



# MSCR Program Guide Winter & Spring 2023



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*Fee Assistance Available  
Disponible en Español*

No school?!? No problem.

# VACATION DAYS

Keep your child engaged with a full day of nature exploration and play.

*Offered anytime MNSED or MSSED has off at school*

*Payment plans and tuition assistance available*

**Registration Open for Spring Break**

For camp information and to register:

[camps@aldoleopoldnaturecenter.org](mailto:camps@aldoleopoldnaturecenter.org)  
[aldoleopoldnaturecenter.org](http://aldoleopoldnaturecenter.org)

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Explore nature. Together.

# WONDER BUGS

Introduce your preschool-aged child to a safe and wonderful natural world.

*Designed for children ages 2, 3, or 4, and their caregiver*

*Payment plans and tuition assistance available*

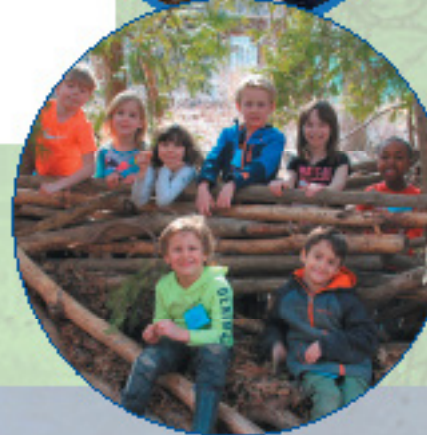
**Winter Registration Opens Nov. 21st  
Spring Registration opens Feb. 1st at Noon**

For program information and to register:

[wonderbugs@aldoleopoldnaturecenter.org](mailto:wonderbugs@aldoleopoldnaturecenter.org)  
[aldoleopoldnaturecenter.org](http://aldoleopoldnaturecenter.org)

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# MSCR WINTER & SPRING 2023 PROGRAM GUIDE

608.204.3000 OR MSCR.ORG



## MSCR Central

328 E Lakeside Street  
Madison, WI 53715  
Monday - Friday 8 am - 5 pm

Please note:  
Opening in January 2023

## PRESCHOOL & YOUTH

Afterschool	8 - 11
Aquatics	22 - 26
Arts & Enrichment - Preschool & Child + Adult	12 - 13
Arts & Enrichment - Youth	14 - 16
Fitness	17
Outdoor Pursuits	28-29
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**Registration begins**  
**Monday, December 5 at 12 pm**  
**for MMSD Residents and**  
**Monday, December 19 at 12 pm**  
**for Non-MMSD residents.**

**MMSD SUPERINTENDENT:** Dr. Carlton D. Jenkins, Ph.D.

**MSCR EXECUTIVE DIRECTOR:** Janet Dyer

### MMSD BOARD OF EDUCATION:

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Danessa Bishop, Carlos Chacon, Ross Hein, John Laubmeier, John McCluskey, Nichole Monzon, Brad Olson and Mary Walsh

### HOW TO REGISTER

New this season, registration begins at 12:00PM.

1. Register online at [mscr.org](https://mscr.org). This is the best option for customers interested in high demand activities.

2. Complete a paper MSCR Registration Form (found at the back of the MSCR Program Guide) and return your form and payment method to MSCR one of these ways:

- US Mail to MSCR East, 4620 Cottage Grove Rd, Madison, WI 53716
- Email a photo or scan of the form to [mscr@madison.k12.wi.us](mailto:mscr@madison.k12.wi.us)
- Fax to 608-204-0557
- Drop off at MSCR East or MSCR Odana

### FEE ASSISTANCE

How to request Fee Assistance:

To request Fee Assistance, complete the Fee Assistance Request Form at the back of the MSCR Program Guide and return it to MSCR along with your Registration Form following the instructions in Option 2 above. No additional documentation is required.

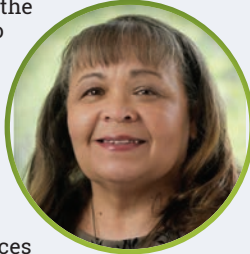
Please note: for the best chance of being enrolled in your preferred program, please return your Fee Assistance Request Form to MSCR prior to the first day of registration on Monday December 5.



# Welcome!

## Dear Madison Community,

At MSCR, we are so excited for the new things the new year has to offer. In January, we will welcome the community to our new headquarters at MSCR Central and later this spring, the new MSCR West will open for programming. We know these facilities will create wonderful opportunities for us to broaden programs and services and we appreciate all your patience as we make these transitions.

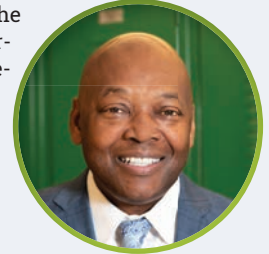


One thing that isn't changing in 2023 is the wide variety of high quality programs planned for this winter. Our team continues to develop creative programs to keep you active. We hope you take some time to browse the program guide to see all that MSCR has to offer this season. We look forward to seeing you this winter and spring!

Best regards,  
Janet Dyer,  
Executive Director

## Dear Families & Community Members,

This school year, we have been looking forward to the breakthrough moments which propel us on our journey to excellence. We hope you have also been experiencing some of those moments in your own lives. As we continue to build momentum, we aspire to be a destination school district while uplifting our vision where every school will be a thriving school which prepares students to graduate ready for college, career and community.



One way we know our community can thrive is by building connections and engaging in new experiences. Our MSCR programming offers continued learning opportunities for everyone, regardless of your age or skill level. This season is the ideal time for middle and high school students to participate in afterschool sports such as winter basketball, or join a favorite (or new) activity, such as ski club, book club, anime and more. Of course, afterschool programming continues for elementary-aged scholars.

These colder winter months are the perfect time for adults to explore indoor arts programming or take a fitness class. These opportunities may be just what you needed to find your next breakthrough moment!

Sincerely,  
Carlton D. Jenkins, Ph.D.  
Superintendent

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



## New MSCR Program Centers Coming Soon!

### MSCR CENTRAL 328 E Lakeside Street in Olin Park

New this winter, visit MSCR Central, our new headquarters and program center. Look for Arts, Adapted and Fitness programs at this new facility.

### MSCR WEST 7333 West Towne Way behind West Towne Mall

Construction continues on our new MSCR West program center. We anticipate MSCR West will open for programming in late spring of 2023. Look for a special MSCR West Spring Program Guide supplement coming late February 2022. We can't wait to welcome you to this new space.



**Look for details in the  
Spring Program Guide  
Supplement  
coming late February!  
at [mscr.org](http://mscr.org).**

Open to individuals with disabilities ages 18+ and their caregivers, families, friends unless otherwise noted. Participants 14+ may register if accompanied by a participating caregiver and/or adult. Caregivers/adults must stay with the 14+ participants at all times during program. All participants in Adapted programs [including caregivers] need to register individually. Fees for caregivers/adults are waived. Staff supervision starts and ends at the time of program. Classes skip weeks of 3/13 & 3/27. Please note: Downhill Ski and Swim Lessons are not open for internet registration. Call 608-204-4581 for information.

**BOWLING**

Socialize with others and have fun on the lanes! Participants may bowl two or three games, as time allows. Lane issued shoes included. 13+ may register unaccompanied - no adult needed. Essential Eligibility Criteria: Participants must be able to stay in their lane and take turns with reasonable prompting.

**CHAIR EXERCISE**

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

**CITY CLUB**

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

**CLIMBING**

No previous experience needed! An introduction to climbing and off the ground experiences! Try the giant swing, climbing wall, flying squirrel, cargo net and zipline. Adapted climbing equipment is available and staff can accommodate a variety of ability levels. Programming provided by MSCR Outdoor Programs staff. 13+ may register unaccompanied - no adult needed.

**DANCE AND MOVE**

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

**SATURDAY IN THE PARK**

Join us for a hike at Madison's amazing parks. Enjoy spotting different types of birds, wildlife and do nature activities. Each week meet at a different park.

**WATER WALKING**

Class designed for individuals with cognitive and/or physical disabilities. Exercise on an individual basis with MSCR-provided staff support, or supported by family/caregiver. Best for non-swimmers who would benefit from a warm water pool.

**YOGA**

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

**DOWNHILL SKI**

Adapted equipment and experienced volunteer instructors are available to assist people with disabilities. Price includes lift ticket, rental and optional lesson! Instructions on Tyrol meeting location are emailed prior to trip date. Any participant under the age 18 must have an adult present, but the adult does not need to participate. Additional forms may be needed to serve individual needs. Please call 608-204-3000, for help with forms.

**SWIM LESSONS AGES 5-13**

Intended for youth with disabilities who would benefit from a small group or individualized lessons, this class provides instruction based on swimmers' goals and comfort level. This is ideal for a participant who needs a lesson highly modified to meet their needs. Swimmers who have been successful in MSCR regular youth swim lessons should not enroll in this class.

Age	Class	Location	Day	Date	Time	Fee	Course#
5+	Downhill Ski	Tyrol Basin	Sa	1/21	9am-12pm	\$50	34481
5+	Downhill Ski	Tyrol Basin	Sa	1/28	9am-12pm	\$50	34482
5+	Downhill Ski	Tyrol Basin	Sa	2/4	9am-12pm	\$50	34483
5+	Downhill Ski	Tyrol Basin	Sa	2/11	9am-12pm	\$50	34484
5+	Downhill Ski	Tyrol Basin	Sa	2/25	9am-12pm	\$50	34485
5+	Downhill Ski	Tyrol Basin	Sa	3/4	9am-12pm	\$50	34486
5-13	Swim Lessons	Lapham	Th	2/9-5/4	5:10-5:40pm	\$73	34488
5-13	Swim Lessons	Lapham	Th	2/9-5/4	5:50-6:20pm	\$73	35450
13+	Bowling	Dream Lanes	T	1/24-3/7	4-6pm	\$70	34487
13+	Bowling	Schwoegler Park Lanes	T	4/4-5/16	4-6pm	\$70	35456
13+	Climbing	Elements Welcome Center	Sa	5/13	9am-12pm	\$10	34489
13+	Climbing	Elements Welcome Center	Th	6/1	3:30-6:30pm	\$10	35452
14+	Chair Exercise	MSCR Central	Sa	2/25-4/22	10-11am	\$36	34476
14+	City Club	MSCR East	Th	2/9-5/4	3:30-5:30pm	\$68	34477
14+	City Club	MSCR Central	T	2/7-5/2	3:30-5:30pm	\$68	34478
14+	Dance and Move	MSCR East	W	2/8-5/3	4-5pm	\$57	34479
14+	Dance and Move	MSCR Central	M	2/6-5/1	5-6pm	\$57	34480
14+	Saturday in the Park	Various locations	Sa	4/22-5/20	10-11:45am	\$26	34490
14+	Water Walking	Lapham	M	2/6-5/1	7:10-8:10pm	\$96	34491
14+	Water Walking	Lapham	T	2/7-5/2	7:10-8:10pm	\$96	34492
14+	Water Walking	Lapham	W	2/8-5/3	7:10-8:10pm	\$96	35443
14+	Water Walking	Lapham	Th	2/9-5/4	7:10-8:10pm	\$96	35444
14+	Yoga	MSCR Central	Th	2/9-5/4	4:30-5:30pm	\$57	34496
14+	Yoga	MSCR East	T	2/7-5/2	6:30-7:30pm	\$57	34497



## DAY TRIPS

### MICHIGAN AVENUE SHOPPING TRIP

Do you want to shop on Michigan Avenue, see the sights in Chicago or explore the big city? A comfortable double decker motorcoach bus takes the worry of driving, traffic and parking out of the equation. Enjoy a day in the big city during the holidays. Approximate travel time is 3 hours depending on traffic and weather. We drop off as close as possible to Michigan and E. Chicago Avenues. Bus loads at 7:15 am on Pflaum Rd in front of LaFollette High School. Youth ages 6+ may register with a participating adult.



### LEGENDS OF LAMBEAU

Become a part of the greatest story in sports! Join us for an exclusive, behind the scenes tour of Lambeau Field as we dig deep into the rich history of the Green Bay Packers. View the stadium and the surrounding area from the highest point in Brown County, walk out the same tunnel that the Green Bay Packers use on gameday! Enjoy a Lambeau Tradition lunch buffet that includes brats, hamburgers, chips, potato salad and cookies (vegetarian /vegan options upon request). After lunch, explore the 15,000 square foot museum at your own pace, seeing firsthand the rich, 103 year history of the Green Bay Packers. Complete your experience with a guided tour that takes you on a journey around the city revealing the Packers' deep ties throughout the Green Bay community, stopping at churches, birth spots and homes of Packer legends among many other iconic landmarks. Fee includes tours, lunch and motorcoach. Bus loads at 7:15am on Pflaum Rd in front of LaFollette High School. Youth ages 8+ may register with a participating adult. Registration deadline is March 31, 2023.

### BURGERS & CUSTARD CAPITAL OF THE WORLD

Join us as we team up with Milwaukee Food Tours for the Burgers & Custard Capital of the World Food and History Tour. Start the day at the Milwaukee County Historical Society in the historic Brewers Bank building and learn about its role in popular television shows and films. Explore the exhibits, gift shop and even purchase a beer to enjoy, too (The legends - Pabst, Blatz, Schlitz or a Miller). Take a short stroll and give two thumbs up with a visit and photo opportunity with Fonzie along the Milwaukee RiverWalk. Enjoy a hamburger and fries lunch at a classic Milwaukee diner, Miss Katie's. Delve into a custard crawl with stops at two historic custard stands, Leon's Frozen Custard and, the oldest in Wisconsin, Gilles Frozen Custard Stand. Fee covers narrated, guided city tour, lunch, custard and motorcoach transportation. Tour includes minimal walking; must be able to enter / exit the bus multiple times during the day. Bus loads at 8:15am on Pflaum Rd in front of LaFollette High School. Registration deadline is April 26, 2023.

Age	Day Trip	Location	Day	Date	Time	Fee	Course #
6+	Michigan Avenue Shopping Trip	La Follette High School	Sa	12/3	7:30am-8:30pm	\$68	33731
8+	Legends of Lambeau	LaFollette High School	Sa	4/15	7:30am-6:30pm	Adult: \$115, Youth: \$105	35697, 35696
18+	Burgers & Custard Capital of the World	LaFollette High School	Sa	5/6	8:30am-6pm	\$104	35698

## SPECIAL EVENTS

### ROMANCE UNDER THE STARS

The beauty of the night sky brings out the romantic side in all of us. Explore the current night sky with your Valentine in the comfort of the planetarium. A flower and a sweet treat by Lulu's Sweets to be given to each couple. This event is rated AC- adult couples only. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. Register early, this popular show sells out quickly! Only one person needs to register from each couple.

### ENCHANTMENT UNDER THE STARS - CHILD + ADULT- A NEW TAKE ON ROMANCE UNDER THE STARS

Spend a magical evening with your special young person. Stargaze and discover the twinkling sky with your child in the comfort of the planetarium. The presentation is catered to a multiage/family audience. A flower and a sweet treat by Lulu's Sweets to be given to each pair. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. Only one adult per registered child may attend.

Age	Event	Location	Day	Date	Time	Fee	Course #
8+	Enchantment Under the Stars - Child + Adult	Memorial High School	Sa	2/11	5:30-6:30pm	\$30	35721
8+	Enchantment Under the Stars - Child + Adult	Memorial High School	S	2/12	5:30-6:30pm	\$30	35722
18+	Romance Under the Stars	Memorial High School	Th	2/9	6:30-7:30pm	\$30	35712
18+	Romance Under the Stars	Memorial High School	Th	2/9	7:45-8:45pm	\$30	35713
18+	Romance Under the Stars	Memorial High School	F	2/10	6:30-7:30pm	\$30	35714
18+	Romance Under the Stars	Memorial High School	F	2/10	7:45-8:45pm	\$30	35715
18+	Romance Under the Stars	Memorial High School	Sa	2/11	6:45-7:45pm	\$30	35716
18+	Romance Under the Stars	Memorial High School	Sa	2/11	8-9pm	\$30	35717
18+	Romance Under the Stars	Memorial High School	S	2/12	6:45-7:45pm	\$30	35718
18+	Romance Under the Stars	Memorial High School	M	2/13	6:30-7:30pm	\$30	35719
18+	Romance Under the Stars	Memorial High School	M	2/13	7:45-8:45pm	\$30	35720



# Thank you to our 2022 Friends of MSCR Online Auction sponsors, donors and bidders!

## Community Believers

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Julia Meyer  
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Keva Sports Center  
Klinke Cleaners  
Kwik Trip  
Lake Geneva Zipline & Adventures  
Lakeview Veterinary Clinic  
Legacy Academy  
Lisa Lang Pottery  
Little Pop Color Shop  
Lotus Salon  
Madison Ballet  
Madison BCycle  
The Madison Club  
Madison Concourse Hotel  
Madison Sourdough  
Mallards Baseball  
Merry Macs Camp Ground  
Metcalfe's Market  
Milwaukee Public Museum  
Milwaukee World Festival  
Mister Car Wash  
Mitch Sigmund  
Movie Tavern Marcus Theater  
Movin' Shoes  
MSCR Staff  
Mystery To Me

Natural Resource Foundation of WI  
NBC15 Madison  
New Health Chiropractic  
The Oaks Golf Course  
Olbrich Botanical Society  
One Barrel Brewing Company  
Out-U-Go! Pet Care  
The Paper Hutch  
Peninsula State Golf Course  
Pick N Save McKee Rd  
Pink Jules  
PRESS  
Princeton Club  
Project Home  
Pub Pass  
The QTI Group  
Red Sushi  
Ross Glanc  
Running Diva Mom  
Rutabaga Olbrich Boat Rentals  
Saris Cycling Group  
Sassy Cow  
Slow Roll Cycles  
Soap Opera  
Spectrum Brands  
Stu Levitan  
Summers Christmas Tree Farm  
Sun Prairie Family Aquatic Center  
Sun Prairie Ice  
Sun Prairie Recreation  
Table Wine  
Target - Hilldale  
Ten Pin Alley  
Total Life Fitness  
Travis Batien Salon  
Trolley Pub - Madison  
Vintage Brewing Company  
Warner Park Community Recreation Center  
Westres Tree Farm  
Wild Birds Unlimited  
William Jon Salon and Spa  
Willy Street Co-op  
The Wine Reserve  
YMCA of Dane County



## Elementary School

### AFTERSCHOOL & ENRICHMENT

MSCR provides afterschool programming in 15 MMSD elementary schools, the Allied Learning Center and the Meadowood Neighborhood Center. Some schools have both MSCR Afterschool and MSCR Enrichment, and others only have one.

### MSCR ENRICHMENT

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. Registration by invitation only. Most MSCR Enrichment sites are funded by federal Nita M. Lowey 21st Century Community Learning Center Grants (\*Indicated on next page).

### MSCR AFTERSCHOOL

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 materials can be requested by emailing [mscrelemteam@madison.k12.wi.us](mailto:mscrelemteam@madison.k12.wi.us). Registrations are processed on a first-come, first-served basis as staffing ratios allow.

As a part of the Madison Metropolitan School District, MSCR has provided quality child care since 1992. The program was established with the belief that all children need a safe and enriching place to spend their afterschool hours while their families are at work or school.

MSCR Afterschool & Enrichment Goals:

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

### RECREATIONAL & EDUCATIONAL ACTIVITIES

MSCR offers fun and educational activities:

- Creative enrichment projects
- Homework/academic help
- Special events and field trips, when possible
- Active play
- Free choice time
- Opportunities to make new friends



### STAFFING

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

### EARLY RELEASE & NO SCHOOL DAYS

MSCR Afterschool & Enrichment programs do not operate on scheduled early release or no school days so that MSCR staff can participate in professional development. Full day programming on no school days is available at certain locations for an additional fee (see Kids Day Out on the next page.)

Pre-registration is required. However, child care does not operate on holidays, during winter or spring break or when school is closed due to weather.

### PROGRAM ELIGIBILITY

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

### REGISTRATION

To request registration materials, please contact [mscrelemteam@madison.k12.wi.us](mailto:mscrelemteam@madison.k12.wi.us)

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Monona Academy of Dance

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2605 South Stoughton Road Madison  
 838 Grove Street  
 (Sun Prairie Ice Arena) Sun Prairie

\*Classes for ages 3 - Adult  
 \*Ballet, Tap, Jazz, Modern, Hip Hop & Ballroom  
 \*Beginning level classes for children and adults

**La Boutique**  
 located within our Madison location  
 or online  
[www.shoplaboutiquedancewear.com](http://www.shoplaboutiquedancewear.com)

## MSCR AFTERSCHOOL &amp; ENRICHMENT SITES

Site	Office Phone	MSCR Afterschool Site	MSCR Enrichment Site
Allied Learning Center	204-6578	Yes	No
Allis Elementary*	204-1018	Yes	Yes
Anana Elementary*	204-2208	Yes	Yes
Emerson Elementary	204-2021	Yes	No
Hawthorne Elementary*	204-2507	Yes	Yes
Henderson Elementary*	442-2963	Yes	Yes
Lake View Elementary	204-4055	Yes	Yes
Lincoln Elementary	204-4963	Yes	Yes
Lindbergh Elementary	204-6507	Yes	Yes
Lowell Elementary	204-6616	Yes	No
Meadowood Neighborhood Center	229-6823	Yes	No
Mendota Elementary*	577-1570	Yes	Yes
Midvale Elementary*	204-6733	Yes	Yes
Nuestro Mundo Community School*	442-2494	Yes	Yes
Orchard Ridge Elementary*	204-2353	No	Yes
Sandburg Elementary*	204-7952	Yes	Yes
Schenk Elementary*	204-1485	No	Yes

\*Site is supported by a federal 21st Century Learning Center grant



The Kids Day Out (KDO) program provides supervised activities on MMSD no-school days for children in grades K-5. Activities may include swimming, arts & crafts, games, nature activities, performing arts and field trips. Participants must bring a lunch and beverage; an afternoon snack is provided. Use the registration form in the back of the MSCR program guide or register on-line at [mscr.org](http://mscr.org). For financial assistance complete the form on the other side of registration form.

Register early as space is limited.

The deadline for registration is two weeks prior to the KDO date. No onsite registration.

\*May 26 is the Friday prior to Memorial day.

Grade	Activity	Location	Day	Date	Time	Fee	Course #
K-5	Kids Day Out	Midvale	F	1/20	7:45am-5:45pm	\$30	35354
K-5	Kids Day Out	Midvale	F	2/24	7:45am-5:45pm	\$30	35355
K-5	Kids Day Out	Midvale	M	4/10	7:45am-5:45pm	\$30	35356
K-5	Kids Day Out	Midvale	F	*5/26	7:45am-5:45pm	\$30	35357
K-5	Kids Day Out	Warner Park CRC	F	1/20	7:45am-5:45pm	\$30	35350
K-5	Kids Day Out	Warner Park CRC	F	2/24	7:45am-5:45pm	\$30	35351
K-5	Kids Day Out	Warner Park CRC	M	4/10	7:45am-5:45pm	\$30	35352
K-5	Kids Day Out	Warner Park CRC	F	*5/26	7:45am-5:45pm	\$30	35353



## Middle School

MSCR provides afterschool programming at all MMSD middle schools. Dane County Human Services and 21st Century Community Learning Center (CLC) grants help support the program. Programs offer a variety of recreation activities, educational opportunities and youth development programs. MSCR Middle School Afterschool programs are offered on a drop in basis, are not offered every school day of the year and are designed to be afterschool enrichment and not childcare. For more information on schedules and activities, please contact the MSCR Afterschool Coordinator at your student's school.

### AFTERSCHOOL CLUBS

A variety of special interest clubs are available at each middle school. Clubs are based on student interest. Clubs may include academic support, academic enrichment, music, dance, youth leadership, service learning, ski & snowboard, active games and more.

### AFTERSCHOOL SPORTS

Selected afterschool team sports are available at all MMSD middle schools. Sports include volleyball, flag football, cross country, basketball, tennis, soccer and ultimate frisbee. Competition is with other MMSD middle schools. Due to facility and staff limitations, some team sports are not available at some schools.

### MSCR MIDDLE SCHOOL AFTERSCHOOL COORDINATORS

School	MSCR Staff	Phone
Badger Rock	Amanda Lukindo	561-2954
Black Hawk (CLC Site)	Jovaughn Lane	204-4378
Cherokee	Reginald Lee	204-1266
Hamilton	Kris Anderson	204-4739
Jefferson	Issis Hardy	663-6427
O'Keefe	Kenzie Damon (Interim)	204-6854
Sennett (CLC Site)	Devonte Robinson	204-1948
Sherman (CLC Site)	Marlene Thompson	204-2127
Spring Harbor	Kris Anderson	204-1118
Toki	Fred Martinez	204-4763
Whitehorse	Diamond Washington	204-1349
Wright (CLC Site)	Amanda Lukindo	204-1369



## Now Hiring!

MSCR is hiring for a variety of positions

- Afterschool
- Aquatics
- Arts & Enrichment
- Outdoors Programs
- Soccer & Youth Sports
- Sports Officials



**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. La Follette has a 21st Century Learning grant. For more information and specific schedules, please contact the MSCR High School Recreation Specialist at your child's school by phone or directly in their office.



School	REC Specialist	Phone	Office Location
East High School	Mayder Lor	204-1752	1014
La Follette High School	Dane Gottschall	204-3625	CLC inside LMC
Memorial High School	Roxanne Rios	442-2220	764D
West High School	Monique Porter	204-2136	1131

**HIGH SCHOOL SPORTS LEAGUES**

Afterschool sports are available at all MMSD high schools to students who are not currently on the WIAA team for the same sport. Sports practice one day per week after school and compete on Saturdays. Schedules are sent once registration for that sport has been completed. Practices are dependent on space availability. Register with your school's Rec Specialist. Community teams can register by contacting the Recreation Specialist at your school (listed above) or by calling the MSCR office at 204-3022 for more information. No games 12/25 - 1/1.



Grade	Location	Day	Date	Time	Fee
<b>BASKETBALL - METRO</b>					
11 - 12	East	Sa	1/28-3/4	8 - 2 pm	\$50
11 - 12	La Follette	Sa	1/28-3/4	8 - 2 pm	\$50
11 - 12	Memorial	Sa	1/28-3/4	8 - 2 pm	\$50
11 - 12	West	Sa	1/28-3/4	8 - 2 pm	\$50

**Now Hiring!**

Work with youth in afterschool clubs & sports.  
Apply now at [mscr.org/employment](http://mscr.org/employment)





## Family Classes & Workshops

### CHILD + ADULT & FAMILY PROGRAMS

These classes are Child + Adult. Only registered child and one participating adult may attend these classes. For everyone's safety and the quality of classes, siblings, including infants and/or friends are not allowed to attend classes, be in the classroom or left unattended in a building at any time. Register child only; only one adult may attend.

#### ARCTIC ART - CHILD + ADULT

Draw inspiration from the Wisconsin Winter weather around for a blustery good time creating art based on snow, ice and everything frozen!

#### ART EXPLORATION - CHILD + ADULT

In this art class for little ones, children have fun with some new art techniques and some old ones - such as painting, pasting and construction. Each participant is encouraged to engage at his or her own level - from playing with new materials to creating an art treasure to take home.

#### BOOKS, BRUSHES AND BEYOND - CHILD + ADULT

Come for stories, songs, and art projects based on a new theme each week!

#### 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.

#### FAMILY KITE MAKING - CHILD + ADULT

"Let's go fly a kite, up to the highest height!" The exciting song from the movie "Mary Poppins" celebrates this popular hobby. Bring the family and make kites! Learn to use simple materials to make your own homemade kite. All must register; fee is per child. One kite per child. This is weather dependent.



#### PREHISTORIC GARDENS - CHILD + ADULT

Travel back in time to create your own prehistoric table top mini-garden! A raw-ringly fun take on fairy gardens; use your imagination and special supplies to try your hand at crafting a tiny Jurassic landscape fit for your favorite dino and plants!

#### PROCESS ART - CHILD + ADULT

Process Art is about the practice of making art, not the final product. Participants have the freedom to explore new materials, ask questions and see how things work. This artistic philosophy sets the foundation for independent, self directed creativity by encouraging participants to be themselves, make their own decisions and just create!

Age	Location	Location	Day	Date	Time	Fee	Course#
<b>FAMILY CLASSES</b>							
18 m-2 yrs	Art Exploration - Child + Adult	MSCR Odana	F	1/20-2/17	9:45-10:30am	\$32	35691
18 m-2 yrs	Art Exploration - Child + Adult	MSCR Odana	F	2/24-3/24	9:45-10:30am	\$32	35692
18 m-2 yrs	Creative Movement Child + Adult	MSCR Odana	F	1/20-3/24	9:15-9:45am	\$34	35407
18 m-3 yrs	Books, Brushes and Beyond - Child + Adult	MSCR Odana	M	1/23-2/13	9-9:45am	\$26	35674
18 m-3 yrs	Books, Brushes and Beyond - Child + Adult	MSCR Odana	M	2/27-3/20	9-9:45am	\$26	35680
3-5yrs	Process Art - Child + Adult	MSCR Odana	F	1/20-2/17	10:45-11:30am	\$32	35693
3-5yrs	Process Art - Child + Adult	MSCR Odana	F	2/24-3/24	10:45-11:30am	\$32	35694
<b>WORKSHOPS</b>							
3-6yrs	Arctic Art - Child + Adult	Warner Park CRC	S	3/5	3-4pm	\$12	35659
3-6yrs	Arctic Art - Child + Adult	MSCR East	Sa	3/18	9-10am	\$12	35663
3-6yrs	Arctic Art - Child + Adult	MSCR Central	W	1/25	5:45-6:30pm	\$12	35683
3-6yrs	Prehistoric Gardens - Child + Adult	MSCR East	Sa	4/15	9-10am	\$12	35665
3-6yrs	Prehistoric Gardens - Child + Adult	MSCR Central	W	3/22	5:45-6:30pm	\$12	35684
3-6yrs	Prehistoric Gardens - Child + Adult	Warner Park CRC	S	4/30	3-4pm	\$12	35660
All	Family Kite Making - Child + Adult	MSCR Central	S	4/23	2:30-4pm	\$5	35667



### MSCR WEST - COMING LATE SPRING 2023

We can't wait to get into our new westside location, we just have to wait a little bit longer. Look for a special MSCR Spring Supplement Program Guide featuring additional spring activities and classes at MSCR West.

#### OUTDOORS NATURE & ART CLASSES

Please see page 28 for outdoor nature and arts programs.

**PRESCHOOL CLASSES**

These classes are for registered participants only. Only registered child(ren) may attend this class. For everyone's safety and the quality of classes, adults, siblings and/or friends are not allowed to be in the classroom or attend classes.

**PRESCHOOL POTTERY****4K & CLAY**

Let's use air-dry clay to learn about color mixing, coil making, pinch pots and more! This class is for registered participants only. Only registered child(ren) may attend this class. Adults, siblings, and/or friends are not allowed to be in the classroom or attend classes.

**PRESCHOOL DANCE****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.

**PRE-BALLET**

Affordable opportunity for children to experience dance. Class combines basic technique with listening skills, coordination, rhythm and following directions through creative dance.

**TAP**

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

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>PRESCHOOL POTTERY</b>							
4-5yrs	4K & Clay	MSCR Odana	M	1/23-2/13	10-10:45am	\$27	35673
4-5yrs	4K & Clay	MSCR Odana	M	2/27-3/20	10-10:45am	\$27	35679
<b>PRESCHOOL DANCE</b>							
2-3 yrs	Creative Movement	MSCR East	W	1/18-3/22	4:15-4:45pm	\$34	35381
2-3 yrs	Creative Movement	MSCR Odana	F	1/20-3/24	10-10:30am	\$34	35383
3yrs	Pre-Ballet	MSCR Central	M	1/23-3/20	4:45-5:15pm	\$31	35638
3yrs	Pre-Ballet	MSCR East	M	1/23-3/20	3-3:30pm	\$31	35365
3yrs	Pre-Ballet	MSCR Odana	W	1/18-3/22	4:45-5:15pm	\$34	35373
3yrs	Pre-Ballet	MSCR Odana	Th	1/19-3/23	4-4:30pm	\$34	35371
3yrs	Pre-Ballet	MSCR Odana	F	1/20-3/24	10:45-11:15am	\$34	35372
3yrs	Pre-Ballet	MSCR East	Sa	1/21-3/18	9-9:30am	\$31	35369
4-5yrs	Pre-Ballet	MSCR Odana	W	1/18-3/22	5:30-6:10pm	\$44	35680
4-5yrs	Pre-Ballet	Madison Youth Arts Center	Th	1/19-3/23	5-5:40pm	\$44	35637
4-5yrs	Pre-Ballet	MSCR East	Sa	1/21-3/18	9:45-10:25am	\$40	35378
4-5yrs	Pre-Ballet	MSCR East	M	1/23-3/20	3:45-4:25pm	\$40	35374
4-5yrs	Tap	MSCR Central	M	1/23-3/20	5:30-6:10pm	\$40	35643
4-5yrs	Tap	MSCR Odana	Th	1/19-3/23	4:45-5:25pm	\$44	35398
4-5yrs	Tap	MSCR Odana	F	1/20-3/24	11:30-12:10pm	\$44	35399
2-3 yrs	Creative Movement	MSCR Central	W	4/5-5/3	9:45-10:15am	\$17	35625
2-3 yrs	Creative Movement	MSCR East	W	4/5-5/10	4:15-4:45pm	\$21	35382
3yrs	Pre-Ballet	MSCR Central	M	4/3-5/1	4:45-5:15pm	\$17	35639
3yrs	Pre-Ballet	MSCR East	M	4/3-5/8	3-3:30pm	\$21	35366
3yrs	Pre-Ballet	MSCR Central	W	4/5-5/3	10:30-11am	\$17	35641
3yrs	Pre-Ballet	MSCR East	Sa	4/8-5/13	9-9:30am	\$21	35370
4-5yrs	Pre-Ballet	MSCR East	M	4/3-5/8	3:45-4:25pm	\$27	35375
4-5yrs	Pre-Ballet	Memorial High School	W	4/5-5/3	5-5:40pm	\$22	35640
4-5yrs	Pre-Ballet	MSCR Central	W	4/5-5/3	11:15-11:55am	\$22	35642
4-5yrs	Pre-Ballet	MSCR East	Sa	4/8-5/13	9:45-10:25am	\$27	35379
4-5yrs	Tap	MSCR Central	M	4/3-5/1	5:30-6:10pm	\$22	35644



## Indoor Classes & Workshops

### ARCHITECTURE ART

Create architectural art by drawing, designing, building and creating structures and buildings. Explore the use of shapes, color, construction and different drawing techniques to create our masterpieces.

### ARCTIC ART

Draw inspiration from the Wisconsin winter weather around for a blustery good time creating art based on snow, ice and everything frozen!

### ART WITH THE MASTERS II

In part two, learn about new master artists and create masterpieces inspired by their art. Explore Jackson Pollock's Splatter Painting, Andy Warhol's Screen-Printing, Mark Rotho's Abstract Art, etc. Part one is not a prerequisite.

### CROCHET - HAT

Continue the basics of crochet while learning to crochet in the round. Receive hands-on instruction and finish a cozy hat by the end of the course. This class is recommended for those that are familiar with crochet basics.

### CROCHET - SCARF

Learn the basics of crochet, how to read patterns and how to crochet in rows. Receive hands-on instruction and finish a scarf or hat. Materials provided.

### 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.

### INTRO TO FLY TYING

Join us for a super fly class and learn the art of fly tying! Learn to tie flies, a type of fishing lure, sure to make local fish take the bait. Learn the basic skills of tying during each class by tying a new type lure, practicing your technique, using your creativity and what you have on hand to make modifications.

### NEEDLE FELTING: ANIMAL PORTRAITS

Learn how to needle felt and make a pop-out animal portrait! Use wool roving to needle felt onto felt. Work on using the needle felting technique to make the animal appear like it is popping out from the surface!

### NEEDLE FELTING: CRITTERS

Learn how to needle felt to make your own 3-D critters! Make your own animal creations while learning the new skill of needle felting.

### POLYMER CLAY BEADS WORKSHOP

Learn how to make polymer clay beads using a variety of techniques; stamping, coil rolling, using cutters and more! Participants leave with a variety of beads ready for making their own jewelry.

### PREHISTORIC GARDENS

Travel back in time to create your own prehistoric table top mini-garden! A rawr-ingly fun take on fairy gardens; use your imagination and special supplies to "tri" your hand at crafting a tiny Jurassic landscape for your favorite dino and plants!

### PRINTMAKING

Make fun and interesting creations using different methods of printmaking. Explore different materials like ink, watercolors and linoleum. Learn all about a new realm of art and take home your own handmade stamp!

### WET-FELTED GEODES

Geodes are hollow, spherical rocks with crystals on the insides. We use our imaginations to write a story of where we found a magical geode, then learn a wet-felting technique using wool, soap and water to make our geode! The most exciting part is when we open our geode creations to see the beautiful finished piece inside!

Grade	Class	Location	Day	Date	Time	Fee	Course#
K-2	Architecture Art	MSCR East	T	2/21-3/21	4:30-5:30pm	\$38	35687
3-5	Architecture Art	MSCR East	T	2/21-3/21	5:45-7pm	\$44	35688
K-2	Art with the Masters II	MSCR East	T	1/17-2/14	4:30-5:30pm	\$38	35685
3-5	Art with the Masters II	MSCR East	T	1/17-2/14	5:45-7pm	\$44	35686
5-8	Crochet - Scarf	MSCR East	W	2/15-3/1	5:30-7:30pm	\$30	35725
5-8	Crochet - Hat	MSCR East	W	4/5-4/19	5:30-7:30pm	\$30	35726
5-8	Crochet - Scarf	MSCR Odana	S	1/22-2/50	1-3pm	\$30	35542
5-8	Crochet - Hat	MSCR Odana	S	2/19-3/5	1-3pm	\$30	35727
1-3	Drawing	MSCR Central	M	1/23-2/27	4:30-5:30pm	\$42	35657
4-6	Drawing	MSCR Central	M	1/23-2/27	5:45-7pm	\$42	35658
6-9	Intro to Fly Tying	MSCR Odana	Th	1/26-2/16	6:30-8pm	\$32	35647
10-12	Intro to Fly Tying	MSCR Odana	Th	3/2-3/23	6:30-8pm	\$32	35648
2-5	Printmaking	MSCR Central	T	4/4-5/9	5:45-7pm	\$50	35656
6-9	Printmaking	MSCR Central	T	1/17-2/21	5:45-7:15pm	\$57	35655
K-2	Arctic Art	Warner Park CRC	S	3/5	4:15-5:15pm	\$12	35661
K-2	Arctic Art	MSCR East	Sa	3/18	10:30-11:30am	\$12	35664
1-3	Needle Felting: Animal Portraits	MSCR Odana	Sa	2/25	9-10:15am	\$12	35677
3-8	Needle Felting: Critters	MSCR Odana	Sa	1/28	10:30am-12pm	\$12	35676
3-8	Polymer Clay Beads Workshop	MSCR Odana	Sa	2/25	10:45am-12:15pm	\$12	35678
K-2	Prehistoric Gardens	Warner Park CRC	S	4/30	4:15-5:15pm	\$12	35662
K-2	Prehistoric Gardens	MSCR East	Sa	4/15	10:30-11:30am	\$12	35666
1-3	Wet-felted Geodes	MSCR Odana	Sa	1/28	9-10am	\$12	35675

## Indoor &amp; Outdoor Classes

**MUSIC****GUITAR**

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 music theory and open up the wonderful world of guitar playing. Guitar is required, but no experience necessary. Participants must purchase Hal Leonard Guitar for Kids Book 1, Authors: Jeff Schroedl and Bob Morris before first class (ISBN 978-1-4234-6421-1).

**BEGINNING UKULELE**

Join us for this joyful class that inspires curiosity about music. Participants learn to tune their instrument, play multiple ukulele chords, clap rhythms with notes and rests, play several simple songs and become familiar with musical notation. Youth are encouraged to write their own songs as well! Class ends with a ukulele performance for family and friends. All equipment provided.

**CONTINUING UKULELE**

Builds on musical knowledge and skills developed in the beginning class. Learn different chord progressions in different keys and learn a repertoire of songs demonstrating these skills. Participants are encouraged to write their own song, as well! End the class with a ukulele performance for family and friends to attend. Prerequisites: Participants should be able to tune their own instrument, play multiple chords, clap rhythms with notes and rests, know more than one simple song with chords and be familiar with musical notation.

**MUSIC - ART OF FLOW**

Unlock your true creative potential that goes beyond creating art. Uncover the barriers humans face when it comes to creating art as well as realistic solutions to surpass these barriers. Leave this course being able to create freely without fearing judgment from others. Devices such as a laptop, tablet or smartphone are suggested, but not required. Resources provided at first class, however, devices must have certain system requirements.

**POTTERY****AIR DRY CLAY: CREATURE CREATIONS**

Using a variety of clay hand building techniques, come and create a vessel with a unique, monster-like face. The first two classes are creating the vessel, and the third is painting and sealing.

**AIR DRY CLAY: HAND BUILDING**

Learn clay hand building techniques using air dry clay. Our first classes we focus on learning clay hand building techniques, and our final class is spent finishing our creations! Participants must be able to attend all classes to complete projects.

**CHILD + ADULT HANDBUILDING**

Experience hand-building techniques of pinch, coil and slab construction to create one-of-a-kind pieces of art with your child. Air-dry clay is used to create the pottery and then acrylic paints are used to decorate finished work. Adult must participate with child, register child only. Materials provided.

**YOUTH WHEEL**

Practice centering on the wheel to work towards creating projects. Materials provided. Projects are ready for pick up 3 weeks after class ends.

**SEWING****YOUTH BEGINNING SEWING**

Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you create your own ready-to-use projects! All materials and sewing machine provided.

**YOUTH SEWING STUDIO - FLEECE HAT AND SCARF**

Bundle up this winter with fashionable accessories sewn by you! Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward finishing a hat and scarf. All materials and sewing machine provided.

**YOUTH SEWING STUDIOS - ANIMAL PILLOW**

Learn to sew! Discover the parts of a sewing machine, learn basic stitches and practice sewing. Create a project based on your sewing comfort level. With your new skills, create a cuddly animal pillow with colorful fabrics, buttons and appliques. Sewing machines and materials provided. No experience necessary.

**OUTDOOR CLASSES****DRAWING ANIMALS**

Learn how to draw all kinds of animals, from cats to crocodiles! We'll go step by step together as a class to draw our critters, then add our own flare with colors, glitter and more.

Grade	Class	Location	Day	Date	Time	Fee	Course#
<b>MUSIC</b>							
4-8	Guitar	Jefferson	M	1/23-3/20	4:30-5:30pm	\$45	35729
3-5	Beginning Ukulele	MSCR Central	S	1/22-3/12	1-2pm	\$48	35668
3-5	Beginning Ukulele	MSCR Central	S	4/9-5/7	1-2pm	\$24	35669
3-5	Continuing Ukulele	MSCR Central	S	1/22-3/12	2:15-3:15pm	\$48	35670
3-5	Continuing Ukulele	MSCR Central	S	4/9-5/7	2:15-3:15pm	\$24	35671
9-12	Music - Art of Flow	MSCR East	S	1/22-2/12	3:30-4:45pm	\$28	35704
9-12	Music - Art of Flow	MSCR East	S	4/9-4/30	3:30-4:45pm	\$28	35705
<b>POTTERY</b>							
K-2	Air Dry Clay: Creature Creations	MSCR Odana	W	3/1-3/15	4:30-5:30pm	\$30	35681
3-5	Air Dry Clay: Hand Building	MSCR Odana	W	3/1-3/15	5:45-6:45pm	\$30	35682
K-2	Child + Adult Handbuilding	Meadowood	Sa	2/4-2/25	12:30-1:45pm	\$52	34470
6-12	Youth Wheel	Warner Park CRC	Sa	2/4-3/11	12:30-2:30pm	\$100	34466
<b>SEWING</b>							
3-8	Beginning Sewing	MSCR Odana	W	1/18-2/1	5-7pm	\$45	35672
3-8	Beginning Sewing	MSCR Odana	W	2/8-2/22	5-7pm	\$45	35739
4-8	Youth Sewing Studio - Fleece Hat & Scarf	MSCR East	M	1/23-2/6	4-6pm	\$50	35544
4-8	Youth Sewing Studios: Animal Pillow	MSCR East	M	4/3-4/17	4-6pm	\$50	35543
<b>OUTDOOR CLASSES</b>							
1-3	Drawing Animals	MSCR Central	M	4/3-5/8	4:30-5:30pm	\$42	35649
4-6	Drawing Animals	MSCR Central	M	4/3-5/8	5:45-7pm	\$42	35651



## Dance Classes

### BALLET

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

### BALLET/JAZZ

Affordable opportunity for your child to experience dance! Course features a combination of ballet and jazz styles.

### BATON - BEGINNING

Try your hand at baton twirling. Start with the basics of developing correct technique, hand-eye coordination, learning new tricks and having fun through creative movement. Baton included in fee.

### BATON - CONTINUING

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

### JAZZ

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

### POMS

Poms combines sharp, precise arm motions with jazz technique, focusing on jumps, kicks, turns and leaps. Great for a dancer who is interested in dance with energy and enthusiasm. Begin with a warm-up and stretching to improve flexibility and endurance. Learn movement, terminology as well jumps, leaps and turns.

### SCOTTISH HIGHLAND BEGINNING

Leap into the ancient Scottish dance tradition that incorporates folklore and history! With roots in ballet, Highland dancing is known for its powerful leaps, elegance, kilts and bagpipes! Have fun, gain strength and flexibility while learning the Sword dance and the Highland Fling.

### SCOTTISH HIGHLAND CONTINUING

Participants have fun, gain strength and flexibility while learning the Sword dance and the Highland Fling. Participants should have taken Highland Beginning.

Grade	Class	Location	Day	Date	Time	Fee	Course#
K-1	Ballet	MSCR Odana	W	1/18-3/22	6:25-7:15pm	\$66	35395
K-1	Ballet	MSCR East	M	1/23-3/20	4:40-5:30pm	\$60	35391
K-1	Jazz	MSCR East	W	1/18-3/22	5-5:50pm	\$66	35384
K-1	Jazz	MSCR Odana	Th	1/19-3/23	5:40-6:30pm	\$66	35388
K-1	Jazz	Madison Youth Arts Center	Th	1/19-3/23	5:50-6:40pm	\$66	35628
K-1	Tap	MSCR Central	M	1/23-3/20	6:25-7:15pm	\$60	35645
K-1	Tap	MSCR East	Sa	1/21-3/18	10:40-11:30am	\$63	35400
1-5	Baton - Beginning	MSCR Central	W	1/18-3/22	4:30-5:30pm	\$84	35402
1-5	Baton - Beginning	Muir	M	1/23-3/20	4:30-5:30pm	\$77	35404
3-8	Baton - Continuing	Muir	M	1/23-3/20	5:45-6:45pm	\$77	35406
1-5	Scottish Highland Continuing	MSCR Odana	M	1/23-3/20	4:30-5:15pm	\$40	35413
2-5	Ballet	MSCR Odana	W	1/18-3/22	7:30-8:30pm	\$69	35396
2-5	Ballet	MSCR East	M	1/23-3/20	5:45-6:45pm	\$63	35392
2-5	Ballet/Jazz	MSCR Odana	Th	1/19-3/23	6:45-8pm	\$69	35397
2-5	Jazz	MSCR East	W	1/18-3/22	6:05-7:05pm	\$69	35385
2-5	Jazz	Madison Youth Arts Center	Th	1/19-3/23	6:50-7:50pm	\$69	35627
2-5	Scottish Highland Beginning	MSCR Odana	M	1/23-3/20	5:30-6:30pm	\$52	35411
4-8	Poms	MSCR East	W	1/18-3/22	7:20-8:20pm	\$69	35389
4-8	Poms	MSCR Central	M	1/23-3/20	7:30-8:30pm	\$63	35635
K-1	Ballet	MSCR East	M	4/3-5/8	4:40-5:30pm	\$40	35393
K-1	Jazz	MSCR East	W	4/5-5/10	5-5:50pm	\$40	35386
K-1	Jazz	Memorial	W	4/5-5/3	5:50-6:40pm	\$33	35630
K-1	Tap	MSCR Central	M	4/3-5/1	6:25-7:15pm	\$33	35646
K-1	Tap	MSCR East	Sa	4/8-5/13	10:40-11:30am	\$40	35401
1-5	Baton - Beginning	MSCR Central	W	4/5-5/10	4:30-5:30pm	\$56	35403
2-5	Ballet	MSCR East	M	4/3-5/8	5:45-6:45pm	\$42	35394
2-5	Jazz	MSCR East	W	4/5-5/10	6:05-7:05pm	\$42	35387
2-5	Jazz	Memorial	W	4/5-5/3	6:50-7:50pm	\$35	35629
3-8	Baton - Continuing	MSCR Central	W	4/5-5/10	5:45-6:45pm	\$56	35405
4-8	Lyrical	Memorial	W	4/5-5/3	8-9pm	\$35	35634
4-8	Poms	MSCR Central	M	4/3-5/1	7:30-8:30pm	\$35	35636
4-8	Poms	MSCR East	W	4/5-5/10	7:20-8:20pm	\$42	35390

## Indoor &amp; Outdoor Classes

Looking for Virtual Teen Fitness? See Adult Fitness on pages 40-45  
 Wear comfortable clothing that allows free movement.  
 BYOM = Bring Your Own Mat

**CAPOEIRA LEVEL 1**

This class is geared towards beginners. Capoeira is a 500-year Afro-Brazilian Martial Art that combines elements of self-defense, dance and acrobatic movements to the pulsating rhythm of traditional live music. Youth progress from animal-like movements and basic 1-2-3 rhythm to ginga (the core movement of capoeira), cartwheels, escapes, kicks and basic songs.

**CAPOEIRA LEVEL 2**

This class is open to beginners but also incorporates skill building from previous Capoeira experiences. Capoeira is a 500-year Afro-Brazilian Martial Art that combines elements of self-defense, dance and acrobatic movements to the pulsating rhythm of traditional live music. Youth progress from animal-like movements and basic 1-2-3 rhythm to ginga (the core movement of capoeira), cartwheels, escapes, kicks and basic songs.

**FAMILY YOGA**

Explore yoga together in a playful setting with storybooks, yoga games, postures, and partner yoga. Increase body awareness, strength, and flexibility with poses, mindfulness and breathing techniques! Register each child, one caregiver per family must attend. Please bring your own yoga mats.

**STRENGTH & CONDITIONING**

Learn proper strength training techniques to build muscle through weight training and conditioning exercises. This class is perfect for youth who want to build confidence and stay active. Great for beginners who want to learn how to correctly use free weights and various fitness equipment.

**WARRIOR AND NINJA FITNESS**

Youth channel their inner warrior and ninja with a high-energy workout that combines functional, resistance and cardiovascular training in a one of a kind environment. An opportunity for kids to test out their ninja and warrior skills with challenging obstacle courses and fitness movements. The class starts with a proper warm up which prepares children for a fun physical game or obstacle course challenge. 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.

**RUNNING CLUB**

This youth training group is geared towards novice to intermediate runners looking for a coached workout. Each workout focuses on building running skills through speedwork, hill training, endurance workouts, running games, and more. Youth ages 5-7: The goal is to build endurance to run/walk 1.5-2 miles or 20 minutes non stop by the end of the session. Youth 8-13: The goal is to build endurance to run/walk 3 miles or 30 minutes non stop by the end of the session.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>SESSION 1 WINTER</b>							
5-12	Capoeira Level 1	MSCR Central	M	2/6-3/20	5:15-6pm	\$33	35344
5-12	Capoeira Level 2	MSCR Central	M	2/6-3/20	6:15-7pm	\$33	35345
3-6	Family Yoga	MSCR Odana	T	1/17-3/14	6:15-7pm	\$42	35348
5-12	Capoeira Level 1	Warner Park CRC	T	1/10-3/21	4:45-5:30pm	\$52	35346
5-12	Capoeira Level 2	Warner Park CRC	T	1/10-3/21	5:40-6:25pm	\$52	35435
8-13	Strength & Conditioning	MSCR Odana	W	1/11-3/22	5:30-6:15pm	\$52	35511
8-13	Warrior and Ninja Fitness	MSCR East	Th	1/12-3/23	6:15-7pm	\$52	35349
<b>SESSION 2 SPRING</b>							
5-12	Capoeira Level 1	MSCR Central	M	4/3-6/5	5:15-6pm	\$47	35446
5-12	Capoeira Level 2	MSCR Central	M	4/3-6/5	6:15-7pm	\$47	35445
8-13	Running Club East	Demetral Park	T	4/4-6/6	5:30-6:15pm	\$47	35581
5-12	Capoeira Level 1	Warner Park CRC	T	4/4-6/6	4:45-5:30pm	\$47	35447
5-12	Capoeira Level 2	Warner Park CRC	T	4/4-6/6	5:40-6:25pm	\$47	35448
5-7	Running Club East	Demetral Park	Th	4/6-6/8	5:30-6:15pm	\$47	35582
8-13	Running Club West	Elver Park	Th	4/6-6/8	5:30-6:15pm	\$47	34855
8-13	Warrior and Ninja Fitness	MSCR East	Th	4/6-6/8	6:15-7pm	\$47	35449



## Outdoor Leagues

### YOUTH SOCCER LEAGUES

MSCR Outdoor Soccer Leagues are focused on recreational play (score is not recorded). Leagues use smaller fields to promote fast paced games and more player action. The 3v3 league is for younger players where there are three players from each team on the field with no goalies. The 6v6 league is for older players where there are six players from each team including the goalies. MSCR schedules games and provides referees for the games. Practices are determined by the volunteer coach or parents/guardians.

#### LEAGUE INFORMATION

League	Division	Age	Dates	Day	Time
3v3	U4	3-4	4/23-6/4	Su	1, 2, 3 or 4pm
3v3	U6	5-6			
6v6	U8	7-8	4/22-6/3	Sa	9, 10:15, 11:30am or 12:45pm
6v6	U10	9-10			
6v6	U12	11-12			
Locations			Fields		
Eastside			Allis, Kennedy, Lapham		
Westside			Chavez, Cherokee, Crestwood, Toki		



#### REGISTRATION PROCESS FOR SOCCER LEAGUES

Players can sign up as an individual and be placed on a team, or a team can register. If a player is signing up to play on a past team, the coach's name and team name are mandatory to make sure the player is placed on the correct team. If registering as a team, every player must complete their own registration.

Select your preferred location at registration, games rotate between designated fields on that side of town. Register for 3v3 and 6v6 soccer leagues at [mscryouthsportsleagues.org](http://mscryouthsportsleagues.org) or by paper at the MSCR office. Call 204-4581 for more information.

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	2/1-3/12	\$50	\$75
Regular	3/13-3/19	\$55	\$82.50
Late	3/20-3/26	\$65	\$97.50

Register at [mscryouthsportsleagues.org](http://mscryouthsportsleagues.org)

### We Need Your Help! Volunteer Coaches Needed

At least one volunteer coach per team is needed. No experience? No problem. MSCR provides coaches with interactive training and an equipment bag containing soccer balls and cones.



## MADISON ICE SKATING SCHOOL

Learn-to-skate Classes.....Ages 2 – Adult  
Beginner, hockey and figure skating

For complete class information please visit our website  
[www.madisoniceinc.com/iceskatingschool](http://www.madisoniceinc.com/iceskatingschool)

Classes offered at  
Madison Ice Arena and Hartmeyer Ice Arena

**CHILD + ADULT SOCCER SKILLS**

Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Child + adult work together to learn soccer skills. Each session concludes with short-sided games to practice new skills. \*Sennett is a 5-week class.

**SOCCER SKILLS**

Program focuses on movement, fundamentals, and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. concludes with short-sided games to practice new skills. \*Sennett is a 5-week class.



Age	Location	Location	Day	Date	Time	Fee	Course#
<b>SOCCER SKILLS CHILD + ADULT</b>							
2	Child + Adult Soccer Skills	Chavez	Sa	1/28-3/4	9-9:30am	\$35	35253
2	Child + Adult Soccer Skills	Crestwood	Sa	1/28-3/4	9-9:30am	\$35	35257
2	Child + Adult Soccer Skills	Lapham	Sa	1/28-3/4	9-9:30am	\$35	35254
2	Child + Adult Soccer Skills	Midvale	Sa	1/28-3/4	9-9:30am	\$35	35252
2	Child + Adult Soccer Skills	Sennett	Sa	1/28-2/25	9-9:30am	\$30	35256
2	Child + Adult Soccer Skills	Whitehorse	Sa	1/28-3/4	9-9:30am	\$35	35255
<b>SOCCER SKILLS</b>							
3-4	Soccer Skills	Lapham	T	1/24-2/28	6-6:45pm	\$35	35260
3-4	Soccer Skills	Sennett	T	1/24-2/28	6-6:45pm	\$35	35261
3-4	Soccer Skills	Chavez	W	1/25-3/1	6-6:45pm	\$35	35263
3-4	Soccer Skills	Schenk	W	1/25-3/1	6-6:45pm	\$35	35264
3-4	Soccer Skills	Toki	W	1/25-3/1	6-6:45pm	\$35	35262
3-4	Soccer Skills	Crestwood	Th	1/26-3/2	6-6:45pm	\$35	35360
3-4	Soccer Skills	Thoreau	Th	1/26-3/2	6-6:45pm	\$35	35361
3-4	Soccer Skills	Chavez	Sa	1/28-3/4	9:45-10:30am	\$35	35265
3-4	Soccer Skills	Crestwood	Sa	1/28-3/4	9:45-10:30am	\$35	35259
3-4	Soccer Skills	Lapham	Sa	1/28-3/4	9:45-10:30am	\$35	35266
3-4	Soccer Skills	Midvale	Sa	1/28-3/4	9:45-10:30am	\$35	35269
3-4	Soccer Skills	Sennett	Sa	1/28-2/25	9:45-10:30am	\$30	35268
3-4	Soccer Skills	Whitehorse	Sa	1/28-3/4	9:45-10:30am	\$35	35267
5-7	Soccer Skills	Lapham	T	1/24-2/28	6:50-7:50pm	\$50	35270
5-7	Soccer Skills	Sennett	T	1/24-2/28	6:50-7:50pm	\$50	35271
5-7	Soccer Skills	Chavez	W	1/25-3/1	6:50-7:50pm	\$50	35273
5-7	Soccer Skills	Schenk	W	1/25-3/1	6:50-7:50pm	\$50	35274
5-7	Soccer Skills	Toki	W	1/25-3/1	6:50-7:50pm	\$50	35272
5-7	Soccer Skills	Crestwood	Th	1/26-3/2	6:50-7:50pm	\$50	35362
5-7	Soccer Skills	Thoreau	Th	1/26-3/2	6:50-7:50pm	\$50	35363
5-7	Soccer Skills	Chavez	Sa	1/28-3/4	10:45-11:45am	\$50	35275
5-7	Soccer Skills	Crestwood	Sa	1/28-3/4	10:45-11:45am	\$50	35364
5-7	Soccer Skills	Lapham	Sa	1/28-3/4	10:45-11:45am	\$50	35276
5-7	Soccer Skills	Midvale	Sa	1/28-3/4	10:45-11:45am	\$50	35279
5-7	Soccer Skills	Sennett	Sa	1/28-2/25	10:45-11:45am	\$42	35278
5-7	Soccer Skills	Whitehorse	Sa	1/28-3/4	10:45-11:45am	\$50	35277



## Outdoor Spring Leagues & Indoor Programs



### MSCR YOUTH FLAG FOOTBALL LEAGUE

This league is geared to teach young players the essential skills of football. This is a minimal contact league that emphasizes safety, fundamentals and fun above all. Each player receives a flag set. Scores are not kept in the K-1 division. Games are played on Saturdays, 8am to 2pm. Coaches may schedule additional practices. Register for either the K-1, 2-3 or 4-5 division. Volunteer coaches are essential to the success of this program. If you are interested in coaching please contact Chris McGill at [cmcgill@madison.k12.wi.us](mailto:cmcgill@madison.k12.wi.us).

Grade	Location	Day	Date	Time
K-1				
2-3	Cherokee or Sherman	Sa	4/22-6/3	8am -2pm
4-5				

Registration Type	Registration Deadline	Resident Fee	Non-Resident Fee
Early	2/1	\$51	\$66
Regular	3/15	\$46	\$69
Waitlist	4/9		

Flag Football Leagues register at [mscryouthsportsleagues.org](http://mscryouthsportsleagues.org)

## INDOOR YOUTH SPORTS

### BADMINTON

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

### BASKETBALL SKILLS CLINIC

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

### BASKETBALL SKILLS CLINIC - ADVANCED

This skills clinic is for the more experienced basketball player looking to take their game to the next level. Classes focus on individual skill building in small groups as well as conditioning. If you have a solid base of fundamentals and have played basketball for a few years, this is the program for you.

### SHAMROCK SHOOTOUT

Come join us for this fun basketball skills and shooting event. This great event is for children with an accompanying adult to showcase their skills. Pairs split in divisions by ages 5-8, 9-11, 12-14. The winning pair of each division receives a prize.

### SPORTS SKILLS

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

### SPORTS SKILLS - INDOOR T-BALL

Get ready for summer t-ball with this instructional class that promotes fundamentals and skill development. Learn the basics of t-ball including throwing, catching, batting and running bases.



### ULTIMATE FRISBEE CLINIC

Ultimate Frisbee is the sport of the future, and MSCR is offering a series of youth programs designed to help all kids get into this spirited sport at a young age. Ultimate is the only sport that requires two players to score. With elements of soccer, football and basketball, ultimate teaches youth to be a good sport on and off the field. Youth learn skill fundamentals and an understanding of their position on the field to get everyone working together.

### VOLLEYBALL SKILLS

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

## Indoor Programs

Age	Class	Location	Day	Date	Time	Fee	Course#
8-10	Badminton	Jefferson	Th	1/26-3/2	6-7pm	\$21	35588
8-10	Badminton	Jefferson	Th	4/6-5/11	6-7pm	\$21	35589
11-13	Badminton	Jefferson	Th	1/26-3/2	7:15-8:15pm	\$21	35433
11-13	Badminton	Jefferson	Th	4/6-5/11	7:15-8:15pm	\$21	35434
6-8	Basketball Skills Clinic	Allis	Sa	1/28-3/4	12:30-1:30pm	\$30	35287
6-8	Basketball Skills Clinic	Toki	Tu	1/24-2/28	6-7pm	\$30	35284
6-8	Basketball Skills Clinic	Toki	Tu	4/4-5/9	6-7pm	\$30	35419
6-8	Basketball Skills Clinic	Whitehorse	Sa	4/8-5/13	12:30-1:30pm	\$30	35476
9-11	Basketball Skills Clinic	Allis	Sa	1/28-3/4	1:45-2:45pm	\$30	35286
9-11	Basketball Skills Clinic	Toki	Tu	1/24-2/28	7-8pm	\$30	35285
9-11	Basketball Skills Clinic	Toki	Tu	4/4-5/9	7-8pm	\$30	35418
9-11	Basketball Skills Clinic	Whitehorse	Sa	4/8-5/13	1:45-2:45pm	\$30	35477
12-14	Basketball Skills Clinic- Advanced	Toki	Tu	1/24-2/28	8-9pm	\$30	35414
12-14	Basketball Skills Clinic- Advanced	Toki	Tu	4/4-5/9	8-9pm	\$30	35415
5-8	Shamrock Shootout	Allis	Sa	3/18	10-10:30am	\$21	35483
9-11	Shamrock Shootout	Allis	Sa	3/18	10:30-11am	\$21	35484
12-14	Shamrock Shootout	Allis	Sa	3/18	11-11:30am	\$21	35485
3-5	Sports Skills	Lapham	W	1/25-3/1	6-6:30pm	\$21	35409
3-5	Sports Skills	Lapham	W	1/25-3/1	6:40-7:10pm	\$21	35410
3-5	Sports Skills	Lapham	Th	4/6-5/11	6-6:30pm	\$21	35472
3-5	Sports Skills	Lapham	Th	4/6-5/11	6:40-7:10pm	\$21	35473
3-5	Sports Skills	Lincoln	W	4/5-5/10	6:40-7:10pm	\$21	35412
3-5	Sports Skills	Lincoln	W	4/5-5/10	6-6:30pm	\$21	35417
3-5	Sports Skills - Indoor T-Ball	Chavez	Th	1/26-3/2	6-6:30pm	\$21	35421
3-5	Sports Skills - Indoor T-Ball	Chavez	Th	1/26-3/2	6:40-7:10pm	\$21	35422
3-5	Sports Skills - Indoor T-Ball	Lapham	T	4/4-5/9	6-6:30pm	\$21	35425
3-5	Sports Skills - Indoor T-Ball	Lapham	T	4/4-5/9	6:40-7:10pm	\$21	35426
3-5	Sports Skills - Indoor T-Ball	Midvale	W	1/25-3/1	6-6:30pm	\$21	35423
3-5	Sports Skills - Indoor T-Ball	Midvale	W	1/25-3/1	6:40-7:10pm	\$21	35424
7-9	Ultimate Frisbee	Whitehorse	Th	4/20-5/25	5-5:45pm	\$30	35474
10-12	Ultimate Frisbee	Whitehorse	Th	4/20-5/25	6-7pm	\$36	35475
6-7	Volleyball Skills	Wright	Th	1/26-3/2	6-6:30pm	\$31	35427
6-7	Volleyball Skills	Wright	Th	4/6-5/11	6-6:30pm	\$31	35428
8-10	Volleyball Skills	Wright	Th	1/26-3/2	6:40-7:10pm	\$31	35429
8-10	Volleyball Skills	Wright	Th	4/6-5/11	6:40-7:10pm	\$31	35430
10-12	Volleyball Skills	Wright	Th	1/26-3/2	7:20-8pm	\$31	35431
10-12	Volleyball Skills	Wright	Th	4/6-5/11	7:20-8pm	\$31	35432

## Policies & Procedures

### PLEASE NOTE:

**Due to construction, most Aquatics programs have changed after the Winter & Spring 2023 Program Guide went to print. For the most up to date information, please view pages 22-26 in this online edition or view classes on our registration site.**

### WHAT TO BRING

Participants must bring their own suits, locks and towels. Patrons should bring bags and towels to the spectator area. MSCR is not responsible for any lost or damaged items. No street shoes or strollers allowed on the pool deck, please remove your shoes and carry them with you. We recommend swimmers and spectators wear clean water shoes or sandals.

### LOCKER ROOMS

There are no locker room attendants on duty. MSCR affirms the right of individuals to use facilities that align with their gender identity. If you would like access to an alternative changing location, please ask the Site Director.

### BEFORE YOU SWIM

Showers must be taken before swimming and long hair must be restrained. There are 10 minutes scheduled between lessons; please do not arrive more than 5 minutes early for your scheduled time, and please vacate the pool area within 5 minutes of the completion of the lesson.

### POOL INFORMATION

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

In the event that a class is canceled, participants are compensated accordingly.

### EAST HIGH SCHOOL POOL

2222 E Washington Ave - Use Fourth Street entrance, Door #2

### LA FOLLETTE HIGH SCHOOL POOL

702 Pflaum Rd - Use Activities Entrance, Door #11

### LAPHAM ELEMENTARY SCHOOL POOL

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

### MEMORIAL HIGH SCHOOL POOL

201 S Gammon Rd - Use Fieldhouse entrance, corner of Jefferson/Memorial parking lot

### WEST HIGH SCHOOL POOL

30 Ash St - Use Welcome Center entrance, Door #2 located under the Ash St staircase.

A portable aquatic lift is available at all MMSD High School Pools. Please call 608.204.3025 to inquire about usage.



### OPEN & LAP SWIM

#### OPEN/LAP SWIM FEES

A Pool Pass is required for open and lap swimming. A Swim Pass can be purchased at MSCR or from the lifeguard on duty at any site. No cash please; check, money order or credit cards only. Passes are good at all MMSD pools and are transferable; they are non-refundable and do not expire. Children under age 3 swim free with adult swimmer. \$22 for 14 punches per card (1=youth, 2=adult). All participants are required to fill out a waiver of liability and emergency contact form which is available on our website.

#### OPEN SWIM - LAPHAM ELEMENTARY

Lapham is a small, warm water, shallow pool (3 ft.-5 ½ ft. deep) with a capacity of 40 swimmers. Children ages 6 and under must be actively supervised by an adult in the water and within arm's reach. One adult (18+) must be present for every 2 children ages 6 and under. Any child under 12 must be actively supervised by an adult in the pool area. Children over the age of 12 may swim unaccompanied by an adult. Large groups (over 10 swimmers) require advanced notice. Please call the Aquatic Specialist (204-3030) to inquire. No inflatables allowed during open swim. Only Coast Guard approved flotation devices are allowed. MSCR equipment may be available during open swim at the discretion of the lifeguard on duty.

#### OPEN SWIM - LAPHAM

January 20 - May 5  
(Skip 3/17, 3/31 & 4/7)

Fridays	Lapham	4-7:30pm
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#### TRANS OPEN & LAP SWIM - EAST

Open to all trans people ages 14+. Locker rooms are designated as all-gender and closed to the public. Private changing areas available. January 23 - March 6

Mondays	East	6:30-8pm
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#### ADULT LAP SWIM SCHEDULE

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

Mondays, 1/23-2/27	West	6:15-8:15pm
Tuesdays, 1/10-3/7	East	6:15-8:15pm
Wednesdays, 1/11-3/8	Memorial	6:15-8:15pm
Thursdays, 2/2-4/27	La Follette	6:15-8:15pm
Skip 3/16, 3/30		

**For Preschool and Youth lessons, please register for a time slot.**

Swimmers who are either new to MSCR or who have not taken lessons in the previous calendar year are tested to determine their class placement.

**CHILD + ADULT**

Active adult participation is required.

**LITTLE DIPPERS (6 MONTHS - AGE 2)**

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

**SHRIMP DIP (AGES 3-4)**

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

**SWIM WITH ME (AGES 5-13)**

A transition class for youth who are not quite ready for (or do not want) independent instruction. Instructors work with each family individually on a transition plan into youth swim lessons. Youth learn basic swimming strokes and about water safety, closely following Red Cross Level 1 skills.

\*Swim With Me is not instruction for adults who want to learn how to swim (please see Teen/Adult Swim Instruction below).

**PRESCHOOL (AGES 3 - 5)**

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

**YOUTH**

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

**LEVEL 1: INTRODUCTION TO WATER SKILLS**

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

**LEVEL 2: FUNDAMENTAL AQUATIC SKILLS**

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

**LEVEL 3: STROKE DEVELOPMENT**

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

**LEVEL 4: STROKE IMPROVEMENT**

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

**LEVEL 5: STROKE REFINEMENT**

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

**LEVEL 6: FITNESS SWIMMER**

Works on refining strokes with greater efficiency and effectiveness over longer distances. Example skills: circle swimming, using a pace clock, using a pull buoy and turns.

**PRE-COMPETITIVE (AGES 8-13)**

Must be age 8 and have passed Stroke Improvement (Red Cross Level 4). Pre-competitive is a challenging class that focuses on gaining a better understanding of stroke mechanics and techniques using a variety of swimming drills. The concentration is on performing legal strokes, turns, starts & finishes 25 yards at a time. Swimmers learn how to use a pace clock, circle swim and lane-sharing etiquette.

**ADAPTED SWIM LESSONS (AGES 5-13)**

Intended for youth with disabilities who would benefit from a very small group or individualized lessons, this class will provide instruction based on swimmers' goals and comfort level in the water. This class would be ideal for a participant who needs a lesson highly modified to meet their needs. Swimmers who have been successful in regular youth swim lessons should not enroll in this class. Note: Not open for internet registration. Call 608-204-4581 for information.

**ADULT SWIM LESSONS****LEARNING THE BASICS - TEEN/ADULT AT LAPHAM**

An introductory course for beginners, this class focuses on basic aquatic skills, including exploring personal buoyancy, breath control and movement through the water. This class is for the non-swimmer or those who are generally uncomfortable in the water.

**TEEN/ADULT SWIM INSTRUCTION (AGES 13+)**

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

**ADULT WATER FITNESS**

Teens ages 14-17 may register with a participating adult.

**AQUA BALANCE**

This class focuses on slow movement in a warm water pool combined with body sense awareness. The pool is 88-90 degrees.

**AQUA CIRCUIT**

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

**DEEP WATER EXERCISE**

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

**MASTERS SWIM (AGES 18+)**

A structured workout environment for swimmers of any fitness and skill level. The coach provides workouts varying from emphasizing endurance and building fitness to speed work and stroke development. Participants should be able to swim 500 yards non-stop.

**WARM WATER EXERCISE**

These specially designed classes promote toning, increased stamina, endurance, flexibility and strength for active participants in a warm water pool. After warm-up routines, use flotation devices for resistance training and enjoy cool-down activities. The pool is 88-90 degrees.

**East High School Pool, 2222 E Washington Ave - Use Fourth Street entrance - Door #2**
**ADULT**

Day & Date	Time	Class	Fee	Course#
Tuesday & Friday 1/10-3/10 18 classes	5:45-7am	Masters Swimming (2x per week)	\$90	34516
Tuesday OR Friday 1/10-3/10 9 classes	5:45-7am	Masters Swimming (1x per week)	\$53	34514
Tuesday 1/10-3/7 9 classes	6:15 -7pm	Water Fitness: Deep Water	\$45	34550
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$50	34547
Sunday 1/22-3/5 7 classes	3-3:30pm	Teen/Adult Swim Instruc- tion	\$60	34540
Wednesday 1/11-3/8 9 classes	7:35-8:05pm	Teen/Adult Swim Instruc- tion	\$61	34541

**YOUTH**

Day & Date	Time	Class	Fee	Course#
Sunday 1/22-3/5 7 classes	3-3:30pm	Pre-Competitive Ages 8-13	\$48	34519
	3-3:30pm	Swim With Me	\$48	34538
	3:40-4:10pm	Youth Lessons Ages 5-13	\$48	34554
	4:20-4:50pm	Youth Lessons Ages 5-13	\$48	34555
	5-5:30pm	Youth Lessons Ages 5-13	\$48	34556
Wednesday 1/11-3/8 9 classes	6:15-6:45pm	Youth Lessons Ages 5-13	\$50	34558
	6:55-7:25pm	Youth Lessons Ages 5-13	\$50	34559
	7:35-8:05pm	Pre-Competitive Ages 8-13	\$50	34520

**American Red Cross Lifeguard & Water Safety Classes**

 Look for class descriptions and details at [mscr.org](http://mscr.org)

Age	Class	Location	Day	Date	Time	Fee	Course#
15+	American Red Cross Lifeguarding - Blended	La Follette High School	F-Su	1/20-1/22	5-9pm (F), 9am-5pm (Sa/S)	\$200	35458
15+	American Red Cross Lifeguarding - Blended	La Follette High School	F-Su	2/24-2/26	5-9pm (F), 9am-5pm (Sa/S)	\$200	35459
15+	American Red Cross Lifeguarding - Blended	La Follette High School	F-Su	3/17-3/19	5-9pm (F), 9am-5pm (Sa/S)	\$200	35461
15+	American Red Cross Lifeguarding - Blended	La Follette High School	F-Su	4/21-4/23	5-9pm (Fri), 9am-5pm (Sa/S)	\$200	35468
16+	American Red Cross Lifeguard Review	Memorial High School	Sa	1/14	9am-6pm	\$100	35699
16+	American Red Cross Lifeguard Review	Memorial High School	Sa	2/18	9am-6pm	\$100	35469
16+	American Red Cross Lifeguard Review	Memorial High School	Sa	3/11	9am-6pm	\$100	35470
16+	American Red Cross Lifeguard Review	La Follette High School	Sa	4/15	9am-6pm	\$100	35695
16+	American Red Cross Lifeguard Review	La Follette High School	Su	4/30	9am-6pm	\$100	35471
17+	American Red Cross Lifeguard Instructor Review	La Follette High School	Sa	4/29	9am-5pm	\$50	35178
17+	American Red Cross Water Safety Instructor (WSI)	East High School	F-Su	2/17-2/19 & 2/25-2/26	5-9pm (F), 9am-5pm (Sa/S)	\$225	35466
17+	American Red Cross Lifeguard Instructor - Blended	La Follette High School	F-Su	3/17-3/19	5-9pm (Fri), 9am-5pm (Sa/S)	\$225	35463
17+	American Red Cross Lifeguard Instructor - Blended	La Follette High School	F-Su	4/21-4/23	5-9pm (Fri), 9am-5pm (Sa/S)	\$225	35465

**Lapham Elementary School Pool, 1045 E Dayton St - Use Mifflin St Entrance**
**ADULT**

Day & Date	Time	Class	Fee	Course#
Monday 2/6-5/1 11 classes *Skip 3/13, 3/27	4:45-5:45pm	Warm Water Exercise	\$61	35455
	6-6:45pm	Aqua Balance	\$54	34526

**YOUTH**

Day & Date	Time	Class	Fee	Course#
Saturday 2/4-4/29 11 classes *Skip 3/18, 4/1	9-9:30am	Preschool Lessons Ages 3-5	\$95	34533
	9:40-10:10am	Little Dippers	\$88	34513
	10:20-10:50am	Preschool Lessons Ages 3-5	\$95	34532
	11-11:30am	Shrimp Dip	\$88	34537
	11:40-12:10pm	Preschool Lessons Ages 3-5	\$95	34528
Sunday 2/5-4/30 10 classes *Skip 3/19, 4/2, 4/9	1:50-2:20pm	Little Dippers	\$80	34510
	2:30-3pm	Preschool Lessons Ages 3-5	\$87	34524
	3:10-3:40pm	Shrimp Dip	\$80	34534
	3:50-4:20pm	Preschool Lessons Ages 3-5	\$87	34525
	4:30-5pm	Little Dippers	\$80	34509
Tuesday 2/7-5/2 11 classes *Skip 3/14, 3/28	5:10-5:40pm	Little Dippers	\$70	34511
	5:50-6:20pm	Shrimp Dip	\$70	34536
	6:30-7pm	Preschool Lessons Ages 3-5	\$73	34529
Wednesday 2/8-5/3 11 classes *Skip 3/15, 3/29	5:10-5:40pm	Preschool Lessons Ages 3-5	\$73	34530
	5:50-6:20pm	Little Dippers	\$70	34512
	6:30-7pm	Preschool Lessons Ages 3-5	\$73	34531
Thursday 2/9-5/4 11 classes *Skip 3/16, 3/30	5:10-5:40pm	Adapted Swim Lessons Ages 5-13	\$73	34488
	5:50-6:20pm	Adapted Swim Lessons Ages 5-13	\$73	35450
	6:30-7pm	Learning the Basics-Teen/Adult	\$73	35454


**La Follette High School Pool, 702 Pflaum Rd - Use Door #11**
**ADULT**

Day & Date	Time	Class	Fee	Course#
Tuesday & Friday 3/14-4/28 12 Classes Skip 3/28 & 3/31	5:45-7am	Masters Swimming (2X per week)	\$60	35734
Tuesday OR Friday 3/14-4/28 6 Classes Skip 3/28 & 3/31	5:45-7am	Masters Swimming (1X per week)	\$35	35735
Thursday 2/2-4/27 11 classes *Skip 3/16 & 3/30	6:15-7:15pm	Water Fitness: Aqua Circuit	\$61	34548
	7:30-8:15pm	Water Fitness: Deep Water	\$54	34551

**YOUTH**

Day & Date	Time	Class	Fee	Course#
Monday 2/6-4/24 10 classes *Skip 3/13 & 3/27	6:15-6:45pm	Youth Lessons Ages 5-13	\$55	34560
	6:55-7:25pm	Youth Lessons Ages 5-13	\$55	34561
	7:35-8:05pm	Youth Lessons Ages 5-13	\$55	34562

**Memorial High School Pool, 201 S Gammon Rd - Use Fieldhouse entrance**
**ADULT**

Day & Date	Time	Class	Fee	Course#
Tuesday & Thursday 1/5-3/23 21 Classes Skip 1/12 & 1/26	5:40-7:10am	Masters Swimming (2x per week)	\$124	34517
Wednesday 1/11-3/22 11 classes	6:15-7pm	Water Fitness: Deep Water	\$55	34552
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$61	34549
Sunday 1/22-3/19 9 classes	3-3:30pm	Teen/Adult Swim Instruction	\$77	34542

**YOUTH**

Day & Date	Time	Class	Fee	Course#
Sunday 1/22-3/19 9 classes	3-3:30pm	Swim With Me	\$62	34539
	3:40-4:10pm	Youth Lessons Ages 5-13	\$62	34553
	4:20-4:50pm	Youth Lessons Ages 5-13	\$62	34563
	5-5:30pm	Youth Lessons Ages 5-13	\$62	35733

**West High School Pool, 30 Ash St - Use Ash St entrance, Door #2**
**ADULT**

Day & Date	Time	Class	Fee	Course#
Monday 1/23-2/27 6 classes	6:15-7:15pm	Water Fitness: Aqua Circuit	\$33	34545
	7:30-8:15pm	Water Fitness: Deep Water	\$30	34546
Tuesday 1/10-2/21 7 classes	7:35-8:05pm	Teen/Adult Swim Instruction	\$47	34543
Thursday 1/12-2/23 7 classes	7:35-8:05pm	Teen/Adult Swim Instruction	\$47	34544

**YOUTH**

Day & Date	Time	Class	Fee	Course#
Tuesday 1/10-2/21 7 classes	6:15-6:45pm	Youth Lessons Ages 5-13	\$39	34565
	6:55-7:25pm	Youth Lessons Ages 5-13	\$39	34566
Thursday 1/12-2/23 7 classes	6:15-6:45pm	Youth Lessons Ages 5-13	\$39	34567
	6:55-7:25pm	Youth Lessons Ages 5-13	\$39	35599

## Now Hiring!

MSCR is hiring for a variety of positions

- Afterschool
- Aquatics
- Arts & Enrichment
- Outdoors Programs
- Soccer & Youth Sports
- Sports Officials



DANCE WISCONSIN PRESENTS

# THE NUTCRACKER



December 17 and December 18  
 Wisconsin Union Theater  
 Tickets: <https://www.dancewisconsin.org/>

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UNIVERSITY HOUSES PRESCHOOL

## Co-op Preschool Openings Available!

We've been providing social, play-based, part-time, mixed-age preschool to local families for over 50 years!

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[kmbeck@uhpparentcooperative.org](mailto:kmbeck@uhpparentcooperative.org)  
[uhpparentcooperative.org](http://uhpparentcooperative.org)

**FREE MONTHLY PLAYGROUPS!**

Check our Facebook page for upcoming dates!



# ENROLL IN THEATER CLASSES!

EVERY GRADE, ANY LEVEL!

REGISTER TODAY AT [CTMTHEATER.ORG](http://CTMTHEATER.ORG)






## Adult & Family Programs

### ADULT

#### BACKYARD BUSHCRAFT

Learn from MSCR Outdoor Instructors the basics of outdoor survival skills including shelter building, wood splitting, fire building and knot tying. These skills help any novice or experienced outdoors person be more confident on their next outdoor adventure! No experience required.

#### NIGHT EXPERIENCE

Bundle up and enjoy a winter or spring evening with us. MSCR staff offer various night time activities including firebuilding, stargazing, understanding night vision and even a night hike.

#### SUNSET SNOWSHOE

Enjoy an outdoor winter walk at two local marsh areas, Cherokee Marsh and Edna Taylor Conservation Park, a great place to view winter wildlife. We provide snowshoes, or you're welcome to bring your own and learn basic snowshoe instruction. These programs are weather/snow dependent.

### ALL AGES

#### CITY NATURE CHALLENGE AT MADISON SCHOOL FOREST

The City Nature Challenge (CNC) is an international citizen science event aiming to locate and identify plant and wildlife species in a bioblitz spanning over 400 cities worldwide. In partnership with the Nature Conservancy, our CNC opportunity offers instructions to use mobile apps (iNaturalist and Seek) and other ID tools to use on a trail route that fits your level of involvement. No experience required. Pre registration encouraged but registration at event is available

#### CELESTIAL WINTER HIKE

Enjoy a magical night hiking the Madison School Forest trails by star and moonlight. MSCR staff provide maps and guidance on hiking the trails. Enjoy warming up by one of our two fire pits after you finish your hike! Snowshoes\* (optional) are provided if there is enough snow on the trail to use them. All participants must register and an adult over 18 must register and participate with youth participants.

#### NATURE EXPLORATION

MSCR offers 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 date focuses on a different nature theme. Activities take approximately one hour to complete and participants must complete activities by program end time. All activities are self guided after instruction is given from staff. No pre-registration is required. Best suited for ages 4-8 years.

#### NIGHT EXPERIENCE

Bundle up and enjoy a winter or spring evening with us. MSCR staff offer various night time activities including firebuilding, stargazing, understanding night vision and even a night hike. All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

#### ORIENTEERING

Orienteering is an activity in which participants find their way to various checkpoints with the aid of a map and compass. Orienteering can be competitive (groups compete to finish finding all the check-points with the lowest time) or a fun leisure activity. MSCR has three courses located at the Madison School Forest. The courses vary in difficulty and length to allow for each group to choose the best challenge for themselves. MSCR provides participants the course maps, 1-2 compasses, markers for recording and directions on how to use the map and compass to find the checkpoints (no experience necessary). All participants must register and an adult over 18 must register and participate with youth participants.



#### SUNSET SNOWSHOE

Enjoy an outdoor winter walk at Cherokee Marsh, a great place to view winter wildlife. We provide snowshoes, or you're welcome to bring your own, and learn basic snowshoe instruction. These programs are weather/snow dependent. All participants must register and an adult over 18 must register and participate with youth participants.

#### WINTER SURVIVAL SKILLS

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

### YOUTH - CHILD + ADULT

#### DIGGING IN THE DIRT - CHILD+ADULT

Take a closer look at what's below your feet. Become a soil scientist for the day: dig, test, build, play and learn...in and about the dirt! Discover what critters live in the dirt, how dirt is made and complete a soil craft project. \*Please note: only the registered child can attend. Siblings including infants and friends are not allowed to attend classes. One adult per registered child may attend class marked Child + Adult.

#### OUTDOOR SURVIVAL SKILLS - CHILD+ADULT

Are you ready to survive outside? Children learn skills to survive outdoors such as fire and shelter building, knot tying, and easy plant identification. Join us for this interactive and hands-on class and apply the knowledge you gain at your next outdoor adventure! \*Please note: only the registered child can attend. Siblings including infants and friends are not allowed to attend classes. One adult must attend class with their child(ren).

#### WASTE NOT, WANT NOT CHILD+ADULT

What happens to our garbage over time? Join us for educational games, recycled art crafts, learning about detritivores (animal which feeds on dead organic material) and DIY composting. \*Please note: only registered child can attend. Siblings including infants and friends are not allowed to attend classes. One adult per registered child may attend classes marked Child + Adult.

#### WINTER WONDERS CHILD+ADULT

Welcoming all Winter Wanderers to explore the wonders of winter. Learn about life over and under the snow and even within the snow itself! Participants track wildlife, forage from the perspective of an animal and examine snowflake structures. \*Please note: only registered child can attend. Siblings including infants and friends are not allowed to attend classes. One adult per registered child may attend classes marked Child + Adult.

**LOOKING FOR MORE ART & NATURE PROGRAMS?**

Please see pages 12-13 for additional arts & nature classes.



## Adult & Family Programs

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>ADULT PROGRAMS</b>							
18+	Backyard Bushcraft	Madison School Forest	Sa	4/29	1-3pm	\$8	35228
18+	Night Experience	Madison School Forest	F	2/10	7-9pm	\$4	35236
18+	Sunset Snowshoe	Cherokee Marsh	T	2/14	4:30-6:30pm	\$5	35241
<b>ALL AGES</b>							
6+	Celestial Winter Hike	Madison School Forest	Sa	2/4	6-8pm	\$5	35229
5+	City Nature Challenge at Madison School Forest	Madison School Forest	S	4/30	1-4pm	\$0	34830
5+	Nature Exploration	Cherokee Park	Sa	5/20	10am-12pm	\$0	35230
5+	Night Experience	Madison School Forest	Sa	2/25	5-7pm	\$5	35233
5+	Orienteering	Madison School Forest	S	2/26	2-5pm	\$5	35237
6+	Sunset Snowshoe	Edna Taylor Park	Th	2/23	4:30-6pm	\$5	35242
3+	Winter Survival Skills	Brittingham Park	S	1/22	1-3pm	\$5	35245
3+	Winter Survival Skills	Warner Park	Sa	2/11	1-3pm	\$5	35514
<b>YOUTH PROGRAMS - CHILD + ADULT</b>							
5-11	Digging in the Dirt - Child+Adult	Madison School Forest	Sa	4/29	10am-12pm	\$8	35515
5-11	Outdoor Survival Skills - Child+Adult	Madison School Forest	Sa	4/22	4-6pm	\$8	35234
5-11	Waste Not, Want Not Child+Adult	Olin Park	Sa	5/20	3-4:30pm	\$10	35244
5-11	Winter Wonders Child+Adult	Madison School Forest	Sa	1/21	10:30am-12pm	\$8	35247

**Learn to Play Hockey with the West Madison Polar Caps**  
Give your young athlete a safe, fun & low-cost introduction to hockey!

- Ages 4 and up
- 5 Week sessions, twice per week (Wednesdays and Saturdays)
- Affordable registration and equipment rental fees
- Open to residents of West & Memorial High School District

**Two Opportunities Coming Up This Winter!**  
 "Snowman Season": Dec. 7, 2022 - Jan. 18, 2023  
 "Valentine Season": Feb. 1, 2023 - Mar. 8, 2023

Learn More & Register Now at [westmadisonpolarcaps.com/LTP](http://westmadisonpolarcaps.com/LTP)



## Customizable Experiences

### CUSTOMIZABLE EXPERIENCES

Bring your group outside with us! MSCR offers a variety of outdoor program options for groups from scouts to professional staff. We work with you to design a custom experience tailored for your group's needs and goals. Outdoor programs instructors are trained to facilitate engaging and meaningful opportunities.

#### MADISON SCHOOL FOREST

A natural gem located just outside of Madison in the Town of Verona. The unglaciated landscape at the Madison School Forest provides 300+ acres of forested outdoor space, trails, and a campground to host your group.

#### PROGRAM OPTIONS:

##### OVERNIGHT CAMPING

Campground includes rustic cabins, open air shelter, large outdoor firepit, indoor kitchen, nature center with wood burning stove, and pit toilets. Groups are also welcome to tent camp on the large grassy field.

##### ENVIRONMENTAL EDUCATION

Outdoor Programs instructors can lead groups on a variety of hikes or outdoor experiences that focus on environmental education or outdoor survival skills.

##### NIGHT PROGRAMS

Challenge and inspire participants to explore the outdoors at night; understand night vision, listen to wildlife, star gaze in the observatory and enjoy campfires.

##### ORIENTEERING

Learn map and compass skills as you navigate one of three orienteering courses set up, difficulty ranges from beginner to intermediate.

##### CHALLENGE COURSE

Our campground challenge course allows participants to problem solve together to accomplish challenges up to 30ft off the ground. A climbing wall is also available for younger age groups. Best suited for ages 9+.

##### PADDLING

With a fleet of canoes and kayaks, we offer opportunities to explore Madison's Lakes and Rivers with your group. Instructors bring boats to a location selected for your group and provide PFDs, paddles, and instruction before hitting the water. We tailor the experience to your group's comfort level. Can accommodate up to 20 participants. Best suited for ages 9+.



##### TEAMBUILDING

We facilitate custom designed experiential learning opportunities to develop teams. We work with corporate, non-profit, sports, and youth groups to design the teambuilding experience that fits your needs. Two locations are available: The Madison School Forest or Kennedy Course on Madison's east side. We can also bring mobile teambuilding options to your site!

Program Options:

##### LOW CHALLENGE COURSE

We select specific activities that require participants to work together to achieve goals.

##### LOW/HIGH CHALLENGE COURSE

Extend the learning to a full day by taking on one of our high challenge courses; where your group problem solves and supports each other up to 30ft off the ground.

##### MOBILE COURSE

We can bring the challenges to your location and design a custom experience for your group.

##### REAL COLORS

A fun, interactive workshop that gives insight into human behaviors and provides a common understanding for differences. Certified Real Colors facilitators guide your group through learning their individual colors then offer interactive, facilitated discussion on how these influence interactions on a daily basis. Programs typically last up to three hours but are flexible based on the number of participants.

Interested in designing your own program?  
Contact Outdoor Programs Specialists:  
Emily Peffer: [eapeffer@madison.k12.wi.us](mailto:eapeffer@madison.k12.wi.us),  
or Liz Just: [ekjust@madison.k12.wi.us](mailto:ekjust@madison.k12.wi.us)

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## Skiing &amp; Snowboarding

**DOWNHILL SKI AND SNOWBOARD FUNDRAISER**

Enjoy an evening of recreational skiing or snowboarding in partnership with Tyrol Basin. Proceeds support the accessible recreation scholarship program. Tickets for youth and adults are \$35, which includes ski or snowboard rentals, helmet and lift ticket. Lessons are not provided. Ticket sales end at 12pm on January 13. Tickets are redeemable at the Tyrol Basin ticket window. An ID is required for proof of purchase.

**DOWNHILL SKI AT TYROL BASIN**

MSCR wants to take you to the slopes. The MSCR Downhill Ski and Snowboard program offers an incredible opportunity to get outside this winter! Meet us at Tyrol Basin and then spend the morning on your own or take a lesson. Lessons are included in the price and are available for beginners to intermediate skiers and snowboarders. MSCR volunteers provide these lessons.

Upon registration, instructions including the specific Tyrol Basin meeting location are emailed prior to your trip date. Please arrive 15 minutes early. Any participant under the age of 14 years must have an adult present (the adult does not need to participate). All participating adults must register. Fee assistance is available by filling out the form available in the back of the program guide or on the reverse side of the registration form.

Please Note: All youth must wear a helmet. Helmet rentals are included in the price. Adults are not required to wear a helmet although it is strongly recommended. Adults not wearing helmets assume personal risk.

**ADAPTED SKIING**

Adapted equipment and experienced instructors are available to assist people with disabilities. Please see Downhill Skiing in the Adapted section. Additional forms may be needed to serve your individual needs. Please contact 608-204-3000 if you need help with any of the forms.



Age	Class	Location	Day	Date	Time	Fee	Course#
5+	Downhill Ski and Snowboard Fundraiser	Tyrol Basin	Sa	1/21	4-9pm	\$35	35251
5+	Downhill Ski at Tyrol Basin	Tyrol Basin	Sa	1/21	9am-12pm	\$50	35219
5+	Downhill Ski at Tyrol Basin	Tyrol Basin	Sa	1/28	9am-12pm	\$50	35220
5+	Downhill Ski at Tyrol Basin	Tyrol Basin	Sa	2/4	9am-12pm	\$50	35221
5+	Downhill Ski at Tyrol Basin	Tyrol Basin	Sa	2/11	9am-12pm	\$50	35222
5+	Downhill Ski at Tyrol Basin	Tyrol Basin	Sa	2/25	9am-12pm	\$50	35223
5+	Downhill Ski at Tyrol Basin	Tyrol Basin	Sa	3/4	9am-12pm	\$50	35224





Photograph courtesy of Wendy Markvis

## Winter Fun in MADISON PARKS

SKATING ❄️ SKIING ❄️ SLEDDING ❄️ SNOWSHOEING ❄️  
Disc Golf | Learning Series | Skate Cinema

 [cityofmadison.com/parks/winterfun](http://cityofmadison.com/parks/winterfun) 



  
**Rosy Cheeks**  
WISCONSIN'S LARGEST APPAREL  
STORE FOR DANCERS, SKATERS  
AND GYMNASTS

**STOP IN OR BROWSE OUR ONLINE STORE AT**  
**[rosycheeksandcompany.com](http://rosycheeksandcompany.com)**  
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M-W 12-5pm • TH 12-7pm • F 12-5pm • SAT 10-4pm



## Indoor Classes

### DANCE

#### BALLET 1

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

#### BALLET 2

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

#### SCOTTISH COUNTRY DANCE

Have fun learning the social dances of Scotland, danced around the world. No need for a partner, a kilt or even to be Scottish. Expect an energetic pace, periodic holding of hands, and occasional closeness to other dancers. Taught by experienced teachers from the Madison Scottish Country Dancers. Teens 14+ may register with a participating adult.

#### 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 lots of fun!

#### TAP 1

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

#### TAP 2

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

#### VITALITY & DANCE LAB

Pause to remember what our bodies know about vitality, sourcing our resilience as a potential powerhouse of inner strength. Rediscover ways to restore equilibrium in every moment so we can roll with the seas as they toss. Grounding, elasticity and deep core connectivity expand our options for responding to the world as it changes around us. Instructor uses the work of Rudolf Laban and Irmgard Bartenieff for this somatic reconnection with inner grace and movement exploration. All levels welcome.

### DRAWING & PAINTING

#### DRAWING - BACK TO BASICS

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

#### 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.

#### FIGURE DRAWING

Learn to draw the human form! Working from direct observation of clothed models, use charcoal and graphite as you practice the basic skills of life drawing. All experience levels and backgrounds are welcome. Materials provided. A model fee will be required in addition to the class fee.

#### ACRYLIC PAINTING 1

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

#### ACRYLICS & OILS - ALLA PRIMA WORKSHOP

Discover the painting style of alla prima! Complete one painting of a landscape or simple still life in one session and explore how to use a loose style with no fussing over detail. Learn a condensed version of the basics in composition and techniques. All levels are welcome. Materials provided.



#### ACRYLICS & OILS - LANDSCAPES

Learn acrylic and oil painting techniques along with color mixing and composition. Paint landscapes from photo references in a loose and impressionistic painting style. All levels welcome. Materials provided.

#### ACRYLICS & OILS - STUDIO NEW!

Bring your own painting projects and materials into the class to work in a friendly, educational place. Learn new techniques through weekly demonstrations. Coaching is offered in each session on your projects. Painters of all levels welcome. Easels available for use.

#### CHINESE & JAPANESE BRUSH PAINTING - BOTANICALS

Continue your exploration of Chinese & Japanese brush painting. Review material from beginning class and expand your creativity with more emphasis on the composition of the painting and focus on botanical subjects. Class is appropriate for those who have taken Chinese & Japanese Brush Painting. Materials provided.

#### CHINESE & JAPANESE BRUSH PAINTING - LANDSCAPES

Continue your exploration of Chinese & Japanese brush painting. Review material from beginning class and expand your creativity with more emphasis on the composition of the painting and focus on landscapes. Class is appropriate for those who have taken Chinese & Japanese Brush Painting. Materials provided.

#### TRY IT - CHINESE & JAPANESE BRUSH PAINTING

Learn the basics of the 6,000 year old art of creating ink and watercolor works using traditional brushes on rice paper or watercolor paper. Enjoy experimenting with this meditative and philosophical art form. Materials provided.

#### HENNA ON CANVAS WORKSHOP

Learn the ancient art of henna painting. Through step-by-step demonstrations, discover how henna (mehndi) is applied to a hand using a cone. Practice new designs on a canvas! Materials provided.

#### HENNA STYLED FRAMES WORKSHOP

Discover the intricate techniques of painting Henna designs with acrylic paint on a wooden frame and learn multiple patterns to create a unique painting. This self-paced, meditative class allows participants to create a project from start to finish in a supportive environment. Materials provided. No prior skills needed.

#### WATERCOLOR 1

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

#### WATERCOLOR 2

Using new techniques, expand your watercolor palettes and skills to create one painting per class. Each class has a detailed demonstration, exploration or project with subjects ranging from fruit to landscapes. Materials provided.

#### WATERCOLOR STUDIO

Enjoy an afternoon of watercolor painting. Demonstrations at each session, then work on your own projects or instructor exercises. Painters of all levels welcome. Bring your own supplies. Easels available for use.

## Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>DANCE</b>							
18+	Ballet 1	Memorial	Th	1/19-3/23	6:15-7:15pm	\$60	35600
18+	Ballet 2	Memorial	Th	1/19-3/23	7:30-8:30pm	\$60	35602
18+	Scottish Country Dance	Memorial	W	2/1-3/22	7:15-8:30pm	\$45	35478
18+	Scottish Highland Dance	MSCR Odana	M	1/23-3/20	6:45-7:45pm	\$48	35408
18+	Tap 1	Memorial	M	1/23-3/20	6-7pm	\$56	35479
18+	Tap 2	Memorial	M	1/23-3/20	7:15-8:15pm	\$56	35480
18+	Vitality & Dance Lab	MSCR East	Th	2/16-3/16	6:30-8pm	\$36	35622
18+	Vitality & Dance Lab	MSCR East	Th	4/6-5/11	6:30-8pm	\$36	35621
<b>DRAWING &amp; PAINTING</b>							
18+	Drawing - Back to Basics	Warner Park CRC	W	5/17-6/7	9:30am-12pm	\$55	35486
18+	Drawing 1	MSCR East	T	4/11-5/16	9:30am-12pm	\$80	35481
18+	Drawing 1	MSCR Central	W	2/1-3/8	6:30-9pm	\$80	35591
18+	Figure Drawing	MSCR Central	W	4/5-5/10	6:30-9pm	\$80	35592
18+	Acrylics & Oils - Alla Prima Workshop	Warner Park CRC	T	3/14	9:30am-1pm	\$27	35547
18+	Acrylics & Oils - Alla Prima Workshop	MSCR East	T	3/21	9:30am-1pm	\$27	35548
18+	Acrylics & Oils - Landscapes	Warner Park CRC	M	4/3-5/8	1-3:30pm	\$82	35549
18+	Acrylics & Oils Studio	MSCR East	W	3/1-3/22	1-3:30pm	\$54	35550
18+	Acrylic Painting 1	Lussier Comm Ed	M	2/6-3/13	10:30am-12:30pm	\$82	35541
18+	Chinese & Japanese Brush Painting - Botanicals	Warner Park CRC	Th	4/6-5/11	1-3:30pm	\$82	35553
18+	Chinese & Japanese Brush Painting - Landscapes	MSCR East	T	4/25-5/30	1-3:30pm	\$82	35554
18+	Try It - Chinese & Japanese Brush Painting	Warner Park CRC	Th	3/9	1-3:30pm	\$16	35612
18+	Henna on Canvas Workshop	MSCR East	Th	4/6	6-8pm	\$25	35562
18+	Henna on Canvas Workshop	Warner Park CRC	W	4/19	6-8pm	\$25	35563
18+	Henna Styled Frames Workshop	MSCR East	Th	1/26	6-8pm	\$25	35564
18+	Henna Styled Frames Workshop	Warner Park CRC	W	3/15	6-8pm	\$25	35593
18+	Watercolor 1	Lussier Comm Ed	W	2/1-3/1	10:30am-12:30pm	\$68	35613
18+	Watercolor 1	MSCR East	M	1/23-2/27	9:30am-12pm	\$82	35614
18+	Watercolor 2	MSCR East	W	4/5-5/10	9:30am-12pm	\$82	35615
18+	Watercolor Studio	MSCR East	M	1/23-2/27	1-3:30pm	\$82	35616

**MSCR WEST - COMING LATE SPRING**

We can't wait to get into our new westside location, we just have to wait a little bit longer.  
 Look for a special MSCR Spring Supplement Program Guide  
 featuring additional spring activities at MSCR West.



## Indoor Classes



### ENRICHMENT

#### BEGINNING RESIN ART

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

#### COMMUNITY SINGING

Singing is a whole body activity. This community singing class aims to inspire singing with the voice that you have and utilizes a pedagogy that focuses on body and voice awareness. Class focuses on rounds and simple multi-part songs. All levels welcome.

#### INTRO TO FLY TYING

Join us for a super fly class and learn the art of fly tying! Learn to tie flies, a type of fishing lure, sure to make local fish take the bait. Learn the basic skills of tying during each class by tying a new type lure, practicing your technique, using your creativity and what you have on hand to make modifications.

#### THE GLAPPY HOUR: (GLAD+HAPPY=GLAPPY)!

##### THE GLAPPY HOUR: BEFRIEND YOUR INNER CRITIC

It's not what you say out of your mouth that determines your life, it's what you whisper to yourself that has the most power. - Robert Kiyosaki  
With Valentine's Day we are flooded with images of romantic love. But what about some love for yourself? Discuss strategies to help your inner critic become less of a bully and more of an ally! Leave with a cheat sheet of how to handle your critic the next time they make an appearance.

##### THE GLAPPY HOUR: DELIGHT

Life is not life at all without delight. - Coventry Patmore.  
What actually is delight? Little kid giggles? First coffee of the morning? A crisp morning walk? When is the last time you felt pure delight? Spend this Glappy Hour discussing what delight means to you and how you can focus on creating a more delightful life.

##### THE GLAPPY HOUR: HABITS

Habits are the invisible architecture of daily life. If we change our habits, we change our lives. - Gretchen Rubin. What better month than January to establish some new habits? Discuss Gretchen Rubin's book, *Better than Before*, which has 20 approaches to support establishing new habits. Leave with a worksheet listing the approaches from the book to try out at home, and hopefully, a path to achieve more well-being. Participants are welcome to read the book before class, but it is not required.

##### THE GLAPPY HOUR: KINDNESS

People will forget what you said, people will forget what you did, but people will never forget how you made them feel. - Maya Angelou. Wouldn't it be fantastic to be the kind of person who leaves people feeling better having been in your presence? Kindness can accomplish that. Create simple ways to add some kindness into our day-to-day lives.

##### THE GLAPPY HOUR: SHINY HAPPY PEOPLE

Do you know anyone who has the knack for being happy? How do they live their life? Chat with peers about the choices that extremely happy people make. Then figure out ways you can incorporate these strategies into your life.

#### MEMOIR WRITING

Put your pen to paper and learn how to start writing your story. Explore this form of writing through memoir writing examples, techniques and short in-class writing exercises, and even have a chance to share your pieces with other memoir writers. All skill levels welcome.

#### 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.

#### WOOD BURNING WORKSHOP - CHARCUTERIE BOARDS

Learn the trendiest craft of wood burning, also known as pyrography! Burn a mandala design on a charcuterie board to take home. Wooden boards are finished and ready to use at your next dinner party! Materials provided. No prior skills needed.

#### WOOD BURNING WORKSHOP - COASTERS

Learn the trendiest craft of wood burning, also known as pyrography! Burn a mandala design on two wood coasters to take home. Coasters are finished with cork backing and ready to use. Materials provided. No prior skills needed.

#### WOOD BURNING WORKSHOP - PICTURE FRAMES

Create a mandala design inspired by Valentine's Day on a wooden picture frame. Learn the trendiest craft of wood burning, also known as pyrography! Materials provided. No prior skills needed.

#### FIBER ARTS

##### CROCHET 1 - SCARF

Learn the basics of crochet, how to read patterns, and how to crochet in rows. Receive hands-on instruction, and finish a scarf by the end of the course. Supply list available at [mscr.org](http://mscr.org).

##### CROCHET 2 - HAT NEW!

Continue the basics of crochet while learning to crochet in the round. Receive hands-on instruction and finish a cozy hat by the end of the course. This class is recommended for those that are familiar with crochet basics, have completed the Beginner 1 course, and those that need a refresher. Supply list available at [mscr.org](http://mscr.org).

##### KNITTING 2 - BASIC HAT

Do you know how to knit, purl and cast on? Take your knitting skills to the next level. Learn how to knit in the round with double pointed and circular needles. Increase and decrease stitches to shape a basic hat pattern and make it your own. Supply list available at [mscr.org](http://mscr.org).

##### KNITTING 2 - CABLED MITTENS

Keep hands warm with a handmade pair of mittens. Expand your knitting techniques to include knitting in the round, increasing, decreasing, creating a thumb gusset and more while you craft a beautiful pair of mittens. Participants should feel comfortable casting on, knitting and purling. Supply list available at [mscr.org](http://mscr.org).

##### KNITTING SKILL BUILDER

Are you ready to move past the beginning knitting classes? Build upon the basic skills you know like casting-on, binding-off, knit and purl stitch to create some new, exciting patterns! Create a new square each week by learning new stitch patterns. Turn the squares into a blanket, scarf or pillow. Supply list available at [mscr.org](http://mscr.org)

#### WEAVING 1

Learn to weave on easy-to-use and versatile rigid heddle looms. Explore basic and complex weave structures to create beautiful handwoven items. Choose from a variety of individualized projects such as shawls, scarves, belts, vests, book bags, purses, pillows, table runners and more. Looms are borrowed and taken home between classes each week to work on projects outside of class. Loom size 24x24x2. Open to all skill levels. Materials provided. First 5 class meetings meet from 6:30-9pm.

#### WEAVING 2

Move beyond basic weaving and learn how to do more advanced weave structures on a rigid heddle loom. Explore rep weave, summer and winter, muck lace, float patterns and twills. Use these techniques to make scarves, table runners, tote bags and more. Participants must know how to measure a warp, dress a loom and weave tabby. Materials provided. First 5 classes meet from 6:30-9pm.

## Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>ENRICHMENT</b>							
18+	Beginning Resin Art	MSCR East	Th	2/2-2/16	6:30-8:30pm	\$52	35498
18+	Beginning Resin Art	MSCR East	Th	5/11-5/25	6:30-8:30pm	\$52	35500
18+	Community Singing	MSCR East	S	2/12-2/26	1:30-3pm	\$48	35555
15+	Intro to Fly Tying	MSCR Odana	Th	3/2-3/23	6:30-8pm	\$32	35648
18+	The Glappy Hour: Befriend Your Inner Critic	MSCR East	F	2/3	9:30-10:45am	\$10	35535
18+	The Glappy Hour: Delight	MSCR East	F	5/12	9:30-10:45am	\$10	35539
18+	The Glappy Hour: Delight	Warner Park CRC	Sa	5/20	9:30-10:45am	\$10	35540
18+	The Glappy Hour: Habits	MSCR East	Th	1/19	9:30-11am	\$10	35534
18+	The Glappy Hour: Kindness	MSCR East	F	3/3	9:30-10:45am	\$10	35536
18+	The Glappy Hour: Kindness	Warner Park CRC	Sa	3/18	9:30-10:45am	\$10	35537
18+	The Glappy Hour: Shiny Happy People	MSCR East	F	4/21	9:30-10:45am	\$10	35538
18+	Memoir Writing	MSCR Odana	M	2/6-3/13	6-8pm	\$72	35488
18+	Mindful Art Journals	MSCR Central	F	2/24-3/24	10am-12pm	\$60	35494
18+	Wood Burning Workshop - Charcuterie Boards	MSCR East	W	3/22	6-8:30pm	\$50	35493
18+	Wood Burning Workshop - Coasters	MSCR East	T	4/4	6-8pm	\$36	35492
18+	Wood Burning Workshop - Picture Frames	MSCR East	W	2/8	6-8pm	\$36	35491
<b>FIBER ARTS</b>							
18+	Crochet 1 - Scarf	MSCR East	W	1/18-2/1	6-8:30pm	\$44	35724
18+	Crochet 1 - Scarf	MSCR Odana	S	1/22-2/5	3:30-6pm	\$44	35557
18+	Crochet 2 - Hat	MSCR Odana	W	2/19-3/5	6-8:30pm	\$44	35728
18+	Crochet 2 - Hat	MSCR East	W	3/8-3/22	6-8:30pm	\$44	35558
18+	Knitting 2 - Basic Hat	MSCR East	T	2/14-2/28	6:30-9pm	\$35	35595
18+	Knitting 2 - Cabled Mittens	MSCR East	T	3/7-3/21	6:30-9pm	\$44	35596
18+	Knitting Skill Builder	MSCR East	T	4/11-5/2	6:30-9pm	\$58	35597
18+	Weaving 1	MSCR Central	M	1/23-3/20	6:30-8pm	\$135	35507
18+	Weaving 2	MSCR Central	M	4/3-5/22	6:30-8pm	\$120	35508

## Now Hiring!

MSCR is hiring for a variety of positions

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 Aquatics  
 Arts & Enrichment  
 Outdoors Programs  
 Soccer & Youth Sports  
 Sports Officials



Go to [mscr.org](http://mscr.org) to apply.



## Indoor Classes



### MUSIC

#### ART OF FLOW

Unlock your true creative potential that goes beyond creating music. Uncover the barriers humans face when it comes to creating artful music as well as realistic solutions to surpass these barriers. Leave this course being able to create freely without fearing judgment from others. Devices such as a laptop, tablet or smartphone are suggested, but not required. Resources provided at first class, however, devices must have certain system requirements.

#### GIUITAR 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. Guitar is required, but no experience necessary. Participants must purchase Hal Leonard Guitar Method Book 1, Authors: Will Schmid, Greg Koch before first class (ISBN 978-0-7935-3392-3).

#### GIUITAR 2

This class is a continuation of Guitar 1. For students who have not taken Guitar 1 through MSCR, a review of the required text is recommended. Learn the 5th and 6th strings, chords and eventually move on to fingerstyle playing. Guitar is required. Participants must purchase Hal Leonard Guitar Method Book 1, Authors: Will Schmid, Greg Koch before first class (ISBN 978-0-7935-3392-3).

### SEWING

#### BEHIND THE SEAMS - APPLIQUE TECHNIQUES

Learn a sewing technique that does not use a sewing machine. Discuss and practice raw edge applique along with turned edge applique. Materials provided.

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

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

#### HANDSEWING - PURRFECT PILLOWS

This is a class dedicated for your feline friends! Using precut shapes, learn how to hand sew catnip pillows and decorate with embroidered finishes. In one night, create something that's just meowulous! Materials provided.

#### MEMORY QUILT DESIGN

Explore how to remember special memories or loved ones through quilt making. This class focuses on the quilt design, stabilization, and preparation of materials to make a quilt or wall hanging. No sewing machine required. Supply list available at [mscr.org](http://mscr.org)

#### SEWING 1

Start from scratch and learn the basics of sewing. Begin with an overview of sewing supplies, threading the machine, and fabric basics. Learn to sew straight lines and curves using different stitches to making seams and finish edges. No experience necessary. Class is appropriate for beginners or those looking for a refresher. Sewing machines and all supplies provided.

#### SEWING 2

Apply skills learned in Sewing 1 to create projects working from a pattern. Participants choose their own pattern to bring to the first class. Learn how to read the pattern, pin and prep fabric and see your project through to completion. Class is appropriate for those who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided. Supply list available at [mscr.org](http://mscr.org).

#### SEWING ALTERATIONS

Tired of paying someone to hem your pants? Learn the basics of altering and repairing clothes, from hemming to taking in side seams and shortening straps. Covers basic closing split seams, repairing holes, fixing snag and more. Class is appropriate for those who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided.

### POTTERY

#### POTTERY LAB

Non-instructional, open lab for those potters who can work independently. Must have advanced pottery and glazing skills, as well as pre-approval from Pottery Coordinator (email [mlhutchinson@madison.k12.wi.us](mailto:mlhutchinson@madison.k12.wi.us)) at least 3 days prior to registering. Failure to obtain pre-approval will delay registration. Studio is available Monday-Thursday (8am - 5pm), Fridays (8am - 7pm), and additional weekend hours. Studio times may vary due to changing building and staff needs. Fee includes use of tools, firing, glaze and 25 lbs. of clay. Additional clay must be purchased through MSCR at \$16.

#### TAKE A SPIN - POTTERY NIGHT

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

#### WHEEL 1

No clay experience required! For the person who wants to concentrate on wheel thrown pottery. Each participant receives a 25# bag of clay with their registration. Additional clay must be purchased through MSCR at \$16.

#### WHEEL 2

Great course for those comfortable with wheel basics who want to improve skills as well as learn new techniques & projects. Course focuses on craftsmanship, form, handles and glazing techniques. Participants need to be comfortable with throwing, trimming and basic glazing. Each participant receives a 25 lbs bag of clay. Additional bags must be purchased through MSCR at \$16. All projects must be created and completed in the pottery studio.

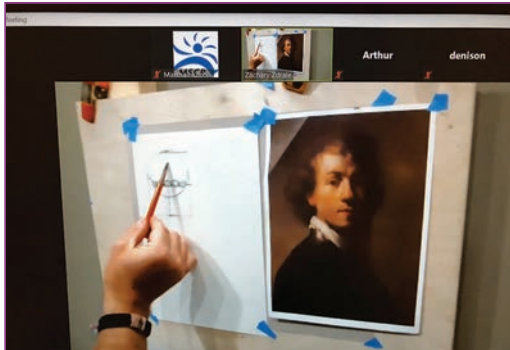
CLASSES AT WARNER PARK CRC REQUIRE AN ID  
PLEASE GO TO [MSCR.ORG](http://MSCR.ORG) FOR MORE INFORMATION

## Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>MUSIC</b>							
15+	Art of Flow	MSCR East	Su	1/22-2/12	3:30-4:45pm	\$35	35704
15+	Art of Flow	MSCR East	Su	4/9-4/30	3:30-4:45pm	\$35	35705
18+	Guitar 1	Jefferson	M	1/23-3/20	5:45-6:45pm	\$45	35730
18+	Guitar 2	Jefferson	M	1/23-3/20	7-8pm	\$45	35731
<b>POTTERY</b>							
18+	Pottery Lab	Warner Park CRC	Every day	1/17-3/25	8am-5pm	\$220	34457
18+	Pottery Lab	Warner Park CRC	Every day	4/3-5/26	8am-5pm	\$175	34467
18+	Take a Spin - Pottery Night	Warner Park CRC	T	1/10	6:30-8:30pm	\$26	34458
18+	Take a Spin - Pottery Night	Warner Park CRC	Th	1/12	6:30-8:30pm	\$26	34459
18+	Wheel 1	Warner Park CRC	T	1/17-3/21	6:30-8:30pm	\$205	34464
18+	Wheel 1	Warner Park CRC	T	4/4-5/23	6:30-8:30pm	\$165	34468
18+	Wheel 1	Warner Park CRC	W	1/18-3/22	6:30-8:30pm	\$205	34465
18+	Wheel 1	Warner Park CRC	W	4/5-5/24	6:30-8:30pm	\$165	34469
18+	Wheel 2	Warner Park CRC	M	1/23-3/20	6:30-9pm	\$205	34460
18+	Wheel 2	Warner Park CRC	M	4/3-5/22	6:30-9pm	\$180	34462
18+	Wheel 2	Warner Park CRC	Th	1/19-3/23	6:30-9pm	\$225	34461
18+	Wheel 2	Warner Park CRC	Th	4/6-5/25	6:30-9pm	\$180	34463
<b>SEWING</b>							
18+	Behind the Seams - Caring for Your Machine	MSCR Odana	T	1/17	6:30-8:30pm	\$10	35552
18+	Behind the Seams - Applique Techniques	MSCR Odana	T	3/21	5:30-8:30pm	\$12	35551
18+	Handsewing - Purrfect Pillows	MSCR Odana	W	3/22	6:30-8:30pm	\$12	35561
18+	Memory Quilt Design	MSCR Odana	W	2/8-2/22	1-3:30pm	\$40	35598
18+	Sewing 1	MSCR East	M	1/23-2/6	6:30-8:30pm	\$40	35603
18+	Sewing 1	MSCR East	Sa	2/25-3/11	9:30-11:30am	\$40	35604
18+	Sewing 1	MSCR East	T	3/7-3/21	1-3pm	\$40	35605
18+	Sewing 1	MSCR East	M	4/3-4/17	6:30-8:30pm	\$40	35606
18+	Sewing 1	MSCR Odana	T	2/7-2/28	6:30-8:30pm	\$40	35607
18+	Sewing 2	MSCR East	M	2/20-3/13	6:30-8:30pm	\$53	35608
18+	Sewing 2	MSCR East	Sa	4/29-5/20	9:30-11:30am	\$53	35609
18+	Sewing 2: Quilting Finishing & Techniques	MSCR Odana	Th	1/12-1/26	1-3:30pm	\$40	35700
18+	Sewing Alterations	MSCR East	S	1/22-2/5	1-3pm	\$40	35611
18+	Sewing Alterations	MSCR East	T	4/4-4/18	1-3pm	\$40	35610



## Outdoor & Virtual Classes



### OUTDOOR CLASSES

#### COMMUNITY SINGING

Singing is a whole body activity. This community singing class aims to inspire singing with the voice that you have and utilizes a pedagogy that focuses on body and voice awareness. Class focuses on rounds and simple multi-part songs. All levels welcome.

#### CROCHET 2 - FARMER'S MARKET TOTE

Have you always admired those cute handmade market bags? Here's your chance to make one of your own just in time for the summer market. Learn basic crochet stitches from chaining to double crochet, while creating a bag with your own personal flair. Supply list available at [www.msqr.org](http://www.msqr.org).

#### PHOTOGRAPHY: WINTER WALKS

Bundle up and discover winter's beauty through your camera. Bring your point-and-shoots, SLRs, or even mobile phone camera. The emphasis is on using your vision to improve your photos. All levels welcome. Class meets at the following locations: -2/19/23: Tenney Park Beach-2/26/23: Owen Conservation Park-3/5/23: Shelter at Warner Park

### VIRTUAL CLASSES

#### ACRYLIC PAINTING 2

Expand your skills with acrylic paint! Be inspired from different artists and learn new techniques. Benefit from critiques through a virtual classroom community. This class is for students that have previous experience painting with acrylics, but beginners are welcome. Supplies not included. To purchase a kit, please go to course #35546.

#### ADVANCED EMBROIDERY - PORTRAITS

Take your embroidery education one step further and learn how to embroider portraits. Bring a sketch or printed photograph to work from and turn the picture into a work of art. Class includes instruction of basic embroidery techniques and more advanced painterly techniques. Materials provided.

#### CROCHET 2 - HARMONY BABY BLANKET

Learn how to crochet this romantic blanket by expanding your skills. Bring a gradient yarn of your choice and watch the colors change as you learn the X, popcorn and back post double crochet stitches that give this blanket its whimsical look. Supply list available at [msqr.org](http://msqr.org)

#### DRAWING 2: THE HUMAN HEAD & FACIAL ANATOMY

Study the basic structure and proportions of the human head to draw a portrait. Through analysis of the structure of the cranial mass and facial features, discover how to create the illusion of light and space. Learn how to increase the complexity from a simplified representation of head to a portrait from your own source. Materials provided.

#### EMBROIDERED WONDERLANDS

Be inspired by nature and create a one-of-a-kind embroidered landscape. Learn artistic embroidery using traditional techniques to create unusual effects. Explore the power of texture and how to achieve dimensionality on fabric. Some materials provided.

#### ERGONOMICS - SURVIVING YOUR HOME OFFICE

Learn easy tricks to energize your workday from the inside - no caffeine required. Improper workstation setup and usage are major causes of Repetitive Strain Injury (RSI). Dramatically improve the way you feel at the end of the day by making simple changes. Through this virtual lecture, learn to align and move your body. Make your home office setup work for you!

#### 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. Guitar is required, but no experience necessary. Participants must purchase Hal Leonard Guitar Method Book 1, Authors: Will Schmid, Greg Koch before first class (ISBN 978-0-7935-3392-3).

#### GUITAR 2

This class is a continuation of Guitar 1. For students who have not taken Guitar 1 through MSCR, a review of the required text is recommended. Learn the 5th and 6th strings, chords and eventually move on to fingerstyle playing. Guitar is required. Participants must purchase Hal Leonard Guitar Method Book 1, Authors: Will Schmid, Greg Koch before first class (ISBN 978-0-7935-3392-3).

#### INTRODUCTION TO EMBROIDERY

Learn to turn a small, trivial doodle into a beautiful, delicate piece of art. Draw a simple design or copy a design from a template and learn different embroidery techniques to transform your sketch into a vibrant colored image using thread and different embroidery techniques. Make a special keepsake for a friend, or save it and treasure it for yourself! Materials provided.

#### INTRODUCTION TO FICTION WRITING

Have you always wanted to write a story but don't know where to start? Learn how to structure a short story in this five-week online course. Whether you've never written a story or you're looking for new techniques to enhance your writing, this class gives participants the opportunity to create a story with strong bones. Out-of-class writing is optional but encouraged. All skill levels welcome.

#### KNITTING 1 - SCARF

Always wanted to learn to knit? Here is your chance. Learn how to cast on, knit, purl, bind off, and read a knitting pattern, while making a cozy scarf. This is a great first class for beginners. Supply list available at [www.msqr.org](http://www.msqr.org).

#### THREAD UP - EMBROIDER YOUR CLOTHING

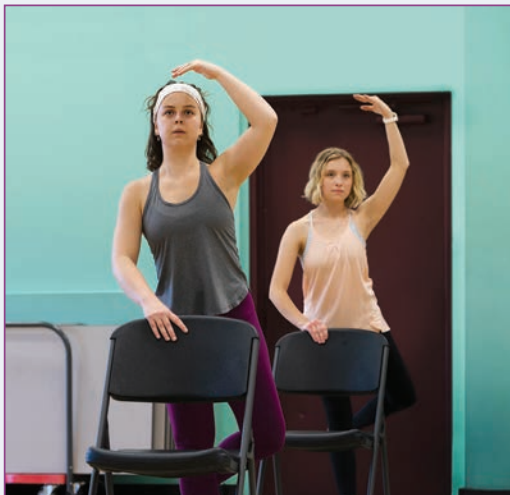
Give your clothing a fresh, new look while simultaneously meditating your way through stitches. Discover stitches used in Indian Kantha and Japanese Boro stitching. This is a practice that embraces a slow-making process and the love for gently worn, repurposed materials. Ideal garments to thread up include nicely worn pair of jeans or a jean jacket, linen jacket or vest. Stitching materials provided.

## CHICAGO SHOPPING TRIP

**Skip the traffic and parking and board the MSCR bus!  
Saturday, December 3. See page 6 for more information.**

## Outdoor &amp; Virtual Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>OUTDOOR CLASSES</b>							
18+	Community Singing	Tenney	S	4/23-5/7	1:30-3pm	\$48	35556
18+	Crochet 2 - Farmer's Market Tote	Garner	W	5/17-5/31	10am-12pm	\$36	35624
18+	Photography: Winter Walks	Tenney	S	2/19-3/5	1-2:30pm	\$37	35617
<b>VIRTUAL CLASSES</b>							
18+	Acrylic Painting 2	Virtual	T	1/17-3/7	9:30-11:30am	\$100	35545
18+	Acrylic Painting Supply Kit	Virtual	T	1/17-3/7	9:30-11:30am	\$35	35546
18+	Advanced Embroidery - Portraits	Virtual	W	3/1-3/22	6:30-8:30pm	\$57	35505
18+	Crochet 2 - Harmony Baby Blanket	Virtual	M	2/6-2/20	6:30-8:30pm	\$36	35510
18+	Drawing 2: The Human Head & Facial Anatomy	Virtual	Th	3/2-3/23	6:30-8:30pm	\$55	35482
18+	Embroidered Wonderlands	Virtual	T	4/11-5/2	6:30-8:30pm	\$57	35504
18+	Ergonomics - Surviving Your Home Office	Virtual	T	2/21	6:30-8pm	\$10	35623
18+	Guitar 1	Virtual	W	1/25-3/15	6-7pm	\$58	35559
18+	Guitar 2	Virtual	W	1/25-3/15	7:30-8:30pm	\$58	35560
18+	Introduction to Embroidery	Virtual	Sa	1/28-2/18	9:30-11:30am	\$57	35503
18+	Introduction to Fiction Writing	Virtual	W	2/1-3/1	6:30-8pm	\$60	35489
18+	Introduction to Fiction Writing	Virtual	W	4/5-5/3	6:30-8pm	\$60	35490
18+	Knitting 1 - Scarf	Virtual	T	1/10-1/24	6:30-8:30pm	\$35	35594
18+	Thread Up - Embroider Your Clothing	Virtual	Th	4/13-4/27	6:30-8:30pm	\$42	35506

**MSCR GIFT CERTIFICATES**

**Make your holiday shopping easy  
and purchase MSCR gift certificates  
for everyone on your list!  
Perfect for kids activities,  
Mom's fitness classes, Grandpa's  
art classes or family workshops.**

**Go to [mscr.org](https://mscr.org)**

## Indoor Classes

### 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. BYOM. Skip 2/22 & 3/1.

### BARRE SCULPT

A total body barre workout that targets, shapes and defines all major muscle groups through the use of weights, resistance bands and balls. Increase strength and stamina while keeping your body strong, lean and increase flexibility with barre and floor stretches. BYOM.

### BLACK & BROWN YOGA

Interested in exploring the practices of yoga in a safe and nurturing space for Black, Indigenous and People of Color? Class includes postures accessible to all levels as well as exploring ways to use breath and meditation for wellbeing. Stay after to connect with others. Free for all. BYOM. No experience necessary.

### 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! Skip 1/16 & 5/29.

### 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!

### CLASSIC CARDIO & TONING

Pay homage to fitness of the '80s and '90s with this throwback to the classic group fitness format. Mix 30 minutes of choreographed cardio to upbeat music 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! BYOM. Skip 2/21, 2/22, 2/25, 2/28, 3/1, 3/4 & 5/27.

### 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! Skip 2/9.

### GENTLE YOGA FLOW

Great for those searching for a soothing gentle practice. This focuses on moving slowly into basic poses while using the breath as a tool to remain mindful. The slow pace allows you to enjoy each pose. Expect lots of stretching and lengthening with a heavy dose of relaxation to wrap up and leave you feeling great. BYOM.

### GENTLE FLOW & MEDITATION

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 lots of strengthening and lengthening with a dose of relaxation and meditation to wrap up your practice and leave you feeling great.

### HATHA YOGA I

Learn the fundamental elements of a Hatha yoga. 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. Skip 1/16 & 5/29.

### HATHA YOGA II

Explore yoga positions focusing on flexibility, strength, and balance with emphasis on body awareness and alignment. BYOM. Skip 1/16 & 5/29.

### 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! BYOM. Skip 1/16 & 5/29.

### 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 endurance and cardiovascular fitness, tones muscles and shreds abs.

### MAT PILATES

A low-impact class that strengthens muscles while improving postural alignment and flexibility. This class begins with an introduction on the fundamentals, learning and mastering the basics, then progresses to more challenging exercises. BYOM.



### 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 BYOM. Skip 2/9.

### 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! BYOM. Skip 1/16 & 5/29.

### ROW FIT

Rowing fitness is for every body! Rowing targets every major muscle group with low-impact, high-intensity fitness gains. Each workout combines technical instruction and interval training on Concept2 Indoor Rowers with off-rower exercises modified for all levels. Off-rower work includes bodyweight exercises, dumbbells and bands. Fast, fluid & fun. Let's Row! Skip 1/16 & 5/29.

### SELF DEFENSE

Class focuses on different categories of attacks that anyone may confront. The categories deal with body posture - rear attacks, front attacks, wrist grabs, chest grabs, choke attacks and ground reversals while establishing the context behind crimes against women. Build upon information relative to applying the best skills and developing the mindset. Led by Fernando Bazo, Taekwon-Do Certified Instructor. Wear comfortable clothing.

### 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. BYOM. Skip 1/16 & 5/29.

### 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. BYOM. Skip 1/16 & 5/29.

### 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. BYOM.

### TOTAL BODY SUSPENSION TRAINING

This is a total body, heart pumping, aerobic and strength conditioning workout. Combines full-body strength training using suspension straps with bodyweight exercises and/or weights to tone your body and improve endurance. 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. Skip 1/16 & 5/29.

### YIN YOGA

Focuses on combining long-held stretches with mindfulness meditation and optional breath work. Yin forms are practiced low to the ground with muscles relaxed, allowing the deeper stretches into connective tissues. BYOM.

### YOGA AMPED

Yoga Amped is a cardio-strength based class that is the perfect blend of energizing fitness and yoga postures. Cardio, strength, balance and core movements are woven into each unique class through a variety of interval training formats. By combining yoga poses and free weights with traditional strength building movements, challenge your muscles and mind. BYOM and tennis shoes.

### 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. Skip 5/30.

## Indoor Classes

**INDOOR CLASS INFORMATION**

• BYOM= Bring your own mat.

• All classes are open to beginners and participants of all fitness levels. Our instructors are trained to have options for all.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>WINTER SESSION</b>							
18+	Row Fit	MSCR East	M	1/9-3/13	4:45-5:45pm	\$42	35437
18+	Small Group Training	MSCR East	M	1/9-3/13	5-5:45pm	\$42	35438
18+	Boot Camp	MSCR East	M	1/9-3/20	6:15-7pm	\$42	35358
18+	WERQ	MSCR East	M	1/9-3/13	6-6:45pm	\$42	35440
18+	Pure Strength	MSCR Odana	M	1/9-3/13	5:45-6:30pm	\$42	35317
18+	HIIT	MSCR Odana	M	1/9-3/13	6:45-7:30pm	\$42	35313
18+	Strength Training for Women	Warner Park CRC	M	1/9-3/13	12:15-1pm	\$42	35320
18+	Hatha Yoga II	Warner Park CRC	M	1/9-3/13	5:30-6:45pm	\$42	35312
18+	Hatha Yoga I	Warner Park CRC	M	1/9-3/13	7-8:15pm	\$42	35311
18+	Mat Pilates	Warner Park CRC	T	1/10-3/7	8:30-9:15am	\$42	35359
18+	Yoga Flow	MSCR East	T	1/10-3/14	4:45-5:30pm	\$47	35453
18+	Classic Cardio & Toning	MSCR East	T	1/10-3/14	5:30-6:15pm	\$37	35307
18+	Pure Strength	MSCR Odana	T	1/10-3/14	5:15-6pm	\$47	35316
18+	Kickbox Cardio	MSCR Odana	T	1/10-3/14	6:15-7pm	\$47	35314
18+	Yoga Flow	MSCR Odana	T	1/10-3/14	7:15-8:15pm	\$47	34926
18+	Barre Sculpt	MSCR East	W	1/11-3/8	5:15-6pm	\$42	34473
18+	Yoga Flow	MSCR East	W	1/11-3/15	5:15-6:15pm	\$47	35619
18+	Self Defense	MSCR East	W	1/11-3/15	6:30-7:30pm	\$47	35319
18+	Arms & Abs	MSCR East	W	1/11-3/15	6:45-7:30pm	\$37	34472
18+	Strength Training for Women	MSCR Odana	W	1/25-3/15	7:30-8:30am	\$37	35321
18+	Small Group Training	MSCR Odana	W	1/11-3/15	6:30-7:15pm	\$47	35439
18+	Classic Cardio & Toning	Warner Park CRC	W	1/11-3/15	5-6pm	\$37	35308
18+	Black & Brown Yoga	Warner Park CRC	W	1/11-3/15	6:30-7:30pm	\$0	34474
18+	Pure Strength	MSCR East	Th	1/12-3/16	5:15-6pm	\$47	35318
18+	Kickbox Cardio	MSCR East	Th	1/12-3/16	5:30-6:15pm	\$47	35618
18+	Cardio Dance	MSCR East	Th	1/12-3/16	6:30-7:15pm	\$47	34475
18+	Yin Yoga	MSCR East	Th	1/12-3/16	7:15-8:15pm	\$47	35324
18+	Yoga Amped	MSCR Odana	Th	1/12-3/16	8-8:45am	\$47	35325
18+	Core de Force	MSCR Odana	Th	1/12-3/16	4:45-5:30pm	\$42	35309
18+	PiYo	MSCR Odana	Th	1/12-3/16	5:45-6:30pm	\$42	35315
18+	Barre Sculpt	Memorial HS	Th	1/19-3/16	5-6pm	\$47	35436
18+	Gentle Flow & Meditation	Warner Park CRC	Th	1/12-3/16	5:30-6:30pm	\$42	35710
18+	Arms & Abs	MSCR East	F	1/13-3/17	8:15-9am	\$47	34471
18+	Total Body Fitness	MSCR East	F	1/13-3/17	9:15-10am	\$47	35322
18+	Yoga Flow	MSCR East	Sa	1/14-3/18	8:30-9:30am	\$47	35708
18+	Total Body Suspension Training	MSCR East	Sa	1/14-3/18	8:30-9:30am	\$47	35323
18+	Classic Cardio & Toning	MSCR Odana	Sa	1/14-3/18	9-10am	\$37	35306
18+	Gentle Yoga Flow	MSCR Odana	Sa	1/21-3/18	10:30-11:30am	\$42	35310

**Indoor Classes**

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>SPRING SESSION</b>							
18+	Row Fit	MSCR East	M	4/3-6/5	4:45-5:45pm	\$42	35517
18+	Small Group Training	MSCR East	M	4/3-6/5	5-5:45pm	\$42	35585
18+	WERQ	MSCR East	M	4/3-6/5	6-6:45pm	\$42	35586
18+	Boot Camp	MSCR East	M	4/3-6/5	6:15-7pm	\$42	35584
18+	Strength Training for Women	Warner Park CRC	M	4/3-6/5	12:15-1pm	\$42	35578
18+	Hatha Yoga II	Warner Park CRC	M	4/3-6/5	5:30-6:45pm	\$42	35575
18+	Hatha Yoga I	Warner Park CRC	M	4/3-6/5	7-8:15pm	\$42	35574
18+	Yoga Flow	MSCR East	T	4/4-6/6	4:45-5:30pm	\$42	35580
18+	Classic Cardio & Toning	MSCR East	T	4/4-6/6	5:30-6:15pm	\$47	35572
18+	Mat Pilates	Warner Park CRC	T	4/4-6/6	8:30-9:15am	\$47	35576
18+	Barre Sculpt	MSCR East	W	4/5-6/7	5:15-6pm	\$47	35569
18+	Yoga Flow	MSCR East	W	4/5-6/7	5:15-6:15pm	\$47	35620
18+	Self Defense	MSCR East	W	4/5-6/7	6:30-7:30pm	\$47	35577
18+	Arms & Abs	MSCR East	W	4/5-6/7	6:45-7:30pm	\$47	35568
18+	Classic Cardio & Toning	Warner Park CRC	W	4/5-6/7	5-6pm	\$37	35573
18+	Black & Brown Yoga	Warner Park CRC	W	4/5-6/7	6:30-7:30pm	\$0	35570
18+	Pure Strength	MSCR East	Th	4/6-6/8	5:15-6pm	\$47	35516
18+	Cardio Dance	MSCR East	Th	4/6-6/8	6:30-7:15pm	\$47	35571
18+	Yin Yoga	MSCR East	Th	4/6-6/8	7:15-8:15pm	\$47	35587
18+	Gentle Flow & Meditation	Warner Park CRC	Th	4/6-6/8	5:30-6:30pm	\$47	35711
18+	Arms & Abs	MSCR East	F	4/7-6/9	8:15-9am	\$47	35567
18+	Total Body Suspension Training	MSCR East	Sa	4/8-6/10	8:30-9:30am	\$47	35579
18+	Yoga Flow	MSCR East	Sa	4/8-6/10	8:30-9:30am	\$47	35709

CLASSES AT WARNER PARK CRC REQUIRE AN ID  
PLEASE GO TO MSCR.ORG FOR MORE INFORMATION



**MSCR WEST  
COMING LATE SPRING 2023**

We can't wait to get into our new westside location, we just have to wait a little bit longer. Look for a special MSCR West Spring supplement program guide featuring additional spring activities at MSCR West.

Outdoor Classes

**5K TO 10K**

Novice and intermediate runners improve cardiovascular fitness with extended run/walk intervals and begin integrating speed, hills and form drills into training. Running workouts begin at 3 miles and progress up to 6.2. This class uses the Run/Walk/Run method to train. Participants must be able to run/walk a 5k (3.1 miles) at a pace between 11:00 and 13:30 min/mile. Class duration ranges between 45-60 minutes. As endurance improves, class duration increases. Additional details are emailed the week before the start of class.

**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!

**GENTLE YOGA FLOW**

Great for 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 lots of stretching and lengthening with a heavy dose of relaxation to wrap up your practice and leave you feeling great. BYOM. Skip 5/29.

**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.

**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, so you're ready to run 5 kilometers - or 30 minutes non-stop.

**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. 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!

**STROLLER STRONG**

A functional, total-body conditioning workout designed for adults with children in tow. Includes power walking and intervals of strength and body toning exercises using resistance bands, small hand-held weights, the stroller and the environment. Leave class feeling connected, successful and energized! Register the adult participant. Please limit the amount of children per stroller, ages 0-6 are welcome as long as they stay in the stroller when instructed. Skip 5/14.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>SPRING SESSION</b>							
18+	Gentle Yoga Flow	Olbrich Park	M	4/3-6/5	5-6pm	\$42	34932
18+	Kickbox Cardio	Garner Park	T	4/4-6/6	4:45-5:30pm	\$47	34933
18+	Pure Strength	Garner Park	T	4/4-6/6	5:40-6:25pm	\$47	34939
18+	Boot Camp	Olbrich Park	T	4/4-6/6	5:15-6:15pm	\$47	34930
18+	5K to 10K	Hoyt Park	W	4/5-6/7	5-6pm	\$47	34928
18+	None to Run	Olbrich Park	W	4/5-6/7	5:30-6:15pm	\$47	35583
18+	Core de Force	Garner Park	Th	4/6-6/8	4:45-5:30pm	\$47	34931
18+	PiYo	Garner Park	Th	4/6-6/8	5:40-6:25pm	\$47	34936
18+	Pure Strength	Acewood Park	F	4/7-6/9	9:30-10:15am	\$47	34938
18+	Stroller Strong	Heritage Heights Park	Su	4/16-6/11	10-11am	\$42	35451



**CAMP RANDALL ROWING CLUB**

Middle School Rowing | Junior Teams for High School Students | Learn to Row Summer Camps

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CONTACT HEAD COACH KARI COLE

**CAMP RANDALL ROWING CLUB**



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**Virtual Classes**

**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. Mat and light weights optional. Skip 1/16 & 5/ 29.

**BARRE SCULPT**

A total body barre workout that targets, shapes and defines all major muscle groups through the use of weights, resistance bands and balls. Increase strength and stamina while keeping your body strong, lean and increase flexibility with barre and floor stretches. Skip 5/31.

**GENTLE YOGA**

A good fit for all ability levels, this class combines slow, gentle yoga movements and breathing practices. Class ends with quiet guided awareness and relaxation.

**HATHA YOGA II**

Explore yoga positions focusing on flexibility, strength, and balance with emphasis on body awareness and alignment. Mat &/or towel optional.

**MAT PILATES**

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

**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! Skip 1/16 & 5/ 29.

**TAI CHI**

This Yang style short form emphasizes effective body mechanics, alignment, breathing and the interplay of strength and relaxation. Tai Chi Yang I is perfect for physical and emotional balance, sports performance, and self defense. No equipment needed.

**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.

**BE ACTIVE WISCONSIN COMMUNITY CHALLENGE**

Wisconsin communities have joined the competition to conquer the most minutes of any activity during March 1-31. Residents of each town participate as one team to win, although we recommend having a personal goal of 200 minutes a week (no individual prizes awarded). Submit your minutes every Tuesday morning by 10am to be counted in the weekly totals by submitting them to a weekly form. All participants will receive a t-shirt and the most active community will win a trophy! All participants have access to a Google Form where you enter your minutes for each week by Tuesday morning at 10am. The link to the form is emailed to registered participants on March 1.

**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. Skip 1/16 & 5/29.

**YIN YOGA**

Yin Yoga focuses on combining long-held stretches with mindfulness meditation and breath work. Yin forms are practiced low to the ground and with the muscles relaxed, allowing the stretches to move deeper into connective tissues. Mat or towel optional. Skip 1/16 & 5/29.

**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 by using your own bodyweight, small hand weights and elastic bands. Leave feeling calm, strong, refreshed and rejuvenated to conquer your day! Skip 6/1.

**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.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>WINTER SESSION</b>							
14+	Pure Strength	Virtual	M	1/9-3/13	7-7:45am	\$42	35335
14+	Arms & Abs	Virtual	M	1/9-3/13	8:15-9am	\$42	35329
14+	WERQ	Virtual	M	1/9-3/13	6-6:45pm	\$42	35441
14+	Yin Yoga	Virtual	M	1/9-3/13	7-8pm	\$42	35442
14+	Mat Pilates	Virtual	T	1/10-3/7	6-6:45pm	\$42	34956
14+	Zumba	Virtual	T	1/10-3/14	6-6:45pm	\$47	35343
14+	Barre Sculpt	Virtual	W	1/11-3/15	7-7:45am	\$47	35330
14+	Total Body Fitness	Virtual	W	1/11-3/15	11-11:45am	\$47	35340
14+	Yoga Sculpt	Virtual	Th	1/12-3/16	8-8:45am	\$47	35342
14+	Pure Strength	Virtual	Th	1/12-3/16	5-5:45pm	\$47	35339
14+	Hatha Yoga II	Virtual	Th	1/12-3/16	5:30-6:45pm	\$47	35332
14+	Tai Chi	Virtual	Th	1/12-3/16	6-7pm	\$47	35337
14+	Arms & Abs	Virtual	F	1/13-3/17	8:15-9am	\$47	35328
14+	Yin Yoga	Virtual	Sa	1/14-3/18	10:15-11:15am	\$47	35341
14+	Gentle Yoga	Virtual	Su	1/15-3/19	5-6pm	\$47	35331

## Virtual Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>SPRING SESSION</b>							
14+	Be Active Wisconsin Community Challenge	Virtual	Daily	3/1-3/31	8am-8pm	\$15	34947
14+	Pure Strength	Virtual	M	4/3-6/5	7-7:45am	\$42	35524
14+	Arms & Abs	Virtual	M	4/3-6/5	8:15-9am	\$42	35519
14+	WERQ	Virtual	M	4/3-6/5	6-6:45pm	\$42	35528
14+	Yin Yoga	Virtual	M	4/3-6/5	7-8pm	\$47	35529
14+	Mat Pilates	Virtual	T	4/4-6/6	6-6:45pm	\$47	35523
14+	Zumba	Virtual	T	4/4-6/6	6-6:45pm	\$47	35532
14+	Barre Sculpt	Virtual	W	4/5-6/7	7-7:45am	\$42	35520
14+	Total Body Fitness	Virtual	W	4/5-6/7	11-11:45am	\$47	35527
14+	Yoga Sculpt	Virtual	Th	4/6-6/8	8-8:45am	\$42	35531
14+	Pure Strength	Virtual	Th	4/6-6/8	5-5:45pm	\$47	35526
14+	Hatha Yoga II	Virtual	Th	4/6-6/8	5:30-6:45pm	\$47	35521
14+	Tai Chi	Virtual	Th	4/6-6/8	6-7pm	\$47	35525
14+	Arms & Abs	Virtual	F	4/7-6/9	8:15-9am	\$47	35518
14+	Yin Yoga	Virtual	Sa	4/8-6/10	10:15-11:15am	\$47	35530
14+	Gentle Yoga	Virtual	Su	4/9-6/11	5-6pm	\$47	35522



## FIT FOR THE HOLIDAYS - REGISTRATION IS OPEN!

During the holiday season, your favorite instructors from the Adult Fitness & Goodman Rotary 50+ Fitness programs lead live Zoom group exercise classes to enjoy from the comfort of your home. The schedule is available in November at [mscr.org](http://mscr.org) and emailed to those who register early. Find a variety of classes to accommodate every fitness level. Skip 12/24 & 12/25. Use course# 34183

For questions contact  
Mindy Vinje,  
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[mjvinje@madison.k12.wi.us](mailto:mjvinje@madison.k12.wi.us) or  
Tiffany Geier, Adult Fitness Specialist,  
[geier@madison.k12.wi.us](mailto:geier@madison.k12.wi.us)

## Indoor Classes

### AQUA EXERCISE

#### AQUA ARTHRITIS EXERCISE

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

#### AQUA EXERCISE - DEEP WATER

This class is a great way to keep fit and flexible without impact on the hips and spine. Participants individualize their workouts to meet specific goals or limitations. Swimming skills are not required as flotation belts are used for support in deep water in the lap pool. More 18+ deep water exercise classes available in the Aquatics section of the program guide.

#### AQUA EXERCISE - SHALLOW WATER

Enjoy an aerobic workout in cooler water. These active classes promote muscle toning, increased stamina, flexibility and strength. Flotation supports are used for resistance training. More 18+ shallow water exercise classes available in the Aquatics section of the program guide.

#### AQUA EXERCISE - WARM WATER

These specially designed classes promote toning, increased stamina, endurance, flexibility and strength for active participants in a warm water pool. After warm-up routines, use flotation devices for resistance training, perform light aerobics and enjoy cool-down activities.

### INDOOR FITNESS

#### BALANCING ACT

This introductory exercise program is designed to increase balance and decrease the risk of falling by using T'ai Chi movements and principles. Exercises are primarily from a standing position. Adapted chair-based exercises are available to meet individual needs. There is no floor work.

#### BODY GROOVE

A unique dance exercise experience where everyone unites in a simple movement or rhythm but dances their own unique way. This is not the traditional follow the leader class. Experience everything from slow, delicious meditative grooves, to heart thumping and strength building cardio beats.

#### CARDIO DANCE

Low-impact, dance-based cardio workout set to current, upbeat music. Class uses low impact steps to deliver a great cardio workout. Formally Dance Cardio.

#### 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.

#### CIRCUIT FITNESS

Are you up for a fun and energetic workout? This class combines strength and cardio intervals for a fun and challenging workout.

#### CLASSIC CARDIO & TONING

Pay homage to fitness classes of the '80s and '90s with this throwback to the class group fitness format. Mix choreographed cardio with strength training for one sweaty good time. Leg warmers optional! Perfect for cardio junkies, head-to-toe fitness and fun!

#### CORE & BALANCE COMBO

Incorporates the elements of Pilates, yoga, and core strength training. Class includes both standing balance exercises and mat work.

#### FITNESS CONDITIONING

Balanced approach to exercise. Focus on posture, breathing, overall strength and endurance, flexibility, balance, and coordination. Low-impact exercises challenge a range of fitness levels.

#### FUNCTIONAL FITNESS

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



#### GENTLE EXERCISE

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

#### 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.

#### 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.

#### STRENGTH TRAINING FOR WOMEN

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

#### STRETCH & STRENGTH

Incorporates stretching exercises to enhance flexibility and strengthening exercises to improve overall fitness.

#### 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 CONTINUING

This class teaches Yangjia Michuan Taijiquan (YMT), an early traditional form of T'ai Chi. Class consists of sword cuts, KunLun Sword Routine and Part I and II of YMT.

#### T'AI CHI FOR BETTER BALANCE

The focus is on T'ai Chi based movement. Exercises increase leg strength, coordination and balance. Develop mind/muscle connection and memory through form practice. This class is for all levels.

#### T'AI CHI FOR BETTER BALANCE - LEVEL 2

A continuing class of Tai Chi for Better Balance and instructor approval is required.

#### T'AI CHI QIGONG

This class involves movement coordinated with breathing. The T'ai Chi Qigong sequence involves coordinated breath movements and work on balance, flexibility and relaxation.

#### TOTAL BODY SUSPENSION TRAINING

Class combines full-body strength training using suspension straps with bodyweight exercises and/or weights to tone your body and improve your endurance.

## Indoor Classes

**UNIQUE STEPPIN'**

Come improve balance while having fun dancing! Learn the basics of Unique Steppin' to improve balance and cognition. No partner is needed - just comfortable shoes and clothing. Improve your balance in a fun, safe environment and learn some new dance moves along the way! Drop-ins are welcome upon completion of registration form onsite. This class is a cooperative effort between MSCR and Safe Communities.

**CHAIR YOGA**

A practice that modifies yoga poses so that they may be done either sitting or using chairs for support in various postures. Class incorporates an exploration of alignment, balance, flexibility, breath and relaxation. Ideal for anyone with mobility or balance issues, or who is just looking for a gentle practice. All are welcome - no yoga experience necessary.

**GENTLE YOGA**

A good fit for all ability levels, this class combines slow, gentle yoga movements and breathing practices. Class ends with a quiet guided awareness and relaxation.

**GENTLE YOGA FLOW**

This is a more relaxed yoga practice combining gentle breathing together with flowing movement.

**HATHA YOGA I**

Learn the fundamental elements of Hatha yoga. Benefit from increased strength and flexibility while practicing proper body posture and alignment. Appropriate for all levels but geared toward those new to the practice.

**HATHA YOGA II**

Explore yoga positions focusing on flexibility, strength, and balance, with emphasis on alignment. Designed for the more experienced student.

**YOGA FLOW**

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Yoga flow is an active yoga.

Age	Class	Location	Day	Date	Time	Fee	Course#
<b>AQUA EXERCISE</b>							
50+	Aqua Exercise - Shallow Water	Capitol Lakes	M	1/23-5/22	3-4pm	\$84	35495
50+	Aqua Exercise - Warm Water	Capitol Lakes	M	1/23-5/22	4:15-5:15pm	\$84	34988
50+	Aqua Exercise - Deep Water	Capitol Lakes	M	1/23-5/22	5:30-6:30pm	\$84	35497
50+	Aqua Exercise - Warm Water	Capitol Lakes	M	1/23-5/22	6:45-7:45pm	\$84	34990
50+	Aqua Exercise - Warm Water	Lapham	M	1/23-5/22	2-3pm	\$64	34986
50+	Aqua Exercise - Warm Water	Lapham	M	1/23-5/22	3:15-4:15pm	\$64	34987
50+	Aqua Exercise - Deep Water	Capitol Lakes	T	1/24-5/23	2-3pm	\$84	35499
50+	Aqua Exercise - Warm Water	Capitol Lakes	T	1/24-5/23	3:15-4:15pm	\$84	34991
50+	Aqua Arthritis Exercise	Lapham	T	1/24-5/23	3:15-4:15pm	\$64	34984
50+	Aqua Arthritis Exercise	Capitol Lakes	W	1/25-5/24	2-3pm	\$84	35502
50+	Aqua Exercise - Deep Water	Capitol Lakes	W	1/25-5/24	3:15-4:15pm	\$84	35501
50+	Aqua Exercise - Warm Water	Lapham	W	1/25-5/24	3:15-4:15pm	\$64	34989
50+	Aqua Exercise - Warm Water	Capitol Lakes	Th	1/26-5/25	3-4pm	\$84	35487
50+	Aqua Exercise - Shallow Water	Capitol Lakes	Th	1/26-5/25	4:15-5:15pm	\$84	35496
50+	Aqua Arthritis Exercise	Lapham	Th	1/26-5/25	3:15-4:15pm	\$64	34985
<b>INDOOR FITNESS</b>							
50+	Functional Fitness	Lussier Comm Ed	M	1/9-3/20	9:30-10:30am	\$32	35030
50+	Functional Fitness	Lussier Comm Ed	M	1/9-3/20	10:45-11:45am	\$32	35021
50+	Cardio Dance	Lussier Comm Ed	M	1/9-3/20	12-1pm	\$35	35008
50+	Pure Strength	MSCR East	M	1/9-3/20	8:30-9:30am	\$35	35065
50+	Circuit Fitness	MSCR East	M	1/9-3/20	10-11am	\$35	35006
50+	Gentle Yoga Flow	MSCR East	M	1/9-3/20	10:30-11:15am	\$33	35109
50+	Body Groove	MSCR East	M	1/9-3/20	1-2pm	\$35	35460
50+	Pilates	MSCR East	M	1/9-3/6	2-3pm	\$28	35723
50+	Core & Balance Combo	MSCR Odana	M	1/9-3/20	9-10am	\$35	35012
50+	Gentle Exercise	MSCR Odana	M	1/9-3/20	10:15-11:15am	\$35	35051
50+	Pilates	MSCR Odana	M	1/9-3/20	12:30-1:30pm	\$35	35059
50+	Fitness Conditioning	Warner Park CRC	M	1/9-3/20	9-10am	\$35	35016

## Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Pilates	MSCR Central	T	1/10-3/21	11am-12pm	\$39	35061
50+	T'ai Chi	MSCR Central	T	1/10-3/21	1:45-2:45pm	\$39	35085
50+	T'ai Chi Continuing	MSCR Central	T	1/10-3/21	3-4pm	\$39	35095
50+	Total Body Suspension Training	MSCR East	T	1/10-3/21	9-9:45am	\$39	35566
50+	Gentle Exercise	MSCR East	T	1/10-3/21	10-11am	\$32	35052
50+	Yoga Flow	MSCR East	T	1/10-3/21	10:30-11:30am	\$39	35121
50+	Abs & Arms	MSCR East	T	1/10-3/21	11:15am-12pm	\$29	35702
50+	Pure Strength	MSCR East	T	1/24-3/21	12-12:45pm	\$32	35067
50+	Gentle Yoga Flow	MSCR East	T	1/10-3/21	3-4pm	\$39	35111
50+	Stretch & Strength	MSCR Odana	T	1/10-3/21	8:15-9:15am	\$39	35081
50+	T'ai Chi for Better Balance	MSCR Odana	T	1/10-3/21	11am-12pm	\$39	35097
50+	Functional Fitness	MSCR Odana	T	1/10-3/21	1-2pm	\$39	35044
50+	Hatha Yoga II	Midvale Comm Luth Ch	T	1/10-3/21	9-10am	\$39	35117
50+	Hatha Yoga I	Midvale Comm Luth Ch	T	1/10-3/21	10:15-11:15am	\$39	35113
50+	Simple Strength	Mt. Olive Luth Church	T	1/17-3/21	1-1:50pm	\$33	35072
50+	Functional Fitness	Mt. Olive Luth Church	T	1/17-3/21	2-2:50pm	\$33	35046
50+	Functional Fitness	Mt. Olive Luth Church	T	1/17-3/21	3-3:50pm	\$33	35048
50+	Chair Exercise	Warner Park CRC	T	1/10-3/21	10:15-11:15am	\$39	35001
50+	Core & Balance Combo	Warner Park CRC	T	1/10-3/21	11:30am-12:30pm	\$39	35010
50+	Functional Fitness	MSCR Central	W	1/11-3/22	8:30-9:30am	\$39	35022
50+	Functional Fitness	MSCR Central	W	1/11-3/22	9:40-10:40am	\$39	35023
50+	Functional Fitness	MSCR Central	W	1/11-3/22	10:50-11:50am	\$39	35024
50+	Functional Fitness	MSCR Central	W	1/11-3/22	12-1pm	\$39	35050
50+	Classic Cardio & Toning	MSCR East	W	1/11-3/22	9:30-10:30am	\$32	35464
50+	Balancing Act	MSCR East	W	1/11-3/22	10-10:45am	\$36	34993
50+	Balancing Act	MSCR East	W	1/11-3/22	11-11:45am	\$36	34994
50+	Strength Training for Women	MSCR East	W	1/11-3/22	11am-12pm	\$39	35077
50+	Simple Strength	MSCR Odana	W	1/25-3/22	8:45-9:45am	\$32	35071
50+	Chair Exercise	MSCR Odana	W	1/25-3/22	10-10:45am	\$29	34998
50+	Fitness Conditioning	Warner Park CRC	W	1/11-3/22	9-10am	\$39	35018
50+	T'ai Chi	Warner Park CRC	W	1/11-3/22	1-2pm	\$39	35093



### GOODMAN ROTARY 50+ SPRING CLASSES INFORMATION COMING IN LATE FEBRUARY!

Look for all Goodman Rotary 50+ Fitness classes including classes at the new MSCR West site in the Spring Supplement Program Guide on [mscr.org](http://mscr.org).

CLASSES AT WARNER PARK CRC REQUIRE AN ID  
PLEASE GO TO [MSCR.ORG](http://mscr.org) FOR MORE INFORMATION

## Indoor Classes

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Stretch & Strength	Lussier Comm Ed	Th	1/12-3/23	8:15-9:15am	\$39	35083
50+	Chair Exercise	Lussier Comm Ed	Th	1/12-3/23	9:30-10:30am	\$39	34999
50+	Hatha Yoga II	Midvale Comm Luth Ch	Th	1/12-3/23	9-10am	\$39	35119
50+	Hatha Yoga I	Midvale Comm Luth Ch	Th	1/12-3/23	10:15-11:15am	\$39	35115
50+	T'ai Chi	MSCR Central	Th	1/12-3/23	4:45-5:45pm	\$39	35086
50+	Functional Fitness	MSCR East	Th	1/12-3/23	9-10am	\$39	35025
50+	Functional Fitness	MSCR East	Th	1/12-3/23	10:15-11:15am	\$39	35026
50+	T'ai Chi	MSCR East	Th	1/12-3/23	1:30-2:30pm	\$39	35089
50+	T'ai Chi for Better Balance - Level 2	MSCR Odana	Th	1/12-3/23	9:30-10:30am	\$39	35101
50+	T'ai Chi for Better Balance	MSCR Odana	Th	1/12-3/23	11am-12pm	\$39	35099
50+	Gentle Yoga	MSCR Odana	Th	1/12-3/23	1-2pm	\$39	35105
50+	Pilates	MSCR Odana	Th	1/12-3/23	2:30-3:30pm	\$39	35063
50+	Simple Strength	Mt. Olive Luth Church	Th	1/19-3/23	1-1:50pm	\$33	35076
50+	Functional Fitness	Mt. Olive Luth Church	Th	1/19-3/23	2-2:50pm	\$33	35027
50+	Functional Fitness	Mt. Olive Luth Church	Th	1/19-3/23	3-3:50pm	\$33	35028
50+	Gentle Yoga	Warner Park CRC	Th	1/12-3/23	9-10am	\$39	35103
50+	Pure Strength	Warner Park CRC	Th	1/12-3/23	10:45-11:30am	\$36	35069
50+	Functional Fitness	Lussier Comm Ed	F	1/13-3/24	9:30-10:30am	\$32	35020
50+	T'ai Chi QiGong	Lussier Comm Ed	F	1/13-3/24	10:30-11:30am	\$39	35457
50+	Functional Fitness	Lussier Comm Ed	F	1/13-3/24	10:45-11:45am	\$32	35029
50+	Chair Yoga	MSCR Central	F	1/20-3/24	9:30-10:15am	\$33	35565
50+	Chair Exercise	MSCR Central	F	1/20-3/24	10:30-11:15am	\$33	35706
50+	Cardio Dance	MSCR East	F	2/10-3/24	10:45-11:45am	\$25	35014
50+	Strength Training for Women	MSCR East	F	1/13-3/24	12:30-1:30pm	\$39	35078
50+	Functional Fitness	MSCR East	F	1/13-3/24	1:45-2:45pm	\$39	35031
50+	Gentle Yoga	MSCR Odana	F	1/13-3/24	9-10am	\$39	35107
50+	Gentle Exercise	MSCR Odana	F	1/13-3/24	10:15-11:15am	\$39	35053
50+	T'ai Chi	MSCR Odana	F	1/13-3/24	1-2pm	\$39	35091
50+	Chair Exercise	Warner Park CRC	F	1/13-3/24	12:30-1:30pm	\$39	35004
50+	Unique Steppin'	MSCR East	Sa	1/14-3/25	1-3pm	\$0	35467

**ROW FIT - TRY IT!**

Rowing is a low impact, joint-friendly exercise that targets every major muscle group while in a seated and safe position. Each class combines technical instruction and interval training on Concept2 Indoor Rowers with simple strength exercises modified for all fitness levels off the rowers. Studies show that indoor rowing for adults helps stimulate bone growth, build bone mineral density and increase physical stamina and strength. Registration required.

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Row Fit - Try It!	MSCR East	M	1/16	3-3:45pm	\$0	35650
50+	Row Fit - Try It!	MSCR East	M	1/23	3-3:45pm	\$0	35652
50+	Row Fit - Try It!	MSCR East	M	1/30	3-3:45pm	\$0	35653
50+	Row Fit - Try It!	MSCR East	M	2/6	3-3:45pm	\$0	35654

## Outdoor & Virtual Classes

### OUTDOOR CLASSES

#### INTRO TO SNOWSHOEING

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

#### WINTER BIRD WALK

Join an MSCR Naturalist for an afternoon of birding adventure and identifying year-round residents. Learn about using binoculars, identifying species visually and by ear and recognizing bird habitat.

#### WINTER MOON WALK

Let the nearly full moon light the way as an MSCR Naturalist leads you on a walk through the snowy landscape of the Madison School Forest. Enjoy the snow and smell and feel the cool air as you learn about the diverse landscape and habitat.

### VIRTUAL CLASSES

#### BALANCING ACT

This introductory exercise program is designed to increase balance and decrease the risk of falling by using T'ai Chi movements and principles. Exercises are primarily from a standing position. Adapted chair-based exercises are available to meet individual needs. There is no floor work.

#### CHAIR EXERCISE

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 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.

#### PURE STRENGTH

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

#### SIMPLE STRENGTH

Learn the basics of strength training using weights and various types of fitness equipment. Emphasis is on strength that also enhances balance and flexibility.

#### STRENGTH TRAINING FOR WOMEN

This women's specific strength training class incorporates weights, body weight training and exercises for an effective total body strength training class.

#### T'AI CHI/ CHI KUNG FOR BALANCE

Instruction in a variety of standing and moving Tai Chi / Chi Kung practices for cultivation of physical and emotional balance, strength, flexibility, structural alignment and energy flow. Movement patterns can be modified according to individual need.

#### GENTLE YOGA

A good fit for all ability levels, this class combines slow, gentle yoga movements and breathing practices. Class ends with quiet guided awareness and relaxation.

#### HATHA YOGA I

Learn the fundamental elements of a Hatha yoga class. Benefit from increased strength and flexibility while practicing proper body posture and alignment. Appropriate for all levels but geared toward those new to the practice.

#### YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Yoga flow is an active yoga.

#### YOGA SUAVE EN ESPANOL

Una Buena opcion para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atencion en la respiracion. La clases termina con tecnicas de respiracion suave y relajante.

Age	Class	Location	Day	Date	Time	Fee	Course#
50+	Intro to Snowshoeing	Hoyt Park	W	1/25	2-3:30pm	\$10	35126
50+	Winter Moon Walk	Madison School Forest	F	2/3	5-6:30pm	\$10	35123
50+	Intro to Snowshoeing	Warner Park	Th	2/16	1:30-3pm	\$10	35125
50+	Winter Bird Walk	Cherokee Marsh	W	2/22	12:30-2pm	\$10	35124

### BE ACTIVE WISCONSIN COMMUNITY CHALLENGE



Wisconsin communities have joined the competition to conquer the most minutes of any activity during March 1-31. Residents of each town participate as one team to win, although we recommend having a personal goal of 200 minutes a week (no individual prizes awarded). All participants receive a t-shirt and the most active community will win a trophy! Use course #34947 to register.



### FIT FOR THE HOLIDAYS - REGISTRATION IS OPEN!

During the holiday season, your favorite instructors from the Adult Fitness & Goodman Rotary 50+ Fitness programs lead live Zoom group exercise classes to enjoy from the comfort of your home. The schedule is available in November at [mscr.org](http://mscr.org) and emailed to those who register early. Find a variety of classes to accommodate every fitness level. Skip 12/24 & 12/25. Use Course# 34183  
For questions contact:  
Mindy Vinje,  
Goodman Rotary 50+ Fitness Specialist,  
[mjvinje@madison.k12.wi.us](mailto:mjvinje@madison.k12.wi.us)

Virtual Classes

**VIRTUAL CLASS INFORMATION**

The class Zoom link is emailed to all registered participants a week before class starts. Classes are only available live and not recorded.

A Zoom login/account is not required if you are joining as a participant. Our instructors are trained to have options for all.

Age	Class	Location	Day	Date	Time	Fee	Course#
14+	Fit for the Holidays	Virtual	M-Sa	12/1-12/30	Varies	\$40	34183
50+	Pure Strength	Virtual	M	1/9-3/20	8:30-9:30am	\$35	35142
50+	Chair Exercise	Virtual	M	1/23-3/20	9-9:45am	\$29	35132
50+	Yoga Suave en Espanol	Virtual	M	1/9-3/20	10:15-11:15am	\$35	35162
50+	Functional Fitness	Virtual	M	1/9-3/20	10:30-11:30am	\$35	35136
50+	Strength Training for Women	Virtual	T	1/10-3/21	8-8:45am	\$36	35150
50+	Yoga Flow	Virtual	T	1/10-3/21	9-9:45am	\$36	35158
50+	Gentle Yoga	Virtual	T	1/10-3/21	10:30-11:30am	\$39	35154
50+	Meditation	Virtual	T	1/10-3/21	1-2pm	\$35	35140
50+	T'ai Chi/ Chi Kung for Balance	Virtual	T	1/10-3/21	1-2pm	\$39	35152
50+	Simple Strength	Virtual	T	1/10-3/21	2-3pm	\$39	35147
50+	Pure Strength	Virtual	W	1/11-3/22	3-4pm	\$39	35143
50+	Simple Strength	Virtual	Th	1/12-3/23	9-10am	\$39	35146
50+	Functional Fitness	Virtual	Th	1/12-3/23	9:30-10:30am	\$39	35137
50+	Yoga Flow	Virtual	Th	1/12-3/23	10:30-11:30am	\$39	35159
50+	Balancing Act	Virtual	Th	1/12-3/23	1-1:45pm	\$36	35129
50+	Chair Exercise	Virtual	Th	1/12-3/16	1-2pm	\$35	35134
50+	Hatha Yoga I	Virtual	Th	1/12-3/23	4:15-5:15pm	\$39	35156



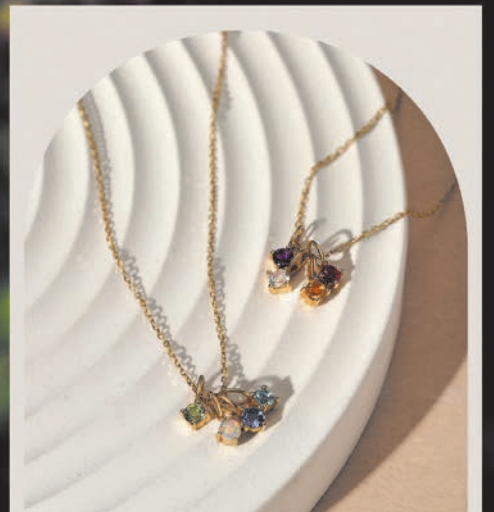
Initial Pendants



Celestial Jewelry



Watches



Birthstone Pendants

**GOODMAN'S**  
Jewelers

"The Diamond Store of Madison Since 1933"

608-257-3644  
220 State St.

[www.goodmansjewelers.com](http://www.goodmansjewelers.com)



## Adult Sports Leagues



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

**FEES**  
Cover the cost of officials, facilities, awards, equipment, scorer-timers and league administration. All games for a given league are played on the same night of each week. Teams self rate their skill level and are placed in a league of comparable ability, whenever possible. Teams play a double round robin schedule unless it is a short season (five games for fall softball, fall basketball and winter volleyball), with the first round winner playing the second round winner for the league championship. Maximum participation, low key, fun, yet competitive with a good time for all!

**GENDER**  
MSCR recognizes that not all individuals identify with the gender assigned at birth or may identify as a gender other than male or female. Participants are encouraged to register for programs based on the gender with which they identify. All gender leagues are offered with the intent of teams having a mix of genders included on the team.

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

**REGISTRATION**  
Online team registration through [mcsportsleagues.org](https://mcsportsleagues.org)

**WINTER BASKETBALL**  
Season begins January 9 and runs through early March. Leagues run Monday-Thursday. Offer men's, women's and all gender play. Leagues run one night a week and play on that night for the entire season. Most games are played in the Madison high schools.

**WINTER VOLLEYBALL**  
Short, 5 week season. Season starts in mid-January and goes through February. Space is limited. Leagues for Men, Women and All Gender. Usually plays at West High School.

**SUMMER SOFTBALL**  
Season begins May 12, 2023 and runs through early August. Games are played across Madison at city parks. All gender, women's and men's leagues. No games on May 26, May 29, July 3 and July 4.

**SUMMER KICKBALL**  
Season begins the week of May 29 and runs through mid-August. Leagues play at Olbrich. Leagues are all gender and recreational. Season is 7 weeks of round robin play followed by a season ending tournament.

Age	Sport	Registration	Play
18+	Winter Basketball	See Free Agent	1/9/23 to early March
18+	Winter Volleyball	11/7 - 12/16	1/18/23 to early March
16+	Summer Softball	3/13 - 4/7	5/12/23 - August
16+	Summer Kickball	4/3 - 4/21	5/30/23 - August

### WANT TO JOIN A TEAM? JOIN OUR FREE AGENT LIST

If you want to join MSCR Sports Leagues, go to [mcsportsleagues.org](https://mcsportsleagues.org) and click on Free Agent Sign Up. Complete the form and submit. We make your name available to managers seeking players.

No fees are charged until you join a team.  
For more information contact [asld@madison.k12.wi.us](mailto:asld@madison.k12.wi.us) or call 608-204-3024.

### SPORTS OFFICIALS NEEDED!

Call 204-3024 or email [asld@madison.k12.wi.us](mailto:asld@madison.k12.wi.us) if you enjoy sports and want part-time work. MSCR hires officials (must be 18 years of age) for all adult sports leagues. Organizational meetings with rules and mechanics clinics are held prior to each season.



## Indoor Non-League Sports

**BADMINTON**

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

**BASKETBALL MEN**

Open play for all skill levels. East and west side locations available.

**INDOOR ALL GENDER GOALTIMATE**

All Gender is inclusive of people who identify as male, female, non-binary or other identity on the spectrum. As such MSCR is removing the rules and ratios associated with gender. MSCR encourages individuals to register for the program that best represents their identity. Goaltimate is a half-court frisbee game that combines elements of basketball and ultimate, with goals scored by throwing a disc through a hoop to a teammate on the other side. Play one 75 minute game a night at either 6-7:45pm, or 7:45-9:30pm. Join us!

**INDOOR WOMEN'S GOALTIMATE**

Women's goaltimate is looking for new players as well as players who have played the game before. Goaltimate is a half-court frisbee game that combines elements of basketball and ultimate, with goals scored by throwing a disc through a hoop to a teammate on the other side. Play one 75 minute game a night at either 6-7:45pm, or 7:45-9:30pm. Join us!

**INDOOR PICKLEBALL BEGINNER**

Want to try pickleball, or have played but never taken a structured class? This is the class for you. Learn the basics of gameplay, rules, technique and basic strategy. By the end of the first 2 classes, you will be able to play a basic game. Refine your skills throughout the rest of the session with additional practice and coaching. Some paddles are available for use.

**INDOOR PICKLEBALL INTERMEDIATE**

Intermediate players should understand core game rules and be able to serve, sustain a basic rally and keep score. While coaching is available this is not a beginner's session. Some paddles are available for use.

**OUTDOOR PICKLEBALL BEGINNER**

Want to try pickleball, or have played but never taken a structured class? This is the class for you. Learn the basics of gameplay, rules, technique and basic strategy. By the end of the first 2 classes, you will be able to play a basic game. Refine your skills throughout the rest of the session with additional practice and coaching. Some paddles are available for use.

Age	Class	Location	Day	Date	Time	Fee	Course #
<b>Badminton Indoor</b>							
18+	Badminton	Memorial	M	1/9-2/27	7:30-9:30pm	\$28	35191
18+	Badminton	Memorial	T	1/10-2/28	7:30-9:30pm	\$32	35192
<b>Basketball Indoor</b>							
18+	Men's	Marquette	T	1/10-3/14	7:15-9:15pm	\$40	35193
18+	Men's	Marquette	T	4/4-5/2	7:15-9:15pm	\$20	35194
18+	Men's	Toki	Th	1/12-3/16	7:30-9:30pm	\$40	35195
18+	Men's	Toki	Th	4/6-5/4	7:30-9:30pm	\$20	35305
<b>Goaltimate Indoor</b>							
18+	All Gender	Black Hawk	Th	1/26-3/23	6:00-9:30pm	\$27	35338
18+	Women's	Black Hawk	T	1/24-3/21	6:00-9:30pm	\$27	35336
<b>Pickleball Indoor</b>							
18+	Beginner	O'Keefe	M	1/9-3/20	7:15-9:15pm	\$40	35201
18+	Beginner	O'Keefe	Th	1/12-3/16	7:15-9:15pm	\$40	35198
18+	Intermediate	Memorial	T	1/10-2/28	7:15-9:15pm	\$32	35196
18+	Intermediate	O'Keefe	T	1/10-3/14	7:15-9:15pm	\$40	35197
18+	Intermediate	Memorial	W	1/11-3/1	7:15-9:15pm	\$32	35199
18+	Intermediate	O'Keefe	W	1/11-3/15	7:15-9:15pm	\$40	35200

**OUTDOOR PICKLEBALL INTERMEDIATE**

Play outdoor pickleball! Intermediate players should understand core game rules and be able to serve, sustain a basic rally and keep score. While coaching is available this is not a beginner's session. Some paddles are available for use.

**VOLLEYBALL INTERMEDIATE**

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

**VOLLEYBALL POWER**

Players must have advanced skills in setting, hitting, passing, serving, blocking, defensive coverage and base transition. Must be able to move to the ball and contribute to controlled, effective team play plus know center back defense and 6-2 or 5-1 rotation. Participants who do not exhibit the skill level expected for Power may be asked to transfer to another class. MSCR staff reserves the right to make such judgements for the enjoyment of all participants.

**VOLLEYBALL RECREATION**

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

**VOLLEYBALL WOMEN POWER**

Power players must have advanced ball handling skills, recent experience playing on competitive power teams and effective defensive and offensive teamwork skills.

**VOLLEYBALL TECHNIQUES**

Do you want to improve your skills or learn a team offense? Do you know how to develop a game plan? These clinics can help.

**BEGINNER:** Learn basic skills and court movement.

**ADVANCED:** Focuses on game strategy. Learn how to read the other team's offense and defense, and how to be effective against them. Practice where to put the ball that takes away their favorite shot! Players are divided among three courts according to skill level.

Age	Class	Location	Day	Date	Time	Fee	Course #
<b>Pickleball Outdoor</b>							
18+	Beginner	Tenney Park	M	4/3-5/22	6-8pm	\$40	35213
18+	Beginner	Door Crk Park	W	4/5-5/24	6-8pm	\$40	35214
18+	Intermediate	Garner Park	M	4/3-5/22	6-8pm	\$32	35333
18+	Intermediate	Door Crk Park	T	4/4-5/23	6-8pm	\$32	35215
18+	Intermediate	Garner Park	T	4/4-5/23	6-8pm	\$32	35216
18+	Intermediate	Tenney Park	W	4/5-5/24	6-8pm	\$32	35217
18+	Intermediate	Garner Park	W	4/5-5/24	6-8pm	\$32	35218
<b>Volleyball</b>							
18+	Intermediate	Stephens	M	1/9-3/20	7-9pm	\$40	35202
18+	Intermediate	East	M	1/9-2/27	7:15-9:15pm	\$24	35203
18+	Intermediate	East	W	1/11-3/1	7:15-9:15pm	\$32	35204
18+	Intermediate	Whitehorse	Th	1/12-3/16	7:15-9:15pm	\$40	35205
18+	Power	Marquette	Th	1/5-3/23	7:15-9:15pm	\$32	35206
18+	Recreation	Crestwood	T	1/10-3/14	7-9pm	\$40	35207
18+	Recreation	Crestwood	T	4/4-5/9	7-9pm	\$20	35208
18+	Recreation	Cherokee	Th	1/12-3/16	7-9pm	\$40	35209
18+	Recreation	Cherokee	Th	4/6-5/4	7-9pm	\$20	35210
18+	Women Power	East	W	1/11-3/1	7:15-9:15pm	\$32	35212
18+	Techniques	East	W	1/11-3/1	7:15-9:15pm	\$32	35211



## MSCR Meadowood Neighborhood Center 608-476-8360



MSCR operates the Meadowood Neighborhood Center in collaboration with the City of Madison on the southwest side in the Meadowood Shopping Center. The purpose is to provide safe, supervised activities for youth during 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](http://mscr.org) and click on Meadowood Neighborhood Center. Meadowood Neighborhood Center Activities:

- Faxing, computer & copies
- Food Party
- Job Shop
- Afterschool programs for youth

Please visit [mscr.org](http://mscr.org) or call 608-467-8360.

Meadowood Neighborhood Center  
5740 Raymond Road, Madison

MSCR operates three activity 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.

### MSCR PROGRAM SITES:

- MSCR East 4620 Cottage Grove Road
- MSCR Central, 328 E Lakeside Street
- MSCR Odana, 5625 Odana Road

### COMING THIS SPRING:

- MSCR West, 7333 West Towne Way behind West Towne Mall



## 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 which entails a photo and fee, 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](http://mscr.org/our-programs/mscr-neighborhood-centers) or call 245-3670.



## Additional Program Locations

Acewood Park, 1402 Acewood Blvd  
 Allied Learning Center, 2237 Allied Dr  
 Allis Elem, 4201 Buckeye Road  
 Anana Elem, 6323 Woodington Way  
 Badger Rock Middle, 501 E Badger Rd  
 Black Hawk Middle, 1402 Wyoming Way  
 Capitol Lakes, 333 W Main St  
 Chavez Elementary, 3502 Maple Grove Dr  
 Cherokee Middle, 4301 Cherokee Dr  
 Cherokee Marsh, 6098 N Sherman Ave  
 Cherokee Park, 1000 Burning Wood Way  
 Crestwood, 5930 Old Sauk Rd  
 Demetral Park, 601 N 6th St  
 Door Creek Park, 7035 Littlemore Dr  
 Dream Lanes, 13 Atlas Ct  
 East High, 2222 E Washington Ave  
 Edna Taylor Park, 802 Femrite Dr  
 Elements Welcome Center, 5025 Sudbury Way  
 Emerson Elem, 2421 E Johnson St  
 Garner Park, 333 S Rosa Rd  
 Hamilton Middle, 4801 Waukesha St  
 Hawthorne Elem, 3344 Concord Ave

Henderson Elem, 1201 Tompkins Dr  
 Heritage Heights Park, 701 Meadowlark Dr  
 Hoyt Park, 3902 Regent St  
 Knollwood Conservation Park, 3334 Westview Ln  
 LaFollette High, 702 Pflaum Rd  
 Lake View Elem, 1802 Tennyson Ln  
 Lapham Elem, 1045 E Dayton St  
 Lincoln Elem, 909 Sequoia Trail  
 Lindbergh Elem, 4500 Kennedy Rd  
 Lowell Elem, 401 Maple Ave  
 Lussier Community Education Ctr, 55 S Gammon Rd  
 Marquette Elem, 1501 Jenifer St  
 Meadowood Neighborhood Ctr, 5740 Raymond Rd  
 Memorial High, 201 S Gammon Rd  
 Mendota Elem, 4002 School Rd  
 Midvale Comm Luth Church, 4329 Tokay Blvd  
 Midvale Elem, 502 Caromar Dr  
 MSCR East, 4620 Cottage Grove Rd  
 MSCR Central, 328 E Lakeside St  
 MSCR Odana, 5625 Odana Rd  
 Mt. Olive Lutheran Church, 110 N Whitney Way  
 Muir Elem, 6602 Inner Dr

Nuestro Mundo Elem, 902 Nichols Rd  
 O'Keeffe Middle, 510 S Thornton Ave  
 Olbrich Park & Gardens, 3330 Atwood Ave  
 Olin Park, 1156 Olin-Turville Ct  
 Orchard Ridge Elem, 5602 Russett Rd  
 Sandburg Elem, 4114 Donald Dr  
 Schenk Elem, 230 Schenk St  
 School Forest, 1577 Fritz Rd  
 Schwoeglars Lanes, 444 Grand Canyon Dr  
 Sennett Middle, 502 Pflaum Rd  
 Spring Harbor Middle, 1110 Spring Harbor Dr  
 Stephens Elem, 1205 Rosa Rd  
 Tenney Park, 1414 E Johnson St  
 Thoreau School, 3870 Nakoma Rd  
 Toki Middle School, 5606 Russett Rd  
 Tyrol Basin, 3487 Bohn Rd, Mt Horeb, WI  
 Warner Park Comm Rec Ctr, 1625 Northport Dr  
 Warner Park, 2930 N Sherman Ave  
 West High, 30 Ash St  
 Whitehorse Middle, 218 Schenk St  
 Wright Middle, 1717 Fish Hatchery Dr



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.

The ADA (Americans with Disabilities Act of 2008) defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activities. This includes people who have a record of such an impairment, even if they do not currently have a disability. It also includes individuals who do not have a disability but are regarded as having a disability.

In addition to the above criteria, MMSD recognizes anyone receiving Special Education Services/504 Plans as a person with a disability.

#### WHAT ARE THE ELIGIBILITY REQUIREMENTS?

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

- Meets age requirement
- Is registered
- Adheres to behavior expectations, with or without reasonable accommodations
- Adheres to the current COVID-19 Health and Safety Guidelines set by MSCR, MMSD and Dane County health officials, 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
- Adapted equipment
- Alternate or accessible transportation, when transportation is provided for all participants
- Removal of architectural barriers
- Additional staff training

#### WHAT ARE THE LIMITATIONS OF INCLUSION SERVICES?

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

- Individualized therapy or programming
- Provision and/or purchasing personal, custom devices or equipment
- Hiring or placement of a specific person as support staff
- Any support that contradicts MSCR, MMSD and Dane County COVID-19 Health and Safety guidelines
- Services of a personal nature such as toileting, feeding and dressing

Recreation Inclusion Staff are not provided for non-structured non-registered programs i.e. open gym, open swim, drop-in program, or child+adult or family activities, though other reasonable accommodations will be discussed.

#### WHO DOES MSCR HIRE?

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

#### HOW CAN YOU ACCESS SERVICES?

- When you register, mark YES in the Require Accommodations section of the Registration Form or check the box when registering online.
- Complete the Online Participant Profile Form or print this form at [mscr.org](http://mscr.org) and return to MSCR, 328 E Lakeside St, Madison, WI, 53715.
- Upon receipt of the necessary documents, MSCR's Inclusion Services Staff review your request and work with you to establish an individualized inclusion plan.

By requesting Inclusion Services, I understand that:

- 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 and health and safety guidelines, but may assist them in meeting them.
- 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.

**Jason Busack**  
Inclusion Services Specialist  
Supports East and La Follette after school regions,  
Allied Learning Center, Outdoors, Sports and Aquatics programs  
Email: [jbbusack@madison.k12.wi.us](mailto:jbbusack@madison.k12.wi.us)  
Office Phone: 608-204-4586 Cell Phone: 608-622-6927

**Jill Jaworski**  
Inclusion Services Specialist  
Supports West and North after school regions,  
Meadowood Neighborhood Center, Fitness and Arts programs  
Email: [jjaworski1@madison.k12.wi.us](mailto:jjaworski1@madison.k12.wi.us)  
Office Phone: 608-204-3043 Cell Phone: 608-228-2087



Registration opens Monday, December 5 at 12 pm for residents of the Madison Metropolitan School District.

Non-residents may register beginning Monday, December 19.

**ALL NEW CUSTOMERS MUST  
CREATE AN ACCOUNT TO REGISTER ONLINE  
AT MSCR.ORG.**

**ONLINE:**  
Register for most MSCR  
activities at [mscr.org](http://mscr.org)

**MAIL/DROP OFF - NEW!**  
MSCR East,  
4620 Cottage Grove Rd,  
Madison, WI 53716

**EMAIL:**  
[mscr@madison.k12.wi.us](mailto:mscr@madison.k12.wi.us)

**FAX:**  
608-204-0557

1. Complete the Registration Form on page 57. All members of a household may register for multiple classes on one form. Or register at [mscr.org](http://mscr.org), all customers must create an account prior to registering online. All fees include appropriate sales tax.
2. Include first and alternate choice where applicable. If your first choice is full, we will try your alternate choice. If both choices are full, your fee will be returned and you will be wait listed.
3. Make check or money order payable to MSCR. Visa and MasterCard also accepted.
4. Receipts are emailed, unless a stamped, self-addressed envelope is enclosed. Please update your email address.
5. Return to MSCR one of three easy ways: mail, drop off or fax (see above). Please allow at least two full weeks to receive your confirmation. Please note: Online registration confirmations are not mailed. Please print your confirmation at time of registration.

### 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.

### REFUND POLICY

Participants who request to withdraw from a program a minimum of 7 days prior to the start of the program will receive a full refund minus a \$5 service charge per transaction. No refunds or credits will be issued with less than 7 days advance notice. All requests for refunds must be made in writing.

Full refunds are issued if MSCR cancels a program. In the event of severe weather, please check [mscr.org](http://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. No refunds or credits are issued for individual missed classes.

### CANCELLATIONS

In the event of severe weather, please check [mscr.org](http://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.

**PROGRAMS AT WARNER PARK COMMUNITY RECREATION CENTER**  
WPCRC ID Cards are required for programs at Warner Park Community Recreation Center. Please go to [mscr.org](http://mscr.org) for a form. Annual WPCRC ID card fees are \$5 for an individual and \$10 for a family (families of more than 4 pay \$3 per person). Non-residents of the City of Madison pay \$15 for an individual and \$25 for a family ID. Please call 608-245-3670 for more information. MSCR does not give discounts for WPCRC members.

### CUSTOMER PRIVACY STATEMENT

For the privacy and protection of our participants, we only disclose participant information to individuals listed on the individual or family account.

### FEE ASSISTANCE

MSCR program fees may be partially or fully waived upon request for youth meeting criteria for free or reduced price school meals and adults with income at or below 185% of Federal Poverty Level. Fee assistance is available only to MMSD residents. Participants are encouraged to pay a partial fee. 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.

### INFORMACIÓN EN ESPAÑOL

Las guías de programación de MSCR en español están disponibles en las escuelas de Madison en las oficinas de los especialistas bilingües o en la oficina principal. También puede buscarlas en la oficina de MSCR o en

el Centro Comunitario Warner. Hay también una versión digital disponible, visite: [mscr.org](http://mscr.org). Para mayor asistencia, comuníquese con el asistente bilingüe al 608-204-3057.

### 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, are not eligible for a refund or credit, nor may participants attend a program other than the one in which they are registered. Refunds or credits are not issued for participant absences.

### NON-DISCRIMINATION STATEMENT

MSCR does not discriminate on the basis of religion, race, creed, color, national origin, ancestry, age, sex, physical appearance, marital status, sexual orientation, gender identity, gender expression, disability, arrest or conviction record, membership in the national guard, state defense force, or any reserve component of the military forces of the United States or this state, political belief, sexual orientation, less than honorable discharge, source of income or the fact that an individual is a student.

### REGISTRATION POLICIES

Please register at least two weeks prior to the start of the program. Many programs fill rapidly, however, programs that do not meet minimum enrollment may be cancelled. MSCR does not accept registrations or reservations over the phone. Online registration is not available after a program begins. Only registered customers are allowed to participate. Instructors do not accept registration forms at the program site.

### RESIDENCY

A resident resides at an address within the 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 56 for more information on MSCR's Inclusion Services.

### WAIT LIST

If a program is full, you can add your name to a waiting list. You 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 space.

### LAW REGARDING CONCUSSION PREVENTION

MSCR is required by Wisconsin Law to provide information regarding Concussions and Sudden Cardiac Arrest to all participants, and their guardians, involved in youth sports activities. Please review the information at the following links or by searching Concussion Information on our website at [mscr.org](http://mscr.org). <https://www.wiaawi.org/Portals/0/PDF/Health/Concussion-SuddenCardiacArrest-InfoSheet2022.pdf>, You will be asked to acknowledge receipt at the time of registration. If you need assistance accessing this information, please contact the MSCR office.

# MSCR Registration Form

Madison School & Community Recreation Office: MSCR East 4620 Cottage Grove Rd, Madison, WI 53716 Phone: 608-204-3000 Fax: 608-204-0557

(Head of Household) Last Name	First Name	Birth Date (mm/dd/yy)	Does the participant have a disability? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what type(s) of disability?
Street Address	City	State	If you require accommodations related to a disability to participate in this activity, please explain:

Email (Required for registration confirmation OR send a stamped, self-addressed envelope) \*I agree to receive MSCR promotional email

Primary Phone	Cell Phone	Are you an MMSD resident? (Check one) <input type="checkbox"/> Yes <input type="checkbox"/> No Non MMSD residents pay 50% more. See the Policy Page.	Do you have any medical conditions or concerns of which our staff need to be aware? (Asthma, Allergies, etc.)
Emergency Contact Name	Emergency Contact Phone		

Participant's Full Name	Gender *See page 56.	Date of Birth mm/dd/yy	Grade 2022-2023	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assistance Request
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							

\*Must complete form on back.

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

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

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

I am requesting a Payment Plan (Camps Only)

Credit Card Number:

Name as printed on card: \_\_\_\_\_ Three Digit Code

Payment Amount \$ \_\_\_\_\_ Authorized Signature: \_\_\_\_\_ Expiration Date:

Youth Sports Participants:  
I acknowledge receipt of Concussion & Sudden Cardiac Arrest Information (page 56).

Fee Total \$ \_\_\_\_\_  
Donation \$ \_\_\_\_\_  
Total \$ \_\_\_\_\_

## Liability Waiver - Signature Required for Participation

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

Signature: \_\_\_\_\_

WP-CRC Photo ID required for programs at Warner Park Community Recreation Center. Go to mscr.org for more information.

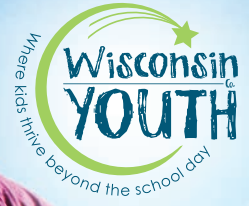
# Fee Assistance Request

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

<b>Name</b>	Head of Household Name: _____ Last _____ First _____
<b>Family Size</b>	What is your family size? Circle one number: 1 2 3 4 5 6 7 8 9 10 List your gross* annual income: \$ _____ (per year) Or list your gross* bi-weekly income: \$ _____ (every two weeks)
<b>Adult</b>	*Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds.  Complete this section if the participant is an adult. If the participant is a child, skip to the next section and complete the section titled Youth. Fee assistance for adults is limited to one program per adult per season*. There are three program seasons per year: Winter/Spring, Summer and Fall. 1. Adult participants are asked to pay 50% of the program fee.* 2. I am enclosing the following payment of \$_____. 3. *If you are unable to pay 50%, or are requesting fee assistance beyond the one program per season limit, please explain:_____
<b>Youth</b>	Fee assistance is limited to two programs per program season for youth ages 17 and under*. There are three program seasons per year: Winter/Spring, Summer and Fall. Families are requested to pay what they can towards the program fee. 1. My child qualifies for free school meals <input type="checkbox"/> Yes <input type="checkbox"/> No My child qualifies for reduced-price school meals <input type="checkbox"/> Yes <input type="checkbox"/> No 2. My family is requesting fee assistance and we are able to enclose the following payment of \$_____. 3. *My family is requesting fee assistance beyond the two programs per season limit. Please explain:_____ 4. My child(ren) are younger than school age. <input type="checkbox"/> Yes <input type="checkbox"/> No

## What happens next?

If you qualify for full fee assistance, and space is available, you are emailed a confirmation of your registration request. If you do not qualify for partial or full fee assistance, we temporarily reserve a space in the requested course(s) and contact you. You are asked to remit payment within five business days to confirm your space in the program(s).



**We're proud to care for children in our community**

Offering after school programs in Dane County | [WisconsinYouthCompany.org](http://WisconsinYouthCompany.org)

**CLASSES & WORKSHOPS FOR ALL AGES**



[OLBRICH.ORG](http://OLBRICH.ORG)





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 Madison School & Community Recreation  
 328 E Lakeside Street  
 Madison, WI 53715

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