

# MSCR Program Guide Winter & Spring 2024





# EXPLORE AND REGISTER FOR Noncredit CLASSES

Jewelry | Art Metals | Ceramics | Fabric Arts and Sewing | Painting and Drawing | Photography



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## **MSCR WINTER & SPRING 2024 PROGRAM GUIDE**

608.204.3000 OR MSCR.ORG



MSCR Mailing Address: 328 E Lakeside St, Madison, WI 53715 Monday - Friday 8 am - 5 pm 608.204.3000 mscr.org

# Registration begins Monday, December 4 at 12 pm for MMSD Residents and Monday, December 18 at 12 pm for Non-MMSD residents.

#### MMSD INTERIM SUPERINTENDENT: Lisa Kvistad

MSCR EXECUTIVE DIRECTOR: Janet Dyer

#### MMSD BOARD OF EDUCATION:

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Blair Mosner Feltham, Board of Education Representative

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Danessa Bishop, Jude Hunsader, John Laubmeier, Caitlyn Liu, John McCluskey, Brad Olson, Mary Walsh

#### **HOW TO REGISTER**

#### Registration begins at 12 pm.

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

- 2. Complete a paper MSCR Registration Form (found at the back of the MSCR Program Guide) and return your form and payment method to MSCR one of these ways:
- US Mail to MSCR Central, 328 E Lakeside St, Madison, WI 53715
- Email a photo or scan of the form to mscr@madison.k12.wi.us
- Fax to 608-204-0557
- Drop off at MSCR Central, MSCR East or MSCR West

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#### **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. 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 4.

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# Honoring MSCR Executive Director's 38 Years of Service

#### **Celebrating 38 Years of Dedication and Impact!**

As your retirement draws near, I want to express my deepest gratitude and acknowledge your remarkable contributions during your 38-year journey with MMSD and MSCR. Your unwavering commitment to the importance of recreation and instruction has left an indelible mark on the district and our community.

Your dedication to promoting learning opportunities beyond the school day as integral components of a child's growth and development has been admirable. Through your innovative strategies, tireless work, and unwavering belief in the power of education, you have helped us to create an environment that nurtures the individual potential of each student.

Your leadership and collaborative nature have been a source of inspiration to many. Your ability to motivate and encourage others to continuously strive for excellence has created a positive and empowering work culture within our organization. Your legacy will live on in the hearts and minds of those privileged to work alongside you.



On behalf of the MMSD community, I extend our heartfelt thanks for your significant contributions over the past 38 years. Your commitment, dedication, and passion have made a profound difference in the lives of our students, staff, families, and entire community. Your presence has enriched our organization, and we will treasure the memories of your exemplary service for years to come.

Your retirement marks the end of an era, but your impact will forever be imprinted in the history of MMSD. May this next phase of your life bring you boundless happiness filled with joy, good health, and new adventures.

With deepest appreciation and warmest regards,

Lisa Kvistad Interim Superintendent Madison Metropolitan School District



In recognition of Janet Dyer's impactful career, we want to highlight a few of the many ways that have transformed MSCR's work and Madison as a community.

THANK YOU for your leadership and dedication!



Created MSCR's first Afterschool program, Safe Haven and launched CASPER, an afterschool recreation program for homeless youth in MMSD.



Rolled out MSCR COVID-19 response and MSCR Cares childcare and virtual learning support program.



Led development and operation of the MSCR Allied Learning Center on Allied Drive and the MSCR Meadowood Neighborhood Center in direct response to community need.



Managed Youth & Adult Sports programs, expanded access for low-income youth.



Supervised MSCR programming at the Warner Park Community Recreation Center for over 20 years.



Oversaw expansion of Arts & Enrichment and Outdoor & Environmental Ed programming.



Served as MSCR Executive Director since 2019 and MSCR Supervisor from 1986-2019.

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 opportunitie year-round that are accessible to all.

#### **MSCR Program Centers**









MSCR Central 328 E Lakeside Street

MSCR EAST 4620 Cottage Grove Rd

#### **MSCR West**

7333 West Towne Way

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

#### **MSCR AT COMMUNITY AND NEIGHBORHOOD CENTERS**



# MEADOWOOD NEIGHBORHOOD CENTER, 5740 RAYMOND RD

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 Additional services are a job shop, food pantry and computer access. Please visit mscr.org or call 608-467-8360 for more information.



#### WARNER PARK COMMUNITY RECREATION CENTER, 1625 NORTHPORT DR

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 or call 608-245-3670.





Programs are open to individuals with disabilities ages 18+ and their caregivers, families and friends. \*Participants 14+ may register if accompanied by a participating caregiver and/or adult. Caregiver must stay with the participant during the program

#### BOCCE

Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the rules and develop the skills of this great ball sport on our new, bocce courts! For this program, ages 13+ may register unaccompanied - no adult needed. Participants must be able to stay with the group and take turns with reasonable prompting. Skip 3/27.

#### **CHAIR EXERCISE**

Increase your range of motion through stretching and strength exercises. Participate either sitting or standing; exercises are adapted as needed. Skip 3/23, 3/30.

#### CHILD + ADULT OPEN GYM

A safe place for children with disabilities and their caregivers to make friends and work on gross motor and fine motor skills. Activities include jumping, balls, building, sensory toys and more. Active adult participation is required. Skip 3/26

#### CHILD + ADULT SWIM LESSONS

Swimming lessons for children with disabilities who aren't quite comfortable without an adult in the water. Active adult participation is required; only one adult may accompany the participant in the water. Prior to registration, Adapted Specialist works with the family to ensure the participant is appropriate for this class. This class is not open for internet registration. Please call 608-204-3030 for information. Skip 3/23, 3/30.

#### **CITY CLUB**

Meet new friends while enjoying arts and crafts, fitness activities, field trips and other fun, engaging activities. Skip 3/26, 3/28.

#### DANCE AND MOVE

Low impact class using music and basic steps for great cardiovascular and muscle toning workout. All fitness levels welcome. Skip 3/25, 3/26.

#### **PICKLEBALL**

Learn the basics of this popular game through playing and ongoing coaching. For this program, participants ages 13+ may register unaccompanied - no adult needed. Participants must be able to stay with the group and take turns with reasonable prompting. Skip 3/26.

#### **POTTERY**

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

#### **SWIM LESSONS**

Intended for youth with disabilities who would benefit from a small group, this class provides instruction based on swimmers' goals and comfort level in the the water. Prior to registration, Adapted Specialist works with the family to ensure the participant is appropriate for this class. This class is not open for internet registration. Please call 608-204-3030 for information. The pool is 15 yards long (small) and 88 degrees (warm) to maximize comfort. Swimmers who have been successful in MSCR regular youth swim lessons should not enroll in this class. Skip 3/23, 3/30.

#### 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. MSCR staff assess the individual abilities of participants and establish simple exercises that improve overall health. Skip 3/25, 3/26, 3/27.

#### YOGA

Focus on yoga forms to reduce stress and anxiety. Increase body awareness, balance and strength in a fun and safe environment. Skip 3/25, 3/28.

Age	Class	Location	Day	Date	Time	Fee	Course#
13+	Bocce	MSCR West	W	2/7-5/1	5:00-6:15pm	\$66	38738
14+	Chair Exercise	MSCR West	Sa	2/10-5/4	9:30-10:30am	\$61	37747
2-5	Child + Adult Open Gym	MSCR West	Т	2/6-4/30	9:15-10:30am	\$42	38747
2-5	Child + Adult Swim Lessons	Lapham	Sa	1/27-4/27	9:25-9:55am	\$113	38737
14+	City Club	MSCR West	Т	2/6-4/30	3:30-5:30pm	\$78	37749
14+	City Club	MSCR East	Th	2/8-5/2	3:30-5:30pm	\$78	37748
14+	Dance and Move	MSCR West	М	2/5-4/29	4:30-5:30pm	\$66	37753
14+	Dance and Move	MSCR East	Т	2/6-4/30	4:15-5:15pm	\$66	37752
13+	Pickleball	MSCR West	Т	2/6-4/30	3:30-4:30pm	\$66	37746
14+	Pottery	MSCR West	Sa	1/20-2/3	12:00-1:15pm	\$39	38735
14+	Pottery	MSCR West	Sa	4/6-4/27	12:00-1:15pm	\$52	38736
5-13	Swim Lessons	Lapham	Sa	1/27-4/27	10:45-11:15am	\$120	37762
5-13	Swim Lessons	Lapham	Sa	1/27-4/27	10:05-10:35am	\$120	37761
14+	Water Walking	Lapham	М	2/5-4/29	7:10-8:10pm	\$108	37763
14+	Water Walking	Lapham	Т	2/6-4/30	7:10-8:10pm	\$108	37764
14+	Water Walking	Lapham	W	2/7-5/1	7:10-8:10pm	\$108	37765
14+	Yoga	MSCR East	М	2/5-4/29	4:15-5:15pm	\$66	37768
14+	Yoga	MSCR West	Th	2/8-5/2	4:30-5:30pm	\$66	37767

# Day Trips & Events 000



#### **DAY TRIPS**

#### CHICAGO FOOD TOUR: PROGRESSIVE MULTI-CULTURAL EXPERIENCE

Immerse yourself in the multicultural history and cuisine of Chicago. During this progressive meal and history tour, stop at three local eateries, each with a different national origin to enjoy a succession of appetizers, entree and dessert. Visit the National Museum of Mexican Art in Pilsen. Considered the most prominent first-voice institution for Mexican art and culture in the US, it is home to one of the country's largest Mexican art collections. Conclude the tour with shopping at Eataly, Chicago's vibrant Italian marketplace. All along the way, a knowledgeable tour guide provides narration, highlighting culture and architectural hidden gems of Chicago. Tour includes minimal walking; must be able to enter/ exit the bus multiple times during the day. Bus loads at 7:30am on Pflaum Road in front of LaFollette. Registration deadline is 4/5/24. Ages 18+.

#### FIRESIDE DINNER THEATER: JERSEY BOYS MATINEE

Join us as we travel to the Fireside Dinner Theater in Ft. Atkinson for a delicious lunch and a fantastic performance of JERSEY BOYS. With phenomenal music, memorable characters, and great storytelling, JERSEY BOYS follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Winner of the Tony Award for Best Musical, JERSEY BOYS takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Enjoy electrifying performances of chart-topping hits including "Sherry," "Big Girls Don't Cry," and "My Eyes Adored You," which took The Four Seasons to the Rock 'n' Roll Hall of Fame. (Contains explicit adult language.) Bus loads at 9:15am on Pflaum Road in front of LaFollette. Fee includes admission, lunch and motorcoach transportation. Registration deadline is 1/16/24. Ages 18+.

#### MILWAUKEE BASEBALL AND BREWS

Swing into spring with the Milwaukee Brewers. Experience the magnificence of an exclusive behind-the-scenes tour of American Family Field by visiting the most restricted and non-public areas such as the Selig Experience, Playing Field, Visitors' Clubhouse, Visitors' dugout, Brewers bullpen, luxury suit level, Press Box, Bob Uecker's broadcast booth and many other attractions. Enjoy lunch at the J. Leinenkuge's Barrel Yard, a one-of-a-kind restaurant and experience overlooking left field. Following lunch, travel to Sprecher Brewing Co. the oldest Craft Brewery in Milwaukee for a behind the scenes tour of the lab, brewhouse and production area and learn all about their history and craft brewing process. Relax in the beer garden and sample craft beverages and local snacks. Tour includes 4 beer samples for adults 21+ with ID, and unlimited soda samples. Bus loads at 8:45am on Pflaum Road in front of LaFollette . Fee includes tour admissions, lunch and motorcoach transportation. Registration deadline is 3/7/24. Youth ages 8+ may register with a participating adult.

#### **FVFNTS**

#### **ENCHANTMENT 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 multi age/family audience. It is a fundraiser for the MMSD Planetarium; all proceeds go toward future upgrades. Registration is for an individual. Registered child must attend with at least one participating adult.

#### **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. 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! Registration is for a couple.

#### **FLASHLIGHT EGG HUNT**

Egg hunts aren't just for little kids! You are never too old to enjoy plastic eggs, candy and prizes! Bring your flashlight for this "eggciting" evening egg hunt! Participants should be equipped with flashlights and bags to collect the eggs. Pre-registration is required. No on site registrations accepted. Dress appropriately for the weather. This event is canceled in the case of extreme weather. Absolutely no adults are allowed on the hunting field, but are welcome to watch the fun. The event of the location is communicated in early March.

Age	Activity	Location	Day	Date	Time	Fee	Course#
DAY 1	RIPS						
18+	Fireside Dinner Theater: Jersey Boys Matinee	LaFollette	Sa	2/17	9:15am-5:30pm	\$132	38791
18+	Milwaukee Baseball and Brews - Adult	LaFollette	Sa	3/23	8:45am-5:45pm	\$100	38792
8-17	Milwaukee Baseball and Brews - Youth	LaFollette	Sa	3/23	8:45am-5:45pm	\$95	38793
18+	Chicago Food Tour: Multicultural Experience	LaFollette	Sa	4/20	7:30am-6:30pm	\$160	38794
<b>EVEN</b>	TS						
8+	Enchantment Under the Stars	Memorial	F	2/9	5:30-6:30pm	\$15	38129
8+	Enchantment Under the Stars	Memorial	Sa	2/10	4-5pm	\$15	38130
8+	Enchantment Under the Stars	Memorial	Sa	2/10	5:30-6:30pm	\$15	38659
8+	Enchantment Under the Stars	Memorial	S	2/11	5:30-6:30pm	\$15	38660
18+	Romance Under the Stars	Memorial	Th	2/8	6:45-7:45pm	\$30	38131
18+	Romance Under the Stars	Memorial	Th	2/8	8-9pm	\$30	38132
18+	Romance Under the Stars	Memorial	F	2/9	6:45-7:45pm	\$30	38133
18+	Romance Under the Stars	Memorial	F	2/9	8-9pm	\$30	38134
18+	Romance Under the Stars	Memorial	Sa	2/10	6:45-7:45pm	\$30	38135
18+	Romance Under the Stars	Memorial	Sa	2/10	8-9pm	\$30	38136
18+	Romance Under the Stars	Memorial	S	2/11	6:45-7:45pm	\$30	38137
18+	Romance Under the Stars	Memorial	S	2/11	8-9pm	\$30	38138
18+	Romance Under the Stars	Memorial	М	2/12	6:45-7:45pm	\$30	38139
18+	Romance Under the Stars	Memorial	М	2/12	8-9pm	\$30	38140
Gr 6-8	Flashlight Egg Hunt	TBA	F	3/22	8-8:45pm	\$7	38722



#### **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 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 <a href="mailto:mscrelemteam@madison.k12.wi.us">mscrelemteam@madison.k12.wi.us</a>. Registrations are processed on a first-come, first-served basis as staffing ratios allow.

#### MSCR ENRICHMENT

MSCR Enrichment provides afterschool academic support and enrichment activities for students living in the school attendance area who are referred by school day teachers and have a need for academic support in an afterschool setting. MSCR Enrichment staff design engaging activities to complement children's school-day academic programs. Registration by invitation only. MSCR Enrichment sites are funded by federal Nita M. Lowey 21st Century Community Learning Center Grants.

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 new activities that build self esteem and help children grow
- Teach youth ways to build frienships and solve conflict through Social Emotional activities
- 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.) Fee assistance is available.

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 for afterschool programs, please contact <a href="mailto:mscrelemteam@madison.k12.wi.us">mscrelemteam@madison.k12.wi.us</a>







#### **ELEMENTARY SCHOOL**

#### **MSCR AFTERSCHOOL & ENRICHMENT SITES**

Site	Office Phone	MSCR Afterschool Site	MSCR Enrichment Site
Allied Learning Center	608-204-6578	Yes	No
Anana Elementary	608-204-2208	Yes	No
Emerson Elementary	608-204-2021	Yes	No
Hawthorne Elementary	608-204-2507	Yes	Yes
Henderson Elementary	608-442-2963	Yes	Yes
Lake View Elementary	608-204-4055	Yes	No
Lincoln Elementary	608-204-4963	Yes	No
Lindbergh Elementary	608-204-6507	Yes	No
Lowell Elementary	608-204-6616	Yes	No
Meadowood Neighborhood Center	608-229-6823	Yes	No
Mendota Elementary	608-577-1570	Yes	Yes
Midvale Elementary	608-204-6733	Yes	No
Nuestro Mundo Community School	608-442-2494	Yes	Yes
Orchard Ridge Elementary	608-204-2353	No	Yes
Sandburg Elementary	608-204-7952	Yes	No
Schenk Elementary	608-204-1485	No	Yes
Southside Elementary	608-204-1018	Yes	Yes



#### KIDS DAY OUT - 608-204-3025

The Kids Day Out (KDO) program provides supervised activities on MMSD no-school days for children in grades K-5. Activities typically involve going on a field trip and may include: swimming, arts & crafts, games, nature activities, performing arts, museums and zoos. 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 at 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.

Grade	Activity	Location	Day	Date	Time	Fee	Course#
K-5	Kids Day Out	Midvale	F	1/26	7:45am-5:45pm	\$50	38496
K-5	Kids Day Out	Warner Park CRC	F	1/26	7:45am-5:45pm	\$50	38500
K-5	Kids Day Out	Midvale	F	2/16	7:45am-5:45pm	\$50	38497
K-5	Kids Day Out	Warner Park CRC	F	2/16	7:45am-5:45pm	\$50	38501
K-5	Kids Day Out	Midvale	F	4/12	7:45am-5:45pm	\$50	38498
K-5	Kids Day Out	Warner Park CRC	F	4/12	7:45am-5:45pm	\$50	38502
K-5	Kids Day Out	Midvale	М	4/15	7:45am-5:45pm	\$50	38806
K-5	Kids Day Out	Warner Park CRC	М	4/15	7:45am-5:45pm	\$50	38807
K-5	Kids Day Out	Midvale	F	5/24	7:45am-5:45pm	\$50	38499
K-5	Kids Day Out	Warner Park CRC	F	5/24	7:45am-5:45pm	\$50	38503



#### **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. Afterschool programs are open to all students in a school's attendance area even if they don't attend MMSD for school. For more information 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 all MMSD middle schools. Please contact the MSCR Afterschool Site Director at your school. Clubs may include academic enrichment, arts, drama, music, chess, dance, skiing, rec sports and more. Clubs are based on student interest at each school. Fees may be charged for some clubs. Register at school site.

#### **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.

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

#### MSCR MIDDLE SCHOOL AFTERSCHOOL COORDINATORS

School	MSCR Staff	Phone
Badger Rock	Amanda Lukindo	608-640-0079
*Black Hawk	Jovaughn Lane	608-204-4425
Cherokee	Reginald Lee	608-204-1256
Gillespie	Issis Hardy	608-663-6427
Hamilton	Nese Adams	608-204-4739
O'Keeffe	Kenzie Damon	608-204-6854
*Sennett	Devonte Robinson	608-204-1948
*Sherman	Nooraldeen Hinnawi	608-204-2127
Spring Harbor	Nese Adams	608-640-1119
Toki	Fred Martinez	608-204-4763
Whitehorse	Hannah Best	608-204-1349
*Wright	Amanda Lukindo	608-204-1369







**HIGH SCHOOL** 

#### 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. Afterschool programs are open to all students in a school's attendance area even if they don't attend MMSD for school. For more information and specific schedules, please contact the MSCR High School Recreation Specialist at your child's school by phone or directly in their office.

School	Rec Specialist	Phone	Office Location
East High School	Mayder Lor	204-1752	103G
La Follette High School	Dane Gottschall	204-3625	1124
Memorial High School	Kelsie Coleman	442-2220	2142
West High School	Monique Porter	204-2136	1111



#### 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.

Grade	Location	Day	Date	Time	Fee
BASKET	ΓBALL				
11 - 12	East	Sa	Jan-March	8 -2 pm	\$50
11 - 12	La Follette	Sa	Jan-March	8 -2 pm	\$50
11 - 12	Memorial	Sa	Jan-March	8 -2 pm	\$50
11 - 12	West	Sa	Jan-March	8 -2 pm	\$50



# **Now Hiring!**

MSCR is hiring for a variety of positions.

- Afterschool
- Fitness
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- & more!

Work with youth in afterschool clubs & sports.

Apply now at mscr.org/jobs



# & Arts & Enrichment

#### **CHILD + ADULT & PRESCHOOL CLASSES**

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.

#### CHILD + ADULT

#### A TO Z ANIMALS - CHILD + ADULT

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

#### 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.

#### **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

#### FAIRY GARDENS WORKSHOP- CHILD + ADULT

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

#### LET'S CREATE TOGETHER - CHILD + ADULT

Create more than just crafts in the community focused class! While your little one explores the world of art, caregivers have the opportunity to connect with each other.

#### MSCR MAKES - CHILD + ADULT

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

## MSCR MAKES: JUNIOR JEWELERS WORKSHOP CHILD + ADULT Explore methods to make your own wearable art!

MSCR MAKES: PETITE PAINTERS WORKSHOP CHILD + ADULT

#### Explore different methods of painting and types of paint.

PRESCHOOL PUPPET PLAY - CHILD + ADULT
Get ready to put on a show! Learn how to create your very own puppet friends and a home for them to live and play in!

#### 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!



#### PRESCHOOL CLASSES

#### A TO Z ANIMALS AND ART

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

#### CREATIVE MOVEMENT

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

#### **IRISH DANCE**

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

#### PRE-BALLE

Does your child dance more than they walk? Participants learn basic ballet technique. Through creative dance, they combine listening skills, coordination and rhythm.

#### PRESCHOOL PUPPET PLAY

Get ready to put on a show! Learn how to create your very own puppet friends and a home for them to live and play in!



#### 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

Classes offered at Madison Ice Arena and Hartmeyer Ice Arena

# Arts & Enrichment &

#### CHILD + ADULT & PRESCHOOL CLASSES

Age	Class	Location	Day	Date	Time	Fee	Course#
_	ADULT CLASSES		,				
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	1/26-2/16	9:30-10:15am	\$29	37864
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	3/1-3/22	9:30-10:15am	\$29	37865
18m-2yrs	Art Exploration - Child + Adult	MSCR West	F	4/5-5/3	9:30-10:15am	\$36	37866
2-3	A to Z Animals and Art - Child + Adult	MSCR Central	W	1/24-2/21	9-9:45am	\$36	37915
2-3	Creative Movement - Child + Adult	MSCR West	T	1/23-3/19	9:30-10am	\$34	37918
2-3	Creative Movement - Child + Adult	MSCR East	W	4/3-5/8	4:15-4:45pm	\$34	37914
3-8	Fairy Gardens Workshop - Child + Adult	MSCR Central	Th	5/9	5-5:45pm	\$12	38034
18m-5yrs	Let's Create Together - Child + Adult	MSCR Central	T	1/23-3/19	9:30-10:15am	\$54	37862
18m-3yrs	Let's Create Together - Child + Adult	MSCR Central	T	1/23-3/19	10:30-11:15am	\$54	37861
3-6	MSCR Makes - Child + Adult	MSCR Central	Th	1/18-2/8	5-5:45pm	\$29	37852
3-6	MSCR Makes - Child + Adult	MSCR Central	Th	4/4-4/25	5-5:45pm	\$29	37863
3-6	MSCR Makes: Junior Jewelers Workshop - Child + Adult	MSCR Central	Th	3/14	5-5:45pm	\$12	37879
3-6	MSCR Makes: Petite Painters Workshop - Child + Adult	MSCR Central	Th	2/22	5-5:45pm	\$12	37881
2-3	Preschool Puppet Play - Child + Adult	MSCR Central	W	3/6-3/20	9-9:45am	\$22	37971
3-5	Process Art - Child + Adult	MSCR West	F		10:45-11:30am	\$29	38037
				1/26-2/16			
3-5	Process Art - Child + Adult	MSCR West	F	3/1-3/22	10:45-11:30am	\$29	38038
3-5	Process Art - Child + Adult	MSCR West	F	4/5-5/3	10:45-11:30am	\$36	38039
	IOOL CLASSES						
4-5	A to Z Animals and Art	MSCR Central	W	1/24-2/21	10:15-11am	\$36	37916
4-5	Preschool Puppet Play	MSCR Central	W	3/6-3/20	10:15-11am	\$22	37972
	CLASSES						
3-4	Creative Movement	MSCR East	M	4/1-5/6	5:30-6pm	\$34	37913
4-5	Irish Dance	MSCR Central	Su	1/21-3/10	3:20-4pm	\$39	37919
4-5	Irish Dance	MSCR Central	Su	4/7-5/5	3:20-4pm	\$24	37920
3	Pre-Ballet	MSCR East	Sa	1/20-3/16	9:30-10am	\$34	37948
3	Pre-Ballet	MSCR West	Su	1/21-3/17	4:15-4:45pm	\$34	37950
3 3	Pre-Ballet	MSCR West	M T	1/22-3/18	4-4:30pm	\$34 \$34	37951 37961
3	Pre-Ballet Pre-Ballet	MSCR East MSCR West	T T	1/23-3/19	4:30-5pm 10:15-10:45am	\$34	37955
3	Pre-Ballet	MSCR West	W	1/24-3/20	4:30-5pm	\$34	37933
3	Pre-Ballet	MSCR Central	Th	1/25-3/21	4:30-5pm	\$34	37957
3	Pre-Ballet	MSCR East	F	1/26-3/22	9-9:30am	\$34	37943
3	Pre-Ballet	MSCR East	<u>'</u> 	4/2-4/30	4:30-5pm	\$19	37962
3	Pre-Ballet	MSCR East	F	4/5-5/3	9-9:30am	\$19	37944
4-5	Pre-Ballet	MSCR East	Sa	1/20-3/16	10:15-10:55am	\$44	37947
4-5	Pre-Ballet	MSCR West	Su	1/21-3/17	3:20-4pm	\$44	37949
4-5	Pre-Ballet	MSCR West	М	1/22-3/18	4:45-5:25pm	\$44	37954
4-5	Pre-Ballet	MSCR West	Т	1/23-3/19	11-11:40am	\$44	37956
4-5	Pre-Ballet	MSCR Central	W	1/24-3/20	5-5:40pm	\$34	37945
4-5	Pre-Ballet	MSCR West	W	1/24-3/20	5:15-5:55pm	\$44	37942
4-5	Pre-Ballet	MSCR East	F	1/26-3/22	9:45-10:25am	\$44	37952
4-5	Pre-Ballet	MSCR Central	W	4/3-5/1	5-5:40pm	\$24	37946
4-5	Pre-Ballet	MSCR East	W	4/3-5/8	5-5:40pm	\$44	37959
4-5	Pre-Ballet	MSCR East	F	4/5-5/3	9:45-10:25am	\$24	37953
4-5	Pre-Ballet	Madison Youth Arts Ctr	W	1/24-3/20	3:15-3:55pm	\$44	37960
4-5	Pre-Ballet	Madison Youth Arts Ctr	W	4/3-5/1	3:15-3:55pm	\$24	37963

# & Arts & Enrichment

#### **YOUTH & TEEN CLASSES**

#### **CANVAS ART**

Participants are introduced to the color wheel, painting techniques and drawing skills. All skill levels are welcome! The instructor assists and guides students at their own pace. Materials provided.

#### **CANVAS ART: HEART HEALING ART**

Express your feelings, and splash your creativity on canvas in this exploratory class. Discover how to create mixed media artwork on canvas. Learn basic painting terminology, techniques and basic drawing tips. All levels welcome.

#### **CARVE & CLOTHE - WEARABLE PRINTMAKING**

Searching for a one-of-a-kind piece? Explore the medium of linocut printmaking - draft original designs, carve them into a printmaking block and transfer them onto a variety of surfaces, from tote bags to t-shirts and more. Create clothing and accessories to use or give as bespoke gifts!

#### **CREATIVE WRITING**

What would happen if you suddenly shrunk to the size of an ant? Or found a stone with magical powers? Use your imagination to write about anything your mind can invent! Learn writers' secrets, write and share as a group. (Sharing is optional.) See where your imagination and your pencil takes you!

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

#### INTRO TO CROCHET

Unravel your creativity with an introductory crocheting class! Learn the basics crafting charming projects like granny squares, cozy beanie and stylish scarves. This is a welcoming space for all skill level. Transform yarn and hooks into beautiful, handmade creations while connecting with fellow crafters.

#### INTRO TO EMBROIDERY

Discover the joy of embroidery, where every stitch tells a story! Delve into the world of delicate stitches, where you master the fundamental and design custom pieces using an embroidery hoop. Stitch your way to artistic expression, turning everyday fabric into exquisite, one-of-a-kind creations.

#### INTRO TO FLY TYING

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

#### INTRO TO SCREEN PRINTING

Ever wonder how your favorite designs make it onto your clothes and how all of the designs can look the same? Join us to learn the art of screen printing! Create your own tee-shirt and/or bag design.

#### **UPCYCLED JEWELRY MAKING**

Turn your creativity into "bling-credible" masterpieces! From shaping spoon rings to boho fabric bracelets and wire-wrapping gemstone pendants, we help you shine with your one-of-a-kind accessories.



#### NATURE WRITING

In this fun and immersive class, we connect with ourselves, one another and the beauty of nature around us. Explore different types of writing and dig deeper. Writers have the opportunity to share their work but are never pressured to share. Spend time writing inside and outside as weather permits.

#### **NEEDLE PUNCH RUG**

Get ready to "tuft" it out! Learn to make a rug using a punch needle technique to create your own stunning, tactile masterpiece, one loop at a time. With each carefully placed "punch," watch your design come to life, transforming a simple canvas into a stunning rug that adds personality to your space.

#### POETRY AND CRAFTS

Enter the world of poetry through arts and crafts! Improve your writing skills in this fun beginner class that uses art to learn and express your creativity!

#### SEA CREATURE CRAFTS

Ready for some crafts that make a SPLASH? Create cool creatures of the deep using new and familiar art techniques in this class filled with super sea fun!

Immerse yourself in a world of your own creation! Fuse elements such as maps, characters, lore and more to bring your universe to life, rivaling the depth of worlds like Harry Potter, Star Wars and LOTR.

#### YOUTH KNITTING: SNOWY STITCHES

Winter is coming! Get ready to bundle up and brace for the cold with this beginner winter wear knitting class. Learn basic stitches and pattern reading while making the project of your choice (scarf, hat or mittens). All levels welcome, no prior knitting experience needed!

#### YOUTH KNITTING: STITCH MAKERS

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

#### THANKS TO OUR MSCR CONTRIBUTORS & DONORS

#### CONTRIBUTORS

American Family Boomer Harris Fund City of Madison Community Development Division City of Madison Parks Division Dane County Foundation for Madison's Public Schools Goodman 50+ Fitness Fund Friends of MSCR

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# Arts & Enrichment &

#### **YOUTH & TEEN CLASSES**

Grade	Class	Location	Day	Date	Time	Fee	Course#
K-2	Canvas Art	MSCR West	М	4/1-5/6	3:45-4:45pm	\$32	38090
3-5	Canvas Art	MSCR West	М	4/1-5/6	2:15-3:30pm	\$41	38089
2-5	Canvas Art: Heart Healing Art	MSCR West	Su	1/21-2/11	1:45-3pm	\$27	38084
6-8	Canvas Art: Heart Healing Art	MSCR West	Su	1/21-2/11	12-1:30pm	\$33	38083
*9-12+	Carve & Clothe- Wearable Printmaking	MSCR East	М	1/22-2/5	6:30-8pm	\$34	37900
3-5	Creative Writing	MSCR Central	Su	1/21-3/17	2-3pm	\$60	37857
6-8	Creative Writing	MSCR Central	Su	1/21-3/17	3:15-4:15pm	\$60	37858
K-2	Drawing	MSCR Central	T	1/23-2/27	4:45-5:45pm	\$47	37867
3-5	Drawing	MSCR Central	Т	1/23-2/27	6-7pm	\$47	37868
6-12	Intro to Crochet	MSCR East	М	3/11-4/8	6:30-8pm	\$25	37906
*9-12+	Intro to Embroidery	MSCR East	М	5/13-6/3	6:30-8pm	\$28	37910
*9-12+	Intro to Fly Tying	MSCR West	Th	2/1-2/29	6-7:30	\$50	38007
*9-12+	Intro to Fly Tying	MSCR West	Th	4/4-4/25	6-7:30pm	\$40	38008
8-12	Intro to Screen Printing	MSCR West	М	4/1-4/29	6:30-8pm	\$57	38102
*9-12+	Upcycled Jewelry Making	MSCR East	М	4/15-5/6	6:30-8pm	\$48	37907
3-5	Nature Writing	MSCR Central	Su	4/7-5/12	2-3pm	\$40	37859
6-8	Nature Writing	MSCR Central	Su	4/7-5/12	3:15-4:15pm	\$40	37860
6-12	Needle Punch Rug	MSCR East	М	2/19-2/26	6:30-8pm	\$18	37901
3-8	Poetry and Crafts	MSCR Central	Su	1/21-2/25	2-3pm	\$40	37886
3-8	Poetry and Crafts	MSCR Central	Su	4/7-5/12	2-3pm	\$40	37887
1-3	Sea Creature Crafts	MSCR Central	T	4/2-4/30	4:45-5:45pm	\$39	37871
4-6	Sea Creature Crafts	MSCR Central	T	4/2-4/30	6-7pm	\$39	37872
1-3	Worldbuilding	MSCR Central	Sa	1/27-3/2	9:30-10:30am	\$47	37873
4-6	Worldbuilding	MSCR Central	Sa	1/27-3/2	10:45am-12pm	\$47	37874
6-12	Youth Knitting: Snowy Stitches	MSCR West	М	1/22-2/26	5:45-7pm	\$38	38094
6-12	Youth Knitting: Stitch Makers	Madison Youth Arts Ctr	Т	4/2-5/7	6:30-7:45pm	\$38	38096

<sup>\*</sup>These classes are open for participants 14 years and older, including adults.



# **Now Hiring!**

MSCR is hiring for a variety of positions.

Apply at mscr.org

- Afterschool
- Fitness
- Aquatics
- Sports
- Arts
- Inclusion Services

# & Arts & Enrichment

#### **YOUTH & TEEN CLASSES**

Please note: There will not a Youth Dance Recital for the Winter & Spring 2024 Session. The Youth Dance Recital information will be in the Fall 2024 Program Guide.

#### **DANCE & BATON TWIRLING CLASSES**

#### ADVANCED BATON TWIRLING SKILLS

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

#### BALLET

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

#### **BATON TWIRLING BEGINNING**

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

#### **BATON TWIRLING CONTINUING**

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

#### **BATON TWIRLING TRY IT!**

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.

#### **HIP HOP**

Hip Hop began in the 1960s and 1970s as a style inspired by the movement of traditional African dancing. It incorporates aspects from many styles of dance, such as modern, tap and swing, In this high energy class, participants gain an introduction to hip hop while focusing on rhythm and stylized movements.

#### IRISH DANCE

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

#### **JAZZ**

Jazz dance emerged as an African-American social dance style at the end of the 20th-century. This style originally combines traditional African dance steps with ballroom dance techniques. Participants learn the basics of jazz dance. A variety of jazz techniques and skills, such as turns, jumps and combinations

#### LYRICAL

Lyrical dance is a style that combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires expression of strong emotions. Dancers work on improving their dance technique along with learning choreography and practicing self-expression.

#### POMS

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

#### **TAP**

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



#### **POTTERY**

#### **CHILD + ADULT HANDBUILDING**

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

#### TEEN CERAMIC MASK MAKING WORKSHOP

Work alongside local artist Karolina Romanowska, and learn how to create a one-of-a-kind ceramic mask. Discover how to turn your creative sketches into handbuilt sculptures. Finally, use vibrant underglazes to paint designs and patterns to bring your mask to life! All levels welcome. Materials provided.

#### YOUTH HANDBUILDING

Experience the handbuilding techniques of pinch, coil and slab construction. No clay experience required! Materials included.

#### **YOUTH WHEEL**

Practice centering on the wheel to work towards creating projects. Materials provided.

#### **SEWING**

#### 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.

#### YOUTH SEWING STUDIOS - PICNIC BLANKET

Sew something you can show off at your next park hangout with friends! Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward finishing a picnic blanket. All materials and sewing machine provided.









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# Arts & Enrichment &

#### YOUTH & TEEN CLASSES

Grade	Class	Location	Day	Date	Time	Fee	Course#
K-1	Ballet	MSCR East	T	1/23-3/19	5:15-6:05pm	\$58	37898
K-1	Ballet	MSCR Central	Th	1/25-3/21	5:15-6:05pm	\$65	37894
2-5	Ballet	MSCR Central	Th	1/25-3/21	6:20-7:20pm	\$69	37895
K-1	Ballet	MSCR East	T	4/2-4/30	5:15-6:05pm	\$36	37899
K-1	Ballet	MSCR East	W	4/3-5/8	5:55-6:40pm	\$43	37896
2-5	Ballet	MSCR East	W	4/3-5/8	6:55-7:40pm	\$58	37897
1-5	Baton Twirling Beginning	MSCR West	М	1/22-3/18	4:30-5:30pm	\$83	37892
3-10	Baton Twirling Continuing	MSCR West	М	1/22-3/18	5:45-6:45pm	\$83	37908
1-12	Baton Twirling - Try It!	MSCR West	Su	4/7	2-2:45pm	\$5	37893
7-12	Advanced Baton Twirling Skills	MSCR West	М	1/22-3/18	6:50-7:30pm	\$83	37909
2-5	Hip Hop	MSCR Central	W	1/24-3/20	5:55-6:55pm	\$69	37921
2-5	Hip Hop	MSCR Central	W	4/3-5/1	5:55-6:55pm	\$38	37922
2-5	Irish Dance	MSCR Central	Su	1/21-3/10	1-2pm	\$61	38661
K-1	Irish Dance	MSCR Central	Su	1/21-3/10	2:15-3:05pm	\$58	38663
2-5	Irish Dance	MSCR Central	Su	4/7-5/5	1-2pm	\$38	38662
K-1	Irish Dance	MSCR Central	Su	4/7-5/5	2:15-3:05pm	\$36	38664
K-1	Jazz	MSCR West	Su	1/21-3/17	2:15-3:05pm	\$65	37925
2-5	Jazz	MSCR West	Su	1/21-3/17	1-2pm	\$69	37924
2-5	Jazz	MSCR East	T	1/23-3/19	6:20-7:20pm	\$61	37927
K-1	Jazz	MSCR East	М	4/1-5/6	6:15-7pm	\$43	37926
2-5	Jazz	MSCR East	T	4/2-4/30	6:20-7:20pm	\$38	37929
K-1	Jazz	Madison Youth Arts Ctr	W	1/24-3/20	4:10-5pm	\$65	37928
K-1	Jazz	Madison Youth Arts Ctr	W	4/3-5/1	4:10-5pm	\$36	37930
4-8	Lyrical	MSCR Central	W	1/24-3/20	7:10-8:10pm	\$69	37935
4-8	Lyrical	MSCR Central	W	4/3-5/1	7:10-8:10pm	\$38	37936
4-8	Poms	MSCR East	М	4/1-5/6	7:15-8:15pm	\$46	37937
K-1	Тар	MSCR East	Sa	1/20-3/16	11:10am-12pm	\$65	37974
K-1	Тар	MSCR West	М	1/22-3/18	2:55-3:45pm	\$65	37977
2-5	Тар	MSCR West	T	1/16-3/19	4:45-5:45pm	\$72	37973
POTTERY	130		•	.,,		V	0.0.0
K-2	Child + Adult Handbuilding	MSCR West	Sa	1/20-2/3	9-10:15am	\$39	37844
K-2	Child + Adult Handbuilding	MSCR West	M	2/5-2/26	2:30-3:45pm	\$52	37845
K-2	Child + Adult Handbuilding	MSCR West	Sa	4/6-4/27	9-10:15am	\$39	38624
K-2	Child + Adult Handbuilding	MSCR West	M	4/29-5/20		\$52	38625
9-12				2/20-3/5	4:15-6:15pm		38097
9-12 3-5	Teen Ceramic Mask Making Workshop  Youth Handbuilding	MSCR West MSCR West	T Sa	1/20-2/3	10:30-11:45am	\$50 \$39	37882
3-5 3-5	Youth Handbuilding	MSCR West	M	2/5-2/26	4-5:15pm	\$52	38632
3-5 3-5	Youth Handbuilding	MSCR West	Sa	4/6-4/27	4-5.15pm 10:30-11:45am	\$39	38633
3-5 3-5	Youth Handbuilding	MSCR West	M	4/29-5/20	4-5:15pm	\$39	38634
	Youth Wheel				12:30-2:30pm		
6-12		Warner Park CRC	Sa	2/3-3/9	· · · · · · · · · · · · · · · · · · ·	\$100	38029
6-12	Youth Wheel	MSCR West	W	2/7-2/28	4:30-6pm	\$75	38635
6-12 SEWING	Youth Wheel	MSCR West	W	4/17-5/22	4:30-6pm	\$75	38636
SEWING	Versible Countries Objective - Audiental Diff	MCOD Free		0/5 0/40	4.20 6.00	٥٥٥	00004
5-8	Youth Sewing Studios - Animal Pillow	MSCR East	T	3/5-3/19	4:30-6:30pm	\$52	38081
5-8	Youth Sewing Studios - Picnic Blanket	MSCR West	W	5/1-5/15	4:30-6:30pm	\$52	38082



#### **YOUTH, TEEN & FAMILY WORKSHOPS**

#### INDOOR WORKSHOPS

#### BOHO BEADED CURTAIN WORKSHOP

Do you consider your style boho chic? Immerse yourself in the creative process as we craft a bohemian beaded curtain, perfect for any space. Select a mesmerizing array of beads, assemble them into intricate patterns, and transform a simple curtain into a captivating masterpiece. This hands-on experience infuses a touch of boho but also showcases your artistic ingenuity.

#### **CANVAS ART WORKSHOP: EARTH DAY**

With a canvas as the backdrop, let your imagination roam free and create art inspired by our planet and people in this Earth Day inspired workshop!

#### **CUSTOM PRESS-ON NAILS WORKSHOP**

Budding nail artists can unleash their creativity by learning to design and create their own set of stylish and personalized press-on nails. Explore nail art techniques, color palettes and trends and leave with a unique set of custom nails to flaunt.

#### FINGER KNIT HAT WORKSHOP

Create a cozy hat for your noggin! Learn how to cast on, knit, purl and make a pompom! Leave class with a fuzzy, snuggly hat of your own! Materials provided.

#### NEW YEAR'S VISION BOARD WORKSHOP

What does the New Year have in store for you? Craft inspiring collage vision boards for 2024. Vision boards can serve as powerful visual representations of your aspirations and dreams. Embark on a journey of self-discovery, artistic expression and goal-setting as you create vibrant and personalized vision boards that serve as daily ambitions reminders. Bring your dreams to life through the art of collage!

#### **ORIGAMI VALENTINES WORKSHOP**

Make unique Valentine origami puzzle purses. Fold paper, make secret compartments and design special Valentines that are not only fun to make, but also a wonderful way to show you care. Create memorable Valentines that are an artistic masterpiece and an exciting puzzle for friends and family!

#### PANCAKE (ART) PARTY WORKSHOP

You'll flip when you see what batter and a griddle can do! Learn how to use food coloring, pancake pens and your imagination to cook up some edible art!

#### PANCAKE (ART) PARTY WORKSHOP - CHILD + ADULT

Together, learn to make colorful (pan)cake creations. Use food coloring, pancake pens, and your imagination to cook up some edible art!

#### PHONE-TASTIC ACCESSORIES WORKSHOP

Get ready to bling out your phone with do-it-yourself accessories! Design bespoke phone cases and craft captivating phone charms, turning your everyday device into a unique expression of your style and individuality. Let your artistic spirit shine through, making your phone truly your own!

#### MEDITATIVE MANDALA INSPIRED STONES WORKSHOP

Discover the therapeutic art of meditative mandala style painting in our workshop designed for teens and adults. Take a tranquil journey as you transform ordinary stones into mesmerizing, hand-painted mandala inspired masterpieces. Explore the intricate symmetry patterns while finding inner peace.

#### WEAVING WONDER - INTRO TO LOOM ART

Join us for an exploration into the art of weaving! Using simple cardboard looms, artists discover the meditative and calming nature of weaving as they craft unique pieces of loom art. From vibrant wall decor to practical items learn to create beautiful, pieces that can be proudly displayed or put to use.

#### **OUTDOOR WORKSHOPS**

#### **FAMILY KITE MAKING**

"Let's go fly a kite, up to the highest height!" goes the song from the musical "Mary Poppins." Learn how to use simple materials to make your own kite. All must register, fee is per child. One kite per child. This program is dependent on weather. In the event of inclement weather, we contact you via email. Fee is per child, guardians are free.

#### SUN PRINTING CYANOTYPE CREATIONS WORKSHOP

Did you know you could create photographs using the sun as a camera? In this workshop, we experiment with cyanotypes - a photographic printing process that uses sunlight to capture images. Participants use the power of the sun to craft whimsical and ethereal designs, not only on paper but also on clothing, tote bags and more. In the event of inclement weather, we contact you via email. Fee is per child, guardians are free.





#### **YOUTH, TEEN & FAMILY WORKSHOPS**

Grade	Class	Location	Day	Date	Time	Fee	Course#
YOUTH, F	FAMILY & TEEN WORKSHOPS						
6-8	Boho Beaded Curtain Workshop	MSCR East	Sa	2/3	9-10:30am	\$20	37932
6-8	Boho Beaded Curtain Workshop	Warner Park CRC	Su	4/7	1-2:30pm	\$20	37986
2-5	Canvas Art Workshop: Earth Day	MSCR West	Su	4/21	3-4:15pm	\$15	38091
6-12	Custom Press-On Nails Workshop	MSCR East	Sa	1/27	10-11:15am	\$15	37911
6-12	Custom Press-On Nails Workshop	Warner Park CRC	Su	3/10	2-3:15pm	\$15	37978
5+	Family Kite Making	MSCR Central	Su	4/28	2:30-4pm	\$5	38105
5+	Family Kite Making	MSCR Central	Su	5/19	2:30-4pm	\$5	38104
5-8	Finger Knit Hat Workshop	MSCR West	Sa	2/17	10-11:45am	\$12	38032
5-8	Finger Knit Hat Workshop	MSCR East	W	2/28	5:15-7pm	\$12	38028
6-8	Meditative Mandala Inspired Stones Workshop	MSCR Central	Sa	4/20	9-10:15am	\$15	37940
6-8	Meditative Mandala Inspired Stones Workshop	Warner Park CRC	Su	4/21	1-2:15pm	\$15	38015
*9-12+	Meditative Mandala Inspired Stones Workshop	MSCR Central	Sa	4/20	10:30-11:45am	\$15	37969
*9-12+	Meditative Mandala Inspired Stones Workshop	Warner Park CRC	Su	4/21	2:45-4pm	\$15	38016
6-8	New Year's Vision Board Workshop	MSCR East	Sa	1/13	9-10:15am	\$12	37938
*9-12+	New Year's Vision Board Workshop	MSCR East	Sa	1/13	10:30-11:45am	\$12	37939
6-8	New Year's Vision Board Workshop	Warner Park CRC	S	1/14	1-2:15pm	\$12	38020
*9-12+	New Year's Vision Board Workshop	Warner Park CRC	S	1/14	2:45-4pm	\$12	38027
3-5	Origami Valentines Workshop	MSCR East	Sa	2/10	9-10:15am	\$12	37934
3-5	Origami Valentines Workshop	Warner Park CRC	Sa	2/10	11am-12:15pm	\$12	37994
3-5	Pancake (Art) Party Workshop	MSCR West	Sa	2/10	11am-12:30pm	\$12	38088
K-2	Pancake (Art) Party Workshop Child + Adult	MSCR West	Sa	2/10	9-10:30am	\$12	38087
5-8	Phone-tastic Accessories Workshop	Warner Park CRC	Sa	2/10	12:45-1:45pm	\$15	37985
5-8	Phone-tastic Accessories Workshop	MSCR East	Sa	2/24	11:15am-12:15pm	\$15	37931
6-12	Sun Printing Cyanotype Creations Workshop	MSCR Central	Sa	4/27	10-11:30am	\$15	37970
3-6	Weaving Wonder-Intro to Loom Art	MSCR East	Sa	2/24	9:30-10:45am	\$12	37912

<sup>\*</sup>These workshops are open to participants 14 years and older, including adults.





# Thank you to our 2023 Friends of MSCR Online Auction sponsors, donors and bidders!

#### **Recreation Enthusiasts**

# Oak Park

#### **Afterschool Advocates**

Greenleaf Media Slow Roll Cycles

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Milios

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Milwaukee Public Museum Mister Car Wash Misty Mountain Games

Movin Shoes MSCR Staff

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Mystery To Me New Health Chiropractic The Oaks Golf Course

Octopi Brewery

Off Broadway Drafthouse

Olbrich Botanical Society Olive and Herb

Out-U-Go! Pet Care Pick N Save - McKee Rd

PlayN Wisconsin PRESS Project Home

Red Sushi Grill Rock n Glam Salon Running Diva Mom

Sassy Cow

Pub Pass

Slow Roll Cycles Soap Opera Spare Time

Spectrum Brands Starkweather Brewery Stu Levitan, Author

Summers Christmas Tree Farm Sun Prairie Family Aquatic Center

Sun Prairie Recreation Sunlife Tanning Studio

Table Wine
Target - Hilldale
Ten Pin Alley
Toot+Kates
Total Life Fitness

Trent Brunker Basketball, LLC Trolley Pub - Madison Vintage Brewing Company

Warner Park Community Recreation

Center

Trader Joe's

Waypoint Public House Westres Tree Farm Wild Birds Unlimited William Jon Salon and Spa Willy Street Co-op The Wine Reserve

Wisconsin Timber Rattlers Baseball

WisPak

Woodman's Market Working Draft Beer Co. YMCA of Dane County

Wisco Home Goods

#### **INDOOR & OUTDOOR CLASSES**



Looking for teen fitness?
See Adult Fitness on pages 40-42.
BYOM = Bring your own mat.

#### **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. BYOM

#### CAPOEIRA LEVEL 1

This class is geared towards beginners. Capoeira is a 500-year Afro-Brazilian Martial Art that combines elements of self-defense, dance and acrobatic movements to the pulsating rhythm of traditional live music. Progress from animal-like movements and basic 1-2-3 rhythm to ginga (the core movement of capoeira), cartwheels, escapes, kicks and basic songs. Skip 1/15, 5/27.

#### **CAPOEIRA LEVEL 2**

This class is open to beginners but also incorporates skill building from previous Capoeira experiences. If you have taken Capoeira Level 1 before, we encourage you to sign up for Capoeira Level 2. Skip 1/15, 5/27.

#### RUNNING CLUB

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

#### STRENGTH & CONDITIONING

Learn proper strength training techniques to build muscle through weight training and conditioning exercises. This class is perfect for youth who want to build confidence and stay active. Great for beginners who want to learn how to correctly use free weights and various fitness equipment. Skip 5/1.

#### INDOOR PLAYGROUND

Rain, Snow or Shine - It's play time! Join us for Indoor Playground, a space to meet new friends and have a great time playing with a variety of fun toys and equipment including our Imagination Playground! Adult supervision is required. Drop in program only. Pay \$4 per child at the door or purchase a punch pass at MSCR West for \$35. Equipment most suitable for ages 1+ but kids under 1 welcome to join.

0-5 Indoor Playground MSCR West F 1/12-3/15 9-11am \$4

#### **TOT TUMBLING**

Learn basic tumbling, stretching and movement skills while participating in simple obstacle courses, games and activities. Develop coordination, body awareness and gross motor skills. Wear comfortable clothing that allows free movement. Register each child, optional for 1 adult per child to attend and assist with skill development.

#### **TUMBLING FOR TOTS**

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

#### **TUMBLING**

Class is great for perfecting basic tumbling and stretching techniques while participating in obstacle courses, games and activities. Progressive tumbling skills used to enhance coordination, body awareness and gross motor skills. Wear comfortable clothing that allows free movement.

#### WARRIOR AND NINJA FITNESS

Channel your 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.

	Age	Class	Location	Day	Date	Time	Fee	Course#
	5-12	Capoeira Level 1	MSCR Central	М	1/8-3/18	4:30-5:15pm	\$50	38144
	5-12	Capoeira Level 2	MSCR Central	М	1/8-3/18	5:30-6:15pm	\$50	38148
_	3-6	Family Yoga	MSCR West	Т	1/23-3/12	6:15-7pm	\$40	38142
/inte	4	Tot Tumbling	MSCR East	Т	1/9-3/19	4:15-4:45pm	\$55	38673
š	5	Tumbling for Tots	MSCR East	Т	1/9-3/19	5-5:30pm	\$55	38674
Indoor Winter	6	Tumbling	MSCR East	T	1/9-3/19	5:45-6:30pm	\$55	38677
=	8-13	Strength & Conditioning	MSCR West	W	1/17-3/20	5:30-6:15pm	\$50	38152
	8-13	Warrior and Ninja Fitness	MSCR East	Th	1/11-3/21	6:15-7pm	\$55	38154
	5-12	Capoeira Level 1	Warner Park CRC	Th	1/11-3/21	5-5:45pm	\$55	38145
	5-12	Capoeira Level 2	Warner Park CRC	Th	1/11-3/21	6-6:45pm	\$55	38149
	5-12	Capoeira Level 1	MSCR Central	М	4/1-6/3	4:30-5:15pm	\$45	38146
	5-12	Capoeira Level 2	MSCR Central	М	4/1-6/3	5:30-6:15pm	\$45	38150
_	3-6	Family Yoga	MSCR West	T	4/9-5/28	6:15-7pm	\$40	38143
Spring	8-13	Running Club East	Demetral Park	T	4/23-6/4	5:30-6:15pm	\$35	38156
Š	4	Tot Tumbling	MSCR East	T	4/2-6/4	4:15-4:45pm	\$50	38678
loo	5	Tumbling for Tots	MSCR East	T	4/2-6/4	5-5:30pm	\$50	38681
Outdoor	6	Tumbling	MSCR East	T	4/2-6/4	5:45-6:30pm	\$50	38680
∞	8-13	Strength & Conditioning	MSCR West	W	4/3-5/29	5:30-6:15pm	\$40	38153
ndoor	8 -13	Warrior and Ninja Fitness	MSCR East	Th	4/4-6/6	6:15-7pm	\$50	38155
Pu	5-12	Capoeira Level 1	Warner Park CRC	Th	4/4-6/6	5-5:45pm	\$50	38147
	5-12	Capoeira Level 2	Warner Park CRC	Th	4/4-6/6	6-6:45pm	\$50	38151
	5-7	Running Club East	Demetral Park	Th	4/25-6/6	5:30-6:15pm	\$35	38157
	8-13	Running Club West	Elver Park	Th	4/25-6/6	5:30-6:15pm	\$35	38158

#### **SOCCER LEAGUES**



#### **OUTDOOR SOCCER LEAGUES**

MSCR Outdoor Soccer Leagues are focused on recreational play (score is not recorded). Leagues use smaller fields located at MMSD schools to promote fast paced games and more player action. Sportsmanship, player development and equal playing time for all kids are prioritized over winning. Coaches are volunteers and organized by team parents/guardians. Game sites and times rotate throughout the season, therefore some travel is required.

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 creates the schedules and provides referees for the games. Practices and team jerseys or t-shirts are not mandatory (but encouraged) and are determined by the volunteer coach or parents/guardians.

#### LEAGUE INFORMATION

League	Division	Age	Dates	Day	Time	
3v3	U4	3-4	4/21-6/2	Su	1.0.2 or 4pm	
3v3	U6	5-6	Skip 5/26	Su	1, 2, 3 or 4pm	
6v6	U8	7-8				
6v6	U10	9-10	4/20-6/1	Sa	9, 10:15, 11:30am	
6v6	U12	11-12	Skip 5/25	Su	or 12:45pm	
6v6	U14	13-14				
Locations			Possible Field	d Locati	ons	
Eastside			Nuestro Mundo Kennedy, Lapham & Lake View			
Westside			Chavez, Cherokee, Crestwood, Toki & Stephens			

#### 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 or by paper at an MSCR office. Call 204-4581 for more information.

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	2/2-3/10	\$55	\$82.50
Regular	3/11-3/17	\$60	\$90
Late	3/18-3/24	\$70	\$105

Register at 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 ball bag containing soccer balls and cones.

#### **FOOTBALL LEAGUES**



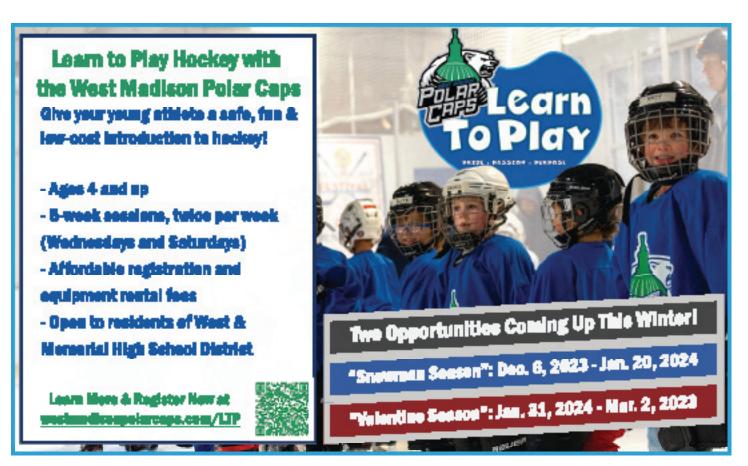
#### **OUTDOOR FLAG FOOTBALL LEAGUE**

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. Games are played on Tuesdays (Gr 4-5) Wednesdays (Gr K-1) or Thursdays (Gr 2-3), 5:30-7:30pm. First week of the program is a practice, coaches may schedule additional practices. Scores are not kept in the K-1 division. 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 at cjmcgill@madison.k12.wi.us

Grade	Location	Day	Date	Time
K-1		W	4/24-5/29	
2-3	Cherokee	Th	4/25-5/30	5:30-7:30pm
4-5		Tu	4/23-5/28	
		5		
Registration Type	Registration Deadline	Resident Fee	Non-Resident Fee	
•	•			

Flag Football Leagues register at mscryouthsportsleagues.org



#### **SOCCER**



#### SOCCER SKILLS CHILD + ADULT

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

#### SOCCER SKILLS

Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with small-sided games to practice new skills. Course # 38581 skips 2/14.

#### **OPEN PLAY**

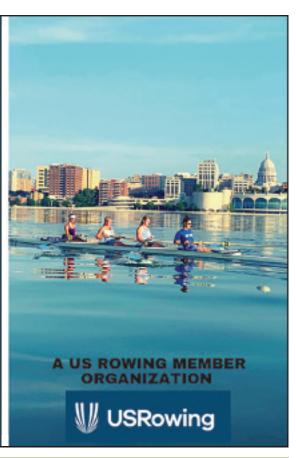
We provide the gym, game balls and goals - and let the kids play (with supervision). Staff lead a brief warm up and ice-breaker activity; new teams are formed each week.

Age	Class	Location	Day	Date	Time	Fee	Course#
PRES	CHOOL - CHILD + ADULT		· · · · · · · · · · · · · · · · · · ·			· · · · · · · · · · · · · · · · · · ·	
2	Soccer Skills-Child + Adult	Midvale	Sa	1/27-3/2	9-9:30am	\$25	38558
2	Soccer Skills-Child + Adult	Lapham	Sa	1/27-3/2	9-9:30am	\$25	38559
2	Soccer Skills-Child + Adult	Whitehorse	Sa	1/27-3/2	9-9:30am	\$25	38560
2	Soccer Skills-Child + Adult	Toki	Sa	1/27-3/2	9-9:30am	\$25	38561
2	Soccer Skills-Child + Adult	MSCR West	Sa	1/27-3/2	9-9:30am	\$25	38562
Age	Class	Location	Day	Date	Time	Fee	Course#
PRES	CHOOL						
3-4	Soccer Skills	MSCR West	М	1/22-2/26	9:45-10:30am	\$30	38580
3-4	Soccer Skills	Lapham	T	1/23-2/27	6-6:45pm	\$30	38564
3-4	Soccer Skills	Southside	Т	1/23-2/27	6-6:45pm	\$30	38563
3-4	Soccer Skills	Kennedy	W	1/24-2/28	6-6:45pm	\$30	38565
3-4	Soccer Skills	Midvale	W	1/24-2/28	6-6:45pm	\$30	38566
3-4	Soccer Skills	MSCR West	W	1/24-2/28	9:45-10:30am	\$25	38581
3-4	Soccer Skills	Stephens	W	1/24-2/28	6-6:45pm	\$30	38567
3-4	Soccer Skills	Lapham	Sa	1/27-3/2	9:45-10:30am	\$30	38568
3-4	Soccer Skills	Midvale	Sa	1/27-3/2	9:45-10:30am	\$30	38571
3-4	Soccer Skills	MSCR West	Sa	1/27-3/2	9:45-10:30am	\$30	38570
3-4	Soccer Skills	Toki	Sa	1/27-3/2	9:45-10:30am	\$35	38666
3-4	Soccer Skills	Whitehorse	Sa	1/27-3/2	9:45-10:30am	\$30	38569

#### SOCCER

5-7         Soccer Skills         Midvale         Sa         1/27-3/2         10:45-11:45am         \$35         38579           5-7         Soccer Skills         MSCR West         Sa         1/27-3/2         10:45-11:45am         \$35         38584           5-7         Soccer Skills         Toki         Sa         1/27-3/2         10:45-11:45am         \$35         38578           5-7         Soccer Skills         Whitehorse         Sa         1/27-3/2         10:45-11:45am         \$35         38578           5-7         Soccer Skills         Lapham         T         1/23-2/27         6:50-7:50pm         \$35         38572           5-7         Soccer Skills         Southside         T         1/23-2/27         6:50-7:50pm         \$35         38574           5-7         Soccer Skills         Kennedy         W         1/24-2/28         6:50-7:50pm         \$35         38573           5-7         Soccer Skills         Midvale         W         1/24-2/28         6:50-7:50pm         \$35         38575           5-7         Soccer Skills         Stephens         W         1/24-2/28         6:50-7:50pm         \$35         38575           OPEN PLAY           5-7         <	Age	Class	Location	Day	Date	Time	Fee	Course #
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11-13 Open Play MSCR West Su 1/28-3/3 2:30-4pm \$35 38688	11-13	Open Play	MSCR West	Su	1/28-3/3	2:30-4pm	\$35	38688

# CAMP RANDALL CONTROL COLUB CAMPRANDALLRC.ORG ENROLL NOW FOR WINTER AND SPRING YOUTH PROGRAMS



#### **SPORTS SKILLS**



#### BADMINTON

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

#### BASKETBALL SKILLS CLINIC

Learn basketball in a fun and 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 taketheir game to the next level. Classes focus on individual skill building and conditioning, as well as large group sessions, game-like scenarios and scrimmages. If you have a solid base of fundamentals and have played basketball for a few years, this is the program for you.

#### GYM GAMES GALORE

Jump, throw, catch and run! Specifically designed to encourage movement balance and teamwork, this class introduces kids to the wonder of indoor gym games. Balloons, bean bags, hula hoops and more are used in this fast paced class. Wednesday class skips 2/14.

#### SPEED SKATING CLASSES!

#### **ALL CITY SKATE**

Join us on the ice for All City Skate! Race around the lagoon. Fee includes a commemorative t-shirt. Bring your own skates.

#### INTRO TO SPEEDSKATING - NEW!

Orient to the fundamentals of speedskating in a fun environment with experienced speedskating coaches. Previous ice skating experience recommended but not required. Participants are divided into skill-alike groups. Registration includes entry into the All City Skate event. Classes are held at City of Madison skating lagoons. Skates provided, subject to availability.

#### **SPEEDSKATING TRY IT! - NEW!**

Get an introduction to the sport of speed skating. Registration recommended but not required. Skates provided, subject to availability.

#### SPORTS SAMPLER

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

#### SPORTS SKILLS - INDOOR T-BALL

Developed by the National Alliance for Youth Sports, this prepares children for organized sports while furthering overall skills. Children learn basic throwing, catching, kicking and batting techniques. whild building motor skills and confidence. Children and adults work one-on-one in a fun atmosphere.

#### VOLLEYBALL SKILLS

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

#### **ULTIMATE FRISBEE**

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.

Age	Class	Location	Day	Date	Time	Fee	Course#
SPEE	DSKATING						
5+	All City Skate	Vilas Park	Sa	2/10	2-5pm	\$15	38803
5-12	Intro to Speedskating	Tenney Park	Sa	1/6-1/27	11-11:45am	\$40	38795
5-12	Intro to Speedskating	Vilas Park	Sa	1/6-1/27	1-1:45pm	\$40	38796
14+	Intro to Speedskating	Tenney	Sa	1/6-1/27	11-11:45am	\$40	38797
14+	Intro to Speedskating	Vilas Park	Sa	1/6-1/27	1-1:45pm	\$40	38798
5+	Speedskating Try It!	Vilas Park	Su	1/7	1-3pm	\$5	38800
5+	Speedskating Try It!	Vilas Park	Su	1/14	1-3pm	\$5	38801



#### SPORTS SKILLS

Age	Class	Location	Day	Date	Time	Fee	Course#
WINT	ER SESSION						
8-10	Badminton	Gillespie	Th	1/25-2/29	6-7pm	\$21	38587
11-13	Badminton	Gillespie	Th	1/25-2/29	7-8pm	\$21	38585
6-8	Basketball Skills Clinic	Southside	Th	1/25-2/15	6-7pm	\$20	38701
9-11	Basketball Skills Clinic	Southside	Th	1/25-2/15	7-8pm	\$20	38702
6-8	Basketball Skills Clinic	Southside	Sa	1/27-3/2	10-11am	\$30	38591
9-11	Basketball Skills Clinic	Southside	Sa	1/27-3/2	11-12pm	\$30	38592
6-8	Basketball Skills Clinic	Toki	T	1/23-2/27	6-7pm	\$30	38589
9-11	Basketball Skills Clinic	Toki	Т	1/23-2/27	7-8pm	\$30	38590
12-14	Basketball Skills Clinic-Advanced	Toki	Т	1/23-2/27	8-9pm	\$30	38603
3-4	Pre-K Gym Games Galore	MSCR West	М	1/22-2/26	10:45-11:30am	\$30	38689
3-4	Pre-K Gym Games Galore	MSCR West	W	1/24-2/28	10:45-11:30am	\$25	38690
3-5	Sports Sampler	MSCR West	М	1/22-2/26	6-6:30pm	\$21	38691
3-5	Sports Sampler	MSCR West	М	1/22-2/26	6:40-7:10pm	\$21	38692
3-5	Sports Sampler	MSCR West	Т	1/23-2/27	6-6:30pm	\$21	38695
3-5	Sports Sampler	MSCR West	Т	1/23-2/27	6:40-7:10pm	\$21	38696
3-5	Sports Skills - T-Ball	Lapham	W	1/24-2/28	6-6:30pm	\$21	38618
3-5	Sports Skills - T-Ball	Lapham	W	1/24-2/28	6:40-7:10pm	\$21	38699
6-7	Volleyball Skills	MSCR West	Th	1/25-2/29	6-6:30pm	\$31	38708
8-10	Volleyball Skills	MSCR West	Th	1/25-2/29	6:40-7:10pm	\$31	38709
10-12	Volleyball Skills	MSCR West	Th	1/25-2/29	7:20-8pm	\$36	38710
SPRII	NG SESSION						
3-5	Sports Sampler	MSCR West	М	4/1-5/6	6-6:30pm	\$21	38693
3-5	Sports Sampler	MSCR West	М	4/1-5/6	6:40-7:10pm	\$21	38694
3-5	Sports Sampler	MSCR West	Т	4/2-5/7	6-6:30pm	\$21	38697
3-5	Sports Sampler	MSCR West	Т	4/2-5/7	6:40-7:10pm	\$21	38698
3-5	Sports Skills - T-Ball	Lapham	W	4/3-5/8	6-6:30pm	\$21	38619
3-5	Sports Skills - T-Ball	Lapham	W	4/3-5/8	6:40-7:10pm	\$21	38700
7-9	Ultimate Frisbee	Toki	W	4/24-5/29	5-5:45pm	\$30	38620
10-12	Ultimate Frisbee	Toki	W	4/24-5/29	5:45-6:45pm	\$36	38621
6-8	Volleyball Skills	MSCR West	Th	4/4-5/9	6-6:30pm	\$31	38711
8-10	Volleyball Skills	MSCR West	Th	4/4-5/9	6:40-7:10pm	\$31	38712
10-12	Volleyball Skills	MSCR West	Th	4/4-5/9	7:20-8pm	\$36	38713



#### **POLICIES & PROCEDURES**

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

#### **POOL LOCATIONS**

#### **EAST HIGH SCHOOL POOL**

2222 E Washington Ave

Use Athletics Entrance, near the tennis courts.

#### LA FOLLETTE HIGH SCHOOL POOL

702 Pflaum Rd

Use Athletics entrance, northeast corner of the school.

#### LAPHAM ELEMENTARY SCHOOL POOL

1045 E Dayton St

Use door on Mifflin St, near Ingersoll St.

#### MEMORIAL HIGH SCHOOL POOL

No winter & spring session due to construction.

Please call 608.204.3025 to inquire about usage.

#### WEST HIGH SCHOOL POOL

30 Ash St

Use the Athletics entrance on Regent St, close to Highland Ave.

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

All sessions are 12 classes unless otherwise indicated.
All aquatics programs skip 3/23-3/31.



#### **OPEN & LAP SWIM**

#### **OPEN/LAP SWIM FEES**

A Swim Pass is required for open and lap swim and can be purchased at MSCR or from the lifeguard on duty at any site. No cash please; check or credit cards only. Passes are good at all MMSD pools and are transferable; they are non-refundable and do not expire. Children under age 3 swim free with adult swimmer. \$25 for 14 punches per card (1=youth, 2=adult). All participants are required to complete a liability waiver and emergency contact form, which is available at mscr.org.

#### **OPEN SWIM - LAPHAM ELEMENTARY**

Lapham is a small, warm water, shallow pool (3 ft.-5  $\frac{1}{2}$  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 (204-3019) to inquire. No inflatables allowed during open swim. Only Coast Guard approved flotation devices are allowed. MSCR equipment may be available during open swim at the discretion of the lifeguard on duty.

#### OPEN SWIM - LAPHAM

January 26 - May 3

Skip 3/22 & 3/29

Day	Location	Time
Fridays	Lapham	4-7:30pm

#### 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.

January 29 - April 25. Skip 3/25-3/28

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

#### **CLASS DESCRIPTIONS**

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

\*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 (AGES 5 - 13)**

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

#### LEVEL 1: INTRODUCTION TO WATER SKILLS

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

# 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.

#### 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.

#### WATER BALLET

Must be comfortable in deep water, able to tread water for at least 30 seconds, float on front and back, and swim with face in the water. This is a beginning course which introduces the basics - stretching, modified strokes, egg beater kicks, sculling techniques, and tricks! Participants perform in a recital on May 6.

#### **ADAPTED**

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

Intended for youth with disabilities who would benefit from a small group, this class provides instruction based on swimmers' goals and comfort level in the water. Prior to registration, Adapted Specialist works with the family to ensure participant is appropriate for the class. Considerations may include, but are not limited to, swimming as a preferred activity, goals related to swim instruction, and safety of participant, staff and other swimmers. Swimmers who have been successful in group swim lessons should not enroll in this class. Note: This class is not open for internet registration. Call 608-204-3019 for information.

#### ADAPTED CHILD + ADULT (AGES 2 - 5)

A transition class for children with disabilities who are not quite comfortable without an adult in the water. Active adult participation is required; only one adult may accompany the participant in the water. Prior to registration, Adapted Specialist works with the family to ensure participant is appropriate for the class. Considerations may include, but are not limited to, swimming as a preferred activity, goals related to swim instruction and safety of participant, staff and other swimmers. Swimmers who have been successful in regular Child + Adult lessons should not enroll in this class. This class is not open for internet registration. Call 608-204-3019 for information.

#### **ADULT SWIM LESSONS (AGES 13+)**

#### LEARNING THE BASICS TEEN/ADULT

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

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 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 a variety of fitness and skill levels. The coach provides workouts varying from emphasizing endurance and building fitness to speed work and stroke development. Participants should be able to swim 500 yards non-stop. Typical workouts are at least 1800 yards.

#### **Adapted Swim Lessons**

Lessons for children with disabilities who would benefit from a very small group. Saturday mornings at Lapham.

Please see Swim Lessons in the Adapted section.



#### **EAST HIGH SCHOOL POOL, 2222 E WASHINGTON AVE**

#### **ADULT**

Day & Date	Time	Class	Fee	Course#
Tues & Fri 1/9-3/22	5:45-7am	Masters Swimming (2x per week)	\$116	37789
Sun 1/28-4/28	3-3:30pm	Teen/Adult Swim Instruction - Ages 13+	\$113	37813
Tues	6:15-7pm	Water Fitness: Deep Water	\$66	37825
1/30-4/23	7:15-8:15pm	Water Fitness: Aqua Circuit	\$72	37820
Wed 1/31-4/24	7:35-8:05pm	Teen/Adult Swim Instruction - Ages 13+	\$90	37814
Tues & Fri 4/2-5/24	5:45-7am	Masters Swimming (2x per week)	\$84	37791

#### **YOUTH**

Day & Date	Time	Class	Fee	Course#
Sun	3-3:30pm	Pre-Competitive - Ages 8-13	\$96	37795
1/28-4/28	3-3:30pm	Swim With Me - Child+Adult	\$96	37811
	3:40-4:10pm	Youth Swim Lessons - Ages 5-13	\$96	37830
	4:20-4:50pm	Youth Swim Lessons - Ages 5-13	\$96	37831
	5-5:30pm	Youth Swim Lessons - Ages 5-13	\$96	37832
Wed 1/31-4/24	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$75	37833
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$75	37834

#### **AMERICAN RED CROSS CLASSES**

Day & Date	Time	Class	Fee	Course#
Sat 1/20	8:30am-6pm	American Red Cross Lifeguard Review	\$100	37771
Fri 3/1	6-8pm	American Red Cross Lifeguard Course Prerequisite Prep	\$5	37770
Fri-Sun 3/8-3/10	Fri 5-9pm, Sat & Sun 9am-5pm	American Red Cross Lifeguarding - Blended Learning	\$200	37777
Sat 4/20	8:30am-6pm	American Red Cross Lifeguard Review	\$100	37773
Fri-Sun 4/12-4/21	Fri 5-9pm, Sat & Sun 9am-5pm	American Red Cross Water Safety Instructor (WSI)	\$225	37780
Sa 4/27	10am-12pm	American Red Cross Lifeguard Course Prerequisite Prep	\$5	38805
Fri-Sun 5/10-5/12	Fri 5-9pm, Sat & Sun 9am-5pm	American Red Cross Lifeguarding - Blended Learning	\$200	37779

#### LAPHAM ELEMENTARY SCHOOL POOL, 1045 E DAYTON ST

#### **ADULT**

Day & Date	Time	Class	Fee	Course#
Sun 1/28-4/28	4:30-5pm	Learning the Basics - Teen/ Adult	\$113	37783



#### YOUTH

Day & Date	Time	Class	Fee	Course#
Sun	2:30-3pm	Shrimp Dip - Child+Adult	\$112	37808
1/28-4/28	3:10-3:40pm	Preschool Swim Lessons - Age 3-5	\$117	37798
	3:50-4:20pm	Little Dippers - Child+Adult	\$112	37784
Mon 1/29-4/22	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$90	37799
	5:50-6:20pm	Little Dippers - Child+Adult	\$86	37785
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$90	37800
Tues	5:10-5:40pm	Little Dippers - Child+Adult	\$86	37786
1/30-4/23	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$90	37801
	6:30-7pm	Shrimp Dip - Child+Adult	\$86	37809
Wed 1/31-4/24	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$90	37802
	5:50-6:20pm	Little Dippers - Child+Adult	\$70	37787
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$90	37803
Thurs	5:10-5:40pm	Shrimp Dip - Child+Adult	\$86	37810
2/1-4/25	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$90	37804
	6:30-7pm	Little Dippers - Child+Adult	\$86	37788
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Register at MSCR.ORG or use form on page 6!



#### LA FOLLETTE HIGH SCHOOL POOL, 702 PFLAUM RD

#### **ADULT**

Thurs 2/1-4/25

#### Day & Date Time Class Course # 6:15-7:15pm Water Fitness: Aqua Circuit \$72 37821 \$66 37826 7:30-8:15pm Water Fitness: Deep Water

#### **YOUTH**

	Day & Date	Time	Class	Fee	Course#
Mon 1/29-4/22		6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$75	37835
	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$75	37836	
		7:35-8:05pm	Youth Swim Lessons - Ages 5-13	\$75	37837

#### WEST HIGH SCHOOL POOL, 30 ASH ST

#### **ADULT**

Day & Date	Time	Class	Fee	Course#
Tues & Thurs 1/9-5/23	5:40-7:10am	Masters Swimming (2x per week)	\$232	37793
Sun 1/28-4/28	3-3:30pm	Teen/Adult Swim Instruction - Ages 13+	\$113	37816
Mon	6:15-7:15pm	Water Fitness: Aqua Circuit	\$72	37819
1/29-4/22	7:30-8:15pm	Water Fitness: Deep Water	\$66	37824
Tues 1/30-4/23	7:35-8:05pm	Teen/Adult Swim Instruction - Ages 13+	\$90	37817
Wed	6:15-7pm	Water Fitness: Deep Water	\$66	37827
1/31-4/24	7:15-8:15pm	Water Fitness: Aqua Circuit	\$72	37822
Thurs 2/1-4/25	7:35-8:05pm	Teen/Adult Swim Instruction - Ages 13+	\$90	37815

#### **YOUTH**

Day & Date	Time	Class	Fee	Course#
Sun	3-3:30pm	Pre-Competitive - Ages 8-13	\$96	37797
1/28-4/28	3-3:30pm	Swim With Me - Child+Adult	\$96	37812
	3:40-4:10pm	Youth Swim Lessons - Ages 5-13	\$96	37829
	4:20-4:50pm	Youth Swim Lessons - Ages 5-13	\$96	37838
	5-5:30pm	Youth Swim Lessons - Ages 5-13	\$96	37843
Tues	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$75	37839
1/30-4/23	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$75	37840
Thurs	6:15-6:45pm	Youth Swim Lessons - Ages 5-13	\$75	37841
2/1-4/25	6:55-7:25pm	Youth Swim Lessons - Ages 5-13	\$75	37842
Mon 3/11-5/6	5-6pm	Water Ballet Ages 5-14	\$72	37790

#### **AMERICAN RED CROSS CLASSES**

Day & Date	Time	Class	Fee	Course#
Sun 1/21	9-11am	American Red Cross Lifeguard Course Prerequisite Prep	\$5	37769
F-Su 2/2-2/4	Fri 5-9pm, Sat & Sun 9am-5pm	American Red Cross Lifeguarding - Blended Learning	\$200	37776
Sa 3/16	8:30-5:30pm	American Red Cross Lifeguard Review	\$100	37772
Fri 4/5	6-8pm	American Red Cross Lifeguard Course Prerequisite Prep	\$5	38804
F-Su 4/12-4/14	Fri 5-9pm, Sat & Sun 9am-5pm	American Red Cross Lifeguarding - Blended Learning	\$200	37778
F-Su 5/17-5/19	Fri 5-9pm, Sat & Sun 9am-5pm	American Red Cross Lifeguard Instructor	\$225	37775
Su 5/19	8:30am-5:30pm	American Red Cross Lifeguard Review	\$100	37774



These programs are weather dependent; dress appropriately.

#### CHILD + ADULT:

Only the registered child can attend. Siblings including infants and friends are not allowed to attend classes. One adult per registered child may attend Child + Adult classes.

#### 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 creatures live in the dirt, how dirt is made and complete a soil craft project.

#### **OUTDOOR SURVIVAL SKILLS - CHILD + ADULT**

Are you ready to survive outside? Learn skills to survive outdoors such as fire and shelter building, knot tying and easy plant identification. Join us for this interactive, hands-on class and apply the knowledge at your next adventure!

#### 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.

#### WINTER WONDERS - CHILD + ADULT

Welcome all Winter Wanderers! Explore the wonders of winter. Learn about life over and under the snow and even within the snow itself! Track wildlife, forage from the perspective of an animal and examine snowflake structures.

#### **ADULT PROGRAMS**

#### **BACKYARD BUSHCRAFT - ADULTS 18+**

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 outdoorsperson be more confident on their next adventure! No experience required.

#### **FAMILY & MULTI-AGE PROGRAMS**

All participants must register and an adult 18+ must register and participate with their youth participant.

#### CELESTIAL WINTER HIKE

Enjoy a magical night hiking the Madison School Forest trails by stars and moonlight. MSCR staff provide maps and guidance on hiking the trails (this is not a guided hike). Enjoy warming up by one of our fire pits after you hike! Snowshoes are optional. MSCR provides them for ages 6+ when there is enough snow to use them.

#### NATURE EXPLORATION

Spend time outdoors with nature activity kits! Each kit contains three different types of activities (art, science and exploration) to complete while exploring Madison parks. Each date focuses on a different nature theme. Activities take about one hour and participants must complete activities by program end time. Activities are self guided after instruction. Best suited for ages 4-8.

#### **NIGHT EXPERIENCE**

MSCR staff offer various night time activities including firebuilding, stargazing, understanding night vision and even a night hike! Best suited for ages 5+.

#### **ORIENTEERING**

Participants find their way to checkpoints with the aid of a map, compass and directions. Orienteering can be competitive (groups compete to find all the checkpoints with the lowest time) or a fun leisure activity. MSCR has three courses that vary in difficulty and length. Best suited for ages 5+.

#### SUNSET SNOWSHOE - ADULTS 18+ & FAMILY OPTION

Enjoy a guided snowshoe hike this winter with MSCR. Snowshoes provided, or you're welcome to bring your own. Learn basic snowshoe techniques.

#### WINTER PLANET EXPERIENCE

Jupiter and Saturn shine bright in the January sky! Join us on this moonless night to view both planets through a telescope and learn about other winter stars and constellations! The weather backup date is Saturday, Jan. 13.

#### WINTER SURVIVAL SKILLS

MSCR is excited for you to join us in this unique class highlighting important Winter Survival Skills! Rotate between stations such as ice fishing, ice depth reading and winter shelters!



## **Now Hiring!**

MSCR is hiring for a variety of positions.

#### Apply at mscr.org

- Afterschool
- Fitness
- Aquatics
- Sports
- Arts
- & more!

Age	Class	Location	Day	Date	Time	Fee	Course#
ADUL	Т						
18+	Backyard Bushcraft	Madison School Forest	Sa	4/27	1-3pm	\$10	38543
18+	Sunset Snowshoe	Cherokee Marsh	W	2/14	4:30-6:30pm	\$6	38551
CHILD	+ ADULT						
5-10	Digging in the Dirt - Child+Adult	Madison School Forest	Sa	4/27	10am-12pm	\$10	38545
5-10	Outdoor Survival Skills - Child+Adult	Madison School Forest	Su	4/21	2-4pm	\$10	38550
5-10	Waste Not, Want Not Child+Adult	Olin Park	Su	5/19	3-4:30pm	\$10	38553
5-10	Winter Wonders Child+Adult	Madison School Forest	Sa	1/27	10:30am-12pm	\$10	38556
FAMI	LY & MULTI AGE						
All	Celestial Winter Hike	Madison School Forest	Т	2/20	6:30-8:30pm	\$6	38544
All	Nature Exploration	Cherokee Marsh North	Su	5/19	10am-12pm	\$0	38546
5+	Night Experience	Madison School Forest	Sa	2/24	5-7pm	\$8	38548
All	Orienteering	Madison School Forest	Su	2/25	2-5pm	\$8	38549
6+	Sunset Snowshoe	Edna Taylor Park	Th	2/22	4:30-6pm	\$6	38552
All	Winter Planet Experience	Madison School Forest	F	1/12	6:30-8pm	\$8	38547
All	Winter Survival Skills	Brittingham Park	Su	1/28	1-3pm	\$10	38554
All	Winter Survival Skills	Tenney Park	Sa	2/10	1-3pm	\$10	38555



#### **SPEED SKATING CLASSES!**

#### ALL CITY SKATE

Join us on the ice for All City Skate! Race around the lagoon. Fee includes a commemorative t-shirt. Bring your own skates.

#### **INTRO TO SPEEDSKATING - NEW!**

Orient to the fundamentals of speedskating in a fun environment with experienced speedskating coaches. Previous ice skating experience recommended but not required. Participants are divided into skill-alike groups. Registration includes entry into the All City Skate event. Classes are held at City of Madison skating lagoons. Skates provided, subject to availability.

#### SPEEDSKATING TRY IT! - NEW!

Get an introduction to the sport of speed skating. Registration recommended but not required. Skates provided, subject to availability.

Age	Class	Location	Day	Date	Time	Fee	Course#
SPEE	D SKATING						
5+	All City Skate	Vilas Park	Sa	2/10	2-5pm	\$15	38803
5-12	Intro to Speedskating	Tenney Park	Sa	1/6-1/27	11-11:45am	\$40	38795
5-12	Intro to Speedskating	Vilas Park	Sa	1/6-1/27	1-1:45pm	\$40	38796
14+	Intro to Speedskating	Tenney	Sa	1/6-1/27	11-11:45am	\$40	38797
14+	Intro to Speedskating	Vilas Park	Sa	1/6-1/27	1-1:45pm	\$40	38798
5+	Speedskating Try It!	Vilas Park	Su	1/7	1-3pm	\$5	38800
5+	Speedskating Try It!	Vilas Park	Su	1/14	1-3pm	\$5	38801



#### **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+.

Interested in designing your own program?

Contact Outdoor Programs Specialists: Emily Peffer: eapeffer@madison.k12.wi.us, or Liz Just: ekjust@madison.k12.wi.us



#### **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

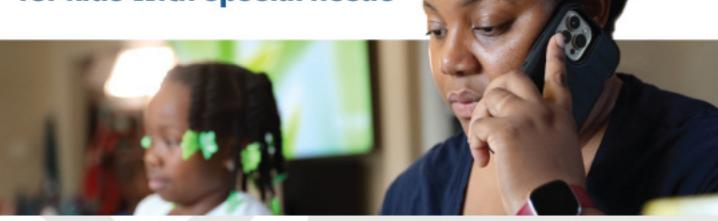
We can bring the challenges to your location and design a custom experience for your group.

#### **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.



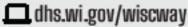
Find health care resources for kids with special needs







Connect today!







#### **INDOOR CLASSES**



#### **DANCE**

#### **BALLET TRY IT!**

Learn beginning ballet skills and terminology in a fun and relaxed environment. Dress in fitted clothing that allows for movement and ballet shoes.

#### 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.

#### BATON TWIRLING TRY IT!

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.

#### SCOTTISH COUNTRY DANCE TRY IT!

Have fun learning the social dances of Scotland, danced around the world. No need for a partner, a kilt nor 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 COUNTRY DANCE

Have fun learning the social dances of Scotland, danced around the world. No need for a partner, a kilt nor 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.

#### TAP 1

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

#### TAP 2

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

#### SOLO JAZZ TRY IT!

Enjoy learning fun Solo Jazz steps like Charleston, Fall off a Log, Tack Annie's, Boogie Forwards and Back and more! The steps and the music come from the era of Lindy Hop, but don't worry - you won't be flipping anyone or performing aerial stunts! This is a laid-back, gentle dance class that has participants laughing and finding their musical groove. Dress in clothing that allows movement.

#### **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 is a Somatic Movement Therapist and uses the work of Rudolf Laban and Irmgard Bartenieff for this reconnection with inner grace and movement exploration. All levels welcome

#### **DRAWING & MIXED MEDIA**

#### **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 open to all participants. Use items and spaces in your home as props to learn contour drawing, shading and perspective. Learn to observe and make a visual record of your own environment while learning drawing fundamentals. Materials provided.

#### **DRAWING 1**

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

#### **DRAWING 2**

Discover how to see what artists see. Learn basic compositional and perspective aspects while drawing from still life arrangements and photographs. Explore deeper into the principles of drawing and how the masters worked. Optional review and feedback available after each class. Materials provided.

#### CHARCOAL FIGURE DRAWING

Be introduced to figure drawing with charcoal. Learn how to draw the human form from a live clothed model. Come grow your skills, connect with other artists and play with charcoal! Materials provided. A model fee is required in addition to the class fee.

#### 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 is required in addition to the class fee.

#### **EXPLORATION IN COLLAGE**

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

#### MANDALA INSPIRED DESIGNS NEW!

Working from a dark background, create your own personalized mandala inspired design while learning how to use colored pencils to create brilliant, light-filled, glowing colors. Some short warm-up drawing exercises are included. No previous drawing experience is necessary. Materials provided.

# Arts & Enrichment &

Age	Class	Location	Day	Date	Time	Fee	Course#
DANC			24,			. 55	30003 11
18+	Ballet 1	MSCR West	Th	1/18-3/21	6:05-7:20pm	\$80	37902
18+	Ballet 1	MSCR West	Th	4/4-5/23	6:05-7:20pm	\$64	37903
18+	Ballet 2	MSCR West	Th	1/18-3/21	7:25-8:40pm	\$80	37904
18+	Ballet 2	MSCR West	Th	4/4-5/23	7:25-8:40pm	\$64	37905
18+	Ballet Try It!	MSCR West	Th	1/11	6:05-7:20pm	\$8	37983
18+	Baton Twirling Try It!	MSCR West	Su	4/7	3-3:45pm	\$5	37988
18+	Scottish Country Dance	MSCR West	W	1/31-3/20	7-8:15pm	\$47	37967
18+	Scottish Country Dance Try It!	MSCR West	W	1/24	7-8:15pm	\$8	37968
18+	Solo Jazz Try It!	MSCR West	Т	1/9	6-7pm	\$8	37984
18+	Tap 1	MSCR West	Т	1/16-3/19	6-7pm	\$80	37981
18+	Tap 2	MSCR West	Т	1/16-3/19	7:15-8:15pm	\$80	37982
18+	Vitality & Dance Lab	MSCR East	Th	2/1-3/21	6:30-8pm	\$64	38061
18+	Vitality & Dance Lab	MSCR East	Th	4/4-5/9	6:30-8pm	\$48	38062
DRAW	/ING & MIXED MEDIA						
18+	Charcoal Figure Drawing	MSCR East	Su	1/28-3/17	1-3:30pm	\$106	37890
18+	Drawing - Back to Basics	Warner Park CRC	Т	2/27-3/19	9:30-12pm	\$55	37989
18+	Drawing 1	MSCR East	Т	1/16-2/20	9:30-12pm	\$80	37990
18+	Drawing 1	MSCR East	Т	4/2-5/7	9:30-12pm	\$80	38668
18+	Drawing 1	MSCR West	W	1/17-2/21	6:30-9pm	\$80	37991
18+	Drawing 1	MSCR Central	Th	2/8-3/14	6:30-9pm	\$80	38669
18+	Drawing 2	MSCR West	W	4/3-5/8	6:30-9pm	\$80	38671
18+	Exploration in Collage	MSCR East	W	4/3-5/8	6-8pm	\$66	38080
18+	Figure Drawing	MSCR Central	W	4/3-5/8	6:30-9pm	\$80	37992
18+	Mandala Inspired Designs NEW!	MSCR East	W	1/17-2/21	6-8pm	\$66	38079



#### **ENRICHMENT CLASSES & WORKSHOPS**

#### **ACTING 101**

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

#### **ASTROLOGY 101 - BASIC CHART READING**

Learn the practice of astrology and how it may be used as a tool for personal growth and greater understanding of your own energetic patterns. The basics of how to read your and others' astrological birth charts are covered as well as an introduction to planetary transits. Workbook and birth chart included.

#### **BEFRIENDING 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 This time of year, 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 inner critic the next time they make an appearance.

#### **BEGINNING RESIN ART**

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

#### **BREAK UP WITH YOUR PHONE**

Are you tired of feeling like your phone controls you, rather than the other way around? In 2022, the BBC reported that adults spent a third of their waking hours on their smartphones (4.8 hours a day). Discuss concrete strategies to regain control over those pocket-sized devices and change your relationship with your phone so it becomes a tool that enhances your life.

#### INTRODUCTION TO BRIDGE

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

#### **BRIDGE BASICS 2 - COMPETITIVE BIDDING**

Ready to take your bridge knowledge up a notch? Join your peers and make your bridge playing experience even more exciting! Learn how to be competent in using two bidding features: Takeout Doubles and Overcalls. Understand how to know when to pass, bid again or use obstructive bidding. Class is best suited for participants who have taken Bridge Basics 1 or have previous experience.

#### CALLIGRAPHY TRY IT!

Try your hand at the basics of script handwriting. Learn new terms, tools and practice lettering techniques. Materials provided

#### **CALLIGRAPHY: THE ART OF WRITING**

Learn basics of script handwriting using the model developed by Robert Boardwell. Develop your personal writing style that can be useful in other creative outlets. Words, terms, tool and practice lettering techniques are covered. Materials provided.

#### **CARVE & CLOTHE - WEARABLE PRINTMAKING**

Explore the medium of linocut printmaking - draft designs, carve them into a printmaking block and transfer them onto a variety of surfaces, from tote bags to t-shirts and more. Create clothing and accessories.

#### **COMMUNITY SINGING**

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

#### THE FIVE SENSES

What would life be like without our incredible senses? Esteemed happiness guru, Gretchen Rubin, author of "Life in Five Senses," suggests that by connecting with our senses more consciously, people become more creative, focused and productive. During this positive psychology workshop, utilize some of Rubin's suggestions to be more mindful of your senses.

#### FROM BLENDER TO BINDING: RECYCLED BOOKS

Learn the process of book making from start to finish! Class will begin by making paper from recycled materials, then move through each step needed to turn that paper into your very own book, to be used as you please.

#### **FUN HABITS**

Remember being a kid and the main goal was to have fun? When did we lose that? When is the last time you really had fun? In this workshop, take time to take a "fun inventory" to figure out what exactly is fun for you. Then find a way to make that a part of your life and leave with a plan to implement a fun habit.

#### INTRO TO FLY TYING

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

#### INTRODUCTION TO PRINTMAKING

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

#### **JEWELRY MAKING**

An introductory class, learn the basics of beading, wire wrapping and metal work. Explore different techniques and materials to make unique wearable creations. Some materials provided. Supply list distributed at first class.

#### **UPCYCLED JEWELRY MAKING**

Turn your creativity into "bling-credible" masterpieces! From shaping spoon rings to boho fabric bracelets and wire-wrapping gemstone pendants, we help you shine with your one-of-a-kind accessories.

#### MEMOIR WRITING

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

#### MEMOIR WRITING CONTINUING

Continue your memoir writing journey by furthering skills and learning new techniques in a welcoming atmosphere. Best suited for participants who have previously taken Memoir Writing or have other memoir writing experience.

#### MINDFUL ART JOURNALS

Many people struggle with anxiety or stress in everyday life from time to time. 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.

#### PHOTOGRAPHY - THE BASICS

This workshop is geared toward participants of all photographic abilities, and there are no camera requirements. Point-and-shoots, SLR and mobile phone cameras are all acceptable. The emphasis is on using your personal vision to improve your photos. Cover camera basics, rules of composition, fundamentals of digital workflow, file management, downloading, editing, posting to social networks and backing up your digital image library.

#### **RESIN ART CONTINUING**

Take resin to the next level! Make items that take multiple pours for more depth and interest. Explore new blending and mixing techniques. Best suited for participants who have taken Beginning Resin Art. Materials provided.

#### **RETIREMENT - NOW WHAT?**

Ahh, retirement. The time of life when you can sit back and take it easy - right? What if it isn't exactly what you thought it would be? What if you aren't exactly sure what to do with all your free time now? Take time to focus on what has been working and what needs to change. Leave the class with clarity and ideas of how to proceed starting today!

#### THE 30 DAY HAPPINESS PROJECT

Gretchen Rubin's book "The Happiness Project" outlines how to create a 12-month plan to increase happiness throughout the calendar year. In this positive psychology workshop, create a mini happiness project with a 30-day plan for starting 2024 off thriving.

# Arts & Enrichment &

#### **ENRICHMENT CLASSES & WORKSHOPS**

Age	Class	Location	Day	Date	Time	Fee	Course#
ENRI	CHMENT						
18+	Acting 101	MSCR Central	T	1/23-2/27	6-8pm	\$66	38001
18+	Astrology 101 - Basic Chart Reading	MSCR Central	М	1/22-3/11	6-7:30pm	\$80	38002
18+	Befriending Your Inner Critic	MSCR East	F	2/23	9:30-10:45am	\$10	38053
18+	Beginning Resin Art	MSCR East	Th	1/18-2/1	6:30-8:30pm	\$52	37869
18+	Beginning Resin Art	MSCR East	Th	5/2-5/16	6:30-8:30pm	\$52	37870
18+	Break Up with Your Phone	MSCR East	F	3/15	9:30-10:45am	\$10	38054
18+	Break Up with Your Phone	MSCR Central	Th	3/21	9:30-10:45am	\$10	38055
18+	Introduction to Bridge	MSCR West	Т	4/2-4/9	4:15-6:15pm	\$18	38004
18+	Bridge Basics 2 - Competitive Bidding	MSCR West	Т	4/16-5/14	4:15-6:15pm	\$44	38003
18+	Calligraphy: The Art of Writing	Warner Park CRC	Th	4/4-4/25	1-3:30pm	\$52	37888
18+	Calligraphy Try It!	Warner Park CRC	Th	3/14	1-3:30pm	\$44	37889
*14+	Carve & Clothe-Wearable Printmaking	MSCR East	М	1/22-2/5	6:30-8pm	\$34	37900
18+	Community Singing	MSCR Central	Su	2/4-3/10	1-3:30pm	\$77	37885
*14+	Intro to Embroidery	MSCR East	М	5/13-6/3	6:30-8pm	\$28	37910
18+	The Five Senses	MSCR East	F	4/19	9:30-10:45am	\$10	38059
18+	From Blender to Binding: Recycled Book Binding	MSCR West	М	1/22-3/18	7:15-8:45pm	\$90	38790
18+	Fun Habits	MSCR East	F	5/17	9:30-10:45am	\$10	38056
*14+	Intro to Fly Tying	MSCR West	Th	2/1-2/29	6-7:30	\$50	38007
*14+	Intro to Fly Tying	MSCR West	Th	4/4-4/25	6-7:30pm	\$40	38008
18+	Introduction to Printmaking	MSCR East	Su	4/7-5/19	1-3pm	\$106	37847
18+	Jewelry Making	MSCR East	Th	4/4-4/18	6:30-8:30pm	\$50	38109
18+	Memoir Writing	MSCR West	М	1/22-2/26	6-8pm	\$80	38012
18+	Memoir Writing Continuing	MSCR West	М	4/1-5/6	6-8pm	\$53	38113
18+	Mindful Art Journals	MSCR Central	F	1/19-2/23	9:30-12pm	\$60	38014
18+	Photography - The Basics	MSCR Central	W	5/15-5/22	6:30-8:30pm	\$26	38026
18+	Resin Art Continuing	MSCR East	Th	2/15-2/29	6:30-9pm	\$52	38078
18+	Retirement - Now What?	MSCR Central	T	5/7-5/21	9:30-10:45am	\$32	38057
18+	The 30 Day Happiness Project	MSCR East	F	1/19	9:30-10:45am	\$10	38058
*14+	Upcycled Jewelry Making	MSCR East	М	4/15-5/6	6:30-8pm	\$48	37907

<sup>\*</sup>These classes and workshops are open to participants 14 years and older, including adults.

#### **ENRICHMENT WORKSHOPS 14+**

#### MEDITATIVE MANDALA INSPIRED STONES WORKSHOP

Discover the therapeutic art of meditative mandala style painting in our workshop designed for teens and adults. Take a tranquil journey as you transform ordinary stones into mesmerizing, hand-painted mandala inspired masterpieces. Explore the intricate symmetry patterns while finding inner peace.

#### NEW YEAR'S VISION BOARD WORKSHOP

What does the New Year have in store for you? Craft inspiring collage vision boards for 2024. Vision boards can serve as powerful visual representations of your aspirations and dreams. Embark on a journey of self-discovery, artistic expression and goal-setting as you create vibrant and personalized vision boards that serve as daily ambitions reminders. Bring your dreams to life through the art of collage!

Age	Class	Location	Day	Date	Time	Fee	Course#
*14+	Meditative Mandala Inspired Stones Workshop	MSCR Central	Sa	4/20	10:30-11:45am	\$15	37969
*14+	Meditative Mandala Inspired Stones Workshop	Warner Park CRC	Su	4/21	2:45-4pm	\$15	38016
*14+	New Year's Vision Board Workshop	MSCR East	Sa	1/13	10:30-11:45am	\$12	37939
*14+	New Year's Vision Board Workshop	Warner Park CRC	S	1/14	2:45-4pm	\$12	38027

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

#### **FIBER ARTS**

#### **KNITTING 1-BEGINNER SCARF**

Always wanted to learn to knit? Here's 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. Materials and knitting needles provided.

#### **KNITTING 2 - MITTENS**

Keep your hands warm this winter with a beautiful 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 your mittens. Participants should feel comfortable casting on, knitting and purling. Supply list available at mscr.org.

#### **KNITTING 3 - SKILL BUILDER**

Are you ready to move past the beginning knitting classes? Build upon the basic skills you know like casting-on, binding-off, and knit and purl stitches 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.

#### SCANDINAVIAN KNOT RUG WORKSHOP

Wow your friends by creating your own knotted rug! Learn how to make a versatile, washable and durable Scandinavian (or Amish) Knot rug using simple materials. This class includes a kit with a round started piece, fabric strips, a bone needle and instruction reference. Bring a small sewing scissors to class. Complete the started rugs to desired size on your own at home.

#### WEAVING 1

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

#### **PAINTING**

#### **ACRYLIC PAINTING 1**

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

Learn acrylic and oil painting techniques along with color mixing and composition. Paint the sunflowers, other florals and lively enhanced colors in landscapes. Art history of the post-impressionists included. Materials provided.

#### **CANVAS ART**

Participants are introduced to the color wheel, learn painting techniques and drawing skills. All skill levels are welcome! The instructor assists and guides students at their own pace. Materials provided.

#### **CANVAS ART: EARTH DAY WORKSHOP**

Let your imagination roam free and create art inspired by our planet and the people we share it with in this Earth Day inspired workshop!



#### CANVAS ART: HEART HEALING ART

Express your feelings and splash your creativity on canvas in this exploratory class. Discover how to create mixed media artwork on canvas. Learn basic painting terminology, techniques and basic drawing tips. All levels welcome.

#### CHINESE & JAPANESE BRUSH PAINT - BOTANICALS

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

#### LANDSCAPE PAINTING 1

Learn how to paint beautiful landscape pieces in acrylic! In this class, focus on principles of composition, color mixing and relationships, naming vs. shaping and other techniques for creating an engaging landscape. Work plein air (out in nature) for some classes to paint the beauty of Madison. Materials provided.

#### **PAINT NIGHT**

Learn how to make this fun, winter-themed painting in just one night! Come ready to learn acrylic painting techniques to recreate this painting. This is a laidback class where participants learn about color mixing, brushstroke techniques and principles of composition. Walk away with a finished version of the painting to hang at home! These one-night classes include: Pine Forest, Snow People, Winter Birds or Winter Wonderland.

#### WATERCOLOR 1

Learn to love working with watercolor by applying a few simple techniques. Class includes time for demonstrations and experimentation. Complete paintings using simple subjects and limited color. 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 3 - LANDSCAPE

Learn advanced watercolor techniques while focusing on painting landscapes. This class covers composition, basic perspective, atmospheric perspective, adding noise and more while painting natural, rural and city landscapes. Participants are required to have taken Watercolor 2 or have equivalent experience. Materials provided.

#### WATERCOLOR 3 - STILL LIFE

Learn advanced watercolor techniques while focusing on painting still life arrangements of everyday objects. This class covers basic proportions, surface and texture studies, reflections, light and shadow, color and more. Participants are required to have taken Watercolor 2 or have equivalent experience. Materials provided.

#### WATERCOLOR STUDIO

Enjoy an afternoon of watercolor painting. View demonstrations at each session, then work on your own projects or instructor exercises. Class is appropriate for painters who have completed Watercolor 1 or have some knowledge of watercolor painting. Bring your own supplies. Easels available for use.

# Arts & Enrichment &

Piber Nation   Miscre East	Age	Class	Location	Day	Date	Time	Fee	Course#
18+         Knitting 2 - Mittens         MSCR East         T         2/62/20         6:30-9pm         \$36         38701           18+         Knitting 3 - Skill Bullder         MSCR East         T         3/5         1:3:0pm         \$28         38011           18+         Scandinavian Knot Rug Workshop         MSCR East         T         3/5         1:3:30pm         \$28         38116           18+         Weaving 1         MSCR Central         M         1/2:23/18         6:30-9pm         \$142         38066           18+         Weaving 2         MSCR Central         M         1/1:2/21         9:30-12pm         \$28         38167           PAILTING           BA Acrylic Painting 1         MSCR West         W         1/17-2/21         9:30-12pm         \$82         3799           18+         Acrylic Painting 1         MSCR West         W         4/15-6         1:3:30pm         \$82         38116           18+         Acrylic Painting 1         MSCR West         W         4/15-6         9:30-12pm         \$82         38116           18+         Acrylic Sa Olls - Alla Prima Workshop         MSCR East         T         3/12         9:30-12pm         \$27         37849	FIBER	RARTS						
18+         Knitting 3 - Skill Builder         MSCR East         W         2/28.3/20         6.30 -ppm         \$58         38011           18+         Scandinavian Knot Rug Workshop         MSCR East         T         3/5         13:30pm         \$28         38116           18+         Scandinavian Knot Rug Workshop         Warner Park CRC         Th         3/21         9:30:12pm         \$28         38117           18+         Weaving 1         MSCR Central         M         1/22:3/18         6:30-9pm         \$12         38067           PAIL To Weaving 2         MSCR Central         M         1/15/20         6:30-9pm         \$12         38067           PAIL To Weaving 2         MSCR Central         M         1/15/20         6:30-9pm         \$12         38067           PAIL TO Weaving 2         MSCR Central         M         1/15/6         13:30pm         \$82         38115           18+         Acrylic Painting 1         MSCR West         W         4/3:12         9:30-1pm         \$82         38115           18+         Acrylics & Oils - Alla Prima Workshop         MSCR West         T         5/14         9:30-1pm         \$27         37849           18+         Acrylics & Oils - Alla Pri	18+	Knitting 1 - Beginner Scarf	MSCR East	W	1/17-1/31	6:30-9pm	\$44	38009
18+         Scandinavian Knot Rug Workshop         MSCR East         T         3/5         1.3.30pm         \$28         38117           18+         Scandinavian Knot Rug Workshop         Warner Park CRC         Th         3/21         9:30-12pm         \$28         38117           18+         Weaving 1         MSCR Central         M         1/22-3/18         6:30-9pm         \$14         38066           18+         Weaving 2         MSCR Central         M         1/15/20         6:30-9pm         \$16         38066           18+         Acrylic Painting 1         MSCR West         W         1/17-2/21         9:30-12pm         \$82         37999           18+         Acrylic Painting 1         MSCR West         W         4/13-5/8         9:30-12pm         \$82         38116           18+         Acrylic Painting 1         MSCR West         W         4/13-5/8         9:30-12pm         \$82         38114           18+         Acrylics & Oils - Alla Prima Workshop         Warner Park CRC         T         5/14         9:30-12pm         \$82         38144           18+         Acrylics & Oils - Alla Prima Workshop         Warner Park CRC         T         1/2-6         9:30-12pm         \$82         37848           1	18+	Knitting 2 - Mittens	MSCR East	Т	2/6-2/20	6:30-9pm	\$36	38707
18+         Scandinavian Knot Rug Workshop         Warmer Park CRC         Th         3/21         9:30+12pm         \$28         38117           18+         Weaving 1         MSCR Central         M         1/22-3/18         6:30-9pm         \$14         38066           18+         Weaving 2         MSCR Central         M         4/1-5/20         6:30-9pm         \$12         38067           PAINTINE           Weaving 2 Indiving 1         MSCR West         W         1/17-2/21         9:30-12pm         \$82         37999           18+         Acrylic Painting 1         MSCR Central         M         4/1-5/8         9:30-12pm         \$82         38115           18+         Acrylic Painting 1         MSCR Eest         W         4/3-5/8         9:30-12pm         \$82         38114           18+         Acrylics & Oils - Alla Prima Workshop         MSCR Eest         T         5/12         9:30-12pm         \$27         37848           18+         Acrylics & Oils - French & American Impressionism         MSCR Eest         M         4/1-5/6         9:30-12pm         \$82         37848           18+         Carnvas Art         MSCR West         M         4/1-5/6         9:30-12pm         \$82         378	18+	Knitting 3 - Skill Builder	MSCR East	W	2/28-3/20	6:30-9pm	\$58	38011
18+         Weaving 1         MSCR Central         M         1/223/18         6:30-9pm         \$142         38066           18+         Weaving 2         MSCR Central         M         4/1-5/20         6:30-9pm         \$126         38067           PAINTING           18+         Acrylic Painting 1         MSCR West         W         1/17-2/21         9:30-12pm         \$82         37999           18+         Acrylic Painting 1         MSCR West         W         4/1-5/6         1:3:30pm         \$82         38114           18+         Acrylic Painting 1         MSCR West         W         4/3-5/6         9:30-12pm         \$82         38114           18+         Acrylics & Oils - Alla Prima Workshop         MSCR East         T         3/12         9:30-12pm         \$27         37849           18+         Acrylics & Oils - Alla Prima Workshop         MSCR East         M         4/1-5/6         9:30-12pm         \$27         37849           18+         Acrylics & Oils - Alla Prima Workshop         MSCR West         M         4/1-5/6         12:30-2pm         \$4         38786           18+         Canvas Art         Marchard Markshop         MSCR West         M         4/1-5/6         12:30-2pm	18+	Scandinavian Knot Rug Workshop	MSCR East	Т	3/5	1-3:30pm	\$28	38116
184	18+	Scandinavian Knot Rug Workshop	Warner Park CRC	Th	3/21	9:30-12pm	\$28	38117
Paint   Pain	18+	Weaving 1	MSCR Central	М	1/22-3/18	6:30-9pm	\$142	38066
18+         Acrylic Pointing 1         MSCR West         W         1/172/21         9:30-12pm         \$82         37999           18+         Acrylic Painting 1         MSCR Central         M         4/1-5/6         1:3:30pm         \$82         38115           18+         Acrylic Painting 1         MSCR West         W         4/3-5/8         9:30-12pm         \$82         38114           18+         Acrylics & Oils - Alla Prima Workshop         MSCR East         T         3/12         9:30-1pm         \$27         37849           18+         Acrylics & Oils - French & American Impressionism         MSCR East         M         4/1-5/6         9:30-1pm         \$27         37848           18+         Acrylics & Oils - French & American Impressionism         MSCR West         M         4/1-5/6         9:30-12pm         \$82         37846           18+         Carwas Art         Heart Healing Art         MSCR West         M         4/1-5/6         12:30-2pm         \$49         38785           18+         Carwas Art Workshop: Earth Day         MSCR West         Su         4/20         910:30am         \$18         38788           18+         Carwas Art Workshop: Earth Day         MSCR West         Su         4/25         910:30am	18+	Weaving 2	MSCR Central	М	4/1-5/20	6:30-9pm	\$126	38067
18+         Acrylic Pointing 1         MSCR Central         M         4/1-5/6         1-3:30pm         \$82         38115           18+         Acrylic Painting 1         MSCR West         W         4/3-5/8         9:30-12pm         \$82         38114           18+         Acrylics & Oils - Alla Prima Workshop         MSCR East         T         3/12         9:30-1pm         \$27         37849           18+         Acrylics & Oils - French & American Impressionism         MSCR East         M         4/1-5/6         9:30-1pm         \$22         37848           18+         Acrylics & Oils - French & American Impressionism         MSCR East         M         4/1-5/6         9:30-12pm         \$82         37846           18+         Carvas Art         MSCR West         M         4/1-5/6         9:30-12pm         \$82         37846           18+         Carvas Art-Heart Healing Art         MSCR West         M         4/1-5/6         12:30-2pm         \$49         38785           18+         Carvas Art-Workshop: Earth Day         MSCR West         Sa         4/20         9:10:30um         \$18         37883           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Sa         4/6-5/18         9:30-12pm         \$	PAIN'	TING						
18+         Acrylic Painting 1         MSCR West         W         4/3-5/8         9:30-12pm         \$82         38114           18+         Acrylics & Oils - Alla Prima Workshop         MSCR East         T         3/12         9:30-1pm         \$27         37849           18+         Acrylics & Oils - Alla Prima Workshop         Warner Park CRC         T         5/14         9:30-1pm         \$27         37848           18+         Acrylics & Oils - French & American Impressionism         MSCR East         M         4/1-5/6         9:30-12pm         \$82         37846           18+         Canvas Art         MSCR West         M         4/1-5/6         12:30-2pm         \$49         38785           18+         Canvas Art Heart Healing Art         MSCR West         Su         1/21-2/11         3:15-5:15pm         \$44         38786           18+         Canvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9:10:30am         \$18         38788           18+         Canvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9:10:30am         \$18         38788           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         F         1/19         6:5/18         330-1	18+	Acrylic Painting 1	MSCR West	W	1/17-2/21	9:30-12pm	\$82	37999
18+         Acrylics & Oils - Alla Prima Workshop         MSCR East         T         3/12         9:30-1pm         \$27         37849           18+         Acrylics & Oils - Alla Prima Workshop         Warner Park CRC         T         5/14         9:30-1pm         \$27         37848           18+         Acrylics & Oils - French & American Impressionism         MSCR East         M         4/1-5/6         9:30-12pm         \$82         37846           18+         Canvas Art         MSCR West         M         4/1-5/6         12:30-2pm         \$49         38785           18+         Canvas Art Heart Healing Art         MSCR West         Su         1/21-2/11         3:15-5:15pm         \$44         38786           18+         Canvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9:10:30am         \$18         38788           18+         Canvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9:10:30am         \$18         38788           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Th         5/2:5/30         1:3:30pm         \$68         37883           18+         Paint Night - Snow People         Warner Park CRC         F         1/19         6:8pm	18+	Acrylic Painting 1	MSCR Central	М	4/1-5/6	1-3:30pm	\$82	38115
18+         Acrylics & Oils - Alla Prima Workshop         Warner Park CRC         T         5/14         9:30-lpm         \$27         37848           18+         Acrylics & Oils - French & American Impressionism         MSCR East         M         4/1-5/6         9:30-l2pm         \$82         37846           18+         Canvas Art         MSCR West         M         4/1-5/6         12:30-2pm         \$49         38785           18+         Canvas Art Heart Healing Art         MSCR West         Su         1/21-2/11         3:15-5:15pm         \$44         38786           18+         Canvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9:10:30am         \$18         38788           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Th         5/2-5/30         1:3:30pm         \$68         37883           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Th         5/2-5/30         1:3:30pm         \$68         37883           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         F         1/19         6-8pm         \$25         37996           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/2 </td <td>18+</td> <td>Acrylic Painting 1</td> <td>MSCR West</td> <td>W</td> <td>4/3-5/8</td> <td>9:30-12pm</td> <td>\$82</td> <td>38114</td>	18+	Acrylic Painting 1	MSCR West	W	4/3-5/8	9:30-12pm	\$82	38114
18+         Acrylics & Oils - French & American Impressionism         MSCR East         M         4/1-5/6         9:30·12pm         882         37846           18+         Canvas Art         MSCR West         M         4/1-5/6         12:30·2pm         \$49         38785           18+         Canvas Art Heart Healing Art         MSCR West         Su         1/21-2/11         3:15·5:15pm         \$44         38786           18+         Canvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9-10:30am         \$18         38788           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Th         5/2-5/30         1-3:30pm         \$68         37883           18+         Landscape Painting 1         Warner Park CRC         Sa         4/6-5/18         9:30-12pm         \$82         37850           18+         Paint Night - Snow People         Warner Park CRC         F         1/19         6-8pm         \$25         37996           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/2         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         2/16         6-8pm         \$25	18+	Acrylics & Oils - Alla Prima Workshop	MSCR East	T	3/12	9:30-1pm	\$27	37849
18+         Carvas Art         MSCR West         M         4/1-5/6         12:30-2pm         \$49         38785           18+         Carvas Art Heart Healing Art         MSCR West         Su         1/21-2/11         3:15-5:15pm         \$44         38786           18+         Carvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9-10:30am         \$18         38788           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Th         5/25/30         1-3:30pm         \$68         37883           18+         Landscape Painting 1         Warner Park CRC         Sa         4/6-5/18         9:30-12pm         \$82         37850           18+         Paint Night - Snow People         Warner Park CRC         F         1/19         6-8pm         \$25         37996           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/2         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         2/16         6-8pm         \$25         37995           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064	18+	Acrylics & Oils - Alla Prima Workshop	Warner Park CRC	T	5/14	9:30-1pm	\$27	37848
18+         Canvas Art: Heart Healing Art         MSCR West         Su         1/21-2/11         3:15-5:5pm         \$44         38786           18+         Canvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9:10:30am         \$18         38788           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Th         5/2:5/30         1:3:30pm         \$68         37883           18+         Landscape Painting 1         Warner Park CRC         Sa         4/6-5/18         9:30-12pm         \$82         37850           18+         Paint Night - Snow People         Warner Park CRC         F         1/19         6-8pm         \$25         37996           18+         Paint Night - Winter Wonderland         Warner Park CRC         F         2/2         6-8pm         \$25         37998           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/16         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         2/16         6-8pm         \$25         37995           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064	18+	Acrylics & Oils - French & American Impressionism	MSCR East	М	4/1-5/6	9:30-12pm	\$82	37846
18+         Canvas Art Workshop: Earth Day         MSCR West         Sa         4/20         9-10:30am         \$18         38788           18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Th         5/2-5/30         1-3:30pm         \$68         37883           18+         Landscape Painting 1         Warner Park CRC         Sa         4/6-5/18         9:30-12pm         \$82         37850           18+         Paint Night - Snow People         Warner Park CRC         F         1/19         6-8pm         \$25         37996           18+         Paint Night - Winter Wonderland         Warner Park CRC         F         2/2         6-8pm         \$25         37998           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/16         6-8pm         \$25         37998           18+         Paint Night - Pine Forest         Warner Park CRC         F         2/16         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         2/16         6-8pm         \$25         37997           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064	18+	Canvas Art	MSCR West	М	4/1-5/6	12:30-2pm	\$49	38785
18+         Chinese & Japanese Brush Paint - Botanicals         Warner Park CRC         Th         5/2-5/30         1-3:30pm         \$68         37883           18+         Landscape Painting 1         Warner Park CRC         Sa         4/6-5/18         9:30-12pm         \$82         37850           18+         Paint Night - Snow People         Warner Park CRC         F         1/19         6-8pm         \$25         37996           18+         Paint Night - Winter Wonderland         Warner Park CRC         F         2/2         6-8pm         \$25         37998           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/16         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         2/16         6-8pm         \$25         37995           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064           18+         Watercolor 1         MSCR East         W         1/17-2/21         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+ </td <td>18+</td> <td>Canvas Art: Heart Healing Art</td> <td>MSCR West</td> <td>Su</td> <td>1/21-2/11</td> <td>3:15-5:15pm</td> <td>\$44</td> <td>38786</td>	18+	Canvas Art: Heart Healing Art	MSCR West	Su	1/21-2/11	3:15-5:15pm	\$44	38786
18+         Landscape Painting 1         Warner Park CRC         Sa         4/6-5/18         9:30·12pm         \$82         37850           18+         Paint Night - Snow People         Warner Park CRC         F         1/19         6-8pm         \$25         37996           18+         Paint Night - Winter Wonderland         Warner Park CRC         F         2/2         6-8pm         \$25         37998           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/16         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         3/15         6-8pm         \$25         37995           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064           18+         Watercolor 1         MSCR East         W         1/17-2/21         9:30-12pm         \$82         38063           18+         Watercolor 2         MSCR Central         M         1/12-2/26         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 3 - La	18+	Canvas Art Workshop: Earth Day	MSCR West	Sa	4/20	9-10:30am	\$18	38788
18+         Paint Night - Snow People         Warner Park CRC         F         1/19         6-8pm         \$25         37996           18+         Paint Night - Winter Wonderland         Warner Park CRC         F         2/2         6-8pm         \$25         37998           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/16         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         3/15         6-8pm         \$25         37995           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064           18+         Watercolor 1         MSCR East         W         1/17-2/21         9:30-12pm         \$82         38063           18+         Watercolor 2         MSCR Central         M         1/22-2/26         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor Studio <td>18+</td> <td>Chinese &amp; Japanese Brush Paint - Botanicals</td> <td>Warner Park CRC</td> <td>Th</td> <td>5/2-5/30</td> <td>1-3:30pm</td> <td>\$68</td> <td>37883</td>	18+	Chinese & Japanese Brush Paint - Botanicals	Warner Park CRC	Th	5/2-5/30	1-3:30pm	\$68	37883
18+         Paint Night - Winter Wonderland         Warner Park CRC         F         2/2         6-8pm         \$25         37998           18+         Paint Night - Winter Birds         Warner Park CRC         F         2/16         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         3/15         6-8pm         \$25         37995           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064           18+         Watercolor 1         MSCR East         W         1/17-2/21         9:30-12pm         \$82         38063           18+         Watercolor 2         MSCR Central         M         1/22-2/26         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 2         MSCR East         W         4/3-5/8         9:30-12pm         \$82         38065           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1:3:30pm         \$55         38023           18+         Watercolor Studio         <	18+	Landscape Painting 1	Warner Park CRC	Sa	4/6-5/18	9:30-12pm	\$82	37850
18+         Paint Night - Winter Birds         Warner Park CRC         F         2/16         6-8pm         \$25         37997           18+         Paint Night - Pine Forest         Warner Park CRC         F         3/15         6-8pm         \$25         37995           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064           18+         Watercolor 1         MSCR East         W         1/17-2/21         9:30-12pm         \$82         38063           18+         Watercolor 2         MSCR Central         M         1/22-2/26         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR West         T         4/2-5/6         9:30-12pm         \$82         38676           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$65         38024           18+         Watercolor Studio         M	18+	Paint Night - Snow People	Warner Park CRC	F	1/19	6-8pm	\$25	37996
18+         Paint Night - Pine Forest         Warner Park CRC         F         3/15         6-8pm         \$25         37995           18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064           18+         Watercolor 1         MSCR East         W         1/17-2/21         9:30-12pm         \$82         38063           18+         Watercolor 1         MSCR Central         M         1/22-2/26         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR Central         M         4/1-5/6         9:30-12pm         \$82         38676           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 2         MSCR East         W         4/3-5/8         9:30-12pm         \$82         38065           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$65         38024           18+         Watercolor Studio         MSCR West </td <td>18+</td> <td>Paint Night - Winter Wonderland</td> <td>Warner Park CRC</td> <td>F</td> <td>2/2</td> <td>6-8pm</td> <td>\$25</td> <td>37998</td>	18+	Paint Night - Winter Wonderland	Warner Park CRC	F	2/2	6-8pm	\$25	37998
18+         Watercolor 1         MSCR West         T         1/16-2/20         6:30-9pm         \$82         38064           18+         Watercolor 1         MSCR East         W         1/17-2/21         9:30-12pm         \$82         38063           18+         Watercolor 1         MSCR Central         M         1/22-2/26         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR Central         M         4/1-5/6         9:30-12pm         \$82         38676           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 2         MSCR East         W         4/3-5/8         9:30-12pm         \$82         38065           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$55         38024           18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West	18+	Paint Night - Winter Birds	Warner Park CRC	F	2/16	6-8pm	\$25	37997
18+         Watercolor 1         MSCR East         W         1/17-2/21         9:30-12pm         \$82         38063           18+         Watercolor 1         MSCR Central         M         1/22-2/26         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR Central         M         4/1-5/6         9:30-12pm         \$82         38676           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 2         MSCR East         W         4/3-5/8         9:30-12pm         \$82         38065           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$55         38079           18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West <td>18+</td> <td>Paint Night - Pine Forest</td> <td>Warner Park CRC</td> <td>F</td> <td>3/15</td> <td>6-8pm</td> <td>\$25</td> <td>37995</td>	18+	Paint Night - Pine Forest	Warner Park CRC	F	3/15	6-8pm	\$25	37995
18+         Watercolor 1         MSCR Central         M         1/22-2/26         9:30-12pm         \$82         38672           18+         Watercolor 2         MSCR Central         M         4/1-5/6         9:30-12pm         \$82         38676           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 2         MSCR East         W         4/3-5/8         9:30-12pm         \$82         38065           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$55         38679           18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38024           18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         4/2-4/23         1-3:30pm         \$52         38682	18+	Watercolor 1	MSCR West	Т	1/16-2/20	6:30-9pm	\$82	38064
18+         Watercolor 2         MSCR Central         M         4/1-5/6         9:30-12pm         \$82         38676           18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 2         MSCR East         W         4/3-5/8         9:30-12pm         \$82         38065           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$55         38679           18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38024           18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         4/2-4/23         1-3:30pm         \$52         38682	18+	Watercolor 1	MSCR East	W	1/17-2/21	9:30-12pm	\$82	38063
18+         Watercolor 2         MSCR West         T         4/2-5/7         6:30-9pm         \$82         38675           18+         Watercolor 2         MSCR East         W         4/3-5/8         9:30-12pm         \$82         38065           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$55         38679           18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38024           18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         4/2-4/23         1-3:30pm         \$65         38025	18+	Watercolor1	MSCR Central	M	1/22-2/26	9:30-12pm	\$82	38672
18+         Watercolor 2         MSCR East         W         4/3-5/8         9:30-12pm         \$82         38065           18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$55         38679           18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38024           18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         4/2-4/23         1-3:30pm         \$52         38682	18+	Watercolor 2	MSCR Central	М	4/1-5/6	9:30-12pm	\$82	38676
18+         Watercolor 3 - Landscape         MSCR West         F         2/23-3/15         1-3:30pm         \$55         38023           18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$55         38679           18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38024           18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         4/2-4/23         1-3:30pm         \$52         38682	18+	Watercolor 2	MSCR West	T	4/2-5/7	6:30-9pm	\$82	38675
18+         Watercolor 3 - Still Life         MSCR West         F         5/3-5/24         1-3:30pm         \$55         38679           18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38024           18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         4/2-4/23         1-3:30pm         \$52         38682	18+	Watercolor 2	MSCR East	W	4/3-5/8	9:30-12pm	\$82	38065
18+         Watercolor Studio         MSCR West         T         1/16-2/13         1-3:30pm         \$65         38024           18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         4/2-4/23         1-3:30pm         \$52         38682	18+	Watercolor 3 - Landscape	MSCR West	F	2/23-3/15	1-3:30pm	\$55	38023
18+         Watercolor Studio         MSCR West         T         2/20-3/19         1-3:30pm         \$65         38025           18+         Watercolor Studio         MSCR West         T         4/2-4/23         1-3:30pm         \$52         38682	18+	Watercolor 3 - Still Life	MSCR West	F	5/3-5/24	1-3:30pm	\$55	38679
18+ Watercolor Studio MSCR West T 4/2-4/23 1-3:30pm \$52 38682	18+	Watercolor Studio	MSCR West	Т	1/16-2/13	1-3:30pm	\$65	38024
	18+	Watercolor Studio	MSCR West	Т	2/20-3/19	1-3:30pm	\$65	38025
18+ Watercolor Studio MSCR West T 4/30-5/21 1-3:30pm \$52 38683	18+	Watercolor Studio	MSCR West	Т	4/2-4/23	1-3:30pm	\$52	38682
	18+	Watercolor Studio	MSCR West	T	4/30-5/21	1-3:30pm	\$52	38683

#### **POTTERY**

#### GLAZE APPLICATION WORKSHOP

Learn helpful techniques and tips for applying MSCR West glazes successfully. Includes dipping and pouring techniques, applying glazes to large and/or tall pieces and more. This is a demo only workshop (you are not glazing). Bring a notebook and questions!

#### **GLAZE CHEMISTRY**

Dig into the details of making glazes and different glaze formulations. Then mix your own glaze with new knowledge and apply it to a piece to test your results.

#### HANDBUILDING WORKSHOP - BIRD FEEDERS

Using pinch, coil and slab construction, build a beautiful hanging bird feeder. Through texture and sculpting techniques in clay, personalize your project. The finished bird feeder is glazed, fired and ready for hanging in any outdoor space within four weeks after class ends. No clay experience required.

#### HANDBUILDING WORKSHOP - PIGGY BANKS

Design and build a clay piggy bank based on your favorite stories and characters using hand-building techniques like pinch pots, coiling, carving and sculpting. Finish your unique piggy bank with 3D acrylic painting steps such as staining and dry-brushing to complete its whimsical character. No clay experience required.

#### HANDBUILDING WORKSHOP - SLAB TECHNIQUES

In this workshop, learn different techniques for rolling successful slabs. Discover how to throw a large serving bowl using a slump mold, make functional slab dishes using press/slump formers and how to make a box shaped project. No clay experience required.

#### **OPEN POTTERY STUDIO**

This is a non-instructional, open studio for hobbyist potters who can work independently. Must have previously taken pottery classes with MSCR to be approved and register for the class. Studio is available Monday - Fridays (8am-5pm) and some additional weekend hours. Studio times may vary due to studio location and staffing. Fee includes use of tools, firing, glaze and 25 lbs. of clay.

#### TAKE A SPIN - 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. Choose your favorite piece to be glazed and fired. For participants who have little to no experience throwing! Materials provided.

#### WHEEL 1

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

#### WHEEL 2

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

#### **SEWING**

#### BEHIND THE SEAMS - PATTERN READING FOR BEGINNERS

Learn how to read patterns from small indie companies to large manufacturers and everything in between. Explore the many ways to make small adjustments to patterns and then let the sewing begin! Leave the workshop with a free pattern.

#### **SEWING 1**

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

#### **SEWING 2 - CLAM SHELL POUCH**

Apply skills learned in Sewing 1 to create a clam shell pouch or purse. Learn how to read the pattern, pin and prep fabric and see your project through to completion. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided. Supply list available at mscr.org.

#### **SEWING 2 - CUP ORGANIZER**

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

#### **SEWING 2 - PAJAMA PANTS**

Apply skills learned in Sewing 1 to create pajama or sweat pants! Learn how to read the pattern, pin and prep fabric and see your project through to completion. Class is appropriate for participants who have completed Sewing 1 or have basic machine sewing skills. Sewing machines provided. Supply list available at mscr.org.

#### **SEWING ALTERATIONS**

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

#### SUSTAINABLE SEWING

Worried about the amount of paper products used in your home? Learn how to make fun reusable products like "paper" towels, dishcloths, diapers and even burp cloths! Reduce the amount of garbage going into the landfill and save money. Sew your way to becoming a sustainable crafter! Supply list available at mscr.org.

#### **SEWING**

18+	Behind the Seams - Pattern Reading	MSCR West	W	4/3	6-8pm	\$10	37875
18+	Behind the Seams - Pattern Reading	MSCR East	Sa	4/6	9:30-11:30am	\$10	37876
18+	Sewing 1	MSCR East	T	1/16-1/30	6:30-8:30pm	\$40	38041
18+	Sewing 1	MSCR East	Su	4/14-4/28	3:30-5:30pm	\$40	38042
18+	Sewing 1	MSCR East	Sa	3/2-3/16	9:30-11:30am	\$40	38043
18+	Sewing 1	MSCR West	W	1/24-2/7	6-8pm	\$40	38044
18+	Sewing 1	MSCR West	W	4/10-4/24	6-8pm	\$40	38045
18+	Sewing 2 - Clam Shell Pouch	MSCR West	W	2/21-2/28	6-8pm	\$27	38046
18+	Sewing 2 - Cup Organizer	MSCR East	Sa	4/27-5/18	9:30-11:30am	\$53	38047
18+	Sewing 2 - Pajama Pants	MSCR East	T	2/13-2/27	6:30-8:30pm	\$53	38048
18+	Sewing Alterations	MSCR West	W	3/6-3/20	6-8pm	\$40	38098
18+	Sustainable Sewing	MSCR East	Th	3/7-3/21	6:30-8:30pm	\$40	38099

# Arts & Enrichment &

							JR CLASS
Age	Class	Location	Day	Date	Time	Fee	Course#
POTT	TERY AT MSCR WEST						
18+	Glaze Application Workshop	MSCR West	F	3/1	6-8pm	\$16	37853
18+	Glaze Chemistry	MSCR West	W	3/13	10am-3pm	\$48	37855
18+	Handbuilding Workshop - Bird Feeders	MSCR West	Th	3/7-3/21	10am-12pm	\$66	37856
18+	Handbuilding Workshop - Piggy Banks	MSCR West	Th	4/4-5/9	10am-12pm	\$130	38627
18+	Handbuilding Workshop - Slab Techniques	MSCR West	Sa	2/10-3/2	10am-12pm	\$88	38630
18+	Open Pottery Studio	MSCR West	M-Sa	1/16-3/22	8am-5pm	\$222	38030
18+	Open Pottery Studio	MSCR West	M-Sa	4/1-5/24	8am-5pm	\$180	38631
18+	Take a Spin - Pottery Night	MSCR West	Th	1/11	6-8pm	\$26	38052
18+	Take a Spin - Pottery Night	MSCR West	F	1/12	6-8pm	\$26	38639
18+	Take a Spin - Pottery Night	MSCR West	F	1/19	6-8pm	\$26	38640
18+	Take a Spin - Pottery Night	MSCR West	F	1/19	6-8pm	\$26	38640
18+	Wheel1	MSCR West	T	1/16-3/12	10am-12:30pm	\$185	38641
18+	Wheel1	MSCR West	W	1/17-3/13	10am-12:30pm	\$185	38810
18+	Wheel1	MSCR West	W	1/17-3/13	6:30-9pm	\$185	38642
18+	Wheel1	MSCR West	F	1/19-3/15	10am-12:30pm	\$185	38814
18+	Wheel1	MSCR West	Su	1/21-3/17	12-2:30pm	\$185	38812
18+	Wheel1	MSCR West	Su	1/21-3/17	3-5:30pm	\$185	38643
18+	Wheel1	MSCR West	T	4/2-5/21	10am-12:30pm	\$165	38644
18+	Wheel1	MSCR West	W	4/3-5/22	10am-12:30pm	\$165	38811
18+	Wheel1	MSCR West	W	4/3-5/22	6:30-9pm	\$165	38645
18+	Wheel1	MSCR West	F	4/5-5/24	10am-12:30pm	\$165	38815
18+	Wheel1	MSCR West	Su	4/7-5/19	12 -2:30pm	\$145	38813
18+	Wheel1	MSCR West	Su	4/7-5/19	3-5:30pm	\$145	38648
18+	Wheel 2	MSCR West	T	1/16-3/12	6:30-9pm	\$185	38654
18+	Wheel 2	MSCR West	Th	1/18-3/14	6:30-9pm	\$185	38655
18+	Wheel 2	MSCR West	М	1/22-3/18	6:30-9pm	\$185	38653
18+	Wheel 2	MSCR West	М	4/1-5/20	6:30-9pm	\$165	38656
18+	Wheel 2	MSCR West	T	4/2-5/21	6:30-9pm	\$165	38657
18+	Wheel 2	MSCR West	Th	4/4-5/23	6:30-9pm	\$165	38658
POTT	ERY AT WARNER PARK CRC						
18+	Open Pottery Studio	Warner Park CRC	Su-Sa	1/16-3/23	8am-5pm	\$222	38031
18+	Open Pottery Studio	Warner Park CRC	Su-Sa	4/1-5/25	8am-5pm	\$180	38637
18+	Take a Spin - Pottery Night	Warner Park CRC	F	2/2	6-8pm	\$26	38051
18+	Take a Spin - Pottery Night	Warner Park CRC	F	3/1	6-8pm	\$26	38638
18+	Wheel1	Warner Park CRC	Т	1/16-3/19	6-8pm	\$165	38070
18+	Wheel1	Warner Park CRC	W	1/17-3/20	6-8pm	\$165	38071
18+	Wheel1	Warner Park CRC	T	4/2-5/21	6-8pm	\$135	38072
18+	Wheel1	Warner Park CRC	W	4/3-5/22	6-8pm	\$135	38073
18+	Wheel 2	Warner Park CRC	Th	1/18-3/21	6-8:30pm	\$205	38075
18+	Wheel 2	Warner Park CRC	М	1/22-3/18	6-8:30pm	\$185	38074
18+	Wheel 2	Warner Park CRC	М	4/1-5/20	6-8:30pm	\$165	38076
18+	Wheel 2	Warner Park CRC	Th	4/4-5/23	6-8:30pm	\$165	38077

#### **OUTDOOR & VIRTUAL**



#### **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 1- 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 mscr.org.

#### **CROCHET 1-KITCHEN ITEMS**

Looking to add some personality to your kitchen? Need a quick gift? Learn the basic crochet stitches while making the best dish scrubbies along with cute dishcloths, towels and hot pads. See for yourself why so many people swear by handmade kitchen items. A great class for beginners or those who want to try out a new pattern. Supply list available at mscr.org.

#### PHOTOGRAPHY - WINTER WALKS

Bundle up and discover winter's beauty through your camera. Bring your pointand-shoots, SLRs, or even mobile phone camera. The emphasis is on using your vision to improve your photos. All levels welcome.

#### **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 still welcome. Supplies not included. To purchase a kit, please go to course #38108.

#### **CROCHET 2 - AMIGURUMI ANIMALS**

Here's your chance to learn the Japanese art form of amigurumi! Use basic crochet skills combined with tips and tricks for crocheting, stuffing, assembling and adding embroidered accents to create adorable stuffed yarn creatures. Supply list available at mscr.org.

#### **CROCHET 2 - MITTENS**

Keep those hands warm this winter with a handmade pair of mittens. Expand your crochet techniques to include crocheting in the round, increasing, decreasing, creating a thumb gusset and more while you craft a beautiful pair of mittens. Participants should feel comfortable with chaining, single, half and double crochet stitches. Supply list available at mscr.org.

#### **DECLUTTERING BOOTCAMP**

Whether downsizing, transitioning to a new space, or just tired of dealing with a messy house, learn strategies to lose the clutter and reclaim the calm, rejuvenating space a home can be. Taught by a certified professional organizer, this class covers a different area of the home each week (clothing, kitchen, bathroom, living spaces, storage, kids rooms, paper clutter and sentimental items). You'll receive a worksheet/checklist for each space.

#### 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. Supply list available at mscr.org.

#### **EMBROIDERED WONDERLANDS - BOTANICALS**

Be inspired by nature and create a one-of-a-kind embroidered botanical 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. Supply list available at mscr. org.

Age	Class	Location	Day	Date	Time	Fee	Course#
OUTDO	OR CLASSES						
18+	Community Singing	Tenney Park	Su	4/7-5/19	1-3:30pm	\$90	38684
18+	Crochet 1 - Farmer's Market Tote	Garner Park	W	5/8-5/22	10-12pm	\$36	38101
18+	Crochet 1 - Kitchen Items	Garner Park	М	5/6-5/20	10-12pm	\$36	38704
18+	Photography - Winter Walks	TBA	Su	2/18-3/3	1-2:30pm	\$37	38106
VIRTUA	L						
18+	Acrylic Painting 2	Virtual	T	1/16-3/5	9:30-11:30am	\$100	38107
18+	Acrylic Painting Supply Kit	Virtual	T	1/16-3/5	9:30-11:30am	\$35	38108
18+	Crochet 2 - Amigurumi Animals	Virtual	М	2/5-2/19	6:30-8:30pm	\$36	38705
18+	Crochet 2 - Mittens	Virtual	W	1/17-1/31	6:30-8:30pm	\$36	38706
18+	Decluttering Bootcamp	Virtual	Th	4/4-5/9	6-7pm	\$43	38118
18+	Drawing 2: The Human Head & Facial Anatomy	Virtual	W	2/21-3/13	6:30-8:30pm	\$55	38111
18+	Embroidered Wonderlands - Botanicals	Virtual	М	4/29-5/20	6:30-8:30pm	\$52	38112



#### **MSCR POTTERY SALE**

Join MSCR at our new MSCR West facility for the 2023 Pottery Sale. This sale showcases over thousands of pottery created by MSCR instructors, pottery participants and local ceramic artists. Proceeds benefit the MSCR Pottery Program. Find the perfect gift this holiday season and shop local!

**MSCR West** 7333 West Towne Way Madison, WI 53719

December 14 & 15, 8am - 6pm December 16, 10am - 3pm December 17, 10am - 2pm





# DAY TRIPS - EXPLORE WITH MSCR!



#### TO CHICAGO FOOD TOUR: PROGRESSIVE MULTI-CULTURAL EXPERIENCE

Immerse yourself in the multicultural history and cuisine of Chicago. During this progressive meal and history tour, stop at three local eateries, each with a different national origin to enjoy a succession of appetizers, entree and dessert. Visit the National Museum of Mexican Art in Pilsen.



#### FIRESIDE DINNER THEATER: JERSEY BOYS MATINEE

Join us as we travel to the Fireside Dinner Theater in Ft. Atkinson for a delicious lunch and a fantastic performance of JERSEY BOYS. With phenomenal music, memorable characters, and great storytelling, JERSEY BOYS follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history.



#### MILWAUKEE BASEBALL AND BREWS

Swing into spring with the Milwaukee Brewers. Experience the magnificence of an exclusive behind-the-scenes tour of American Family Field by visiting the most restricted and non-public areas such as the Selig Experience, Playing Field, Visitors' Clubhouse, Visitors' dugout, Brewers bullpen, luxury suit level, Press Box, Bob Uecker's broadcast booth and many other attractions. Enjoy lunch at the J. Leinenkugel's Barrel Yard, a one-of-a-kind restaurant and experience overlooking left field. Following lunch, travel to Sprecher Brewing Co. the oldest Craft Brewery in Milwaukee for a behind the scenes tour of the lab, brewhouse and production area and learn all about their history and craft brewing process.



See page 7 for more information.

Age	Class	Location	Day	Date	Time	Fee	Course#
DAYT	RIPS						
18+	Fireside Dinner Theater: Jersey Boys Matinee	LaFollette	Sa	2/17	9:15am-5:30pm	\$132	38791
18+	Milwaukee Baseball and Brews - Adult	LaFollette	Sa	3/23	8:45am-5:45pm	\$100	38792
8-17	Milwaukee Baseball and Brews - Youth	LaFollette	Sa	3/23	8:45am-5:45pm	\$95	38793
18+	Chicago Food Tour: Multicultural Experience	LaFollette	Sa	4/20	7:30am-6:30pm	\$160	38794



#### 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 2/16.

#### **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

#### 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 highenergy beats. It's like a dance party!

#### **CLASSIC CARDIO & TONING**

Pay homage to fitness classes of the '80s and '90s with this throwback to the classic group fitness format. Mix 30 minutes of choreographed cardio 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 5/25.

#### **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 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. BYOM

#### **GENTLE YOGA FLOW**

Great 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 5/25.

#### 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 towards those new to the practice. BYOM Skip 1/15, 5/27.

#### HATHA YOGA II

Explore yoga positions focusing on flexibility, strength, and balance with emphasis on body awareness and alignment. BYOM Skip 1/15 & 5/27.

#### HEALTHY LIVING TO PREVENT DIABETES

Join UW student pharmacists from Operation Diabetes to learn about this chronic illness: prevention, lifestyle, modifications, healthy living choices and tips on living with type 2 Diabetes. This course consists of short presentations followed by a discussion and interactive educational games!

#### 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 1/15  $\&\,5/27$ .

#### 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. Additional details will be emailed the week before start of class. BYOM

#### **LGBTQIA+ YOGA**

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

#### **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.

#### 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. BYOM

#### PIVO

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

#### PRANAYAMA

This class focuses on building a core breathing routine. Learn breathing techniques to create a regular home-practice. Pranayama practices can reduce stress, anxiety and blood pressure, and improve sleep and lung function. Create mindfulness and awareness patterns and much more. 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! BYOM Skip 1/15 & 5/27.

#### ROW FIT

Rowing Fitness is for every body! Rowing targets every major muscle group with low-impact, high-intensity fitness gains for absolute beginners to elite athletes. Each workout combines technical instruction and interval training on Concept2 Indoor Rowers with off-rower exercises modified for all fitness levels. Off-rower work includes bodyweight exercises, dumbbells and resistance bands. Fast, fluid and fun - Let's Row! Skip 5/27.

#### 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 1/15, 5/1 & 5/27.

#### 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 1/15.

#### 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 Skip 2/16.

#### WERO

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 1/15, 5/27.

#### 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 weights with strength building movements, challenge muscles and mind. BYOM and athletic 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

#### 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.



#### FIT FOR THE HOLIDAYS - VIRTUAL & IN PERSON!

Course #37269 - \$40 (MMSD resident)

During the holiday season join your favorite Adult Fitness & Goodman Rotary 50+ Fitness instructors for a wide variety of fitness classes. Enjoy virtual classes held live via Zoom in addition to in-person classes held at MSCR facilities. Come to as many or as few classes as you want! Program details and schedule coming in November! Find a variety of in-person and virtual classes to accommodate every fitness level.

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

Age	Class	Site	Day	Date	Time	Fee	Course#
18+	Row Fit	MSCR East	М	1/22-3/18	4:45-5:45pm	\$45	38202
18+	Small Group Training	MSCR East	М	1/8-3/18	5-5:45pm	\$65	38206
18+	WERQ	MSCR East	М	1/8-3/18	6-6:45pm	\$50	38219
18+	Healthy Living to Prevent Diabetes	MSCR West	М	2/5	4:30-6pm	\$0	38254
18+	Pure Strength	MSCR West	М	1/8-3/18	5:45-6:30pm	\$50	38197
18+	HIIT	MSCR West	М	1/8-3/18	6:45-7:30pm	\$50	38190
18+	Strength Training for Women	Warner Park CRC	М	1/8-3/18	12-12:45pm	\$45	38210
18+	Hatha Yoga II	Warner Park CRC	М	1/8-3/18	5:30-6:45pm	\$50	38188
18+	Hatha Yoga I	Warner Park CRC	M	1/8-3/18	7-8pm	\$50	38186
18+	Yoga Amped	MSCR Central	Т	1/9-3/19	5:30-6:15pm	\$55	38649
18+	Classic Cardio & Toning	MSCR East	Т	1/9-3/19	5:30-6:15pm	\$55	38176
18+	Total Body Fitness	MSCR West	Т	1/9-3/19	5-5:45pm	\$55	38799
18+	Kickbox Cardio	MSCR West	Т	1/9-3/19	6-6:45pm	\$50	38192
18+	Yoga Flow	MSCR West	Т	1/9-3/19	7:15-8:15pm	\$55	38223
18+	Gentle Flow & Meditation	Warner Park CRC	Т	1/9-3/19	5:30-6:30pm	\$55	38182
18+	LGBTQIA+ Yoga	MSCR East	W	1/10-3/20	5:15-6:15pm	\$55	38820
18+	Arms & Abs	MSCR East	W	1/10-3/20	6:45-7:30pm	\$55	38162
18+	Small Group Training	MSCR West	W	1/17-3/20	6:30-7:15pm	\$65	38207
18+	Classic Cardio & Toning	Warner Park CRC	W	1/10-3/20	5-6pm	\$55	38177
18+	Yoga Amped	MSCR Central	Th	1/11-3/21	7:15-8am	\$55	38651
18+	Zumba	MSCR Central	Th	1/11-3/21	6-6:45pm	\$55	38622
18+	Pure Strength	MSCR East	Th	1/11-3/21	5:15-6pm	\$55	38198
18+	Cardio Dance	MSCR East	Th	1/11-3/21	6:30-7:15pm	\$55	38173
18+	Pranayama	MSCR East	Th	1/11-3/21	7:15-8:15pm	\$55	38194
18+	Core de Force	MSCR West	Th	1/11-3/21	4:45-5:30pm	\$55	38181
8+	Barre Sculpt	MSCR West	Th	1/11-3/21	5-6pm	\$55	38646
18+	PiYo	MSCR West	Th	1/11-3/21	5:45-6:30pm	\$55	38626
18+	Pure Strength	MSCR West	Th	1/11-3/21	5:45-6:30pm	\$55	38195
18+	WERQ	MSCR West	Th	1/11-3/21	6:45-7:30pm	\$55	38818
18+	Arms & Abs	MSCR East	F	1/12-3/22	8:15-9am	\$50	38161
18+	Total Body Fitness	MSCR East	F	1/12-3/22	9:15-10am	\$50	38214
18+	Yoga Flow	MSCR East	Sa	1/13-3/23	8:30-9:30am	\$55	38228
18+	Classic Cardio & Toning	MSCR West	Sa	1/13-3/23	9-10am	\$55	38175
18+	Gentle Yoga Flow	MSCR West	Sa	1/20-3/16	10:30-11:30am	\$45	38184



#### **INDOOR & OUTDOOR CLASSES**

Age	Class	Site	Day	Date	Time	Fee	Course#
INDO	OOR CLASSES						
18+	Row Fit	MSCR East	М	4/1-6/3	4:45-5:45pm	\$45	38203
18+	Small Group Training	MSCR East	М	4/1-6/3	5-5:45pm	\$58	38208
18+	WERQ	MSCR East	М	4/1-6/3	6-6:45pm	\$45	38220
18+	Pure Strength	MSCR West	М	4/1-6/3	5:45-6:30pm	\$45	38201
18+	HIIT	MSCR West	М	4/1-6/3	6:45-7:30pm	\$45	38191
18+	Strength Training for Women	Warner Park CRC	М	4/1-5/20	12-12:45pm	\$40	38212
18+	Hatha Yoga II	Warner Park CRC	М	4/1-6/3	5:30-6:45pm	\$45	38189
18+	Hatha Yoga I	Warner Park CRC	М	4/1-6/3	7-8pm	\$45	38187
18+	Yoga Amped	MSCR Central	Т	4/2-6/4	5:30-6:15pm	\$50	38650
18+	Classic Cardio & Toning	MSCR East	Т	4/2-6/4	5:30-6:15pm	\$50	38178
18+	Total Body Fitness	MSCR West	Т	4/2-6/4	5-5:45pm	\$50	38215
18+	Yoga Flow	MSCR West	Т	4/2-6/4	7:15-8:15pm	\$50	38230
18+	Mat Pilates	Warner Park CRC	Т	4/2-6/4	8:30-9:30am	\$50	38160
18+	Gentle Flow & Meditation	Warner Park CRC	Т	4/2-6/4	5:30-6:30pm	\$50	38813
18+	Classic Cardio & Toning	Warner Park CRC	W	4/3-6/5	5-6pm	\$50	38179
18+	Barre Sculpt	MSCR East	W	4/3-6/5	5:15-6pm	\$50	38167
18+	Arms & Abs	MSCR East	W	4/3-6/5	6:45-7:30pm	\$50	38164
18+	Small Group Training	MSCR West	W	4/3-5/29	6:30-7:15pm	\$58	38209
18+	Yoga Amped	MSCR Central	Th	4/4-6/6	7:15-8am	\$50	38652
18+	Zumba	MSCR Central	Th	4/4-6/6	6-6:45pm	\$50	38623
18+	Pure Strength	MSCR East	Th	4/4-6/6	5:15-6pm	\$50	38199
18+	Cardio Dance	MSCR East	Th	4/4-6/6	6:30-7:15pm	\$50	38174
18+	Pranayama	MSCR East	Th	4/4-6/6	7:15-8:15pm	\$50	38667
18+	Barre Sculpt	MSCR West	Th	4/4-6/6	5-6pm	\$50	38647
18+	Pure Strength	MSCR West	Th	4/4-6/6	5:45-6:30pm	\$50	38200
18+	WERQ	Warner Park CRC	Th	4/4-6/6	6:45-7:30pm	\$50	38819
18+	Arms & Abs	MSCR East	F	4/5-6/7	8:15-9am	\$50	38163
18+	Yoga Flow	MSCR East	Sa	4/6-6/8	8:30-9:30am	\$50	38229
18+	Classic Cardio & Toning	MSCR West	Sa	4/6-6/8	9-10am	\$45	38180
18+	Gentle Yoga Flow	MSCR West	Sa	4/6-6/8	10:30-11:30am	\$45	38185
Age	Class	Site	Day	Date	Time	Fee	Course#
	DOOR CLASSES					A	
18+	Gentle Yoga Flow	Olbrich Park	М	4/1-6/3	5-6pm	\$45	38235
18+	Kickbox Cardio	Garner Park	T	4/2-6/4	4:45-5:30pm	\$50	38236
18+	Pure Strength	Garner Park	T	4/2-6/4	5:40-6:25pm	\$50	38241
18+	5K to 10K	Hoyt Park	W	4/3-6/5	5:30-6:15pm	\$50	38232
18+	LGBTQIA+ Yoga	Tenney Park	W	4/3-6/5	5:30-6:30pm	\$50	38237
18+	Core de Force	Garner Park	Th	4/4-6/6	4:45-5:30pm	\$50	38234
18+	PiYo	Garner Park	Th	4/4-6/6	5:40-6:25pm	\$50	38239
18+	Pure Strength	Acewood Park	F	4/5-6/7	9:30-10:15am	\$50	38240

#### **OUTDOOR & VIRTUAL CLASSES**

#### **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. Workouts begin at 3 miles and progress up to 6.2. This class uses the Run/Walk/Run method to train. Must be able to run/walk a 5k (3.1 miles) at a pace between 11-13:30 min/mile. Class duration ranges between 45-60 minutes. Additional details are emailed the week before the start of class.

#### **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 5/27.

#### 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.

#### LGBTQIA+ YOGA

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

#### **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!

#### 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 1/15, 2/12, 2/16, 3/24, 3/29 & 5/27.

#### 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 Skip 3/6, 3/27.

#### **GENTLE YOGA**

A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation. Skip 3/31.

#### HATHA YOGA II

Explore positions focusing on flexibility, strength, and balance with emphasis on body awareness and alignment. Mat &/or towel optional. Skip 3/28.

#### **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. BYOM Skip 3/27.

#### **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! Equipment needed: mat (optional), chair and hand weights. Skip 1/15, 2/15, 3/25 & 3/28.

#### T'AI CHI FLOW

Slow flowing movements, coordinated with the breath. Standing and seated. Focus is on mindful attention to the body in the present moment. Strengthens, aligns, gently increases flexibility and enhances balance. Skip 3/28.

#### **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. Skip 2/14, 3/27.

#### WERC

WERQ is the fiercely fun dance fitness class based on pop, rock and hip hop music. The warm up previews the dance steps and the cool down combines yoga-inspired static stretching and balance poses. Skip 1/15, 3/25 & 5/27.

#### 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 1/15, 3/25, 3/30 & 5/27.

#### **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. Skip 3/26.

Age	Class	Site	Day	Date	Time	Fee	Course#
VIRTU	JAL CLASSES						
14+	Gentle Yoga	Virtual	Su	1/14-6/9	5-6pm	\$105	38250
14+	Pure Strength	Virtual	М	1/8-5/20	7-7:45am	\$90	38257
14+	Arms & Abs	Virtual	М	1/8-6/3	8:15-9am	\$95	38244
14+	WERQ	Virtual	М	1/8-6/3	6-6:45pm	\$95	38265
14+	Yin Yoga	Virtual	М	1/8-6/3	7-8pm	\$95	38268
14+	Mat Pilates	Virtual	Т	1/9-6/4	6-6:45pm	\$105	38255
14+	Zumba	Virtual	Т	1/9-6/4	6-6:45pm	\$105	38273
14+	Barre Sculpt	Virtual	W	1/10-5/22	7-7:45am	\$90	38247
14+	Total Body Fitness	Virtual	W	1/10-6/5	11-11:45am	\$100	38263
14+	Pure Strength	Virtual	Th	1/11-6/6	5-5:45pm	\$100	38258
14+	Hatha Yoga II	Virtual	Th	1/11-6/6	5:30-6:45pm	\$105	38252
14+	T'ai Chi Flow	Virtual	Th	1/11-6/6	6-7pm	\$105	38670
14+	Arms & Abs	Virtual	F	1/12-6/7	8:15-9am	\$100	38243
14+	Yin Yoga	Virtual	Sa	1/13-6/8	10:15-11:15am	\$105	38267



#### Goodman Rotary 50+ Fitness program celebrates its 30th anniversary!

In 1994, Irwin and Robert Goodman, of Goodman Jewelers, gifted MSCR with an endowment to establish a fitness and enrichment program area to serve older adults in Madison. They recognized, as they themselves grew in years, how important this type of programming truly is and wanted to ensure that affordable, convenient and accessible programming for older adults would continue to always be available. The endowment is overseen by the Rotary Club of Madison, who in turn determine the annual gift given back to MSCR to subsidize our older adult programming - and that is how we came to be the Goodman Rotary 50+Fitness program! We have grown, expanded and changed a lot since 1994, with over 8,300 enrollments in 2023 alone, but our goals remain the same. As we celebrate our 30th Anniversary, we would like to thank you for your participation!

#### **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. Participants must be able to enter and exit the pool independently.

#### 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.

#### **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.

#### ARMS & ARS

Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Class incorporates body weight, light hand weights and high repetitions

#### **BALANCE, STRENGTH & CORE STABILITY**

This class focuses on exercises designed to improve core stability, balance and muscular strength using a variety of equipment. Make everyday activities easier by increasing power, agility and range of motion to stay fit and active.

#### **CARDIO DANCE**

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

#### **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.

#### **CHAIR ONE DANCE FITNESS**

A chair-based dance fitness program for anyone who has difficulty standing during a fitness class. A fun, musically driven, interactive, full body workout with dance and fitness movements. There is no floor work.

#### **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 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 to challenge a range of fitness levels. There is no floor work.

#### **FUNCTIONAL FITNESS**

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

#### **GENTLE EXERCISE**

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

#### MINDFUL BALANCE

This introductory exercise program is designed to increase balance and decrease the risk of falling by using Asian energy meridian and chakra practices. Gentle stretches, tapping, static and dynamic balance exercises (vs. moving), are primarily from a standling position to unblock energy in tight muscles and joints. Focus and breathe mindfully as you tune into your energy systems to find balance of both body and mind. Adapted, chair-based exercises are available to meet individual needs.

#### MINDFULNESS MOVEMENT

Based on ancient Asian energy meridian and chakra practices, gently stretch, tap, move and vibrate to open and unblock energy in tight muscles, joints and organs. Learn how to focus, calm your mind and breathe mindfully as you tune into your energy systems. This class is a cooperative effort between MSCR and NewBridge.

#### PARKOUR FOR SENIORS - BEGINNERS

Travel through your world with joy and creativity! Learn balance and coordination, work on preventing falls, find more flexibility in your body and more movement options for your life! Curriculum is informed by an evidence-based parkour program for older adults! Suitable for all fitness levels. Geared towards those new to exercise or the Parkour program. Instructors are trained to have options for all. Class takes place indoors but outdoor spaces might be incorporated at some point.

#### PARKOUR FOR SENIORS - INTERMEDIATE

Travel through your world with joy and creativity! Improve balance and coordination, review fall prevention techniques, find more flexibility in your body and more movement options for your life! Curriculum is informed by an evidence-based parkour program for older adults! Appropriate for intermediate to advanced levels.

#### **PILATES**

The Pilates Method is a low-impact exercise focused on postural alignment, breath control, flexibility and strength in the upper and lower extremities. This relaxing and mindful routine requires mental focus to help improve the mind-body connection and get the most out of each movement.

#### PURE STRENGTH

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

# Goodman Rotary 50+ Fitness 11-11

#### **INDOOR CLASSES**

#### FIT FOR THE HOLIDAYS - VIRTUAL & IN PERSON!

Course #37269 - \$40 (MMSD resident)

During the holiday season join your favorite Adult Fitness & Goodman Rotary 50+ Fitness instructors for a wide variety of fitness classes. Enjoy virtual classes held live via Zoom in addition to in-person classes held at MSCR facilities. Come to as many or as few classes as you want! Program details and schedule coming in November! Find a variety of in-person and virtual classes to accommodate every fitness level.

#### **ROW FIT**

Rowing is a low-impact, joint-friendly exercise targeting every major muscle group from 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.

#### SIMPLE STRENGTH

Learn the basics of strength training using weights, bands and various types of 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 resistance exercises for an effective total body strength training class.

#### STRETCH & STRENGTH

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

#### TOTAL BODY SUSPENSION TRAINING

This class is a total body, heart pumping, aerobic and strength conditioning workout. Class combines full-body strength training using suspension straps with bodyweight exercises and/ or weights to tone your body and improve your endurance.

#### TAI CHI

#### T'AI CHI INTRO PART 1

This beginning class gives participants a taste of relaxation and flow in T'ai Chi. Warm-ups with QiGong exercises are followed by exposure to the first half of the Beijing 24 T'ai Chi set of exercises.

#### T'AI CHI INTRO PART 2

Builds upon Intro Part 1 to increase relaxation and flow within movements. QiGong exercises are followed by a look at the second half of The Bejing 24 T'ai Chi set. Participants are encouraged to complete Part 1 before enrolling in Part 2. T'ai Chi Intro Part 1 and Part 2 classes alternate each program session.

#### T'AI CHI ELEMENTS OF YANG, INTRODUCTORY

This introductory class focuses on improving balance, strength and flexibility through the practice of QiGong and Yang style T'ai Chi.

#### T'AI CHI ELEMENTS OF YANG, CONTINUING

This class provides continuing instruction in the movements of QiGong and Yang style Tai Chi. Class is appropriate for participants who feel confident in their ability to follow the movements taught in the introductory class.

#### T'AI CHI INTERMEDIATE

This class refines the movements of T'ai Chi Intro (Part 1 & 2). After QiGong, the class focuses on refining both individual forms and the entire Bejing 24 sequence. Beginners are encouraged to complete the Intro classes before registering for the intermediate class.

#### T'AI CHI ADVANCED

This class teaches Yangjia Michuan Taijiquan (YMT), an early traditional form of T'ai Chi. Class consists of warm ups, followed by the Fan Routine and Parts I-III of YMT. Formerly called T'ai Chi Continuing.

#### T'AI CHI FOR ARTHRITIS AND FALL PREVENTION

Based on Sun Style Tai Chi for its ease of use for older adults, this form promotes strength, balance and flexibility and may reduce or prevent falls. The movements are taught using left and right sides and with turns to move forward and backward to improve mobility. TCA-FP is recommended by the CDC (US Centers for Disease Control and Prevention), the National Council on Aging (NCOA) and by multiple arthritis foundations around the world.



#### T'AI CHI POLE

The T'ai Chi pole form uses rounded, thrusting, retracting movements to strengthen the body as well as the mind. Develop better concentration, posture, breath and balance by using coordinated pole movements. The pole weight is 5 lbs., but adjustments can be made in order to perfect your form and build strength.

#### 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.

#### **YOGA**

#### **CHAIR YOGA**

A practice that modifies yoga poses to 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 those 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 exercise 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.

#### TRX YOGA

A yoga class that uses the TRX suspension trainer as a helping hand to make you feel safe to explore a deeper stretch and allows each pose to work for you and your body. Build strength, improve balance and coordination, increase mobility and leave feeling rejuvenated and centered. All fitness levels welcome; instructors offer modifications.

#### YOGA FLOW

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

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

Class	Location	Day	Date	Time	Fee	Course#
TICS WINTER SESSION						
Aqua Exercise Warm Water	Lapham	М	1/22-3/18	2-3pm	\$46	38278
Aqua Exercise Shallow Water	Capitol Lakes	M		3-4pm	\$50	38288
Aqua Exercise Warm Water	Lapham	М	1/22-3/18	3:15-4:15pm	\$46	38279
Aqua Exercise Warm Water	Capitol Lakes	М	1/22-3/18	4:15-5:15pm	\$50	38280
Aqua Exercise Deep Water	Capitol Lakes	М	1/22-3/18	5:30-6:30pm	\$50	38284
Aqua Exercise Deep Water	Capitol Lakes	Т	1/16-3/19	2-3pm	\$55	38285
Aqua Exercise Warm Water	Capitol Lakes	T	1/16-3/19	3:15-4:15pm	\$55	38281
Aqua Arthritis Exercise	Lapham	T	1/16-3/19	3:15-4:15pm	\$51	38275
Aqua Arthritis Exercise	Capitol Lakes	W	1/17-3/20	2-3pm	\$55	38276
Aqua Exercise Deep Water	Capitol Lakes	W	1/17-3/20	3:15-4:15pm	\$55	38286
Aqua Exercise Warm Water	Lapham	W	1/17-3/20	3:15-4:15pm	\$51	38282
Aqua Exercise Warm Water	Capitol Lakes	Th	1/18-3/21	3-4pm	\$55	38283
Aqua Arthritis Exercise	Lapham	Th	1/18-3/21	3:15-4:15pm	\$51	38277
Aqua Exercise Shallow Water	Capitol Lakes	Th	1/18-3/21	4:15-5:15pm	\$55	38289
TICS SPRING SESSION						
Aqua Exercise Warm Water	Lapham	М	4/1-5/20	2-3pm	\$41	38726
Aqua Exercise Shallow Water	Capitol Lakes	М	4/1-5/20	3-4pm	\$44	38739
Aqua Exercise Warm Water	Lapham	М	4/1-5/20	3:15-4:15pm	\$41	38727
Aqua Exercise Warm Water	Capitol Lakes	М	4/1-5/20	4:15-5:15pm	\$44	38728
Aqua Exercise Deep Water	Capitol Lakes	М	4/1-5/20	5:30-6:30pm	\$44	38732
Aqua Exercise Deep Water	Capitol Lakes	Т	4/2-5/21	2-3pm	\$44	38733
Aqua Exercise Warm Water	Capitol Lakes	Т	4/2-5/21	3:15-4:15pm	\$44	38729
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Aqua Arthritis Exercise	Capitol Lakes	W	4/3-5/22	2-3pm	\$44	38724
Aqua Exercise Deep Water	Capitol Lakes	W	4/3-5/22	3:15-4:15pm	\$44	38734
Aqua Exercise Warm Water	Lapham	W	4/3-5/22	3:15-4:15pm	\$41	38730
Aqua Exercise Warm Water	Capitol Lakes	Th	4/4-5/23	3-4pm	\$44	38731
Aqua Exercise Shallow Water	Capitol Lakes	Th	4/4-5/23	4:15-5:15pm	\$44	38740
Aqua Arthritis Exercise	Lapham	Th	4/4-5/23	3:15-4:15pm	\$41	38725
Class	Location	Dav	Date	Time	Fee	Course#
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	MSCR West	М	1/8-3/18	10:45-11:45am	\$43	38330
Functional Fitness	MSCR West	M M	1/8-3/18	10:45-11:45am 12-1pm	\$43 \$43	38330 38402
	MSCR West MSCR West MSCR West	M M M	1/8-3/18 1/8-3/18 1/8-3/18	10:45-11:45am 12-1pm 12:30-1:30pm	\$43 \$43 \$43	38330 38402 38370
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Warm Water Lapham M Aqua Exercise Warm Water Capitol Lakes M Aqua Exercise Warm Water Capitol Lakes M Aqua Exercise Deep Water Capitol Lakes T Aqua Arthritis Exercise Lapham T Aqua Arthritis Exercise Lapham T Aqua Exercise Deep Water Capitol Lakes T Aqua Exercise Shallow Water Capitol Lakes T Aqua Exercise Shal	Aqua Exercise Warm Water  Aqua Exercise Warm Water  Aqua Exercise Shallow Water  Aqua Exercise Warm Water  Aqua Exercise Warm Water  Aqua Exercise Warm Water  Aqua Exercise Warm Water  Aqua Exercise Deep Water  Aqua Exercise Deep Water  Aqua Exercise Deep Water  Aqua Exercise Warm Water  Aqua Exercise Deep Water  Capitol Lakes  T 1/16-3/19  Aqua Exercise Warm Water  Aqua Arthritis Exercise  Capitol Lakes  T 1/16-3/19  Aqua Exercise Deep Water  Capitol Lakes  W 1/17-3/20  Aqua Exercise Deep Water  Capitol Lakes  W 1/17-3/20  Aqua Exercise Warm Water  Lapham  W 1/17-3/20  Aqua Exercise Warm Water  Capitol Lakes  Th 1/18-3/21  Aqua Exercise Shallow Water  Capitol Lakes  Th 1/18-3/21  Aqua Exercise Shallow Water  Capitol Lakes  Th 1/18-3/21  Aqua Exercise Warm Water  Lapham  M 4/1-5/20  Aqua Exercise Warm Water  Lapham  Aqua Exercise Warm Water  Lapham  M 4/1-5/20  Aqua Exercise Warm Water  Lapham  M 4/1-5/20  Aqua Exercise Warm Water  Lapham  M 4/1-5/20  Aqua Exercise Warm Water  Capitol Lakes  M 4/1-5/20  Aqua Exercise Deep Water  Capitol Lakes  T 4/2-5/21  Aqua Exercise Deep Water  Capitol Lakes  T 4/2-5/	Aqua Exercise Warm Water  Aqua Exercise Warm Water  Aqua Exercise Warm Water  Aqua Exercise Shallow Water  Aqua Exercise Warm Water  Aqua Exercise Warm Water  Aqua Exercise Warm Water  Aqua Exercise Deep Water  Capitol Lakes  M 1/22-3/18 3-4pm  Aqua Exercise Deep Water  Capitol Lakes  M 1/22-3/18 5-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 1/22-3/18 5-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  T 1/16-3/19 2-3pm  Aqua Exercise Warm Water  Capitol Lakes  T 1/16-3/19 3:15-4:15pm  Aqua Exercise Warm Water  Capitol Lakes  T 1/16-3/19 3:15-4:15pm  Aqua Arthritis Exercise  Capitol Lakes  W 1/17-3/20  3:15-4:15pm  Aqua Exercise Deep Water  Capitol Lakes  W 1/17-3/20  3:15-4:15pm  Aqua Exercise Deep Water  Capitol Lakes  W 1/17-3/20  3:15-4:15pm  Aqua Exercise Warm Water  Lapharm  W 1/17-3/20  3:15-4:15pm  Aqua Exercise Warm Water  Capitol Lakes  W 1/17-3/20  3:15-4:15pm  Aqua Exercise Warm Water  Capitol Lakes  Th 1/18-3/21  3:15-4:15pm  Aqua Exercise Shallow Water  Capitol Lakes  Th 1/18-3/21  3:15-4:15pm  Aqua Exercise Warm Water  Lapharm  M 4/1-5/20  3-3pm  Aqua Exercise Warm Water  Capitol Lakes  M 4/1-5/20  3-3pm  Aqua Exercise Warm Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep Water  Capitol Lakes  M 4/1-5/20  3-30-6:30pm  Aqua Exercise Deep W	Aqua Exercise Warm Water

# Goodman Rotary 50+ Fitness 11-11

Age	Class	Location	Day	Date	Time	Fee	Course#
WIN	TER SESSION						
50+	Pilates	MSCR Central	T	1/9-3/19	11am-12pm	\$48	38372
50+	Chair One Dance Fitness	MSCR Central	T	1/9-3/19	12:15-1:15pm	\$43	38360
50+	T'ai Chi Intro: Part 1	MSCR Central	T	1/9-3/19	12:30-1:30pm	\$48	38822
50+	T'ai Chi Intermediate	MSCR Central	T	1/9-3/19	1:45-2:45pm	\$48	38404
50+	T'ai Chi Advanced	MSCR Central	T	1/9-3/19	3-4pm	\$48	38414
50+	Total Body Suspension Training	MSCR East	Т	1/9-3/19	9-9:45am	\$36	38424
50+	Gentle Exercise	MSCR East	T	1/9-3/19	10-11am	\$48	38363
50+	Yoga Flow	MSCR East	T	1/9-3/19	10:30-11:15am	\$36	38448
50+	Arms & Abs	MSCR East	Т	1/9-3/19	11:15am-12pm	\$36	38290
50+	Row Fit	MSCR East	Т	1/9-3/19	11:45am-12:30pm	\$36	38385
50+	Pure Strength	MSCR East	Т	1/30-3/19	12:15-1pm	\$26	38381
50+	Chair Exercise	MSCR East	T	1/30-3/19	1:15-2pm	\$26	38308
50+	Gentle Yoga Flow	MSCR East	T	1/9-3/19	3-4pm	\$48	38438
50+	Stretch & Strength	MSCR West	T	1/9-3/19	8:15-9:15am	\$48	38742
50+	Hatha Yoga II	MSCR West	T	1/9-3/19	8:45-10am	\$48	38444
50+	Hatha Yoga I	MSCR West	T	1/9-3/19	10:15-11:15am	\$48	38440
50+	T'ai Chi Elements of Yang Intro	MSCR West	Т	1/9-3/12	11am-12pm	\$43	38419
50+	Gentle Exercise	MSCR West	Т	1/9-3/19	11am-12pm	\$48	38365
50+	Simple Strength	MSCR West	T	1/16-3/19	1-1:50pm	\$43	38391
50+	Functional Fitness	MSCR West	T	1/9-3/19	1-2pm	\$48	38332
50+	Functional Fitness	MSCR West	T	1/16-3/19	2-2:50pm	\$43	38334
50+	Functional Fitness	MSCR West	T	1/16-3/19	3-3:50pm	\$43	38336
50+	Parkour for Seniors - Intermediate	Warner Park CRC	T	1/9-3/19	9:30-10:45am	\$83	38754
50+	Chair Exercise	Warner Park CRC	T	1/9-3/19	10:15-11:15am	\$48	38306
50+	Parkour for Seniors - Beginners	Warner Park CRC	Т	1/9-3/19	11:15am-12:30pm	\$83	38756
50+	Core & Balance Combo	Warner Park CRC	Т	1/9-3/19	11:30am-12:30pm	\$48	38322
50+	Functional Fitness	MSCR Central	W	1/10-3/20	8:30-9:30am	\$48	38338
50+	Functional Fitness	MSCR Central	W	1/10-3/20	9:40-10:40am	\$48	38340
50+	Functional Fitness	MSCR Central	W	1/10-3/20	10:50-11:50am	\$48	38342
50+	Functional Fitness	MSCR Central	W	1/10-3/20	12-1pm	\$48	38344
50+	Classic Cardio & Toning	MSCR East	W	1/10-3/20	9:30-10:30am	\$48	38427
50+	Mindful Balance	MSCR East	W	1/10-3/13	10:30-11:30am	\$43	38296
50+	Strength Training for Women	MSCR East	W	1/10-3/20	11am-12pm	\$48	38397
50+	T'ai Chi Pole	MSCR East	W	1/10-3/20	3-4pm	\$48	38418
50+	Simple Strength	MSCR West	W	1/10-3/20	9-10am	\$48	38393
50+	Pilates	MSCR West	W	1/10-3/20	10-11am	\$48	38375
50+	Chair Exercise	MSCR West	W	1/10-3/20	10:15-11am	\$36	38310
50+	Stretch & Strength	MSCR West	W	1/10-3/20	10:30-11:30am	\$48	38745
50+	Balance, Strength & Core Stability	MSCR West	W	1/10-3/20	11:15am-12:15pm	\$48	38292
50+	Fitness Conditioning	Warner Park CRC	W	1/10-3/20	9-10am	\$48	38326
50+	Stretch & Strength	Warner Park CRC	W	1/31-3/20	9-9:45am	\$26	38743
50+	Mindfulness Movement	Warner Park CRC	W,F	1/10-3/22	10:15-11:45am	\$0	38368
50+	Pure Strength	Warner Park CRC	W	1/31-3/20	10:15-11am	\$26	38383
50+	T'ai Chi Intermediate	Warner Park CRC	W	1/10-3/20	1-2pm	\$48	38406

Age	Class	Location	Day	Date	Time	Fee	Course#
WIN	TER SESSION						
50+	Balance, Strength & Core Stability	MSCR Central	Th	1/11-3/21	10-11am	\$48	38294
50+	T'ai Chi Intermediate	MSCR Central	Th	1/11-3/21	4:45-5:45pm	\$48	38410
50+	Functional Fitness	MSCR East	Th	1/11-3/21	9-10am	\$48	38346
50+	Functional Fitness	MSCR East	Th	1/11-3/21	10:15-11:15am	\$48	38348
50+	Yoga Flow	MSCR East	Th	1/11-3/21	10:30-11:30am	\$48	38752
50+	T'ai Chi Intermediate	MSCR East	Th	1/11-3/21	1:30-2:30pm	\$48	38408
50+	Tai Chi Intro: Part 1	MSCR East	Th	1/11-3/21	2:45-3:45pm	\$48	38823
50+	Stretch & Strength	MSCR West	Th	1/11-3/21	8:15-9:15am	\$48	38287
50+	Hatha Yoga II	MSCR West	Th	1/11-3/21	8:45-10am	\$48	38446
50+	Chair Exercise	MSCR West	Th	1/11-3/21	9:30-10:30am	\$48	38312
50+	T'ai Chi for Arthritis & Fall Prevention	MSCR West	Th	1/11-3/14	9:30-10:30am	\$43	38416
50+	Hatha Yoga I	MSCR West	Th	1/11-3/21	10:15-11:15am	\$48	38442
50+	Gentle Exercise	MSCR West	Th	1/11-3/21	11am-12pm	\$48	38367
50+	T'ai Chi Elements of Yang, Continuing	MSCR West	Th	1/11-3/14	11am-12pm	\$43	38748
50+	Simple Strength	MSCR West	Th	1/18-3/21	1-1:50pm	\$43	38395
50+	Gentle Yoga	MSCR West	Th	1/11-3/21	1-2pm	\$48	38432
50+	Functional Fitness	MSCR West	Th	1/18-3/21	2-2:50pm	\$43	38350
50+	Pilates	MSCR West	Th	1/11-3/21	2:30-3:30pm	\$48	38377
50+	Functional Fitness	MSCR West	Th	1/18-3/21	3-3:50pm	\$43	38352
50+	Gentle Yoga	Warner Park CRC	Th	1/11-3/21	9-10am	\$48	38430
50+	Pure Strength	Warner Park CRC	Th	1/11-3/21	10:45-11:30am	\$36	38465
50+	Chair Yoga	MSCR Central	F	1/19-3/15	9:30-10:15am	\$29	38428
50+	Chair Exercise	MSCR Central	F	1/19-3/15	10:30-11:15am	\$29	38314
50+	Cardio Dance	MSCR Central	F	1/19-3/15	12:30-1:30pm	\$39	38303
50+	T'ai Ch Intermediate	MSCR Central	F	1/12-3/22	1-2pm	\$48	38412
50+	Cardio Dance	MSCR East	F	1/26-3/22	10:45-11:45am	\$39	38301
50+	Strength Training for Women	MSCR East	F	1/12-3/22	12:30-1:30pm	\$48	38399
50+	Functional Fitness	MSCR East	F	1/12-3/22	1:45-2:45pm	\$48	38358
50+	Gentle Yoga	MSCR West	F	1/12-3/22	9-10am	\$48	38434
50+	Functional Fitness	MSCR West	F	1/12-3/22	9:30-10:30am	\$48	38354
50+	Gentle Exercise	MSCR West	F	1/12-3/22	10:20-11:20am	\$48	38390
50+	T'ai Chi QiGong	MSCR West	F	1/12-3/22	10:30-11:30am	\$48	38473
50+	Functional Fitness	MSCR West	F	1/12-3/22	10:45-11:45am	\$48	38356
50+	Chair One Dance Fitness	MSCR West	F	1/12-3/22	12-1pm	\$48	38387
50+	Chair Exercise	Warner Park CRC	F	1/12-3/22	12:30-1:30pm	\$48	38318

# Goodman Rotary 50+ Fitness 11-11

Age	Class	Location	Day	Date	Time	Fee	Course#
SPRI	NG SESSION						
50+	Classic Cardio & Toning	MSCR Central	М	4/1-6/3	12:30-1:30pm	\$39	38426
50+	Pure Strength	MSCR East	М	4/1-6/3	8:30-9:15am	\$29	38380
50+	Circuit Fitness	MSCR East	М	4/1-6/3	9:30-10:30am	\$39	38317
50+	Gentle Yoga Flow	MSCR East	М	4/1-5/20	10:30-11:15am	\$26	38437
50+	Cardio Dance	MSCR East	М	4/1-6/3	10:45-11:45am	\$39	38300
50+	Total Body Suspension Training	MSCR East	М	4/1-6/3	12-12:45pm	\$29	38423
50+	TRX Yoga	MSCR East	М	4/1-6/3	1-2pm	\$39	38751
50+	Core & Balance Combo	MSCR West	М	4/1-6/3	9-10am	\$39	38321
50+	Functional Fitness	MSCR West	М	4/1-6/3	9:30-10:30am	\$39	38329
50+	Gentle Exercise	MSCR West	М	4/1-6/3	10:15-11:15am	\$39	38362
50+	Functional Fitness	MSCR West	М	4/1-6/3	10:45-11:45am	\$39	38331
50+	Classic Cardio & Toning	MSCR West	М	4/1-6/3	12-1pm	\$39	38403
50+	Pilates	MSCR West	М	4/1-6/3	12:30-1:30pm	\$39	38371
50+	Fitness Conditioning	Warner Park CRC	М	4/1-6/3	9-10am	\$39	38325
50+	Pilates	MSCR Central	Т	4/2-6/4	11am-12pm	\$43	38373
50+	Chair One Dance Fitness	MSCR Central	Т	4/9-6/4	12:15-1:15pm	\$39	38361
50+	T'ai Chi Intro: Part 2	MSCR Central	Т	4/2-6/4	12:30-1:30pm	\$43	38824
50+	T'ai Chi Intermediate	MSCR Central	Т	4/2-6/4	1:45-2:45pm	\$43	38405
50+	T'ai Chi Advanced	MSCR Central	Т	4/2-6/4	3-4pm	\$43	38415
50+	Total Body Suspension Training	MSCR East	Т	4/2-6/4	9-9:45am	\$33	38425
50+	Gentle Exercise	MSCR East	Т	4/2-6/4	10-11am	\$43	38364
50+	Yoga Flow	MSCR East	Т	4/2-5/28	10:30-11:15am	\$29	38449
50+	Arms & Abs	MSCR East	Т	4/2-6/4	11:15am-12pm	\$33	38291
50+	Row Fit	MSCR East	Т	4/2-6/4	11:45am-12:30pm	\$33	38386
50+	Pure Strength	MSCR East	Т	4/2-6/4	12:15-1pm	\$33	38382
50+	Chair Exercise	MSCR East	Т	4/2-6/4	1:15-2pm	\$33	38309
50+	Gentle Yoga Flow	MSCR East	Т	4/2-6/4	3-4pm	\$43	38439
50+	Hatha Yoga II	MSCR West	T	4/2-6/4	8:45-10am	\$43	38445
50+	Hatha Yoga I	MSCR West	Т	4/2-6/4	10:15-11:15am	\$43	38441
50+	Gentle Exercise	MSCR West	Т	4/2-6/4	11am-12pm	\$43	38366
50+	T'ai Chi Elements of Yang Intro	MSCR West	T	4/2-6/4	11am-12pm	\$43	38420
50+	Simple Strength	MSCR West	Т	4/2-5/21	1-1:50pm	\$35	38392
50+	Functional Fitness	MSCR West	Т	4/2-6/4	1-2pm	\$43	38333
50+	Functional Fitness	MSCR West	T	4/2-5/21	2-2:50pm	\$35	38335
50+	Functional Fitness	MSCR West	Т	4/2-5/21	3-3:50pm	\$35	38337
50+	Parkour for Seniors - Intermediate	Warner Park CRC	Т	4/2-6/4	9:30-10:45am	\$75	38755
50+	Chair Exercise	Warner Park CRC	Т	4/2-6/4	10:15-11:15am	\$43	38307
50+	Parkour for Seniors - Beginners	Warner Park CRC	Т	4/2-6/4	11:15am-12:30pm	\$75	38757
50+	Core & Balance Combo	Warner Park CRC	Т	4/2-6/4	11:30am-12:30pm	\$43	38323

# 11-11 Goodman Rotary 50+ Fitness

SPERING SESSION	Age	Class	Location	Day	Date	Time	Fee	Course#
50+         Functional Fitness         MSCR Central         W         4/3-6/5         9:40-10:40am         \$43         38341           50+         Functional Fitness         MSCR Central         W         4/3-6/5         10:50-11:50am         \$43         38345           50+         Functional Fitness         MSCR Central         W         4/3-6/5         12:1pm         \$43         38346           50+         Pilotes         MSCR East         W         4/3-6/5         830-930am         \$43         38346           50+         Classic Cardio & Toning         MSCR East         W         4/3-6/5         10:30-11:30am         \$43         38297           50+         Mindful Bolance         MSCR West         W         4/3-6/5         10:30-11:30am         \$43         38297           50+         Strength Toxining for Women         MSCR West         W         4/3-6/5         10:10-10m         \$43         38293           50+         Chalic Exercise         MSCR West         W         4/3-6/5         10:10-10m         \$43         38294           50+         Stretch & Strength         MSCR West         W         4/3-6/5         10:10-10m         \$43         38293           50+         Fitness Conditioning </td <td>SPRI</td> <td>NG SESSION</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	SPRI	NG SESSION						
50+         Functional Fitness         MSCR Central         W         4/3 6/5         10-50-11-50am         \$43         38343           50+         Functional Fitness         MSCR Central         W         4/3 6/5         12-Ipm         \$43         38345           50+         Pilates         MSCR East         W         4/3 6/5         8:30-9:30am         \$43         38463           50+         Mindful Balance         MSCR East         W         4/3 6/5         10:30-11:30am         \$43         38297           50+         Mindful Balance         MSCR East         W         4/3 6/5         10:30-11:30am         \$43         38298           50+         Pilates         MSCR West         W         4/3 6/5         10:11cm         \$43         38398           50+         Chair Exercise         MSCR West         W         4/3 6/5         10:11cm         \$43         38376           50+         Chair Exercise         MSCR West         W         4/3 6/5         10:30-11:30am         \$43         38293           50+         Streath & Strength         MSCR West         W         4/3 6/5         10:30-11:30am         \$43         38293           50+         Streath & Strength         Warrer Park CRC <td>50+</td> <td>Functional Fitness</td> <td>MSCR Central</td> <td>W</td> <td>4/3-6/5</td> <td>8:30-9:30am</td> <td>\$43</td> <td>38339</td>	50+	Functional Fitness	MSCR Central	W	4/3-6/5	8:30-9:30am	\$43	38339
50+         Functional Fitness         MSCR Central         W         4/3-6/5         12-1pm         \$43         38347           50+         Pilotes         MSCR East         W         4/3-6/5         8:30-9:30am         \$43         38374           50+         Pilotes         MSCR East         W         4/3-6/5         9:30-10:30am         \$43         38483           50+         Mindful Balance         MSCR East         W         4/3-6/5         10:30-11:30am         \$43         38398           50+         Strength Training for Women         MSCR East         W         4/3-6/5         10:11cm         \$43         38398           50+         Pilates         MSCR West         W         4/3-6/5         10:11cm         \$43         38376           50+         Pilates         MSCR West         W         4/3-6/5         10:30-11:30am         \$43         38376           50+         Chair Exercise         MSCR West         W         4/3-6/5         10:30-11:30am         \$33         38714           50+         Balance, Strength         MSCR West         W         4/3-6/5         10:30-11:30am         \$43         38293           50+         Pilates         Conditioning         Worner Park	50+	Functional Fitness	MSCR Central	W	4/3-6/5	9:40-10:40am	\$43	38341
50+         Pilates         MSCR East         W         4/3-6/5         8:30-9:30m         \$43         38374           50+         Classic Cardio & Toning         MSCR East         W         4/3-6/5         9:30-10:30cm         \$43         38463           50+         Mindful Balance         MSCR East         W         4/3-6/5         10:30-11:30cm         \$43         38297           50+         Strength Trianing for Women         MSCR West         W         4/3-6/5         10:10-11         \$43         38376           50+         Chair Exercise         MSCR West         W         4/3-6/5         10:15-11cm         \$33         38311           50+         Stretch & Strength         MSCR West         W         4/3-6/5         10:15-11cm         \$33         38746           50+         Balance, Strength         MSCR West         W         4/3-6/5         10:15-11cm         \$33         38293           50+         Balance, Strength         Morner Park CRC         W         4/3-6/5         9-9-95cm         \$33         38292           50+         Stretch & Strength         Worner Park CRC         W         4/3-6/5         9-9-95cm         \$33         38293           50+         Pure Strength	50+	Functional Fitness	MSCR Central	W	4/3-6/5	10:50-11:50am	\$43	38343
50+         Classic Cardio & Toning         MSCR East         W         4/3-6/5         9:30-10:30am         943         38463           50+         Mindful Balance         MSCR East         W         4/3-6/5         10:30-11:30am         943         38297           50+         Strength Triching for Women         MSCR West         W         4/3-6/5         10-11am         943         38396           50+         Pilates         MSCR West         W         4/3-6/5         10-11am         943         38376           50+         Chair Exercise         MSCR West         W         4/3-6/5         10-11am         943         38376           50+         Stretch & Strength         MSCR West         W         4/3-6/5         10-30-11:30am         943         38293           50+         Balance, Strength & Core Stability         MSCR West         W         4/3-6/5         19-0tam         943         38293           50+         Britach & Strength         Warner Park CRC         W         4/3-6/5         9-0tam         9-945am         33         38744           50+         Britach & Strength         Warner Park CRC         W         4/3-6/5         9-0tam         9-945am         33         38744	50+	Functional Fitness	MSCR Central	W	4/3-6/5	12-1pm	\$43	38345
50+         Mindful Balance         MSCR East         W         4/3-6/5         10:30-11:30 cm         \$43         38297           50+         Strength Training for Women         MSCR East         W         4/3-6/5         11cm-12 pm         \$43         38398           50+         Piliotes         MSCR West         W         4/3-6/5         10:11-10 cm         \$43         38376           50+         Chair Exercise         MSCR West         W         4/3-6/5         10:15-11 cm         \$33         38311           50+         Stretch & Strength         MSCR West         W         4/3-6/5         10:15-11 cm         \$43         38293           50+         Balance, Strength & Core Stability         MSCR West         W         4/3-6/5         10:15 cm         \$43         38293           50+         Fitness Conditioning         Warner Park CRC         W         4/3-6/5         9-945cm         \$33         38744           50+         Fitness Movement         Warner Park CRC         W         4/3-8/5         9-945cm         \$33         38342           50+         Pure Strength         Warner Park CRC         W         4/3-6/5         10:15-1145cm         \$3         38295           50+         Trai Chi I	50+	Pilates	MSCR East	W	4/3-6/5	8:30-9:30am	\$43	38374
50+         Strength Training for Women         MSCR East         W         4/3-6/5         11am-12pm         \$43         38398           50+         Pilates         MSCR West         W         4/3-6/5         10-11am         \$43         38376           50+         Chalir Exercise         MSCR West         W         4/3-6/5         10-15-11am         \$33         38311           50+         Stretch & Strength         MSCR West         W         4/3-6/5         10-30-11-30am         \$43         38746           50+         Balance, Strength         MSCR West         W         4/3-6/5         10-30-11-20am         \$43         38293           50+         Fitness Conditioning         Warner Park CRC         W         4/3-6/5         9-945am         \$43         38327           50+         Stretch & Strength         Warner Park CRC         W         4/3-6/5         9-945am         \$33         38344           50+         Mindfulness Movement         Warner Park CRC         W         4/3-6/5         9-945am         \$33         38349           50+         Pure Strength         Warner Park CRC         W         4/3-6/5         10-15-1145am         \$0         383394           50+         Pure Strength	50+	Classic Cardio & Toning	MSCR East	W	4/3-6/5	9:30-10:30am	\$43	38463
50+         Pilotes         MSCR West         W         4/3-6/5         10-11cm         \$43         38376           50+         Chair Exercise         MSCR West         W         4/3-6/5         10:15-11cm         \$33         38311           50+         Stretch & Strength         MSCR West         W         4/3-6/5         10:30-11:30cm         \$43         38746           50+         Biclance, Strength & Core Stability         MSCR West         W         4/3-6/5         10:30-11:30cm         \$43         38293           50+         Fitness Conditioning         Warner Park CRC         W         4/3-6/5         9-10cm         \$43         38327           50+         Fitness Strength         Warner Park CRC         W         4/3-6/5         9-10cm         \$43         38227           50+         Pure Strength         Warner Park CRC         W.         4/3-6/5         10:15-11cm         \$33         38384           50+         Pure Strength         Warner Park CRC         W.         4/3-6/5         10:15-11cm         \$33         38349           50+         Pure Strength & Core Stability         MSCR Central         Th         4/4-6/6         10:11cm         \$43         38249           50+         Trai	50+	Mindful Balance	MSCR East	W	4/3-6/5	10:30-11:30am	\$43	38297
50+         Chair Exercise         MSCR West         W         4/3-6/5         10:15-11am         \$33         38311           50+         Stretch & Strength         MSCR West         W         4/3-6/5         10:30-11:30am         \$43         38746           50+         Balance, Strength & Core Stability         MSCR West         W         4/3-6/5         11:15am-12:15pm         \$43         38293           50+         Fitness Conditioning         Warner Park CRC         W         4/3-6/5         9-10am         \$43         38327           50+         Stretch & Strength         Warner Park CRC         W         4/3-6/5         9-9-45am         \$33         38744           50+         Mindfulness Movement         Warner Park CRC         W         4/3-6/7         10:15-1145cm         \$0         38369           50+         Pure Strength         Warner Park CRC         W         4/3-6/5         10:15-114cm         \$33         38341           50+         Tral Chil Intermediate         Warner Park CRC         W         4/3-6/6         10:15-114cm         \$33         38407           50+         Tral Chil Intermediate         MSCR Central         Th         4/4-6/6         10-110m         \$43         38241           <	50+	Strength Training for Women	MSCR East	W	4/3-6/5	11am-12pm	\$43	38398
50+         Stretch & Strength         MSCR West         W         4/3-6/5         10:30:11:30:am         \$43         38746           50+         Balance, Strength & Core Stability         MSCR West         W         4/3-6/5         11:15:am:12:15:pm         \$43         38293           50+         Fitness Conditioning         Warner Park CRC         W         4/3-6/5         9:10:am         \$43         38327           50+         Stretch & Strength         Warner Park CRC         W         4/3-6/5         9:9:45:am         \$33         38744           50+         Mindfulness Movement         Warner Park CRC         W.         4/3-6/5         10:15:11:45:am         \$0         38369           50+         Pure Strength         Warner Park CRC         W.         4/3-6/5         10:15:11:45:am         \$0         38369           50+         Pure Strength         Warner Park CRC         W.         4/3-6/5         10:15:11:45:am         \$3         38340           50+         Pure Strength         Warner Park CRC         W.         4/3-6/6         10:15:11:45:am         38407         38265           50+         Pure Strength         MSCR Central         Th         4/4-6/6         10:10:11         38245         38245 <tr< td=""><td>50+</td><td>Pilates</td><td>MSCR West</td><td>W</td><td>4/3-6/5</td><td>10-11am</td><td>\$43</td><td>38376</td></tr<>	50+	Pilates	MSCR West	W	4/3-6/5	10-11am	\$43	38376
504         Balance, Strength & Core Stability         MSCR West         W         4/3-6/5         1115am12:15pm         \$43         38293           504         Fitness Conditioning         Warner Park CRC         W         4/3-6/5         9-10am         \$43         38327           504         Stretch & Strength         Warner Park CRC         W         4/3-6/5         9-945am         \$33         38744           504         Mindfulness Movement         Warner Park CRC         W         4/3-6/5         10:15-11x5am         \$0         38369           504         Pure Strength         Warner Park CRC         W         4/3-6/5         10:15-11am         \$33         38369           504         Pure Strength         Warner Park CRC         W         4/3-6/5         10:15-11am         \$43         38407           504         Pure Strength         Core Stability         MSCR Central         Th         4/4-6/6         10:11am         \$43         38295           504         Tal Chi Intermediate         MSCR Central         Th         4/4-6/6         10:15am         \$43         38341           504         Functional Fitness         MSCR East         Th         4/4-6/6         10:15am         \$43         38343 <tr< td=""><td>50+</td><td>Chair Exercise</td><td>MSCR West</td><td>W</td><td>4/3-6/5</td><td>10:15-11am</td><td>\$33</td><td>38311</td></tr<>	50+	Chair Exercise	MSCR West	W	4/3-6/5	10:15-11am	\$33	38311
50+         Fitness Conditioning         Warner Park CRC         W         4/3-6/5         9+0am         \$43         38327           50+         Stretch & Strength         Warner Park CRC         W         4/3-6/5         9-9-45am         \$33         38744           50+         Mindfulness Movement         Warner Park CRC         W         4/3-6/7         10:15-11:45am         \$0         38369           50+         Pure Strength         Warner Park CRC         W         4/3-6/5         10:15-11:45am         \$0         38369           50+         Pure Strength         Warner Park CRC         W         4/3-6/5         10:15-11:45am         \$0         38369           50+         Pure Strength         Warner Park CRC         W         4/3-6/5         10:16-11tam         \$43         38407           50+         Tol Chi Intermediate         MSCR Central         Th         4/4-6/6         10-11am         \$43         38295           50+         Tol Chi Intermediate         MSCR East         Th         4/4-6/6         9-10am         \$43         38349           50+         Yoga Flow         MSCR East         Th         4/4-6/6         10:15-11:5am         \$43         3849           50+         Yoga Flow </td <td>50+</td> <td>Stretch &amp; Strength</td> <td>MSCR West</td> <td>W</td> <td>4/3-6/5</td> <td>10:30-11:30am</td> <td>\$43</td> <td>38746</td>	50+	Stretch & Strength	MSCR West	W	4/3-6/5	10:30-11:30am	\$43	38746
50+         Stretch & Strength         Warner Park CRC         W         4/3-6/5         9-9-45cm         \$33         38744           50+         Mindfulness Movement         Warner Park CRC         W.F.         4/3-6/7         10:15-11:45cm         \$0         38369           50+         Pure Strength         Warner Park CRC         W.         4/3-6/5         10:15-11:dm         \$33         38384           50+         Tai Chi Intermediate         Warner Park CRC         W.         4/3-6/5         1-2pm         \$43         38407           50+         Tai Chi Intermediate         MSCR Central         Th.         4/4-6/6         10:11cm         \$43         38295           50+         Tai Chi Intermediate         MSCR Central         Th.         4/4-6/6         10:10cm         \$43         38411           50+         Functional Fitness         MSCR East         Th.         4/4-6/6         9:10cm         \$43         38349           50+         Functional Fitness         MSCR East         Th.         4/4-6/6         10:30-11:30cm         \$43         38349           50+         Functional Fitness         MSCR East         Th.         4/4-6/6         10:30-11:30cm         \$43         3849           50+	50+	Balance, Strength & Core Stability	MSCR West	W	4/3-6/5	11:15am-12:15pm	\$43	38293
50+         Mindfulness Movement         Warner Park CRC         W.F.         4/3-6/7         10:15-11:45am         \$0         38369           50+         Pure Strength         Warner Park CRC         W. 4/3-6/5         10:15-11am         \$33         38384           50+         Tai Chi Intermediate         Warner Park CRC         W. 4/3-6/5         1-2pm         \$43         38407           50+         Balance, Strength & Core Stability         MSCR Central         Th. 4/4-6/6         10-11am         \$43         38295           50+         Tai Chi Intermediate         MSCR Central         Th. 4/4-6/6         10-11am         \$43         38295           50+         Tai Chi Intermediate         MSCR Central         Th. 4/4-6/6         10-10am         \$43         38341           50+         Functional Fitness         MSCR East         Th. 4/4-6/6         9-10am         \$43         38347           50+         Functional Fitness         MSCR East         Th. 4/4-6/6         10:30-11:30am         \$43         38753           50+         Functional Fitness         MSCR East         Th. 4/4-6/6         10:30-11:30am         \$43         38753           50+         Tai Chi Intermediate         MSCR West         Th. 4/4-6/6         8:15-9:15am	50+	Fitness Conditioning	Warner Park CRC	W	4/3-6/5	9-10am	\$43	38327
50+         Pure Strength         Warner Park CRC         W         4/3-6/5         10:15-11am         \$33         38:384           50+         Tai Chi Intermediate         Warner Park CRC         W         4/3-6/5         1-2pm         \$43         38:407           50+         Balance, Strength & Core Stability         MSCR Central         Th         4/4-6/6         10:11am         \$43         38:295           50+         Tai Chi Intermediate         MSCR Central         Th         4/4-6/6         10:11am         \$43         38:411           50+         Functional Fitness         MSCR East         Th         4/4-6/6         9:10am         \$43         38:41           50+         Functional Fitness         MSCR East         Th         4/4-6/6         10:15:11:15am         \$43         38:49           50+         Functional Fitness         MSCR East         Th         4/4-6/6         10:30-230pm         \$43         38:49           50+         Voga Flow         MSCR East         Th         4/4-6/6         10:30-2:30pm         \$43         38:79           50+         Tai Chi Intermediate         MSCR West         Th         4/4-6/6         8:15-9:15am         \$43         38:74           50+         St	50+	Stretch & Strength	Warner Park CRC	W	4/3-6/5	9-9:45am	\$33	38744
50+         Tai Chi Intermediate         Warner Park CRC         W         4/3-6/5         1-2pm         \$43         38407           50+         Balance, Strength & Core Stability         MSCR Central         Th         4/4-6/6         10-11am         \$43         38295           50+         Tai Chi Intermediate         MSCR Central         Th         4/4-6/6         4:45-5:45pm         \$43         38411           50+         Functional Fitness         MSCR East         Th         4/4-6/6         9-10am         \$43         38347           50+         Functional Fitness         MSCR East         Th         4/4-6/6         10:15-11:15am         \$43         38349           50+         Yoga Flow         MSCR East         Th         4/4-6/6         10:30-11:30am         \$43         38753           50+         Tai Chi Intermediate         MSCR East         Th         4/4-6/6         10:30-11:30am         \$43         38753           50+         Tai Chi Intermediate         MSCR West         Th         4/4-6/6         130-2:30pm         \$43         38753           50+         Tai Chi Intermediate         MSCR West         Th         4/4-6/6         130-2:30pm         \$43         38741           50+	50+	Mindfulness Movement	Warner Park CRC	W,F	4/3-6/7	10:15-11:45am	\$0	38369
50+         Balance, Strength & Core Stability         MSCR Central         Th         4/4-6/6         10-11am         \$43         38295           50+         T'ai Chi Intermediate         MSCR Central         Th         4/4-6/6         4:45-5:45pm         \$43         38411           50+         Functional Fitness         MSCR East         Th         4/4-6/6         9:10am         \$43         38347           50+         Functional Fitness         MSCR East         Th         4/4-6/6         10:15:11:15am         \$43         38349           50+         Yoga Flow         MSCR East         Th         4/4-6/6         10:30:11:30am         \$43         38753           50+         Yoga Flow         MSCR East         Th         4/4-6/6         10:30:11:30am         \$43         38730           50+         Yoga Flow         MSCR East         Th         4/4-6/6         1:30:2:30pm         \$43         38740           50+         Simple Strength         MSCR West         Th         4/4-6/6         8:15:9:15am         \$43         38741           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:45:10am         \$43         38447           50+         Chair Exercise	50+	Pure Strength	Warner Park CRC	W	4/3-6/5	10:15-11am	\$33	38384
50+         Trai Chi Intermediate         MSCR Central         Th         4/4-6/6         4:45-5:45pm         \$43         38411           50+         Functional Fitness         MSCR East         Th         4/4-6/6         9-10am         \$43         38347           50+         Functional Fitness         MSCR East         Th         4/4-6/6         10:30-11:30am         \$43         38753           50+         Yoga Flow         MSCR East         Th         4/4-6/6         10:30-11:30am         \$43         38753           50+         Tai Chi Intermediate         MSCR East         Th         4/4-6/6         1:30-2:30pm         \$43         38409           50+         Simple Strength         MSCR West         W         4/3-6/5         9-10am         \$43         38409           50+         Simple Strength         MSCR West         Th         4/4-6/6         8:15-9:15am         \$43         38411           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:45-10am         \$43         38441           50+         Hatha Yoga II         MSCR West         Th         4/4-6/6         8:45-10am         \$43         38411           50+         Tai Chi for Arthritis and Fall Preve	50+	T'ai Chi Intermediate	Warner Park CRC	W	4/3-6/5	1-2pm	\$43	38407
50+         Functional Fitness         MSCR East         Th         4/4-6/6         9-10am         \$43         38347           50+         Functional Fitness         MSCR East         Th         4/4-6/6         10:15-11:15am         \$43         38349           50+         Yoga Flow         MSCR East         Th         4/4-6/6         10:30-11:30am         \$43         38753           50+         Tal Chi Intermediate         MSCR East         Th         4/4-6/6         10:30-2:30pm         \$43         38409           50+         Tal Chi Intermediate         MSCR West         W         4/3-6/5         9-10am         \$43         38409           50+         Simple Strength         MSCR West         Th         4/4-6/6         1:30-2:30pm         \$43         38394           50+         Strength         MSCR West         Th         4/4-6/6         8:15-9:15am         \$43         38741           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:45-10am         \$43         38447           50+         Chair Exercise         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38313           50+         Tal Chi for Arthritis and Fall Prevention<	50+	Balance, Strength & Core Stability	MSCR Central	Th	4/4-6/6	10-11am	\$43	38295
50+         Functional Fitness         MSCR East         Th         4/4-6/6         10:15-11:15am         \$43         38349           50+         Yoga Flow         MSCR East         Th         4/4-6/6         10:30-11:30am         \$43         38753           50+         T'al Chi Intermediate         MSCR East         Th         4/4-6/6         1:30-2:30pm         \$43         38409           50+         Simple Strength         MSCR West         W         4/3-6/5         9-10am         \$43         38394           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:15-9:15am         \$43         38741           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:15-9:15am         \$43         38741           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:45-10am         \$43         38447           50+         Chair Exercise         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38313           50+         T'al Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         10:15-11:15am         \$43         38417           50+         Hat	50+	T'ai Chi Intermediate	MSCR Central	Th	4/4-6/6	4:45-5:45pm	\$43	38411
50+         Yoga Flow         MSCR East         Th         4/4-6/6         10:30-11:30 am         \$43         38753           50+         T'ai Chi Intermediate         MSCR East         Th         4/4-6/6         1:30-2:30 pm         \$43         38409           50+         Simple Strength         MSCR West         W         4/3-6/5         9-10 am         \$43         38394           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:15-9:15 am         \$43         38741           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:45-10 am         \$43         38447           50+         Chair Exercise         MSCR West         Th         4/4-6/6         9:30-10:30 am         \$43         38313           50+         T'ai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         9:30-10:30 am         \$43         38417           50+         Tai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         10:15:11:15 am         \$43         38417           50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         10:15:11:15 am         \$43         38443           <	50+	Functional Fitness	MSCR East	Th	4/4-6/6	9-10am	\$43	38347
50+         T'ai Chi Intermediate         MSCR East         Th         4/4-6/6         1:30-2:30pm         \$43         38409           50+         Simple Strength         MSCR West         W         4/3-6/5         9-10am         \$43         38394           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:15-9:15am         \$43         38741           50+         Hatha Yoga II         MSCR West         Th         4/4-6/6         8:45-10am         \$43         38447           50+         Chair Exercise         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38313           50+         Tai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38417           50+         Tai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38417           50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         10:15-11:15am         \$43         38443           50+         Gentle Exercise         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+	50+	Functional Fitness	MSCR East	Th	4/4-6/6	10:15-11:15am	\$43	38349
50+         Simple Strength         MSCR West         W         4/3-6/5         9-10am         \$43         38394           50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:15-9:15am         \$43         38741           50+         Hatha Yoga II         MSCR West         Th         4/4-6/6         8:45-10am         \$43         38447           50+         Chair Exercise         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38313           50+         T'ai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38417           50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         10:15-11:15am         \$43         38443           50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38443           50+         Gentle Exercise         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Tai Chi Elements of Yang Continuing         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Simple St	50+	Yoga Flow	MSCR East	Th	4/4-6/6	10:30-11:30am	\$43	38753
50+         Stretch & Strength         MSCR West         Th         4/4-6/6         8:15-9:15am         \$43         38741           50+         Hatha Yoga II         MSCR West         Th         4/4-6/6         8:45-10am         \$43         38447           50+         Chair Exercise         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38313           50+         T'ai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38417           50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         10:15-11:15am         \$43         38443           50+         Gentle Exercise         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38389           50+         T'ai Chi Elements of Yang Continuing         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Simple Strength         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38433           50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functiona	50+	T'ai Chi Intermediate	MSCR East	Th	4/4-6/6	1:30-2:30pm	\$43	38409
50+         Hatha Yoga II         MSCR West         Th         4/4-6/6         8:45-10am         \$43         38447           50+         Chair Exercise         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38313           50+         T'ai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38417           50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         10:15-11:15am         \$43         38443           50+         Gentle Exercise         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38389           50+         T'ai Chi Elements of Yang Continuing         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Simple Strength         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Functional	50+	Simple Strength	MSCR West	W	4/3-6/5	9-10am	\$43	38394
50+         Chair Exercise         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38313           50+         T'ai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38417           50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         10:15-11:15am         \$43         38443           50+         Gentle Exercise         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38389           50+         T'ai Chi Elements of Yang Continuing         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Simple Strength         MSCR West         Th         4/4-5/23         1-1:50pm         \$35         38396           50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Functional Fitness         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38353           50+         Func	50+	Stretch & Strength	MSCR West	Th	4/4-6/6	8:15-9:15am	\$43	38741
50+         T'ai Chi for Arthritis and Fall Prevention         MSCR West         Th         4/4-6/6         9:30-10:30am         \$43         38417           50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         10:15-11:15am         \$43         38443           50+         Gentle Exercise         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38389           50+         T'ai Chi Elements of Yang Continuing         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Simple Strength         MSCR West         Th         4/4-5/23         1-1:50pm         \$35         38396           50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Functional Fitness         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38378           50+         Functional Fitness         MSCR West         Th         4/4-6/6         9-10am         \$43         38431	50+	Hatha Yoga II	MSCR West	Th	4/4-6/6	8:45-10am	\$43	38447
50+         Hatha Yoga I         MSCR West         Th         4/4-6/6         10:15-11:15am         \$43         38443           50+         Gentle Exercise         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38389           50+         T'ai Chi Elements of Yang Continuing         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Simple Strength         MSCR West         Th         4/4-5/23         1-1:50pm         \$35         38396           50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Pilates         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38378           50+         Functional Fitness         MSCR West         Th         4/4-5/23         3-3:50pm         \$35         38353           50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	Chair Exercise	MSCR West	Th	4/4-6/6	9:30-10:30am	\$43	38313
50+         Gentle Exercise         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38389           50+         T'ai Chi Elements of Yang Continuing         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Simple Strength         MSCR West         Th         4/4-5/23         1-1:50pm         \$35         38396           50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Pilates         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38378           50+         Functional Fitness         MSCR West         Th         4/4-5/23         3-3:50pm         \$35         38353           50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	T'ai Chi for Arthritis and Fall Prevention	MSCR West	Th	4/4-6/6	9:30-10:30am	\$43	38417
50+         T'ai Chi Elements of Yang Continuing         MSCR West         Th         4/4-6/6         11am-12pm         \$43         38749           50+         Simple Strength         MSCR West         Th         4/4-5/23         1-1:50pm         \$35         38396           50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Pilates         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38378           50+         Functional Fitness         MSCR West         Th         4/4-5/23         3-3:50pm         \$35         38353           50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	Hatha Yoga I	MSCR West	Th	4/4-6/6	10:15-11:15am	\$43	38443
50+         Simple Strength         MSCR West         Th         4/4-5/23         1-1:50pm         \$35         38396           50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Pilates         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38378           50+         Functional Fitness         MSCR West         Th         4/4-5/23         3-3:50pm         \$35         38353           50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	Gentle Exercise	MSCR West	Th	4/4-6/6	11am-12pm	\$43	38389
50+         Gentle Yoga         MSCR West         Th         4/4-6/6         1-2pm         \$43         38433           50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Pilates         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38378           50+         Functional Fitness         MSCR West         Th         4/4-5/23         3-3:50pm         \$35         38353           50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	T'ai Chi Elements of Yang Continuing	MSCR West	Th	4/4-6/6	11am-12pm	\$43	38749
50+         Functional Fitness         MSCR West         Th         4/4-5/23         2-2:50pm         \$35         38351           50+         Pilates         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38378           50+         Functional Fitness         MSCR West         Th         4/4-5/23         3-3:50pm         \$35         38353           50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	Simple Strength	MSCR West	Th	4/4-5/23	1-1:50pm	\$35	38396
50+         Pilates         MSCR West         Th         4/4-6/6         2:30-3:30pm         \$43         38378           50+         Functional Fitness         MSCR West         Th         4/4-5/23         3-3:50pm         \$35         38353           50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	Gentle Yoga	MSCR West	Th	4/4-6/6	1-2pm	\$43	38433
50+         Functional Fitness         MSCR West         Th         4/4-5/23         3-3:50pm         \$35         38353           50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	Functional Fitness	MSCR West	Th	4/4-5/23	2-2:50pm	\$35	38351
50+         Gentle Yoga         Warner Park CRC         Th         4/4-6/6         9-10am         \$43         38431	50+	Pilates	MSCR West	Th	4/4-6/6	2:30-3:30pm	\$43	38378
•	50+	Functional Fitness	MSCR West	Th	4/4-5/23	3-3:50pm	\$35	38353
50+ Pure Strength Warner Park CRC Th 4/4-5/30 10:45-11:30am \$29 38466	50+	Gentle Yoga	Warner Park CRC	Th	4/4-6/6	9-10am	\$43	38431
	50+	Pure Strength	Warner Park CRC	Th	4/4-5/30	10:45-11:30am	\$29	38466

# Goodman Rotary 50+ Fitness 11-11

#### **INDOOR & OUTDOOR CLASSES**

Age	Class	Location	Day	Date	Time	Fee	Course #
SESS	SION 2 SPRING						
50+	Chair Yoga	MSCR Central	F	4/5-6/7	9:30-10:15am	\$29	38429
50+	Chair Exercise	MSCR Central	F	4/5-6/7	10:30-11:15am	\$29	38315
50+	Cardio Dance	MSCR Central	F	4/5-6/7	12:30-1:30pm	\$39	38304
50+	T'ai Chi Intermediate	MSCR Central	F	4/5-6/7	1-2pm	\$43	38413
50+	Cardio Dance	MSCR East	F	4/5-6/7	10:45-11:45am	\$43	38302
50+	Strength Training for Women	MSCR East	F	4/5-6/7	12:30-1:30pm	\$43	38400
50+	Functional Fitness	MSCR East	F	4/5-6/7	1:45-2:45pm	\$43	38359
50+	Gentle Yoga	MSCR West	F	4/5-6/7	9-10am	\$43	38435
50+	Functional Fitness	MSCR West	F	4/5-6/7	9:30-10:30am	\$43	38355
50+	Gentle Exercise	MSCR West	F	4/5-6/7	10:20-11:20am	\$43	38401
50+	Functional Fitness	MSCR West	F	4/5-6/7	10:45-11:45am	\$43	38357
50+	Chair One Dance Fitness	MSCR West	F	4/5-6/7	12-1pm	\$43	38388
50+	Chair Exercise	Warner Park CRC	F	4/5-6/7	12:30-1:30pm	\$43	38319

#### **OUTDOOR DESCRIPTIONS**

#### NORDIC POLE WALKING

Take fitness walking to a new level by adding poles to produce an incredible upper body workout. Increase cardiovascular fitness, strengthen core, arms, back and legs. Improve balance and flexibility while taking stress off your joints. Class is geared toward the more physically fit and experienced exerciser. Poles are provided. A detailed schedule is mailed prior to the first walk.

#### **SNOWSHOEING INTRO**

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

#### STRETCH & STRENGTH

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

#### T'AI CHI INTERMEDIATE

This class refines the movements of T'ai Chi Intro (Part 1 & 2). After QiGong, the class focuses on refining both individual forms and the entire Bejing 24 sequence. Beginners are encouraged to complete the Intro classes before registering for the intermediate class.

#### T'AI CHI POI F

The T'ai Chi pole form uses rounded, thrusting, retracting movements to strengthen the body as well as the mind. Develop better concentration, posture, breath and balance by using coordinated pole movements. The pole weight is 5 lbs., but adjustments can be made in order to perfect your form and build strength.

#### 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.

#### TOOLS FOR HEALTHY BRAIN AGING

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

#### WALK ABOUTS

A brisk walk in the great outdoors promotes physical and psychological well-being. All walks are in Madison area parks, neighborhoods and natural areas and are 2 to 2.5 miles in length. A detailed schedule is sent prior to the first walk.

Age	Class	Location	Day	Date	Time	Fee	Course#
OUTD	OOR CLASSES & WORKSHO	OPS .					
50+	Snowshoeing Intro	MSCR Central	W	1/31	2-4pm	\$10	38453
50+	Snowshoeing Intro	Warner Park	Th	2/15	1:30-3:30pm	\$10	38452
50+	Tools for Healthy Brain Aging	MSCR Central	М	3/4	10-11am	\$0	38305
50+	T'ai Chi Pole	MSCR Central	W	4/3-6/5	3-4pm	\$43	38460
50+	T'ai Chi QiGong	Garner Park	F	4/5-6/7	10:30-11:30am	\$43	38458
50+	T'ai Chi Intermediate	Hoyt Park	F	4/5-6/7	1-2pm	\$43	38457
50+	Stretch & Strength	Rennebohm Park	T	4/16-6/4	8:30-9:30am	\$35	38456
50+	Walk Abouts	Various	Т	4/30-6/4	9:15-10:15am	\$26	38459
50+	Nordic Pole Walking	Various	W	5/1-6/5	8:30-9:30am	\$26	38455

# 11-11 Goodman Rotary 50+ Fitness

#### **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, simple meditation practice. We cover techniques for meditation, tools for establishing a daily 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 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.

#### 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 ESPAÑOL

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. Sin clase 1/15  $\&\,5/27$ 

Age	Class	Location	Day	Date	Time	Fee	Course#
VIRT	UAL CLASSES						
50+	Pure Strength	Virtual	М	1/8-6/3	8:30-9:15am	\$62	38474
50+	Chair Exercise	Virtual	М	1/8-6/3	9:15-10:15am	\$78	38464
50+	Yoga Suave en Español	Virtual	М	1/8-6/3	10:15-11:15am	\$82	38494
50+	Functional Fitness	Virtual	М	1/8-6/3	10:30-11:30am	\$82	38468
50+	Strength Training for Women	Virtual	Т	1/9-5/28	8-8:45am	\$65	38482
50+	Simple Strength	Virtual	Т	1/9-6/4	9-10am	\$91	38479
50+	Yoga Flow	Virtual	Т	1/9-5/28	9-9:45am	\$65	38490
50+	Gentle Yoga	Virtual	Т	1/9-6/4	10:30-11:30am	\$82	38486
50+	T'ai Chi/ Chi Kung for Balance	Virtual	Т	1/9-6/4	1-2pm	\$91	38485
50+	Meditation	Virtual	Т	1/9-5/28	2-3pm	\$82	38472
50+	Pure Strength	Virtual	W	1/10-6/5	3-4pm	\$91	38475
50+	Simple Strength	Virtual	Th	1/11-6/6	9-10am	\$91	38478
50+	Functional Fitness	Virtual	Th	1/11-6/6	9:30-10:30am	\$91	38469
50+	Yoga Flow	Virtual	Th	1/11-6/6	10:30-11:30am	\$91	38491
50+	Balancing Act	Virtual	Th	1/11-6/6	1-1:45pm	\$68	38462
50+	Hatha Yoga I	Virtual	Th	1/11-6/6	4:15-5:15pm	\$91	38488

#### **BIKING WORKSHOPS**

#### **BIKING WORKSHOPS**

#### KNOW YOUR BIKE (ANALOG)

Are you stuck in second gear? Dust off your bike and get ready to ride this spring! Bring your bike and learn about gearing and shifting, equipment safety and proper helmet fitting and adjustments. Repairs are not completed at this session, but references to local bike repair options are provided. This session is for analog bike users (non-electric bikes).

#### **KNOW YOUR BIKE (ELECTRIC)**

Are you stuck in second gear? Dust off your bike and get ready to ride this spring! Bring your bike and learn about gearing and shifting, equipment safety and proper helmet fitting and adjustments. Repairs are not completed at this session, but references to local bike repair options are provided. This session is for electric bike users and will also include a review of shifting along with powering your bike.

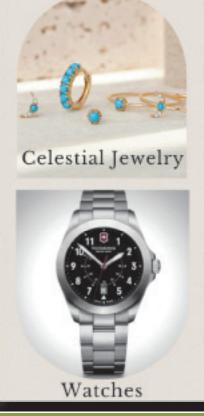
#### RIDE WITH FRIENDS, TRAVEL BY BICYCLE

There are many maps and phone apps to help you enjoy going places on your bicycle. This workshop reviews basic bicycle trip route planning, paper and online map resources and the basics of online bicycling applications. Explore popular free bicycling apps available online or download them on your phone. A small number of laptops are available but please bring your own if you wish to explore on your own.



Age	Class	Location	Day	Date	Time	Fee	Course#			
BIKII	BIKING WORKSHOPS									
50+	Know Your Bike (Analog)	MSCR Central	Т	3/19	9:30-11:30am	\$5	38461			
50+	Ride With Friends, Travel By Bicycle	MSCR West	W	3/20	9:30-11:30am	\$5	38471			
50+	Know Your Bike (Electric)	MSCR Central	Th	3/21	9:30-11:30am	\$5	38467			









#### **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.

#### RASKETRALL

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

#### BOCCE

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

#### PICKLEBALL BEGINNER

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

#### PICKLEBALL ADVANCED BEGINNER

This class is appropriate for players who have taken a beginner pickleball class and have playing experience. Should be able to play games, keep score, sustain short rallies, know the two-bounce rule. Players should know where to stand on the court during service, serve receive and general play. This builds on the skills developed at the beginner level. This includes instruction, drills and periods of game play. Some paddles are available.

#### PICKLEBALL INTERMEDIATE

Pickleball is the fastest growing sport in the USA! Similar to tennis, pickleball is played on an indoor court with a paddle and hard wiffle ball. Balls are furnished and some paddles are available.

#### PICKLEBALL INTERMEDIATE 50+

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

#### PICKLEBALL INTERMEDIATE OPEN PLAY

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

#### PICKLEBALL BEGINNER - INDOOR/OUTDOOR

Learn the basics of gameplay, rules, technique and basic strategy. Refine your skills throughout the entire session with additional practice and coaching. The first 4 weeks of class are held indoors at O'Keeffe 7:15-9:15pm while the last 4 weeks are held outdoors 6 - 8pm. Some paddles are available.

#### PICKLEBALL ADVANCED BEGINNER - INDOOR/OUTDOOR

This class is appropriate for players who have taken a beginner pickleball class and have some playing experience. Advanced beginners can play games, keep score, sustain short rallies, know the two-bounce rule and can demonstrate it at most times. Also, players should know where to stand on the court during service, serve receive and general play. This includes instruction, drills and periods of game play. The first 4 weeks is indoors at O'Keeffe, 7:15 - 9:15pm while the last 4 weeks is outdoors, 6-8pm. Some paddles are available.

#### PICKLEBALL INTERMEDIATE - OUTDOOR

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

#### SOCCER

Pick up soccer is the perfect way to start your weekend! Join us for friendly, informal, small sided games of pick up indoor soccer in our brand new gym, located at MSCR West. This program is open to all skill levels and is all gender. New teams of 5 are chosen each week, depending on how many players show up to each session. MSCR soccer staff set up the goals and help facilitate the games when necessary.

#### **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 OPEN PLAY 50+**

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

#### **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 WOMEN'S POWER**

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

#### **VOLLEYBALL RECREATION**

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

#### **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 two courts according to skill level.

Age	Class	Location	Day	Date	Time	Fee	Course#
18+	Badminton	Memorial	М	1/8-2/26	7:30-9:30pm	\$28	38505
18+	Badminton	Memorial	T	1/9-2/27	7:30-9:30pm	\$32	38506
18+	Basketball	Marquette	T	1/9-3/12	7:15-9:15pm	\$40	38507
18+	Basketball	Marquette	T	4/2-4/30	7:15-9:15pm	\$20	38508
18+	Basketball	Toki	Th	1/11-3/14	7:15-9:15pm	\$40	38509
18+	Basketball	Toki	Th	4/4-5/2	7:15-9:15pm	\$20	38510
18+	Bocce	MSCR West	W	1/10-3/13	6:45-8:15pm	\$40	38714
18+	Bocce	MSCR West	W	4/3-5/1	6:45-8:15pm	\$20	38715

# Adult Sports 🙎

#### NON LEAGUE SPORTS

						HON	LEAGUE
Age	Class	Location	Day	Date	Time	Fee	Course#
18+	Pickleball Beginner	O'Keeffe	М	1/8-2/12	7:15-9:15pm	\$30	38511
18+	Pickleball Beginner	O'Keeffe	М	2/19-3/18	7:15-9:15pm	\$30	38512
18+	Pickleball Beginner	O'Keeffe	Th	1/4-2/8	7:15-9:15pm	\$36	38719
18+	Pickleball Beginner	O'Keeffe	Th	2/15-3/21	7:15-9:15pm	\$36	38720
18+	Pickleball Advanced Beginner	Black Hawk	W	1/10-3/13	7:15-9:15pm	\$50	38721
18+	Pickleball Intermediate	Memorial	T	1/9-2/27	7:15-9:15pm	\$32	38513
18+	Pickleball Intermediate	O'Keeffe	T	1/9-3/19	7:15-9:15pm	\$40	38514
18+	Pickleball Intermediate	MSCR West	T	1/9-2/6	7:30-9:15pm	\$20	38758
18+	Pickleball Intermediate	MSCR West	T	2/13-3/19	7:30-9:15pm	\$24	38759
18+	Pickleball Intermediate	MSCR West	T	4/2-5/7	7:30-9:15pm	\$24	38760
18+	Pickleball Intermediate	Memorial	W	1/10-2/28	7:15-9:15pm	\$32	38515
18+	Pickleball Intermediate	O'Keeffe	W	1/17-3/20	7:15-9:15pm	\$40	38516
18+	Pickleball Intermediate 50+	MSCR West	Т	1/9-2/6	9:30-11:30am	\$20	38761
18+	Pickleball Intermediate 50+	MSCR West	T	2/13-3/19	9:30-11:30am	\$24	38762
18+	Pickleball Intermediate 50+	MSCR West	Т	4/2-5/7	9:30-11:30am	\$24	38763
18+	Pickleball Intermediate 50+	MSCR West	Th	1/4-2/8	9:30-11:30am	\$24	38764
18+	Pickleball Intermediate 50+	MSCR West	Th	2/15-3/21	9:30-11:30am	\$24	38765
18+	Pickleball Intermediate 50+	MSCR West	Th	4/4-5/9	9:30-11:30am	\$24	38766
18+	Pickleball Intermediate Open Play	MSCR West	М	1/8-2/12	1-3pm	\$18	38767
18+	Pickleball Intermediate Open Play	MSCR West	М	2/19-3/18	1-3pm	\$18	38768
18+	Pickleball Intermediate Open Play	MSCR West	М	4/1-5/6	1-3pm	\$21	38769
18+	Pickleball Intermediate Open Play	MSCR West	Т	1/9-2/6	1-3pm	\$18	38770
18+	Pickleball Intermediate Open Play	MSCR West	Т	2/13-3/19	1-3pm	\$21	38771
18+	Pickleball Intermediate Open Play	MSCR West	T	4/2-5/7	1-3pm	\$21	38772
18+	Pickleball Intermediate Open Play	MSCR West	Th	1/4-2/8	1-3pm	\$21	38773
18+	Pickleball Intermediate Open Play	MSCR West	Th	2/15-3/21	1-3pm	\$21	38774
18+	Pickleball Intermediate Open Play	MSCR West	Th	4/4-5/9	1-3pm	\$21	38775
18+	Pickleball Beginner - Indoor/Outdoor	O'Keeffe	М	4/1-5/20	7:15-9:15pm	\$48	38776
18+	Pickleball Beginner - Indoor/Outdoor	O'Keeffe	W	4/3-4/24	7:15-9:15pm	\$48	38777
18+	Pickleball Adv Beginner - Indoor/Outdoor	O'Keeffe	Т	4/9-4/30	7:15-9:15pm	\$40	38778
18+	Pickleball Intermediate - Outdoor	Garner Park	М	4/1-5/20	6-8pm	\$32	38779
18+	Pickleball Intermediate - Outdoor	Door Creek Park	М	4/1-5/20	6-8pm	\$32	38780
18+	Pickleball Intermediate - Outdoor	Garner Park	Т	4/2-5/21	6-8pm	\$32	38781
18+	Pickleball Intermediate - Outdoor	Tenney Park	W	4/3-5/22	6-8pm	\$32	38782
18+	Pickleball Intermediate - Outdoor	Garner Park	W	4/3-5/22	6-8pm	\$32	38783
18+	Soccer	MSCR West	F	1/26 - 3/1	3-4pm	\$25	38784
18+	Volleyball Intermediate	Stephens	М	1/8-3/18	7-9pm	\$40	38519
18+	Volleyball Intermediate	Stephens	М	4/1-4/29	7-9pm	\$20	38520
18+	Volleyball Intermediate	East	М	1/8-3/4	7:15-9:15pm	\$32	38718
18+	Volleyball Intermediate	Whitehorse	Th	1/11-3/14	7:15-9:15pm	\$40	38522
18+	Volleyball Intermediate	East	W	1/10-3/6	7:15-9:15pm	\$32	38521
50+	Volleyball Open Play 50+	MSCR West	F	1/12-3/15	12-2pm	\$35	38716
50+	Volleyball Open Play 50+	MSCR West	F	4/5-5/3	12-2pm	\$18	38717
18+	Volleyball Power	Marquette	Th	1/11-3/14	7:15-9:15pm	\$40	38523
18+	Volleyball Women's Power	East	W	1/10-3/6	7:15-9:15pm	\$32	38529
18+	Volleyball Recreation	Crestwood	Т	1/9-3/19	7-9pm	\$36	38524
18+	Volleyball Recreation	Crestwood	Т	4/2-4/30	7-9pm	\$20	38525
18+	Volleyball Recreation	Cherokee	Th	1/11-3/14	7:15-9:15pm	\$40	38526
18+	Volleyball Recreation	Cherokee	Th	4/4-5/2	7:15-9:15pm	\$20	38527
18+	Volleyball Techniques	East	W	1/10-3/6	7:15-9:15pm	\$32	38528
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#### League Registration Seasons

Age	Sport	Registration	Late Registration	Play
18+	Winter Basketball	See Free Agent	NA	1/8/24 to early March
18+	Winter Volleyball	11/6 - 12/8	12/9-12/15	1/22/24 to early March
16+	Summer Softball	3/18 - 4/5	4/6-4/15	5/10/24 - August
16+	Summer Kickball	4/1 - 4/19	4/20-4/29	5/22/24 - August

#### AGE

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

#### FFFS

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 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 School District.



#### REGISTRATION

Online team registration through mscrsportsleagues.org

#### WINTER BASKETBALL

Season begins January 8 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 10 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 24, May 27, July 3, July 4 and July 5.

#### **SUMMER KICKBALL**

Season begins May 22 and runs through mid-August. Leagues play at Olbrich. Leagues are all gender and recreational. Season is 10 weeks of round robin play. Social league with fun themes followed by a season ending tournament. No games July 3.

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

If you want to join MSCR Sports Leagues, go to mscrsportsleagues.org and click on Free Agent Sign Up. Complete the form and submit. We make your name available to managers seeking players.

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

#### SPORTS OFFICIALS NEEDED!

Call 204-3024 or email 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.

Officiating schools are offered for volleyball, basketball and softball. Officials are needed at a variety of levels, from elementary-aged students to adult leagues. To qualify, applicants should possess some knowledge of the game and/or have played the game. You do not need to have officiated previously or have coaching experience. We have found that passionate players with good people skills can make very good officials after a little training. This school trains officials in the rules and regulations as well as focuses on the mechanics and communication between officials.

#### **MSCR Officials Schools**

16 + Basketball Referee MSCR East W 1/17 6-9pm \$0 38817
 18+ Softball Umpire LaFollette W 4/17 6:15-9:30pm \$0 38816

# Inclusion Services 2



The mission of Madison School & Community Recreation (MSCR) Inclusion Services is to enhance the quality of life for individuals with disabilities in the Madison Metropolitan School District, and for the community, by providing recreation and enrichment opportunities year-round that are accessible to all. MSCR is committed to an inclusive approach to recreation and will provide reasonable accommodations to enhance program participation without fundamentally altering a program.

#### WHAT IS THE INCLUSIVE APPROACH TO RECREATION?

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

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

In addition to the above criteria, 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
- 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
- Services of a personal nature such as toileting, feeding and dressing

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

#### WHO DOES MSCR HIRE?

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

#### **HOW CAN YOU ACCESS SERVICES?**

- When you register, mark YES in the Require Accommodations section of the online or paper Registration Form and indicate the potential accommodations needed.
- Complete the Online Participant Profile Form or print this form at mscr.org and return to MSCR, 328 E Lakeside St, Madison, WI, 53715.
- Upon receipt of the necessary documents, MSCR's Inclusion Services Staff review your request and work with you to establish an individualized inclusion plan.

#### BY REQUESTING INCLUSION SERVICES, I UNDERSTAND THAT:

- Inclusion services are 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 participant's needs.
- The participant's inclusion plan does not exempt them from meeting activity rules and expectations, 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

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
Office Phone: 608-204-3043 Cell Phone: 608-228-2087



# Policies & Procedures



#### Online:

Register for most MSCR activites at mscr.org



Mail: MSCR Central, 328 E Lakeside Street, Madison, WI 53715



Email: mscr@madison.k12.wi.us



Fax: 608-204-0557



# Registration opens Monday, December 4 at 12pm for residents of the Madison Metropolitan School District. Non-residents may register beginning Monday, December 18 at 12pm.

- Complete the Registration Form. All members of a household may register for multiple classes on one form. Or register at mscr.org, all customers must create an account prior to registering online. All fees include appropriate sales tax.
- Include first and alternate choice where applicable. If your first choice is full, we will try your alternate choice. If both choices are full, your fee will be returned and you will be added to the waitlist.
- 3. Make check or money order payable to MSCR. Visa and MasterCard also accepted.
- 4. Receipts are emailed, unless a stamped, self-addressed envelope is enclosed. Please verify that your email address is correct.
- 5. Return to MSCR one of four easy ways: email, mail, drop off or fax (see above).

## ALL NEW CUSTOMERS MUST CREATE AN ACCOUNT IN ADVANCE TO REGISTER ONLINE AT MSCR.ORG

#### REFLIND POLICY

Participants who request to withdraw from a program a minimum of 7 days prior to the start of the program will receive a full refund minus a \$5 service charge per transaction. In lieu of a refund, a customer can request a credit on their MSCR account to avoid the \$5 processing fee. No refunds or credits will be issued with less than 7 days advance notice. All requests to withdraw and for refunds must be made in writing.

Full refunds are issued if MSCR cancels a program. No refunds or credits are issued for individual missed classes.

#### **CANCELLATIONS**

In the event of severe weather, please check mscr.org or call 608-204-3044 for program cancellations. MSCR may cancel programs due to severe weather, facility conflicts, staff illness or other unforeseen circumstances. In the case MSCR cancels a class and is unable to make it up, a credit will be issued to the customer account. When a customer misses a class no credit is provided.

#### PROGRAMS AT WARNER PARK COMMUNITY RECREATION CENTER (WPCRC)

WPCRC ID Cards are required for programs at Warner Park Community Recreation Center. Please go to mscr.org for the 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 when possible. Complete the Fee Assistance Request on the reverse of the Registration Form to apply. Fee assistance requests must accompany the Registration Form and are not granted after registration is processed.

#### **GENDER**

MSCR recognizes that not all individuals identify with the gender assigned at birth or may identify as a gender other than male or female. Participants are encouraged to register for programs based on the gender with which they identify.

#### INFORMACIÓN EN ESPAÑOL

Las guías de programación de MSCR en español están disponibles en las escuelas de Madison en las oficinas de los especialista bilingües o en la oficina principal. También puede buscarlas en la oficina de MSCR o en el Centro Comunitario Warner. Hay también una versión digital disponible, visite: mscr.org. Para mayor asistencia, comuníquese con el asistente bilingüe al 608-204-3057.

#### INSURANCE

MSCR does not provide individual accident insurance for participants.

#### MISSED PROGRAMS

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

#### NON-DISCRIMINATION STATEMENT

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

#### **REGISTRATION POLICIES**

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

#### RESIDENCY

A resident resides at an address within the Madison Metropolitan School District (MMSD); a resident also includes a student who does not reside at an address within the MMSD, but attends school in the MMSD under the Madison School Board's Open Enrollment Policy. Non-residents pay 50 percent more than the listed fees except for programs with a different pricing structure.

#### SERVICES FOR PEOPLE WITH DISABILITIES

MSCR welcomes individuals with disabilities to participate in any program. We provide reasonable accommodations in compliance with the Americans with Disabilities Act (ADA). Please see page 63 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 back from you, your space will be given to the next customer on the waiting list. If you do not want to be placed on the waiting list, click the Remove button that appears on the Shopping Cart screen. Please Note: Placement on a waiting list does not guarantee a space in the program. It is recommended that you choose another program with space.

#### LAW REGARDING CONCUSSION PREVENTION

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

#### Race: Please indicate above using corresponding number: (Optional) 3. Black or African American American Indian or Alaskan Native Participant's Full Name **Emergency Contact Name** Payment Amount \$\_ Name as printed on card Credit Card Number: Payment (check all that apply) \_\_\_\_ Cash \_\_\_ Check #\_ Primary Phone Email (Required for registration confirmation OR send a stamped, self-addressed envelope) \*1 agree to receive MSCR promotional email Street Address (Head of Household) Last Name Madison School & Community Recreation Office: MSCR Central, 328 E Lakeside St, Madison, WI 53715 Phone: 608-204-3000 Fax: 608-204-0557 MSCR Registration Form Authorized Signature: Cell Phone Native Hawaiian or Other Pacific Islander Gender \*See page 64. mm/dd/yy Date of Birth (Payable to MSCR) Grade 2023-2024 Multiracial Expiration Date: \_\_\_ Credit Card: MasterCard or Visa Only Three Digit Code Race (see below) **Emergency Contact Phone** \_\_\_Yes \_\_\_ No, Non MMSD residents pay 50% more. See the Policy Page. City First Name Are you an MMSD resident? (Check one) Alternate, if any Alternate, if any Alternate, if any if any 1st 1st 1st 1st Alternate Choice State **Program Title** WPCRC Photo ID required for programs at Warner Park Community Recreation Center. Go to mscr.org for more information. 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 adams for damages that Inayhave 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. X Signature: lacknowledge receipt of Concussion & Sudden Cardiac Arrest Information (page 64). Youth Sports Participants: Zip Birth Date (mm/dd/yy) **Liability Waiver - Signature Required for Participation** Location Do you have any medical conditions or concerns of which our staff need to be aware? (Asthma, Allergies, etc.) Does the participant require an accommodation or special assistance due to a disability? If so, please explain. Start Date Start Course # Total Donation \$ Fee Total \$ Fee \*Fee Assis-tance Request \*Must complete form on back.

# 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 low 185% of Federal Poverty Level. Fee assistance is available only to residents of the Madison Metropolitan School District (MMSD). Non-residents do not qualify for fee assistance. This Fee Assistance Request Form and partial payment, if applicable, must accompany the MSCR Registration Form. Fee assistance is not granted after program registrations are for assistance. MSCR program fees may be partially or fully waived upon request for youth meeting criteria for free or reduced price school meals and adults with income at or beprocessed.

aman ∓		FAMILY SI	*Gr		U <b>QA</b>	i   	Fee Far 1. N	HTUC		4
Head of Household Name:	What is your family size? Ci	List your gross* annual income: Or list your gross* bi-weekly income:	oss income means income b	Complete this section if the participant is an adult. If the particilimited to one program per adult per season. There are three pin 1. Adult participants are asked to pay 50% of the program fee 2. I am enclosing the following payment of \$	"If you are unable to pay 50%		Fee assistance is limited to two programs per program season for you Families are requested to pay what they can towards the program fee. 1. My child qualifies for free school meals □ Yes □ No My chil	Ay family is requesting fee as	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.
Last	Circle one number:	sme: \$	efore any deductions such a	icipant is an adult. If the parl per season*. There are three o pay 50% of the program fe ayment of \$	, or are requesting fee assist		programs per program seas hat they can towards the pro ool meals □ Yes □ No	sistance and we are able to $\epsilon$	ssistance beyond the two pr	n school age. 🛮 Yes 🗖 No
First	2345678910	(per year) (every two weeks)	*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:		Fee assistance is limited to two programs per program season for youth ages 17 and under*. There are three program seasons per year: Winter/Spring, Summer and Fall. Families are requested to pay what they can towards the program fee.  1. My child qualifies for free school meals □ Yes □ No My child qualifies for reduced-price school meals □ Yes □ No	2. My family is requesting fee assistance and we are able to enclose the following payment of \$	igrams per season limit.	
			charitable contributions and bonds.	section titled Youth. Fee assistance for adults is all.	ain:		easons per year: Winter/Spring, Summer and Fa s □ No			

# WHAT HAPPENS NEXT?

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 If you qualify for full fee assistance, and space is available, you are emailed a confirmation of your registration request. days to confirm your space in the program(s).





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



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