MSCR

MADISON SCHOOL & COMMUNITY RECREATION

# Winter & Spring 2027 Program Guide



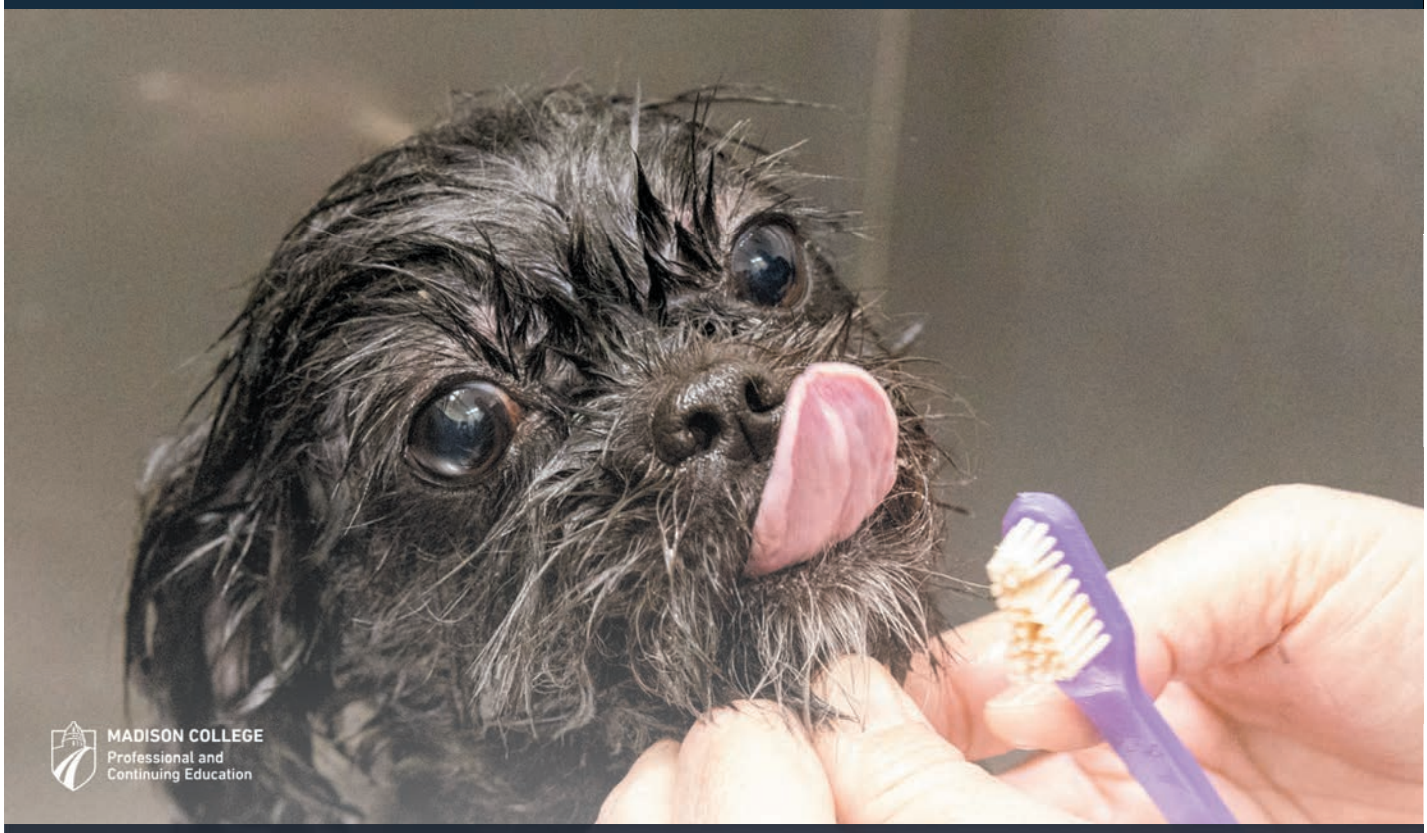

MSCR is a department of the Madison Metropolitan School District

Fee Assistance Available • Disponible en español • MSCR.ORG • 608.204.3000

MSCR

MADISON METROPOLITAN SCHOOL DISTRICT

# DO WHAT INSPIRES *YOU!*




## SIGN UP NOW TO JOIN A CLASS!

**Art Metals | Ceramics | Dog Training and Grooming | Fabric Arts | Fitness and Wellness | Food and Beverage | Jewelry | Music and Theatre | Painting and Drawing | Writing**

*To learn more about our noncredit courses, visit: https://ce.madisoncollege.edu/madisoncollege/*

# Winter & Spring 2027 Program Guide

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MSCR Central - Administration
328 E Lakeside Street
Madison, WI 53715
608.204.3000

Monday - Friday
8am - 5pm


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**MMSD Registration begins:**

- **Monday, November 30** at 12 pm

**Non-Resident Registration begins:**

- **Monday,December 14** at 12 pm

## HOW TO REGISTER

### HOW TO REGISTER

- Online at mscr.org. This is the best option for customers interested in high demand activities.

--- Or ---

- 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 Regis tration 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, November 30.

## BOARD MEMBERS

**MMSD SUPERINTENDENT:** Dr. Joe Gothard

**MSCR EXECUTIVE DIRECTOR:** Mary Roth

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Editing and layout by Nicole Marine Graper, MSCR.Design by Kari Kipp. Photographs by Inspired Images by Phillips, LLC and MSCR Staff. The MSCR Program Guide is published three times a year in March, August and November by Madison School & Community Recreation, a department of the Madison Metropolitan School District, 328 E Lakeside Street, Madison, WI 53715.
**Issue No. 3 November 15, 2026**

# Welcome

**608-204-3000**

### *Dear Families and Community Members,*



2027 marks new beginnings for MSCR. We have spent 2026 celebrating our first century of service to the Madison community. In 2027, MSCR continues to build on that tradition and evolve to meet our community's needs for recreation programming.

MSCR's physical spaces get an overhaul this year. Construction is under way on the expansion at MSCR West which will add over 25,000 square feet of space to the existing facility. The design brings long-awaited recreational amenities to the community. A warm water pool will create an ideal environment for swim lessons, gentle aquatic fitness, joint-friendly exercise, and family open swim, while a full-sized gymnasium will expand capacity for sports for all ages. The space has been designed with the entire family in mind with comfortable waiting spaces and places to play for caregivers and families.

Alongside the MSCR West project, new schools will open at Black Hawk Middle & Gompers Elementary school, as well as Sherman Middle & Shabazz High School in 2027. The schools were designed with community access in mind to ensure that after the school day is done, the facilities transition seamlessly to support afterschool and community programs. The new schools highlight the unique benefits of public recreation and MSCR being a department of the Madison Metropolitan School District.

Whether you've been a participant with us for decades or just joining us for the first time this winter, I hope you will find a warm place to connect, have fun and stay active this winter with MSCR

*Sincerely,*
*Mary Roth,*
*MSCR Executive Director*

### *Dear Families and Community Members,*



The Madison Metropolitan School District and MSCR have had a strong, long-time connection, serving generations of families – mine included – over the past 100 years. I recently found some Saturday Rec program certificates that my dad - Bill Gothard, Jr. - earned back in the 1940s at Lapham School, and I often share how I participated in summer day camps and the summer playground program as a child. As an adult, I paired up with childhood friends to play basketball and softball. Years later, when my wife Mary and I had our own children, they also participated in MSCR.

MSCR continues to positively impact our communities through all it has to offer. Some of our programming opportunities are provided at our Madison School Forest, which has been serving our community for about 67 years. We recently unveiled our four newly remodeled energy-efficient and accessible sleeping cabins. I know this because I spent a night in the old cabins when I chaperoned a group of third grade students who signed up for an overnight camping trip. That was the first time they had ever been in the woods, let alone stay the night. Despite the cabin's age, they had a great time and experienced something new.

Today, MSCR continues to offer experiences like these to all ages – birth through 99+ – who can choose from a variety of arts, enrichment, and activity classes.

Discover all that MSCR has to offer at mscr.org, and sign up for an activity today.

*In partnership,*
*Dr. Joe Gothard*
*Superintendent*

## 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.







Register at MSCR.ORG or use form on page 65

# Pottery Sale

**Thursday & Friday, December 17-18, 8am-6pm**
**Saturday, December 19, 9am-3pm**
**MSCR West, 6333 West Towne Way**

The MSCR Pottery Sale is back! Celebrate the holiday season and finish up some last minute gift shopping by dropping by the MSCR Pottery Sale. Shop thousands of handmade pieces by MSCR pottery participants, instructors and community members. All proceeds from the sale support the MSCR pottery program such as purchasing new equipment and supplies.

New this year! Celebrate 100 years of MSCR by getting a free handmade magnet with any purchase over $100.



## 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.

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



## Move into the New Year!

Roll out your mat, join the Adult & 50+ Fitness community and kickstart your new year with a fun, in-person fitness experience! Explore new ways to move, meet others and find activities you enjoy. Whether you're new to fitness or looking to mix up your routine, come give it a try! View schedule at mscr.org.

| | | | | |
|---|---|---|---|---|
| 18 + | Varies | 1/4-1/16 | $35 | 55832 |

# Under the Stars

### Adult Events

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **ROMANCE UNDER THE STARS** | | | | | | |
| The beauty of the night sky brings out the romantic side in all of us. Explore the current night sky with your Valentine in the comfort of the planetarium. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. Register early, this popular show sells out quickly! Please register each individual attending. | | | | | | |
| 18+ | Memorial | Th | 2/11 | 6:30-7:30pm | $17 | 54614 |
| 18+ | Memorial | Th | 2/11 | 7:45-8:45pm | $17 | 54615 |
| 18+ | Memorial | F | 2/12 | 6:30-7:30pm | $17 | 54616 |
| 18+ | Memorial | F | 2/12 | 7:45-8:45pm | $17 | 54617 |
| 18+ | Memorial | Sa | 2/13 | 6:15-7:15pm | $17 | 54618 |
| 18+ | Memorial | Sa | 2/13 | 7:30-8:30pm | $17 | 54619 |

### Family Events

| | | | | | | |
|---|---|---|---|---|---|---|
| **ENCHANTMENT UNDER THE STARS** | | | | | | |
| Spend a magical evening with your special young person. Stargaze and discover the twinkling sky with your child(ren) in the comfort of the planetarium. The presentation is catered to a multi age/family audience. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. Please register each individual attending. Registered child must attend with at least one registered adult. | | | | | | |
| Gr 3+ | Memorial | F | 2/12 | 5:30-6:15pm | $15 | 54610 |
| Gr 3+ | Memorial | Sa | 2/13 | 5:15-6:00pm | $15 | 54612 |
| Gr 3+ | Memorial | Sa | 2/13 | 4:15-5:00pm | $15 | 54611 |



# Join us for Adult Sports Leagues!




## WINTER LEAGUES
### JANUARY - FEBRUARY

**Basketball**
Men's and Women's Divisions

**Volleyball**
Men's, Womens and All Gender Divisions

## SPRING LEAGUES
### MARCH - APRIL

**Basketball**
Men's and Women's Divisions

**Volleyball**
Men's, Women's and All Gender Divisions




## SUMMER LEAGUES
### MAY - AUGUST

**Softball**
Men's, Women's and All Gender Divisions

**Kickball**
All Gender League








**Behind the Scenes at Crestwood's Award Winning Movie Studio**

See how Crestwood Elementary students turn art class into a movie studio, learning teamwork and animation to create a 10-minute stop-motion short film.

Read More:




**AP Participation Increases, Nearly 1000 MMSD Students Earn AP Honors Recognition in 2025–26**

Over the past five years, the number of MMSD students taking at least one AP exam has increased 48%, growing from 1,464 students in 2021–22 to 2,170 students in 2025–26.

Read More:



**MMSD Breaks Ground on New Sennett and Cherokee Heights Middle Schools**

The new buildings will give students and staff spaces that support connection, creativity and academic growth, while helping to continue to build a strong sense of belonging.

Read More:



**Sherman Middle Schoolers Take the Controls and Fly a Plane**

Students learned every side of aviation, culminating in a literal high-flying finale, taking control of a plane 3,000 feet up.

Read More:

## Stay Connected with MMSD: InFocus

There's so much to celebrate across the Madison Metropolitan School District — from student success stories to exciting new learning spaces! Sign up for "Madison Metropolitan School District: InFocus," our new community newsletter. It's the best way to stay informed and connected through stories that highlight our students, staff and schools. Below is a sample of some the exciting things happening with in our district.

mmsd.org

Stay Informed
Scan the QR code
to Subscribe

# Afterschool - Elementary

**608-204-4983**



## Afterschool Programs

As a part of the Madison Metropolitan School District, MSCR has provided quality child care since 1992.

MSCR provides afterschool programming in 15 MMSD elementary schools, the Allied Learning Center and the Meadowood Neighborhood Center. School based programs operate the Enrichment program OR the Afterschool program.

**Email:** mscrelemteam@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.





Register at MSCR.ORG or use form on page 65

# School Year Programs & Registration

## Registration Materials:

MSCR Afterschool at Allied Learning Center, Anana, Emerson, Hawthorne, Lake View, Lincoln, Lindbergh, Lowell, Meadowood Neighborhood Center, Midvale, Sandburg
MSCR Enrichment at Henderson, Lori Mann Carey, 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 mscrelemteam@madison.k12.wi.us**
- **To request registration materials, please contact mscrelemteam@madison.k12.wi.us**
- **For the Meadowood Neighborhood Center, please contact mncenter@madison.k12.wi.us**
- **For the Allied Learning Center, please contact mscralliedlc@madison.k12.wi.us**

## MSCR Afterschool & Enrichment Sites

*Program is supported by 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 | 608-204-2060 | Yes | No |
| Erlanger Elementary | 608-204-6507 | Yes | No |
| Hawthorne Elementary | 608-204-2507 | Yes | No |
| Henderson Elementary* | 608-516-8899 | No | Yes |
| Lake View Elementary | 608-204-4055 | Yes | No |
| Lori Mann Carey Elementary* | 608-442-2519 | No | Yes |
| Lincoln Elementary | 608-204-4963 | Yes | No |
| Lowell Elementary | 608-204-6616 | Yes | No |
| Meadowood Neighborhood Center | 608-229-6822 | Yes | No |
| Mendota Elementary* | 608-577-1570 | No | Yes |
| Midvale Elementary | 608-204-6733 | Yes | No |
| Nuestro Mundo Community School* | 608-204-1034 | No | Yes |
| Orchard Ridge Elementary* | 608-516-9236 | No | Yes |
| Sandburg Elementary | 608-204-7949 | 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 some 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 zoo. Field trip locations vary and may include going to locations outside of Dane County (see below):

- Friday, January 29, 2027 Swimming Field Trip
- Friday, February 19, 2027 Tommy Bartlett Exploratory
- Monday, April 5, 2027 Movies
- Tuesday, April 6, 2027 Bowling
- Friday, May 14, 2027 MacKenzie Center

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 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 or day of event registration.

| Grade | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| K-5 | Lincoln ES | F | 1/29 | 7:45 am - 5:30 pm | $60 | 55182 |
| K-5 | Lincoln ES | F | 2/19 | 7:45 am - 5:30 pm | $60 | 55183 |
| K-5 | Lincoln ES | M | 4/5 | 7:45 am - 5:30 pm | $60 | 55184 |
| K-5 | Lincoln ES | T | 4/6 | 7:45 am - 5:30 pm | $60 | 55185 |
| K-5 | Lincoln ES | F | 5/14 | 7:45 am - 5:30 pm | $60 | 55186 |



# Afterschool - Middle School

**608-204-3022**





## Middle School Programs

MSCR provides out of school time programming at all MMSD middle schools. Dane County Human Services and 21st Century Community Learning Center (CLC) grants help support the program. Programs offer a variety of recreation activities, educational opportunities and youth development programs. 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. For more information on schedules and activities, please contact the MSCR Middle School Site Director at your student's school.

**MSCR MIDDLE SCHOOL SITES AND CONTACT INFORMATION**
Please go to mscr.org for staff and email contact information.

*Indicates site is supported by a Nita M. Lowey 21st Century Community Learning Center Grant.

| 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 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.

**Middle School Sports Game Schedules**

Scan the QR code to learn more about sports schedules and getting involved!





Register at MSCR.ORG or use form on page 65





# 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 has a 21st Century Learning grant. Afterschool programs are open to all students in a school's attendance area even if they don't attend MMSD for school. 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.

**HIGH SCHOOL EXTRAMURAL SPORTS LEAGUES**

Extramural 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 204-3022 for more information.

Basketball Registration begins November/December and games take place on Saturdays, 1/18 - 3/25 with a season finale tournament.

**MSCR HIGH SCHOOL SITES AND CONTACT INFORMATION**

| School | Rec Specialist | Phone Number | Office Location |
|---|---|---|---|
| East High School | Mayder Lor | 608-204-1752 | 103G |
| La Follette High School | Sydney Larson | 608-204-3625 | 1351 |
| Memorial High School | Kelsie Coleman | 608-442-2220 | 2142 |
| West High School | Monique Porter | 608-204-2136 | 1111 |
| Capital High School | Monique Porter | 608-204-2136 | TBD |

## *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.

## *Winter Sports Seasons*

**BASKETBALL**

Basketball Registration begins November/December and games take place on Saturdays, January 4 to March 6 with a season finale tournament.

Please check with your MSCR High School Site Director.

**High School Sports Game Schedules**

Scan the QR code to learn more about sports schedules and getting involved!

**Find Adult Sports Leagues on pages 48-493**

# Family Arts & Enrichment

**608-204-3021**



## Please Note:

**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.**

## Playtime

| Age | Location | Day | Date | Time | Fee | ourse# |
|---|---|---|---|---|---|---|

**CAREGIVER PLAYDATE**

Bring your new baby and/or toddler 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 lightly 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. Drop in options also available day of class. Open to children under 4 years and 11 months of age.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | W | 1/6-3/3 | 9:30-11am | $30 | 55483 |
| 18+ | MSCR West | W | 4/7-6/2 | 9:30-11am | $30 | 55620 |

**PRESCHOOL PLAYDATE - CHILD + ADULT**

Ready for a play date? Pop on in! Join us for Preschool Playdate, 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 to join.

| Age | Location | Day | Date | Time |
|---|---|---|---|---|
| 0-5yrs | MSCR East | F | 1/29 | 9:30-11am |
| 0-5yrs | MSCR East | Th | 2/4 | 9:30-11am |
| 0-5yrs | MSCR West | F | 2/19 | 9:30-11am |
| 0-5yrs | MSCR West | Tu | 3/2 | 9:30-11am |
| 0-5yrs | MSCR East | W | 3/17 | 9:30-11am |

## Arts & Enrichment - Child & Adult

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**BEAUTIFUL BUTTERFLIES WORKSHOP - CHILD+ ADULT** NEW!

Enjoy a flight of fancy making butterfly themed arts and crafts in this winged and wonderful workshop.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-7y | MSCR Central | Th | 4/1-4/1 | 5-5:45pm | $12 | 55315 |
| 3-7y | MSCR Central | Th | 4/8-4/8 | 5-5:45pm | $12 | 55316 |

**RECYCLED ART - CHILD+ ADULT** NEW!

Make something new out of something old! Artists have always been ahead of the curve when it comes to being green and there is no limit to what you can create with the ultimate eco-friendly medium: upcycled materials.Transform everyday items like cardboard boxes, egg cartons, paper bags and styrofoam into incredible 3D creations from wearable masks and bird wings to playful puppets and beyond. Each class features a guided example and step-by-step instructions, but leaves plenty of freedom for you to experiment, put your own creative spin on your projects, and spark hours of imaginative play and storytelling.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5y | MSCR West | Th | 2/4-3/11 | 3:30-4:30pm | $42 | 55308 |

**DINO-MITE WORKSHOP - CHILD+ ADULT**

Make projects based on everyone's favorite prehistoric creatures, dinosaurs! This class is sure to be a RAWR-ing good time!

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-7y | MSCR Central | Th | 3/4 | 5-5:45pm | $12 | 55489 |
| 3-7y | MSCR Central | Th | 3/11 | 5-5:45pm | $12 | 55490 |

**FAIRY GARDENS WORKSHOP - CHILD+ ADULT**

Create a fairy filled fantasy world set in your own miniature garden! Use your imagination to turn nature materials, jewels, and more into a home for your very own fairy.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-7y | MSCR Central | Th | 4/15 | 5-5:45pm | $12 | 55519 |
| 3-7y | MSCR Central | Th | 4/22 | 5-5:45pm | $12 | 55520 |

**LITTLE SPROUTS - CHILD+ ADULT**

Participants and their caregivers explore the magic of spring through sensory play, simple gardening activities and songs. Each week introduces a new part of nature's seeds, soil, flowers and bugs through stories, music and art. Hands-on activities focus on touch, smell and observation, encouraging curiosity and bonding.This class meets indoors.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18m-3y | MSCR East | Th | 4/8-4/29 | 9:30-10:15am | $24 | 55498 |
| 3-5y | MSCR East | Th | 4/8-4/29 | 10:30-11:30am | $32 | 55497 |

**MOSAIC COLLAGE - CHILD+ ADULT** NEW!

Bring imagination to life in a hands-on, creative workshop where drawing meets texture! Perfect for all skill levels, this session lets you transform simple doodles of anything you can dream up playful animals, colorful characters, wild monsters, or abstract shapes into eye-catching artwork. Using a variety of paper and fabric scraps, layer, weave and glue vibrant patterns directly onto your design to construct a one-of-a-kind mosaic.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5y | MSCR West | Th | 1/28 | 3:30-4:45pm | $15 | 55307 |

**MSCR MAKES - INTRO TO ART - 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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-6y | MSCR Central | Th | 1/28-2/18 | 5-5:45pm | $33 | 55500 |

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**POP UP CARDS AND BOOKS - CHILD+ ADULT**
Bring paper and other fun materials to life and discover the art of 3D storytelling! Unlock the secrets of pop-up books and dynamic greeting cards, transforming flat sheets into interactive, dimensional art. Start with simple, satisfying folds and work up to multi-layered, engineered pop-ups! Watch as slithering snakes leap off the page, curious cats peek out from hidden windows and unexpected surprises spring up with every page turn!

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5y | MSCR West | Su | 1/31 | 3-4:15pm | $15 | 55521 |
| 3-5y | Lussier Com Edu | T | 4/6 | 9-10:30am | $15 | 55522 |

**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 Central | M | 4/12-4/26 | 9-10am | $24 | 55662 |

**TALES FOR TOTS WORKSHOPS - CHILD + ADULT**
These workshops use the magic of children's literature as a launchpad for total creativity! Through a playful mix of storytelling and art projects, your child expresses themselves like never before. Come listen to a story and craft with us!

**Don't Let the Pigeon Drive the Bus**
Buckle up and grab your crayons -- the Pigeon is back, and he's dying to take the wheel! Join us for a wildly fun, interactive storytelling and drawing workshop featuring Mo Willems' beloved picture book classic, Don't Let the Pigeon Drive the Bus!

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5 | MSCR East | W | 1/27 | 4:30-5:15pm | $8 | 55649 |
| 3-5 | MSCR Central | F | 4/16 | 9-9:45am | $8 | 55652 |

**Sky Color**
What color is the sky? If you answered blue, think again! Hear the story of Marisol, a young artist tasked with painting a sky without a single drop of blue paint in Peter H. Reynold inspiring picture book, Sky Color. Then, put a paintbrush to paper and experiment with watercolors to mix, blend and paint a stunning sky using every color in the rainbow's except blue! Together, break the rules of art and discover just how creative we can be when we look at the world a little differently.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5 | MSCR East | W | 3/3 | 4:30-5:15pm | $8 | 55650 |
| 3-5 | MSCR Central | F | 4/23 | 9-9:45am | $8 | 55654 |

**The Dot**
Great art starts with just a single dot! Step into the world of Peter H. Reynold's beloved book, The Dot, and discover how a little courage and a splash of color can unlock the artist in everyone.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5 | MSCR Central | Sa | 3/6 | 9-9:45am | $8 | 55651 |
| 3-5 | MSCR East | W | 4/21 | 9-9:45am | $8 | 55653 |

**Arts - Tales for Tots: "The Monster At The End of This Book"**
There's a monster at the end of this book... and he'ss fluffy, cute and hilarious! Join us for an outrageously fun art session centered around Jon Stone's all-time Sesame Street classic, The Monster at the End of This Book. (Spoiler alert: It is 100% silly and 0% scary!)

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5 | MSCR East | W | 4/28 | 9-9:45am | $8 | 55655 |
| 3-5 | MSCR Central | F | 4/30 | 9-9:45am | $8 | 55656 |

## Please Note:

**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.**

## Dance - Child + Adult

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**DANCE - 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! Participants must be able to walk.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1-2y | MSCR Central | T | 1/26-2/16 | 9:30-10am | $19 | 55394 |
| 1-2y | MSCR Central | T | 2/23-3/16 | 9:30-10am | $19 | 55657 |
| 1-2y | MSCR Central | T | 4/6-4/27 | 9:30-10am | $19 | 55659 |
| 18m-2y | MSCR West | Th | 1/28-2/18 | 10:15-10:45am | $19 | 55376 |
| 18m-2y | MSCR West | Th | 2/25-3/18 | 10:15-10:45am | $19 | 55621 |
| 18m-2y | MSCR West | Th | 4/8-4/29 | 10:15-10:45am | $19 | 55624 |
| 2-3y | MSCR Central | T | 1/26-2/16 | 10:15-10:45am | $19 | 55395 |
| 2-3y | MSCR Central | T | 2/23-3/16 | 10:15-10:45am | $19 | 55658 |
| 2-3y | MSCR Central | T | 4/6-4/27 | 10:15-10:45am | $19 | 55660 |
| 3-4y | MSCR West | Th | 1/28-2/18 | 9:30-10am | $19 | 553743 |
| 3-4y | MSCR West | Th | 2/25-3/18 | 9:30-10am | $19 | 55622 |
| 3-4y | MSCR West | Th | 4/8-4/29 | 9:30-10am | $19 | 55623 |

## Family Workshops

**BAD ART DAY!** *NEW!*
Drop in and make some bad art out of creative materials. This class focuses on not being a "good artist" but repurposing materials to create something new. Leave with your masterpiece to proudly display in your home or leave it with us to display. We won't be mad if you accidentally make something gorgeous. Please register each individual attending. Registered child must attend with at least one registered adult.

| | | | | | | |
|---|---|---|---|---|---|---|
| 8+y | MSCR East | Su | 1/24 | 12:30-2pm | $10 | 55482 |

**FAMILY LANDSCAPE COLLAGE** *NEW!*
Turn your favorite family memories into a frameable work of art! In this hands-on, family-focused workshop, kids and caregivers work together to make a collage landscape depicting the place or places that are special to them! Bring along photos of the spots that mean the world to your family's your cozy home, a favorite neighborhood street, a well-traveled hiking trail, or that unforgettable vacation spot. Using these photos, learn how to turn special houses or streets and natural features like trees, rivers, and lakes (and even wildlife) into a collage landscape map that shares the family's story in a visual way! Please register each individual attending. Registered child must attend with at least one registered adult.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3+y | Lussier Com Edu | Su | 2/7 | 10-12pm | $5 | 54852 |
| 3+y | MSCR West | Th | 4/22 | 4:30-6:30pm | $5 | 55619 |

# Preschool Arts & Enrichment

**608-204-3021**



## Please Note:

**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 Dance & Movement

| 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 | 1/25-2/15 | 4:30-5:10pm | $24 | 55775 |
| 4-5y | MyArts | M | 2/22-3/15 | 4:30-5:10pm | $24 | 55777 |
| **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 | MyArts | Th | 1/28-2/18 | 4:45-5:25pm | $24 | 55778 |
| 4-5y | MyArts | Th | 2/25-3/18 | 4:45-5:25pm | $24 | 55781 |
| 4-5y | MyArts | Th | 4/8-4/29 | 4:45-5:25pm | $24 | 55791 |

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **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. | | | | | | |
| **3 years** | | | | | | |
| 3y | MSCR Central | T | 1/26-2/16 | 11-11:30am | $19 | 55431 |
| 3y | MSCR Central | T | 2/23-3/16 | 11-11:30am | $19 | 55432 |
| 3y | MSCR Central | T | 4/6-4/27 | 11-11:30am | $19 | 55433 |
| 3y | MSCR East | T | 4/6-4/27 | 4:30-5pm | $19 | 55434 |
| 3y | MSCR West | W | 2/24-3/17 | 4:50-5:20pm | $19 | 55442 |
| 3y | MSCR West | W | 4/7-4/28 | 4:50-5:20pm | $19 | 55426 |
| 3y | MSCR West | Th | 1/28-2/18 | 11-11:30am | $19 | 55427 |
| 3y | MSCR West | Th | 2/25-3/18 | 11-11:30am | $19 | 55443 |
| 3y | MSCR West | Th | 4/8-4/29 | 11-11:30am | $19 | 55626 |
| 3y | MSCR East | Sa | 1/23-2/13 | 9:30-10am | $19 | 55428 |
| 3y | MSCR West | W | 1/27-2/17 | 4:50-5:20pm | $19 | 55828 |
| 3y | MSCR East | Sa | 2/20-3/13 | 9:30-10am | $19 | 55430 |
| **4-5 years** | | | | | | |
| 4-5y | MSCR West | M | 1/25-2/15 | 3-3:40pm | $24 | 55453 |
| 4-5y | MSCR West | M | 2/22-3/15 | 3-3:40pm | $24 | 55459 |
| 4-5y | MSCR West | M | 4/5-4/26 | 4-4:40pm | $24 | 55625 |
| 4-5y | MSCR East | T | 4/6-4/27 | 5:15-5:55pm | $24 | 55444 |
| 4-5y | MyArts | W | 1/27-2/17 | 5-5:40pm | $24 | 55785 |
| 4-5y | MyArts | W | 2/24-3/17 | 5-5:40pm | $24 | 55787 |
| 4-5y | MyArts | W | 4/7-4/28 | 5-5:40pm | $24 | 55788 |
| 4-5y | MSCR Central | W | 1/27-2/17 | 4-4:40pm | $24 | 55449 |
| 4-5y | MSCR Central | W | 2/24-3/17 | 4-4:40pm | $24 | 55456 |
| 4-5y | MSCR Central | W | 4/7-4/28 | 4-4:40pm | $24 | 55457 |
| 4-5y | MSCR West | W | 1/27-2/17 | 5:35-6:15pm | $24 | 55830 |
| 4-5y | MSCR West | W | 2/24-3/17 | 5:35-6:15pm | $24 | 55458 |
| 4-5y | MSCR West | W | 4/7-4/28 | 5:35-6:15pm | $24 | 55451 |
| 4-5y | MSCR East | Sa | 1/23-2/13 | 10:15-10:55am | $24 | 55446 |
| 4-5y | MSCR East | Sa | 2/20-3/13 | 10:15-10:55am | $24 | 55447 |

**Find Youth Arts on pages 16-18**

## Pottery Sale

**Thursday & Friday, December 17-18, 8am-6pm**
**Saturday, December 19, 9am-3pm**
**MSCR West, 6333 West Towne Way**

The MSCR Pottery Sale is back! Celebrate the holiday season and finish up some last minute gift shopping by dropping by the MSCR Pottery Sale. Shop thousands of handmade pieces by MSCR pottery participants, instructors and community members.
All proceeds from the sale support the MSCR pottery program such as purchasing new equipment and supplies.

New this year! Celebrate 100 years of MSCR by getting a free handmade magnet with any purchase over $100.



NEW SEASON, NEW SKILLS

# LEARN TO SKATE

MADISON ICE ARENA
725 Forward Dr., Madison, WI 53711
Got Questions?
Call Us: 608-204-7606 Email Us: skatingschool@madisoniceinc.com

**Register for a Session**
We have classes for everyone, from toddlers (2 years old) to adults!

**Session Dates**
Spring (March-May)
Summer (June-August)
Fall (September-October)
Winter 1 (November-December)
Winter 2 (January-March)

Scan the QR code or Register Online at: madisoniceinc.com/registration

MADISON PROFESSIONAL DANCE CENTER

# GROWING THE WHOLE YOU



SIGN UP for our Fall & Winter Session
September 8, 2026 – April 25, 2027

$10 OFF with code GROW26

West Madison Polar Caps







## LEARN TO PLAY HOCKEY

Get your young athlete out on the ice with the Polar Caps. They will have a blast learning and playing alongside future Polar Caps teammates! Your young athlete's hockey journey begins now!

**Session Highlights:**

- Each session runs for about 5 weeks (Tuesdays & Sundays)
- Low-pressure introduction to basic hockey skills
- Skating experience encouraged but not required
- Rental Equipment available for $50 (excludes skates and sticks).

**SNOWMAN** December 8 - January 24

**VALENTINE** January 26 - March 7

REGISTER TODAY!

www.westmadisonpolarcaps.org/ltp

# Youth Arts & Enrichment

**608-204-3021**



## Arts & Enrichment Workshops

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **BOX THEATERS** *NEW!* | | | | | | |
| Step into the world of mini-storytelling and bring your imagination to life in motion! Design and build your own "crankie" a charming, hand-powered box theater that brings illustrated stories to life as you turn the crank. Start by brainstorming a wild, funny, or heroic tale, then transform it into a scrolling comic strip or visual story on a long paper scroll. This story gets rolled through a window opening in a small box. Add theater-style decorations, vibrant colors and real mini curtain accents to make your small box shine. Finish class with a show of all the creations! | | | | | | |
| K-2 | MSCR West | Su | 2/28 | 2-4pm | $18 | 55309 |
| **CANVAS PAINTING WORKSHOP** | | | | | | |
| Whether you love to paint, or have never painted before, this workshop is a lot of fun for you! Follow the instructor and go through the steps of creating a beautiful painting while also making it your own and adding your style to it! | | | | | | |
| K-2 | MSCR Central | Sa | 1/23 | 9-10:15am | $15 | 55319 |
| 3-5 | MSCR Central | Sa | 1/23 | 10:30-11:45am | $15 | 55318 |
| **HEMP JEWELRY WORKSHOP** *NEW!* | | | | | | |
| Craft unique hemp bracelets, necklaces and keychains while learning fundamental knotting and braiding techniques. All supplies and colorful accent beads are provided for a fun, hands-on creative session! | | | | | | |
| 4-8 | MSCR West | W | 2/3 | 6-7:30pm | $15 | 55317 |
| **MOSAIC COLLAGE** | | | | | | |
| Bring your imagination to life in a hands-on, creative workshop where drawing meets texture! Perfect for all skill levels, this session lets you transform simple doodles of anything you can dream up: playful animals, colorful characters, wild monsters, or abstract shapes into eye-catching artwork. Using a colorful variety of paper and fabric scraps, layer, weave and glue vibrant patterns directly onto your design to construct a one-of-a-kind mosaic. | | | | | | |
| K-5 | MSCR West | Th | 1/28 | 5-6:15pm | $15 | 55320 |
| **POP-UP CARDS AND BOOKS WORKSHOP** *NEW!* | | | | | | |
| Bring paper and other fun materials to life and discover the art of 3D storytelling! Unlock the secrets of pop-up books and dynamic greeting cards, transforming flat sheets into interactive, dimensional art. Start with simple, satisfying folds and work up to multi-layered, engineered pop-ups! Watch as slithering snakes leap off the page, curious cats peek out from hidden windows and unexpected surprises spring up with every turn of the page! | | | | | | |
| K-2 | MSCR West | Su | 1/31 | 1:30-2:45pm | $15 | 55329 |
| K-2 | MSCR West | Th | 4/8 | 5-6:15pm | $15 | 55330 |

## Dance

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **BALLET** | | | | | | |
| Participants learn basic ballet skills and positions. Youth also learn to combine technique along with balance, coordination and rhythm. | | | | | | |
| K-2 | MSCR West | M | 1/25-3/15 | 4-4:50pm | $54 | 55399 |
| K-2 | MSCR Central | Sa | 1/23-3/13 | 10:05-10:45am | $47 | 55345 |
| **BALLET/JAZZ** | | | | | | |
| Participants learn basic ballet and jazz skills and positions, as well as learn to combine technique along with balance, coordination and rhythm. | | | | | | |
| K-2 | MSCR Central | W | 1/27-3/17 | 4:55-5:45pm | $54 | 55420 |
| K-2 | MSCR Central | W | 4/7-4/28 | 4:55-5:45pm | $27 | 55422 |
| 3-5 | MSCR Central | W | 1/27-3/17 | 6-7pm | $60 | 55421 |
| 3-5 | MSCR Central | W | 4/7-4/28 | 6-7pm | $30 | 55423 |
| **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 | 1/25-3/15 | 4:30-5:20pm | $54 | 55358 |
| **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 | 1/25-3/15 | 5:35-6:35pm | $60 | 55359 |
| **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 | 1/25-3/15 | 6:50-7:30pm | $60 | 55357 |
| **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 | 1/19-3/9 | 5:15-6:15pm | $56 | 55400 |
| **BREAK DANCING** | | | | | | |
| Learn the fundamentals of Hip Hop's original dance form called Breaking (Breakdance). This class provides introduction to the dance, ways to condition for full body movements, rhythm, creative freedom and structure. Learn step by step knowledge of the art form and how to have fun with it! | | | | | | |
| 4-8 | MSCR Central | Th | 1/28-3/18 | 6-7pm | $60 | 55362 |
| 4-8 | MSCR East | Sa | 1/23-3/13 | 11am-12pm | $60 | 55366 |
| **COLOR GUARD - BEGINNING** | | | | | | |
| Discover the excitement of color guard and winter guard and be a part of a team! In this class, participants learn the fundamentals of this expressive and dynamic performing art by combining dance, movement, performance skills and basic flag work to tell a story or interpret a piece of music! | | | | | | |
| 6-12 | MSCR West | W | 1/27-3/17 | 6:45-7:45pm | $80 | 55831 |
| 6-12 | MSCR West | W | 4/7-4/28 | 6:45-7:45pm | $40 | 55797 |
| **CONTEMPORARY DANCE** | | | | | | |
| This popular, expressive form of dance is a vibrant fusion that pulls the best elements from modern, jazz, lyrical and ballet. Dancers have bare feet, allowing them to connect directly with the floor and explore gravity, all while moving to many different styles of music. | | | | | | |
| 4-8 | MSCR Central | Sa | 1/23-3/13 | 11am-12pm | $53 | 55346 |

These classes are for registered participants only. Only registered child(ren) may attend this class. Adults, siblings, and/or friends are not allowed to be in the classroom or attend classes.

## Drop In Classes - New!

| Grade | Location | Day | Date | Time | Fee |
|---|---|---|---|---|---|

**DROP IN BATON TWIRLING**

Try your hand at baton twirling or come practice your skills! These drop in classes are open to new or experienced twirlers. Instructor and experienced twirlers are available to teach those new to twirling and help more experienced participants practice their tricks. Bring your own baton or borrow one of ours for class.

| | | | | | |
|---|---|---|---|---|---|
| 1-7 | MSCR West | M | 4/5-4/26 | 4:30-5:20pm | $5 |

**DROP IN DANCE SAMPLER**

Drop in and dance your heart out! Learn skills and techniques from different styles of dance such as ballet, jazz, musical theater, hip hop and more while finding your inner rhythm!

| | | | | | |
|---|---|---|---|---|---|
| K-5 | MSCR West | M | 4/5-4/26 | 5-5:45pm | $5 |
| K-5 | MSCR East | T | 4/6-4/27 | 6:10-7pm | $5 |



| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**FLAMENCO**

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 | MSCR Central | Sa | 1/23-3/13 | 9-9:50am | $47 | 55379 |

**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 | 1/28-3/18 | 6:45-7:35pm | $54 | 55351 |
| K-2 | MyArts | Th | 4/8-4/29 | 5:40-6:30pm | $27 | 55352 |

**IRISH - 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 | 1/25-3/15 | 5:25-6:15pm | $54 | 55387 |

**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

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5 | MSCR West | M | 1/25-3/15 | 5:05-6:05pm | $60 | 55402 |
| K-2 | MSCR East | Sa | 1/23-3/13 | 11:10am-12pm | $54 | 55404 |

**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 | MyArts | W | 1/27-3/17 | 5:55-6:55pm | $60 | 55411 |
| 3-5 | MyArts | W | 4/7-4/28 | 5:55-6:55pm | $30 | 55412 |

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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 | 1/25-3/15 | 4-5pm | $60 | 55414 |
| 6-8 | MSCR East | M | 1/25-3/15 | 5:15-6:15pm | $60 | 55415 |
| 3-5 | MSCR East | M | 4/5-4/26 | 4-5pm | $30 | 55416 |
| 6-8 | MSCR East | M | 4/5-4/26 | 5:15-6:15pm | $30 | 55417 |

**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 | MyArts | W | 1/27-3/17 | 7:10-8:10pm | $60 | 55354 |
| 4-8 | MyArts | W | 4/7-4/28 | 7:10-8:10pm | $30 | 55353 |

**MUSICAL THEATER**

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 | MyArts | Th | 1/28-3/18 | 5:40-6:30pm | $54 | 55460 |
| 1-3 | MyArts | Th | 4/8-4/29 | 6:45-7:35pm | $27 | 55462 |

**TAP**

Tap into the fun! In this class, dancers discover the joy of creating rhythm with their feet. Learn fundamental tap steps, explore basic rhythm patterns, and combine movements into fun, dynamic short combinations. Designed to build musicality, coordination, balance, and confidence, this class provides a supportive, encouraging environment where every dancer can find their rhythm and express themselves.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1-5 | MSCR West | T | 1/26-3/16 | 5:30-6:20pm | $54 | 55466 |
| 1-5 | MSCR West | T | 4/6-4/27 | 5:30-6:20pm | $27 | 55467 |

These classes are for registered participants only. Only registered child(ren) may attend this class. Adults, siblings, and/or friends are not allowed to be in the classroom or attend classes.

# Youth Arts & Enrichment

**608-204-3021**

## Arts & Enrichment

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**CUSTOM CROSS STITCH CREATIONS**

Ever dreamed of creating your own 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 your idea on graph paper to stitching it with colorful threads, exercise creativity every step of the way.

| | | | | | | |
|---|---|---|---|---|---|---|
| 4-8 | MSCR West | W | 2/10-2/17 | 6-7:30pm | $30 | 55310 |

**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!

| | | | | | | |
|---|---|---|---|---|---|---|
| K-2 | MSCR Central | Sa | 1/30-2/27 | 9-10:15am | $45 | 55479 |
| 3-5 | MSCR Central | Sa | 1/30-2/27 | 10:30-11:45am | $45 | 55480 |

**PLANT POWER**

In this powerful class, be the lead scientist! Plunge into the secrets of the plant world, running hands-on experiments to discover exactly what makes life thrive. Master growth variables like light, water and soil, creating your own mini-ecosystems and watching the results unfold in real-time. Using STEM, art and writing skills, track data like a pro, design creative experiments and create a truly plan-tastic project. It's time to stop reading about nature and start engineering it!

| | | | | | | |
|---|---|---|---|---|---|---|
| K-2 | MSCR East | W | 4/7-4/28 | 4:30-5:30pm | $32 | 55323 |
| 3-5 | MSCR East | W | 4/7-4/28 | 5:45-7pm | $40 | 55324 |

**RECYCLED ART**

Make something new out of something old! Artists have always been ahead of the curve when it comes to being green, and there is no limit to what you can create with the ultimate eco-friendly medium: upcycled materials. Transform everyday items like cardboard boxes, egg cartons, paper bags and styrofoam into incredible 3D creations from wearable masks and bird wings to playful puppets and beyond. Each class features a guided example and step-by-step instructions, but leaves plenty of freedom for you to experiment, put your own creative spin on your projects, and spark hours of imaginative play and storytelling.

| | | | | | | |
|---|---|---|---|---|---|---|
| K-2 | MSCR West | Th | 2/4-3/11 | 4:45-5:45pm | $42 | 55321 |
| 3-5 | MSCR West | Th | 2/4-3/11 | 6-7pm | $42 | 55322 |

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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 | 1/27-3/17 | 4:30-5:30pm | $64 | 55541 |
| 3-5 | MSCR East | W | 1/27-3/17 | 5:45-7pm | $80 | 55542 |

## Sewing

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**YOUTH SEWING BEGINNING**

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 West | W | 3/3-3/17 | 6-7:30pm | $45 | 55527 |
| 4-8 | MSCR West | W | 4/14-4/28 | 6-8pm | $45 | 55342 |

**YOUTH SEWING CONTINUING - PAJAMA PANTS**

Ready to take your sewing skills to the next level? In this continuing class, participants build on basic machine operation to create their own pair of pajama pants! Participants learn how to read a basic pattern, pin and cut fabric, stitch straight and curved seams, sew a comfortable waistband casing, and finish clean hems. We recommend attending all classes to ensure a finished project. All supplies included. Prerequisite: completion of Youth Sewing Beginning or prior experience independently threading a machine, sewing straight seams and backstitching.

| | | | | | | |
|---|---|---|---|---|---|---|
| 4-8 | MSCR East | W | 2/3-2/24 | 5-7pm | $80 | 55540 |

These classes are for registered participants only. Only registered child(ren) may attend this class. Adults, siblings, and/or friends are not allowed to be in the classroom or attend classes.




# Pottery

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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 through making side by side. 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 | T | 2/9-3/2 | 4:45-6pm | $80 | 55504 |
| K-2 | MSCR West | Sa | 1/16-2/6 | 9-10:15am | $80 | 55503 |
| K-2 | MSCR West | Sa | 2/13-3/6 | 9-10:15am | $80 | 55605 |
| K-2 | Warner Park CRC | M | 1/25-2/15 | 3-4:15pm | $80 | 55508 |

**HANDBUILDING - YOUTH**

In this fun, hands-on class, young artists 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 | MSCR West | T | 5/4-5/25 | 4:45-6pm | $80 | 55512 |
| 3-5 | MSCR West | Sa | 1/16-2/6 | 10:30-11:45am | $80 | 55509 |
| 3-5 | MSCR West | Sa | 4/10-5/1 | 9-10:15am | $80 | 55511 |
| 3-5 | Warner Park CRC | M | 1/25-2/15 | 4:30-5:45pm | $80 | 55513 |

**TEEN HANDBUILDING**

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, youth 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 | W | 5/5-5/26 | 4-6pm | $80 | 55517 |
| 6-12 | MSCR West | Sa | 2/13-3/6 | 10:30-11:45am | $80 | 55510 |



| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**TEEN 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 are trimmed, glazed and fired for them to pick up at a later date. No prior experience needed.

| | | | | | | |
|---|---|---|---|---|---|---|
| 6-12 | MSCR West | W | 1/6 | 4-6pm | $36 | 55606 |
| 6-12 | MSCR West | Sa | 1/9 | 10am-12pm | $36 | 55607 |

**TEEN WHEEL**

Get started on the potter's wheel in this hands-on class designed for beginners. Learn the foundational skills of wheel throwing, with a focus on centering clay and developing control at the wheel to 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 | T | 1/12-2/2 | 4:30-6pm | $80 | 55609 |
| 6-12 | MSCR West | T | 4/6-4/27 | 4:30-6pm | $80 | 55610 |
| 6-12 | MSCR West | Sa | 4/10-5/1 | 12-1:30pm | $80 | 55611 |



# Family & Youth Fitness

**608-204-3026**



## Family Fitness

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **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 | 3/30-5/4 | 6:15-7pm | $30 | 55773 |
| 3-5 | MSCR West | T | 1/19-3/9 | 6:15-7pm | $40 | 55676 |
| **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 | 1/20-3/10 | 5:15-6pm | $40 | 55673 |
| 2-8 | MSCR West | W | 3/31-4/28 | 5:15-6pm | $25 | 55774 |
| 2-8 | MSCR West | W | 5/5-6/9 | 5:15-6pm | $30 | 55776 |

## Youth

| 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 | 1/25-3/8 | 5-5:45pm | $35 | 54623 |
| 2-7 | MSCR Central | M | 3/29-4/26 | 5-5:45pm | $25 | 55771 |
| 2-7 | MSCR Central | M | 5/3-6/7 | 5-5:45pm | $25 | 55772 |
| **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. | | | | | | |
| 4-8 | Demetral Park | T | 4/27-6/1 | 5:30-6:15pm | $30 | 55780 |
| 4-8 | Vilas Park | W | 4/28-6/2 | 5:30-6:15pm | $30 | 55779 |
| **STRENGTH & CONDITIONING** | | | | | | |
| Build strength, coordination and confidence through proper technique, free weights and conditioning exercises. | | | | | | |
| 7-9 | MSCR West | T | 2/2-3/16 | 6:45-7:30pm | $35 | 55833 |
| 7-9 | MSCR West | T | 3/30-4/27 | 6:45-7:30pm | $25 | 55792 |
| 7-9 | MSCR West | T | 5/4-6/8 | 6:45-7:30pm | $30 | 55793 |
| **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 West | T | 1/19-3/9 | 3:30-4:10pm | $40 | 55674 |
| K-1 | MSCR West | T | 3/30-4/27 | 3:30-4:10pm | $25 | 55782 |
| K-1 | MSCR West | T | 5/4-6/8 | 3:30-4:10pm | $30 | 55783 |
| **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 | 1/19-3/9 | 4:20-5pm | $40 | 55675 |
| 1-2 | MSCR West | T | 3/30-4/27 | 4:20-5pm | $25 | 55784 |
| 1-2 | MSCR West | T | 5/4-6/8 | 4:20-5pm | $30 | 55786 |






Register at MSCR.ORG or use form on page 65

## Preschool Sports (608-204-3026)

| 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 | 1/25-3/1 | 10:30-11am | $30 | 55267 |

**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 | 1/25-3/1 | 6-6:30pm | $30 | 55801 |
| 3-5 | Lapham | M | 1/25-3/1 | 6:40-7:10pm | $30 | 55802 |
| 3-5 | Lapham | M | 3/29-5/3 | 6-6:30pm | $30 | 55803 |
| 3-5 | Lapham | M | 3/29-5/3 | 6:40-7:10pm | $30 | 55804 |
| 3-5 | Lapham | W | 1/27-3/3 | 6-6:30pm | $30 | 55805 |
| 3-5 | Lapham | W | 1/27-3/3 | 6:40-7:10pm | $30 | 55806 |
| 3-5 | Lapham | W | 3/31-5/5 | 6-6:30pm | $30 | 55807 |
| 3-5 | Lapham | W | 3/31-5/5 | 6:40-7:10pm | $30 | 55808 |
| 3-5 | MSCR West | Sa | 4/3-5/8 | 10:30-11am | $30 | 55799 |
| 3-5 | MSCR West | Sa | 4/3-5/8 | 11:10-11:40am | $30 | 55800 |

**PRESCHOOL TENNIS**

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 staff.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5 | MSCR West | M | 1/25-3/1 | 9:45-10:15am | $30 | 55283 |

**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 | 1/25-3/1 | 4-4:30pm | $30 | 55295 |
| 3-5 | MSCR West | M | 1/25-3/1 | 4:45-5:15pm | $30 | 55296 |
| 3-5 | MSCR West | Th | 1/28-3/4 | 4-4:30pm | $30 | 55297 |
| 3-5 | MSCR West | Th | 1/28-3/4 | 4:45-5:15pm | $30 | 55298 |





## Preschool Soccer (608-229-6820)

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 2-4 | Lapham | Sa | 1/30-3/6 | 9-9:30am | $30 | 55286 |
| 2-4 | Lapham | Sa | 1/30-3/6 | 9:45-10:15am | $30 | 55288 |
| 2-4 | Lapham | Sa | 1/30-3/6 | 10:30-11am | $30 | 55289 |
| 2-4 | Lapham | Sa | 1/30-3/6 | 11:15-11:45am | $30 | 55290 |
| 2-4 | Toki | Sa | 1/30-3/6 | 9-9:30am | $30 | 55287 |
| 2-4 | Toki | Sa | 1/30-3/6 | 9:45-10:15am | $30 | 55291 |
| 2-4 | Toki | Sa | 1/30-3/6 | 10:30-11am | $30 | 55292 |
| 2-4 | Toki | Sa | 1/30-3/6 | 11:15-11:45am | $30 | 55293 |

**SOCCER SKILLS - PRESCHOOL**

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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5 | Lori Mann Carey | M | 1/25-3/1 | 6:15-6:45pm | $30 | 55271 |
| 3-5 | Nuestro Mundo | M | 1/25-3/1 | 6:15-6:45pm | $30 | 55272 |
| 3-5 | Lapham | T | 1/26-3/2 | 6:15-6:45pm | $30 | 55269 |
| 3-5 | Orchard Ridge | T | 1/26-3/2 | 6:15-6:45pm | $30 | 55270 |
| 3-5 | Lori Mann Carey | W | 1/27-3/3 | 6:15-6:45pm | $30 | 55273 |
| 3-5 | Nuestro Mundo | W | 1/27-3/3 | 6:15-6:45pm | $30 | 55274 |
| 3-5 | Lapham | Th | 1/28-3/4 | 6:15-6:45pm | $30 | 55719 |
| 3-5 | Orchard Ridge | Th | 1/28-3/4 | 6:15-6:45pm | $30 | 55718 |
| 3-5 | MSCR West | Sa | 1/30-3/6 | 9-9:30am | $30 | 55737 |
| 3-5 | Whitehorse | Sa | 1/30-3/6 | 9-9:30am | $30 | 55739 |

**Find more family activities on page 13**

## Youth Sports (608-204-3026)

| 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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 3-5 | Ezekiel Gillespie | Th | 1/28-3/4 | 6:15-7:15pm | $35 | 55814 |
| 6-8 | Ezekiel Gillespie | Th | 1/28-3/4 | 7:15-8:15pm | $35 | 55815 |

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 1-2 | Lori Mann Carey | T | 1/26-3/2 | 6-7pm | $35 | 55810 |
| 1-2 | Nuestro Mundo | Th | 1/28-3/4 | 6-7pm | $35 | 55812 |
| 3-5 | Lori Mann Carey | T | 1/26-3/2 | 7-8pm | $35 | 55811 |
| 3-5 | Nuestro Mundo | Th | 1/28-3/4 | 7-8pm | $35 | 55813 |

**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 | 1/26-3/2 | 6-6:30pm | $30 | 55816 |
| 3-4 | MSCR West | T | 1/26-3/2 | 6:35-7:05pm | $30 | 55817 |
| 1-2 | MSCR West | T | 3/30-5/4 | 6-6:30pm | $30 | 55818 |
| 3-4 | MSCR West | T | 3/30-5/4 | 6:35-7:05pm | $30 | 55819 |
| 1-2 | MSCR West | Th | 1/28-3/4 | 6-6:30pm | $30 | 55820 |
| 3-4 | MSCR West | Th | 1/28-3/4 | 6:40-7:10pm | $30 | 55821 |
| 5-8 | MSCR West | Th | 1/28-3/4 | 7:20-8pm | $35 | 55822 |
| 1-2 | MSCR West | Th | 4/1-5/6 | 6-6:30pm | $30 | 55823 |
| 3-4 | MSCR West | Th | 4/1-5/6 | 6:40-7:10pm | $30 | 55824 |
| 5-8 | MSCR West | Th | 4/1-5/6 | 7:20-8pm | $35 | 55825 |

**ULTIMATE FRISBEE CLINIC**

Ultimate Frisbee is the sport of the future nd 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 | 4/19-5/24 | 5:15-6pm | $30 | 55826 |
| 4-5 | Toki | M | 4/19-5/24 | 6-6:45pm | $36 | 55829 |




## Youth Soccer (608-229-6820)

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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 | 1/31-3/7 | 12:30-1:30pm | $30 | 55545 |
| 3-5 | MSCR West | Su | 1/31-3/7 | 1:45-2:45pm | $30 | 55546 |

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| K-2 | Lori Mann Carey | M | 1/25-3/1 | 7-7:45pm | $35 | 55547 |
| K-2 | Nuestro Mundo | M | 1/25-3/1 | 7-7:45pm | $35 | 55550 |
| K-2 | Lapham | T | 1/26-3/2 | 7-7:45pm | $35 | 55551 |
| K-2 | Orchard Ridge | T | 1/26-3/2 | 7-7:45pm | $35 | 55548 |
| K-2 | Lori Mann Carey | W | 1/27-3/3 | 7-7:45pm | $35 | 55549 |
| K-2 | Nuestro Mundo | W | 1/27-3/3 | 7-7:45pm | $35 | 55552 |
| K-2 | Lapham | Th | 1/28-3/4 | 7-7:45pm | $40 | 55554 |
| K-2 | Orchard Ridge | Th | 1/28-3/4 | 7-7:45pm | $35 | 55553 |



## Flag Football Leagues (608-204-3026)

This 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. First week of the program is a practice, coaches may schedule additional practices. Register for either the 2-3,or 4-5 division. 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 | Van Hise | Tu | 4/20-5/25 | 5:30pm |
| 4-5 | | Thurs | 4/22-5/27 | 6:30pm |

| Registration Type | Registration Deadline | Resident Fee | Non-Resident Fee |
|---|---|---|---|
| Early | 2/1 | $45 | $61 |
| Regular | 3/15 | $51 | $67 |
| Registration closes at 3pm | | | |

**Flag Football Leagues register at mscryouthsportsleagues.org**

**MSCR Youth Sports inspires kids to lead active, healthy lives and to make friends through sports, leagues and classes.**

**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
- Find more league information and sign up at mscryouthsportsleagues.org
- Or go to MSCR East, MSCR Central or MSCR West for a paper registration.



## 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 their grade! While we do make accommodations for players to play up an age group, we do not allow them to play down a division.

| League | Grade | Day | Dates | Time |
|---|---|---|---|---|
| 3v3 | PreK | Su | 4/18-5/23 | 1, 2, 3 or 4pm |
| | K | | | |
| 6v6 | 1-2 | Sa | 4/17-5/22 | 9, 10:15, 11:30am or 12:45pm |
| | 3-4 | | | |
| | 5-6 | | | |
| | 7-8 | | | |

| Locations | Tentative Field Locations |
|---|---|
| Eastside | Henderson, Kennedy, Lapham & Nuestro Mundo |
| Westside | Chavez, Crestwood, Orchard Ridge Stephens |

| Registration Type | Registration Dates | Resident Fee | Non-Resident Fee |
|---|---|---|---|
| Early | 2/1-3/1 | $55 | $82.50 |
| Regular | 3/2-3/15 | $60 | $90 |
| Late | 3/16-3/21 | $70 | $105 |

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The Chocolate Shoppe
The Dinner Detective
The Dog Den
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The Oaks Golf Course
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# Aquatics

**608-204-3025**



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 within their first swim lesson 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

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 or scan the QR code.

**Liability Waiver & Emergency Contact Form**

## 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 lifeguards.

**OPEN SWIM - EAST- FEBRUARY 23 - MAY 4 (SKIP 3/23)**
East is a 6-lane pool with a depth of 3 ½-10ft. Open Swim is designated to half of the pool.

| Day | Location | Time |
|---|---|---|
| Tuesday | East | 4:30-6pm |

**OPEN SWIM - LAPHAM - JANUARY 8 - MAY 7 (SKIP 3/19 & 3/26)**
Lapham is a small, warm water, shallow pool (3 ft.-5 ½ ft. deep) with a capacity of 40 swimmers.

| Day | Location | Time |
|---|---|---|
| Fridays | Lapham | 4-7:30pm |

## Lap Swim

**ADULT LAP SWIM JANUARY 25-MAY 6 (SKIP 3/22-3/25)**
Swimmers who are Grade 8-Adult and who can swim laps continuously as part of a fitness regimen are welcome during lap swim time.

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

**Adapted Swim Lessons Grades K-8**
Lessons for youth 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.


Register at MSCR.ORG or use form on page 65

# Aquatics Class Descriptions

## Child & Adult*

Active adult participation is required.

**LITTLE DIPPERS (6 MONTHS - AGE 2)**
Introduces water safety topics and basic water skills to caregivers and children. Caregivers learn how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate in activities and try skills. Children receive an introduction to basic skills that lay a foundation for learning to swim.

**SHRIMP DIP (AGES 3 - 4)**
Builds upon skills learned in Little Dippers. To prepare children for preschool or youth lessons, this class provides a bridge to independent swimming by integrating more advanced skills and independence.

**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 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)**
Builds on skills learned in Red Cross Learn to Swim Level 4 to further refine stroke mechanics and build endurance. The purpose 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.

Must have passed into Stroke Improvement (Red Cross Level 4), be able to swim 25 yards of all four competitive strokes. These skills will be tested on day one. Participants must demonstrate proficiency to continue

**COMPETITION PREP II: ADVANCED REFINEMENT (GRADES 2-9)**
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 to prepare for competitive swimming in a welcoming environment.  dvanced Refinement (Grades 2-9)

Must be able to perform the following skills to Red Cross Level 5 proficiency: Front crawl, back crawl, and breaststroke (at least 50 yards) and butterfly (at least 25 yards). These skills will be tested on day one. Participants must demonstrate proficiency to continue

**WATER BALLET (GRADES K-8)**
This is a beginning course which introduces the basics - stretching, modified strokes, egg beater kicks, sculling techniques, and tricks! Prerequisites: 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. Participants perform in a recital on April 26.

## 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.

# Aquatics Class Descriptions, continued

### 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.

**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 fundamentals and deep water play; prior participation in an introductory water polo course or have equivalent experience. This 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.

# Aquatics Classes by Location

## East High School Pool, 2222 E Washington Ave

### Adult Classes

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Tues, Thurs 1/5-5/20 | 5:45-7am | Masters Swim (2x per week) | $238 | 54546 |
| Tues 1/26-5/4 | 6:15-7pm | Water Fitness: Deep Water | $84 | 54577 |
| | 7:15-8:15pm | Water Fitness: Aqua Circuit | $92 | 54573 |
| Wed 2/3-5/5 | 7:35-8:05pm | Teen/Adult Swim Instruction (Grade 8-Adult) | $96 | 54565 |
| Sun 1/31-4/25 | 4:45-5:15pm | Teen/Adult Swim Instruction (Grade 8-Adult) | $116 | 54564 |

### Youth Classes

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Sun 1/31-4/25 | 2:45-3:15pm | Youth Swim Lessons (K-8) | $109 | 54583 |
| | 3:25-3:55pm | Youth Swim Lessons (K-8) | $109 | 54584 |
| | 4:05-4:35pm | Youth Swim Lessons (K-8) | $109 | 54585 |
| | 4:45-5:15pm | Swim With Me - Child+Adult (K-8) | $109 | 54562 |
| Tues 2/23-5/4 | 5-6pm | Competition Prep II: Advanced Refinement (Grade 2-9) | $95 | 54548 |
| Wed 2/3-4/28 | 6:15-6:45pm | Youth Swim Lessons (K-8) | $82 | 54586 |
| | 6:55-7:25pm | Youth Swim Lessons (K-8) | $82 | 54587 |

## La Follette High School Pool, 702 Pflaum Rd

### Adult Classes

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Thurs 1/28-5/6 | 6:15-7:15pm | Water Fitness: Aqua Circuit | $92 | 54574 |
| | 7:30-8:15pm | Water Fitness: Deep Water | $84 | 54578 |

### Youth Classes

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Mon 2/1-4/26 | 6:15-6:45pm | Youth Swim Lessons (K-8) | $82 | 54588 |
| | 6:55-7:25pm | Youth Swim Lessons (K-8) | $82 | 54589 |
| | 7:35-8:05pm | Youth Swim Lessons (K-8) | $82 | 54590 |
| | 7:35-8:20pm | Competition Prep I: Fundamentals (Grade 2-8) | $87 | 55591 |

## Lapham Elementary School, 1045 E Dayton St

### *Adult Classes*

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Thurs 1/28-5/6 | 7:10-8:10pm | Warm Water Exercise | $91 | 54570 |
| Sun 1/31-4/25 | 4-4:30pm | Learning the Basics Teen/Adult (Grade 8-Adult) | $116 | 54540 |



### *Youth Classes*

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Sun 1/31-4/25 | 2-2:30pm | Little Dippers - Child+Adult | $109 | 54541 |
| | 2:40-3:10pm | Preschool Swim Lessons - Age 3-5 | $116 | 54550 |
| | 3:20-3:50pm | Shrimp Dip - Child+Adult | $109 | 54559 |
| | 4:40-5:10pm | Little Dippers - Child+Adult | $109 | 55588 |
| Mon 2/1-4/26 | 5:10-5:40pm | Preschool Swim Lessons - Age 3-5 | $94 | 54551 |
| | 5:50-6:20pm | Little Dippers - Child+Adult | $89 | 54542 |
| | 6:30-7pm | Preschool Swim Lessons - Age 3-5 | $94 | 54552 |
| Tues 2/2-4/27 | 5:10-5:40pm | Little Dippers - Child+Adult | $89 | 54543 |
| | 5:50-6:20pm | Preschool Swim Lessons - Age 3-5 | $94 | 54553 |
| | 6:30-7pm | Little Dippers - Child+Adult | $89 | 54544 |
| Wed 2/3-4/28 | 5:10-5:40pm | Preschool Swim Lessons - Age 3-5 | $94 | 54554 |
| | 5:50-6:20pm | Shrimp Dip - Child+Adult | $89 | 54560 |
| | 6:30-7pm | Preschool Swim Lessons - Age 3-5 | $94 | 54555 |
| Thurs 2/4-4/29 | 4:30-5pm | Little Dippers - Child+Adult | $89 | 54545 |
| | 5:10-5:40pm | Preschool Swim Lessons - Age 3-5 | $94 | 54556 |
| | 5:50-6:20pm | Shrimp Dip - Child+Adult | $89 | 54561 |
| | 6:30-7pm | Preschool Swim Lessons - Age 3-5 | $94 | 54557 |



# Aquatics

**608-204-3025**

## Memorial High School Pool, 201 S Gammon Rd

### Adult Lessons

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Wed 1/27-5/5 | 6:15-7pm | Water Fitness: Deep Water | $84 | 54579 |
| | 7:15-8:15pm | Water Fitness: Aqua Circuit | $92 | 54575 |
| Sat 1/30-4/24 | 11:45am-12:15pm | Teen/Adult Swim Instruction (Grade 8-Adult) | $116 | 54567 |

### Youth Lessons

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Sat 1/30-4/24 | 9:45-10:15am | Youth Swim Lessons (K-8) | $109 | 54580 |
| | 10:25-10:55am | Youth Swim Lessons (K-8) | $109 | 54581 |
| | 11:05-11:35am | Youth Swim Lessons (K-8) | $109 | 54582 |
| | 11:45am-12:15pm | Swim With Me - Child+Adult (K-8) | $109 | 54563 |

## West High School Pool, 2312 Regent St

### Adult Classes

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Tues, Thurs 1/5-5/20 | 5:40-7:10am | Masters Swim (2x per week) | $266 | 54547 |
| Mon 1/25-5/3 | 6:20-7:20pm | Water Fitness: Aqua Circuit | $92 | 54572 |
| | 7:30-8:15pm | Water Fitness: Deep Water | $84 | 54576 |
| Mon 3/1-4/26 | 5:20-6:20pm | Intro to Artistic Swimming (Grade 9-Adult) | $76 | 54538 |
| Thurs 2/4-4/29 | 7:35-8:05pm | Teen/Adult Swim Instruction (Grade 8-Adult) | $96 | 54566 |
| Wed 2/24-5/19 | 6-7pm | Intro to Water Polo (Grade 9-Adult) | $90 | 54539 |
| | 7:15-8:15pm | Advanced Water Polo (Grade 9-Adult) | $90 | 54537 |

### Youth Classes

| Day & Date | Time | Class | Fee | Course # |
|---|---|---|---|---|
| Mon 3/1-4/26 | 5-6pm | Water Ballet (K-8) | $76 | 54571 |
| Tues 2/2-4/27 | 6:15-6:45pm | Youth Swim Lessons (K-8) | $82 | 54591 |
| | 6:55-7:25pm | Youth Swim Lessons (K-8) | $82 | 54592 |
| | 7:35-8:05pm | Youth Swim Lessons (K-8) | $82 | 54593 |
| Wed 2/24-5/5 | 5:45-6:30pm | Competition Prep I: Fundamentals (Grades 2-8) | $73 | 55589 |
| | 6:45-7:45pm | Competition Prep II: Advanced Refinement (Grades 2-9) | $95 | 55590 |
| | 6:15-6:45pm | Youth Swim Lessons (K-8) | $82 | 54594 |
| | 6:55-7:25pm | Youth Swim Lessons (K-8) | $82 | 54595 |
| Thurs 3/4-4/29 | 5:35-6:05pm | Preschool Swim Lessons - Age 3-5 | $63 | 54558 |



Register at MSCR.ORG or use form on page 65

# American Red Cross (ARC) Trainings & Certification Classes

**Go to mscr.org for more class details and prerequisites.**

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 8+ | MSCR West | F | 1/29 | 10am-12pm | $65 | 54514 |
| 8+ | West High | F | 2/19 | 1-3pm | $65 | 54515 |
| 8+ | MSCR Central | M | 3/8 | 12:30-2:30pm | $65 | 54516 |
| 8+ | MSCR West | T | 5/4 | 5-7pm | $65 | 54517 |

**ARC LAY RESPONDER PEDIATRIC FA/CPR/AED - BL**

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+ | MSCR West | F | 1/29 | 12-1pm | $55 | 55578 |
| 8+ | West High | F | 2/19 | 3-4pm | $55 | 55579 |
| 8+ | MSCR Central | M | 3/8 | 2:30-3:30pm | $55 | 55580 |
| 8+ | MSCR West | T | 5/4 | 7-8pm | $55 | 55581 |

**ARC LAY RESPONDER ADULT & PEDIATRIC FA/CPR/AED - BL**

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. Note: 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 | F | 2/19 | 1-4pm | $80 | 55575 |
| 8+ | MSCR Central | M | 3/8 | 12:30-3:30pm | $80 | 55576 |
| 8+ | MSCR West | F | 1/29 | 10am-1pm | $80 | 55574 |
| 8+ | MSCR West | T | 5/4 | 5-8pm | $80 | 55577 |

**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. For those working in pools in Wisconsin, due to recent changes in Wisconsin Pool Code, CPR/AED for the Professional Rescuer must be recertified every year.

| | | | | | | |
|---|---|---|---|---|---|---|
| 15+ | MSCR West | W | 1/27 | 5-8:30pm | $60 | 54597 |
| 15+ | MSCR West | Sa | 3/13 | 1-4:30pm | $60 | 54598 |
| 15+ | MSCR West | Su | 4/25 | 12:30-4pm | $60 | 54599 |
| 15+ | MSCR West | W | 5/19 | 5-8:30pm | $60 | 54600 |
| 15+ | MSCR West | Th | 5/27 | 5-8:30pm | $60 | 54601 |
| 15+ | MSCR West | T | 6/8 | 5-8:30pm | $60 | 54602 |

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**ARC LIFEGUARDING - BL**

Upon successful completion, candidate is certified in American Red Cross Lifeguarding (including Deep Water), CPR/AED for the Professional Rescuer, and First Aid. *Please note: Class takes place Fri 5-9pm, Sat, 8am-6pm and Sun 8am-5pm.

| | | | | | | |
|---|---|---|---|---|---|---|
| 15+ | West High | F-Su | 2/12-2/14 | *above | $220 | 54524 |
| 15+ | West High | F-Su | 3/19-3/21 | *above | $220 | 54520 |
| 15+ | West High | F-Su | 4/16-4/18 | *above | $220 | 54521 |
| 15+ | West High | F-Su | 5/7-5/9 | *above | $220 | 54522 |
| 15+ | West High | F-Su | 5/21-5/23 | *above | $220 | 54523 |

**ARC LIFEGUARDING RECERTIFICATION**

Refresh your knowledge and skills+date your certification for another two years. To participate in the American Red Cross Lifeguard Recertification class, you must have a current ARC Lifeguard certification, or certification expired by no more than 30 days. There is a 6 hour online course to complete prior to the first class day. Instructor emails information about accessing course material three weeks prior to the course. Course prerequisites are completed on the first day of the recertification prior to the start of the course.

| | | | | | | |
|---|---|---|---|---|---|---|
| 15+ | West High | Sa-Su | 1/23-1/24 | Sa 10am-4pm<br>Su 8am-2pm | $110 | 54528 |
| 15+ | West High | Sa-Su | 3/6-3/7 | 8am-2pm | $110 | 54529 |
| 15+ | West High | Sa-Su | 4/10-4/11 | 8am-2pm | $110 | 54530 |
| 15+ | West High | F-Sa | 5/14-5/15 | F 5-9pm<br>Sa 8am-4pm | $110 | 54531 |

**ARC LIFEGUARDING COURSE PREREQUISITE PREP**

This two hour prep course gives participants an opportunity to practice the r.24 NEW American Red Cross Lifeguarding course prerequisites prior to enrolling in or attending a course.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | West High | Sa | 1/16 | 10am-12pm | $10 | 55187 |
| 14+ | West High | Su | 3/7 | 2-4pm | $10 | 55188 |
| 14+ | West High | Su | 3/28 | 1-3pm | $10 | 55189 |
| 14+ | West High | Sa | 4/24 | 10am-12pm | $10 | 55190 |

**ARC LIFEGUARDING INSTRUCTOR**

The Lifeguarding Instructor (LGI) course trains instructor candidates to teach American Red Cross Lifeguarding courses including Lifeguarding, Shallow Water Lifeguarding and Aquatic Attraction Lifeguarding.

| | | | | | | |
|---|---|---|---|---|---|---|
| 17+ | West High | F-Su | 3/12-3/14 | F 5-9pm<br>Sa 9am-5pm<br>Su 8am-4pm | $225 | 54526 |
| 17+ | West High | F-Su | 5/21-5/23 | F 5-9pm<br>Sa 10am-5pm<br>Su 8am-5pm | $225 | 54526 |

**ARC WATER SAFETY INSTRUCTOR (WSI)**

The WSI Program is designed to train instructor candidates to teach courses and presentations in the Swimming and Water Safety program (Learn to Swim, Longfellow's WHALE Tales, Preschool and Parent & Child Aquatics) by developing their understanding of how to use the course materials, conduct training sessions, evaluate participants progress and develop their understanding of fundamental teaching skills.

| | | | | | | |
|---|---|---|---|---|---|---|
| 15+ | East High | M-Th | 5/10-5/13 | 9am-4pm | $225 | 54534 |

**ARC WATERFRONT SKILLS MODULE**

The purpose of the Waterfront Skills Module is to provide participants certified in Lifeguarding with the knowledge and skills needed to prevent, recognize and respond to aquatic emergencies in non-surf, open-water areas. Waterfront Skills training is conducted and evaluated in a pool and/or waterfront in water depths ranging from 0 to 12 feet.

| | | | | | | |
|---|---|---|---|---|---|---|
| 15+ | West High | T | 5/25 | 9:30am-3:15pm | $60 | 54535 |

# Outdoor Pursuits

**608-204-3025**

The MSCR Outdoor Programs includes a wide range of engaging recreation and experiential education opportunities for participants of all ages. Discover local nature activities through Outdoor Pursuits, enjoy scenic lake cruises and rentals via the Pontoon Boat or Paddling programs, participate in environmental adventures at the Madison School Forest, or challenge your team at one of our two Low and High Challenge Course experiences. We create tailored group booking opportunities for school district staff, community members and corporate clients to connect with each other and the outdoors.

## Adult

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**ADULT SUNSET SNOWSHOE**

Enjoy a guided snowshoe hike this winter with MSCR. We provide snowshoes, or you're welcome to bring your own, and learn basic snowshoe instruction. These programs are weather/snow dependent.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | Cherokee Marsh | Th | 2/4 | 4:30-6pm | $10 | 55261 |

## Family

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**DIGGING IN THE DIRT**

Take a closer look at what is below your feet. Become a soil scientist for the day: dig, test, build, play and learn...in and about the dirt! Discover what critters live in the dirt, how dirt is "made" and complete a soil craft project. All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

| | | | | | | |
|---|---|---|---|---|---|---|
| 5+ | Mad Scl Forest | Sa | 5/1 | 10am-12pm | $10 | 55254 |

**FAMILY SUNSET SNOWSHOE**

Enjoy a guided snowshoe hike this winter with MSCR. We provide snowshoes, or you're welcome to bring your own, and learn basic snowshoe instruction. These programs are weather/snow dependent. All participants must register and an adult over 18 must register and participate with youth participants.

| | | | | | | |
|---|---|---|---|---|---|---|
| 6+ | Edna Taylor Park | W | 2/17 | 4:30-6pm | $10 | 55260 |

**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 checkpoints 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). All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

| | | | | | | |
|---|---|---|---|---|---|---|
| 5+ | Mad Schl Forest | Sa | 2/6 | 3-5pm | $10 | 55257 |
| 5+ | Mad Sch Forest | Sa | 5/8 | 3-5pm | $10 | 55258 |



| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**OUTDOOR SURVIVAL SKILLS**

Are you ready to survive outside? Participants learn skills to survive outdoors such as fire and shelter building, knot tying, and easy plant identification. Join us for this interactive and hands-on class and apply the knowledge you gain at your next outdoor adventure! All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

| | | | | | | |
|---|---|---|---|---|---|---|
| 5+ | Mad Sch Forest | Sa | 5/1 | 1-3pm | $10 | 55259 |

**TWILIGHT'S SECRET WORLD**

Immerse yourself in the "in-between" world of crepuscular animals. This mystical time from day to night is the perfect time to explore the rich beauty of the School Forest at twilight. Through hiking and activities, the program uses the shifting light in real time to demonstrate biological concepts. All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

| | | | | | | |
|---|---|---|---|---|---|---|
| 5+ | Mad Schl Forest | Sa | 5/8 | 7-9pm | $10 | 55256 |

**WINTER SURVIVAL SKILLS**

Winter is here and MSCR is excited for you to join us in this unique class highlighting some important Winter Survival Skills! Participants rotate between stations such as ice related activities (examples include ice fishing demonstration and ice depth reading) and winter shelters! All participants over 16 must have or purchase a fishing license to ice fish. These programs are weather dependent. All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

| | | | | | | |
|---|---|---|---|---|---|---|
| 5+ | Brittingham Pk | Sa | 1/23 | 1-3pm | $12 | 55262 |
| 5+ | Tenney Park | Su | 2/7 | 1-3pm | $12 | 55263 |

**WINTER WONDERS**

Welcoming all Winter Wanderers to explore the wonders of winter. Learn about life over and under the snow and even within the snow itself! Participants track wildlife, forage from the perspective of an animal and examine snowflake structures. Best suited for ages 5-8 years.

| | | | | | | |
|---|---|---|---|---|---|---|
| 5+ | Mad Schl Forest | Sa | 2/6 | 10:30am-12pm | $10 | 55264 |

**Find more family activities on page 13**

# 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
Survivial skills, orienteering, nature hikes & more!

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 Peffer:** eapeffer@madison.k12.wi.us,
**Liz Just:** ekjust@madison.k12.wi.us

**Or go to mscr.org/programs/outdoors**

# Adapted Recreation

**608-204-3025**




**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**

| 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. | | | | | | |
| 9+ | Dream Lanes | T | 2/16-5/4 | 4:15-5:45pm | $124 | 54285 |
| 9+ | Spare Time | Th | 2/18-5/6 | 4:15-5:45pm | $124 | 54286 |
| **CITY CLUB** | | | | | | |
| Meet new friends while enjoying arts & crafts, fitness activities, field trips and other fun and engaging activities. | | | | | | |
| 9+ | MSCR West | W | 2/3-5/5 | 4-5:30pm | $98 | 54288 |
| 9+ | MSCR East | Th | 2/4-5/6 | 4-5:30pm | $98 | 54287 |
| **DANCE AND MOVE** | | | | | | |
| Low impact class using music and basic steps for great cardiovascular and muscle toning workout. All fitness levels welcome. | | | | | | |
| 9+ | MSCR West | M | 2/1-3/15 | 4:30-5:30pm | $45 | 54290 |
| 9+ | MSCR West | M | 3/29-5/17 | 4:30-5:30pm | $51 | 54292 |
| 9+ | MSCR Central | T | 2/2-3/16 | 4:30-5:30pm | $45 | 54291 |
| 9+ | MSCR Central | T | 3/30-5/18 | 4:30-5:30pm | $51 | 54293 |
| **INDOOR BOCCE** | | | | | | |
| Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the rules and develop the skills of this great ball sport on our new bocce courts! For this activity, please see Essential Eligibility Criteria. | | | | | | |
| 9+ | MSCR West | W | 2/17-5/5 | 5:15-6:30pm | $70 | 54283 |
| **PICKLEBALL** | | | | | | |
| Learn the basics of this popular game through playing and ongoing coaching. Equipment is provided. For this activity, please see Essential Eligibility Criteria. | | | | | | |
| 9+ | MSCR West | T | 2/16-5/4 | 3:30-4:30pm | $70 | 54295 |

| Grade | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **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. NOTE: This class is not open for internet registration. Call 608-204-3030 for information. | | | | | | |
| 9+ | MSCR West | Sa | 4/10-5/1 | 10am-11:45am | $56 | 54297 |
| **RECREATIONAL SWIM (WATER WALKING)** | | | | | | |
| Designed for individuals with intellectual and/or physical disabilities. Exercise on an individual basis with MSCR-provided staff support, or supported by family/caregiver. Activities in this small warm water pool may include water basketball, floating on noodles, or walking in the water. MSCR staff assess the individual abilities of participants in order to provide support. | | | | | | |
| 9+ | Lapham | M | 2/8-5/3 | 7:10-8:10pm | $117 | 54299 |
| 9+ | Lapham | T | 2/9-5/4 | 7:10-8:10pm | $117 | 54300 |
| 9+ | Lapham | W | 2/10-5/5 | 7:10-8:10pm | $117 | 54301 |
| **SWIM LESSONS AGES 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, 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 Eligibility Criteria. | | | | | | |
| K-8 | Lapham | Sa | 1/30-4/24 | 9:25-9:55am | $138 | 54302 |
| K-8 | Lapham | Sa | 1/30-4/24 | 10:05-10:35am | $138 | 54303 |
| K-8 | Lapham | Sa | 1/30-4/24 | 10:45-11:15am | $138 | 54304 |
| **TENNIS** *NEW!* | | | | | | |
| Staff work with participants on individual skills and focus on teaching the fundamentals to each participant. Participants are introduced to a skill and work on it together with assistance and guidance from the staff. For this activity, please see Essential Eligibility Criteria. | | | | | | |
| 9+ | MSCR West | Su | 2/14-5/2 | 3-5pm | $64 | 54296 |
| **YOGA** | | | | | | |
| Focus on yoga forms to reduce stress and anxiety. Increase body awareness, balance and strength in a fun and safe environment. | | | | | | |
| 9+ | MSCR Central | M | 2/1-3/15 | 4:30-5:30pm | $45 | 54305 |
| 9+ | MSCR Central | M | 3/29-5/17 | 4:30-5:30pm | $51 | 54307 |
| 9+ | MSCR West | Th | 2/4-3/18 | 4:30-5:30pm | $45 | 54306 |
| 9+ | MSCR West | Th | 4/1-5/20 | 4:30-5:30pm | $51 | 54308 |





Register at MSCR.ORG or use form on page 65

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WINGRA SCHOOL

# Summer Camp

The Wingra School Summer Camp offers themed camps for grades K-8, led by experienced teachers. Join us this upcoming summer for unforgettable fun, educational enrichment, and lifelong memories!

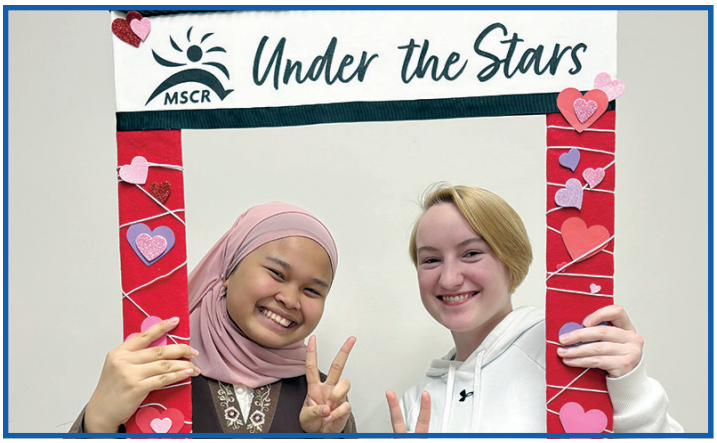




**Learn more at wingraschool.org/program/summer-programs**

# Special Events & Day Trips

**608-204-3021**







## Under the Stars

### Adult Events

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **ROMANCE UNDER THE STARS** | | | | | | |
| The beauty of the night sky brings out the romantic side in all of us. Explore the current night sky with your Valentine in the comfort of the planetarium. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. Register early, this popular show sells out quickly! Please register each individual attending. | | | | | | |
| 18+ | Memorial | Th | 2/11 | 6:30-7:30pm | $17 | 54614 |
| 18+ | Memorial | Th | 2/11 | 7:45-8:45pm | $17 | 54615 |
| 18+ | Memorial | F | 2/12 | 6:30-7:30pm | $17 | 54616 |
| 18+ | Memorial | F | 2/12 | 7:45-8:45pm | $17 | 54617 |
| 18+ | Memorial | Sa | 2/13 | 6:15-7:15pm | $17 | 54618 |
| 18+ | Memorial | Sa | 2/13 | 7:30-8:30pm | $17 | 54619 |

### Family Events

| Grade | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **ENCHANTMENT UNDER THE STARS** | | | | | | |
| Spend a magical evening with your special young person. Stargaze and discover the twinkling sky with your child(ren) in the comfort of the planetarium. The presentation is catered to a multi age/family audience. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. Please register each individual attending. Registered child must attend with at least one registered adult. | | | | | | |
| Gr 3+ | Memorial | F | 2/12 | 5:30-6:15pm | $15 | 54610 |
| Gr 3+ | Memorial | Sa | 2/13 | 5:15-6:00pm | $15 | 54612 |
| Gr 3+ | Memorial | Sa | 2/13 | 4:15-5:00pm | $15 | 54611 |

## Day Trip

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **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 |

**Find more events on page 5.**

## Pottery Sale

**Thursday & Friday, December 17-18, 8am-6pm**
**Saturday, December 19, 9am-3pm**
**MSCR West, 6333 West Towne Way**

The MSCR Pottery Sale is back! Celebrate the holiday season and finish up some last minute gift shopping by dropping by the MSCR Pottery Sale. Shop thousands of handmade pieces by MSCR pottery participants, instructors and community members.
All proceeds from the sale support the MSCR pottery program such as purchasing new equipment and supplies.

New this year! Celebrate 100 years of MSCR by getting a free handmade magnet with any purchase over $100.





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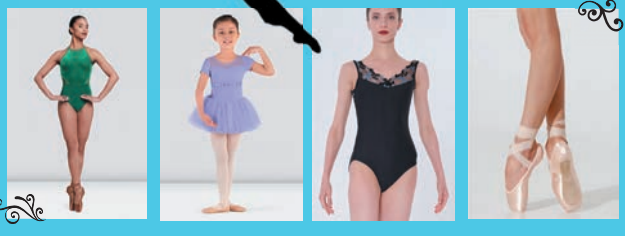
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# Adult Arts

**608-204-3021**



## Dance

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**ADULT BATON**

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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | M | 4/5-4/26 | 5:35-6:35pm | $28 | 54341 |

**BALLET - BEGINNING**

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 you're brand 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 | 1/21-3/11 | 6:05-7:20pm | $56 | 54335 |
| 18+ | MSCR West | Th | 4/8-5/27 | 6:05-7:20pm | $56 | 54336 |

**BALLET - CONTINUING**

Expand on your skills 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 for each other at the end of the session.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Th | 1/21-3/11 | 7:25-8:40pm | $56 | 54337 |
| 18+ | MSCR West | Th | 4/8-5/27 | 7:25-8:40pm | $56 | 54338 |

**BALLET - ADVANCED**

Build 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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | W | 1/20-3/10 | 7:15-8:30pm | $56 | 54339 |
| 18+ | MSCR West | W | 4/7-5/26 | 7:15-8:30pm | $56 | 54340 |

**BELLY DANCING - BEGINNING**

Learn foundational movements inspired by Middle Eastern social dances while discovering the music, rhythm and cultural traditions connected to the style. Build coordination, confidence and expressive movement in a supportive environment open to all levels and abilities. Participants ages 14+ may register with a registered adult.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR Central | M | 1/25-3/15 | 6-7:15pm | $56 | 54342 |
| 14+ | MSCR Central | M | 4/5-5/24 | 6-7:15pm | $56 | 54343 |
| 14+ | MSCR West | W | 1/27-3/17 | 7-8:15pm | $56 | 54344 |

**BELLY DANCING - CONTINUING**

Expand movement vocabulary through new techniques, combinations and variations while continuing to develop rhythm, coordination and expressive movement. Designed for those with previous belly dancing experience or who have completed Beginning Belly Dancing. Participants ages 14+ may register with a registered adult.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR Central | M | 1/25-3/15 | 7:30-8:45pm | $56 | 54346 |
| 14+ | MSCR Central | M | 4/5-5/24 | 7:30-8:45pm | $56 | 54347 |

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**BELLY DANCING WORKSHOP - SMOOTH THE MOVES**

Feeling disconnected and choppy in your dances? This class will focus on how to transition belly dance movements smoothly and seamlessly. Participants should have some belly dancing experience and be comfortable with basic moves.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR Central | M | 1/11 | 6-8pm | $7 | 54348 |

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR West | T | 1/19-3/9 | 6:30-7:30pm | $56 | 54334 |

**IRISH DANCE**

Learn the basics of Irish dance, including the jig and reel. Learn the timing of music, foot positions and Irish culture and words. This class is recommended for those with no experience in Irish dance, even if they have previously taken other dance classes.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MYArts | M | 1/25-3/15 | 6:30-7:30pm | $60 | 54352 |

**LINE DANCING - BEGINNING**

Learn basic steps and simple through 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 | 1/25-3/15 | 3-4pm | $56 | 54356 |
| 18+ | MSCR West | M | 4/5-5/24 | 3-4pm | $56 | 54357 |

**LINE DANCING - CONTINUING**

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 class offers a great way to stay active, challenge oneself and enjoy dancing in a supportive group setting.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | W | 1/27-3/17 | 3:15-4:15pm | $56 | 54358 |
| 18+ | MSCR West | W | 4/7-5/26 | 3:15-4:15pm | $56 | 54359 |

**LINE DANCING - WORKSHOP**

Ready to give line dancing a try? This workshop introduces basic steps and simple routines that make line dancing so enjoyable. Learn basic steps that translate into combinations.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | M | 1/11 | 3-4pm | $7 | 54854 |

**SCOTTISH COUNTRY DANCE**

Learn foundational steps while exploring core figures. Develop techniques like eye contact and awareness to improve timing, connection and flow within the set. This offers a fun and supportive environment to deepen confidence and enjoyment of group dancing. No partner or prior experience necessary! Participants ages 14+ may register with a registered adult.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR West | W | 1/27-3/17 | 7-8:15pm | $56 | 54360 |

**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 figures such as the Circle and Right & Left Hands Across. The emphasis is on enjoyment, teamwork and rhythm in a supportive setting. Participants ages 14+ may register with a registered adult.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR West | W | 1/20 | 7-8:15pm | $7 | 54361 |

**TAP - BEGINNING**

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

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR West | M | 1/25-3/15 | 6:20-7:05pm | $56 | 54362 |
| 14+ | MSCR West | M | 4/5-4/26 | 6-6:45pm | $28 | 55726 |

**TAP - CONTINUING**

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

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR West | T | 1/26-3/16 | 6:35-7:20pm | $56 | 54363 |
| 14+ | MSCR West | T | 4/6-4/27 | 6:35-7:20pm | $28 | 55727 |



Register at MSCR.ORG or use form on page 65

# Enrichment

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**ACTING - BEGINNING**

Work on exercises that engage the mind, voice and body and explore the techniques that help actors perform with consistency and confidence. Spend time in class rehearsing and performing monologues and scenes from contemporary plays, as well as observing the performances of fellow participants. All experience levels welcome, no acting experience is necessary!

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR East | Sa | 1/16-3/6 | 10:30-12pm | $60 | 54385 |
| 18+ | MSCR Central | T | 4/6-5/11 | 6:30-9pm | $60 | 54309 |

**ACTING - SCENE STUDY**

Plays are more than words. The text of a play is scaffolding upon which the playwright's ideas and the character's intentions, desires, motivations and needs are hung. This class teaches you how to break down the text of the play, dig into each character's motivationsand turn the text on the page to a living, breathing reality on stage! This class is intended for students with some background in acting and stage performance.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR East | Sa | 4/10-5/15 | 9:30-11am | $60 | 54417 |

**AMERICAN MAHJONG - BEGINNING**

Get practice identifying tiles, setting up the game, choosing hands from the card and following the basic rules of play. Each participant receives a Mahjong card to keep.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | M | 1/11-2/8 | 6-8:30pm | $54 | 54321 |
| 18+ | MSCR West | M | 2/15-3/15 | 3-5:30pm | $54 | 54325 |
| 18+ | MSCR West | M | 4/5-4/26 | 3-5:30pm | $54 | 55755 |
| 18+ | MSCR Central | F | 1/15-2/5 | 9-11:30am | $54 | 54323 |
| 18+ | MSCR Central | F | 2/12-3/5 | 9-11:30am | $54 | 54324 |

**AMERICAN MAHJONG - CONTINUING**

For players who are already familiar with the game, learn more advanced strategies for offense and defense. Explore the nuances of more in-depth rules, including stopping the Charleston, dead hands, blind passes, pivoting between hands, and how to play defensively when your hand is no longer winnable. Practice ways of speeding up your game play and play a mock-tournament. Please bring a current NMJL card.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | M | 2/15-3/15 | 6-8:30pm | $54 | 54326 |
| 18+ | MSCR West | M | 4/5-4/26 | 6-8:30pm | $54 | 55756 |

**BLOCK PRINTING**

Learn the art of linocutting, a relief printmaking technique where an image is carved into a sheet of linoleum, leaving the raised areas to hold ink and transfer to paper, resulting in bold, graphic prints with flat color areas.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR East | T | 3/2-3/9 | 6-8pm | $30 | 54469 |

**BLOCK PRINTING - FABRIC DESIGN**

Learn about textile print design! Create a series of unique block print designs that can be used to create your own hand blocked and/or digitally manufactured prints to use in sewing projects or to decorate existing items.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR East | T | 2/16-2/23 | 6-8pm | $30 | 54465 |

**BOX THEATERS**

Step into the world of mini-storytelling and bring your imagination to life in motion! Design and build your own "crankie" a charming, hand-powered box theater that brings illustrated stories to life as you turn the crank. Start by brainstorming a wild, funny, or heroic tale, then transform it into a scrolling comic strip or visual story on a long paper scroll. This story gets rolled through a window opening in a small box. Add theater-style decorations, vibrant colors and real mini curtain accents to make your small box shine. Finish class with a show of all the creations!

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|---|---|---|---|---|---|---|
| 14+ | MSCR West | Su | 2/21 | 1-4pm | $20 | 54316 |

**COLLAGE**

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

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | T | 5/4-5/25 | 6-8pm | $45 | 54414 |



| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**DND 101**

Curious about Dungeons & Dragons? This beginner-friendly class introduces the basics of the game in a team-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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Sa | 1/30-2/20 | 9:30-11:30am | $40 | 54380 |

**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 own homebrewed capagians. 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 | 4/17-5/8 | 9:30-11:30am | $40 | 54467 |

**FELT FLOWERS - SPRING BOUQUET**

Come make beautiful and lasting flowers out of felt! Each week, focus on learning how to make a different spring flower. By the end of the workshop, participants know how to make multiple flowers and have a gorgeous permanent bouquet! No experience with felt or crafting needed.

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|---|---|---|---|---|---|---|
| 18+ | MSCR West | Su | 4/4-4/25 | 1-4pm | $80 | 54375 |

**FLY TYING**

Learn the skills to tie flies, a type of fishing lure, sure to make fish take the bait! Practice the technique, use creativity and use the materials you have on hand to make modifications on the fly.

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR West | Th | 2/4-3/11 | 6:30-8pm | $72 | 54386 |

**FUNDAMENTALS OF ASTROLOGY**

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. Together, we 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 | 4/6-5/11 | 6-7:30pm | $60 | 54315 |

**PHOTOGRAPHY - LIGHTING**

Be introduced to using different types of photo lighting kits to light various subjects. On-camera flash, constant lights and off-camera flash are discussed. Learn the basics of using each type and the advantages of each.

| | | | | | | |
|---|---|---|---|---|---|---|
| 16+ | MSCR Central | W | 2/24-3/3 | 6-7:30pm | $20 | 54412 |
| 18+ | MSCR Central | W | 5/19-5/26 | 6-7:30pm | $20 | 54415 |

## Enrichment, continued

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **PHOTOGRAPHY - TRAVEL** | | | | | | |
| 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 plan ahead and make the most of every photo opportunity. | | | | | | |
| 16+ | MSCR Central | T | 2/23-3/2 | 6-7:30pm | $20 | 54418 |
| 18+ | MSCR Central | T | 5/18-5/25 | 6-7:30pm | $20 | 54416 |
| **PHOTOGRAPHY - WINTER WALKS** | | | | | | |
| Bundle up and discover winter's beauty through your camera. The emphasis is on using your "vision" to improve your photos. All levels & camera types welcome. Class walks are generally 2-3 miles (4,000-7,000 steps). Please dress warm enough for the 90 minute outdoor classes.Locations:2/7: Vilas Beach Shelter 1501 Vilas Park Drive, Madison, WI. 2/14: Garner Park Shelter 333 S. Rosa Rd. Madison, WI. 2/21: Warner Park (Rainbow-colored) Shelter 2930 N Sherman Ave. Madison, WI. | | | | | | |
| 18+ | Various | Su | 2/7-2/21 | 12-1:30pm | $30 | 54402 |
| **SPANISH - BEGINNING** | | | | | | |
| Learn 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. Learn useful phrases and strategies to support basic conversations and informal interactions. | | | | | | |
| 18+ | MSCR East | M | 1/25-3/1 | 5:30-7pm | $60 | 54485 |
| 18+ | MSCR Central | Th | 1/14-3/4 | 9:30-11am | $80 | 54486 |
| 18+ | MSCR Central | Th | 4/8-5/27 | 9:30-11am | $80 | 55744 |
| **SPANISH - CONTINUING** | | | | | | |
| 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 | 1/14-3/4 | 11:15-12:45pm | $80 | 54488 |
| 18+ | MSCR Central | Th | 4/8-5/27 | 11:15-12:45pm | $80 | 55745 |
| **SPANISH - ADVANCED** | | | | | | |
| Build fluency and confidence that strengthen speaking, listening, comprehension and communication skills. Expand vocabulary and practice expressing ideas, opinions and experiences while navigating more complex conversations and everyday social situations. | | | | | | |
| 18+ | MSCR Central | T | 1/12-3/2 | 9:30-11am | $80 | 54489 |
| 18+ | MSCR Central | T | 4/6-5/25 | 9:30-11am | $80 | 55746 |
| **SPANISH - TRAVEL** | | | | | | |
| 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 East | M | 4/5-5/24 | 5:30-7pm | $60 | 54487 |

## Drawing

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **CALLIGRAPHY - BEGINNING** | | | | | | |
| Learn and practice lowercase letterforms while developing confidence with traditional calligraphy tools and techniques. Explore materials, historical examples and reference resources inspired by the Italian Renaissance. | | | | | | |
| 18+ | MSCR West | Th | 1/14-2/18 | 9:30-12pm | $90 | 54317 |
| **CALLIGRAPHY - GOTHIC** | | | | | | |
| Gothic calligraphy is one of the most striking scripts in the calligraphy world. Learn the foundational strokes, letterforms and spacing that give Gothic lettering its distinctive rhythm. Working with the Pilot Parallel Pen, a beginner-friendly tool that makes crisp, consistent strokes without the fuss of dipping. No experience needed. | | | | | | |
| 18+ | MSCR West | Th | 4/15-5/20 | 9:30-12pm | $90 | 54318 |
| **COLORING TECHNIQUE WORKSHOP** | | | | | | |
| Learn how to create depth, shading and detail on your coloring sheets using alcohol markers, gel pens and other materials. Use these skills to create patterns and add fun touches such as wood grain, lighting and foliage. | | | | | | |
| 16+ | MSCR West | T | 2/23 | 5:30-7:30pm | $10 | 54319 |
| **DRAWING - BEGINNING** | | | | | | |
| 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 | 1/21-2/25 | 6-8pm | $90 | 54369 |
| **DRAWING WORKSHOP - PET PORTRAITS** | | | | | | |
| Bring a photo of your pet and learn basic drawing techniques to bring your artwork to life! Use skills like shading, linework and perception to capture all the details that make your furry friend so special. Use colored pencils to finish off the piece. Some drawing experience is beneficial. | | | | | | |
| 18+ | MSCR Central | Th | 3/11 | 6-9pm | $20 | 54371 |
| **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 consistent sketching and practice, complete at least 10 large-scale figure drawings, along with many additional studies, strengthening observation skills and artistic expression. | | | | | | |
| 18+ | MSCR Central | Th | 4/8-5/13 | 6-8pm | $150 | 54379 |
| **PEN AND INK DRAWING** | | | | | | |
| Learn fundamental pen strokes using nibs and pen holders while building control. 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 | 1/12-2/9 | 6-8pm | $60 | 54367 |
| **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 light hearted images, while building on skills to produce sketchbooks, greeting cards, framed art and more! | | | | | | |
| 18+ | MSCR Central | W | 1/27-2/17 | 4:30-6pm | $40 | 54482 |
| 18+ | MSCR West | Th | 2/25-3/18 | 10-11:30am | $40 | 54484 |

# Fiber Arts

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**CROCHET - BEGINNING**
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 | Th | 1/21-2/4 | 6:30-9pm | $60 | 54349 |
| 18+ | MSCR Central | Th | 4/29-5/13 | 6:30-9pm | $60 | 54466 |

**EMBROIDERY - BEGINNING**
Learn 8 -10 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 complete a project start to finish.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | W | 1/13-2/3 | 6:30-8:30pm | $80 | 54372 |
| 18+ | MSCR East | Th | 1/21-2/11 | 6-8pm | $80 | 54368 |
| 18+ | MSCR East | Th | 4/8-4/29 | 6-8pm | $80 | 54397 |

**EMBROIDERY - CONTINUING**
Expand your embroidery skills! Explore the "next level" stitches for texture and dimension, as well as techniques like thread painting. The class focuses on skill building, increasing stitching confidence and developing your personal style!

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | W | 4/14-4/28 | 6:30-8:30pm | $60 | 54423 |

**EMBROIDERY WORKSHOP - BOOKMARKS**
Learn a few simple yet versatile embroidery stitches and explore how to transform stitching into a functional bookmark.

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|---|---|---|---|---|---|---|
| 18+ | MSCR Central | M | 1/11 | 6-9pm | $20 | 54501 |
| 18+ | MSCR Central | Th | 3/18 | 6-9pm | $20 | 54505 |

**FREEFORM EMBROIDERY AND BEADING**
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. Learn how to finish, back and prepare work for display.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR East | Th | 2/18-3/11 | 6-8pm | $80 | 54390 |
| 18+ | MSCR East | Th | 5/6-5/27 | 6-8pm | $80 | 54401 |

**KNITTING - BEGINNING**
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.

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|---|---|---|---|---|---|---|
| 18+ | MSCR Central | W | 1/20-2/3 | 6:30-9pm | $60 | 54391 |

**KNITTING - CONTINUING: CABLE HAT**
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.

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|---|---|---|---|---|---|---|
| 18+ | MSCR Central | W | 4/7-4/21 | 6:30-9pm | $60 | 54392 |

**KNITTING - CONTINUING: MITTENS**
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.

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|---|---|---|---|---|---|---|
| 18+ | MSCR Central | Th | 4/8-4/22 | 6:30-9pm | $60 | 54382 |

# Enrichment Workshops

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**FELT FLOWER WORKSHOP - DAFFODILS**
Experiment with techniques to make realistic flowers from felt. No experience with felt or crafting needed.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Su | 1/2 | 1-4pm | $20 | 54378 |

**FELT FLOWER WORKSHOP - CHERRY BLOSSOMS**
Experiment with techniques to make realistic flowers from felt. No experience with felt or crafting needed.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Su | 2/21 | 1-4pm | $20 | 54376 |

**FELT FLOWER WORKSHOP - ROSES**
Experiment with techniques to make realistic flowers from felt. No experience with felt or crafting needed.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Su | 2/7 | 1-4pm | $20 | 54377 |

**COLLAGE BOOKMARK WORKSHOP**
Explore introductory methods of collecting, editing, arranging and assembling found materials into functional bookmarks!

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|---|---|---|---|---|---|---|
| 18+ | MSCR West | T | 2/23 | 6-8pm | $15 | 54329 |
| 18+ | MSCR West | T | 3/9 | 6-8pm | $15 | 54330 |

**MEMORY COLLAGE WORKSHOP**
Step back in time and transform your fondest recollections into a captivating piece of story-driven art! In this immersive workshop, blend simple creative drawing and writing prompts with mixed-media art to craft a narrative collage visual story built entirely from your personal memories.

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|---|---|---|---|---|---|---|
| 14+ | MSCR West | Su | 3/7 | 1-3pm | $18 | 54384 |

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**KNITTING - ADVANCED SKILLS**
Learn new skills to build upon the basic components of Knitting - Long Tail Cast On, Knit & Purl Stitches and Bind Off. Each week is a different square with patterns with skills such as Cables, Mitered Square, Entrelac, Pattern Reading and finishing techniques.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | W | 4/28-5/12 | 6:30-9pm | $60 | 54393 |

**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. Each participant can use these techniques to make 1 or 2 individualized projects such as scarves, purses, pillows and table runners. Looms are borrowed and taken home each week between classes to work on projects outside of class. Open to all skill levels.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | M | 1/25-3/15 | 6-9pm | $160 | 54511 |
| 18+ | MSCR West | T | 1/12-3/2 | 6-9pm | $160 | 54395 |
| 18+ | MSCR West | T | 4/6-5/25 | 6-9pm | $160 | 54396 |

**WEAVING - CONTINUING**
Move beyond basic weaving and learn how to do more advanced weave structures on a rigid heddle loom. Explore rep weave, summer and winter, muck lace, float patterns and twills. Use these techniques to make scarves, table runners, tote bags and more. Participants must know how to measure a warp, dress a loom and weave tabby.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | M | 4/5-5/24 | 6-9pm | $160 | 54512 |

**YARN SPINNING WORKSHOP**
Discover the art of turning wool fiber into yarn! Learn the basics of preparing fiber, drafting and spinning while getting hands-on practice with a spinning wheel. Explore how different techniques affect the thickness, texture and character of your yarn. Short demonstrations are followed by guided practice and time to experiment. No previous spinning experience necessary.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | T | 3/9 | 6-8pm | $20 | 54381 |
| 18+ | MSCR West | T | 6/1 | 6-8pm | $20 | 55757 |

# Adult Arts

**608-204-3021**



## Watercolor Painting Workshops

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **WATERCOLOR WORKSHOP - WINTER DOLDRUMS** | | | | | | |
| Brighten up the winter months with loose, expressive watercolor painting. Explore techniques such as wet-on-wet, wet-on-dry, color blending and creating washes while painting cheerful winter-inspired florals, leaves and other seasonal imagery. Short demonstrations introduce each technique, followed by time to experiment and create your own colorful compositions. No previous watercolor experience necessary. | | | | | | |
| 18+ | MSCR West | Sa | 1/16 | 9-12pm | $20 | 54504 |
| **WATERCOLOR WORKSHOP - BIRDS OF WISCONSIN** | | | | | | |
| Explore the beauty of Wisconsin's birds through loose, expressive watercolor painting. Learn techniques such as wet-on-wet, wet-on-dry, color blending and creating washes while painting a variety of Wisconsin bird species. Practice creating feathers, wings, leaves and other natural details through short demonstrations followed by time to work independently. No previous watercolor experience necessary. | | | | | | |
| 18+ | MSCR West | W | 3/10 | 6-8:30pm | $20 | 54506 |
| **WATERCOLOR WORKSHOP - PAINT YOUR HOUSE** | | | | | | |
| Capture the character and charm of your home in watercolor! Learn techniques such as wet-on-wet, wet-on-dry, color blending and creating washes while exploring ways to paint buildings, windows, doors and surrounding details. Short demonstrations are followed by time to work on your own painting and develop a unique representation of your home. Bring a photo of a favorite house or your own home for inspiration. No previous watercolor experience necessary. | | | | | | |
| 18+ | MSCR East | F | 5/7 | 9:30-12pm | $20 | 54490 |
| **WATERCOLOR WORKSHOP - SPRING FLOWERS** | | | | | | |
| Learn to paint expressive watercolor florals while exploring a variety of techniques. Practice wet-on-wet, wet-on-dry, color blending and creating washes, while experimenting with different petal and leaf shapes. Short demonstrations introduce each technique, followed by time to practice and develop your own floral compositions. All skill levels welcome. | | | | | | |
| 18+ | Monona Golf CS | T | 5/18 | 5:30-8pm | $20 | 54508 |
| 18+ | MSCR East | T | 6/1 | 9:30-12pm | $20 | 54491 |

## Painting

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **ACRYLIC - BEGINNING** | | | | | | |
| Learn foundational acrylic painting techniques while experimenting with color, layering and composition to create still life paintings. Designed with beginners in mind but open to all skill levels. | | | | | | |
| 18+ | MSCR West | T | 1/12-2/16 | 6-8:30pm | $120 | 54310 |
| 18+ | MSCR West | W | 1/13-2/17 | 9:30-12pm | $120 | 54311 |
| **ACRYLIC - LANDSCAPES** | | | | | | |
| Apply acrylic painting techniques while experimenting with color, layering, lighting and composition to create landscape paintings. Designed with beginners in mind but open to all skill levels. | | | | | | |
| 18+ | MSCR West | T | 4/6-4/27 | 6-8:30pm | $80 | 54387 |
| 18+ | MSCR West | W | 4/7-5/12 | 9:30-12pm | $120 | 54388 |
| **OIL - LANDSCAPES** | | | | | | |
| Learn the basic techniques and tools of oil painting. Using a first principles approach, explore both traditional and contemporary approaches to oil painting. Main topics include: how to construct an oil painting, painting mediums, mixing and handling of paint and color theory. | | | | | | |
| 18+ | Warner Park CRC | F | 5/7-6/4 | 5:30-8pm | $100 | 54332 |
| **WATERCOLOR - BEGINNING** | | | | | | |
| 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 | 1/12-3/2 | 9:30-12pm | $160 | 54499 |
| 18+ | MSCR West | W | 1/13-3/3 | 6-8:30pm | $160 | 54500 |
| 18+ | MSCR West | W | 4/7-5/26 | 6-8:30pm | $160 | 54502 |
| **WATERCOLOR - 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 be 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 | 4/6-5/25 | 9:30-12pm | $160 | 54503 |
| **WATERCOLOR STUDIO** | | | | | | |
| An open-ended painting class for those who have watercolor painting experience. Class is formatted to be open-ended for participants to work independently and receive feedback from other participants. Bring your own supplies or project to work on. Easels available for use. | | | | | | |
| 18+ | MSCR West | T | 1/19-3/9 | 12:30-3pm | $120 | 54509 |
| 18+ | MSCR West | T | 3/30-5/18 | 12:30-3pm | $120 | 54510 |

**Find Day Trips & Events on page 36**

# Positive Psychology Workshops

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **POSITIVE PSYCHOLOGY - BE OK WHEN NOTHING IS OK** | | | | | | |
| Inspired by Jenny Lawson's How to Be Okay When Nothing Is Okay. Explore topics such as "Let's Reframe This" and "Let's Make It Easier and Give Ourselves a Break." Through conversation and reflection, discover practical ways to approach life's challenges with more compassion and humor. In the final portion of the workshop, get creative and make media inspired by your favorite piece of advice from the book. | | | | | | |
| 18+ | MSCR East | F | 3/12 | 9:30-12pm | $10 | 55751 |
| 18+ | MSCR West | Su | 3/14 | 2-4:30pm | $10 | 55752 |
| **POSITIVE PSYCHOLOGY - DESIGNED BY JOY** | | | | | | |
| How does our environment influence our concentration, social connections and motivation? Explore how the spaces around us can shape how we feel and function and discover ways to make them more joyful, whimsical and useful. Through discussion, reflection and creative activities, brainstorm ideas for refreshing a home, office, vehicle or other personal space. Bring photos and ideas of a space you would like to change and leave with inspiration for making it work better for you. | | | | | | |
| 18+ | MSCR East | F | 4/16-4/30 | 9:30-12pm | $30 | 54420 |
| **POSITIVE PSYCHOLOGY - RELATIONSHIP RUPTURES** | | | | | | |
| Every relationship is continually oscillating between repair and rupture. The Gottman Institute discovered that there were four behaviors that led to the destruction of a relationship. In this workshop we identify which ones we tend to utilize and alternative antidotes for healthier ways to handle conflict. | | | | | | |
| 18+ | MSCR West | Su | 2/21 | 2-4:30pm | $10 | 55749 |
| 18+ | MSCR East | F | 2/26 | 9:30-12pm | $10 | 55750 |
| **POSITIVE PSYCHOLOGY - EXPERIENCING AWE!** | | | | | | |
| Explore the mystery and science of awe through Dacher Keltner's book, Awe: The New Science of Everyday Wonder and How It Can Transform Your Life. Discover how awe can shift perspective, deepen connection and enrich everyday experiences. Find meaningful ways to notice, experience and interact with awe more powerfully in daily life. | | | | | | |
| 18+ | MSCR West | Su | 5/16 | 2-4:30pm | $10 | 55753 |
| 18+ | MSCR East | F | 5/21 | 9:30-12pm | $10 | 55754 |
| **POSITIVE PSYCHOLOGY - START YOUR YEAR RIGHT** | | | | | | |
| Let's take some time to design your year. What has been working for you? What would you like to change? What would you like to be the main focus? Is there a word/phrase that could describe that focus? There will be lots of discussion. Leave with a decorated cheat sheet to see your vision for 2027. | | | | | | |
| 18+ | MSCR East | F | 1/22 | 9:30-12pm | $10 | 54411 |
| 18+ | MSCR West | Su | 1/24 | 2-4:30pm | $10 | 54413 |



# Fitness & Arts Mash Up!

| | | | | | | |
|---|---|---|---|---|---|---|
| **DUMBBELLS & DIY DOORMATS** | | | | | | |
| This fun hybrid event starts with a 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 spring doormat decorating session. Design your own custom seasonal welcome mat to take home. | | | | | | |
| 18+ | MSCR West | F | 2/19 | 5-6:30pm | $30 | 55794 |
| **BARRE, BLOOMS, & MARKET BAGS** | | | | | | |
| Strengthen and sculpt with a full-body barre workout, then let your creativity bloom as you design a gorgeous flower bouquet and decorate your own reusable market bag to take home. A perfect mix of movement, creativity and blooms! | | | | | | |
| 18+ | MSCR West | F | 3/12 | 5-6:30pm | $25 | 55795 |

*Find more Adult Fitness on pages 50-52*



# Adult Arts

**608-204-3021**

## 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. | | | | | | |
| 18+ | MSCR West | W | 1/13-2/3 | 4-6pm | $80 | 55603 |
| 18+ | MSCR West | W | 4/7-4/28 | 4-6pm | $80 | 55618 |
| **HANDBUILDING - CONTINUING** | | | | | | |
| Build upon skills such as pinching, slab construction and coil building to make more complex pieces. | | | | | | |
| 18+ | MSCR West | W | 2/10-3/3 | 4-6pm | $80 | 55604 |
| **HANDBUILDING - BERRY BOWLS** | | | | | | |
| Learn the basics of slab handbuilding using the drape and press mold technique. Punch out your strain hole and experiment with adding textures, handmade handles and feet to your bowl using the score and slip method. | | | | | | |
| 18+ | MSCR West | Su | 2/7-2/21 | 3-5pm | $60 | 55602 |
| **HANDBUILDING - LARGE SLAB BOWLS** | | | | | | |
| 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 | Su | 1/10-1/31 | 3-5pm | $80 | 54424 |
| **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 are trimmed, glazed and fired for them to pick up at a later date. No prior experience needed. | | | | | | |
| 18+ | MSCR West | Su | 3/7 | 12-2pm | $36 | 55600 |
| 18+ | MSCR West | Su | 3/7 | 2:30-4:30pm | $36 | 55601 |
| 18+ | MSCR West | M | 1/4 | 6-8pm | $36 | 54431 |
| 18+ | MSCR West | M | 3/29 | 6-8pm | $36 | 55612 |
| 18+ | MSCR West | T | 1/5 | 6:30-8:30pm | $36 | 54432 |
| 18+ | MSCR West | T | 3/30 | 6-8pm | $36 | 55613 |
| 18+ | MSCR West | W | 1/6 | 6:30-8:30pm | $36 | 55597 |
| 18+ | MSCR West | W | 3/31 | 4-6pm | $36 | 55614 |
| 18+ | MSCR West | W | 3/31 | 6:30-8:30pm | $36 | 55615 |
| 18+ | MSCR West | Sa | 4/3 | 10-12pm | $36 | 55616 |
| 18+ | Warner Park CRC | F | 1/15 | 6-8pm | $36 | 54429 |
| 18+ | Warner Park CRC | F | 2/19 | 6-8pm | $36 | 54430 |
| 18+ | Warner Park CRC | F | 4/9 | 6-8pm | $36 | 55595 |
| 18+ | Warner Park CRC | F | 5/7 | 6-8pm | $36 | 55596 |

## Wood Kiln Firing Workshop

Be a part of firing the historic MSCR fast-fire wood kiln! Each participant can 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 included. On Saturday, glaze bisqued pots & 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. Participants are expected to come help fire the kiln on Sunday. Kiln firing shifts are 2 hours each and a kiln-shift schedule is planned with the group on Saturday. Kiln unloads the following Wednesday, from 9-10am. Can't join for the unloading? Work can be picked up at the MSCR West Pottery Studio during regular hours.

| | | | | | |
|---|---|---|---|---|---|
| 18+ | Capital High | Su-Sa,W 5/8-5/12 | 8-11am | $120 | 54464 |
| 18+ | Capital High | Su-Sa,W4/17-4/21 | 8-11am | $120 | 54463 |

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|
| **WHEEL - BEGINNING** | | | | | | |
| Get started with the fundamentals of wheel throwing in this hands-on ceramics 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 | 1/10-2/28 | 12-2:30pm | $200 | 54447 |
| 18+ | MSCR West | Su | 4/4-5/23 | 12-2:30pm | $200 | 54446 |
| 18+ | MSCR West | Su | 4/4-5/23 | 3-5:30pm | $200 | 54443 |
| 18+ | MSCR West | M | 1/11-3/8 | 6-8:30pm | $200 | 54441 |
| 18+ | MSCR West | M | 4/5-5/24 | 6-8:30pm | $200 | 54444 |
| 18+ | MSCR West | W | 1/13-3/3 | 10-12:30pm | $200 | 54445 |
| 18+ | MSCR West | W | 1/13-3/3 | 6:30-9pm | $200 | 54440 |
| 18+ | MSCR West | W | 4/7-5/26 | 10-12:30pm | $200 | 54450 |
| 18+ | MSCR West | W | 4/7-5/26 | 6:30-9pm | $200 | 54448 |
| 18+ | MSCR West | Th | 1/14-3/11 | 10-12:30pm | $200 | 54455 |
| 18+ | MSCR West | Th | 4/8-5/27 | 10-12:30pm | $200 | 54462 |
| 18+ | MSCR West | F | 1/15-3/5 | 9:30-12pm | $200 | 54449 |
| 18+ | MSCR West | F | 4/2-5/21 | 9:30-12pm | $200 | 54442 |
| 18+ | Warner Park CRC | T | 1/5-3/2 | 6-8pm | $205 | 54435 |
| 18+ | Warner Park CRC | T | 3/30-5/25 | 6-8pm | $205 | 54437 |
| 18+ | Warner Park CRC | W | 1/6-3/3 | 6-8pm | $205 | 54436 |
| 18+ | Warner Park CRC | W | 3/31-5/26 | 6-8pm | $205 | 54438 |
| **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 wheel-throwing techniques and completed functional ceramic pieces. | | | | | | |
| 18+ | MSCR West | T | 1/12-3/2 | 10-12:30pm | $200 | 54439 |
| 18+ | MSCR West | T | 1/12-3/2 | 6:30-9pm | $200 | 54459 |
| 18+ | MSCR West | T | 4/6-5/25 | 10-12:30pm | $200 | 54458 |
| 18+ | MSCR West | T | 4/6-5/25 | 6:30-9pm | $200 | 54457 |
| 18+ | MSCR West | Th | 1/14-3/4 | 6-8:30pm | $200 | 54454 |
| 18+ | MSCR West | Th | 4/1-5/20 | 6-8:30pm | $200 | 54456 |
| 18+ | Warner Park CRC | M | 1/4-3/8 | 6-8:30pm | $225 | 54453 |
| 18+ | Warner Park CRC | M | 3/29-5/24 | 6-8:30pm | $225 | 54451 |
| 18+ | Warner Park CRC | Th | 1/7-3/4 | 6-8:30pm | $225 | 54452 |
| 18+ | Warner Park CRC | Th | 4/1-5/27 | 6-8:30pm | $225 | 54460 |
| **WHEEL - THROW BIGGER, TALLER, WIDER** | | | | | | |
| Explore techniques for creating larger, taller and wider forms while learning how to center and control more clay on the wheel. Practice pulling taller walls, maintaining even thickness and expanding vessels without losing their shape. | | | | | | |
| 18+ | MSCR West | M | 2/15-3/8 | 10-12:30pm | $100 | 54461 |
| **WHEEL - THROWING OFF THE HUMP** | | | | | | |
| 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. 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 | M | 1/11-2/8 | 10-12:30pm | $100 | 54425 |
| 18+ | MSCR West | M | 4/5-4/26 | 10-12:30pm | $100 | 55617 |



Register at MSCR.ORG or use form on page 65

## Open Pottery Studio

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.

**WARNER PARK CRC**

Studio times vary depending on class schedule. OPS participants can only access the studio when the building is open and there is not a class. Classes generally happen Monday - Thursday 4 - 8pm. Class hours are subject to change and are communicated to participants before the start of the session.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | Warner Park CRC | Su-Sa | 1/4-3/12 | 8am-5pm | $250 | 54426 |
| 18+ | Warner Park CRC | Su-Sa | 3/29-6/4 | 8am-5pm | $250 | 54428 |

**MSCR WEST**

Morning session is 8am-2pm and all day on Fridays, Saturday and Sundays. Afternoon session is 2-8pm and all day on Fridays, Saturdays and Sundays.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Su-Sa | 1/11-3/12 | 8am-2pm | $225 | 55598 |
| 18+ | MSCR West | Su-Sa | 1/11-3/12 | 2-8pm | $225 | 55599 |
| 18+ | MSCR West | Su-Sa | 4/5-5/28 | 8am-2pm | $225 | 54433 |
| 18+ | MSCR West | Su-Sa | 4/5-5/28 | 2-8pm | $225 | 54434 |

## Sewing

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**SEWING - BEGINNING**

Learn how to read patterns, cut fabric, sew simple stitches and construct a three-dimensional project on the sewing machine. 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 | Th | 1/7-1/21 | 6-8pm | $60 | 54468 |
| 18+ | MSCR West | Th | 4/8-4/22 | 6-8pm | $60 | 54470 |

**BEHIND THE SEAMS - CARING FOR YOUR MACHINE**

Explore the basics of sewing machine care and maintenance, including cleaning, troubleshooting common issues and understanding how particpant's personal machines works. Participants must bring their own sewing machine.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | W | 1/27 | 6-7:30pm | $12 | 54327 |
| 18+ | MSCR West | W | 2/24 | 6-7:30pm | $12 | 54328 |



| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**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. Pattern provided in class.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Th | 1/28-2/25 | 6-8pm | $100 | 54471 |
| 18+ | MSCR West | Th | 4/29-5/27 | 6-8pm | $100 | 54472 |

**ENGLISH PAPER PIECING**

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

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | M | 1/25-2/8 | 6:30-8:30pm | $60 | 54373 |
| 18+ | MSCR Central | W | 3/3-3/17 | 6:30-8:30pm | $60 | 54374 |

**HAND APPLIQUE WORKSHOP**

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

| | | | | | | |
|---|---|---|---|---|---|---|
| 14+ | MSCR West | W | 4/7 | 6-7:30pm | $15 | 54481 |

**UPCYCLING STUDIO**

Give new life to clothing and textiles in this creative, hands-on sewing studio. Explore ways to transform, repair and repurpose existing garments and fabric into something fresh and functional. Bring your own clothing or textiles to upcycle and work at your own pace while learning techniques for altering, embellishing, patching and combining materials. Basic sewing machine experience recommended.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Th | 3/4-3/18 | 6-8pm | $45 | 54477 |

## Pottery Sale

**Thursday & Friday, December 17-18, 8am-6pm**
**Saturday, December 19, 9am-3pm**
**MSCR West, 6333 West Towne Way**

The MSCR Pottery Sale is back! Celebrate the holiday season and finish up some last minute gift shopping by dropping by the MSCR Pottery Sale. Shop thousands of handmade pieces by MSCR pottery participants, instructors and community members. All proceeds from the sale support the MSCR pottery program such as purchasing new equipment and supplies.

New this year! Celebrate 100 years of MSCR by getting a free handmade magnet with any purchase over $100.



# Adult Arts

**608-204-3021**



## Writing

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**CREATIVE WRITING - WINTERING**

Winter is a season of snow, stillness and quiet but also a metaphor for reflection, change and renewal. Read poems that approach winter both as a natural landscape and as a symbolic state of being, Through generative writing exercises, experiment with finding voice inspired by winter's landscapes and emotional weather.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | T | 1/19-2/16 | 6:30-8pm | $50 | 54313 |

**CREATIVE WRITING - SPRING RENEWAL**

Spring is a season of transformation, renewal and beginnings. Turn to poems about spring, growth and change as inspiration for writing. Explore how poets use images of spring and the changing landscape to write about both the natural world and our inner lives while experimenting with memory, observation, imagery, voice and form.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | T | 4/13-5/11 | 6:30-8pm | $50 | 54314 |

| Age | Location | Day | Date | Time | Fee | Course # |
|---|---|---|---|---|---|---|

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | W | 1/20-3/3 | 6:30-8:30pm | $60 | 54333 |

**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 | 1/12-2/16 | 6-8pm | $60 | 54398 |

**MEMOIR WRITING - CONTINUING**

Continue 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 | 4/6-5/18 | 6-8pm | $60 | 54399 |

**POETRY**

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 with a collection of original written work and a deeper appreciation for poetry as both a reading and writing practice.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | W | 4/7-5/12 | 6:30-8:30pm | $60 | 54389 |

**WRITING FICTIONAL CHARACTERS WORKSHOP**

Explore techniques for developing memorable, believable characters through personality, backstory, motivation, dialogue and relationships. Through writing exercises, discussion and guided prompts, discover new ways to deepen existing characters or create entirely new ones. Writers of all experience levels are welcome.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | W | 3/10 | 6:30-8:30pm | $10 | 54370 |

## 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.

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



## Move into the New Year!

Roll out your mat, join the Adult & 50+ Fitness community and kickstart your new year with a fun, in-person fitness experience! Explore new ways to move, meet others and find activities you enjoy. Whether you're new to fitness or looking to mix up your routine, come give it a try! View schedule at mscr.org.

| | | | | |
|---|---|---|---|---|
| 18 + | Varies | 1/4-1/16 | $35 | 55832 |



Register at MSCR.ORG or use form on page 57

# A Century of Play, A Future of Community




FRIENDS OF MSCR

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

We have grown, played and explored together, building a legacy that defines the Madison experience. This doesn't happen without vision and support. That is why the Friends of MSCR was formed. It is our mission to ensure that the next generation of Madison residents - regardless of age, background, or income - has access to safe, vibrant, and inclusive public recreation.

**As we look to begin the next century of service, we invite you to help us build the next 100 years. Your donation today directly funds vital afterschool programs, the expansion of community facilities and scholarships for people of all ages, so everyone can participate.**

## Give Today.

Because every dollar ensures our community stays vibrant, active, and connected for the next century.

**Scan or visit mscr.org**

# Adult Sports Leagues

**608-204-3024**



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 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 is a fall and winter 7-week season and an additional 5-week spring season.

**REGISTRATION**
Register online at mscrsportsleagues.org

**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) and any location.

MSCR is offering a spring season! There is a winter 7-week season and an additional-week spring season.

## Free Agent

**Join our Free Agent List. We make your name available to managers seeking players. No fees are charged until you join a team.**

**To join the list, go to mscrsportsleagues.org and click on Free Agent Sign Up. Complete the form and submit. For more information contact asld@madison.k12.wi.us or call 608-204-3024.**

## Winter Leagues

**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. Skip 1/18.

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

## Spring Leagues

**BASKETBALL**
This is a quick 5-week season with 6 team leagues. Play begins after spring break and finishes in early May.

**VOLLEYBALL**
You asked for it and we listened! Offering a 5-week short season. Round robin play only. Play begins after spring break and finishes in early May. Just in time to head out to the sand leagues!

## Summer Leagues

**SOFTBALL**
The classic 10-week, double round robin leagues you remember start back up in early May and continue through August. All gender, men's and women's leagues are available. Games are played across Madison at city parks. Get the crew together and have some fun!

**KICKBALL**
Have a great group of friends and softball is too intense? Hit the diamond and have some fun in that youthful classic of kickball. Leagues are all gender and play at Olbrich. Fun theme nights and music make the games social!

| Age | Sport | Registration | Late Registration | Play |
|---|---|---|---|---|
| 18+ | Winter Basketball | 11/2 -11/29 | 11/30 - 12/6 | 1/4-2/25 |
| 18+ | Winter Volleyball | 11/2 -11/29 | 11/30 - 12/6 | 1/4-2/25 |
| 18+ | Spring Basketball | 2/1- 2/28 | 3/1 - 3/7 | 3/29 - 4/29 |
| 18+ | Spring Volleyball | 2/1- 2/28 | 3/1 - 3/7 | 3/29 - 4/29 |
| 16+ | Summer Softball | 3/8 - 3/28 | 3/29 - 4/ 5 | Early May - August |
| 18+ | Summer Kickball | 3/29 - 4/18 | 4/19 - 4/25 | May - August |



**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.

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 1/18.

# Badminton

| 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 | 1/4-3/15 | 7:30-9:30pm | $50 | 55191 |
| 18+ | Memorial | T | 1/5-3/16 | 7:30-9:30pm | $55 | 55192 |

# Basketball

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **BASKETBALL** | | | | | | |
| All skill levels welcome. East and west side locations available. | | | | | | |
| 18+ | Marquette | T | 1/5-3/9 | 7:15-9:15pm | $50 | 55193 |
| 18+ | Marquette | T | 3/30-4/27 | 7:15-9:15pm | $25 | 55194 |
| 18+ | Toki | Th | 1/7-3/11 | 7:15-9:15pm | $50 | 55195 |
| 18+ | Toki | Th | 4/1-4/29 | 7:15-9:15pm | $25 | 55196 |

# Volleyball

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **VOLLEYBALL INTERMEDIATE** | | | | | | |
| 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 | 1/4-3/15 | 7-9pm | $50 | 55239 |
| 18+ | Stephens | M | 3/29-4/26 | 7-9pm | $25 | 55240 |
| 18+ | East | M | 1/4-3/15 | 7:15-9:15pm | $50 | 55241 |
| 18+ | East | W | 1/6-3/10 | 7:15-9:15pm | $50 | 55242 |
| 18+ | Whitehorse | Th | 1/7-2/18 | 7:15-9:15pm | $35 | 55243 |
| 18+ | Whitehorse | Th | 2/25-3/18 | 7:15-9:15pm | $20 | 55244 |
| **VOLLEYBALL OPEN PLAY** | | | | | | |
| Open play volleyball is for beginner to intermediate players with no skill level required. Volleyballs are provided. | | | | | | |
| 18+ | MSCR West | F | 1/29-3/5 | 12-2pm | $30 | 55245 |
| 18+ | MSCR West | F | 4/2-5/7 | 12-2pm | $30 | 55594 |
| **VOLLEYBALL POWER** | | | | | | |
| Players must have advanced skills in setting, hitting, passing, serving, blocking, defensive coverage and base transition. Must be able to move the ball and contribute to controlled, effective team play. Participants who do not exhibit the skill level expected for Power may be asked to transfer to another class. | | | | | | |
| 18+ | Marquette | W | 1/6-3/10 | 7:15-9:15pm | $50 | 55246 |
| 18+ | Marquette | W | 3/31-4/28 | 7:15-9:15pm | $30 | 55247 |
| **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 | 1/5-3/9 | 7-9pm | $50 | 55248 |
| 18+ | Crestwood | T | 3/30-4/27 | 7-9pm | $25 | 55249 |
| 18+ | Cherokee | Th | 1/7-3/11 | 7:15-9:15pm | $50 | 55250 |
| 18+ | Cherokee | Th | 4/1-4/29 | 7:15-9:15pm | $25 | 55251 |
| **VOLLEYBALL WOMEN'S POWER** | | | | | | |
| Power players must have advanced ball handling skills, recent experience playing on competitive power teams and effective defensive and offensive teamwork skills. | | | | | | |
| 18+ | East | W | 1/6-3/10 | 7:15-9:15pm | $50 | 55253 |
| **VOLLEYBALL TECHNIQUES** | | | | | | |
| Improve your skills and learn a team offense. BEGINNER: Learn basic skills and court movement. ADVANCED: Focuses on game strategy. Learn how to read the other team's offense and defense, and how to be effective against them. | | | | | | |
| 18+ | Sherman | W | 1/6-3/10 | 7:15pm-9:15pm | $50 | 55252 |

# Pickleball

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **PICKLEBALL BEGINNER** | | | | | | |
| If you have been wondering about pickleball or but have never had a structured class or need a refresher ,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. *The first 4 weeks are indoors at O'Keeffe, 7:15-9 :15pm and the last 4 weeks are outdoors at Door Creek Park, 6-8 pm. | | | | | | |
| 18+ | O'Keeffe | M | 1/4-2/8 | 7:15-9:15pm | $35 | 55203 |
| 18+ | O'Keeffe | M | 2/15-3/15 | 7:15-9:15pm | $35 | 55204 |
| 18+ | MSCR West | M | 1/4-2/8 | 7:30-9pm | $35 | 55205 |
| 18+ | MSCR West | M | 2/15-3/15 | 7:30-9pm | $35 | 55206 |
| 18+ | MSCR West | M | 3/29-5/3 | 7:30-9pm | $42 | 55207 |
| *18+ | O'Keeffe | M | 3/29-5/17 | 7:15-9:15pm | $56 | 55210 |
| *18+ | O'Keeffe | W | 3/31-5/19 | 7:15-9:15pm | $56 | 55211 |
| **PICKLEBALL - ADVANCED BEGINNER** | | | | | | |
| This class is appropriate for players who have taken a beginner class and have some experience. Advanced beginners can play games, keep score, sustain short rallies, know the two-bounce rule and can demonstrate it at most times. Also, players should know where to stand on the court during service, serve receive and play. This class builds on the skills developed at the beginner level to move you closer to becoming an intermediate level pickleball player. This includes instruction, drills and periods of game play. *The first 4 weeks are held indoors at O'Keeffe, 7:15-9:15 pm and the last 4 weeks are held outdoors at Door Creek Park, 6-8 pm. | | | | | | |
| 18+ | Black Hawk | T | 1/5-3/9 | 7:15-9:15pm | $60 | 55199 |
| 18+ | Black Hawk | Th | 1/7-3/11 | 7:15-9:15pm | $60 | 55200 |
| *18+ | O'Keeffe | T | 3/30-5/25 | 7:15-9:15pm | $48 | 55201 |
| *18+ | O'Keeffe | Th | 4/1-5/20 | 7:15-9:15pm | $48 | 55202 |
| **PICKLEBALL - INTERMEDIATE OPEN PLAY** | | | | | | |
| 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+ | MSCR West | M | 1/4-2/8 | 1-3pm | $25 | 55236 |
| 18+ | MSCR West | M | 2/15-3/15 | 1-3pm | $25 | 55237 |
| 18+ | MSCR West | M | 3/29-5/3 | 1-3pm | $30 | 55238 |
| 18+ | Memorial | M | 1/4-3/15 | 7:15-9:15pm | $50 | 55212 |
| 18+ | MSCR West | T | 1/5-2/9 | 9:30-11:30am | $30 | 55230 |
| 18+ | MSCR West | T | 2/16-3/16 | 9:30-11:30am | $25 | 55231 |
| 18+ | MSCR West | T | 3/30-5/4 | 9:30-11:30am | $30 | 55232 |
| 18+ | MSCR West | T | 1/5-2/9 | 1-3pm | $30 | 55224 |
| 18+ | MSCR West | T | 2/16-3/16 | 1-3pm | $25 | 55225 |
| 18+ | MSCR West | T | 3/30-5/4 | 1-3pm | $30 | 55226 |
| 18+ | O'Keeffe | T | 1/5-3/16 | 7:15-9:15pm | $50 | 55213 |
| 18+ | Memorial | T | 1/5-3/16 | 7:15-9:15pm | $55 | 55214 |
| 18+ | MSCR West | T | 3/30-5/4 | 7:30-9pm | $30 | 55209 |
| 18+ | MSCR West | T | 1/5-2/9 | 7:30-9pm | $30 | 55217 |
| 18+ | MSCR West | T | 2/16-3/16 | 7:30-9pm | $25 | 55218 |
| 18+ | O'Keeffe | W | 1/6-3/17 | 7:15-9:15pm | $50 | 55215 |
| 18+ | MSCR West | Th | 1/7-2/11 | 9:30-11:30am | $30 | 55233 |
| 18+ | MSCR West | Th | 2/18-3/18 | 9:30-11:30am | $25 | 55234 |
| 18+ | MSCR West | Th | 4/1-5/6 | 9:30-11:30am | $30 | 55235 |
| 18+ | MSCR West | Th | 1/7-2/11 | 1-3pm | $30 | 55227 |
| 18+ | MSCR West | Th | 2/18-3/18 | 1-3pm | $25 | 55228 |
| 18+ | MSCR West | Th | 4/1-5/6 | 1-3pm | $30 | 55229 |
| 18+ | O'Keeffe | Th | 1/14-3/18 | 7:15-9:15pm | $50 | 55216 |
| **PICKLEBALL - INTERMEDIATE OPEN PLAY OUTDOOR** | | | | | | |
| Come play outdoor pickleball! You must understand the core rules of the game, are able to keep score, be able to serve and can sustain a basic rally. While coaching is available this is not a beginner's session. | | | | | | |
| 18+ | Garner Park | M | 3/29-5/17 | 6-8pm | $40 | 55219 |
| 18+ | Door Creek Park | T | 3/30-5/18 | 6-8pm | $40 | 55220 |
| 18+ | Garner Park | T | 3/30-5/18 | 6-8pm | $40 | 55221 |
| 18+ | Garner Park | W | 3/31-5/19 | 6-8pm | $40 | 55222 |
| 18+ | Door Creek Park | Th | 4/1-5/20 | 6-8pm | $40 | 55223 |

# Adult Fitness

**608-204-3026**



## Move Into the New Year!

### *January 4-16 at MSCR East, MSCR Central & MSCR West*

Roll out your mat, join the Adult & 50+ Fitness community and kickstart your new year with a fun, in-person fitness experience! Explore new ways to move, meet others and find activities you enjoy. Whether you're new to fitness or looking to mix up your routine, come give it a try! Use course #55832 to register. Only $35! View schedule at mscr.org.

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR East, Central & West | | 1/4-1/16 | | $35 | 55832 |

**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.

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 14+ | Virtual | M | 1/25-3/15 | 8:15-9am | $40 | 55768 |
| 14+ | Virtual | M | 3/29-6/7 | 8:15-9am | $50 | 54669 |
| 14+ | Virtual | F | 1/22-3/19 | 8:15-9am | $45 | 55769 |
| 14+ | Virtual | F | 4/2-6/11 | 8:15-9am | $55 | 55728 |
| 18+ | MSCR East | F | 1/22-3/19 | 8:15-9am | $45 | 55767 |
| 18+ | MSCR East | F | 4/2-6/11 | 8:15-9am | $55 | 54666 |

**BARRE SCULPT**

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

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | M | 1/25-3/8 | 4:30-5:15pm | $35 | 55798 |
| 18+ | MSCR West | M | 3/29-5/10 | 4:30-5:15pm | $35 | 55796 |
| 18+ | MSCR West | W | 1/20-3/10 | 6:15-7pm | $48 | 54674 |
| 18+ | MSCR West | W | 4/7-5/26 | 6:15-7pm | $48 | 55679 |
| 14+ | Virtual | W | 1/20-3/17 | 7-7:45am | $45 | 54680 |
| 14+ | Virtual | W | 3/31-6/9 | 7-7:45am | $55 | 55680 |

**BOLLYX DANCE**

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

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | W | 1/20-3/17 | 6-6:45pm | $40 | 54663 |
| 18+ | MSCR West | W | 3/31-6/9 | 6-6:45pm | $50 | 55721 |

**BOOTCAMP**

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

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR East | T | 1/19-3/16 | 4:30-5:15pm | $48 | 54684 |
| 18+ | MSCR East | T | 3/30-6/1 | 4:30-5:15pm | $54 | 55689 |

**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!

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | Th | 1/21-3/18 | 6-6:45pm | $45 | 55663 |
| 18+ | MSCR Central | Th | 4/1-6/10 | 6-6:45pm | $55 | 55722 |
| 18+ | MSCR East | Th | 1/21-3/18 | 6:30-7:15pm | $45 | 54691 |
| 18+ | MSCR East | Th | 4/1-6/10 | 6:30-7:15pm | $55 | 55725 |

**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.

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR East | T | 1/19-3/16 | 5:30-6:15pm | $45 | 54692 |
| 18+ | MSCR East | T | 3/30-6/8 | 5:30-6:15pm | $55 | 55723 |
| 18+ | MSCR West | Sa | 1/23-3/13 | 9-10am | $40 | 54694 |
| 18+ | MSCR West | Sa | 4/3-5/15 | 9-10am | $35 | 55724 |

**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.

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | Sa | 1/23-3/13 | 9:30-10:15am | $40 | 54698 |
| 18+ | MSCR West | Sa | 4/3-5/15 | 9:30-10:15am | $35 | 55690 |

**COUCH TO 5K - OUTDOOR**

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 of the program.

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR Central | T | 4/27-6/8 | 6:15-7pm | $35 | 55720 |

**GENTLE YOGA**

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

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | MSCR West | M | 1/25-3/15 | 4:30-5:30pm | $40 | 55634 |
| 18+ | MSCR West | M | 3/29-6/7 | 4:30-5:30pm | $50 | 55692 |
| 18+ | Olbrich Park | M | 4/26-6/7 | 5-6pm | $30 | 55694 |
| 14+ | Virtual | T | 1/19-3/16 | 5:30-6:30pm | $45 | 54715 |
| 14+ | Virtual | T | 3/30-6/8 | 5:30-6:30pm | $55 | 55693 |
| 18+ | MSCR West | Sa | 1/23-3/13 | 10:30-11:30am | $40 | 54710 |
| 18+ | MSCR West | Sa | 4/3-5/15 | 10:30-11:30am | $35 | 55691 |

**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.

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | Warner Park CRC | M | 1/25-3/15 | 7-8pm | $40 | 54717 |
| 18+ | Warner Park CRC | M | 3/29-6/7 | 7-8pm | $50 | 55759 |

**HATHA YOGA II**

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

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| 18+ | Warner Park CRC | M | 1/25-3/15 | 5:30-6:45pm | $40 | 54719 |
| 18+ | Warner Park CRC | M | 3/29-6/7 | 5:30-6:45pm | $50 | 55761 |
| 14+ | Virtual | Th | 1/21-3/18 | 5-6:15pm | $45 | 54721 |
| 14+ | Virtual | Th | 4/1-6/10 | 5-6:15pm | $50 | 55762 |

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



Register at MSCR.ORG or use form on page 65

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **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 | 1/25-3/15 | 6:45-7:30pm | $40 | 54723 |
| 18+ | MSCR West | M | 3/29-6/7 | 6:45-7:30pm | $50 | 55766 |
| **INTRO TO TAI CHI** | | | | | | |
| 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 | 1/19-3/16 | 6-7pm | $40 | 55636 |
| 18+ | MSCR East | W | 1/20-3/17 | 6:45-7:45pm | $45 | 55637 |
| **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 | 4/27-6/8 | 4:45-5:30pm | $35 | 55699 |
| 18+ | MSCR West | Th | 4/1-4/22 | 4:45-5:30pm | $20 | 54726 |
| 18+ | Garner Park | Th | 4/29-6/10 | 4:45-5:30pm | $35 | 55698 |
| **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 | 1/20-3/17 | 5:30-6:30pm | $45 | 54729 |
| 18+ | MSCR East | W | 3/31-4/21 | 5:30-6:30pm | $20 | 55763 |
| 18+ | Tenney Park | W | 4/28-6/9 | 5:30-6:30pm | $35 | 55764 |
| **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 | 1/19-3/9 | 8:30-9:15am | $30 | 54732 |
| 18+ | Warner Park CRC | T | 3/30-6/8 | 8:30-9:15am | $55 | 55702 |
| 14+ | Virtual | T | 1/19-3/9 | 6-6:45pm | $30 | 55638 |
| 14+ | Virtual | T | 1/19-3/16 | 7-7:45am | $45 | 55631 |
| 14+ | Virtual | T | 3/30-6/8 | 7-7:45am | $55 | 55704 |
| 14+ | Virtual | T | 3/30-6/8 | 6-6:45pm | $55 | 55703 |
| 18+ | MSCR East | W | 1/20-3/10 | 5:15-6pm | $30 | 55639 |
| 18+ | MSCR East | W | 3/31-6/9 | 5:15-6pm | $55 | 55701 |
| **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 | 1/25-3/15 | 6-7:15pm | $40 | 54738 |
| 18+ | MSCR Central | M | 3/29-6/7 | 6-7:15pm | $50 | 55765 |
| **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 | 4/1-4/22 | 5:40-6:25pm | $20 | 54741 |
| 18+ | Garner Park | Th | 4/29-6/10 | 5:40-6:25pm | $35 | 55700 |

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **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 Central | Th | 1/21-3/18 | 8-9am | $45 | 54743 |
| 18+ | MSCR Central | Th | 4/1-6/10 | 8-9am | $55 | 55717 |
| **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 | 1/25-3/15 | 5:45-6:30pm | $40 | 55667 |
| 18+ | MSCR West | M | 3/29-6/7 | 5:45-6:30pm | $50 | 55734 |
| 18+ | MSCR West | T | 1/19-3/16 | 5:15-6pm | $45 | 54753 |
| 18+ | MSCR West | Th | 1/21-3/18 | 5:45-6:30pm | $45 | 55668 |
| 18+ | MSCR West | Th | 1/21-3/18 | 6:45-7:30pm | $45 | 55669 |
| 18+ | MSCR West | Th | 4/1-6/10 | 5:45-6:30pm | $55 | 55735 |
| 18+ | MSCR West | Th | 4/1-6/10 | 6:45-7:30pm | $55 | 55736 |
| 18+ | MSCR West | Sa | 1/23-3/13 | 8:30-9:15am | $40 | 55670 |
| 18+ | MSCR West | Sa | 4/3-5/15 | 8:30-9:15am | $35 | 55738 |
| 18+ | Garner Park | T | 4/27-6/8 | 5:40-6:25pm | $35 | 54759 |
| 18+ | Acewood Park | F | 4/2-6/11 | 9:30-10:15am | $55 | 54760 |
| 14+ | Virtual | M | 1/25-3/15 | 7-7:45am | $40 | 55671 |
| 14+ | Virtual | M | 3/29-6/7 | 7-7:45am | $50 | 55733 |
| 14+ | Virtual | Th | 1/21-3/18 | 5-5:45pm | $45 | 54761 |
| 14+ | Virtual | Th | 4/1-6/10 | 5-5:45pm | $55 | 55732 |
| **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 | 1/25-3/15 | 4-4:45pm | $48 | 54765 |
| 18+ | MSCR East | M | 1/25-3/15 | 5-5:45pm | $48 | 55627 |
| 18+ | MSCR East | M | 3/29-6/7 | 4-4:45pm | $60 | 55677 |
| 18+ | MSCR East | M | 3/29-6/7 | 5-5:45pm | $60 | 55678 |
| **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 Central | W | 3/3-3/17 | 6:30-7:30pm | $18 | 54772 |
| 18+ | MSCR Central | W | 3/31-6/9 | 6:30-7:30pm | $60 | 55688 |

## *Fitness & Arts Mash Up!*

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **DUMBBELLS & DIY DOORMATS** | | | | | | |
| This fun hybrid event starts with a 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 spring doormat decorating session. Design your own custom seasonal welcome mat to take home. | | | | | | |
| 18+ | MSCR West | F | 2/19 | 5-6:30pm | $30 | 55794 |
| **BARRE, BLOOMS, & MARKET BAGS** | | | | | | |
| Strengthen and sculpt with a full-body barre workout, then let your creativity bloom as you design a gorgeous flower bouquet and decorate your own reusable market bag to take home. A perfect mix of movement, creativity and blooms! | | | | | | |
| 18+ | MSCR West | F | 3/12 | 5-6:30pm | $25 | 55795 |

*Find Family & Youth Fitness on page 20*

# Adult Fitness

**608-204-3026**



| 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 | 1/25-3/15 | 12-12:45pm | $40 | 55646 |
| 18+ | Warner Park CRC | M | 3/29-6/7 | 12-12:45pm | $50 | 55714 |
| 18+ | MSCR Central | T | 1/19-3/16 | 4:15-5pm | $45 | 54774 |
| 18+ | MSCR Central | T | 3/30-6/8 | 4:15-5pm | $55 | 55713 |
| 18+ | MSCR Central | W | 1/20-3/17 | 5:30-6:15pm | $45 | 55647 |
| 18+ | MSCR Central | W | 3/31-6/9 | 5:30-6:15pm | $55 | 55715 |

**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 | 2/2-3/16 | 5:45-6:30pm | $35 | 55664 |
| 18+ | MSCR West | T | 3/30-6/8 | 5:45-6:30pm | $55 | 55730 |
| 18+ | MSCR Central | W | 1/20-3/17 | 4:30-5:15pm | $45 | 55665 |
| 18+ | MSCR Central | W | 3/31-6/9 | 4:30-5:15pm | $55 | 55731 |
| 14+ | Virtual | W | 1/20-3/17 | 11-11:45am | $45 | 55666 |
| 14+ | Virtual | W | 3/31-6/9 | 11-11:45am | $55 | 55729 |
| 18+ | MSCR East | F | 1/22-3/19 | 9:15-10am | $45 | 54783 |

**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 will use the TRX to support and enhance your yoga poses and sequences.

| | | | | | | |
|---|---|---|---|---|---|---|
| 18+ | MSCR East | Th | 1/21-3/18 | 4-4:45pm | $54 | 55644 |
| 18+ | MSCR East | Th | 4/1-6/10 | 4-4:45pm | $66 | 55711 |
| 18+ | MSCR East | Sa | 1/23-3/6 | 9:15-10:15am | $42 | 55645 |
| 18+ | MSCR East | Sa | 4/3-5/1 | 9:15-10:15am | $30 | 55712 |

**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 | 1/25-3/15 | 6-6:45pm | $40 | 55640 |
| 18+ | MSCR East | M | 3/29-6/7 | 6-6:45pm | $50 | 55707 |
| 14+ | Virtual | M | 1/25-3/15 | 6-6:45pm | $40 | 55642 |
| 14+ | Virtual | M | 3/29-6/7 | 6-6:45pm | $50 | 55708 |
| 18+ | MSCR Central | T | 1/19-3/16 | 6:30-7:15pm | $45 | 54790 |
| 18+ | MSCR Central | T | 3/30-6/8 | 6:30-7:15pm | $55 | 55705 |
| 18+ | MSCR West | Th | 1/21-3/18 | 6:45-7:30pm | $45 | 55641 |
| 18+ | MSCR West | Th | 4/1-6/10 | 6:45-7:30pm | $50 | 55710 |

## 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.

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

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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 | 1/25-3/15 | 6-7pm | $40 | 55643 |
| 18+ | MSCR West | M | 3/29-6/7 | 6-7pm | $40 | 55709 |
| 18+ | MSCR East | W | 1/20-3/17 | 6:30-7:30pm | $45 | 54798 |
| 18+ | MSCR East | W | 3/31-6/9 | 6:30-7:30pm | $55 | 55706 |

**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 | 1/25-3/15 | 7-8pm | $40 | 54806 |
| 14+ | Virtual | M | 3/29-6/7 | 7-8pm | $50 | 55695 |
| 18+ | MSCR East | Th | 1/21-3/18 | 6:45-7:45pm | $45 | 54804 |
| 18+ | MSCR East | Th | 4/1-6/10 | 6:45-7:45pm | $55 | 55697 |
| 14+ | Virtual | Sa | 1/23-3/13 | 10:15-11:15am | $40 | 55635 |
| 14+ | Virtual | Sa | 4/3-5/15 | 10:15-11:15am | $35 | 55696 |

**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 | 1/19-3/16 | 5:15-6pm | $45 | 54810 |
| 18+ | MSCR Central | T | 3/30-6/8 | 5:15-6pm | $55 | 55716 |

**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 | 3/1-3/15 | 6:30-7:30pm | $15 | 54816 |
| 18+ | MSCR Central | M | 3/29-6/7 | 6:30-7:30pm | $45 | 55681 |
| 18+ | MSCR West | T | 1/19-3/16 | 7:15-8:15pm | $45 | 55629 |
| 18+ | MSCR West | T | 3/30-5/4 | 7:15-8:15pm | $30 | 55683 |
| 18+ | MSCR West | W | 1/20-3/17 | 4:30-5:30pm | $54 | 55630 |
| 18+ | MSCR West | W | 3/31-6/9 | 4:30-5:30pm | $66 | 55684 |
| 18+ | MSCR Central | Th | 1/21-3/18 | 7-7:50am | $45 | 55628 |
| 18+ | MSCR Central | Th | 4/1-6/10 | 7-7:50am | $55 | 55682 |
| 18+ | MSCR East | Th | 1/21-3/18 | 5:30-6:30pm | $45 | 55632 |
| 18+ | MSCR East | Th | 4/1-6/10 | 5:30-6:30pm | $55 | 55685 |
| 18+ | MSCR East | Sa | 1/23-3/6 | 8:30-9:30am | $35 | 55633 |
| 18+ | MSCR East | Sa | 4/3-5/1 | 8:30-9:30am | $25 | 55686 |
| 18+ | Olbrich Park | Sa | 5/8-6/5 | 8:30-9:30am | $25 | 55687 |

**Find Youth & Family Fitness on page 20**


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# Goodman-Rotary 50+ Fitness

**608-204-3023**

Goodman Rotary 50+ Fitness offers comprehensive programs designed to enhance the overall well-being of adults who are 50+ or better.

Please note: The link to join the virtual classes is included in the receipt notes received at the time of registration.

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **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. | | | | | | |
| 50+ | Lapham | T | 1/19-3/16 | 3:15-4:15pm | $48 | 54875 |
| 50+ | Lapham | T | 3/30-5/18 | 3:15-4:15pm | $42 | 54878 |
| 50+ | Capitol Lakes | W | 1/20-3/17 | 2-3pm | $53 | 54876 |
| 50+ | Capitol Lakes | W | 3/31-5/19 | 2-3pm | $47 | 54879 |
| 50+ | Lapham | Th | 1/21-3/18 | 3:15-4:15pm | $48 | 54877 |
| 50+ | Lapham | Th | 4/1-5/20 | 3:15-4:15pm | $42 | 54880 |
| **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 | T | 1/19-3/16 | 2:30-3:30pm | $53 | 54881 |
| 50+ | Capitol Lakes | T | 3/30-5/18 | 2:30-3:30pm | $47 | 54882 |
| 50+ | Capitol Lakes | W | 1/20-3/17 | 3:15-4:15pm | $53 | 54883 |
| 50+ | Capitol Lakes | W | 3/31-5/19 | 3:15-4:15pm | $47 | 54886 |
| **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 | 1/25-3/15 | 3-4pm | $47 | 54887 |
| 50+ | Capitol Lakes | M | 3/29-5/17 | 3-4pm | $47 | 54889 |
| 50+ | Capitol Lakes | Th | 1/21-3/18 | 2-3pm | $53 | 54888 |
| 50+ | Capitol Lakes | Th | 4/1-5/20 | 2-3pm | $47 | 54890 |
| **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+ | Capitol Lakes | M | 1/25-3/15 | 4:15-5:15pm | $47 | 54893 |
| 50+ | Capitol Lakes | M | 3/29-5/17 | 4:15-5:15pm | $47 | 54899 |
| 50+ | Lapham | M | 1/25-3/15 | 2-3pm | $42 | 54891 |
| 50+ | Lapham | M | 3/29-5/17 | 2-3pm | $42 | 54897 |
| 50+ | Lapham | M | 1/25-3/15 | 3:15-4:15pm | $42 | 54892 |
| 50+ | Lapham | M | 3/29-5/17 | 3:15-4:15pm | $42 | 54898 |
| 50+ | Capitol Lakes | T | 1/19-3/16 | 3:45-4:45pm | $53 | 55835 |
| 50+ | Capitol Lakes | T | 3/30-5/18 | 3:45-4:45pm | $47 | 54894 |
| 50+ | Lapham | W | 1/20-3/17 | 3:15-4:15pm | $48 | 54895 |
| 50+ | Lapham | W | 3/31-5/19 | 3:15-4:15pm | $42 | 54901 |
| 50+ | Capitol Lakes | Th | 1/21-3/18 | 3:15-4:15pm | $53 | 54896 |
| 50+ | Capitol Lakes | Th | 4/1-5/20 | 3:15-4:15pm | $47 | 54902 |
| **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 | 1/19-3/16 | 11:15am-12pm | $29 | 54903 |
| 50+ | MSCR East | T | 3/30-6/8 | 11:15am-12pm | $36 | 54904 |



| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **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 East | M | 1/25-3/15 | 10:45-11:30am | $26 | 54915 |
| 50+ | MSCR East | M | 3/29-6/7 | 10:45-11:30am | $33 | 54916 |
| 50+ | MSCR West | M | 1/25-3/15 | 9-10am | $35 | 54917 |
| 50+ | MSCR West | M | 3/29-6/7 | 9-10am | $43 | 54918 |
| 50+ | MSCR West | M | 1/25-3/15 | 12:15-1:15pm | $35 | 54910 |
| 50+ | MSCR West | M | 4/5-5/24 | 12:15-1:15pm | $35 | 54909 |
| 50+ | MSCR West | T | 1/19-3/16 | 4:10-5pm | $39 | 55582 |
| 50+ | MSCR West | T | 3/30-5/4 | 4:10-5pm | $26 | 55583 |
| 50+ | MSCR Central | W | 1/20-3/17 | 7:30-8:15am | $29 | 54907 |
| 50+ | MSCR Central | W | 3/31-6/9 | 7:30-8:15am | $36 | 54911 |
| 50+ | MSCR West | W | 1/20-3/17 | 11:15am-12:15pm | $39 | 54905 |
| 50+ | MSCR West | W | 4/7-6/2 | 11:15am-12:15pm | $39 | 54906 |
| 50+ | MSCR Central | Th | 1/21-3/18 | 10-11am | $39 | 54908 |
| 50+ | MSCR Central | Th | 4/1-6/10 | 10-11am | $48 | 54912 |
| 50+ | Warner Park CRC | T | 1/19-3/16 | 11:30am-12:30pm | $39 | 54913 |
| 50+ | Warner Park CRC | T | 3/30-6/8 | 11:30am-12:30pm | $48 | 54914 |
| **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. Participants should be able to move independently, with or without the help of a device like a cane or walker. | | | | | | |
| 50+ | MSCR East | F | 1/22-3/19 | 9-10am | $39 | 54923 |
| 50+ | MSCR East | F | 4/2-6/11 | 9-10am | $48 | 54924 |
| **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 | 1/25-3/15 | 10:45-11:45am | $35 | 54928 |
| 50+ | MSCR East | M | 3/29-6/7 | 10:45-11:45am | $43 | 54931 |
| 50+ | MSCR Central | F | 1/22-3/19 | 12:15-1:15pm | $39 | 54929 |
| 50+ | MSCR Central | F | 4/2-6/11 | 12:15-1:15pm | $48 | 54933 |
| 50+ | MSCR East | F | 1/22-3/19 | 10:45-11:45am | $39 | 54930 |
| 50+ | MSCR East | F | 4/2-6/11 | 10:45-11:45am | $48 | 54932 |
| **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 Central | M | 1/25-3/15 | 12:30-1:30pm | $35 | 54935 |
| 50+ | MSCR Central | M | 3/29-6/7 | 12:30-1:30pm | $43 | 54938 |
| 50+ | MSCR West | M | 1/25-3/15 | 11:45am-12:45pm | $35 | 54940 |
| 50+ | MSCR West | M | 3/29-6/7 | 11:45am-12:45pm | $43 | 54934 |
| 50+ | MSCR East | W | 1/20-3/17 | 9:30-10:30am | $39 | 54936 |
| 50+ | MSCR East | W | 3/31-6/9 | 9:30-10:30am | $48 | 54939 |
| 50+ | MSCR West | Th | 1/21-3/18 | 11:35am-12:35pm | $39 | 54941 |
| 50+ | MSCR West | Th | 4/1-6/10 | 11:35am-12:35pm | $48 | 54937 |

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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 | 1/19-3/16 | 11:30am-12:30pm | $39 | 54945 |
| 50+ | MSCR West | T | 3/30-6/8 | 11:30am-12:30pm | $48 | 54944 |
| 50+ | MSCR Central | Th | 1/21-3/18 | 11:15am-12:15pm | $39 | 54942 |
| 50+ | MSCR Central | Th | 4/1-6/10 | 11:15am-12:15pm | $48 | 54943 |

**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 | 1/20-3/17 | 4:45-5:45pm | $35 | 55584 |
| 50+ | MSCR West | W | 3/31-6/9 | 4:45-5:45pm | $43 | 55585 |

**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 | 1/25-3/15 | 9:15-10:15am | $35 | 54957 |
| 50+ | Virtual | M | 3/29-6/7 | 9:15-10:15am | $43 | 54956 |
| 50+ | MSCR East | T | 1/19-3/16 | 1:15-2pm | $29 | 54948 |
| 50+ | MSCR East | T | 3/30-6/8 | 1:15-2pm | $36 | 54955 |
| 50+ | Warner Park CRC | T | 1/19-3/16 | 10:15-11:15am | $39 | 54946 |
| 50+ | Warner Park CRC | T | 3/30-6/8 | 10:15-11:15am | $48 | 54947 |
| 50+ | Virtual | T | 1/19-3/16 | 10-10:45am | $29 | 54961 |
| 50+ | Virtual | T | 3/30-6/8 | 10-10:45am | $36 | 54960 |
| 50+ | MSCR West | W | 1/20-3/17 | 10:15-11am | $29 | 54949 |
| 50+ | MSCR West | W | 3/31-6/9 | 10:15-11am | $36 | 54950 |
| 50+ | MSCR West | Th | 1/21-3/18 | 9:30-10:30am | $39 | 54951 |
| 50+ | MSCR West | Th | 4/1-6/10 | 9:30-10:30am | $48 | 54952 |
| 50+ | Warner Park CRC | F | 1/22-3/19 | 12:30-1:30pm | $39 | 54953 |
| 50+ | Warner Park CRC | F | 4/2-6/11 | 12:30-1:30pm | $48 | 54954 |

**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 | 1/19-3/16 | 10-10:45am | $29 | 54960 |
| 50+ | Virtual | T | 3/30-6/8 | 10-10:45am | $36 | 54961 |
| 50+ | MSCR West | F | 1/22-3/19 | 12-1pm | $39 | 54958 |
| 50+ | MSCR West | F | 4/2-6/11 | 12-1pm | $48 | 54959 |

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | MSCR East | M | 1/25-3/15 | 9:30-10:30am | $35 | 54962 |
| 50+ | MSCR East | M | 3/29-6/7 | 9:30-10:30am | $43 | 54964 |
| 50+ | MSCR Central | W | 1/20-3/17 | 12:30-1:20pm | $39 | 54966 |
| 50+ | MSCR Central | W | 3/31-6/9 | 12:30-1:20pm | $48 | 54967 |
| 50+ | MSCR East | F | 1/22-3/19 | 1:45-2:45pm | $39 | 54963 |
| 50+ | MSCR East | F | 4/2-6/11 | 1:45-2:45pm | $48 | 54965 |

**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 | 1/20-3/17 | 9-9:30am | $19 | 54969 |
| 50+ | Virtual | W | 3/31-6/9 | 9-9:30am | $24 | 54968 |
| 50+ | Virtual | F | 1/22-3/19 | 9-9:45am | $29 | 54970 |
| 50+ | Virtual | F | 4/2-6/11 | 9-9:45am | $36 | 54971 |

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

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

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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | MSCR West | Th | 1/21-3/18 | 2:45-3:30pm | $29 | 55586 |
| 50+ | MSCR West | Th | 4/1-6/10 | 2:45-3:30pm | $36 | 55587 |

**FALLKOUR: PARKOUR MEETS THE ART OF FALLING**

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

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | Madison Circus | M | 1/25-3/1 | 9:30-10:30am | $45 | 54972 |
| 50+ | Madison Circus | M | 3/29-5/3 | 9:30-10:30am | $45 | 54973 |

**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+ | MSCR West | M | 1/25-3/15 | 9:30-10:30am | $35 | 54978 |
| 50+ | MSCR West | M | 3/29-6/7 | 9:30-10:30am | $43 | 54979 |
| 50+ | MSCR West | M | 1/25-3/15 | 10:45-11:45am | $35 | 54980 |
| 50+ | MSCR West | M | 3/29-6/7 | 10:45-11:45am | $43 | 54981 |
| 50+ | MSCR West | M | 1/25-3/15 | 11am-12pm | $35 | 55010 |
| 50+ | MSCR West | M | 4/5-5/24 | 11am-12pm | $35 | 55011 |
| 50+ | Warner Park CRC | M | 1/25-3/15 | 9-10am | $35 | 54974 |
| 50+ | Warner Park CRC | M | 3/29-6/7 | 9-10am | $43 | 54975 |
| 50+ | Virtual | M | 1/25-3/15 | 10:30-11:30am | $35 | 55014 |
| 50+ | Virtual | M | 3/29-6/7 | 10:30-11:30am | $43 | 55012 |
| 50+ | MSCR West | T | 1/19-3/16 | 1:30-2:30pm | $39 | 54982 |
| 50+ | MSCR West | T | 4/6-6/1 | 1:30-2:30pm | $39 | 54983 |
| 50+ | MSCR West | T | 1/19-3/16 | 2-2:50pm | $39 | 54984 |
| 50+ | MSCR West | T | 3/30-5/25 | 2-2:50pm | $39 | 54985 |
| 50+ | MSCR West | T | 1/19-3/16 | 3-3:50pm | $39 | 54986 |
| 50+ | MSCR West | T | 3/30-5/25 | 3-3:50pm | $39 | 54987 |
| 50+ | MSCR Central | W | 1/20-3/17 | 8:30-9:20am | $39 | 54988 |
| 50+ | MSCR Central | W | 3/31-6/9 | 8:30-9:20am | $48 | 54989 |
| 50+ | MSCR Central | W | 1/20-3/17 | 9:30-10:20am | $39 | 54990 |
| 50+ | MSCR Central | W | 3/31-6/9 | 9:30-10:20am | $48 | 54991 |
| 50+ | MSCR Central | W | 1/20-3/17 | 10:30-11:20am | $39 | 54992 |
| 50+ | MSCR Central | W | 3/31-6/9 | 10:30-11:20am | $48 | 54993 |
| 50+ | MSCR Central | W | 1/20-3/17 | 11:30am-12:20pm | $39 | 54994 |
| 50+ | MSCR Central | W | 3/31-6/9 | 11:30am-12:20pm | $48 | 54995 |
| 50+ | MSCR West | W | 1/20-3/17 | 5:45-6:45pm | $39 | 55008 |
| 50+ | MSCR West | W | 3/31-6/9 | 5:45-6:45pm | $48 | 55009 |
| 50+ | Warner Park CRC | W | 1/20-3/17 | 9-10am | $39 | 54976 |
| 50+ | Warner Park CRC | W | 3/31-6/9 | 9-10am | $48 | 54977 |
| 50+ | MSCR East | Th | 1/21-3/18 | 9-10am | $39 | 54996 |
| 50+ | MSCR East | Th | 4/1-6/10 | 9-10am | $48 | 54997 |
| 50+ | MSCR East | Th | 1/21-3/18 | 10:15-11:15am | $39 | 54998 |
| 50+ | MSCR East | Th | 4/1-6/10 | 10:15-11:15am | $48 | 54999 |
| 50+ | MSCR West | Th | 1/21-3/18 | 2-2:50pm | $39 | 55002 |
| 50+ | MSCR West | Th | 4/1-5/27 | 2-2:50pm | $39 | 55001 |
| 50+ | MSCR West | Th | 1/21-3/18 | 3-3:50pm | $39 | 55000 |
| 50+ | MSCR West | Th | 4/1-5/27 | 3-3:50pm | $39 | 55003 |
| 50+ | Virtual | Th | 1/21-3/18 | 9:30-10:30am | $39 | 55015 |
| 50+ | Virtual | Th | 4/1-6/10 | 9:30-10:30am | $48 | 55013 |
| 50+ | MSCR West | F | 1/22-3/19 | 9:30-10:30am | $39 | 55004 |
| 50+ | MSCR West | F | 4/2-6/11 | 9:30-10:30am | $48 | 55005 |
| 50+ | MSCR West | F | 1/22-3/19 | 10:45-11:45am | $39 | 55006 |
| 50+ | MSCR West | F | 4/2-6/11 | 10:45-11:45am | $48 | 55007 |

# Goodman-Rotary 50+ Fitness

**608-204-3023**



| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | MSCR West | M | 1/25-3/15 | 10:15-11:15am | $35 | 55025 |
| 50+ | MSCR West | M | 3/29-6/7 | 10:15-11:15am | $43 | 55016 |
| 50+ | MSCR East | T | 1/19-3/16 | 10-11am | $39 | 55017 |
| 50+ | MSCR East | T | 3/30-6/8 | 10-11am | $48 | 55018 |
| 50+ | MSCR West | T | 1/19-3/16 | 11am-12pm | $39 | 55019 |
| 50+ | MSCR West | T | 3/30-5/25 | 11am-12pm | $39 | 55020 |
| 50+ | MSCR West | Th | 1/21-3/18 | 11am-12pm | $39 | 55021 |
| 50+ | MSCR West | Th | 4/1-5/27 | 11am-12pm | $39 | 55022 |
| 50+ | MSCR West | F | 1/22-3/19 | 10:20-11:20am | $39 | 55023 |
| 50+ | MSCR West | F | 4/2-6/11 | 10:20-11:20am | $48 | 55024 |

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | MSCR East | Th | 1/21-3/18 | 12-1pm | $39 | 55026 |
| 50+ | MSCR East | Th | 4/1-6/10 | 12-1pm | $48 | 55027 |

**MEDITATION**

Join us for a straightforward easy, interactive 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 | 1/19-3/16 | 6:45-7:45pm | $30 | 55028 |
| 50+ | Virtual | T | 3/30-6/1 | 6:45-7:45pm | $43 | 55029 |

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | Warner Park CRC | F | 1/22-3/19 | 10:30-11:45am | $39 | 55031 |
| 50+ | Warner Park CRC | F | 4/2-6/11 | 10:30-11:45am | $48 | 55030 |

**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.

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | Warner Park CRC | W | 1/20-3/17 | 10:30-11:45am | $39 | 55032 |
| 50+ | Warner Park CRC | W | 3/31-6/9 | 10:30-11:45am | $48 | 55033 |

## 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.

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

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**MOVEMENT FOR BRAIN HEALTH**

Support your brain and body through gentle movement, simple brain games and mindfulness activities. This class is designed to improve body awareness, coordination and overall brain health in a welcoming, supportive environment. Led by a licensed occupational therapist, the class is open to all abilities, including individuals who have experienced a stroke, traumatic brain injury (TBI) or other changes in brain function.

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | MSCR East | Th | 1/28-3/11 | 5:15-6pm | $20 | 55747 |
| 50+ | MSCR East | Th | 4/1-6/10 | 5:15-6pm | $29 | 55748 |

**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 supports 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 | 1/19-3/16 | 9:30-11am | $68 | 55037 |
| 50+ | Warner Park | T | 4/27-6/8 | 9:30-11am | $53 | 55038 |
| 50+ | Madison Circus | Th | 1/21-3/18 | 9:30-11am | $68 | 55573 |
| 50+ | Warner Park | Th | 4/29-6/10 | 9:30-11am | $53 | 55039 |

**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 | 1/25-3/15 | 12:30-1:30pm | $35 | 55045 |
| 50+ | MSCR West | M | 3/29-6/7 | 12:30-1:30pm | $43 | 55044 |
| 50+ | Virtual | M | 1/25-3/15 | 10-10:45am | $26 | 55174 |
| 50+ | Virtual | M | 3/29-6/7 | 10-10:45am | $33 | 55173 |
| 50+ | MSCR East | W | 1/20-3/10 | 8:15-9:15am | $30 | 55046 |
| 50+ | MSCR East | W | 3/31-6/9 | 8:15-9:15am | $48 | 55047 |
| 50+ | MSCR West | Th | 1/21-3/18 | 2:30-3:30pm | $39 | 55048 |
| 50+ | MSCR West | Th | 4/1-6/10 | 2:30-3:30pm | $48 | 55049 |

**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 | 1/25-3/15 | 8:30-9:15am | $26 | 55050 |
| 50+ | MSCR East | M | 3/29-6/7 | 8:30-9:15am | $33 | 55051 |
| 50+ | Virtual | M | 1/25-3/15 | 8:30-9:15am | $26 | 55058 |
| 50+ | Virtual | M | 3/29-6/7 | 8:30-9:15am | $33 | 55059 |
| 50+ | MSCR East | T | 1/19-3/16 | 12:15-1pm | $29 | 55052 |
| 50+ | MSCR East | T | 3/30-6/8 | 12:15-1pm | $36 | 55053 |
| 50+ | Warner Park CRC | W | 1/20-3/17 | 10:15-11am | $29 | 55057 |
| 50+ | Warner Park CRC | W | 3/31-6/9 | 10:15-11am | $36 | 55054 |
| 50+ | Virtual | W | 1/20-3/17 | 3-4pm | $39 | 55042 |
| 50+ | Virtual | W | 3/31-6/9 | 3-4pm | $48 | 55043 |
| 50+ | Warner Park CRC | Th | 1/21-3/18 | 10:30-11:15am | $29 | 55055 |
| 50+ | Warner Park CRC | Th | 4/1-6/10 | 10:30-11:15am | $36 | 55056 |

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

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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 | 1/19-3/16 | 11:45am-12:35pm | $39 | 55064 |
| 50+ | MSCR East | T | 3/30-6/8 | 11:45am-12:35pm | $48 | 55065 |
| 50+ | MSCR West | F | 1/22-3/19 | 10:30-11:20am | $39 | 54926 |
| 50+ | MSCR West | F | 4/2-6/11 | 10:30-11:20am | $48 | 55040 |

**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 | 1/19-3/16 | 1-1:50pm | $39 | 55066 |
| 50+ | MSCR West | T | 3/30-5/25 | 1-1:50pm | $39 | 55067 |
| 50+ | Virtual | T | 1/19-3/16 | 9-10am | $35 | 55073 |
| 50+ | Virtual | T | 3/30-6/8 | 9-10am | $43 | 55072 |
| 50+ | MSCR West | W | 1/20-3/17 | 9-10am | $39 | 55068 |
| 50+ | MSCR West | W | 3/31-6/9 | 9-10am | $48 | 55069 |
| 50+ | MSCR West | Th | 1/21-3/18 | 1-1:50pm | $39 | 55070 |
| 50+ | MSCR West | Th | 4/1-5/27 | 1-1:50pm | $39 | 55071 |
| 50+ | Virtual | Th | 1/21-3/18 | 9-10am | $39 | 55074 |
| 50+ | Virtual | Th | 4/1-6/10 | 9-10am | $48 | 55075 |

**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 East | F | 1/22-3/19 | 11:15am-12:10pm | $50 | 54919 |
| 50+ | MSCR East | F | 4/2-6/11 | 11:15am-12:10pm | $61 | 54920 |
| 50+ | MSCR West | F | 1/22-3/12 | 9:30-10:20am | $44 | 55041 |
| 50+ | MSCR West | F | 4/2-6/11 | 9:30-10:20am | $61 | 55078 |

**SNOWSHOEING**

Learn to snowshoe and practice your skills around a local Madison park. Snowshoes and instruction provided.

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | MSCR Central | T | 1/26-1/26 | 10am-12pm | $10 | 55080 |
| 50+ | Warner Park | W | 2/10-2/10 | 1-3pm | $10 | 55079 |

**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 | 1/19-3/16 | 8-8:45am | $29 | 55089 |
| 50+ | Virtual | T | 3/30-6/8 | 8-8:45am | $36 | 55088 |
| 50+ | MSCR East | W | 1/20-3/17 | 11am-12pm | $39 | 55084 |
| 50+ | MSCR East | W | 3/31-6/9 | 11am-12pm | $48 | 55085 |
| 50+ | MSCR Central | F | 1/22-3/19 | 11am-12pm | $39 | 55082 |
| 50+ | MSCR Central | F | 4/2-6/11 | 11am-12pm | $48 | 55083 |
| 50+ | MSCR East | F | 1/22-3/19 | 12:30-1:30pm | $39 | 55086 |
| 50+ | MSCR East | F | 4/2-6/11 | 12:30-1:30pm | $48 | 55087 |

**STRETCH & STRENGTH**

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

| | | | | | | |
|---|---|---|---|---|---|---|
| 50+ | Warner Park CRC | M | 1/25-3/15 | 11-11:45am | $26 | 55092 |
| 50+ | Warner Park CRC | M | 3/29-6/7 | 11-11:45am | $33 | 55093 |
| 50+ | MSCR West | T | 1/19-4/20 | 8:30-9:30am | $56 | 55096 |
| 50+ | Rennebohm Park | T | 4/27-6/8 | 8:30-9:30am | $30 | 55101 |
| 50+ | MSCR East | W | 1/20-3/17 | 12-12:45pm | $29 | 55090 |
| 50+ | MSCR East | W | 3/31-6/9 | 12-12:45pm | $36 | 55091 |
| 50+ | MSCR West | W | 1/20-3/10 | 10:30-11:30am | $30 | 55098 |
| 50+ | MSCR West | W | 3/31-6/9 | 10:30-11:30am | $48 | 55099 |
| 50+ | Warner Park CRC | W | 1/20-3/17 | 9-9:45am | $29 | 55097 |
| 50+ | Warner Park CRC | W | 3/31-6/9 | 9-9:45am | $36 | 55100 |
| 50+ | MSCR West | Th | 1/21-3/18 | 8:15-9:15am | $39 | 55094 |
| 50+ | MSCR West | Th | 4/1-6/10 | 8:15-9:15am | $48 | 55095 |



| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|

**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 | 1/20-3/17 | 12:30-1:20pm | $39 | 55136 |
| 50+ | MSCR West | W | 4/7-6/2 | 12:30-1:20pm | $39 | 55137 |

**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 | 1/19-3/16 | 9-10am | $39 | 55139 |
| 50+ | MSCR East | T | 3/30-6/8 | 9-10am | $48 | 55140 |
| 50+ | MSCR East | Th | 1/21-3/18 | 12-1pm | $39 | 55141 |
| 50+ | MSCR East | Th | 4/1-6/10 | 12-1pm | $48 | 55138 |
| 50+ | MSCR West | Th | 1/21-3/18 | 1:45-2:35pm | $39 | 55142 |
| 50+ | MSCR West | Th | 4/1-6/10 | 1:45-2:35pm | $48 | 55143 |

**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 | 1/20-3/17 | 10-10:45am | $29 | 55145 |
| 50+ | Virtual | W | 3/31-6/9 | 10-10:45am | $36 | 55144 |

**WALKABOUTS**

A brisk walk in the great outdoors promotes physical and psychological well-being. Walks are in Madison area parks, neighborhoods and natural areas and are 2 - 2.5 miles in length. 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 | 4/27-6/8 | 9:15-10:15am | $30 | 55146 |

## Move Into the New Year!

### January 4-16 at MSCR East, MSCR Central & MSCR West

Roll out your mat, join the Adult & 50+ Fitness community and kickstart your new year with a fun, in-person fitness experience! Explore new ways to move, meet others and find activities you enjoy. Whether you're new to fitness or looking to mix up your routine, come give it a try! Use course #55832 to register. Only $35! View schedule at mscr.org.

| | | | | | |
|---|---|---|---|---|---|
| 18+ | MSCR East, Central & West | 1/4-1/16 | $35 | 55832 | |

# Goodman-Rotary 50+ Fitness

**608-204-3023**

## *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 | 1/22-4/23 | 10:30-11:30am | $56 | 55062 |
| 50+ | Garner Park | F | 4/30-6/11 | 10:30-11:30am | $30 | 55063 |

**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 | 1/19-3/16 | 2:30-4pm | $58 | 55102 |
| 50+ | MSCR Central | T | 3/30-6/8 | 2:30-4pm | $71 | 55103 |

**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 West | T | 1/19-3/16 | 9:30-10:30am | $39 | 55104 |
| 50+ | MSCR West | T | 3/30-6/8 | 9:30-10:30am | $48 | 55107 |
| 50+ | MSCR East | W | 1/20-3/17 | 8:45-9:45am | $39 | 55105 |
| 50+ | MSCR East | W | 3/31-6/9 | 8:45-9:45am | $48 | 55106 |
| 50+ | MSCR East | W | 1/20-3/17 | 11:15am-12:15pm | $39 | 55758 |
| 50+ | MSCR East | W | 3/31-6/9 | 11:15am-12:15pm | $48 | 55760 |

**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 | 1/20-3/17 | 10-11am | $39 | 55076 |
| 50+ | MSCR East | W | 3/31-6/9 | 10-11am | $48 | 55077 |
| 50+ | MSCR West | Th | 1/21-3/18 | 9:30-10:30am | $39 | 55108 |
| 50+ | MSCR West | Th | 4/1-6/10 | 9:30-10:30am | $48 | 55109 |

**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 | 1/20-4/21 | 3-4pm | $56 | 55110 |
| 50+ | MSCR Central | W | 4/28-6/9 | 3-4pm | $30 | 55111 |

Age Location Day Date Time Fee Course#

**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 | M | 1/25-3/15 | 10:45-11:45am | $35 | 55060 |
| 50+ | MSCR Central | M | 3/29-6/7 | 10:45-11:45am | $43 | 55061 |
| 50+ | MSCR East | Th | 4/1-6/10 | 12:15-1:15pm | $48 | 55114 |
| 50+ | MSCR West | Th | 1/21-3/18 | 11am-12pm | $39 | 55112 |
| 50+ | MSCR West | Th | 4/1-6/10 | 11am-12pm | $48 | 55113 |

**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 | 1/25-3/15 | 9:30-10:30am | $35 | 55118 |
| 50+ | MSCR Central | M | 3/29-6/7 | 9:30-10:30am | $43 | 55119 |
| 50+ | MSCR West | T | 1/19-3/16 | 11am-12pm | $39 | 55117 |
| 50+ | MSCR West | T | 3/30-6/8 | 11am-12pm | $48 | 55116 |
| 50+ | MSCR East | Th | 1/21-3/18 | 2:45-3:45pm | $39 | 55120 |
| 50+ | MSCR East | Th | 4/1-6/10 | 2:45-3:45pm | $48 | 55121 |

**TAI CHI YANG 24 - REFINEMENT**

This intermediate-level class focuses on refining 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 | 1/25-4/19 | 9:30-10:30am | $52 | 55129 |
| 50+ | Garner Park | M | 4/26-6/7 | 9:30-10:30am | $26 | 55133 |
| 50+ | MSCR Central | T | 1/19-3/16 | 1:15-2:15pm | $39 | 55127 |
| 50+ | MSCR Central | T | 3/30-6/8 | 1:15-2:15pm | $48 | 55128 |
| 50+ | MSCR West | W | 1/20-4/21 | 9:30-10:30am | $56 | 55130 |
| 50+ | Garner Park | W | 4/28-6/9 | 9:30-10:30am | $30 | 55132 |
| 50+ | Warner Park CRC | W | 1/20-3/17 | 1-2pm | $39 | 55124 |
| 50+ | Warner Park CRC | W | 3/31-6/9 | 1-2pm | $48 | 55125 |
| 50+ | MSCR East | Th | 1/21-3/18 | 1:30-2:30pm | $39 | 55122 |
| 50+ | MSCR East | Th | 4/1-6/10 | 1:30-2:30pm | $48 | 55123 |
| 50+ | MSCR Central | F | 1/22-4/23 | 1-2pm | $56 | 55126 |
| 50+ | Hoyt Park | F | 4/30-6/11 | 1-2pm | $30 | 55131 |

**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 | 1/22-4/23 | 9:30-11am | $84 | 55134 |
| 50+ | Garner Park | F | 4/30-6/11 | 9:30-11am | $45 | 55135 |

# 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 | 1/22-3/19 | 10-10:45am | $29 | 55147 |
| 50+ | MSCR Central | F | 4/2-6/11 | 10-10:45am | $36 | 55148 |
| **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 | 1/19-3/16 | 10:30-11:30am | $39 | 55153 |
| 50+ | Virtual | T | 3/30-6/8 | 10:30-11:30am | $48 | 55154 |
| 50+ | MSCR West | Th | 1/21-3/18 | 1-2pm | $39 | 55149 |
| 50+ | MSCR West | Th | 4/1-6/3 | 1-2pm | $43 | 55150 |
| 50+ | MSCR West | F | 1/22-3/19 | 9-10am | $39 | 55151 |
| 50+ | MSCR West | F | 4/2-6/11 | 9-10am | $43 | 55152 |
| **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 | 1/25-3/8 | 9:45-10:30am | $20 | 55155 |
| 50+ | MSCR East | M | 3/29-6/7 | 9:45-10:30am | $33 | 55156 |
| 50+ | MSCR East | T | 1/26-3/16 | 3-4pm | $35 | 55157 |
| 50+ | MSCR East | T | 3/30-6/8 | 3-4pm | $48 | 55158 |
| **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 | 1/19-3/16 | 10:15-11:15am | $39 | 55162 |
| 50+ | MSCR West | T | 3/30-6/8 | 10:15-11:15am | $43 | 55159 |
| 50+ | MSCR West | Th | 1/21-3/18 | 10:15-11:15am | $39 | 55160 |
| 50+ | MSCR West | Th | 4/1-6/10 | 10:15-11:15am | $43 | 55161 |

| Age | Location | Day | Date | Time | Fee | Course# |
|---|---|---|---|---|---|---|
| **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 | 1/19-3/16 | 8:45-10am | $49 | 55163 |
| 50+ | MSCR West | T | 3/30-6/8 | 8:45-10am | $54 | 55164 |
| 50+ | MSCR West | Th | 1/21-3/18 | 8:45-10am | $49 | 55165 |
| 50+ | MSCR West | Th | 4/1-6/10 | 8:45-10am | $54 | 55166 |
| **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 | 1/19-3/16 | 9-9:45am | $29 | 55169 |
| 50+ | Virtual | T | 3/30-6/8 | 9-9:45am | $36 | 55172 |
| 50+ | MSCR East | Th | 1/21-3/18 | 10:30-11:30am | $39 | 55167 |
| 50+ | MSCR East | Th | 4/1-6/10 | 10:30-11:30am | $48 | 55168 |
| 50+ | Virtual | Th | 1/21-3/18 | 10:30-11:30am | $39 | 55171 |
| 50+ | Virtual | Th | 4/1-6/10 | 10:30-11:30am | $48 | 55170 |
| **YOGA SUAVE EN ESPÃNOL** | | | | | | |
| Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos y suaves y se centra en la respiración. La clase termina con técnicas de respiración suaves y relajantes. | | | | | | |
| 50+ | Virtual | M | 1/25-3/15 | 10:15-11:15am | $0 | 55175 |
| 50+ | Virtual | M | 3/29-6/7 | 10:15-11:15am | $0 | 55176 |

# Identity Theft & Fraud

**Drop In Workshop - No Registration Required. Free!**

Identity theft and fraud can happen to anyone but knowing what to watch for can help protect you. Learn how to recognize common scams, safeguard your personal and financial information, monitor your credit, and respond quickly if fraud occurs. Leave with practical tips and tools to help you stay one step ahead of scammers.

| | | | | | |
|---|---|---|---|---|---|
| 50+ | MSCR Central | Th | 12/10 | 10-10:45am | Drop In |



# Winter Jobs




# NOW HIRING

# APPLY TODAY

Afterschool Program Leaders
Adult & Youth Sports Officials
Aquatics Instructors
Fitness Instructors
Art Instructors
Lifeguards

MSCR

- Part-Time & Full-Time
- Different Madison Locations
- Starting Pay $16-18/Hour
- Supportive Work Environments
- Training Provided

**SCAN TO LEARN MORE**
**MSCR.ORG/JOBS**






**Behind the Scenes at Crestwood's Award Winning Movie Studio**

See how Crestwood Elementary students turn art class into a movie studio, learning teamwork and animation to create a 10-minute stop-motion short film.

Read More:




**AP Participation Increases, Nearly 1000 MMSD Students Earn AP Honors Recognition in 2025–26**

Over the past five years, the number of MMSD students taking at least one AP exam has increased 48%, growing from 1,464 students in 2021–22 to 2,170 students in 2025–26.

Read More:



**MMSD Breaks Ground on New Sennett and Cherokee Heights Middle Schools**

The new buildings will give students and staff spaces that support connection, creativity and academic growth, while helping to continue to build a strong sense of belonging.

Read More:



**Sherman Middle Schoolers Take the Controls and Fly a Plane**

Students learned every side of aviation, culminating in a literal high-flying finale, taking control of a plane 3,000 feet up.

Read More:

## Stay Connected with MMSD: InFocus

There's so much to celebrate across the Madison Metropolitan School District — from student success stories to exciting new learning spaces! Sign up for "Madison Metropolitan School District: InFocus," our new community newsletter. It's the best way to stay informed and connected through stories that highlight our students, staff and schools. Below is a sample of some the exciting things happening with in our district.

mmsd.org

Stay Informed
Scan the QR code
to Subscribe

# Join us for Adult Sports Leagues!




MSCR

## WINTER LEAGUES
### JANUARY - FEBRUARY

**Basketball**
Men's and Women's Divisions

**Volleyball**
Men's, Womens and All Gender Divisions

## SPRING LEAGUES
### MARCH - APRIL

**Basketball**
Men's and Women's Divisions

**Volleyball**
Men's, Women's and All Gender Divisions




## SUMMER LEAGUES
### MAY - AUGUST

**Softball**
Men's, Women's and All Gender Divisions

**Kickball**
All Gender League



# Inclusion Services

**608-204-3043**

**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**

**Register at MSCR.ORG or use form on page 65**

# Registration Policies

**608-204-3000**

Online:
Register for most MSCR activites 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, November 30 at 12pm for residents of the Madison Metropolitan School District.**
- **Non-residents may register beginning Monday, December 14 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 65. 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.

**MISSED PROGRAMS**
Programs missed for individual participant absences (i.e. schedule conflict, vacation, etc.) are not made up, are not eligible for a refund or credit, nor may participants attend a program other than the one in which they are registered. Refunds or credits are not issued for participant absences.

**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.

**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.wiaawi.org/Portals/0/PDF/Health/Concussion-SuddenCardiacArrest-InfoSheet2022.pdf,**
**You are asked to acknowledge receipt at the time of registration. If you need assistance accessing this information, please contact the MSCR office.**


Register at MSCR.ORG or use form on page 65

# 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 | Zip | |
| Email (Required for registration confirmation OR send a stamped, self-addressed envelope) *I agree to receive MSCR promotional email | | | | |
| Primary Phone / Cell Phone | Are you an MMSD resident? (Check one) __Yes ___ No, Non MMSD residents pay 50% more. See the Policy Page. | | | Do you have any medical conditions or concerns of which our staff need to be aware? (Asthma, Allergies, etc.) |
| Emergency Contact Name | Emergency Contact Phone | | | |

| Participant's Full Name | Gender *See 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 | | | | | | | |
| | | | | | 1st | | | | | | | |
| | | | | | Alternate, if any | | | | | | | |
| | | | | | 1st | | | | | | | |
| | | | | | Alternate, if any | | | | | | | |
| | | | | | 1st | | | | | | | |
| | | | | | Alternate, if any | | | | | | | |

Race: Please indicate above using corresponding number: (Optional)

1. American Indian or Alaskan Native
2. Asian
3. Black or African American
4. Native Hawaiian or Other Pacific Islander
5. Hispanic
6. White
7. Multiracial

☐ Youth Sports Participants: I acknowledge receipt of Concussion & Sudden Cardiac Arrest Information at mscr.org.

**Fee Total $_____**

**Donation $_____**

**Total $_____**

Payment: (check all that apply) ___ Cash ___ Check #_____ (Payable to MSCR) ____ Credit Card: MasterCard or Visa Only

☐ I am requesting a Payment Plan (Camps Only)

Credit Card Number: ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Name as printed on card:_____ Three Digit Code ☐☐☐

Payment Amount $_____ Authorized Signature:_____ Expiration Date: ☐☐ / ☐☐

## Liability Waiver - Signature Required for Participation

By registering or participating, the registrant understands that individual accident insurance is not provided for MSCR programs and agrees to adhere to program rules. I do hereby, for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or, in any way connected with my participation in MSCR Program. Photos or videos may be taken during program for educational and marketing purposes. I have read and agree to follow the registration and refund policies.

☒ Signature: _____

**WPCRC Photo ID required for programs at Warner Park Community Recreation Center. Go to mscr.org for more information.**

# Fee Assistance Request

If your family is requesting fee assistance, you must fill out this form completely and answer each item as appropriate. If you are not able to print this form, please call 608-204-3000 for assistance. MSCR program fees may be partially or fully waived upon request for youth meeting criteria for free or reduced price school meals and adults with income at or below 185% of Federal Poverty Level. Fee assistance is available only to residents of the Madison Metropolitan School District (MMSD). Non-residents do not qualify for fee assistance. This Fee Assistance Request Form and partial payment, if applicable, must accompany the MSCR Registration Form. Fee assistance is not granted after program registrations are processed.

**Name**

Head of Household Name: _____ _____

Last First

**Family Size**

What is your family size? Circle one number: 1 2 3 4 5 6 7 8 9 10

List your gross* annual income: $ _____ (per year)
Or list your gross* bi-weekly income: $ _____ (every two weeks)

*Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds.

**ADULT**

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 ☐ Yes ☐ No My child qualifies for reduced-price school meals ☐ Yes ☐ 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. ☐ Yes ☐ 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).

*A season of adventure...*

# SUMMER CAMPS





**Treat your child to a summer outside!**

*Weighted Lottery opens in January*

Limited Tuition Assistance and Payment Plans Available

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

WI SHARES ACCEPTED

*Looking for childcare?*

# NATURE PRESCHOOL





**Spark your child's connection to nature.**

*Weighted Lottery opens March 1st*

Sliding Scale Tuition and
Limited Tuition Assistance Available

For program information and to register:

**aldoleopoldnaturecenter.org**





WI SHARES ACCEPTED

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PM 4K WRAPAROUND CARE

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328 E. Lakeside St.
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