and lower extremities. This relaxing & mindful routine requires mental focus to help improve the mind/body connection and get the most out of each movement.

50+	MSCR West	M	9/14-12/14	12:30-1:30pm	\$60	53681
50+	MSCR East	W	9/9-12/16	8:15-9:15am	\$65	53680
50+	MSCR West	Th	9/10-12/17	2:30-3:30pm	\$60	53682

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!

50+	MSCR East	M	9/14-12/14	8:30-9:15am	\$46	53685
50+	MSCR East	T	9/8-12/15	12:15-1pm	\$49	53683
50+	Warner Park CRC	W	9/9-12/16	10:15-11am	\$49	53684
50+	Warner Park CRC	Th	9/10-12/17	10:30-11:15am	\$46	53686

ROW FIT

Alternate between high-energy intervals on the Concept2 indoor rowers and simple, effective strength exercises off the rower. This circuit-style class helps you master your rowing form, boost cardiovascular endurance, and build total-body strength in a supportive environment. Rowing on a Concept2 machine is a low impact, joint-friendly exercise that targets every major muscle group while in a seated and safe position.

50+	MSCR East	T	9/8-12/15	11:45am-12:35pm	\$65	53693
50+	MSCR West	F	9/11-12/18	10:30-11:20am	\$60	54192

Age Location Day Date Time Fee Course#

SIMPLE STRENGTH

This class uses basic movements and easy-to-follow exercises to build strength, increase balance and flexibility. Geared towards beginners or anyone looking to maintain strength with a simple, effective routine.

50+	MSCR West	T	9/15-12/8	1:15-2pm	\$52	53695
50+	MSCR West	W	9/9-12/16	9-10am	\$65	53694
50+	MSCR West	Th	9/17-12/10	1:15-2pm	\$52	53696

SMALL GROUP: ROW + STRENGTH FUNDAMENTALS

A beginner-friendly class that combines instruction on the Concept2 indoor rower with off-rower strength training using a variety of equipment. Learn proper rowing technique, build total-body strength, and gain confidence in a small group setting. Ideal for those new to rowing or looking to refine fundamentals before progressing to RowFit.

50+	MSCR West	F	9/11-12/18	9:30-10:20am	\$77	54193
50+	MSCR East	F	9/11-12/18	11:15am-12:10pm	\$77	53617

STRENGTH TRAINING FOR WOMEN

Designed specifically for women, this class focuses on building strength, confidence, and muscular endurance through effective, easy-to-follow total body strength training exercises.

50+	MSCR East	W	9/9-12/16	11am-12pm	\$65	53701
50+	MSCR Central	F	9/18-12/18	11am-12pm	\$56	53700
50+	MSCR East	F	9/11-12/18	12:30-1:30pm	\$60	53702

STRETCH & STRENGTH

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

50+	Warner Park CRC	M	9/14-12/14	11-11:45am	\$46	54104
50+	MSCR West	T	11/3-12/15	8:30-9:30am	\$30	53707
50+	Warner Park CRC	W	9/9-12/16	9-9:45am	\$49	53704
50+	MSCR West	W	9/9-12/16	10:30-11:30am	\$65	53705
50+	MSCR East	W	9/9-12/16	12-12:45pm	\$49	53619
50+	MSCR West	Th	9/10-12/17	8:15-9:15am	\$60	53706

TRX ADVANCED

This intermediate-advanced class challenges strength, control and coordination with complex sequences and core-driven movements. Expect dynamic flows, precision holds and progressive intensity to refine your technique and build total-body power. Class is designed for those with a solid foundation in TRX fundamentals.

50+	MSCR West	W	9/9-12/16	12:30-1:20pm	\$65	53730
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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.

50+	MSCR East	T	9/8-12/15	8:45-9:45am	\$65	53733
50+	MSCR East	Th	9/10-12/17	12-1pm	\$60	53732
50+	MSCR West	Th	9/10-12/17	1:45-2:35pm	\$60	53731

Tai Chi

Getting Started	Building Skills	Deepening Practice
Tai Chi for Arthritis & Fall Prevention - Part 1	Tai Chi for Arthritis & Fall Prevention - Part 2	Tai Chi Advanced
Tai Chi Yang - Introduction	Tai Chi Yang 24 - Refinement	Tai Chi Yang Long Form
Tai Chi Yang - Continuing		
Tai Chi Pole		
QiGong		
Yang Style Tai Chi 10 Form		

Age Location Day Date Time Fee Course#

QIGONG FOR RENEWAL & 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.

50+ MSCR Central F 11/6-12/18 10:30-11:30am \$26 54071

TAI CHI - ADVANCED

This class explores Yangjia Michuan Taijiquan (YMT), the original Yang Family Long Form of Tai Chi. Class encompasses martial art applications, the Fan Routine and Parts I-III of the YMT form. Class requires balance, coordination and knowledge of the Yang 24 Form, with completion of Tai Chi Continuing &/or Refinement as a prerequisite.

50+ MSCR Central T 9/8-12/15 2:30-4pm \$97 53709

TAI CHI FOR ARTHRITIS & FALL PREVENTION - PART 1

An evidence-based program derived from Sun Style Tai Chi, designed to promote strength, balance, flexibility and help reduce the risk of falls. Movements are taught using left and right sides and with turns to move forward and backward to improve mobility. Completion of TCAFP - Part 1 is required prior to taking Part 2 which introduces new movements, refines form and enhances coordination.

50+ MSCR East M 9/14-12/14 9-10am \$46 53620

50+ MSCR West T 9/8-12/15 9:30-10:30am \$65 53710

TAI CHI FOR ARTHRITIS & FALL PREVENTION - PART 2

An evidence-based program derived from Sun Style Tai Chi, designed to promote strength, balance, flexibility and help reduce the risk of falls. Movements are taught using left and right sides and with turns to move forward and backward to improve mobility. Completion of TCAFP - Part 1 is required prior to taking Part 2 which introduces new movements, refines form and enhances coordination.

50+ MSCR East W 9/9-12/16 9-10am \$60 53623

50+ MSCR West Th 9/10-12/17 9:30-10:30am \$60 53711

TAI CHI POLE

The Tai Chi pole form uses rounded, thrusting, and retracting movements to strengthen both body and mind while enhancing concentration, posture, breathing and balance. The pole provided is 2lbs but adjustments can be made available such as a lighter PVC pipe to perfect form and build strength.

50+ MSCR East W 11/4-12/16 3-4pm \$30 53712

TAI CHI YANG - CONTINUING

This introductory class delves deeper into the Yang 24 Form, concentrating on the second half. It's designed for those who have completed at least one session of the introductory class and are ready to deepen their practice. It is typical for beginners to remain in the continuing class for multiple sessions.

50+ MSCR Central W 9/9-12/16 11am-12pm \$60 53690

50+ MSCR West Th 9/10-12/17 11am-12pm \$60 53714

50+ MSCR East Th 9/10-12/17 12:15-1:15pm \$60 53715

Age Location Day Date Time Fee Course#

TAI CHI YANG - INTRODUCTION

Discover the fundamentals of the Yang 24 Form in this beginner-friendly class that 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. It is typical for beginners to remain in the introductory class for multiple sessions.

50+ MSCR Central M 9/14-12/14 11am-12pm \$60 53689

50+ MSCR West T 9/8-12/15 11am-12pm \$65 53716

50+ MSCR East Th 9/10-12/17 2:45-3:45pm \$60 53717

TAI CHI YANG 24 - REFINEMENT

This intermediate-level class focuses on refining both individual forms and the Yang 24 Form while deepening your understanding of movement principles, balance and breath. Familiarization of the Yang 24 Form is a prerequisite.

50+ MSCR West M 11/2-12/14 9:30-10:30am \$30 53723

50+ MSCR Central T 9/8-12/15 1:15-2:15pm \$65 53719

50+ MSCR West W 11/4-12/16 9:30-10:30am \$30 53722

50+ Warner Park CRC W 9/9-12/16 1-2pm \$65 53718

50+ MSCR East Th 9/10-12/17 1:30-2:30pm \$60 53721

50+ MSCR Central F 11/6-12/18 1-2pm \$26 53720

TAI CHI YANG STYLE LONG FORM

This class introduces the Yang Family Long Form consists of 108 postures. The extended class duration (1.5 hour) provides time to refine form technique and explore related aspects. Class requires balance, coordination and knowledge of the Yang 24 Form, with completion of Tai Chi Continuing &/or Refinement as a prerequisite.

50+ MSCR West F 11/6-12/18 9:30-11am \$39 53728

Yoga

Age Location Day Date Time Fee Course#

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 are just looking for a gentle practice. All are welcome, no yoga experience necessary.

50+ MSCR Central F 9/18-12/18 10-10:45am \$42 53736

GENTLE YOGA

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

50+ MSCR West Th 9/10-12/17 1-2pm \$60 53737

50+ MSCR West F 9/11-12/18 9-10am \$60 53738

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.

50+ MSCR East M 9/14-12/14 9:45-10:30am \$46 53741

50+ MSCR East T 9/8-12/15 3-4pm \$65 53740

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.

50+ MSCR West T 9/8-12/15 10:15-11:15am \$65 53742

50+ MSCR West Th 9/10-12/17 10:15-11:15am \$60 53743

HATHA YOGA II

Explore yoga positions focusing on flexibility, strength and balance, with emphasis on alignment. Designed for the more experienced student.

50+ MSCR West T 9/8-12/15 8:45-10am \$81 53744

50+ MSCR West Th 9/10-12/17 8:45-10am \$76 53745

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.

50+ MSCR East Th 9/10-12/17 10:30-11:30am \$60 53746



Outdoor

Age	Location	Day	Date	Time	Fee	Course#
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BICYCLING - HAPPY TRAILS

Discover Madison area long distance trails with friends. Class meets at various area paved and gravel trails for an out and bike ride ranging 10 - 20 miles. Wisconsin trail pass required for some trails, details will be provided prior to start of class. All bike types and riders are welcome, and no one gets left behind - staff frequently check-in with participants. Class is led by a League of American Bicyclists Certified Instructor. Bicycle and helmet required.

18+	Varies	M	9/28-10/26	10am-12pm	\$25	53446
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NORDIC POLE WALKING

This class focuses on refining pole technique, building confidence, and learning how to navigate hills and varied terrain. Enjoy a cardiovascular workout that strengthens your shoulders, arms, core, and legs. Poles are provided.

50+	Varies	W	9/16-9/23	9:30-10:30am	\$9	54072
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PARKOUR FOR SENIORS

Move through your world with confidence, joy and creativity! This class helps you build balance and coordination, improve flexibility and discover new ways your body can move. Explore a variety of movement options - including floor work that support fall prevention and make everyday activities feel easier and safer. Open to all fitness levels - our instructors provide options so everyone can participate comfortably.

50+	Warner Park	T	9/8-10/27	9:30-11am	\$60	53679
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50+	Warner Park	Th	9/10-10/29	9:30-11am	\$60	54074
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1944 Older Adult Cribbage
Photo courtesy of
Wisconsin Historical
Society.



Age	Location	Day	Date	Time	Fee	Course#
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QIGONG FOR RENEWAL & 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.

50+	Garner Park	F	9/11-10/30	10:30-11:30am	\$35	53692
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STRETCH & STRENGTH

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

50+	Rennebohm Park	T	9/8-10/27	8:30-9:30am	\$35	53708
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TAI CHI POLE

The Tai Chi pole form uses rounded, thrusting, and retracting movements to strengthen both body and mind while enhancing concentration, posture, breathing and balance. The pole provided is 2lbs but adjustments can be made available such as a lighter PVC pipe to perfect form and build strength.

50+	MSCR Central	W	9/9-10/28	3-4pm	\$35	53713
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TAI CHI YANG 24 - REFINEMENT

This intermediate-level class focuses on refining both individual forms and the Yang 24 Form while deepening your understanding of movement principles, balance and breath. Familiarization of the Yang 24 Form is a prerequisite.

50+	Garner Park	M	9/14-10/26	9:30-10:30am	\$30	53726
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50+	Garner Park	W	9/9-10/28	9:30-10:30am	\$35	53727
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50+	Hoyt Park	F	9/11-10/30	1-2pm	\$35	53725
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TAI CHI YANG STYLE LONG FORM

This class introduces the Yang Family Long Form consists of 108 postures. The extended class duration (1.5 hour) provides time to refine form technique and explore related aspects. Class requires balance, coordination and knowledge of the Yang 24 Form, with completion of Tai Chi Continuing &/or Refinement as a prerequisite.

50+	Garner Park	F	9/11-10/30	9:30-11am	\$52	53729
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WALK ABOUTS

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. Weekly locations are emailed to registered participants prior to the first walk. Participants should be able to walk two miles &/or complete one mile in 25 minutes to remain with the group.

50+	Varies	T	9/8-10/27	9:15-10:15am	\$35	53735
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Virtual

The link for virtual classes is found in the receipt notes provided at the time of registration.

Age	Location	Day	Date	Time	Fee	Course#
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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.

50+	Virtual	M	9/14-12/14	9:15-10:15am	\$60	53640
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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.

50+	Virtual	T	9/8-12/15	10-10:45am	\$49	53642
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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.

50+	Virtual	W	9/9-12/16	9-9:30am	\$32	53645
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50+	Virtual	F	9/11-12/18	9-9:45am	\$46	53646
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FUNCTIONAL FITNESS

This class is designed to improve strength, balance, flexibility, coordination, and aerobic fitness to optimize daily activities. Enhance quality of life, reduce the risk of injury and maintain independence through targeted exercises that reflect real-life movements.

50+	Virtual	M	9/14-12/14	10:30-11:30am	\$60	53668
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50+	Virtual	Th	9/10-12/17	9:30-10:30am	\$60	53669
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GENTLE YOGA

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

50+	Virtual	T	9/8-12/15	10:30-11:30am	\$65	53739
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MEDITATION

Join us for a straightforward easy meditation practice. We cover techniques for meditation, tools for establishing a daily meditation practice and troubleshooting your meditations. This class is for novices and seasoned meditators alike.

50+	Virtual	T	10/13-12/15	1-2pm	\$39	53675
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PICKLEBALL-INSPIRED STRENGTH & AGILITY

Improve total-body strength, balance, agility and overall movement confidence through dynamic, pickleball-inspired movement. While no pickleball skills are taught, exercises mirror common movement patterns using multi-directional drills, core work and endurance training to support everyday function.

50+	Virtual	W	9/9-12/16	3-4pm	\$65	53687
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Age	Location	Day	Date	Time	Fee	Course#
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PILATES

Low impact exercise that focuses on postural alignment, breath control, flexibility and strength in the upper and lower extremities. This relaxing & mindful routine requires mental focus to help improve the mind/body connection and get the most out of each movement.

50+	Virtual	M	9/14-12/14	10-10:45am	\$42	53749
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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!

50+	Virtual	M	9/14-12/14	8:30-9:15am	\$46	53688
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SIMPLE STRENGTH

This class uses basic movements and easy-to-follow exercises to build strength, increase balance and flexibility. Geared towards beginners or anyone looking to maintain strength with a simple, effective routine.

50+	Virtual	T	9/8-12/15	9-10am	\$60	53697
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50+	Virtual	Th	9/10-12/17	9-10am	\$60	53698
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STRENGTH TRAINING FOR WOMEN

Designed specifically for women, this class focuses on building strength, confidence, and muscular endurance through effective, easy-to-follow total body strength training exercises.

50+	Virtual	T	9/8-12/15	8-8:45am	\$49	53703
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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.

50+	Virtual	W	9/9-12/16	10-10:45am	\$49	53734
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YOGA SUAVE EN ESPAÑOL

Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. La clase termina con técnicas de respiración suaves y relajantes.

50+	Virtual	M	9/14-12/14	10:15-11:15am	\$0	53750
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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.

50+	Virtual	T	9/8-12/15	9-9:45am	\$49	53748
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50+	Virtual	Th	9/10-12/17	10:30-11:30am	\$60	53747
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The Power of Caring. **Working for All.**

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. MSCR uses an inclusive program model, providing reasonable accommodations to individuals with disabilities, aligning with requirements outlined by the ADA (Americans with Disabilities Act of 2008).

MSCR sees inclusion as an ongoing process and a valued component of our programming. Accommodations are considered as they apply to the specific program in which the individual is participating.

WHAT ARE REASONABLE ACCOMMODATIONS?

Reasonable accommodations are modifications or supports based on an individual's abilities, that reduce barriers and promote successful participation. Accommodations may be flexible and creative, provided they do not fundamentally alter a program. Examples can include, but are not limited to the following:

- Activity modifications (breaks, simplified instructions, additional prompts, etc.)
- Individualized resources (behavior support plan, visual schedule, communication board, etc.)
- Adaptive equipment or sensory tools (noise-cancelling headphones, fidgets, seating options, etc.)
- An enhanced staff to participant ratio
- Sign language interpreters
- Alternate or accessible transportation, when transportation is provided for all participants
- Removal of architectural barriers
- Additional staff training

WHO IS ELIGIBLE FOR INCLUSION SERVICES?

Any individual with a disability as defined by the ADA is eligible for Inclusion Services with MSCR. As a department of the Madison Metropolitan School District (MMSD), we also recognize anyone receiving Special Education Services/504 Plan Accommodations as a person with a disability.

IS INCLUSION THE RIGHT CHOICE?

To ensure success, we encourage you to consider these questions:

- Does the participant have an interest in the program, the activities being offered, and the location/environment where the program is offered?
- Will the participant be comfortable, safe, and able to engage with activities in an inclusive environment, with or without accommodations?
- Does the participant meet basic eligibility requirements for participation in the program?
 - ☐ Meets age/grade requirement
 - ☐ Is registered for the program
 - ☐ 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

If inclusion is not the right choice for you or your participant, please consider one of our Adapted Recreation Programs.

IS THERE A COST TO ACCESS INCLUSION SERVICES?

No, there is no additional cost for Inclusion Services beyond the program registration fees. If finances are a barrier to participation, go to mscr.org/fee assistance

WHAT ARE THE LIMITATIONS OF INCLUSION SERVICES?

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. For example, these accommodations are not guaranteed:

- Individualized therapy or programming
- Provision and/or purchasing personal, custom devices or equipment
- Hiring or placement of a specific person as support staff
- Support of a personal nature such as toileting, feeding and dressing
- Nursing services or specialized medical support

HOW DOES THE PROCESS WORK?

1. When registering for a program, you will be asked the question, Does the participant require an accommodation or special assistance due to a disability?. Please select "YES" when prompted. You will then be asked to explain the potential accommodations needed.
2. Inclusion Services Specialists review new registrations that indicate a need for accommodation(s), and begin an assessment process. This could include a review of information such as:
 - ☐ Participant Profile Form
 - ☐ Details provided directly by the participant or guardians
 - ☐ IEP or 504 documentation (for school-based programming)
 - ☐ Existing resources provided by school teams, support staff, case managers, etc.
3. An Inclusion Support Plan is created to summarize the participant's needs and accommodations as they relate to that specific program. Inclusion Support Plans are living documents that may be adapted for changing needs or for different program environments.

Inclusion Support Plans are shared with MSCR program staff for review. Staff implement the strategies, interventions, and/or accommodations necessary within the program.

We request at least 2 weeks to plan and secure reasonable accommodations. In some cases reasonable accommodations may take longer or other options may be discussed.

IS ADDITIONAL STAFF SUPPORT AVAILABLE?

MSCR hires Recreation Inclusion Staff to enhance staff to participant ratios. If a participant benefits from additional assistance to be successful in a program, MSCR makes every effort to supply the necessary staff support up to 1:1 assistance. If a participant requires direct 1:1 support in a program to be successful, their registration may be dependent on our ability to place a Recreation Inclusion Staff with the appropriate skillset.

MSCR is committed to hiring diverse staff that have experience and an interest in working with people with disabilities. Recreation Inclusion Staff are provided with the participant's Inclusion Support Plan, along with the tools and resources needed to implement accommodations within the program.

Recreation Inclusion Staff are not provided for non-structured/non-registered programs (i.e. open gym, open swim, drop-in program, or parent/child or family activities). Other reasonable accommodations or program options may be discussed.

INCLUSION SERVICES AGREEMENTS

By requesting Inclusion Services, I understand that:

- Inclusion services are not designed for therapeutic or individual programming.
- 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, and no additional reasonable accommodations to modify behavior are available, MSCR may unenroll the participant from the activity.
- For MMSD students: MMSD/MSCR staff may 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, special education needs (Individual Education Program), accommodations (Section 504 Plan), health conditions and behavioral concerns for the purpose of providing appropriate accommodations and supports in MSCR youth programming.

For more information about Inclusion Services contact:

- MSCRinclusion@madison.k12.wi.us
- Or go to mscr.org/InclusionServices





Registration Policies

608.204.3000



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, August 10 at 12pm
for residents of the Madison Metropolitan School District.
Non-residents may register beginning Monday, August 24
at 12pm.**

1. Register 1 of 2 ways: (1) Online at mscr.org. All customers must create an account prior to registering online. -OR- (2) Complete the Registration Form on page 57. All members of a household may register for multiple classes on one form. 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.
2. Make check or money order payable to MSCR. Visa and MasterCard also accepted. All fees include appropriate sales tax.
3. Receipts are emailed, unless a stamped, self-addressed envelope is enclosed. Please verify that your email address is correct.
4. Return to MSCR one of four easy ways: email, mail, drop off or fax.

AGE REQUIREMENTS

Please do not request to have your child put in a class in which the child does not meet the age requirements. All age requirements are set to benefit the children, make instruction more consistent for the leader and for safety of all participants, exceptions cannot be made.

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.

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.

MISSSED 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.

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.

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.

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.

REGISTRATION DEADLINES

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. Sign up early! 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 55 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.

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.

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.

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.wiaaw.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.

MSCR Registration Form

Madison School & Community Recreation Office: MSCR Central, 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		

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 MMUSD resident? (Check one) ____ Yes ____ No Non MMUSD 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 mscr.org	Date of Birth mm/dd/yy	Grade SY 2026-2027	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assistance Request
					1st							
					Alternate, if any							
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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)
ADULT	*Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds. 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. 1. Adult participants are asked to pay 50% of the program fee.* 2. I am enclosing the following payment of \$ _____. 3. *If you are unable to pay 50%, or are requesting fee assistance beyond the one program per season limit, please explain: _____ _____	
Youth	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. 1. My child qualifies for free school meals o Yes o No My child qualifies for reduced-price school meals o Yes o No 2. My family is requesting fee assistance and we are able to enclose the following payment of \$ _____. 3. *My family is requesting fee assistance beyond the two programs per season limit. Please explain: _____ _____ 4. My child(ren) are younger than school age. o Yes o No	

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).

No school?!? No problem.

VACATION DAYS

Keep your child engaged with a full day of nature exploration and play.

Offered when MMSD or MGSD has off of school

Tuition assistance available

Registration opens for the 2026-27 school year August 3rd at noon.

For camp information and to register:

camps@aldoleopoldnaturecenter.org
aldoleopoldnaturecenter.org

ALDO LEOPOLD
NATURE CENTER
Engage • Educate • Empower

330 Femrite Drive, Monona
(608) 221-0404

Nature-based, after-school care.

NATURE CLUB

Give your child an afternoon of outdoor exploration each week.

*Designed for children in grades K-3,
Nature Club meets Mondays from 1:30-5:30 pm.*

Tuition assistance available

Fall Registration opens August 3rd at noon.

For program information and to register:

camps@aldoleopoldnaturecenter.org
aldoleopoldnaturecenter.org

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



Visit Us Online:
mscr.org

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FAMILY OWNED,
COMMUNITY LOVED
SINCE 1962.**



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MADISON SHOPPE
LOCATIONS

