



Spring Programs Supplement 2024



FOLLOW US ON:



*Fee Assistance Available
Disponible en Español*

YOUTH CLASSES

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 fly.

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.

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.

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!

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!

Grade	Class	Location	Day	Date	Time	Fee	Course #
6-12	Intro to Crochet	MSCR East	M	3/11-4/8	6:30-8pm	\$25	37906
*9-12+	Intro to Embroidery	MSCR East	M	5/13-6/3	6:30-8pm	\$28	37910
*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	M	4/1-4/29	6:30-8pm	\$57	38102
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
3-8	Poetry and Crafts	MSCR Central	Su	4/7-5/12	2-3pm	\$40	37887
4-6	Sea Creature Crafts	MSCR Central	T	4/2-4/30	6-7pm	\$39	37872
6-12	Youth Knitting: Stitch Makers	Madison Youth Arts Ctr	T	4/2-5/7	6:30-7:45pm	\$38	38096

***These classes are open for participants 14 years and older, including adults.**

PLEASE NOTE: THIS ONLY INCLUDES CLASSES THAT HAVE OPENINGS AS OF FEBRUARY 23, 2024.

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

BALLET

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

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.



SEWING

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.

Grade	Class	Location	Day	Date	Time	Fee	Course#
K1	Ballet	MSCR East	T	4/2-4/30	5:15-6:05pm	\$36	37899
2-5	Ballet	MSCR East	W	4/3-5/8	6:55-7:40pm	\$58	37897
2-5	Hip Hop	MSCR Central	W	4/3-5/1	5:55-6:55pm	\$38	37922
2-5	Irish Dance	MSCR Central	Su	4/7-5/5	1-2pm	\$38	38662
K1	Jazz	MSCR East	M	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
K1	Jazz	Madison Youth Arts Ctr	W	4/3-5/1	4:10-5pm	\$36	37930
4-8	Lyrical	MSCR Central	W	4/3-5/1	7:10-8:10pm	\$38	37936
4-8	Poms	MSCR East	M	4/1-5/6	7:15-8:15pm	\$46	37937
SEWING							
5-8	Youth Sewing Studios - Picnic Blanket	MSCR West	W	5/1-5/15	4:30-6:30pm	\$52	38082

YOUTH, FAMILY & TEEN CLASSES & 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.

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.

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.

Grade	Class	Location	Day	Date	Time	Fee	Course#
YOUTH, FAMILY & TEEN WORKSHOPS							
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
9-12	Boho Beaded Curtain Workshop	Warner Park CRC	Su		3-4:30pm	\$20	37993
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
6-8	Meditative Mandala Inspired Stones Workshop	MSCR Central	Sa	4/20	9-10:15am	\$15	37940
*9-12+	Meditative Mandala Inspired Stones Workshop	MSCR Central	Sa	4/20	10:30-11:45am	\$15	37969
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	Warner Park CRC	Su	4/21	2:45-4pm	\$15	38016
6-12	Sun Printing Cyanotype Creations Workshop	MSCR Central	Sa	4/27	10-11:30am	\$15	37970

***These workshops are open to participants 14 years and older, including adults.**

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

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ADULT CLASSES & WORKSHOPS

VIRTUAL CLASSES

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.

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.

Age	Class	Location	Day	Date	Time	Fee	Course #
OUTDOOR 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	M	5/6-5/20	10-12pm	\$36	38704
VIRTUAL							
18+	Embroidered Wonderlands - Botanicals	Virtual	M	4/29-5/20	6:30-8:30pm	\$52	38112

*These classes and workshops are open to participants 14 years and older.



DAY TRIPS & EVENTS



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.



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.



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 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 tour of the lab, brewhouse and production area and learn about their history and craft brewing process.



Age	Class	Location	Day	Date	Time	Fee	Course #
DAY TRIPS							
6-8 grds	Flashlight Egg Hunt	Kennedy Park	F	3/22	8-8:45pm	\$7	38722
18+	Milwaukee Baseball and Brews - Adult	LaFollette	Sa	3/23	8:45am-5:45pm	\$105	38792
8-17	Milwaukee Baseball and Brews - Youth	LaFollette	Sa	3/23	8:45am-5:45pm	\$100	38793
18+	Chicago Food Tour: Multicultural Experience	LaFollette	Sa	4/20	7:30am-6:30pm	\$160	38794

ADULT INDOOR CLASSES
DANCE
BALLET 1

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

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.

VITALITY & DANCE LAB

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
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.

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.

ENRICHMENT
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.

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.

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.

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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

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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.

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.

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!

PAINTING
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.

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!

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.

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 - 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.

POTTERY
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.

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.

SEWING
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.

ADULT INDOOR CLASSES

Age	Class	Location	Day	Date	Time	Fee	Course #
DANCE							
18+	Ballet 1	MSCR West	Th	4/4-5/23	6:05-7:20pm	\$64	37903
18+	Baton Twirling - Try It!	MSCR West	Su	4/7	3-3:45pm	\$5	37988
18+	Vitality & Dance Lab	MSCR East	Th	4/4-5/9	6:30-8pm	\$48	38062
DRAWING & MIXED MEDIA							
18+	Calligraphy - The Art of Writing	Warner Park CRC	Th	4/4-4/25	1-3:30pm	\$52	37888
18+	Drawing 1	MSCR East	T	4/2-5/7	9:30-12pm	\$80	38668
ENRICHMENT							
18+	Introduction to Bridge	MSCR West	T	4/2-4/9	4:15-6:15pm	\$18	38004
18+	Bridge Basics 2 - Competitive Bidding	MSCR West	T	4/16-5/14	4:15-6:15pm	\$44	38003
*14+	Intro to Embroidery	MSCR East	M	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+	Fun Habits	MSCR East	F	5/17	9:30-10:45am	\$10	38056
*14+	Intro to Fly Tying	MSCR West	Th	4/4-4/25	6-7:30pm	\$40	38008
18+	Photography - The Basics	MSCR Central	W	5/15-5/22	6:30-8:30pm	\$26	38026
PAINTING							
18+	Acrylics & Oils - Alla Prima Workshop	Warner Park CRC	T	5/14	9:30-1pm	\$27	37848
18+	Canvas Art Workshop - Earth Day	MSCR West	Sa	4/20	9-10:30am	\$18	38788
18+	Landscape Painting 1	Warner Park CRC	Sa	4/6-5/18	9:30-12pm	\$82	37850
18+	Watercolor 2	MSCR Central	M	4/1-5/6	9:30-12pm	\$82	38676
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	T	4/30-5/21	1-3:30pm	\$52	38683
POTTERY AT MSCR WEST							
18+	Open Pottery Studio	Warner Park CRC	Su-Sa	4/1-5/25	Hours vary	\$180	38637
18+	Handbuilding Workshop - Piggy Banks	MSCR West	Th	4/4-5/9	10am-12pm	\$130	38627
SEWING							
18+	Sewing 2 - Cup Organizer	MSCR East	Sa	4/27-5/18	9:30-11:30am	\$53	38047

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SOCCER & FOOTBALL LEAGUES

REGISTRATION PROCESS FOR 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 leagues at mscryouthsportsleagues.org or by paper at an MSCR office. Call 608-229-28601 for more information.



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, 2, 3 or 4pm
3v3	U6	5-6	Skip 5/26		
6v6	U8	7-8	4/20-6/1 Skip 5/25	Sa	9, 10:15, 11:30am or 12:45pm
6v6	U10	9-10			
6v6	U12	11-12			
6v6	U14	13-14			

Locations	Possible Field Locations
Eastside	Nuestro Mundo Kennedy, Lapham & Lake View
Westside	Chavez, Cherokee, Crestwood, Toki & Stephens

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



OUTDOOR FLAG FOOTBALL LEAGUE 608-204-3036

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 cjmccgill@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	

Registration Type	Registration Deadline	Resident Fee	Non-Resident Fee
Early	3/15	\$45	\$61
Regular	4/15	\$51	\$67

Flag Football Leagues register at mscryouthsportsleagues.org

INDOOR & OUTDOOR CLASSES

**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 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 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.

Age	Class	Location	Day	Date	Time	Fee	Course #
5-12	Capoeira Level 2	MSCR Central	M	4/1-6/3	5:30-6:15pm	\$45	38150
8-13	Running Club East	Demetral Park	T	4/23-6/4	5:30-6:15pm	\$35	38156
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

NON LEAGUE SPORTS

BASKETBALL

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.

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.

Age	Class	Location	Day	Date	Time	Fee	Course #
18+	Basketball	Toki	Th	4/4-5/2	7:15-9:15pm	\$20	38510
18+	Bocce	MSCR West	W	4/3-5/1	6:45-8:15pm	\$20	38715
50+	Volleyball Open Play 50+	MSCR West	F	4/5-5/3	12-2pm	\$18	38717



AMERICAN RED CROSS CLASSES (ARC)

EAST HIGH SCHOOL POOL, 2222 E WASHINGTON AVE

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

WEST HIGH SCHOOL POOL, 30 ASH ST

Day & Date	Time	Class	Fee	Course #
Sa 3/16	8:30-5:30pm	ARC Lifeguard Review	\$100	37772
Fri 4/5	6-8pm	ARC Lifeguard Course Prerequisite Prep	\$5	38804
F-Su 5/17-5/19	Fri 5-9pm, Sat & Sun 9am-5pm	ARC Lifeguard Instruc- tor	\$225	37775
Su 5/19	8:30am-5:30pm	ARC Lifeguard Review	\$100	37774

INDOOR & OUTDOOR CLASSES

ARMS & ABS

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

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 high-energy 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

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.

GENTLE YOGA

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

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.

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

HATHA YOGA II

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

HIIT

High Intensity Interval Training (HIIT) mixes bouts of speed, power and intensity with brief periods of rest. This workout is perfect for cardio and strength training, variety and burning calories! BYOM

KICKBOX CARDIO

No bags, no gloves, just a killer workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. This class improves your endurance and cardiovascular fitness, tones muscles and shreds your abs. Additional details are 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.
- Skip dates are listed on your emailed class receipt.

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

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

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

SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level. 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

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

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

WERQ

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

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.

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

PLEASE NOTE: THIS ONLY INCLUDES CLASSES THAT HAVE OPENINGS AS OF FEBRUARY 23, 2024.

INDOOR & OUTDOOR CLASSES

Age	Class	Site	Day	Date	Time	Fee	Course #
INDOOR CLASSES							
18+	Small Group Training	MSCR East	M	4/1-6/3	5-5:45pm	\$58	38208
18+	HIIT	MSCR West	M	4/1-6/3	6:45-7:30pm	\$45	38191
18+	Strength Training for Women	Warner Park CRC	M	4/1-5/20	12:12:45pm	\$40	38212
18+	Hatha Yoga II	Warner Park CRC	M	4/1-6/3	5:30-6:45pm	\$45	38189
18+	Hatha Yoga I	Warner Park CRC	M	4/1-6/3	7-8pm	\$45	38187
18+	*WERQ	MSCR Central	T	4/2-6/4	6:30-7:15pm	\$50	40129
18+	Classic Cardio & Toning	MSCR East	T	4/2-6/4	5:30-6:15pm	\$50	38178
18+	Total Body Fitness	MSCR West	T	4/2-6/4	5-5:45pm	\$50	38215
18+	Yoga Flow	MSCR West	T	4/2-6/4	7:15-8:15pm	\$50	38230
18+	Mat Pilates	Warner Park CRC	T	4/2-6/4	8:30-9:30am	\$50	38160
18+	Gentle Flow & Meditation	Warner Park CRC	T	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+	*Arms & Abs	MSCR West	W	4/4-6/5	5:30-6:15pm	\$50	40127
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+	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+	*HIIT	MSCR West	Th	4/4-6/6	6:45-7:30pm	\$50	40135
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+	*Pure Strength	MSCR West	Sa	4/6-6/8	9-9:45am	\$50	40136
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 #
OUTDOOR CLASSES							
18+	Gentle Yoga Flow	Olbrich Park	M	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+	Kickbox Cardio	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

*These classes are new to the spring session.

INDOOR & OUTDOOR CLASSES

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 & ABS

Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. 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 standing 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

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!

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!

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 weights to tone and improve endurance.

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.

TAI CHI

TAI 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 Beijing 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.

TAI 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.

INDOOR & OUTDOOR CLASSES

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 Beijing 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

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. strength.

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.

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.

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.

Age	Class	Location	Day	Date	Time	Fee	Course #
OUTDOOR CLASSES & WORKSHOPS							
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	T	4/30-6/4	9:15-10:15am	\$26	38459
BIKING WORKSHOPS							
50+	Know Your Bike (Analog)	MSCR Central	T	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

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INDOOR CLASSES

Age	Class	Location	Day	Date	Time	Fee	Course #
SPRING SESSION							
50+	Classic Cardio & Toning	MSCR Central	M	4/1-6/3	12:30-1:30pm	\$39	38426
50+	Pure Strength	MSCR East	M	4/1-6/3	8:30-9:15am	\$29	38380
50+	Cardio Dance	MSCR East	M	4/1-6/3	10:45-11:45am	\$39	38300
50+	Total Body Suspension Training	MSCR East	M	4/1-6/3	12-12:45pm	\$29	38423
50+	TRX Yoga	MSCR East	M	4/1-6/3	1-2pm	\$39	38751
50+	Small Group Training	MSCR East	M	4/1-6/3	4-4:45pm	\$55	40121
50+	Core & Balance Combo	MSCR West	M	4/1-6/3	9-10am	\$39	38321
50+	Gentle Exercise	MSCR West	M	4/1-6/3	10:15-11:15am	\$39	38362
50+	Classic Cardio & Toning	MSCR West	M	4/1-6/3	12-1pm	\$39	38403
50+	Pilates	MSCR West	M	4/1-6/3	12:30-1:30pm	\$39	38371
50+	Fitness Conditioning	Warner Park CRC	M	4/1-6/3	9-10am	\$39	38325
50+	Pilates	MSCR Central	T	4/2-6/4	11am-12pm	\$43	38373
50+	Chair One Dance Fitness	MSCR Central	T	4/9-6/4	12:15-1:15pm	\$39	38361
50+	T'ai Chi Intro: Part 2	MSCR Central	T	4/2-6/4	12:30-1:30pm	\$43	38824
50+	T'ai Chi Intermediate	MSCR Central	T	4/2-6/4	1:45-2:45pm	\$43	38405
50+	T'ai Chi Advanced	MSCR Central	T	4/2-6/4	3-4pm	\$43	38415
50+	Gentle Exercise	MSCR East	T	4/2-6/4	10-11am	\$43	38364
50+	Yoga Flow	MSCR East	T	4/2-5/28	10:30-11:15am	\$29	38449
50+	Arms & Abs	MSCR East	T	4/2-6/4	11:15am-12pm	\$33	38291
50+	Pure Strength	MSCR East	T	4/2-6/4	12:15-1pm	\$33	38382
50+	Barre Sculpt	MSCR East	T	4/2-5/28	12:45-1:30pm	\$29	39756
50+	Chair Exercise	MSCR East	T	4/2-6/4	1:15-2pm	\$33	38309
50+	Gentle Yoga Flow	MSCR East	T	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	T	4/2-6/4	10:15-11:15am	\$43	38441
50+	Gentle Exercise	MSCR West	T	4/2-6/4	11am-12pm	\$43	38366
50+	Simple Strength	MSCR West	T	4/2-5/21	1-1:50pm	\$35	38392
50+	Functional Fitness	MSCR West	T	4/2-6/4	1-2pm	\$43	38333
50+	Functional Fitness	MSCR West	T	4/2-5/21	3-3:50pm	\$35	38337
50+	Parkour for Seniors - Intermediate	Warner Park CRC	T	4/2-6/4	9:30-10:45am	\$75	38755
50+	Chair Exercise	Warner Park CRC	T	4/2-6/4	10:15-11:15am	\$43	38307
50+	Parkour for Seniors - Beginners	Warner Park CRC	T	4/2-6/4	11:15am-12:30pm	\$75	38757
50+	Core & Balance Combo	Warner Park CRC	T	4/2-6/4	11:30am-12:30pm	\$43	38323

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THAT HAVE OPENINGS AS OF FEBRUARY 23, 2024.

INDOOR CLASSES

Age	Class	Location	Day	Date	Time	Fee	Course #
SPRING SESSION							
50+	Functional Fitness	MSCR Central	W	4/3-6/5	12-1pm	\$43	38345
50+	Pilates	MSCR East	W	4/3-6/5	8:30-9:30am	\$43	38374
50+	Classic Cardio & Toning	MSCR East	W	4/3-6/5	9:30-10:30am	\$43	38463
50+	Mindful Balance	MSCR East	W	4/3-6/5	10:30-11:30am	\$43	38297
50+	Simple Strength	MSCR West	W	4/3-6/5	9-10am	\$43	38394
50+	Pilates	MSCR West	W	4/3-6/5	10-11am	\$43	38376
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+	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+	Pure Strength	Warner Park CRC	W	4/3-6/5	10:15-11am	\$33	38384
50+	T'ai Chi Intermediate	Warner Park CRC	W	4/3-6/5	1-2pm	\$43	38407
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+	T'ai Chi Intermediate	MSCR East	Th	4/4-6/6	1:30-2:30pm	\$43	38409
50+	T'ai Chi Intro Part 2	MSCR East	Th	4/4-6/6	2:45-3:45pm	\$43	38825
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+	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	11:50pm	\$35	38396
50+	Pilates	MSCR West	Th	4/4-6/6	2:30-3:30pm	\$43	38378
50+	Gentle Yoga Flow	Warner Park CRC	Th	4/4-5/30	9:15-10:15am	\$39	38431
50+	Chair Yoga	MSCR Central	F	4/5-6/7	9:30-10:15am	\$29	38429
50+	Strength Training for Women	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+	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+	Gentle Exercise	MSCR West	F	4/5-6/7	10:20-11:20am	\$43	38401
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



Online:
Register for most MSCR activities at mscr.org



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



Email:
mscr@madison.k12.wi.us



Fax:
608-204-0557



Registration is open at mscr.org
This includes only classes that had openings Feb 2024.

1. 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.
2. Include first and alternate choice where applicable. If your first choice is full, we will try your alternate choice. If both choices are full, your fee will be returned and you will be 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

REFUND POLICY

Participants who request to withdraw from a program a minimum of 7 days prior to the start of the program will receive a full refund minus a \$5 service charge per transaction. In lieu of a refund, a customer can request a credit on their MSCR account to avoid the \$5 processing fee. No refunds or credits 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.

FREE 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 especialistas bilingües o en la oficina principal. También puede buscarlas en la oficina de MSCR o en el Centro Comunitario Warner. Hay también una versión digital disponible, visite: mscr.org. Para mayor asistencia, comuníquese con el asistente bilingüe al 608-204-3057.

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.

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 mscr.org 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.

MSCR Registration Form

Madison School & Community Recreation Office: MSCR Central, 328 E Lakeside St, Madison, WI 53715 Phone: 608-204-3000 Fax: 608-204-0557

(Head of Household) Last Name		First Name	Birth Date (mm/dd/yy)	Does the participant require an accommodation or special assistance due to a disability? If so, please explain.	
Street Address		City	State	Zip	
Email (Required for registration confirmation OR send a stamped, self-addressed envelope) *I agree to receive MSCR promotional email					
Primary Phone	Cell Phone	Are you an MMMSD resident? (Check one) Yes ___ No, Non MMMSD residents pay 50% more. See the Policy Page.		Do you have any medical conditions or concerns of which our staff need to be aware? (Asthma, Allergies, etc.)	
Emergency Contact Name		Emergency Contact Phone			

Participant's Full Name	Gender *See page 18.	Date of Birth mm/dd/yy	Grade 2023-2024	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assistance Request
					1st Alternate, if any							
					1st Alternate, if any							
					1st Alternate, if any							
					1st Alternate, if any							
					1st Alternate, if any							
					1st Alternate, if any							
					1st Alternate, if any							
					1st Alternate, if any							

*Must complete form on back.

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

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

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

Credit Card Number:

Name as printed on card: _____ Three Digit Code

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

Youth Sports Participants:
I acknowledge receipt of Concussion & Sudden Cardiac Arrest Information (page 64).

Fee Total \$ _____
Donation \$ _____
Total \$ _____

Liability Waiver - Signature Required for Participation

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

Signature: _____

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

Fee Assistance Request

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

NAME	Head of Household Name: _____		_____	First
FAMILY SIZE	What is your family size?	Circle one number:	1 2 3 4 5 6 7 8 9 10	
ADULT	List your gross* annual income: \$ _____	(per year)		
YOUTH	Or list your gross* bi-weekly income: \$ _____	(every two weeks)		
	*Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds.			
	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 <input type="checkbox"/> Yes <input type="checkbox"/> No My child qualifies for reduced-price school meals <input type="checkbox"/> Yes <input type="checkbox"/> No			
	2. My family is requesting fee assistance and we are able to enclose the following payment of \$ _____.			
	3. *My family is requesting fee assistance beyond the two programs per season limit. Please explain: _____			
	4. My child(ren) are younger than school age. <input type="checkbox"/> Yes <input type="checkbox"/> No			

WHAT HAPPENS NEXT?

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