Program Guide
FALL 2020
Indoors, Outdoors & Online!

La guía está disponible en español

Fee Assistance Available

FOLLOW US ON

MSCR IS A DEPARTMENT OF THE MADISON METROPOLITAN SCHOOL DISTRICT • MSCR.ORG • 608.204.3000
Welcome to the MSCR Fall Program Guide! At MSCR, we believe that recreation is essential to the mental and physical health of the community and we are committed to serving the community in the safest way possible. Our teams have created indoor, outdoor and virtual program options for every age group to keep the community active, healthy and engaged.

Fall brings some big changes to MSCR:
- Due to MMSD’s decision to close school buildings until at least October 30, MSCR is not offering swimming or indoor adult sports programs. These programs will resume as soon as we are able to access facilities and implement programs safely.
- This guide contains programs beginning in September and October, look for a late fall supplemental program guide in mid-October for additional programs.
- MSCR will operate MSCR Cares, a full-day child care program for elementary-aged youth, at 16 locations this fall.

All programs will operate using enhanced health & safety protocols and following all guidance from Public Health Madison & Dane County. Details about can be found below.

What to expect at MSCR this fall

At MSCR, the health and safety of our customers and staff is a top priority. This fall you can expect to see these safety measures at our programs and facilities to help keep everyone in our community safe.

FACILITIES & EQUIPMENT
- Physical distancing of 6 ft in common areas and program spaces, including outdoors
- Clear barriers at the reception desks
- Hand sanitizer available at all programs
- A clean facility: all areas of the facility are cleaned daily, high touch surfaces are disinfected multiple times throughout the day
- Shared equipment will be limited and cleaned after each use
- Drinking fountains are closed, but water bottle fillers are available
- Furniture removed from waiting areas
- Building access limited to program participants and staff
- Changes to entrances & exits to limit traffic in common spaces

STAFF
- All staff wearing face coverings in indoor facilities
- Fewer administrative staff in the facility each day
- Staff trained in health & hygiene procedures

PARTICIPANTS
We need help from you, our customers and participants, to keep everyone safe. We request that everyone who enters an MSCR facility follows these guidelines:
- Wear a cloth face covering or mask into the facility. Face coverings are required indoors and recommended, but not required, for outdoor activities.
- Enter the building just before your start time and leave promptly at the end of the program
- Wash hands or use hand sanitizer on entry into the building
- Give other customers and staff 6 feet of space in rooms and common areas
- Only registered participants may enter the building. Youth participants should be dropped off at the entrance. Visitors & accompanying individuals should wait outside.
- Come dressed for your program, changing facilities are not available. Continue to bring clean shoes to fitness studios.
- Bring a water bottle to class and leave food at home or in your vehicle.
- Observe indoor traffic patterns, exits and entrances may be different.
- Stay home if you are feeling sick or have any symptoms, even minor, of COVID-19, including: fever, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting or diarrhea.
Registration Begins
Monday, August 17 at 8 am for MMSD Residents and
Monday, August 31 at 8 am for Non-MMSD residents.

MSCR EXECUTIVE DIRECTOR: Janet Dyer
MSCR HOYT MAIN OFFICE & ACTIVITY CENTER
3802 Regent Street, Madison, WI 53705
Monday - Friday 8 am - 5 pm

MMSP SUPERINTENDENT: Dr. Carlton D. Jenkins
MMSD BOARD OF EDUCATION:
Gloria Reyes, President, Kate Toews, Vice President, Nicki Vander Meulen,
Clerk, Cris Carusi, Treasurer, Savion Castro, Ananda Mirilli, Ali Janae Muldrow, and Anika Sanyal, Student Rep

MSCR CITIZEN’S ADVISORY COMMITTEE:
Valencia Bennett-Parchment, Laura Gundlach, Erica Janisch, Lilian Mather Kelly, Chair, Peter Kiron, Jane Lauengco, Jennifer Lindsley, Mary Michaud, Rebecca Murray, John Oliver, Ana Rocha-Bonjour and Nicki Vander Meulen, Board of Education Representative

FRIENDS OF MSCR BOARD MEMBERS:
Danessa Bishop, Carlos Chacon, Scott Frank, Laura Gaffney, Brian Gile, John Laubmeier, Jason Lundquist, Martha Mallon, Nichole Monzon, Sharon Neylon, Mary Walsh and Beth Weiler

THANKS TO THE FOLLOWING BUSINESSES
ALDO LEOPOLD NATURE CENTER
BLACK BELT AMERICA
CAMP INVENTION/INVENT NOW INC
CAVE OF THE MOUNDS, INC
CTM PRODUCTIONS
GALIN EDUCATION
GIRL SCOUTS OF WI-BADGERLAND COUNCIL
GOODMAN’S JEWELERS
GYMNFINITY GYMNASTICS
HARMONY VALLEY FARM-CSA
HOLY CROSS LUTHERAN-KIDS CROSSING
KANGPY DANCE COMPANY
LA BOUTIQUE
MADISON ICE SKATING SCHOOL
MONONA ACADEMY OF DANCE
MONROE STREET ARTS CENTER
OAK PARK NURSING AND REHABILITATION
OLBRICH GARDENS
PAIK'S TRADITIONAL MARTIAL ARTS
ROSIC CHEEKS
SWIMWEST
UNIVERSITY BOOK STORE
UW ATHLETIC DEPT
UW DIVISION OF CONTINUING STUDIES
UW MADISON ARBORETUM
WEST MADISON LITTLE LEAGUE
WI YOUTH COMPANY/PRINT SHOP

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Elementary Programs

MSCR CARES
MSCR Cares provides full-day child care to participants in grades K-5 while MMSD schools are in a virtual model. The program provides virtual school support, structured and free choice activities, and indoor and outdoor play in a group setting following current public health guidelines to maintain a safe, healthy environment. Participants are encouraged to register for the program at their home school.

Program Days/Hours: Monday-Friday, 7:30am-4:45pm
Program Dates: Sept 8- October 30, 2020

Program details and registration information is available at mscr.org
Registration opens to the public on Wed, August 12.
Registration deadline is Friday, Aug 21 at 4:00pm, in order for participants to start the first day.

MSCR AFTERSCHOOL & ENRICHMENT
MSCR provides afterschool and enrichment programs in 15 MMSD elementary schools and 2 community centers when school is in session.

MSCR Afterschool provides daily afterschool care on-site at a variety of MMSD schools and MSCR centers. MSCR Afterschool serves K-5th grade students and offers a variety of educational, recreational and social activities for children at their home school or local center. Registration is completed at each site on a first-come, first-served basis. MSCR Afterschool registration will resume when MMSD resumes in-person school at the elementary level.

Registration materials are available from the school office, MSCR Site Director or at mscr.org. Contact vmejeris@madison.k12.wi.us with questions.

MSCR ELEMENTARY SITE DIRECTORS - AFTERSCHOOL & ENRICHMENT
Allied Learning Center - Laura Harrington
Emerson Elementary - Will Smith
Falk Elementary - Victoria Patterson
Glendale Elementary - Megan Woodward
Hawthorne Elementary - Samantha Brown
Lake View Elementary - Chase West
Lincoln Elementary - Margo Barcheski

Lindbergh Elementary - Narvella Davis-Willis
Meadowood Neighborhood Center - Molly Horton
Mendota Elementary - Antonio Cruz-Rodriguez
Midvale Elementary - Brock Wesenberg
Nuestro Mundo Community School - Lupe Banda
Orchard Ridge Elementary - Carlie Chandler
Sandburg Elementary - Jeremiah Covington
Schenk Elementary - LaRonda McLin

MSCR Enrichment provides afterschool academic support and enrichment activities for students living in the school attendance area who meet the criteria for academic support. MSCR Enrichment staff design engaging activities to complement children's school-day academic programs. Ten Enrichment sites are funded by 21st Century Community Learning Center grants.

MSCR Afterschool At Home provides a weekly schedule of fun, elementary afterschool-style activities that your children can do at home! These activities can be found at mscr.org
MIDDLE SCHOOL AFTERSCHOOL PROGRAMS
MSCR provides afterschool programming at every MMSD Middle School. Dane County Human Services and 21st Century Community Learning Center (CLC) grants, and a partnership with Urban League of Greater Madison, help support the program. MSCR Middle School Afterschool programs offer a variety of recreation activities, educational opportunities, special interest clubs and youth development programs.

While MMSD schools are 100% virtual, MSCR Middle School programs & clubs will also operate virtually. In-person programs will resume when MMSD returns to in-person school. For more information on schedules and activities, please contact the MSCR Afterschool Coordinator at your child's school.

MSCR MIDDLE SCHOOL AFTERSCHOOL COORDINATORS
Badger Rock - Jamie Anderson, jaanderson@madison.k12.wi.us
Black Hawk* - Ilaina Smith, irsmith3@madison.k12.wi.us
Cherokee - Reginald Lee, rjlee@madison.k12.wi.us
Hamilton - Kris Anderson, kranderson@madison.k12.wi.us
Jefferson - TBD
O'Keeffe - Jeremy Payne, jvpayne@madison.k12.wi.us
Sennett* - Voyinese Adams, vladams@madison.k12.wi.us
Sherman* - Kenneth Cole, kcole@madison.k12.wi.us
Spring Harbor - Kris Anderson, kranderson@madison.k12.wi.us
Toki - Donalvin Weatherby, dcweatherby@madison.k12.wi.us
Whitehorse - Colleen Hayes, chayes@madison.k12.wi.us
Wright* - Jamie Anderson, jaanderson@madison.k12.wi.us
* CLC-funded site

HIGH SCHOOL AFTERSCHOOL PROGRAMS
MSCR provides a variety of afterschool and weekend activities, events and services for students at each High School. Offerings include afterschool 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.

While MMSD schools are 100% virtual, MSCR Middle School programs & clubs will also operate virtually. In-person programs will resume when MMSD returns to in-person school. For more information and specific schedules, please contact the MSCR High School Recreation Specialist at your child's school via email.

MSCR HIGH SCHOOL RECREATION SPECIALISTS
East High School - Mayder Lor, mlor@madison.k12.wi.us
La Follette High School - Dane Gottschall, drgottschall@madison.k12.wi.us
Memorial High School - Roxanne Rios, rrios@madison.k12.wi.us
West High School - Monique Porter, maporter@madison.k12.wi.us
Friends of MSCR provides financial support to MSCR programs and initiatives including afterschool programming, community outreach, adapted and inclusive recreation, environmental education and more. Since 2013, the Friends of MSCR has gifted over $400,000 to MSCR.

In 2020, Friends of MSCR cancelled it’s annual Fore Friends Golf Outing due to COVID-19. We appreciate these sponsors for continuing to support Friends of MSCR through the pandemic.

THANK YOU SPONSORS!

Delta Dental of Wisconsin
Gordon Flesch
H.J. Pertzborn Plumbing & Fire Protection
Hill Electric
J.H. Findorff & Son, Inc.
Oak Park Place
SPW Financial, Inc.
Veridian Homes Foundation

COMING SOON: FRIENDS OF MSCR ONLINE AUCTION

Look for details later this fall about the annual Friends of MSCR Online Auction which will go live in November 2020. We are grateful to the local businesses and community members below who have already donated to goods and services this event.

THANK YOU!

Aldo Leopold Nature Center
Allison Mosley Photography
American Provenance LLC
ANEU Med Spa
Arbybone
Artisan Dental
Bad Dog Frida
Badger Sporting Goods
B adulti House
Bavaria Sausage
Benvenu’s
Black Belt America
Boulders Gym
Cambridge Winery
Capital Newspapers
Cave of the Mounds
Cherokee Country Club
Chocolate Shoppe Ice Cream
City of Madison Parks
City of Madison Parks - Golf Division
Clay Bay Pottery
Comedy Club On State
Craig's Cake Shop
Culvers
Dave and Busters
Dick’s Sporting Goods
Door County Brewing Co. and Hacienda
Dragonfly Yoga
Duncan Edward European Hair Design
Elements Massage Fitchburg
Flixbrewhouse
Flynn Audio
Food Fight Restaurant Group
Forward Madison Soccer
Frank Productions
Functional Integrated Training
Glass Nickel Pizza
Glass Nickel Pizza Co.
Goodman Aquatic Center
Gordon Food Service
Green Bay Packers
Groomingtails Pet Salon
Gymnfinity Gymnastics
Habitat For Humanity Restore
Harbor Athletic Club & Canvas Club Boxing
Heriery Brewing
Hilton Madison Monona Terrace
Hook’s Cheese
Ian’s Pizza
I Heart Media Madison
Infinity Martial Arts
Inner Fire Yoga Center For Wellness
Isthmus
JoAnne Robbins
Just Coffee Cooperative
Keva Sports
Lakeview Veterinary Clinic
Legacy Academy
Legacy Academy Activity Center
Loft Clothing Store
Lotus Salon
Madison B Cycle
Madison Concourse Hotel
Madison Eats Food Tours
Madison Hypnosis Center
Madison Mallards
Madison Parks
Majestic Theatre
Medieval Times
Medieval Times
Milwaukee Food Tours
Milwaukee World Festival
Mister Car Wash
New Health Chiropratic
One Barrel
One Barrell
Out-U-Go! Pet Care
Pink Jules
Play-N Wisconsin
PlayN Wisconsin
Project Home
Pub Pass Madison
Pump It Up
Red Sushi Grill
Rutabaga Olbrich Boat Rentals
Samara’s Handmade Accessories
Saris Cycling Group
Schwoeger’s Entertainment Center
Shedd Aquarium
Spectrum Brands
Star Liquor
Star Liquors
Table Wine
Taliesin Preservation, Inc.
Target - Madison West
Ten Pin Alley
The Madison Club
The Melting Pot
The Oilerie
The Paper Hutch
The Rolling Tree
The Sylvee
Travis Ratien Salon
UW Athletics
Vintage Brewing Company
VIP Pottery Sale Tickets
Warner Park Community Recreation Center
Waypoint Public House
Westtree Farm
Willy Street Co-op
Wisconsin Aviation
Wisconsin State Journal
Working Draft Beer Co.
Yahara Bay Distillery
Message from the Interim Superintendent

Dear Madison Residents:

I want to express how greatly I admire the many ways MSCR staff have served our children, families and community, year round but particularly through spring and summer.

When schools closed, they didn’t miss a beat. They developed new ways to engage our children, families and the community. After-school at Home, Cares Camp, MSCR Makes, Virtual Outdoor Club and other online fitness and art programming sprang up from their creativity and care for the community. Madison schools couldn’t do what they do without MSCR.

Jane Belmore, Interim Superintendent of Madison Schools

¡Pronto habrá una edición en español de la Guía de Programación de otoño!

A Spanish edition of the Fall Program Guide is Coming Soon!

Register at MSCR.ORG or use form on PAGE 44
Youth Arts & Enrichment

INDOOR SAFETY POLICY REQUIREMENTS & INFORMATION

- Masks are required for participants for 5+.
- Supplies and tools are disinfected before the start of each class and they are not shared during class time with other students.
- 6ft distance must be practiced.
- Dance attire is available at mscr.org

INDOOR CHILD + ADULT

3 YEAR-OLD PRE-BALLET CHILD + ADULT
Affordable opportunity for boys and girls to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance. Participant must be 3 years old by class start date.

4 YEAR-OLD PRE-BALLET CHILD + ADULT
Affordable opportunity for boys and girls to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance. Participant must be 4 years old by class start date.

DANCE WITH ME - CHILD + ADULT
Use games, songs, props and more to explore how bodies move! This class is designed to for an adult and child to enjoy music and movement together while learning beginning artistic concepts. Each class is based on a skill that is developed through dancing, singing and literacy. Develop coordination, learn to move in space and have fun moving to music. This is a great way to introduce your little dancer to the arts! Please wear socks and comfortable clothing that allows for movement.

INDOOR DANCE

BALLET
Learn basic ballet skills and positions. Class combines technique along with balance, coordination and rhythm.

BEGINNING SCOTTISH HIGHLAND DANCE
Highland dance is an ancient Scottish dance tradition that incorporates folklore and history. With its roots in ballet, Highland dancing is known for powerful leaps, balletic elegance and of course kilts and bagpipes! Highland provides strength conditioning, flexibility and of course lots of fun! Participants learn some of the fundamentals, including pas de basques, the Sword dance and the Highland Fling.

CONTEMPORARY DANCE
Contemporary is a popular style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements stressing versatility and improvisation, unlike the strict, structured nature of ballet. This dance genre is done in bare feet and can be performed to many different styles of music.

CONTINUING SCOTTISH HIGHLAND DANCE
Highland dance is an ancient Scottish dance tradition that incorporates folklore and history. With its roots in ballet, Highland dancing is known for powerful leaps, balletic elegance and of course kilts and bagpipes! Highland provides strength conditioning, flexibility and of course lots of fun! Participants will learn some of the fundamentals, including pas de basques, the Sword dance and the Highland Fling.

HIP HOP
Affordable opportunity for boys and girls to experience dance. A high-energy introduction to hip hop dance styles focusing on rhythm and stylized movements.

JAZZ
Affordable opportunity to experience dance! Course features a variety of jazz techniques including turns, jumps and combinations.

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

Register at MSCR.ORG or use form on PAGE 44
### INDOOR FAMILY ARTS & ENRICHMENT

<table>
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<tr>
<th>Grade</th>
<th>Class</th>
<th>Location</th>
<th>Days</th>
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### INDOOR YOUTH DANCE

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Youth Arts & Enrichment Classes

INDOOR SAFETY POLICY REQUIREMENTS

- Masks are required.
- Equipment is disinfected before the start of each class and is not shared during class with other participants.
- 6ft physical distance must be practiced.
- All classes are open to beginners and participants of all fitness levels. Our instructors are trained to have options for all.
- Participants will receive a welcome email with class details and current COVID-19 policies one week before the class begins.

OUTDOOR FAMILY & CHILD ARTS

BECOMING BIRDS - CHILD & ADULT
More than 45 million people report watching birds in their homes and away. That many birders can’t be wrong! Observing birds is a fun and family friendly way to enjoy time outside. If you’ve been considering joining the bird watching ranks; now is a great time start! But where do you find birds? What equipment do you need? What do you do when you see a bird? Come out to the School Forest; we’ll get you started, a pair of binoculars to borrow and point you in the right direction to find the most birds and keep all households socially distanced. Young children also have the opportunity to decorate their own practice pair paper tube binoculars to take home! An adult over 18 must attend and participate with child participant

CAMPFIRE BUILDING 101
Learn from Outdoor Programs instructors how to build three common types of fires that can be used for building fires in the backyard or out in the wilderness. Additionally, participants learn fire safety and simple leave no trace fire ethics. Each family spends part of the class building their own small fire and enjoys roasting marshmallows over their fire and turning it into a s’more! An adult over 18 must register and participate with youth participants. All supplies included.

CREATIVE MOVEMENT - CHILD & ADULT
Kids explore fun ways to move their bodies. Activities include learning to move with music, movements incorporating animals, shapes, seasons and much more.

OUTDOOR YOUTH ARTS & DANCE

ART, NATURE AND YOU!
This course combines the beauty of nature with the wonder of art. Learn how to use found and reclaimed natural materials to create stunning pieces of artwork. Classes begin with nature walks to gather materials and inspiration. Participants make their own nature books, paint with homemade brushes and create lots of other exciting art projects!

BEGINNING 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.

CONTINUING BATON
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.

CREATIVE MOVEMENT - CHILD & ADULT
Kids explore fun ways to move their bodies. Activities include learning to move with music, movements incorporating animals, shapes, seasons and much more.

HIP HOP
Affordable opportunity for boys and girls to experience dance. A high-energy introduction to hip hop dance styles focusing on rhythm and stylized movements.

POMS
Poms is a style of dance that combines sharp, precise arm motions with jazz technique, focusing on jumps, kicks, turns and leaps. Great for a dancer who is interested in combining dance skills with energy and enthusiasm. Begins with a warm-up and stretching section to improve flexibility and cardiovascular endurance. Class introduces poms movement and terminology. *Fee includes a set of poms for each participant to keep but hey need to bring them to and from class each week.* If your class fills, please put yourself on the waitlist! As supplies become available, we may be able to add more participants.
## Youth Arts & Enrichment Classes

### Grade | Class | Location | Days | Dates | Time | Fee | Course #
--- | --- | --- | --- | --- | --- | --- | ---
**OUTDOOR FAMILY ARTS & ENRICHMENT**

3-5 yrs | Art, Nature and You! Child + Adult | Hoyt Park | T | 9/15-10/19 | 3:30-4:15pm | $26 | 27783  
5+ yrs | Becoming Birds Child + Adult | School Forest | Sa | 10/10 | 3-5pm | $8 | 27775  
5+ yrs | Campfire Building 101 Child + Adult | School Forest | Sa | 9/20 | 4-6pm | $10 | 27776  
2-4 yrs | Creative Movement Child + Adult | Hoyt Park | M | 9/14-10/19 | 3-3:30pm | $20 | 27796

### OUTDOOR YOUTH ARTS & ENRICHMENT

Gr K-2 | Art, Nature and You! | Hoyt Park | T | 9/15-10/19 | 4:30-5:30pm | $26 | 27784  
Gr 3-5 | Art, Nature and You! | Hoyt Park | T | 9/15-10/19 | 5:45-6:45pm | $26 | 27785  
Gr 1-5 | Beginning Baton | Hoyt Park | W | 9/16-10/21 | 5:45-6:45pm | $55 | 27872  
Gr 2-6 | Continuing Baton | Hoyt Park | W | 9/16-10/21 | 7-8pm | $57 | 27873  
Gr 2-5 | Hip Hop | Hoyt Park | M | 9/14-10/19 | 3:45-4:45pm | $42 | 27874  
Gr 4-8 | Poms | Hoyt Park | M | 9/14-10/19 | 5-6pm | $48 | 27865

### FALL ART CART - NEW FOR FALL 2020

Art Cart in the fall?! That's right! Art Cart will have a limited schedule this fall and will take place on Thursday evenings from 4-7pm beginning September 9 through October 28. In response to current health guidelines, Madison Museum of Contemporary Art and Madison School & Community Recreation are pleased to offer Art Cart ArtKits for families to take home to complete. To pick up an ArtKits, which includes supplies and instruction for to-go creative activities for families, look for the colorful Art Cart van at parks listed in this schedule. ArtKits are limited and available first-come, first served.

*Community center stops are outside and tentative.

Directions for each kit will be posted on our YouTube Channel.

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<thead>
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<th>Date</th>
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<td>Thurs., 9/10</td>
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<td>Thurs., 10/8</td>
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<td>Thurs., 10/15</td>
<td>Vera Court Neighborhood Center*</td>
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<td>Thurs., 10/22</td>
<td>Marlborough Park</td>
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<td>Thurs., 10/29</td>
<td>Goodman Community Center*</td>
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Register at MSCR.ORG or use form on PAGE 44
All participants registered for Youth Arts & Enrichment Virtual classes receive the following:
- For classes where materials are provided, supply kits are available for curbside pick-up.
- Weekly recorded video lessons and handouts offered through Google Classrooms.
- Passwords to have access to weekly live Zoom calls with their instructor and classmates during the scheduled time of the class.

VIRTUAL ARTS & ENRICHMENT

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

FAMILY BOREDOM BUSTER BINGO - ROUND 1
Activities on this bingo card are focused around arts and enrichment, family bonding activities, connecting with your community and being creative! One person can register for their family. Once you register, you are emailed detailed instructions and a Bingo card. Families with completed Bingo cards are entered into a drawing for a prize! The Drawing is held the week of 10/26.

YOUTH DRAWING
Always drawing in your notebook? Class covers introduction to drawing. Learn different techniques to expand your drawing skills, and add soul and character to the objects you represent. Materials provided.

YOUTH GUITAR 1
Travel the world with music and discover how to play the guitar! Learn how to read music, play fundamental chords, explore different techniques and play in a group setting while learning music from around the world. Guitar required. No prior experience necessary.

INTRO TO BAGPIPE
This class introduces participants to playing the Great Highland Bagpipe. Learn correct finger posture, music notation, embellishments and simple bagpipe tunes. Participants must purchase a bagpipe practice chanter. The history of the instrument as well as demonstrations of the Great Highland Bagpipe are also provided.

MIXED MEDIA COLLAGE
The possibilities are endless! Learn about common materials and how each media within the piece works and interacts with the others. Experiment with all sorts of materials to make some really cool collages!

MOVIE MAKE-IT: MYSTERY KITS
Ready for some Cinematic Craft Creations! Includes everything you need to make 8 fun projects based on your favorite movies! You’ll love making projects from Frozen, The Little Mermaid and more! Supply kit available week of 9/28.

MSCR MAKES @ HOME MINI KIT JUNIOR JEWELERS
Did you enjoy the MSCR Makes videos this summer? You’ll love this kit! The MSCR Makes @ Home: junior Jeweler’s kit includes the materials for 1 of your favorite MSCR Makes videos. PLUS: 4 new exclusive projects, complete with supplies and how-to videos! Supply kit available week of 9/14. of your favorite MSCR Makes videos, PLUS: 3 new exclusive projects, complete with supplies and how-to videos! Supply kit available week of 10/12.

POTTERY: TAKE & CREATE KIT - SLAB PROJECT
Learn from home how to create a one-of-a-kind ceramic project using the slab method! Follow along helpful recorded lessons led by your favorite pottery instructors. Supplies include: self-hardening clay, pottery tools, handouts of techniques and lesson details, recorded videos, acrylic paints and brushes.

POTTERY: TAKE & CREATE KIT - PINCH POT PROJECTS
Learn from home how to create a one-of-a-kind ceramic project using the pinch pot method! Follow along helpful recorded lessons led by your favorite pottery instructors. Supplies include: self-hardening clay, pottery tools, handouts of techniques and lesson details, recorded videos, acrylic paints and brushes.

SILLY SLIME MONSTERS
Join us for a slimy, not spooky good time! Different slimes, goo, and dough made to fill your own mini monster creations. Only registered child and their caregiver can attend. Sorry siblings, including infants and friends cannot.

VIRTUAL DANCE

3 YEAR-OLD PRE-BALLET
Affordable opportunity for boys and girls to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance. Participant must be 3 years old by class start date.

4 YEAR-OLD PRE-BALLET
Affordable opportunity for boys and girls to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance. Participant must be 4 years old by class start date.

BALLET
Learn basic ballet skills and positions. Class combines technique along with balance, coordination and rhythm.

CONTINUING BATON
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.

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

HIP HOP
Affordable opportunity for boys and girls to experience dance. A high-energy introduction to hip hop dance styles focusing on rhythm and stylized movements.

ITTY BITTY BROADWAY
An introduction to the creative aspects of performing arts. Explore singing, acting, and dancing in a fun encouraging environment. Class concludes with a rehearsal and final performance, dates to be determined.

JAZZ
Affordable opportunity to experience dance! Course features a variety of jazz techniques including turns, jumps and combinations.

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

BEGINNING SCOTTISH HIGHLAND DANCE
Highland dance is an ancient Scottish dance tradition that incorporates folklore and history. With its roots in ballet, Highland dancing is known for powerful leaps, balletic elegance and of course kilts and bagpipes! Highland provides strength conditioning, flexibility and of course lots of fun! Participants learn some of the fundamentals, including pas de basques, the Sword dance and the Highland Fling.

CONTINUING SCOTTISH HIGHLAND DANCE
Highland dance is an ancient Scottish dance tradition that incorporates folklore and history. With its roots in ballet, Highland dancing is known for powerful leaps, balletic elegance and of course kilts and bagpipes! Highland provides strength conditioning, flexibility and of course lots of fun! Participants will learn some of the fundamentals, including pas de basques, the Sword dance and the Highland Fling.

Register at MSCR.ORG or use form on PAGE 44
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<thead>
<tr>
<th>Grade</th>
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<th>Days</th>
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YOUTH OUTDOOR SOCCER

SOCCER CLINICS
New for this year! Our soccer clinics are a 3 week program for participants age 9-18. This program is geared towards participants who are familiar with soccer and are interested in taking their game to the next level! Each week focuses on improving soccer abilities and working on skills related to each position including Goalie, Forward/Midfield, Defender. Participants elevate their understanding of basic soccer fundamentals by practicing passing, agility, footwork and game strategy. The emphasis is on individual instruction while maintaining socially distancing at all times. The staff work with participants on individual skills and focus on the essentials with each participant.

SOCCER SKILLS
The focus is on movement, fundamentals and building basic soccer skills. Each week builds on the basic skills learned n the previous week through fun exercises, drills and games. Staff work with participants on individual skills and focus on essentials with each child. Social distancing policies and procedures allow for individual instruction without the need to share equipment. Staff are dedicated to creating a safe and welcoming environment for all. Pairs are introduced to a skill and work on it together with assistance and guidance from the staff. The 3-4 year old class is an adult + child class.

<table>
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<tr>
<th>Age</th>
<th>Class</th>
<th>Location</th>
<th>Days</th>
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ADULT OUTDOOR SOCCER PICK UP PLAY - NEW!
New this year! Adults 18+ are encouraged to join us at Olbrich Park for a 5 week pick up play soccer program! Weekly participants receive an email with a color that they should wear on Sundays for their pick up play game. Once on site, look for your team members wearing the same color. Each week teams are different and divided evenly. A referee is on site to maintain social distancing requirements and enforce game play rules. Games are played on modified 6v6 soccer fields and are played as a 6v6 game. Participants are required to maintain 6ft physical distancing at all times and goalies are not allowed. To maintain compliance with the State of Wisconsin “Safer at Home” order, participation is limited to a maximum of 25 participants. Takes place 9/20-10/18, 5:30pm-7:00pm, $30. Use course # 27859 to register.
INDOOR CLASS DESCRIPTIONS

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

SPORTS SKILLS
Developed by the National Alliance for Youth Sports, this program is designed to prepare children ages 3-5 for organized sports while furthering your child’s overall skills. The program teaches basic throwing, catching, kicking and batting techniques. Children learn motor skill tasks that gradually build confidence. Children and adults work one-on-one in a fun atmosphere without the fear of getting hurt.

VOLLEYBALL SKILLS
Instructional, coed program designed to teach basic volleyball skills including the fundamentals of serving, bumping, passing and spiking. Rules and game strategies are also covered. Each week children build upon what they learned to improve their skills and play an instructional practice game at the last class.

OUTDOOR CLASS DESCRIPTIONS

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

FLAG FOOTBALL COMBINE
The Flag Football season will have to wait this fall, but join us for a one day skill combine to show off your skills! This event is for athletes to participate in various skill drills which showcase their passing, route running, speed, and agility. All of the skill stations can be done individually to ensure the safety of the athlete. Please bring your own football if possible. Volunteers would be greatly appreciated to run drill stations, please contact Alex at ajzewde@madison.k12.wi.us to get involved.

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, baseball and track and field 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 staff. The 3-4 year old class is an Adult/Child class.

VIRTUAL CLASS DESCRIPTIONS

SPORTS SKILLS
This program is designed to prepare children, ages 3-5, or organized sports in a virtual setting. Sports Skills focuses on a variety of general skills including: throwing, catching, kicking and batting. Children learn developmentally appropriate motor skill tasks that gradually build confidence. This is an adult + child program so children can feel confident working on skills. Instructors introduce weekly skills and provide assistance as needed.

WE LIKE TO MOVE IT, MOVE IT
Is your little one tired of being stuck in the house? Let’s get them moving and grooving! “We Like to Move It, Move It!” is a new virtual program that focuses on social interaction, moving our bodies and playing fun and goofy games! Held from 5:15-5:40pm virtually via Zoom each Monday, program instructors lead participants through various fun stretches, movement games and fun songs. After the program is complete, take a water break and get a snack in before our Virtual Sports Skills program begins at 6 pm.

YOUTH INDOOR SPORTS PROGRAMS

<table>
<thead>
<tr>
<th>Age</th>
<th>Class</th>
<th>Location</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Course#</th>
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YOUTH OUTDOOR SPORTS PROGRAMS

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YOUTH VIRTUAL SPORTS PROGRAMS

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Social distancing policies and procedures allow for individual instruction without the need to share equipment.

Staff are dedicated to creating a safe and welcoming environment for all.

Register at MSCR.ORG or use form on PAGE 44
Youth Tennis

MSCR Tennis lessons are a great way to introduce your child to a lifelong skill. Register early! Balls furnished, bring your own racquet, if possible.

<table>
<thead>
<tr>
<th>Grade</th>
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Youth Pre-Beginner
Youngsters with little or no experience. Eye-hand control, ball control and basic racquet skills are taught, as well as game development, rules and etiquette. Participants play fun games and increase self-confidence as tennis techniques develop.

Youth Beginner
For new players. Lessons teach basic footwork, grip, forehand and backhand strokes. Good sportsmanship, rules and etiquette also included.

Youth Intermediate
For players who have completed the beginner class or have previous exposure. Emphasis is placed on further development of strokes, service from the baseline, strategy and games.

Middle School Beginner
For new players or players briefly exposed to the game through instruction at school. Class covers the same skills as our other beginner level, but moves at a faster pace for the older student.

Middle School Intermediate
For players who have a basic foundation of the game. Emphasis is on skill refinement and strategy through drills and match play. Players practice volleying techniques, review game strategy and play at the net.

Register at MSCR.ORG or use form on PAGE 44
Youth & Family Fitness

Youth Sports & Fitness

CAPOEIRA KIDS LEVEL 1
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.

FITNESS, FUN AND FRIENDS
Girls ages 7-11 support each other and have fun as they explore fitness in a welcoming and encouraging atmosphere through games and play. Girls use props and resistance bands as they learn the basics of flexibility, core and resistance training. Each participant leaves feeling confident, strong and empowered. BYOM

FAMILY YOGA & DANCE
This class explores songs, relaxation, play and dance to upbeat music from a variety of cultures to promote social-emotional development. Explore creative ways to cultivate connection and awareness in a nurturing, loving and playful environment. Register each child, one caregiver per family must attend. BYOM.

RUNNING CLUB (LEVEL 1)
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. The goal is to build endurance to run/walk 3 miles by the end of the session. Each class takes place at a different east side trail to make running a new fun experience. Trail running only - no street running allowed. Fleet Feet and MSCR partner this fall on running programs for youth, in addition to outfitting them with the right shoes for free. If you have questions, please contact mkberg@madison.k12.wi.us

RUNNING CLUB (LEVEL 2)
This youth training group is geared towards older children who are looking for a coached workout. Each workout focuses on building running skills through speedwork, hill training, endurance workouts, running games and more. The goal is to build endurance to run/walk 4 miles by the end of the session. Each class takes place at a different east side trail to make running a new fun experience. Trail running only - no street running allowed. Fleet Feet and MSCR partner this fall on running programs for youth, in addition to outfitting them with the right shoes for free in which they can take home...If you have questions, please contact mkberg@madison.k12.wi.us

STRENGTH AND CONDITIONING FOR TEENS
Learn proper strength training techniques to build muscle through weight training and conditioning exercises. This class is perfect for teens who want to build confidence, stay active and get ready for a sport. Great for beginners who want to learn how to correctly use free weights and various fitness equipment. BYOM.

TEEN YOGA & MINDFULNESS
Teens learn how to relax their bodies and minds through yoga and mindfulness techniques. Flowing sequences that combine breath and movement are introduced to promote self-awareness and relaxation. This class is a great opportunity to meet new people and experience these practices for life-long physical and mental well-being! BYOM.

WARRIOR FITNESS
A high-energy workout that combines functional, resistance and cardiovascular training in one of a kind environment. The class starts with a proper warm up followed by fitness movements which prep children for a fun physical game. Class ends with a cool down and proper stretching techniques. They won't get bored and the uniqueness of each workout keeps them excited about participating. BYOM.

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<tr>
<th>Age</th>
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<th>Class</th>
<th>Location</th>
<th>Days</th>
<th>Dates</th>
<th>Fee</th>
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</table>

Register at MSCR.ORG or use form on PAGE 44
NATURE CHALLENGE COURSE: COMMUNITY CLIMB TIME
Bring your isolation crew for a climbing adventure at the Kennedy Challenge Course, located on Madison's east side or the School Forest Challenge Course, located in the Fitchburg/Verona area. Climb, zipline and challenge yourself with your crew on our course up to 30ft off the ground. We strongly encourage wearing a mask that covers your nose and mouth, we provide hand sanitizer for use between all climbs, physical distance between groups, and all equipment is sanitized after use and left to sit at least 48 hours prior to next usage. For age 12+.

COMPASS SKILLS AT KENNEDY ELEMENTARY
MSCR’s Compass Skills class teaches participants how to use various parts of a compass, orient to their surroundings and understand bearings and how to use them. This fun and interactive class has participants moving around to practice skills through several activities. No experience is required. This class is a perfect activity for those wanting to learn more about compass navigation and for those interested in exploring a new way to be outdoors. Ages 10+ welcome, pre-registration required.

NATURE EXPLORATION
MSCR is offering several opportunities for families and kids to spend time outdoors with nature activity kits! Each activity “kit” contains three different types of activities (art, science and exploration) for you to complete while exploring Madison parks. Every week focuses on a different nature theme and throughout the late summer and fall we visit different parks. Register to participate online or drop in and pay on site, the kit costs $5. Activities take approximately one hour to complete and participants arrive anytime between 3pm-5pm. All activities are organized so participants from different groups never need to interact.

ORIENTEERING AT SCHOOL FOREST CAMPGROUND
Orienteering is an activity in which participants find their way to various checkpoints with the aid of a map and compass. Orienteering can be competitive (groups compete to finish finding all the check-points with the lowest time) or a fun leisure activity. MSCR has three “courses” located at the Madison School Forest. The courses vary in difficulty and length to allow for each group to choose the best challenge for themselves. Orienteering at the School Forest is best for ages 7 years and up (however, younger participants with the help of an adult still enjoy the activity) and for groups of 5 or less. MSCR provides participants 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). Groups are assigned time slots for arrival to avoid too many people gathering in one space at the same time. Only one person per group needs to register and you must register online to participate. All youth must have an adult on site.

Campfire Building 101
Learn from Outdoor Programs instructors how to build three common types of fires that can be used for building fires in the backyard or out in the wilderness. Additionally, participants learn fire safety and simple leave no trace fire ethics. Each family spends part of the class building their own small fire and enjoys roasting marshmallows over their fire and turning it into a s’more! An adult over 18 must register and participate with youth participants. All supplies included. Go to page 11 for more information.
CAPITAL SPRINGS
Take a relaxing trip through the Capital Springs State Recreation Area just south of Monona. Paddle along the Yahara River, Upper Mud Lake and into Lake Waubesa. Meet at Lottes Park in Monona. Ages 16+, Kayak or Canoe trip, if canoeing please register 2 participants.

HORICON MARSH
Horicon Marsh’s silted up glacial lake is the largest freshwater marsh in the United States. Paddling this area allows you to explore and see the natural beauty of this space. Ages 16+ only, meet at LaFollette HS to caravan to the marsh. Kayak or Canoe trip, if canoeing please register 2 participants.

WINGRA CREEK
Take a sunset paddle on Lake Monona. Start at Wingra Dam and follow the creek to a beautiful view of Monona Terrace and the State Capitol, ending at Bernie’s Beach Park. Meet at the Wingra Dam. Ages 16+, Kayak or Canoe trip, if canoeing please register 2 participants.

INTRO TO CANOE
MSCR is offering several opportunities to spend time outside this fall and we are excited to offer paddling! MSCR instructors provide introductory information on equipment, basic paddling strokes, and then let you hit the water to enjoy the lakes. All PFDs, paddles, boats and equipment are sanitized for your safety and left untouched for at least 24 hours between participant usage. You are welcome to bring your own Coast Guard approved Type III PFD. If you weigh less than 90lbs, you must bring your own PFD. Welcome to ages 10+, with or without an adult registered, these opportunities are specifically for kids to get out on the water! Learn to canoe at Vilas Park Beach, after some time to get comfortable in the boat take a small float trip down Wingra Creek. Please note, if you register as a single you are paired with another in the canoe.

INTRO TO KAYAK
MSCR is offering several opportunities to spend time outside this fall and we are excited to offer paddling! MSCR instructors provide introductory information on equipment, basic paddling strokes, and then let you hit the water to enjoy the lakes. All PFDs, paddles, boats and equipment are sanitized for your safety and left untouched for at least 24 hours between participant usage. You are welcome to bring your own Coast Guard approved Type III PFD. If you weigh less than 90lbs, you must bring your own PFD. Best suited for ages 12+, if under 16 you must register with an adult unless otherwise noted. Learn the basics to start paddling safely. These courses give introductory information about boats, safety equipment, water safety and paddling techniques. If you’ve never been in a boat before, this is a great place to start!

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<th>Day</th>
<th>Date</th>
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Register at MSCR.ORG or use form on PAGE 44
MSCR maintains 3 pontoon boats at the Tenney Park Boat House (1615 Sherman Ave) offering opportunities to get on the water.

We are running a modified program offering drop-ins and private reservations with updated procedures due to COVID-19. While we strive to offer an enjoyable boating experience, our primary goal is always the safety of our passengers and crew.

NEW PROCEDURES:
• Any crew or participants experiencing a fever or flu-like symptoms we ask to stay home and not participate in programs.
• All crew and participants are asked to physically distance as much as possible from one another while in the boatyard and while on boats.
• Each personal flotation device (PFD) is sanitized and allowed to dry for 24 hours between uses.
• Deck chairs and all high touch surfaces are sanitized after each trip with a hydrogen peroxide solution.
• The number of allowed participants follow the Forward Dane Reopening Plan accordingly.
• All crew who are able wear masks that cover their nose and mouth and drop-in hosts handling cash/checks is wearing gloves.
• Participants are highly encouraged to wear face masks that cover both nose and mouth for their safety and the safety of others.
• Our boats are wheelchair accessible however, Tenney Park is our only accessible loading/unloading site.
• Smoking, vaping, chewing tobacco, consuming alcohol and weapons are prohibited on property and boats. Boats are equipped with safety equipment, floatation devices and deck chairs.
• For the most up to date information on cancellations (due to weather, high water levels, or COVID-19 concerns) and for other program announcements please call the MSCR weather line at 608-204-3044 (ext. 4). If you have further questions please contact us at pontoon@madison.k12.wi.us.

POONTOON RENTALS
Reserve a pontoon boat for your outing. A volunteer driver and first mate crew your boat. Three boats are available. Capacity limits follow Dane County Health Policies.
Phase 2: 10 participants per boat*
Phase 3: 15 participants per boat*
*These numbers are subject to change based on updated recommendations from Dane County Public Health and our ability to maintain safety and distance from fellow passengers and the crew.
3-hour rentals available daily: 9:30am-12:30pm, 1-4pm, 5-8pm
90 Minute rentals available weekdays only: 10-11:30am, 1-2-30pm

RATES
Phase 2 costs: Standard 3 hour rate: $75 90 minute trips: $45
Phase 3 costs: Standard 3 hour rate: $100 90 minute trips: $60

Go to mscr.org/our-programs/outdoor-adventures/pontoon-programs for more information.

DROP IN RIDES
Operate through September 30.
We offer drop in rides at Tenney Park and Warner Park. All trips are first come-first served with no reservations available. Boat capacity limits follow Dane County Health Policies. The fee is a $5 suggested donation per person.

Tenney Park
Boat trips to either Monona or Mendota (dependent on lake accessibility) from our Tenney Park Boat House. Registration begins 45 minutes prior to posted starting times.

TUESDAYS AND THURSDAYS
5:30-7pm
7:15-8:45pm (does not run in September)

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

Warner Park
Boat trips on Lake Mendota from Warner Park Boat Launch at 1201 Woodward Dr. Registration begins 15 minutes prior to posted starting times.

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

Drivers and First Mates on MSCR Pontoon Boats are volunteers and represent a long-standing community of trained and dedicated members. Please thank them for their hard work. If you are interested and would like more information or to be notified of opportunities next year, please contact the program supervisor Emily at eapeffer@madison.k12.wi.us or 608-204-4580.
ADAPTED PROGRAM DESCRIPTIONS

OUTDOOR - ADVENTURE CLUB
Meet each week at a different location around Madison! From Pontoon Boat Rides to picnics at Orton Park, MSCR Staff lead participants through an array of fun activities.

OUTDOOR - DANCE & MOVE
An Adapted favorite is back with a new twist! Come join us each week at Heistand Park for a low impact class using music and basic steps. Great for a cardiovascular and muscle toning workout, MSCR staff lead participants through a series of fun dance routines to songs ranging from top twenties hits to golden oldies! All fitness levels welcome.

OUTDOOR - TRAIL WALKING & BIRD WATCHING
Join MSCR Staff each week at a new hiking trail or park around Madison! While hiking you enjoy spotting different types of birds and wildlife.

OUTDOOR - SOCCER SKILLS
The focus is on movement, fundamentals and building basic soccer skills. Each week builds on the basic skills learned the previous week through fun exercises, drills and games. Staff work with participants on individual skills and focus on the essentials with each child. Social distancing policies and procedures allow for individual instruction without the need to share equipment. Staff are dedicated to creating a safe and welcoming environment for all.

VIRTUAL - CITY CLUB
Enjoy a variety of social activities via Zoom each week. Meet and hang out with friends for the first 15 minutes and then enjoy a fun activity led by MSCR Adapted Staff. Arts & crafts, fitness activities, virtual games and other fun and engaging activities are planned.

VIRTUAL ARTS - DRAWING I
Looking for a new quarantine hobby? Look no further! New to Adapted programs, the Virtual Drawing class is held on Zoom each week. An MSCR instructor leads participants through step by step drawing activities. Participants use skills learned in previous classes to build on projects and create something new each session.

VIRTUAL ARTS - PAINTING I
Looking for a new quarantine hobby? Look no further! New to Adapted programs, the Virtual Painting class is held on Zoom each week. An MSCR instructor leads participants through step by step drawing activities. Participants use skills learned in previous classes to build on projects and create something new each session.

Adapted programs are open to individuals with disabilities ages 18+ and their caregivers, families, friends. Participants 14+ may register if accompanied by a participating caregiver and/or adult. Caregivers/Adults must stay with 14+ participants at all times during program. All participants (including caregivers) need to register individually. Fees for caregivers/adults are waived. Staff supervision starts and ends at the time of program. Masks are required for all indoor activities. Physical distancing and sanitizing policies and procedures will be followed. Call 608-204-4581 for more information.

ADAPTED PROGRAMS - OUTDOORS

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Learn the basic concepts of relief printmaking. Use various tools to carve a unique design and create black and white prints. Materials provided.

INTRODUCTION TO PRINTMAKING

Chinese & Japanese Brush Painting
Learn the basics of the 6,000 year old art of creating oriental ink and watercolor works using traditional brushes on rice paper or watercolor paper. Topics include things from nature such as bamboo, birds, floral, plants, fish and landscapes. Finish your work with calligraphy. Enjoy experimenting with this meditative and philosophical art form. Materials provided.

Color Theory
Learn the basics of color theory and how to use color in design and art. Discover how color influences how viewers respond to a work of art. Explore historical techniques and application while learning the fundamentals of color theory. Create tools with acrylic paint and paper materials demonstrating the technical application of color and how to apply it to your own works of art. Materials provided.

Drawing & Painting

Chinese and Japanese Brush Painting

Drawing 1
Using the many supplies available to artists, students learn the steps to build up a finished drawing. Explore how to see light and shadow to create the illusion of 3-dimensional objects on paper. Draw from still life arrangements and photographs. Materials provided.

Drawing Portraits
Learn how to draw a portrait. Take a traditional approach to learning the proportions of the head and features by learning about the skeletal and muscular systems that form it. Capture mood and expression in your portrait drawings by learning how to see and render each facial feature with correct proportions. Materials provided.

Drawing Studio
Have you taken Drawing 1 & 2 and are ready for the next level? Work in a supportive and creative atmosphere while learning the importance of content, form and subject matter. Participants are encouraged to bring their own work to class. Drawings can be from photographs, still-lifes or the imagination. Any drawing medium is welcome. Participants may also choose to work from a weekly still-life assembled in the classroom. Each week the instructor demonstrates new drawing techniques and applications. Register for the month or drop in and pay $16 per week at Reception Desk.

Secrets of Painting from Photographs
Learn how to translate photos into painterly paintings using specific tips and techniques about true colors, values and avoiding pitfalls. Begin to free your paintings from the look of a painting from a photograph to a freely painted work of fine art. Acrylics, oils, or gouache. Materials provided.

Watercolor 1
Learn to love working with watercolor by applying a few simple techniques. Each class begins with a demonstration and experiment. Complete one painting per class using simple subjects and limited color. Materials provided.

Printmaking

Introduction to Printmaking
Learn the basic concepts of relief printmaking. Use various tools to carve a unique design and create black and white prints. Materials provided.

Fiber Arts

Introduction to Brioche
Expand your knitting skills with this introduction to brioche. Brioche knitting creates a lush, squishy ribbed fabric that is extra warm and comfortable. Learn how to create the brioche setup row for your project and knit in the brioche pattern. Leave with the beginnings of a lovely one-color brioche scarf. You can also try two-color brioche. In addition, find out how to use lifelines in your brioche knitting to make it easier to fix mistakes. Participants should understand knitting basics (knitting, purling, casting on and off). Supply lists available at mscr.org.

Knitting Cable Stitch Hat
Do you know how to knit, purl and cast on? Looking to add new skills to your knitting? Learn how to knit in the round using circular and double pointed needles and learn the basic cable stitch. Class is best suited to those with a basic understanding of the knit and purl stitch and casting on. Supply list available at mscr.org.

Pottery

Pottery Lab
Non-instructional, open lab for those potters who are able to work independently. Must have advanced pottery and glazing skills, as well as pre-approval from Pottery Coordinator (Hoyt: 204-3005) at least 3 days prior to registering. Failure to obtain pre-approval delays registration. Studio is available Mon - Fri when pottery classes are not scheduled. To practice social distancing and limit the amount of students in the studios, studio sign-up schedules are emailed weekly to participants. Fee includes use of tools, firing, glaze and 25 lbs. of clay. Additional clay must be purchased through MSCR at $16. Skip 11/26 -11/28.

Pottery: Wheel 1 & 2
A mixed class of both beginner and intermediate level wheel throwers. Class focuses on making basic cylinders, bowls, vases and cups. Class taught at beginning level with additional instruction for those with intermediate skills. All projects must be created and completed in the pottery studio. Each participant receives a 25# bag of clay and their own tool kit. Additional bags must be purchased at MSCR at $16.

Pottery: Wheel 2
Great course for those comfortable with wheel basics and want to improve skills as well as learn new techniques & projects. Focuses on craftsmanship, form, handles and glazing techniques. Participants need to be comfortable with throwing, trimming, and basic glazing. Each participant receives a 25# bag of clay and their own tool kit. Additional bags must be purchased at MSCR at $16. All projects must be created and completed in the pottery studio. Materials provided.
# Adult Indoor Classes

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Register at [MSCR.ORG](http://MSCR.ORG) or use form on PAGE 44
SEWING
SEWING 1
Start from scratch and learn the basics of sewing. Start with an overview of sewing supplies, threading the machine and fabric basics. Learn to sew straight lines and curves using different stitches to make seams and finish edges. No experience necessary. Class is appropriate for very beginners as well as people looking for a refresher. Sewing machines and all supplies provided.

SEWING 2
Apply skills learned in Sewing 1 to create basic projects working from a pattern. Learn how to choose the right pattern, pin and prep fabric and see your project through to completion. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided. Supply list available at mscr.org.

SEWING 2 - FARMER'S MARKET BAG
Sew a fabric tote bag that you can take anywhere with all your necessities, keep in your car for trips to the farmers' market or use for carrying your sewing supplies to class! Students may also make a small zippered pouch if time permits. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided.

SEWING: T-SHIRT QUILTING
Turn your beloved t-shirts into a quilt. Class is best for students who feel comfortable with a sewing machine and ready to take on a larger project. Create a finished quilt top and then learn a variety of ways to complete the project at home. Students need to provide 12 - 15 t-shirts for their project, all other materials provided. Sewing machines provided.

SEWING: VEIL MAKING
Creating veils for special occasions like weddings and confirmations. Use silk and fabric flowers, pearls, crystals, ribbon, lace etc. to make veils. Instruction includes making flowers from fabric and beads. Many styles, head bands, wreathes, barrettes, crowns and more! Make veils of any length and any number of layers. Instruction includes finished edges, including basic, lace, ribbon, beaded and others. Sewing machines provided.

UPCYCLE YOUR KNITS
Winter is long and dreary and what better way to cope than by up-cycling your trusted knit friends with beautiful colorful patterns. Learn simple embroidery stitches and patterns to decorate your sweaters. Sewing materials provided. Bring clothes to upcycle.

WORKSHOPS
SHIBORI DYEING WORKSHOP
Learn to create textile patterns using Shibori dyeing process that dates back to 8th century Japan. Prepare the cloth by binding, folding, twisting and compressing to create patterns with a traditional indigo dye. All supplies except fabric provided. Information about the best fabrics to bring is go to mscr.org.

STITCH RESIST SHIBORI
Continue exploring the dyeing techniques demonstrated in the introductory workshop to create pieces that are more complex and thoughtfully planned out. Focus on the art of creating patterns using the Japanese Nui stitching technique. Some fabric for experimenting provided, bring a few fabric pieces to bind and dye using any technique you choose. Supply list available at mscr.org.

WRAP BRACELET WORKSHOP
Wrap Bracelet Workshop is all about creating a plethora of colors that echo the free spirit bohemian sophistication you long for. Wrap your wrist with spring meadow colors, northern lights or any myriad of hues you choose. Use leather cords and at least 108 beads to create a very unique signature piece of jewelry. All material included.

YOGA + ART WORKSHOP
Stretch your imagination and explore your creative side. Start the workshop with a gentle and reflective yoga class. Then translate your meditations into a colorful mandala painting. Leave class with a refreshed mind and a 12x12 painting. All levels welcome. Materials provided. BYOM.

INDOOR SAFETY POLICY REQUIREMENTS & INFORMATION
• Masks are required.
• Supplies and tools are disinfected before the start of each class and they are not shared during class time with other students.
• 6ft distance must be practiced.
• Supply lists available at mscr.org
# Adult Indoor Classes

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Register at [MSCR.ORG](http://MSCR.ORG) or use form on PAGE 44.
OUTDOOR SAFETY POLICY REQUIREMENTS & INFORMATION

• 6ft distance must be practiced
• Masks are not required, but highly recommended if 6ft distance cannot be practiced.
• If supplies are included, kits are available on the first day and can be used for the entirety of the class.

OUTDOOR

PHOTOGRAPHY: FALL WALKS
Explore some of Madison’s most beautiful green spaces with your camera. Open to people of all photographic abilities! Bring your point-and-shoots, SLRs, or even mobile phone camera. The emphasis is on using your “vision” to improve your photos. Class meets once at 10/7 at Vilas Beach Shelter; 10/14 at Garner Park Shelter; 10/21 at Warner Park Shelter. Exact meeting locations sent in advance. Stroll through the parks stopping along the way to shoot photos and discuss photographic techniques.

DRAWING 1
Using the many supplies available to artists, students learn the steps to build up a finished drawing. Explore how to see light and shadow to create the illusion of 3-dimensional objects on paper. Draw from still life arrangements and photographs. Materials provided.

POTTERY: WHEEL 2 WORKSHOP
Great course for those comfortable with wheel basics who want to improve skills as well as learn new techniques & projects. Throw, trim and decorate pottery in this two day workshop! Participants use tabletop wheels and tools provided by MSCR. Class is held outside, but under protection.

MINDFUL ART JOURNALS
Do you struggle with anxiety or stress in your everyday life? Learn to cultivate a mindful art journaling practice to help promote mindfulness and reduce negative thinking. Explore various art techniques and mindfulness exercises as you relax, de-stress and connect. No art experience needed. Bring a journal or sketchbook to class, all other materials provided.

VIRTUAL

BRIDGE BASICS 1
Learn to play Bridge virtually! Bridge is a great way to challenge your mind every day. Discover how to play through live Zoom meetings and virtual step-by-step demonstrations with your peers. This class is appropriate for those who haven’t played for a while who need a refresher, those who want to learn more about bidding strategy and for beginners.

THE GLAPPY HOUR: CHARACTER STRENGTHS
Come on, get glappy (Glad + Happy = Glappy)! Take a break from your week and join MSCR to add some pep to your step. During these difficult times, it is easy to feel down. In this interactive virtual workshop, learn more about your strengths (created by the VIA Institute) and develop a plan to focus attention on things such as love, curiosity, humor and kindness. Participate in interactive discussions with peers on a variety of self-improvement topics.

CROCHET - EAR FLAP HATS
Go beyond basics and learn to crochet in the round and increase and decrease, while making a beanie-style hat with ear flaps. Hats can be sized for adults or children. Looking for something more whimsical, add character details like a kitty with a bow or a masked turtle. Supply list available at mscr.org.

GUITAR 1
Did you know you can play many pop, folk, or rock songs with just three or four chords? Learn basic guitar techniques, chord shapes and some music theory and open up the wonderful world of guitar playing. You’ll be amazed at how fast you can learn to play the world’s most popular instrument! Participants must purchase Hal Leonard Guitar Method book 1 Second Edition, Authors: Will Schmid, Greg Koch before first class. Guitar is required, but no experience necessary.

OIL PAINTING
Discover the world of oil painting! Learn painting techniques along with color mixing and composition. All levels welcome. Materials provided.

GUITAR 2
This class is a continuation of Guitar 1 and references the text, Hal Leonard Guitar Method book 1 by Will Schmid. Students must know the primary chords and strings on the first position. For students that have not taken Guitar 1 through MSCR, a review of the required text is recommended. During class, students continue to learn the 5th and 6th strings, chords and eventually move on to fingerstyle playing.

MATERIAL PROVIDED
• For classes where materials are provided, supply kits are available for curbside pick-up.
• Weekly recorded video lessons and handouts are offered through Google Classrooms.
• Passwords are sent one week before class for students to have access to weekly live Zoom calls.

WILLIAM SCHMIDGALL, ARTS & ENRICHMENT DIRECTOR
608.204.3021
mmscr@madison.k12.wi.us

REGISTRATION
Register at MSCR.ORG or use form on PAGE 44
### ADULT OUTDOOR CLASSES

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### ADULT VIRTUAL CLASSES

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### VIRTUAL ADVENTURES

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**BAKERY BUS IN A BOX (CARE PACKAGE WITH EDUCATIONAL SEMINAR)**
Tour the bakeries of Milwaukee from the comfort of your own home. Milwaukee Food & City Tours sends you a box with pastries from authentic Italian, German, Danish, Mexican and French bakeries. Taste Milwaukee’s Italian heritage with a half-pound box of Peter Sciortino’s Bakery on historic Brady Street. Delve into Mexican culture with a mini Three King’s Cake from woman-owned La Flor de Trigo. Enjoy a dozen of National Bakery’s famous German pecan fingers. Savor 6 madeleines as a French delight from Greige Patisserie. Enjoy hand dipped chocolate treats from Ultimate Confections. After receiving your box, tune into a live Zoom 1.5 hour discussion about Milwaukee’s immigrant past and a chance to meet the makers behind the treats. Seminars take place on Saturday, September 26. Treat box is shipped to you the week prior to the seminar. Registration deadline is 9/17. Fee includes enough treats for multiple days for one household plus the educational seminar.

**VIRTUAL - CHOCOLATE & CHEESE TASTING AT HOME**
Join us from the convenience of your couch for a chocolate and cheese tasting with local makers. We send you a kit with a variety of chocolates and cheeses from local vendors and a link to an interactive discussion and a behind the scenes tour with the makers. More details to come about this exciting experience in early September. Registration deadline is 10/24. Fee includes enough samples for two plus a live Zoom educational seminar.

Register at MSCR.ORG or use form on PAGE 44
ARMS & ABS
Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Class incorporates body weight, light hand weights and high repetitions. Great for beginners. BYOM.

BOOT CAMP
This interval class is designed to improve your fitness level and change your body composition. Combine strength training, plyometrics, cardio drills, and core exercises for a total body workout. Get ready to move! Appropriate for intermediate to advanced levels. BYOM.

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! Great for beginners.

CLASSIC CARDIO & TONING
Pay homage to fitness classes of the ’80s and ’90s with this throwback to the classic group fitness format. Mix 30 minutes of choreographed cardio with 30 minutes of strength training for one sweaty good time. Leg warmers are optional! Classic Cardio & Toning is perfect for cardio junkies, head-to-toe fitness and fun! Great for beginners. BYOM.

COMMIT TO GET FIT
Receive personalized attention from a nationally certified personal trainer in a small group format (8-10 participants) that is designed to help you realize your fitness potential. Class incorporates exercise education, followed by a small group workout that focuses on building total body strength and increasing cardiovascular fitness. This class is geared towards those new to exercise or need a refresher on basic exercise techniques. BYOM. Skip 11/28/20.

GENTLE YOGA FLOW
Great for beginners or those searching for a soothing gentle practice. This class focuses on moving slowly into basic yoga poses while using the breath as a tool to remain present and mindful. The slow pace allows you to enjoy each pose. Expect a lot of stretching and lengthening with a heavy dose of relaxation to wrap up your practice and leave you feeling great. GREAT FOR BEGINNERS. BYOM. Skip 9/19/20

HARD CORE
Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen, glutes, back and increase flexibility. Great for beginners. BYOM.

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! Appropriate for intermediate to advanced levels. BYOM.

KETTLEBELL BOOTCAMP
Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness -- endurance, strength, balance, agility and cardio endurance. Class incorporates the principals of high-intensity interval training using kettlebells, medicine balls, ropes and body-weight exercises to get your heart rate up and your body sweating! Appropriate for intermediate to advanced levels. BYOM.

LGBTQ+ YOGA
The class is a safe place for LGBTQ+ people; being mindful of this, everyone is welcome to participate. Come with an open heart and get ready to relax your mind, stretch your body and meet new friends. BYOM.

PILATES & BARRE
Experience a full body workout combining elements of mat-based Pilates and traditional barre exercises. Lengthen and strengthen, with focus on core strength, balance and alignment. Great for beginners. BYOM.

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! Great for beginners. BYOM.

SMALL GROUP TRAINING
Take your training, strength and fitness goals to the next level with a small group of 2-8 participants. Get the individualized attention you want and need to improve your motivation, accountability, fitness results and overall strength for a truly superior workout experience. Our certified personal trainers make sure you have proper alignment and technique throughout the entire workout. All fitness levels are welcome.

STRENGTH TRAINING FOR WOMEN
This women’s specific strength training class incorporates weights, kettlebells, body weight training and resistance tubing for an effective total body strength training class. Great for beginners. BYOM.

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. Great for beginners. BYOM.

WERQ
WERQ is the fiercely fun dance fitness class based on pop, rock and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses. Great for beginners.

YOGA FLOW
This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Yoga Flow is perfect for active yoga, strength building and improving flexibility. BYOM.
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Register at MSCR.ORG or use form on PAGE 44
OUTDOOR SAFETY POLICY REQUIREMENTS

- 6ft distance must be practiced.
- Masks are not required, but highly recommended if 6ft distance cannot be practiced.
- Bring your mat and equipment.
- Class capacity in each outdoor class is 15 participants.
- We encourage you to join the waitlist if a class is full, as capacity may be reassessed.
- All classes are open to beginners and participants of all fitness levels. Our instructors are trained to have options for all.
- A week before class, you will receive a welcome email with class details and the most up to date information on COVID-19 policies.

BOOT CAMP
This interval class is designed to improve your fitness level and change your body composition. Combine strength training, plyometrics, cardio drills, and core exercises for a total body workout. Get ready to move! Appropriate for intermediate to advanced levels. BYOM.

CORE DE FORCE
Core De Force workouts are broken into 3 minute rounds, just like a real boxing match! Experience boxing, kickboxing, Muay Tai combinations and bodyweight moves. You’ll pummel calories and build a strong core! (This class is non-contact, no experience necessary!) BYOM.

KICKBOX CARDIO
No bags, no gloves, just a killer workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. This class improves your endurance and cardiovascular fitness, tones muscles and shreds your abs. Great for Beginners. BYOM.

LGBTQ+ YOGA
The class is a safe place for LGBTQ+ people; being mindful of this, everyone is welcome to participate. Come with an open heart and get ready to relax your mind, stretch your body and meet new friends. BYOM. Skip 9/23.

NONE TO RUN
No running experience? No problem! This 45-minute class leads new runners through non-competitive, run/walk interval workouts leading up to a 5K. Class builds endurance over the course of ten weeks, so you're ready to run 5 kilometers - or 30 minutes non-stop for a 5K. Meets at Olbrich Park but run at Yahara trail park.

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. Great for beginners. BYOM and towel.

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! Great for beginners. Equipment needed: BYOM, towel and light/moderate hand weights (or water bottles, canned goods, etc.). BYOM.

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. Great for beginners. Bring your own mat and towel. BYOM.

YOGA
Vinyasa style, flowing movements are used to gently increase range of motion, improve strength, balance, breathing and relaxation. Bring your own mat, towel and yoga props you might have. BYOM.

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GENTLE YOGA FLOW
Great for beginners or those searching for a soothing gentle practice. Focuses on moving slowly into basic poses while using the breath as a tool to remain present and mindful. The slow pace allows you to enjoy each pose. Expect lots of stretching & lengthening with a dose of relaxation to finish and leave you feeling great. BYOM.

HARD CORE
Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen, glutes, back and increase flexibility. Great for beginners. Small weights and mat are optional.

HATHA YOGA 1
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 towards those new to the practice. BYOM.

HATHA YOGA 2
Explore positions focusing on flexibility, strength and balance. BYOM.

MINDFULNESS MEDITATION
This meditation class is designed to build resilience and reduce stress to help with everyday demands during challenging times. Bring a writing utensil and a notebook. No prior meditation experience is necessary, beginners are welcome! BYOM.

PILATES
A low-impact class that strengthens muscles while improving postural alignment and flexibility. This class begins with an introduction or refresher on the fundamentals of Pilates mat work, learning and mastering the basics, then progresses through more challenging exercises. Great for beginners. BYOM.

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! Great for beginners. BYOM, weights.

TAI CHI YANG
This Yang style short form emphasizes effective body mechanics, alignment, breathing and the interplay of strength and relaxation. Perfect for physical and emotional balance, sports performance and self defense. Great for beginners.

TOTAL BODY FITNESS
This class is a total body, heart pumping, aerobic and strength conditioning workout. Class combines full-body strength training with cardiac bursts designed to tone your body and improve your endurance. Great for beginners. BYOM and towel.

YIN YOGA
Focuses on combining long stretches with mindfulness meditation & breath work. Yin forms are practiced low to the ground and with the muscles relaxed, allowing the stretches to move deeper into connective tissues. Great for beginners. BYOM.

YOGA BARRE
A blend of dance, yoga, strength training and Pilates, giving you a full body toning experience. Equipment needed: mat (optional), chair and light weights (or water bottles) and resistance band.

YOGA FOR PEOPLE OF COLOR
Interested in exploring yoga in a safe and nurturing space for Black, Indigenous and People of Color? Each class includes postures and exploring ways to use breath and meditation for wellbeing. Participants are invited to stay after class to connect with others, share yoga resources and build community. BYOM.

YOGA SCULPT
A dynamic yoga practice that incorporates resistance interval training and cardiovascular exercise into traditional yoga sequences. Designed to tone and sculpt every major muscle group. Leave feeling calm, strong, refreshed and rejuvenated to conquer your day! BYOM, weights.

ZUMBA
It’s a party and a workout! Zumba is an aerobic dance fitness class that combines international music and movement. Zumba is perfect for cardiovascular fitness and creative movement. Great for beginners.

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Indoor Class Descriptions

**INDOOR SAFETY POLICY REQUIREMENTS**

- Masks are required.
- Equipment is disinfected before the start of each class and is not shared during class with other participants.
- 6ft physical distance must be practiced.
- All classes are open to beginners and participants of all fitness levels. Our instructors are trained to have options for all.
- A week before class, you will receive a welcome email with class details and the most up to date information on COVID-19 policies.

**BALANCING ACT**
This introductory exercise program is designed to increase balance and decrease the risk of falling by using Tai Chi movements and principles. Exercises are primarily from a standing position. Adapted chair based exercises are available to meet individual needs. There is no floor work.

**CHAIR EXERCISE**
This specially designed class includes multiple components to help reduce pain and stiffness while maintaining or improving mobility, muscle strength and functional ability. All exercises can be performed while sitting or standing. There is no floor work.

**FUNCTIONAL FITNESS**
Learn safe and effective exercises using light weights, bands and mat exercises. This workout focuses on improving functional performance levels. It includes movement patterns that enhance strength, agility, aerobic fitness, balance and flexibility. Please bring a mat to class.

**GENTLE EXERCISE**
This gentle class promotes balance, strength, and flexibility for those with aches and pains. Breath awareness, active relaxation and stretching exercises are all included. There are both standing exercises and exercises using a chair. There is no floor work.

**LOW IMPACT EXERCISE**
Learn easy low-impact aerobic routines and low back and abdominal strengthening exercises. Learn proper techniques to improve muscular strength, endurance, range of motion and flexibility. Please bring a mat to class.

**PILATES**
Pilates focuses on postural symmetry, breath control, abdominal strength, and spine stabilization. Instead of isolating muscle groups, train the whole body, integrating the upper and lower extremities with the trunk. Class is geared toward the more physically fit and experienced exerciser. Please bring a yoga mat to class.

**PURE STRENGTH**
Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected!

**SIMPLE STRENGTH**
Learn the basics of strength training using weights, bands and various types of fitness equipment. Emphasis is on strength that also enhances balance and flexibility. Please bring a mat to class.

**STRENGTH TRAINING FOR WOMEN**
This women’s specific strength training class incorporates weights, kettlebells, body weight training and resistance tubing for an effective total body strength training class.

**FAVORITE WORKOUTS - WOMEN**

**STRETCH & STRENGTH FOR MEN**
This class is geared toward the male participant. Incorporates stretching exercises to enhance flexibility and strengthening exercises to improve overall fitness. Please bring a mat to class.

**TAI CHI**
Beginning and continuing students flow with relaxing Tai Chi movements. The class starts with Tai Chi Qigong, strengthening exercises followed by Beijing 24 Tai Chi exercises.

**TAI CHI - QIGONG**
This class involves movements coordinated with breathing. Class begins with five minutes of abdominal breathing followed by Qigong/ Chi Kung massages and Chinese temple exercises as warm ups. The Tai Chi Qigong sequence involves coordinated breath movements and work on balance, flexibility and relaxation. Most of the class involves movement using breath as the mental guide.

**TAI CHI CONTINUING**
This class teaches Yangjia Michuan Taijiquan (YMT), an early traditional form of Tai Chi. Class consists of sword cuts, KunLun Sword Routine and Part I and II of YMT and reviews Beijing 24, introduces YMT with Thirteen Postures, recaps Parts I and II.

**YOGA - GENTLE YOGA**
A good fit for all ability levels, this class combines slow, gentle yoga movements and breath awareness. Class ends with quiet breathing techniques. Please bring a yoga mat to class.

**YOGA - GENTLE YOGA FLOW**
This is a more relaxed yoga practice combining gentle breathing together with flowing movement. Please bring a yoga mat to class.

**YOGA - 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. Please bring a yoga mat to class.

**YOGA - HATHA YOGA II**
Explore yoga positions focusing on flexibility, strength and balance, with emphasis on alignment. Designed for the more experienced student. Please bring a yoga mat to class.
### Indoor Classes

<table>
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T'AI CHI
Beginning and continuing students flow with relaxing T'ai Chi movements. The
class starts with T'ai Chi Qigong, strengthening exercises followed by Beijing 24 T'ai
Chi exercises.

T'AI CHI YANG STYLE
This class focuses on the 24 forms Yang style sequence. Beginners learn the form,
and those familiar with the form can review and refresh their practice. Variations in
the movements and breathing patterns are touched on as well.

OUTDOOR SAFETY POLICY REQUIREMENTS
• Masks are not required, but highly recommended if 6ft distance cannot be
  practiced.
• Bring your mat and equipment.
• Class capacity in each outdoor class is 15 participants.
• We encourage you to join the waitlist if a class is full, as capacity may be
  reassessed.
• All classes are open to beginners and participants of all fitness levels. Our
  instructors are trained to have options for all.
• A week before class, participants are emailed with class details and
  the most up to date information on COVID-19 policies.

FUNCTIONAL FITNESS
Learn safe and effective exercises using light weights, bands and mat exercises.
This workout focuses on improving functional performance levels. It includes
movement patterns that enhance strength, agility, aerobic fitness, balance and
flexibility.

MEDITATION
Meditation is Easy! Join us for a straightforward easy meditation practice. We
cover techniques for meditation, tools for establishing a daily meditation practice
and troubleshooting your meditations. This class is for novices and seasoned
meditators alike. Bring a journal and pen.

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### Outdoor & Virtual Classes

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### Virtual Classes

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Register at MSCR.ORG or use form on PAGE 44
GAMES GALORE
Come and play Bean Bags, Bocce and Molkky. All three games are set up for each class. Rotate through or stay and play the ones you like best. Stations are created to keep people physically distanced.

OUTDOOR FAMILY GAMES
Come and play games as a family. Bean Bags, Bocce and Molkky will be set up for each class for you to play. Stations are created to keep people physically distanced. Each family member participating must register. Ages 5+, at least one adult required.

OUTDOOR PICKLEBALL
Join us at the park for some outdoor Pickleball. We are adjusting play for doubles to allow for adequate distancing. Enjoy some time this fall outside with one of the fastest growing sports in the country. Please bring your own paddle each week.

<table>
<thead>
<tr>
<th>Age</th>
<th>Activity</th>
<th>Location</th>
<th>Day</th>
<th>Dates</th>
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ADULT TENNIS LESSONS
Register Early! Balls furnished, bring your own racquet, if possible.

BEGINNER
Learn scoring or rules, mechanics of forehand, backhand & serve.

ADVANCED BEGINNER
Improve consistency of forehand and backhand strokes and serve.

DOUBLES
Gives intermediates an opportunity to learn strategy with stroke emphasis as needed in doubles.

INTERMEDIATE
Player has dependable ground strokes and serve, but wants to incorporate lobs, overheads and volleys into complete game strategy.

OPEN PLAY
Perfect opportunity for the tennis lover to relax and play. Matches are set up nightly based on ability level and number of participants. This is not league play; no standings are kept. All skills levels are encouraged to participate. Nightly assignment of matches and supervision provided.

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ADULT OUTDOOR SOCCER PICK UP PLAY - NEW!
New this year! Adults 18+ are encouraged to join us at Olbrich Park for a 5 week pick up play soccer program! Weekly participants receive an email with a color that they should wear on Sundays for their pick up play game. Once on site, look for your team members wearing the same color. Each week teams are different and divided evenly. A referee is on site to maintain social distancing requirements and enforce game play rules. Games are played on modified 6v6 soccer fields and are played as a 6v6 game. Participants are required to maintain 6ft physical distancing at all times and goalies are not allowed. To maintain compliance with the State of Wisconsin “Safer at Home” order, participation is limited to a maximum of 25 participants. Takes place 9/20-10/18, 5:30pm-7:00pm, $30. Use course # 27859 to register.

Register at MSCR.ORG or use form on PAGE 44
Activity Addresses

Acewood Park, 1402 Acewood Blvd
Allied Learning Center, 2237 Allied Dr
Allis Elem, 4201 Buckeye Road
Cherokee Park North Unit, 6098 N Sherman Ave
Cherokee Park, 1000 Burning Wood Way
Elements Welcome Center, 5025 Sudbury Way
Elver Park, 1236 McKenna Blvd
Emerson Elem, 2421 E Johnson St
Falk Elem, 6323 Woodington Way
Garner Park, 333 S Rosa Rd
Glendale Elem, 1201 Tompkins Dr
Hawthorne Elem, 3344 Concord Ave
Hiestand Park/Woods, 4302 Milwaukee St
Hoyt Building (MSCR), 3802 Regent St
Hoyt Park, 3902 Regent St
Kennedy Park, 5202 Retana Dr
Lake View Elem, 1802 Tennyson Ln
Lincoln Elem, 909 Sequoia Trail
Lindbergh Elem, 4500 Kennedy Rd
Lowell Elem, 401 Maple Ave

Meadowood Neighborhood Ctr, 5740 Raymond Rd
Mendota Elem, 4002 School Rd
Midvale Elem, 502 Caromar Dr
MSCR East, 4620 Cottage Grove Rd
MSCR Hoyt - Main Office, 3802 Regent St
MSCR Odana, 5625 Odana Rd
Olbrich Park & Gardens, 3330 Atwood Ave
Olin Park, 1156 Olin-Turville Ct
Orchard Ridge Elem, 5602 Russett Rd
Owen Conservation Park, Owen Park Rd
Rennebohm Park, 115 N Eau Claire Ave
Sandburg Elem, 4114 Donald Dr
Sandburg Park, 2818 Independence Ln
Schenk Elem, 230 Schenk St
School Forest, 1577 Fritz Rd
Tenney Beach, 1300 Sherman Ave
Tenney Park, 1414 E Johnson St
Warner Park Comm Rec Ctr, 1625 Northport Dr
Warner Park, 1511 Northport Dr

MSCR thanks the following donors for supporting public recreation programs.

Jane Albert
Donna Antonie
Marolyn Bahr
Jane Bartlett
Lynn Bjorkman
Susan Bowditch
Pamela Bradford
Kay Bradley
Judith Bradshaw-Rouse
Cynthia Bush
Rich Christopherson
Joanne Cotter
Carolyn Culp
Carol Dalton
Thomas Dechant
Permelia Despain
Bonnin Dill
Ronald & Harriet Dinerstein
Marlyn Duguid
Jane Eisner
Patricia Elliott
Evelyn Fahrbach
Julie Fedele
Ellen Fisher
Donna Fox
Marian Fredal
Deborah Garrett Thomas
Sharron Gehrig
Anthonette R Gilpatrick
Lyleth Gjovik
Mary Ann Gosda
Gerri & Alan Guzman
Rita Harris
Norma Hove
Elizabeth Howard
Margaret & John Jacoby
Telise Johnson
Nancy Kendrick
Dan Kleist
Lois Komai
Shirley Krsinich
Kathleen & Richard Kuhnen
Hilda Kuter
Barbara Larsen
Caroline Lippincott
Alice Malacara
Dolly Marsh
Nancy McAdams
Joyce McComish
Margaret McIntire
Deborah Mentzer
Rozelle Meyer

Pamela Midbon
Lynette Miller
Pauline Miller
Amy Moran
Judith Munger
Ann Niedermeier
Marjon Ornstein
Dawn Palti
Amy Ramesh
Claire Rider
Marilyn Ross
Janaan Sampson
Sandra Schmidt
Dana Schreiber
Diane Schuck
Suzannah & Gary Sisler
Mike Sloan
Karen Tuffli
Betty Ulanski
Michael Wahle
Guy Webster
Lynn Willkom
Nancy Wuensch
Barbara Zanoni

The Foundation for Madison’s Public Schools
Interested in supporting MSCR? Consider a donation to Friends of MSCR to support new program initiatives and services or the MSCR Community Resource Fund at the Foundation for Madison’s Public Schools to support MSCR COVID-19 response.

More information can be found at mscr.org/get-involved/friends-of-mscr or fmps.org/donate/mscr-community-resource-fund/
MSCR Meadowood Neighborhood Center, 5740 Raymond Rd, 467-8360

MSCR operates the 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 afterschool and evening hours. The center also offers arts and enrichment programs, fitness classes and a place for neighbors and groups to meet. For a complete list of programs, go to mscr.org and click on Meadowood Neighborhood Center.

Meadowood Neighborhood Center Activities:
Meadowood services and hours are currently limited due to the coronavirus pandemic. For current program information, please visit mscr.org or call 608-467-8360.

MSCR Meadowood Neighborhood Center
5740 Raymond Road
Phone: 608-467-8360

MSCR Program Centers

MSCR operates three program centers that offer a wide range of programming for all ages. Look for arts & enrichment, dance and fitness classes and special events at all these facilities throughout the program guide.

These three facilities are operating in fall 2020 with increased health and safety protocols. See page 3 for additional information about the safety measures in place.

• MSCR East 4620 Cottage Grove Road
• MSCR Hoyt, 3802 Regent Street
• MSCR Odana, 5625 Odana Road

Warner Park Community Recreation Center

MSCR, in collaboration with 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 Warner Park CRC. MSCR does not give discounts for WPCRC members. ID Forms are available at mscr.org/our-programs/mscr-neighborhood-centers or call 245-3670.

The Warner Park Community Recreation Center is currently closed due to the Coronavirus pandemic. Programming will resume as soon as the facility reopens.
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.

WHAT ARE THE ELIGIBILITY REQUIREMENTS?
Inclusion services are free and available upon request. Requirements for inclusion in a program or activity are the same as those for a person without a disability.

• Meets age requirement
• Is registered
• Adheres to behavior expectations, with or without reasonable accommodations
• Voluntarily participates in registered activity, with or without reasonable accommodations
• Meets any other essential eligibility requirements for a specific activity

WHAT ARE EXAMPLES OF REASONABLE ACCOMMODATIONS?
An accommodation is reasonable when it does not fundamentally change the nature of the program or activity. Reasonable accommodations include, but are not limited, to the following:

• An enhanced staff to participant ratio
• Behavior support plans
• Sign language interpreters
• Adaptive equipment
• Alternate or accessible transportation, when transportation is provided for all participants
• Removal of architectural barriers
• Additional staff training

WHAT ARE THE LIMITATIONS OF INCLUSION SERVICES?
MSCR provides reasonable accommodations for inclusion. Some accommodations, due to the activity or the environment in which the activity is conducted, may not be reasonable and thus there is no guarantee they will be provided. Examples of accommodations that are not guaranteed include:

• Individualized therapy or programming
• Provision and/or purchasing personal, custom devices or equipment
• Hiring or placement of a specific person as support staff
• Services of a personal nature such as toileting, feeding and dressing
• Recreation Inclusion Staff are not provided for non-structured/non-registered programs i.e. open gym, open swim, drop-in program, or child+adult or family activities, though other reasonable accommodations will be discussed.

WHO DOES MSCR HIRE?
MSCR hires Recreation Inclusion Staff to enhance staff to participant ratios. MSCR makes every effort to hire diverse staff that have experience and an interest in working with people with disabilities.

HOW CAN YOU ACCESS SERVICES?
1. When you register, mark “YES” in the Require Accommodations section of the Registration Form or check the box when registering online.
2. Complete the Online Participant Profile Form or print this form at mscr.org and return to MSCR, 3802 Regent St, Madison, WI, 53705.
3. Upon receipt of the necessary documents, MSCR’s Inclusion Services Staff will review your request and work with you to establish an individualized inclusion plan.
4. We request at least 2 weeks to plan and secure reasonable accommodations. In some cases reasonable accommodations may take longer. All attempts will be made to accommodate the needs of all participants. However, due to staffing constraints and/or capacity limits of the requested activity, registrations or accommodations may be limited. If so, other options (days, times, locations) may be discussed.

By requesting Inclusion Services, I understand that:

• Inclusion services is not designed for therapeutic or 1:1 care
• It is my responsibility to provide MSCR with the most current information to assist in providing accommodations to meet my or my child’s needs
• The participant’s inclusion plan does not exempt them from meeting activity rules/expectations, but may assist them in meeting them.

Contact:
Kate Dvorak
Therapeutic Recreation Specialist
Email: kdvorak@madison.k12.wi.us
Phone: 608-204-3043
Registration starts Monday, August 17 for residents of Madison Metropolitan School District. Non-residents may register beginning Monday, August 31.

1. Complete the Registration Form on page 44. All members of a household may register for multiple classes on one form.
2. All fees include appropriate sales tax. Or Register at mscr.org. All customers must create a new account, see mscr.org for details.
3. Include first and alternate choice where applicable. If your first choice is full, we will try your alternate choice.
4. If both choices are full, your fee will be returned and you will be wait listed.
5. Make check or money order payable to MSCR. Visa and MasterCard also accepted.

COVID-19 DISCLAIMER
All programs listed in this program guide are subject to change, temporary closure or cancellation due to COVID-19. MSCR follows all guidance from state and local authorities as well as the MMSD Superintendent.

CANCELLATIONS
In the event of severe weather, please check mscr.org or call 608-204-3044 for program cancellations. MSCR may cancel programs due to severe weather, facility conflicts, staff illness or other unforeseen circumstances.

CLASSES AT WARNER PARK COMMUNITY RECREATION CENTER
Warner Park CRC ID Cards are required for programs at Warner Park Community Recreation Center. Please go to mscr.org for a form. Annual 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 245-3670 for more information. MSCR does not give discounts for WPCRC members.

CUSTOMER PRIVACY STATEMENT
For the privacy and protection of our participants, we only disclose personal 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 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. 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.

INFORMATION EN ESPAÑOL
Las guías de programas de MSCR en español están disponibles en las escuelas de Madison en la oficina del especialista bilingüe o en la oficina principal, o puede buscarlas en la oficina de MSCR en Hoyt o en el Centro Comunitario Warner. Hay una versión disponible en sitio de Internet: mscr.org. Para mayor asistencia, comuníquese con el asistente bilingüe de programas al 204-3057.

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, nor may participants attend a program other than the one in which they are registered.

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, sexual orientation, less than honorable discharge, source of income or the fact that an individual is a student.

REFUNDS
Full refunds are issued if MSCR cancels a program. Participants wishing to withdraw from a class must make the request in writing. Refunds for withdrawals will be issued minus a $5 service charge per transaction up to 7 days prior to the start of the program. No refunds or credits will be issued with less than 7 days advance notice. Camp programs follow a different refund policy, please see the camp insert.

REGISTRATION POLICIES
Please register at least two weeks prior to the start of the program. Many programs fill rapidly, however, programs that do not meet minimum enrollment may be cancelled. MSCR does not accept registrations or reservations over the phone. Online registration is not available after a program begins. Summer Program Guide is good through August 2020. Only registered customers are allowed to participate. Paper registrations are only accepted at the MSCR Office, 3802 Regent Street. Instructors do not accept registration forms at the class site.

RESIDENCY
A resident resides at an address within the 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 40 for more information on MSCR’s Inclusion Services.

WAIT LIST
If a program is full, you can place your name on a waiting list. You will be contacted if an opening becomes available for that program or if additional programs are added. If we do not hear 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 registration space.

Law Regarding Concussion Prevention
Wisconsin Act 172 (Concussion Law) states that any child under 19 years of age, who is engaged in an organized athletic activity, athletic game or competition must receive information about the law and return the signed Parent & Athlete Agreement before participating. MSCR is requiring parents to complete forms prior to their child participating in certain programs. For more information go to the MSCR website, www.mscr.org, and click on Concussion Information on the menu. The site has information to read, a video to watch and Parent/Athlete forms to print, sign and return to MSCR.
At MSCR, the health and safety of our customers and staff is a top priority. This fall you can expect to see these safety measures at our programs and facilities to help keep everyone in our community safe.

**FACILITIES & EQUIPMENT**
- Physical distancing of 6 ft in common areas and program spaces, including outdoors
- Clear barriers at the reception desks
- Hand sanitizer available at all programs
- A clean facility: all areas of the facility are cleaned daily, high touch surfaces are disinfected multiple times throughout the day
- Shared equipment will be limited and cleaned after each use
- Drinking fountains are closed, but water bottle fillers are available
- Furniture removed from waiting areas
- Building access limited to program participants and staff
- Changes to entrances & exits to limit traffic in common spaces

**STAFF**
- All staff wearing face coverings in indoor facilities
- Fewer administrative staff in the facility each day
- Staff trained in health & hygiene procedures

**PARTICIPANTS**
We need help from you, our customers and participants, to keep everyone safe. We request that everyone who enters an MSCR facility follows these guidelines:
- Wear a cloth face covering or mask into the facility. Face coverings are required indoors and recommended, but not required, for outdoor activities.
- Enter the building just before your start time and leave promptly at the end of the program
- Wash hands or use hand sanitizer on entry into the building
- Give other customers and staff 6 feet of space in rooms and common areas
- Only registered participants may enter the building. Youth participants should be dropped off at the entrance. Visitors & accompanying individuals should wait outside.
- Come dressed for your program, changing facilities are not available. Continue to bring clean shoes to fitness studios.
- Bring a water bottle to class and leave food at home or in your vehicle.
- Observe indoor traffic patterns, exits and entrances may be different.
- Stay home if you are feeling sick or have any symptoms, even minor, of COVID-19, including: fever, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting or diarrhea.

**PARTICIPANT HEALTH & SAFETY AGREEMENT**
- I will not attend MSCR programming, unless everyone in our home is healthy and symptom free, with no known exposure to COVID-19.
- I will practice proper social distancing while on program premises.
- I will discuss the importance of social distancing with my child, if applicable.
- I understand and accept that there may be increased health risk due to COVID-19 and the possibility that I may be unknowingly exposed to COVID-19.
- I understand the COVID-19 situation is fluid and subject to change per state, other local authority, and program needs.
- I understand that due to COVID-19 or health or safety issues, the state, other local authorities or the MMSD Superintendent may require the immediate closure of the program for a short period of time, or for the duration of the program pending the circumstances.
- I understand failure to follow all program safety guidelines may result in me being discontinued from the program.

Participant or Guardian Signature _____________________________________________ Date ______________________
MSCR Registration Form

Name: ______________________ Size: ______

Credit Card Number: _________________
Name as printed on card: ___________________________
Three Digit Code: ________________

Payment Amount $_________
Authorized Signature: ___________________________________
Expiration Date: ____________

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: _____________________________________________________________________________________________________

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

Fee Total $__________
Donation $__________
Total $__________

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

Payment Plan (Camps Only)  ______ I am requesting a Payment Plan (Camps Only)

Fee Total $__________

Date of Birth mm/dd/yy

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

______ I agree to receive MSCR promotional email

Liability Waiver - Signature Required for Participation

Must complete form on back.

Participants’ Full Name Gender

Does the participant have a disability?  __Yes  __No  If yes, what type(s) of disability?

Street Address City State Zip

Do you have any medical conditions or concerns of which our staff need to be aware? (Asthma, Allergies, etc.)

Emergency Contact Name  Contact Phone

If you require accommodations or are disabled, please indicate below.

Do you reside in an assisted living facility?

Yes  No  If Yes, please indicate:

Assisted living facility:

Is your dog registered at Warner Park?

Yes  No  If Yes, please indicate:

Dog’s name:

I have read and agree to the waiver and responsibility statement provided.

I hereby agree to follow the registration and refund policies.

Program Title Location Start Date Start Time

Fee $__________

Assistance Request 1st Alternate, if any 1st Alternate, if any 1st Alternate, if any 1st Alternate, if any

Need Help? Go to www.mscr.org for more information. See page 41.

Madison School & Community Recreation Office: MSCR 3802 Regent St, Madison, WI 53705
Phone: 608-204-3000  Fax: 608-204-0557
费助理申请表

如果你的家庭正在申请费助理，你需要填写此表格并回答所有问题。

费助理只提供给居住在麦迪逊都会学区（MMSD）的居民。非居民不享受费助理服务。费助理服务提供给家庭收入低于联邦贫困线的185%的家庭。

该费助理申请及支付必须与MSCR注册表一起提交。费助理服务在MSCR注册表处理后不提供。

**家庭信息**

姓名：__________________________________________________________

家庭名称：_____________________________________________________

**家庭规模**

你家庭的规模是？

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

列出你的总收入（年）：$__________（年）

列出你的总收入（每两周）：$__________（每两周）

*总收入是指在任何扣除（如所得税、社会保险税、保险费、慈善捐款和债券）前的收入。

**成人**

如果参与者是成人，请完成此部分。如果参与者是儿童，请跳到下一部分并完成“儿童”部分。

成人参与者需支付50%的课程费用。

1. 我正在寄送以下支付：$__________。

2. *如果无法支付50%，请说明：

**儿童**

费助理服务仅限于17岁及以下的儿童。每季有三个课程季节：冬季/春季、夏季和秋季。

1. 我的孩子符合免费学校餐标准
   - 是
   - 否

2. 我的家庭符合免费或减价学校餐标准
   - 是
   - 否

3. *我的家庭额外要求支付超过两个程序每季的费用。
   请解释：

4. 我的孩子（们）未满学龄
   - 是
   - 否

**下一步发生什么？**

如果符合全费助理条件，将通过电子邮件确认您的注册请求。

如果不符合全费助理条件，将暂时保留您申请的课程，并在五个工作日内支付以确认您的位置。

如果不符合全费助理条件，根据家庭规模和上述收入以及免费或减价学校餐的条件，我们将暂时保留您申请的课程。

如果您未支付，我们将取消您的申请。

如果您未付款，我们将取消您的申请。

*如果您的家庭符合费助理条件，请将此表格和支付提交。

*该表格和支付必须与MSCR注册表一起提交。费助理服务在MSCR注册表处理后不提供。