



MSCR Program Guide

Fall 2025



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VACATION DAYS

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Offered anytime MMSD or MGSD has off of school

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MSCR FALL 2025 PROGRAM GUIDE

608.204.3000 OR MSCR.ORG



MSCR Central

328 E Lakeside Street
Madison, WI 53715

Monday - Friday

8 am - 5 pm

608.204.3000

Registration begins

- **Monday, August 11 at 12 pm**
for MMSD Residents and
- **Monday, August 25 at 12 pm**
for Non-MMSD Residents

HOW TO REGISTER

- Registration begins at 12 pm.
Register online at mscr.org. This is the best option for customers interested in high demand activities.

Or

- 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

FEE ASSISTANCE

How to request Fee Assistance:

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

Please note: for the best chance of being enrolled in your preferred program, please return your Fee Assistance Request Form to MSCR prior to the first day of registration on Monday, August 11.

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MSCR EXECUTIVE DIRECTOR: Mary Roth

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MSCR Mission

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

Dear Madison Community,

Welcome to our Fall 2025 program guide, we have a great season planned for the community.

Before you dig into this guide, I want to highlight some changes in how we have organized our program information to hopefully make it easier for you and your family to find the activities you're looking for. The guide is now organized by age with our activities for our youngest participants at the beginning and progressing through our older adults. We have also simplified the class listings showing class details for each activity below the class description. We hope these adjustments help make the program guide more user-friendly.

Get ready for fun through the decades at our expanded Friday Night Features at MSCR East and MSCR West on Friday nights this fall. Find groovy art workshops, throwback dance parties and games galore to kick off your weekend.

Finally, fall takes us back to school. In addition to the many activities in this guide, if your family includes a middle or high school-aged student, keep your eye out for updates from your school about MSCR afterschool clubs, sports and activities.

Wishing you a wonderful fall from the team at MSCR!

Sincerely,
Mary Roth, MSCR Executive Director



Dear Families & Community Members,

It's hard to believe that fall is just around the corner! Our MSCR team has been hard at work planning for a variety of upcoming fall and winter opportunities. I encourage you to explore what's available for you, your scholars and your family.

One area that I'd like to highlight is our afterschool programming for middle and high school students. These programs help students strengthen skills, build relationships, and stay engaged in learning at the end of the school day.

Middle schoolers can participate in various clubs including academic enrichment, drama, and the arts. Or, they can play a sport, such as volleyball, soccer, or basketball.

High schoolers can join a club, participate in youth leadership opportunities, or play volleyball and basketball.

These are just a few of the many options available to students. We have something for everyone. Adults can register for classes such as yoga, dance and strength training or even go on day trips. And our youngest community members can learn how to swim in our aquatics classes.

Please visit the MSCR website at mscr.org. Discover our opportunities and learn how to get involved.

In partnership,
Joe Gothard, Ed. D., Superintendent



MSCR Program Centers

MSCR Central
328 E Lakeside Street

MSCR East
4620 Cottage Grove Rd

MSCR West
7333 West Towne Way

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

MSCR at Community Centers

Allied Learning Center, 2237 Allied Dr, 608-204-6561

MSCR provides afterschool programming for K-5th grade and summer programming serving K-8th grade students living in the Allied Neighborhood. Allied Learning Center has deep community connections with MMSD, Joining Forces for Families, Madison Police Department, Madison Public Library and the University of Wisconsin.

Meadowood Neighborhood Center, 5740 Raymond Rd, 608-467-8360

MSCR operates the Meadowood Neighborhood Center in collaboration with the City of Madison on the southwest side in the Meadowood Shopping Center. The purpose is to provide safe, supervised activities for youth during the summer, afterschool and evening hours. The center also offers arts and enrichment programs, fitness classes and a place for neighbors and groups to meet. Additional services are a job shop, food pantry and computer access. The space is a focal point in the neighborhood to share resources for a better and stronger community.

Warner Park Community Recreation Center, 1625 Northport Dr, 608-245-3670

MSCR, in collaboration with the City of Madison Parks Division, offers recreation programs at the Warner Park Community Recreation Center. Classes are listed in various activity sections throughout the program guide. ID cards are required at WPCRC. ID Forms are available at cityofmadison.com/parks/wpcrc/ or stop in.





Showcasing the best of MSCR! Join us the first Friday of the month for some fiercely fun and exciting new activities. Try energetic sports games, create meaningful art and get your groove on in the fitness studios. Registration is required for most activities. Now at MSCR East & MSCR West with themes: November is the 70s and December is the 80s. *A participating adult must attend with registered child.

NOVEMBER: GOOVIN' THROUGH THE 70S

ADULT

Age	Location	Day	Date	Time	Fee	Course #
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ADULT 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.

18+	MSCR West	F	11/7	8-8:45pm	\$5	44416
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FAMILY

Grade	Location	Day	Dates	Time	Fee	Course #
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FAMILY 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.

1+	MSCR West	F	11/7	7-7:45pm	\$5	44420
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FAMILY BOOGIE & BINGO BASH

Get ready to boogie and shout "BINGO" at this high-energy family night! Join us for a dazzling disco-themed bingo party filled with music, movement, prizes, and plenty of fun for all ages. Dance between rounds, dress in your best disco gear, and enjoy an unforgettable night of games and grooves!

1+	MSCR West	F	11/7	4:30-5:30pm	\$0	45195
1+	MSCR East	F	11/14	4:30-5:30pm	\$0	45194

GROOVY GROUP SCULPTURES

Use recycled materials to create small, abstract sculptures inspired by Louise Nevelson. Construct with fun shapes and paint with monochromes while learning about this famous artist.

2	MSCR West	F	11/7	5:30-6:30pm	\$5	45129
2	MSCR East	F	11/14	5:30-6:30pm	\$5	45130

LAVA LAMPS & FLOWING YOGA

Join us for a vibrant night where creativity and relaxation collide! Kick things off with a flowy yoga class, then dive into crafting your very own lava lamp packed with swirling colors and cool retro vibes.

9+	MSCR West	F	11/7-11/7	6-7:30pm	\$10	45069
9+	MSCR East	F	11/14-11/14	6-7:30pm	\$10	45070

70S MASH UP DANCE PARTY

Get ready to boogie down and groove with your whole crew to some chart-topping, feel-good anthems from the grooviest decade. Dust off your bell-bottoms, tease up that hair and prepare for an evening learning choreography to disco inferno and funky beats that'll have everyone shakin' their stuff.

3+	MSCR West	F	11/7	5:45-6:45pm	\$5	44415
3+	MSCR East	F	11/14	5:45-6:45pm	\$5	44231

YOUTH

SPORTS SAMPLER

Your child explores multiple sports in a fun and engaging class.

4-6	MSCR East	F	11/14	5-5:45pm	\$4	45185
4-6	MSCR East	F	11/14	6-6:45pm	\$4	45186

MIDDLE SCHOOL OPEN VOLLEYBALL

Drop your middle schooler off for light instruction volleyball instruction followed by game play.

6-8	MSCR West	F	11/7	6-8pm	\$5	44426
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DECEMBER: CELEBRATING THE EPIC 80S

ADULT

Age	Location	Day	Date	Time	Fee	Course #
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(40+) BEGINNER PICKLEBALL - TRY IT!

Learn the basic rules of doubles pickleball, where to stand on the court, how scoring works and get a chance to play a game of pickleball.

40+	MSCR West	F	12/5	6:15-8pm	\$8	45196
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THRILLER DANCE PARTY

Ever wanted to shuffle like a zombie with the King of Pop? Now's your chance! Learn the choreography to one of the 80s biggest hits and learn every iconic ghoulish groove, from synchronized shoulder shrugs to the classic zombie strut. No experience needed - just unleash your inner ghoul and have a blast! We'll break down the legendary routine step-by-spooky-step, so you'll be ready to haunt any dance floor with newfound confidence.

18+	MSCR West	F	12/5	6:30-7:30pm	\$5	4442
18+	MSCR East	F	12/12	6:30-7:30pm	\$5	44232

FAMILY

Grade	Location	Day	Dates	Time	Fee	Course #
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FAMILY JUGGLING - TRY IT!

Juggling is a fun activity that engages both your brain and body, which is even more fun when done with others! Learn how to juggle three objects by yourself, with a partner, and several other variations.

K+	MSCR East	F	12/12	6:30-7:30pm	\$2	45188
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JAZZY STEP AEROBICS

A high-energy class that combines jazz-style dance elements with step aerobics for a full-body workout that enhances cardio endurance, coordination and muscle tone!

3+	MSCR West	F	12/5	5:30-6:15pm	\$5	45067
3+	MSCR East	F	12/12	5:30-6:15pm	\$5	45068

SCRUNCHIE SEWING CLASS

Learn how to sew simple, but totally tubular hair accessories - scrunchies! Materials provided.

5-8	MSCR West	F	12/5	5:15-6:30pm	\$5	45131
9+	MSCR West	F	12/5	6:45-8pm	\$5	45132
9+	MSCR East	F	12/12	6:30-7:45pm	\$5	45133

THROWBACK FAMILY FUN

Step back in time for an evening of Throwback Family Fun where families with K-5 students can choose their adventure: get active with classic gym games like Red Light, Green Light and Blob Tag, or unleash your creativity by making colorful holiday decorations and trinkets in our Make 'n Take Art session. It's a fantastic opportunity to bond, get active, and create lasting memories together!

K+	MSCR West	F	12/5	5-6pm	\$5	45134
K+	MSCR East	F	12/12	5-6pm	\$5	45135



PATRIOTS YOUTH HOCKEY ASSOCIATION COME PLAY WITH US!



For all children living in the Madison East, Madison Lafollette, and Monona Grove
SCHOLARSHIPS AND AFFORDABLE SEASONAL EQUIPMENT RENTAL AVAILABLE!



SKILL LEVELS FOR ALL AGES:

LEARN TO SKATE/LEARN TO PLAY

REC LEAGUE

Travel teams available for
Mites (7-8 year olds),
Squirts (8-10 year olds), Peewee (10-12 year olds),
& Bantams (12-14 year olds)

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TRY HOCKEY
FREE EVENTS
THROUGHOUT
THE YEAR

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- MARTIAL ARTS TRAINING INCLUDED!
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- FUN ACTIVITIES!
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- TRANSPORTATION INCLUDED!



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Friends of MSCR Golf Outing proceeds support MSCR programs including afterschool enrichment, arts, aquatics, camp scholarships, adapted and inclusive recreation and more.
Learn more at mscr.org/Friends of MSCR



Elementary Afterschool Programs

AFTERSCHOOL PROGRAMS

As a part of the Madison Metropolitan School District, MSCR has provided quality child care since 1992. MSCR Afterschool and MSCR Enrichment programs were established with the belief that all children need a safe and enriching place to spend their after school hours. MSCR provides comprehensive programming after school in fifteen elementary schools (K-5) and two neighborhood centers in Madison. School based programs operate either the Enrichment program or the Afterschool program.

Email: mscrclemteam@madison.k12.wi.us or visit mscr.org for registration materials.

MSCR AFTERSCHOOL

K-5th grade students have access to a variety of fun, safe and inclusive educational, recreational and social activities at their school or neighborhood center.

MSCR ENRICHMENT

With funding through the Nita M. Lowey 21st Century Community Learning Center Grants, MSCR Enrichment is able to offer a variety of on-site afterschool activities that support, reinforce and extend school-day content and learning at no cost to families. Participants are confirmed based on a number of factors, including academic need and other barriers to school success. Limited spots are held for students who do not qualify based on need.

MSCR AFTERSCHOOL & ENRICHMENT GOALS:

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

RECREATIONAL & EDUCATIONAL ACTIVITIES

MSCR offers fun programming & activities:

- Creative enrichment projects
- Special events and field trips, when possible
- Active play
- Free choice time
- Opportunities to make new friends
- Hands-on academic enrichment activities

STAFFING

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

EARLY RELEASE & NO SCHOOL DAYS

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

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

PROGRAM ELIGIBILITY

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



SCHOOL YEAR PROGRAM INFORMATION & REGISTRATION LINKS:

MSCR Afterschool at Allied Learning Center, Anana, Emerson, Hawthorne, Lake View, Lincoln, Lindbergh, Lowell, Meadowood Neighborhood Center, Midvale & Sandburg

MSCR Enrichment at Lori Mann Carey, Henderson, Mendota, Nuestro Mundo, Orchard Ridge, Schenk

Please note: Completing the registration form does not guarantee enrollment in the MSCR Afterschool or MSCR Enrichment program. Space is limited and based on a number of factors, including staffing ratios. If a waitlist is started, MSCR continues to accept participants from the waitlist as additional staff are hired. Registration for MSCR Afterschool and Enrichment requires full-time enrollment (5 days per week). Part-time registration is not available. You will receive an email confirmation letter that includes a start date, or that indicates if you have been placed on the waiting list.

- Contact us at 608-204-4583 or mscreelement@madison.k12.wi.us to request registration materials for school based locations
- For the Meadowood Neighborhood Center, please contact mncenter@madison.k12.wi.us
- For the Allied Learning Center, please contact mscralliedlc@madison.k12.wi.us

MSCR AFTERSCHOOL & ENRICHMENT SITES

*Site is supported by a Nita M. Lowey 21st Century Community Learning Center grants.

Site	Phone	MSCR Afterschool Site	MSCR Enrichment Site
Allied Learning Center	204-6578	Yes	No
Anana Elementary	204-2208	Yes	No
Emerson Elementary	204-2021	Yes	No
Hawthorne Elementary	204-2507	Yes	No
Henderson Elementary*	516-8899	No	Yes
Lake View Elementary	204-4055	Yes	No
Lincoln Elementary	204-4963	Yes	No
Lindbergh Elementary	204-6507	Yes	No
Lowell Elementary	204-6616	Yes	No
Mann Carey	442-2529	No	Yes
Meadowood Neighborhood Center	229-6823	Yes	No
Mendota Elementary*	577-1570	No	Yes
Midvale Elementary	204-6733	Yes	No
Nuestro Mundo Community School*	204-1024	No	Yes
Orchard Ridge Elementary*	204-2353	No	Yes
Sandburg Elementary	204-7952	Yes	No
Schenk Elementary*	279-9749	No	Yes

**Kids Day Out 608-204-0520**

The Kids Day Out (KDO) program provides supervised activities on no-school days for children in grades K-5 from all MMSD elementary schools. Activities typically involve going on a field trip and may include: swimming, arts & crafts, games, nature activities, performing arts, museums and the zoo. Field trip locations vary and may include going to locations outside of Dane County. Participants must bring a lunch and beverage; a light breakfast and an afternoon snack is provided. Use the registration form in the back of the MSCR program guide or register online at mscr.org. For financial assistance complete the form on the other side of the registration form. Register early as space is limited. The deadline for registration is two weeks prior to the KDO date. No on-site registration.

K-5	Mendota	Th	10/16	7:45am-5:30pm	\$60	44624
K-5	Midvale	Th	10/16	7:45am-5:30pm	\$60	44619
K-5	Mendota	F	10/17	7:45am-5:30pm	\$60	44625
K-5	Midvale	F	10/17	7:45am-5:30pm	\$60	44620
K-5	Hawthorne	T	11/4	7:45am-5:30pm	\$60	44626
K-5	Midvale	T	11/4	7:45am-5:30pm	\$60	44621



Middle School Programs

For more information on schedules and activities, please contact the MSCR Middle School Site Director at your student's school.

MSCR MIDDLE SCHOOL SITE DIRECTORS

School	Phone Number
Badger Rock	608-640-0079
Black Hawk*	608-204-4385
Cherokee Heights	608-204-1256
Gillespie	608-663-6427
Hamilton	608-204-4739
Meadowood Neighborhood Center	608-229-6823
O'Keeffe	608-204-6854
Sennett*	608-204-1948
Sherman*	608-204-2127
Spring Harbor	608-640-0119
Toki	608-204-4763
Whitehorse	608-204-4494
Wright*	608-204-1366

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

MSCR MIDDLE SCHOOL PROGRAMS

MSCR provides exciting out-of-school time programming at all MMSD middle schools and the Meadowood Neighborhood Center offering a fantastic mix of recreation, educational opportunities and youth development programs! Dane County Human Services and 21st Century Community Learning Center (CLC) grants help support the program. MSCR Middle School programs are offered on a drop in basis, are not offered every school day of the year and are designed to be out of school time enrichment and not childcare. MSCR Middle School programs are open to all students in a school's attendance area even if they don't attend MMSD for school.

MSCR MIDDLE SCHOOL CLUBS

A variety of special interest clubs are available at all MMSD middle schools. Please contact the MSCR Site Director at your school. Clubs may include academic enrichment, arts, drama, music, chess, dance, skiing, rec sports and more. Clubs are based on student interest at each school. Fees may be charged for some clubs. Receive information at school site. For general information call MSCR office at 608-204-3022.

MSCR MIDDLE SCHOOL SPORTS

Selected after school team sports are available at all MMSD middle schools. Sports include volleyball, soccer, cross country, basketball and flag football. Competition is with other MMSD middle schools.





High School Programs

For more information and specific schedules, please contact the MSCR High School Recreation Specialist at your child's school by phone or directly in their office or go to mscr.org.

MSCR HIGH SCHOOL SITE DIRECTORS

School	Rec Specialist	Phone Number
East High School	Mayder Lor	608-204-1752
La Follette High School*	TBD	608-204-3625
Memorial High School	Kelsie Coleman	608-442-2220
West High School	Monique Porter	608-204-2136
Capital High School	Monique Porter	608-204-2136

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

MSCR HIGH SCHOOL PROGRAMS

MSCR provides a variety of out of school time activities and events and services for students at each high school. Offerings include out of school time academic support clubs, student interest clubs, youth leadership opportunities, ski & snowboard club, extramural sports (volleyball and basketball), Leaders In Training (LIT) youth employment program, Driver's Education scholarship program (funded by Dane County) and more. La Follette has a 21st Century Learning grant. Afterschool programs are open to all students in a school's attendance area even if they don't attend MMSD for school.

HIGH SCHOOL SPORTS LEAGUES

Afterschool sports are available at all MMSD high schools to students who are not currently on the WIAA team for the same sport. Sports practice one day per week after school and compete on Saturdays. Schedules are sent once registration for that sport has been completed. Practices are dependent on space availability. Register with your school's Rec Specialist. Community teams can register by contacting the Recreation Specialist at your school or by calling the MSCR office at 608-204-3022 for more information.

FALL SPORTS SEASONS

BASKETBALL

Basketball Registration begins November/December and games take place on Saturdays, January 17 to March 7 with a season finale tournament.

VOLLEYBALL

Volleyball Registration begins in September and games take place on Saturdays, October 4 to November 15 with a season finale tournament.

JOIN OUR TEAM!
MSCR.ORG/JOBS



Afterschool
Aquatics
Arts & Enrichment
Fitness
Youth & Adult Sports
Inclusion Services





Child + Adult

Only registered child and one participating adult may attend Child + Adult classes. Siblings, including infants and/or friends are not allowed to attend classes, be in the classroom or left unattended in a building at any time.

Age	Location	Day	Dates	Time	Fee	Course #
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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.

18-24m	MSCR West	F	9/12-10/10	9:30-10:15am	\$41	44822
18-24m	MSCR West	F	10/24-11/21	9:30-10:15am	\$41	44823

COSTUMES AND CRAFTS WORKSHOP - CHILD + ADULT

Come in your costume and make some not so spooky Halloween inspired crafts! Silly slime monsters, glow in the dark creations, fall inspired art and more are sure to delight, not fright!

3-7	MSCR Central	T	10/21	5-5:45pm	\$12	44831
3-7	MSCR Central	Th	10/23	5-5:45pm	\$12	45144

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.

2-3	MSCR West	Th	9/11-11/20	9:30-10am	\$52	45201
2-3	MSCR East	Sa	9/6-11/15	9-9:30am	\$52	44845

DANCE WITH ME - CHILD + ADULT

Each class is based on a skill that is developed through dancing, singing and literacy. Develop coordination, learn to move in space and have fun moving to music. Please wear socks and comfortable clothing that allows for movement.

18m-2y	MSCR East	F	9/12-10/17	2:30-3pm	\$29	44893
18m-2y	MSCR East	F	10/31-12/12	2:30-3pm	\$29	44890

FANCIFUL FAIRIES WORKSHOP - CHILD + ADULT

Wings, wands and whimsical fun! Conjure up some magical crafts and creations based on your favorite mini magical friends.

3-7	MSCR Central	T	9/2	5-5:45pm	\$12	44832
3-7	MSCR Central	Th	9/4	5-5:45pm	\$12	45145

HOLIDAY ORNAMENT WORKSHOP - CHILD + ADULT

Deck the Halls with homemade decorations! Join us for a fun and festive time creating unique holiday ornaments that are sure to be keepsakes for many years to come.

3-7	MSCR Central	Th	12/4	5-5:45pm	\$12	44889
3-7	MSCR Central	T	12/9	5-5:45pm	\$12	45146
3-7	MSCR Central	Th	12/11	5-5:45pm	\$12	45147

Age	Location	Day	Dates	Time	Fee	Course #
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JUNGLE ART WORKSHOP - CHILD + ADULT

Let the lush landscape of the jungle inspire you as you adventure through making some wildly fun arts and crafts!

3-7	MSCR Central	T	11/4	5-5:45pm	\$12	44833
3-7	MSCR Central	Th	11/6	5-5:45pm	\$12	45148

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.

3-5	MSCR Central	Th	9/18-10/9	5-5:45pm	\$33	45193
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PROCESS ART - CHILD + ADULT

Process Art is about the practice of making art, not the final product. This artistic philosophy sets the foundation for independent, self-directed creativity by encouraging participants to be themselves, make their own decisions and just create!

3-5	MSCR West	F	9/12-10/10	10:45-11:30am	\$41	44921
3-5	MSCR West	F	10/24-11/21	10:45-11:30am	\$41	44922

RAINBOW MOSAICS MIXING COLORS - CHILD + ADULT

Young artists learn about primary colors to make the secondary colors by mixing paint. Explore, paint and create art projects and finish with a rainbow mosaic collage with of course, fluffy clouds!

3-5	MSCR Central	M	10/13-10/27	3:30-4:15pm	\$24	44891
3-5	MSCR West	M	11/10-11/24	4:30-5:15pm	\$24	44819
3-5	MSCR West	Sa	10/11-10/25	9-9:45am	\$24	44818
3-5	MSCR East	Sa	11/8-11/22	9-9:45am	\$24	44863

SEA CREATURE CRAFTS WORKSHOP - CHILD + ADULT

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!

3-7	MSCR Central	T	11/11	5-5:45pm	\$12	44892
3-7	MSCR Central	Th	11/13	5-5:45pm	\$12	45149

Preschool Dance

These classes is for the dancer only, adults are not allowed in the classroom. If your child is not ready for a class independently, we recommend a Child + Adult class.

Age	Location	Day	Dates
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Time	Fee	Course #
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IRISH DANCE - PRESCHOOL

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

4-6	MYArts	M	9/8-11/17	4:30-5:10pm	\$64	45191
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PRE-BALLET 3 YEARS

Classes nourish a dancer's creativity and love of movement while exposing them to essential skills for all dancers, including active listening, coordination, spatial awareness, rhythm and basic ballet technique.* This class is for the dancer only, adults are not allowed in the classroom. If your child is not ready for a class independently, we recommend a Child + Adult class.

3	MSCR Central	T	9/9-11/18	4-4:30pm	\$52	44877
3	MSCR West	Th	9/11-11/20	10:15-10:45am	\$52	44867
3	MSCR East	F	9/12-10/17	1:45-2:15pm	\$29	44868
3	MSCR East	F	10/31-12/12	1:45-2:15pm	\$29	44873
3	MSCR East	Sa	9/6-11/15	9:45-10:15am	\$52	44861

PRE-BALLET 4 YEARS

Classes nourish a dancer's creativity and love of movement while exposing them to essential skills for all dancers, including active listening, coordination, spatial awareness, rhythm and basic ballet technique.

4	MYArts	M	9/8-11/17	5-5:40pm	\$64	45190
4	MSCR West	Th	9/11-11/20	11-11:40am	\$52	45202
4	MSCR Central	Th	9/11-11/20	4-4:40pm	\$64	44871
4	MSCR East	F	9/12-10/17	12:50-1:30pm	\$36	44872
4	MSCR East	F	10/31-12/12	12:50-1:30pm	\$36	44876
4	MSCR East	Sa	9/6-11/15	10:30-11:10am	\$64	44862

Sports • 608-204-3026

Age Location Day Dates Time Fee Course #

PRE-K GYM GAMES GALORE

Jump, throw, catch and run! Specifically designed to encourage movement balance and teamwork, this class introduces kids to the wonder of indoor gym games. Balloons, bean bags, hula hoops and more are used in this fast paced class. Skip 11/24.

3-5	MSCR West	M	11/3-12/8	9:45-10:15am	\$30	44694
3-5	MSCR West	M	11/3-12/8	10:30-11am	\$30	44695

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 staff. The 3-5 year old class is a child + adult class.

3-5	MSCR West	M	9/15-10/20	4-4:30pm	\$30	44956
3-5	MSCR West	M	11/3-12/8	4-4:30pm	\$30	45153
3-5	MSCR West	M	9/15-10/20	4:45-5:15pm	\$30	45152
3-5	MSCR West	M	11/3-12/8	4:45-5:15pm	\$30	45154
3-5	MSCR West	T	9/16-10/21	6-6:30pm	\$30	45155
3-5	MSCR West	T	11/4-12/9	6-6:30pm	\$30	45157
3-5	MSCR West	T	9/16-10/21	6:30-7pm	\$30	45156
3-5	MSCR West	T	11/4-12/9	6:30-7pm	\$30	45158
3-5	Elvehjem	W	9/17-10/22	6-6:30pm	\$30	44957
3-5	Lapham	W	11/5-12/10	6-6:30pm	\$30	44950
3-5	Elvehjem	W	9/17-10/22	6:40-7:10pm	\$30	45159
3-5	Lapham	W	11/5-12/10	6:40-7:10pm	\$30	45160





FRIDAY NIGHT FEATURES SPORTS SAMPLER

Your child explores multiple sports in a fun and engaging class.

4-5	MSCR East	F	11/14	5-5:45pm	\$4	45185
4-5	MSCR East	F	11/14	6-6:45pm	\$4	45186

Soccer • 608-229-6820

Age Location Day Dates Time Fee Course #

SOCCER SKILLS - CHILD + ADULT

Child and adult work together to learn soccer skills. Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills. Skip 11/29.

2-3	Lapham	Sa	11/8-12/13	9:45-10:15am	\$25	44700
2-3	Lapham	Sa	11/8-12/13	10:30-11am	\$25	44702
2-3	Lapham	Sa	11/8-12/13	11:15-11:45am	\$25	44704
2-3	Lapham	Sa	11/8-12/13	9-9:30am	\$25	44699
2-3	Toki	Sa	11/8-12/13	9-9:30am	\$25	44705
2-3	Toki	Sa	11/8-12/13	9:45-10:15am	\$25	44698
2-3	Toki	Sa	11/8-12/13	10:30-11am	\$25	44701
2-3	Toki	Sa	11/8-12/13	11:15-11:45am	\$25	44703

PRESCHOOL SOCCER SKILLS

Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills. Skip 11/25, 11/26 & 11/29.

3-5	Lapham	T	11/4-12/9	6-6:30pm	\$25	44706
3-5	Southside	W	11/5-12/3	6-6:30pm	\$25	44709
3-5	Midvale	W	11/5-12/10	6-6:30pm	\$25	44708
3-5	Marquette	W	11/5-12/10	6-6:30pm	\$25	45072
3-5	Whitehorse	Sa	11/8-12/13	9-9:30am	\$25	45117
3-5	MSCR West	Sa	11/8-12/13	9-9:30am	\$25	45118



Age Location Day Dates Time Fee Course #

TUMBLING

Learn basic tumbling, stretching and movement skills while participating in obstacle courses, games and activities. Develop coordination, body awareness and gross motor skills.

4-K	MSCR West	T	9/9-10/14	3:30-4:10pm	\$30	44332
4-K	MSCR West	T	10/28-12/2	3:30-4:10pm	\$30	45096
4-K	MSCR West	W	9/10-10/29	3:40-4:20pm	\$35	45198



Arts & Enrichment

Grade	Location	Day	Dates	Time	Fee	Course #
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CANVASES AND CRAFTS

Go beyond the canvas in this class as we not only explore painting techniques and drawing skills, but also have fun with crafting. Bring your creativity to life by using all sorts of mediums and supplies to make all kinds of crafts- some seasonal and some not!

K-2	MSCR West	Su	9/7-10/12	3:30-4:30pm	\$48	44887
3-5	MSCR West	Su	9/7-10/12	2-3:15pm	\$56	44888
6-8	MSCR West	Su	10/26-12/7	2-3:30pm	\$64	44900

CHALK AND OIL PASTEL SILLY OSTRICH WORKSHOP

Time to get silly! Play with vibrant chalk pastels and creamy oil pastels while drawing a wacky, wonderful silly ostrich! This delightfully simple drawing adventure is a perfect introduction for artists to get messy with awesome materials and create a feathered friend that's sure to make you smile.

K1	MSCR East	M	9/29-10/6	4:30-5:30pm	\$18	44851
K1	MSCR West	M	11/24-12/1	5:30-6:30pm	\$18	44826
K1	MSCR Central	W	11/5-11/12	4:30-5:30pm	\$18	44885
2-3	MSCR East	M	9/29-10/6	5:45-6:45pm	\$18	44852
2-3	MSCR West	M	11/10-11/17	5:30-6:30pm	\$18	44825
2-3	MSCR Central	W	11/5-11/12	5:45-6:45pm	\$18	45124

DRAWING BEGINNING

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.

6-8	MSCR East	T	10/14-11/18	5-6pm	\$53	44853
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ONE POINT PERSPECTIVE DRAWING

Explore the amazing technique of one-point perspective! Learn to build dynamic compositions with geometric shapes and rulers, then supercharge them with cool black marker patterns and stunning, blended colors that leap off the page, all guided by the vanishing point.

6-8	MSCR West	Sa	10/11-10/25	11:15am-12:30pm	\$29	44829
6-8	MSCR East	Th	10/16-10/30	7:15-8:30pm	\$29	44896

SKETCH CUTE!

Sketching and doodling are a popular art form and a creative way of recording feelings, images and memories. Learn how to take simple shapes, lines and textures to create lighthearted images, while building on your skills to produce sketchbooks, greeting cards, framed art and more!

3-5	MSCR Central	T	9/9-9/30	4:30-6pm	\$47	45116
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RADIAL WEAVING WITH PAINTING AND PRINTMAKING

Learn radial weaving with painted concentric circles and printmaking. Use the painting, printmaking and weaving to create a stunning piece of art! Paint concentric circles on a round cardboard background, add patterns and designs using printmaking. Complete the project with radial weaving using yarn.

6-8	MSCR West	M	11/10-12/1	6:45-8pm	\$36	44830
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WATERCOLOR MONSTER DOODLES

Ditch the brushstrokes and get ready for some wild fun! Drip vibrant watercolors into playful puddles, watching colors blend and bleed. Once dry, transform your unique creations into silly monsters with a Sharpie!

3-5	MSCR West	Sa	10/11-10/25	10-11am	\$27	44883
3-5	MSCR Central	M	10/13-10/27	4:30-5:30pm	\$27	44886
3-5	MSCR East	Th	10/16-10/30	6-7pm	\$27	44897

Dance

Youth Dance classes include a recital on Saturday, November 22. Details announced in the fall.

Grade	Location	Day	Dates	Time	Fee	Course #
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BALLET

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

K-1	MSCR West	M	9/8-11/17	3-3:50pm	\$73	44835
K-1	MSCR Central	Th	9/11-11/20	4:55-5:45pm	\$73	44838
2-5	MSCR West	M	9/8-11/17	4:05-5:05pm	\$81	44836
2-5	MSCR Central	Th	9/11-11/20	6-7pm	\$81	44837

BALLET/TAP

During the ballet portions of class, participants learn basic ballet skills and positions, as well as learn to combine technique along with balance, coordination and rhythm. The tap portion of class focuses on learning basic steps, rhythms and combinations to get your feet moving!

K-1	MSCR East	Sa	9/6-11/15	11:25am-12:15pm	\$73	44834
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BATON TWIRLING - BEGINNING

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

1-5	MSCR West	M	9/8-11/17	4:30-5:30pm	\$81	44840
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BATON TWIRLING - CONTINUING

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

3-12	MSCR West	M	9/8-11/17	5:45-6:45pm	\$81	44841
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BATON TWIRLING - ADVANCED SKILLS

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

7-12	MSCR West	M	9/8-11/17	6:50-7:30pm	\$62	44839
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BATON TWIRLING - TWO BATON WORKSHOP

This workshop focuses on learning and practicing group and partner exchange tosses and tricks. Class is open to those with some confidence in basic baton twirling tricks and ready to impress by twirling two batons at once. Second baton can be borrowed during class.

3-12	MSCR West	M	12/15	5-6pm	\$10	44881
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BATON TWIRLING- GROUP TRICK WORKSHOP

For students who've taken Continuing Baton, Advanced Baton Skills, or have intermediate baton experience from outside of MSCR. This workshop focuses on learning and practicing group and partner exchange tosses and tricks

3-12	MSCR West	M	12/8	5-6pm	\$10	45176
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IRISH BEGINNING

Dancers learn the basics of Irish dance including foot positioning, skip, and introductory steps. This class is recommended for those with no experience in Irish dance, even if they have previously taken other dance classes.

1-5	MSCR Central	Su	9/7-11/16	2:30-3:20pm	\$73	44848
1-5	MYArts	M	9/8-11/17	5:25-6:15pm	\$73	45192

IRISH DANCE - TRY IT

Just want a little taste? Try Irish Dance for an evening! An introduction to the basic foot positions and steps, timing of music and Irish culture and words.

1-5	MSCR Central	Su	11/9	4:45-5:30pm	\$5	45123
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IRISH DANCE - CONTINUING

Dancers build on their existing Irish dance knowledge with traditional steps of the Jig and the Reel. Develop skills in timing and rhythm, allowing them to dance more independently to traditional Irish music. This class is recommended for those who have previously taken Irish dance classes in which they have learned at least one full step.

3-10	MSCR Central	Su	9/7-11/16	3:35-4:35pm	\$81	44849
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Grade	Location	Day	Dates	Time	Fee	Course #
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JAZZ
This style originally combines traditional African dance steps with ballroom dance techniques. Participants learn the basics of jazz dance techniques and skills, such as turns, jumps and combinations.

K-1	MSCR Central	T	9/9-11/18	4:45-5:45pm	\$73	44855
3-5	MSCR Central	T	9/9-11/18	6-7pm	\$81	44856

JAZZ/HIP HOP

This class combines the high energy hip hop dance style, focusing on rhythm and stylized movements, with jazz technique including turns, jumps and combinations.

2-5	MyArts	M	9/8-11/17	5:55-6:55pm	\$81	44857
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K-POP DANCE

In this exciting class, dancers explore the energetic world of K-Pop through engaging choreography and creative movement. Learn foundational dance techniques, practice catchy routines from popular K-Pop songs and have opportunities to express your own unique style. It's a fantastic way to develop coordination, rhythm and a love for dance in a supportive and fun environment.

3-5	MSCR East	M	9/8-11/17	3:45-4:45pm	\$81	44882
6-8	MSCR East	M	9/8-11/17	5-6pm	\$81	45189

LYRICAL

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

4-8	MyArts	M	9/8-11/17	7:10-8:10pm	\$81	44858
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MUSICAL THEATER

This exciting class introduces young performers to the world of musical theater. Learn basic dance techniques, develop stage presence and learn simple choreography from popular musicals.

3-5	MSCR West	M	9/8-11/17	5:20-6:20pm	\$81	44827
6-8	MSCR West	M	9/8-11/17	6:35-7:35pm	\$81	44828

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.

4-8	MSCR Central	T	9/9-11/18	7:15-8:15pm	\$81	44859
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TAP

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

2-5	MSCR West	T	9/9-11/18	5:30-6:30pm	\$81	44880
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Pottery

Grade	Location	Day	Dates	Time	Fee	Course #
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HANDBUILDING - CHILD + ADULT

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.

K-5	MSCR West	Sa	9/6-9/27	9-10:15am	\$56	44913
K-2	MSCR West	M	10/27-11/17	2:30-3:45pm	\$56	44914

YOUTH HANDBUILDING

Experience the hand-building techniques of pinch, coil and slab construction. Create multiple ceramic pieces and learn how to decorate them with underglazes.

3-5	MSCR West	M	10/27-11/17	4-5:15pm	\$56	44916
3-5	Warner Park CRC	M	9/8-9/29	4-5:15pm	\$56	44974
3-5	Warner Park CRC	M	11/17-12/8	4-5:15pm	\$56	45028
3-5	MSCR West	Sa	9/6-9/27	10:30-11:45am	\$56	44915

YOUTH WHEEL

Learn fundamental throwing techniques like centering clay, shaping forms and finishing pieces on the pottery wheel. Complete pieces with colorful glazes.

6-12	MSCR West	W	10/11-11/5	4:45-6:15pm	\$88	44917
6-12	Warner Park CRC	M	10/6-11/10	3:30-5:30pm	\$88	44918

Sewing**SEWING STUDIOS - MONSTER PILLOWS**

Expand your sewing knowledge to Create a dragon or another colorful character to sit with you during movie night. Learn how to sew a basic pillow pattern with super soft material, fleecy hair and wiggly arms.

6-8	MSCR West	W	10/22-10/29	6:15-8:15pm	\$30	44928
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SEWING STUDIOS - TAIL BLANKET

Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward a finished sewing project. Create a mermaid, shark or dino tail blanket! Each session focuses on a different project indicated below.

6-8	MSCR East	M	11/10-11/24	4:15-6:15pm	\$45	44929
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Workshops**AWESOME OCEAN CREATIONS WORKSHOP**

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!

K-2	MSCR East	M	9/22	4:30-5:45pm	\$12	44824
3-5	MSCR East	M	9/22	6-7:15pm	\$12	44847

MAKE YOUR OWN SHOE CHARMS WORKSHOP

Use a multitude of cool supplies like air-dry clay, sequins, beads, feathers and more to create one-of-a-kind accessories for your clog shoes!

K-2	MSCR East	M	9/15	4:30-5:45pm	\$15	44854
3-5	MSCR East	M	9/15	6-7:15pm	\$15	44860

WOVEN SNOWFLAKE ORNAMENT WORKSHOP

Weave some winter wonder! Learn to create a gorgeous six-pointed snowflake on a unique popsicle stick loom. Play with an exciting mix of white yarns with different textures, thicknesses and loads of sparkle! These dazzling snowflakes are fantastic holiday gifts, ornaments, or charming decorations.

3-5	MSCR East	Sa	11/22	10-11:15am	\$15	44910
3-5	MSCR West	M	12/1	4-5:15pm	\$15	44884

YOUTH CANVAS PAINTING WORKSHOP

Whether you love to paint, or have never painted before, this workshop is a lot of fun for you! Follow the instructor and go through the steps of creating a beautiful painting while also making it your own and adding your style to it!

K-2	MSCR East	Sa	11/15	10-11:15am	\$15	45166
3-5	MSCR East	Sa	11/8	10-11:15am	\$15	44925



FRIDAY NIGHT FEATURES

Grade	Location	Day	Dates	Time	Fee	Course#
YOUTH 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.						
1-8	MSCR West	F	11/7	6-6:45pm	\$54	44432
SCRUNCHIE SEWING CLASS						
Learn how to sew simple, but totally tubular hair accessories - scrunchies! Materials provided.						
5-8	MSCR West	F	12/5	5:15-6:30pm	\$5	45131



Youth Fitness

Grade	Location	Day	Date	Time	Fee	Course #
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CAPOEIRA - ALL LEVELS

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

2-6	Warner Park CRC	Th	9/11-12/4	5-5:45pm	\$60	45077
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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.

2-6	MSCR Central	M	9/8-12/1	4:30-5:15pm	\$65	44318
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Grade	Location	Day	Date	Time	Fee	Course #
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CAPOEIRA LEVEL 2

This class is a continuation of Capoeira Level 1. Previous Capoeira experience required.

2-6	MSCR Central	M	9/8-12/1	5:30-6:15pm	\$65	44320
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RUNNING CLUB

This youth training group is geared towards novice to intermediate runners looking for a coached workout. Each workout focuses on building running skills through speedwork, hill training, endurance workouts, running games and more.

1-2	Demetral Park	Th	9/11-10/23	5:30-6:15pm	\$35	45083
2-4	Elver Park	Th	9/11-10/23	4:30-5:15pm	\$35	45078
5-8	Demetral Park	T	9/9-10/21	5:30-6:15pm	\$35	45081
5-8	MSCR Central	W	9/10-10/22	5:30-6:15pm	\$35	45084
5-8	Elver Park	Th	9/11-10/23	5:30-6:15pm	\$35	45079

STRENGTH & CONDITIONING

A fun, beginner-focused class that builds strength, coordination, and confidence through proper technique, free weights, and conditioning exercises.

5-8	MSCR East	T	9/16-10/14	5-5:45pm	\$25	44329
5-8	MSCR West	T	9/9-10/21	6:45-7:30pm	\$35	44330
5-8	MSCR East	T	10/28-12/2	5-5:45pm	\$30	45076
5-8	MSCR West	T	10/28-12/9	6:45-7:30pm	\$35	45099

TUMBLING

Learn basic tumbling, stretching and movement skills while participating in obstacle courses, games and activities. Develop coordination, body awareness and gross motor skills.

4K-K	MSCR West	T	9/9-10/14	3:30-4:10pm	\$30	44332
4K-K	MSCR West	T	10/28-12/2	3:30-4:10pm	\$30	45096
4K-K	MSCR West	W	9/10-10/29	3:40-4:20pm	\$35	45198
1	MSCR West	T	9/9-10/14	4:20-5pm	\$30	45098
1	MSCR West	T	10/28-12/2	4:20-5pm	\$30	45095

TUMBLING LEVEL 2

Builds on the fundamentals taught in our beginner class, offering more advanced skill development. Participants should have a solid foundation and be confident with core movements such as backward rolls, handstands, and cartwheels.

1-2	MSCR West	W	9/10-10/29	4:30-5:10pm	\$35	45199
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VISIT
CTMTHEATER.ORG
TO ENROLL
TODAY



CTM

THEATER CLASSES

CLASSES FOR ALL AGE
& ALL LEVELS

SIGN UP NOW

FALL | WINTER | SPRING

Soccer

Grade Location Day Date Time Fee Course #

SOCCER SKILLS

Program focuses on movement, fundamentals and building basic soccer skills. Participants develop new skills through fun exercises, drills and games. Staff are dedicated to creating a safe and welcoming environment for all. Each session concludes with short-sided games to practice new skills. Skip 11/25, 11/26 & 11/29.

1-2	Lapham	T	11/4-12/9	6:50-7:50pm	\$30	44712
1-2	Southside	T	11/4-12/9	6:50-7:50pm	\$30	44715
1-2	Midvale	W	11/5-12/10	6:50-7:50pm	\$25	44714
1-2	Marquette	W	11/5-12/10	6:50-7:50pm	\$30	45073
1-2	Whitehorse	Sa	11/8-12/13	10am-10:45am	\$30	45119
1-2	MSCR West	Sa	11/8-12/13	10am-10:45am	\$30	45120
3-5	Whitehorse	Sa	11/8-12/13	11am-12pm	\$35	45121
3-5	MSCR West	Sa	11/8-12/13	11am-12pm	\$35	45122

OPEN PLAY

MSCR provides the gym, game balls and goals - and lets the kids play. Instructors lead the children through a brief warm up, ice-breaker activity, skills practice and supervise the program. New teams are formed each week. Skip 11/30.

1-2	MSCR West	Su	11/9-12/14	12:30-1:30pm	\$25	44720
3-5	MSCR West	Su	11/9-12/14	1:30-2:30pm	\$25	44721



MSCR Pottery Sale

Perfect for Holiday Shopping!

Join MSCR at our MSCR West facility for the 2024 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 December 18 & 19, 8am - 6pm
 7333 West Towne Way December 20, 10am - 3pm
 Madison, WI 53719 December 21, 10am - 2pm



JOIN OUR TEAM!

[MSCR.ORG/JOBS](https://www.mscr.org/jobs)



Afterschool
 Aquatics
 Arts & Enrichment
 Fitness
 Youth & Adult Sports
 Inclusion Services





Outdoor Flag Football Leagues

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 2-3) or Thursdays (Gr 4-5) 5 - 6:30 PM. First week of the program is a practice, coaches may schedule additional practices. Register for either the K-1, 2-3, or 4-5 division. Volunteer coaches are essential to the success of this program. If you are interested in coaching please contact Chris McGill at cmcgill@madison.k12.wi.us.

MSCR Youth Sports inspires kids to lead active, healthy lives and to make friends through sports, leagues and classes. Youth Sports Leagues provides participants an experience that emphasizes skill and character development through non-competitive recreational leagues. Our youth leagues promote fun, participation, sportsmanship and fair play. MSCR offers soccer, baseball, tball and flag football leagues throughout the year. All children are welcome to join our leagues regardless of skill level or sports experience. If you are looking for a fun, safe, non competitive youth sports league experience, MSCR is the place to be!

LEAGUE SCHEDULE & REGISTRATION

- League Game schedules are released one week prior to the season start date
- Sign up as an individual and let us place you on a team or request to join a team with your friends
- Volunteer Coaches are always needed! Sign up at mscryouthsportsleagues.org
- Find more league information and sign up at mscryouthsportsleagues.org

Grade	Location	Day	Date	Time
2-3	Cherokee Heights	Tu	9/16-10/21	5-5:30pm or 5:45-6:30pm
4-5		Th	9/18-10/23	5-5:30pm or 5:45-6:30pm

Registration Type	Registration Deadline	Resident Fee	Non-Resident Fee
Early	8/15	\$51	\$66
Regular	9/3	\$56	\$79

Flag Football Leagues register at mscryouthsportsleagues.org

REGISTRATION PROCESS FOR SPORTS LEAGUES

Go to mscryouthsportsleagues.org

Or go to MSCR East, MSCR Central or MSCR West for a paper registration.

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.

JOIN OUR TEAM!

MSCR.ORG/JOBS



Afterschool
Aquatics
Arts & Enrichment
Fitness
Youth & Adult Sports
Inclusion Services





MSCR Youth Sports inspires kids to lead active, healthy lives and to make friends through sports, leagues and classes. Youth Sports Leagues provides participants an experience that emphasizes skill and character development through non-competitive recreational leagues. Our youth leagues promote fun, participation, sportsmanship and fair play. MSCR offers soccer, baseball, tball and flag football leagues throughout the year. All children are welcome to join our leagues regardless of skill level or sports experience. If you are looking for a fun, safe, non competitive youth sports league experience, MSCR is the place to be!

- League Game schedules are released one week prior to the season start date
- Sign up as an individual and let us place you on a team or request to join a team with your friends
- Volunteer Coaches are always needed! Sign up at mscryouthsportsleagues.org
- Find more league information and sign up at mscryouthsportsleagues.org

Outdoor Soccer Leagues

MSCR Youth Soccer Leagues are designed to provide neighborhood-based recreational soccer programs for players of all abilities and experience levels. Our community-focused leagues strive to bring players, families and volunteer coaches together while enjoying and learning the basics of soccer. No try-outs, scores or records are kept - just in it for the fun of the beautiful sport.

MSCR staff schedules the games, provides referees and supports volunteer coaches throughout each season. Volunteer coaches may also schedule practice days/times but they are not mandatory.

League	Division	Age	Dates	Day	Time
3v3	U4	3-4	9/14-10/19	Su	1, 2, 3 or 4pm
3v3	U6	5-6			
6v6	U8	7-8	9/13-10/18	Sa	9, 10:15, 11:30am or 12:45pm
6v6	U10	9-10			
6v6	U12	11-12			
6v6	U14	13-14			

REGISTRATION PROCESS FOR SPORTS LEAGUES

Go to mscryouthsportsleagues.org

Or go to MSCR East, MSCR Central or MSCR West for a paper registration.

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	Now-8/10	\$55	\$82.50
Regular	8/11-8/17	\$60	\$90
Late	8/18-8/24	\$70	\$105

Locations	Tentative Field Locations
Eastside	Henderson, Kennedy, Lapham & Nuestro Mundo
Westside	Chavez, Cherokee, Crestwood, Toki & Stephens



Look for Afterschool Sports on page 8



Sports

Grade	Location	Day	Date	Time	Fee	Course#
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BADMINTON

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

3-5	Gillespie	Th	11/6-12/11	6-7pm	\$21	45167
6-8	Gillespie	Th	11/6-12/11	7-8pm	\$21	45168

BASKETBALL SKILLS CLINIC- BEGINNER

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

1-2	Toki	T	9/16-10/21	6-7pm	\$30	45162
1-2	Sennett	Th	9/18-10/23	6:~7pm	\$30	45164
3-5	Toki	T	9/16-10/21	7-8pm	\$30	45163
3-5	Sennett	Th	9/18-10/23	7-8pm	\$30	45165

FRIDAY NIGHT FEATURES - MIDDLE SCHOOL OPEN VOLLEYBALL

Middle School Open Volleyball - Drop your middle schooler off for light instruction volleyball instruction followed by game play.

6-8	MSCR West	F	11/7	6-8pm	\$5	44426
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Grade	Location	Day	Date	Time	Fee	Course#
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BASKETBALL SKILLS CLINIC - ADVANCED

This skills clinic is for the more experienced basketball player looking to take their game to the next level. Classes focus on individual skill building and conditioning, as well as large group sessions, game-like scenarios and scrimmages. If your child has a solid base of fundamentals and has played basketball for a few years, this is the program for you

6-8	Toki	T	9/16-10/21	8-9pm	\$30	44962
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FOOTBALL SKILLS

Get your young athlete ready for some flag football fun! In this engaging and energetic class, children learn the basics of flag football in a safe and supportive environment. Experienced coaches focus on developing fundamental skills, teamwork and sportsmanship while fostering a love for the game.

K-1	Cherokee	W	9/17-10/22	5-5:45pm	\$30	44942
K-1	Cherokee	W	9/17-10/22	5:45-6:30pm	\$30	45175

VOLLEYBALL SKILLS

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

1-2	MSCR West	Th	9/18-10/23	6-6:30pm	\$31	44944
1-2	MSCR West	Th	11/6-12/11	6-6:30pm	\$31	45169
3-4	MSCR West	Th	9/18-10/23	6:40-7:10pm	\$31	45170
3-4	MSCR West	Th	11/6-12/11	6:40-7:10pm	\$31	45171
5	MSCR West	Th	9/18-10/23	7:20-8pm	\$36	45172
5	MSCR West	Th	11/6-12/11	7:20-8pm	\$36	45173

ULTIMATE FRISBEE CLINIC

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

2-3	Toki	M	9/15-10/20	5-5:45pm	\$30	44967
4-5	Toki	M	9/15-10/20	5:45-6:45pm	\$36	45174



PEDAL PARTY

The family that rides together thrives together! Join a League of American Bicyclists Certified instructor for a 4-week workshop that teaches families how to ride together. Learn the basics of riding safely, play fun games and drills, practice skills through obstacle courses and neighborhood rides. This class is geared towards children who are able to ride a bike for one mile. Workshop are Child + Adult . Only registered child and one participating adult; register child only.

7-13yrs	Nuestro Mundo	Su	9/21-10/12	1:30-2:30pm	\$20	45075
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starlings.org/madison

madisonstarlings@gmail.com

Madison Starlings
 Improve your skills in a fun and competitive environment!

- **Elementary**
- Fall session
- **Middle School**
- Tryouts: Oct. 5th
- **High School**
- Tryouts: Nov. 16th



Visit our website for more information and tryout dates/info!



MSCR offers year round, affordable, community-based recreation, social, physical and educational programs for individuals of all abilities. Programs are open to individuals with disabilities grade 9 or ages 13+ and their caregivers. Essential Eligibility Criteria can be found at mscr.org/programs/adapted-recreation

Grade	Location	Day	Date	Time	Fee	Course#
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BOWLING

A time to socialize with others and have some fun on the lanes! Participants may bowl two games, as time allows. Lane-issued shoes included. Open to individuals with disabilities ages 13+ and their caregivers. Bowlers have the option of participating in Special Olympics Wisconsin (SOWI). This requires submitting an athlete physical. Weekly scores are sent to SOWI. Bowlers who place first, second or third in their division are eligible to advance to the State Bowling Tournament in Wausau in December. For this activity, please see Essential Eligibility Criteria.

9+	Dream Lanes	T	9/23-12/9	4:15-5:45pm	\$105	44100
9+	Spare Time	Th	9/25-12/11	4:15-5:45pm	\$105	44101

CHAIR EXERCISE

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

9+	MSCR West	Sa	9/6-11/8	11:45am-12:30pm	\$62	44102
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CITY CLUB

Meet new friends while enjoying arts & crafts, fitness activities, field trips and other fun and engaging activities. Skip 11/26 & 11/27.

9+	MSCR West	W	9/24-12/10	3:30-5:30pm	\$82	44103
9+	MSCR East	Th	9/25-12/11	3:30-5:30pm	\$82	44105

CLIMBING

No previous experience needed! An introduction to climbing and off the ground experiences! Opportunities include the giant swing, climbing wall, flying squirrel, and zip line. Adapted climbing equipment is available and staff can accommodate a variety of ability levels. Programming provided by MSCR Outdoor Programs staff. For this activity, please see Essential Eligibility Criteria.

9+	MSCR Kennedy	Sa	9/20	9:30-12pm	\$16	44106
9+	MSCR Kennedy	Sa	9/20	1-4:30pm	\$16	44992

DANCE AND MOVE

Low impact class using music and basic steps for great cardiovascular and muscle toning workout. All fitness levels welcome. Skip 11/24 & 11/25.

9+	MSCR West	M	9/22-12/8	4:30-5:30pm	\$68	44107
9+	MSCR Central	T	9/23-12/9	4:30-5:30pm	\$68	44108

INDOOR BOCCE

Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the rules and develop the skills of this great ball sport on our new bocce courts! Open to individuals with disabilities ages 13+ and their caregivers. For this activity, please see Essential Eligibility Criteria. Skip 11/26.

9+	MSCR West	W	9/17-12/3	5:15-6:30pm	\$68	44109
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PADDLING

No previous experience in a canoe or kayak needed! Participants are scheduled for a one hour time block after the participant profile is completed with adapted programs staff. Adapted paddling equipment is available, including universal paddling seats, outriggers, tandem kayaks, chariot transfer bench and multiple paddle adaptations. Staff can accommodate a variety of ability levels. MSCR Outdoor Programs staff lead this activity. For this activity, please see Essential Eligibility Criteria.

9+	Olin Park	M	10/6	2-6pm	\$10	44986
9+	Olin Park	T	9/2	2-6pm	\$10	44110

PICKLEBALL

Learn the basics of this popular game through playing and ongoing coaching. Equipment is provided. Open to individuals with disabilities ages 13+ and their caregivers. For this activity, please see Essential Eligibility Criteria. Skip 11/25.

9+	MSCR West	T	9/23-12/9	3:30-4:30pm	\$68	44111
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PONTOON RIDE

Cruise on the beautiful lake and enjoy views of the Capitol and Monona Terrace, UW skyline and the bluffs. MSCR Pontoon volunteers lead this program.

9+	Tenney Boat Pier	Th	9/11	1-4pm	\$8	44112
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POTTERY

Experience the hand-building techniques of pinch, coil and slab construction. No experience required. Materials provided. Projects are ready for pick up 3 weeks after class ends.

9+	MSCR West	Sa	9/6-9/27	12:15pm	\$56	44113
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RECREATIONAL SWIM (FORMERLY WATER WALKING)

Designed for individuals with intellectual and/or physical disabilities. Exercise on an individual basis with MSCR-provided staff support, or supported by family/caregiver. Activities in this small warm water pool may include water basketball, floating on noodles, or walking in the water. MSCR staff assess the individual abilities of participants in order to provide support. Skip 11/24, 11/25 & 11/26.

9+	Lapham	M	9/22-12/8	7:10-8:10pm	\$105	44117
9+	Lapham	T	9/23-12/9	7:10-8:10pm	\$105	44118
9+	Lapham	W	9/24-12/10	7:10-8:10pm	\$105	44119

YOGA

Focus on yoga forms to reduce stress and anxiety. Increase body awareness, balance and strength in a fun and safe environment. Open to individuals with disabilities ages 13+ and their caregivers. Skip 11/24 & 11/27.

9+	MSCR Central	M	9/22-12/8	4:30-5:30pm	\$68	44120
9+	MSCR West	Th	9/25-12/11	4:30-5:30pm	\$68	44121

SWIM LESSONS

Intended for youth with disabilities who would benefit from a very small group, this class will provide instruction based on swimmers' goals and comfort level in the water. Prior to registration, the Adapted Specialist works with the family to ensure participant is appropriate for the class. Considerations may include, but are not limited to, swimming as a preferred activity, goals related to swim instruction, and safety of participant, staff and other swimmers. Swimmers who have been successful in group swim lessons should not enroll in this class. NOTE: This class is not open for internet registration. Call 608-204-3030 for information. For this activity, please see Essential Eligibility Criteria.

K-8	Lapham	Sa	9/20-11/22	9:25-9:55am	\$110	44114
K-8	Lapham	Sa	9/20-11/22	10:05-10:35am	\$110	44115
K-8	Lapham	Sa	9/20-11/22	10:45-11:15am	\$110	44116



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

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 ½ ft. deep) with a capacity of 40 swimmers. Children ages 6 and under must be actively supervised by an adult in the water and within arm's reach. One adult (18+) must be present for every 2 children ages 6 and under. Any child under 12 must be actively supervised by an adult in the pool area. Children over the age of 12 may swim unaccompanied by an adult. Large groups (over 10 swimmers) require advanced notice. Please call the Aquatic Specialist (204-3019) 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

October 3 - December 12 Skip 10/31 & 11/28

Day	Location	Time
Fridays	Lapham	4-7:30pm

ADULT LAP SWIM SCHEDULE

Swimmers who are Grade 8-Adult and who can swim laps continuously as part of a fitness regimen are welcome during lap swim time.

September 15 - December 11 Skip 11/24-11/27

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

MSCR Aquatics offers swim lessons for all ages (infants through adults), plus a variety of adult aquatic fitness and specialized programs. MSCR is a licensed American Red Cross Learn-to-Swim provider.

REGISTRATION

For Preschool and Youth lessons, please register for a time slot. Swimmers who are either new to MSCR or who have not taken lessons in the previous calendar year are tested to determine their class placement.

WHAT TO BRING

Participants should arrive swim-ready and bring their own towel. Patrons are allowed to bring bags and towels to the spectator area. MSCR is not responsible for any lost or damaged items

BEFORE YOU SWIM

Lockers and showers are available. Men's, women's and all gender restrooms are available for changing after lessons. MSCR affirms the rights of individuals to use facilities that align with their gender identity. Showers must be taken before swimming and long hair must be either tied back or in a swim cap.

POOL INFORMATION

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

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

Please call 608.204.3025 to inquire about usage.



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TWO LOCATIONS:
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MONONARCADEMYOFDANCE@GMAIL.COM



- BALLET
- TAP
- JAZZ
- MODERN
- HIP HOP
- YOUTH
- ADULT
- REC
- PRE-PRO
- ALWAYS FUN



CHILD + ADULT

Active adult participation is required.

LITTLE DIPPERS (6 MONTHS - AGE 2)

Familiarizes children with 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. Continues to build on water safety knowledge. 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 (GRADES K-8)

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

*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.

Level 1: Orients children to aquatic environment and teaches basic aquatic skills.

Level 2: Builds upon the skills learned in Preschool Level 1 to gain more independence.

Level 3: Increases proficiency and builds on basic aquatic skills learned in Preschool Levels 1 and 2. Reinforces water safety concepts and skills.

YOUTH (GRADES K-8)

LEVEL 1: INTRODUCTION TO WATER SKILLS

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

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

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

LEVEL 3: STROKE DEVELOPMENT

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

LEVEL 4: STROKE IMPROVEMENT

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

LEVEL 5: STROKE REFINEMENT

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

LEVEL 6: FITNESS SWIMMER

Refines strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

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.

ADAPTED

ADAPTED SWIM LESSONS (GRADES K-8)

Intended for youth with disabilities who would benefit from a small group, this class provides instruction based on swimmers' goals and comfort level in the water. Prior to registration, Adapted Specialist works with the family to ensure participant is appropriate for the class. Considerations may include, but are not limited to, swimming as a preferred activity, goals related to swim instruction, and safety of participant, staff and other swimmers. Swimmers who have been successful in group swim lessons should not enroll in this class. Note: This class is not open for internet registration. Call 608-204-3030 for information.

ADULT SWIM LESSONS (GRADE 8-ADULT)

LEARNING THE BASICS TEEN/ADULT

An introductory course for beginners, this 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. This class is not open for internet registration. Call 608-204-3030 for information.

TEEN/ADULT SWIM INSTRUCTION

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

ADULT WATER FITNESS (GRADE 9-ADULT)

Grades 9-12 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.

WARM WATER EXERCISE

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

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 1800-2500 yards.

INTRO TO WATER POLO (GRADE 9-ADULT)

Must be able to swim proficiently and be comfortable in deep water; past experience playing water polo is not necessary. This all-gender course teaches the basics of water polo rules and game play in a fun environment. The coach utilizes workouts to improve endurance, runs drills and games to improve technique, and instructs game play for scrimmages.

ADVANCED WATER POLO (GRADE 9-ADULT)

Must be comfortable with water polo fundamentals and deep water play; prior participation in an introductory water polo course or equivalent experience is recommended. This all-gender course focuses on refining technique, improving tactical awareness and building endurance through more intensive workouts and structured drills. Players engage in scrimmages with an emphasis on teamwork, strategy and skill development in a supportive, pre-competitive environment.

East High School Pool, 2222 E Washington Ave

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
M,Th 9/15-12/11	5:45-7am	Masters Swimming (2x per week)	\$136	44265
Tues 9/16-12/9	6:15-7pm	Water Fitness: Deep Water	\$71	44290
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$77	44287
Sun 9/21-11/23	4:45-5:15pm	Teen/Adult Swim Instruction - Grade 8+	\$103	44280
Wed 9/24-12/10	7:35-8:05pm	Teen/Adult Swim Instruction - Grade 8+	\$86	44281

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 9/21-11/23	2:45-3:15pm	Youth Swim Lessons (K-8)	\$97	44294
	3:25-3:55pm	Youth Swim Lessons (K-8)	\$97	44295
	4:05-4:35pm	Youth Swim Lessons (K-8)	\$97	44296
	4:45-5:15pm	Swim With Me - Child+Adult (K-8)	\$96	44278
Wed 9/24-12/10	6:15-6:45pm	Youth Swim Lessons (K-8)	\$72	44297
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$72	44298

La Follette High School Pool, 702 Pflaum Rd

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Thurs 9/18-12/11	6:15-7:15pm	Water Fitness: Aqua Circuit	\$77	44288
	7:30-8:15pm	Water Fitness: Deep Water	\$71	44291

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Mon 9/22-12/8	6:15-6:45pm	Youth Swim Lessons (K-8)	\$72	44299
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$72	44300
	7:35-8:05pm	Youth Swim Lessons (K-8)	\$72	44301

Lapham Elementary School, 1045 E Dayton St

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Thur 9/18-12/11	7:10-8:10pm	Warm Water Exercise	\$77	44284
Sun 9/21-11/23	4:30-5pm	Learning the Basics - Teen/ Adult	\$103	44259

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 9/21-11/23	2:30-3pm	Shrimp Dip - Child+Adult	\$96	44275
	3:10-3:40pm	Preschool Swim Lessons - Age 3-5	\$103	44267
	3:50-4:20pm	Little Dippers - Child+Adult	\$96	44260
Mon 9/22-12/8	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	44268
	5:50-6:20pm	Little Dippers - Child+Adult	\$82	44261
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	44269
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	44269
Tues 9/23-12/9	4:30-5pm	Little Dippers - Child+Adult	\$82	44262
	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	44270
	5:50-6:20pm	Little Dippers - Child+Adult	\$82	44264
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	44274
Wed 9/24-12/10	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	44271
	5:50-6:20pm	Shrimp Dip - Child+Adult	\$82	44276
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	44272
Thurs 9/25-12/11	5:10-5:40pm	Little Dippers - Child+Adult	\$82	44263
	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$85	44273
	6:30-7pm	Shrimp Dip - Child+Adult	\$82	44277



Memorial High School Pool, 201 S Gammon Rd

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Wed 9/17-12/10	6:15-7pm	Water Fitness: Deep Water	\$71	44292
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$77	44289
Sun 9/21-11/23	4:45-5:15pm	Teen/Adult Swim Instruction - Grade 8+	\$103	44282

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 9/21-11/23	2:45-3:15pm	Youth Swim Lessons (K-8)	\$97	44293
	3:25-3:55pm	Youth Swim Lessons (K-8)	\$97	44302
	4:05-4:35pm	Youth Swim Lessons (K-8)	\$97	44303
	4:45-5:15pm	Swim With Me - Child+Adult (K-8)	\$96	44279

West High School Pool, 30 Ash St

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Mon 9/15-12/8	6:15-7:15pm	Water Fitness - Aqua Circuit	\$77	44285
	7:30-8:15pm	Water Fitness - Deep Water	\$71	44286
Tues, Thur 9/23-12/18	5:40-7:10am	Masters Swimming (2x per week)	\$158	44266
Thur 9/25-12/11	7:35-8:05pm	Teen/Adult Swim Instruction Grade 8+	\$86	44283
Wed 10/1-12/10	6:15-7:15pm	Intro to Water Polo	\$73	45032
	7:30-8:30pm	Advanced Water Polo	\$73	45033

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Tues 9/23-12/9	6:15-6:45pm	Youth Swim Lessons (K-8)	\$72	44306
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$72	44307
	7:35-8:05pm	Youth Swim Lessons (K-8)	\$72	44308
Thur 9/25-12/11	6:15-6:45pm	Youth Swim Lessons (K-8)	\$72	44304
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$72	44305

American Red Cross Trainings & Certification Classes

Age	Location	Day	Date	Time	Fee	Course #
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AMERICAN RED CROSS LIFEGUARD COURSE PREREQUISITE PREP

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

14+	East High School	Sa	9/27	11:30am-1:30pm	\$10	44997
14+	West High School	Sa	10/25	11:30am-1:30pm	\$10	44256

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION R.24

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

15+	East High School	F-Sa	12/19-12/20	5-9pm, 8:30-5pm	\$100	44257
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AMERICAN RED CROSS LIFEGUARDING R.24 BL

Upon successful completion, candidate is certified in American Red Cross Lifeguarding (including Deep Water), CPR/AED for the Professional Rescuer, and First Aid. Candidate must turn 15 by the last day of the course. Course prerequisites are completed on day 1 prior to the start of the course. Consider registering for one of these preparatory sessions. Look at mscr.org for requirements.

15+	East High School	F-Su	10/17-10/19	5-9pm 8am-6pm, 8am-5pm	\$200	44996
15+	West High School	F-Su	11/7-11/9	5-9pm 8am-6pm 8am-5pm	\$200	44258

Age	Location	Day	Date	Time	Fee	Course #
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AMERICAN RED CROSS LGI/IT RECERTIFICATION

This in-person Instructor/Instructor Trainer Recertification course is the required course for all Lifeguarding Instructors and Instructor Trainers to recertify. During this course, Lifeguarding Instructors and Instructor Trainers will participate in an in-water practice and polish skills session with their peers as well as a classroom-based review of the Red Cross administrative policies and procedures. Candidate Eligibility Requirements: To participate in the Lifeguarding Instructor/Instructor Trainer Recertification course, candidates must provide proof of a current (or expired by no more than 1 year) American Red Cross Lifeguarding Instructor or Lifeguarding Instructor Trainer certification. Instructors and instructor trainers whose certification was revoked or withdrawn for any reason are not eligible to participate. NOTE: Basic-level LG recertification is available during this course for an additional fee and additional time commitment of approximately 2.5 hours. Contact mborkovec@madison.k12.wi.us for more information or the registration link.

17+	West High School	Sa	9/13	9am-5pm	\$50	44255
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CPR PRO/AED RECERTIFICATION

CPR/AED recertification courses allow you to refresh your memory, renew your skills and stay up to date on the latest techniques. Designed for those whose credentials are still valid but near expiration, a recertification course takes less time than a standard CPR class, and allows you to maintain certification for an additional two years. For those working in pools in Wisconsin, due to recent changes in Wisconsin Pool Code, CPR/AED for the Professional Rescuer must be recertified every year.

15+	MSCR West	W	8/27	1:30-5pm	\$55	44998
15+	MSCR West	Sa	12/13	9am-12:30pm	\$55	44999

Family Arts & Enrichment

Age Location Day Date Time Fee Course #

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.

All	MSCR West	M	12/1	5-6pm	\$5	44157
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FAMILY JUGGLING

Juggling is a fun activity that engages both your brain and body, which is even more fun when done with others! Learn how to juggle three objects by yourself, with a partner, and several other variations.

All	MSCR East	T	9/9-10/14	6:30-7:30pm	\$10	44424
All	MSCR East	T	10/21-11/18	6:30-7:30pm	\$10	45187



FRIDAY NIGHT FEATURES!

A participating adult must attend with a registered child.

Grade Location Day Date Time Fee Course #

FAMILY 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.

1+	MSCR West	F	11/7	7-7:45pm	\$5	44420
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FAMILY BOOGIE & BINGO BASH

Get ready to boogie and shout "BINGO" at this high-energy family night! Join us for a dazzling disco-themed bingo party filled with music, movement, prizes, and plenty of fun for all ages. Dance between rounds, dress in your best disco gear, and enjoy an unforgettable night of games and grooves!

1+	MSCR West	F	11/7	4:30-5:30pm	\$0	45195
1+	MSCR East	F	11/14	4:30-5:30pm	\$0	45194

FAMILY JUGGLING - TRY IT!

Juggling is a fun activity that engages both your brain and body, which is even more fun when done with others! Learn how to juggle three objects by yourself, with a partner, and several other variations.

K+	MSCR East	F	12/12	6:30-7:30pm	\$2	45188
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GROOVY GROUP SCULPTURES

Use recycled materials to create small, abstract sculptures inspired by Louise Nevelson. Construct with fun shapes and paint with monotonies while learning about this famous artist.

2	MSCR West	F	11/7	5:30-6:30pm	\$5	45129
2	MSCR East	F	11/14	5:30-6:30pm	\$5	45130



Grade Location Day Date Time Fee Course #

LAVA LAMPS & FLOWING YOGA

Join us for a vibrant night where creativity and relaxation collide! Kick things off with a flowy yoga class, then dive into crafting your very own lava lamp packed with swirling colors and cool retro vibes.

9+	MSCR West	F	11/7-11/7	6-7:30pm	\$10	45069
9+	MSCR East	F	11/14-11/14	6-7:30pm	\$10	45070

70S MASH UP DANCE PARTY

Get ready to boogie down and groove with your whole crew to some chart-topping, feel-good anthems from the grooviest decade. Dust off your bell-bottoms, tease up that hair and prepare for an evening learning choreography to disco inferno and funky beats that'll have everyone shakin' their stuff.

3+	MSCR West	F	11/7	5:45-6:45pm	\$5	44415
3+	MSCR East	F	11/14	5:45-6:45pm	\$5	44231

THROWBACK FAMILY FUN

Step back in time for an evening of Throwback Family Fun where families with K-5 students can choose their adventure: get active with classic gym games like Red Light, Green Light and Blob Tag, or unleash your creativity by making colorful holiday decorations and trinkets in our Make 'n Take Art session.

It's a fantastic opportunity to bond, get active, and create lasting memories together!

K+	MSCR West	F	12/5	5-6pm	\$5	45134
K+	MSCR East	F	12/12	5-6pm	\$5	45135

Family Fitness

Age Location Day Date Time Fee Course #

FAMILY FITNESS

Build strength, coordination, and healthy habits as a family through fun games, group workouts, and age-friendly activities. This class promotes movement skills and overall fitness in a welcoming environment.

7-10 MSCR East S 9/21-11/2 2:30-3:15pm \$35 45182

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!

6-9 MSCR Central T 9/9-10/14 4:40-5:20pm \$30 45125

3-6 MSCR West T 9/9-10/21 6:15-7:00pm \$35 44322

3-6 MSCR West T 10/28-12/9 6:15-7:00pm \$35 45091

FAMILY ZUMBA

Enjoy Latin-inspired music and simple dance routines that get the whole family up and moving. A great way to stay active and enjoy quality time together!

6-11 MSCR West W 9/10-10/15 5:45-6:30pm \$30 45180

6-11 MSCR West W 10/29-12/3 5:45-6:30pm \$30 45181

MOVE WITH ME

Join us for fun and meaningful sessions that help build connection through movement, sensory play, and music. Caregivers pick up simple tips to use at home for bonding and supporting big emotions. All children must be registered to attend.

6m 3y MSCR Central W 9/10-10/8 4:30-5:15pm \$25 45092

6m-3y MSCR Central W 10/15-11/19 4:30-5:15pm \$25 45094



BICYCLING - PEDAL PARTY

The family that rides together thrives together! Join a League of American Bicyclists Certified instructor for a 4-week workshop that teaches families how to ride together. Learn the basics of riding safely, play fun games and drills, practice skills through obstacle courses and neighborhood rides. This class is geared towards children who are able to ride a bike for one mile. Workshop are Child + Adult. Only registered child and one participating adult; register child only.

7-13 Nuestro Mundo Su 9/21-10/12 1:30-2:30 PM \$20 45075

All participants must register and an adult over 18 must register and participate with youth participants.

Where kids thrive beyond the school day!



Where kids thrive beyond the school day
Wisconsin
YOUTH

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Outdoor Program Opportunities with MSCR

Bring your group outside for customizable experiences!

Combination Programs Available!

Visit mscr.org for examples!

Interested in designing your own program? Contact Outdoor Programs Specialists:

Emily Peffer: eapeffer@madison.k12.wi.us,

Liz Just: ekjust@madison.k12.wi.us



Teambuilding

Outdoor Pursuits cultivates leaders and develops teams. We facilitate custom designed experiential learning opportunities to help clients reach their full potential.



Padding

Provides groups the opportunity for team building and exploration of Madison's many lakes and rivers.

Introduction to Canoe/Kayak Clinics
Available in Madison

Canoe/Kayak Trips
In and around Madison Area



Environmental Education

Provides groups with hands on guided learning opportunities.

Field Studies

Locations: Madison School Forest, Cherokee Marsh & Owen Park

Orienteering

Learn to use a map and compass

Locations: Madison School Forest

Night Programs

Challenge and Inspire participants to explore the School Forest under the stars

Can be done together.

Camping at the School Forest Campground

The Madison School Forest offers its facilities, trails and 287 acres of Oak Forest to groups as an outdoor learning center or for over night camping experiences.



All participants must register and an adult over 18 must register and participate with youth participants.

DIGGING IN THE DIRT

Take a closer look at what's below your feet. Become a soil scientist for the day: dig, test, build, play and learn...in and about the dirt! Discover what critters live in the dirt, how dirt is "made" and complete a soil craft project. Best suited for ages 5-8 years.

5+ Mad Sch Forest Su 9/28 10am-12pm \$10 44683

HIGH CHALLENGE COURSE AT SCHOOL FOREST

Experience the High Challenge Course at Madison School Forest! Grab a friend or small group, get suited up in safety gear including harness, helmet, then practice on ground school before testing your problem solving skills up to 30ft in the air. Best suited for ages 10+.

10+ Mad Sch Forest Sa 10/4 1-5pm \$35 44684

JUNIOR FORESTER

Get ready to embark on a forest adventure at The Madison School Forest's Olson Oak Woods State Natural Area, a vibrant forest ecosystem. Through hands-on activities Junior Forester's discover the forest landscape and the ways foresters measure forest diversity. Best suited for ages 8+.

5+ Mad Sch Forest F 10/17 1-3pm \$8 44685

ORIENTEERING

Orienteering is an activity in which participants find their way to various checkpoints with the aid of a map and compass. Orienteering can be competitive (groups compete to finish finding all the check-points with the lowest time) or a fun leisure activity. MSCR has three courses that vary in difficulty and length to allow for each group to choose the best challenge for themselves. MSCR provides participants with the course maps, 1-2 compasses, markers for recording and directions on how to use the map and compass to find the checkpoints (no experience necessary). Best suited for ages 5+.

5+ Mad Sch Forest Sa 10/11 1-4pm \$8 44686

TWIGS & TREATS

No tricks here! Tromp through the School Forest trails to learn about the natural world around you and get into the Halloween spirit. Short guided activities bring the plants and animals of the School Forest to life. End the night with a s'more and refreshments at the bonfire. Costumes encouraged!

5 Mad Sch Forest Sa 10/25 4-5pm \$10 45138
5 Mad Sch Forest Sa 10/25 4:30-5:30pm \$10 45139

Age	Location	Day	Dates	Time	Fee	Course #
ALL THINGS FALL						

The Madison School Forest is a magical place in the fall! The leaves are falling, the air is crisp and the forest is alive with animals preparing for winter! Families enjoy roasting s'mores over the fire, carving pumpkins in the open air shelter and hiking the School Forest trails with MSCR Nature Kits. Best suited for ages 4-10 years.

4+	Mad Sch Forest	Sa	10/11	10am-12pm	\$10	44681
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AUTUMN WONDERS

Leaves dropping, changing colors, busy squirrels and cooler temps are all signs of the summer season ending and autumn beginning. Become explorers of the autumn landscape discovering the many changes that signal fall. Create a nature mandala, explore the leaves and trees during the fall transition and learn about animal habits as they prepare for winter. Best suited for ages 5-8 years.

5+	Olin Park	Sa	9/27	10am-11:30am	\$8	44682
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SCIENCE ★ ENGINEERING ★ ART







FALL WEEKEND WORKSHOPS | BIRTHDAY PARTIES | CAMPS

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Paddling

INTRO TO CANOE & INTRO TO KAYAK

Age Location Day Date Time Fee Course#
 Learn the basics to start paddling safely. These clinics give introductory information about boats, safety equipment, water safety and paddling techniques. If you've never been in a boat before, this is a great place to start!

INTRO TO CANOE/KAYAK

Age	Location	Day	Date	Time	Fee	Course#
16+	Warner Park	T	9/9	5-7pm	\$16	44688
16+	Vilas Park	Th	10/9	4:30-6:30pm	\$16	44689
INTRO TO KAYAK						
16 +	Vilas Park	T	10/21	4:30-6:30pm	\$16	44690
16+	Warner Park	Th	9/25	5-7pm	\$16	44691

ADAPTED PADDLING

Adapted paddling equipment is available, including universal paddling seats, outriggers, tandem kayaks, chariot transfer bench and multiple paddle adaptations. Staff can accommodate a variety of ability levels. Please see the Adapted section for more information.

LOCAL PADDLING TRIPS

These are great opportunities on local waterways to build your paddling skills and stamina. Trips last no more than three hours. Choose canoe or kayak on any of these trips, if canoeing both participants must register.

Age Location Day Date Time Fee Course#

MONONA TO WAUBESA TOUR

Enjoy a calm fall morning paddling the southern shoreline of Lake Monona, down the Yahara, and into Lake Waubesa. Enjoy Fall colors on this lovely paddle. Local paddling trips help build your paddling skills and stamina. Trips last no more than three hours, choose canoe or kayak. If canoeing, both participants must register.

16+ Olin Park Sa 9/27 9am-12pm \$25 44692

YAHARA RIVER ADVENTURE

Take an adventure based on the wind/water conditions for the day. We may paddle on Monona or Mendota, depending on conditions. Depart from MSCR Pontoon Boatyard, adjacent to Tenney Park. Local paddling trips help build your paddling skills and stamina. Trips last no more than three hours, choose canoe or kayak. If canoeing, both participants must register.

16+ Tenney Park Su 10/5 9am-12pm \$25 44693

PADDLING ADVENTURE TRIPS

Head outside of Madison with us to paddle at some stunning locations. Times listed include travel to and from location; paddling lasts up to four hours. Experienced instructors teach the skills you need to navigate the water and are your guides during the trips.

DISCOVER HORICON MARSH

Spend a day paddling Horicon National Wildlife Refuge, the largest freshwater cattail marsh in the US. Times listed include travel, paddling generally runs 11:30-4 with a break for lunch, canoe or kayak trip, if canoeing both participants must register.

16 + LaFollette Sa 9/20 10am-5pm \$27 44983

DISCOVER MIRROR LAKE

Spend a day paddling at Mirror Lake State Park, where the water is so calm that not a ripple marks its surface. Times listed include travel, paddling generally runs 11:30-4 with a break for lunch, canoe or kayak trip, if canoeing both participants must register. Option to meet staff at Memorial and follow the truck to paddling launch or meet at Mirror Lake. State Park Pass required.

16 + Memorial Su 10/19 10am-5pm \$27 44687

JOIN OUR TEAM!

MSCR.ORG/JOBS



Afterschool
 Aquatics
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Enjoy the city of Madison from the water on an MSCR Pontoon Boat Ride! MSCR maintains 3 pontoon boats at the Tenney Park Boat House (1615 Sherman Ave.) offering opportunities to get on the water through drop-ins, private reservations and speciality trips. Locations and times vary, please review descriptions below. Boats are wheelchair accessible however Tenney Park is our only accessible loading/unloading site, all other locations are not wheelchair accessible. Smoking, vaping, chewing tobacco, alcohol and weapons are prohibited on property or boats. Boats are equipped with safety equipment, floatation devices and deck chairs.

Our season is May through September, 7 days a week however we do not operate on the following Holidays: Memorial Day, 4th of July, Labor Day and Juneteenth.

Programming and access to any lake is not guaranteed due to weather and water levels, we communicate program changes on mscr.org/pontoon and the MSCR weather line 608-204-3044 (ext. 4)

If you have questions please contact us at pontoon@madison.k12.wi.us

RENTAL RESERVATIONS

Reserve a pontoon boat for your own outing; volunteer drivers and first mates accompany your trip. Three boats are available with a 15 passenger maximum per boat.

3 hour rentals available: 9:30am-12:30pm, 1-4pm, 5-8pm

90 Minute rentals available weekdays only: 10-11:30am, 1-2:30pm

Submit a reservation request online at mscr.org/pontoon

A reservation request must be made at least 14 days prior to your trip and reservations are only processed on weekdays.

Rates are per boat:

- Standard 3 hour rate: \$150
- 90 minute trips: \$100
- Non-MMSD Resident Policy: A resident resides at an address within the Madison Metropolitan School District. If the primary renter is not a resident of MMSD rental cost is 50% more.



Volunteer Drivers and First Mates
Drivers and First Mates on MSCR Pontoon Boats are volunteers. They represent a long standing community of trained and dedicated members. Please thank them for their hard work on your ride! Are you interested in becoming a volunteer?

New volunteers are accepted through June 1 each year, please reach out to the program supervisor, Emily Peffer at eapeffer@madison.k12.wi.us or 608-204-4580 for more information.

DROP IN RIDES

Trips run June 1 through September 30 at multiple locations. All trips are first come-first serve and riders must be present to reserve a seat. Rides are \$5 per person, free for youth 3 and under. Fee is collected onsite, only cash and checks accepted. A limited number of free tickets are available at Madison Public Libraries and MSCR locations that are made possible by donor funding.

Max group size is 6, larger groups should contact us to arrange for a private rental. All drop-ins are subject to cancellation due to inaccessible lake levels, weather, or public mandates. Please call the MSCR weather line for the most current program information: 608-204-3044 (ext. 4)

TENNEY PARK

90 minute boat trips to either Monona or Mendota (dependent on lake accessibility) from our Tenney Park Boat House. Registration begins 45 minutes prior to posted starting times. This site is wheelchair accessible!

OLBRICH PARK

60 minute boat trips on Lake Monona from Olbrich Park pier located off Atwood Ave, across from the entrance to Olbrich Gardens.

OLIN PARK

60 minute trips on Lake Monona from Olin Park Boat launch, located at 302 E Lakeside St. Registration begins 30 minutes prior to posted starting times.

WARNER PARK

60 minute boat trips on Lake Mendota from Warner Park Boat Launch at 1201 Woodward Dr. Registration begins 30 minutes prior to posted starting times, register at dock and park on Woodward Dr., not in the lot, to avoid ticketing.

TENNEY PARK

Sundays

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

Tuesdays and Thursdays

- 5:30-7pm
- 7:15-8:45pm (does not run in Sept)

OLBRICH PARK

Mondays

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

OLIN PARK

Wednesdays

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

WARNER PARK

Fridays

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

SPECIALTY TRIPS

ALL AGE TRIPS

MADISON BIRD & NATURE ADVENTURES

Join Madison Friends of Urban Nature (FUN) Naturalists on a boat ride to high-light local flora and fauna from the water.

All Tenney Boat Pier Sa 9/6 2-5pm \$17 43708

DINNER TRIP BREAKWATER

Join us for dinner at the Breakwater. All food is at your own expense. If restaurants are inaccessible at the date of the trip new venues may be chosen.*Please note, access to this restaurant requires climbing stairs.

All Tenney Boat Pier W 9/3 5-8:30pm \$16 43705

YOUTH TRIPS

Adults must register, pay and attend with youth participants. Enjoy trip with fun themed activities for youth, all ages are welcome but best suited for ages 4-10. Costumes for themed trips welcome, but not required. Trips may include a stop where concessions are available for purchase at your own expense.

HALLOWEEN IN SEPTEMBER

Show off your costume early.

All Tenney Boat Pier Sa 9/13 9-11am \$15 43717
All Tenney Boat Pier Sa 9/13 1-2pm \$15 43718

SCHLUTER BEACH TRIP

Take a ride to Schluter Beach: Enjoy the playground and stop into the Monona Bait and Ice Cream Shop for a scoop.

All Tenney Boat Pier Sa 9/20 12-2pm \$14 43701



Showcasing the best of MSCR! Join us the first Friday of the month for some fiercely fun and exciting new activities. Try energetic sports games, create meaningful art and get your groove on in the fitness studios. Registration is required for most activities. Now at MSCR East & MSCR West with themes: November is the 70s and December is the 80s. *A participating adult must attend with registered child.

NOVEMBER: GOOVIN' THROUGH THE 70S

ADULT

Age	Location	Day	Date	Time	Fee	Course #
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ADULT 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.

18+	MSCR West	F	11/7	8-8:45pm	\$5	44416
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FAMILY

Grade	Location	Day	Dates	Time	Fee	Course #
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FAMILY 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.

1+	MSCR West	F	11/7	7-7:45pm	\$5	44420
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FAMILY BOOGIE & BINGO BASH

Get ready to boogie and shout "BINGO" at this high-energy family night! Join us for a dazzling disco-themed bingo party filled with music, movement, prizes, and plenty of fun for all ages. Dance between rounds, dress in your best disco gear, and enjoy an unforgettable night of games and grooves!

1+	MSCR West	F	11/7	4:30-5:30pm	\$0	45195
1+	MSCR East	F	11/14	4:30-5:30pm	\$0	45194

GROOVY GROUP SCULPTURES

Use recycled materials to create small, abstract sculptures inspired by Louise Nevelson. Construct with fun shapes and paint with monotonies while learning about this famous artist.

2	MSCR West	F	11/7	5:30-6:30pm	\$5	45129
2	MSCR East	F	11/14	5:30-6:30pm	\$5	45130

LAVA LAMPS & FLOWING YOGA

Join us for a vibrant night where creativity and relaxation collide! Kick things off with a flowy yoga class, then dive into crafting your very own lava lamp packed with swirling colors and cool retro vibes.

9+	MSCR West	F	11/7-11/7	6-7:30pm	\$10	45069
9+	MSCR East	F	11/14-11/14	6-7:30pm	\$10	45070

70S MASH UP DANCE PARTY

Get ready to boogie down and groove with your whole crew to some chart-topping, feel-good anthems from the grooviest decade. Dust off your bell-bottoms, tease up that hair and prepare for an evening learning choreography to disco inferno and funky beats that'll have everyone shakin' their stuff.

3+	MSCR West	F	11/7	5:45-6:45pm	\$5	44415
3+	MSCR East	F	11/14	5:45-6:45pm	\$5	44231

YOUTH

SPORTS SAMPLER

Your child explores multiple sports in a fun and engaging class.

4-6	MSCR East	F	11/14	5-5:45pm	\$4	45185
4-6	MSCR East	F	11/14	6-6:45pm	\$4	45186

MIDDLE SCHOOL OPEN VOLLEYBALL

Drop your middle schooler off for light instruction volleyball instruction followed by game play.

6-8	MSCR West	F	11/7	6-8pm	\$5	44426
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DECEMBER: CELEBRATING THE EPIC 80S

ADULT

(40+) BEGINNER PICKLEBALL - TRY IT!

Learn the basic rules of doubles pickleball, where to stand on the court, how scoring works and get a chance to play a game of pickleball.

40+	MSCR West	F	12/5	6:15-8pm	\$8	45196
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FRIDAY NIGHT FEATURES - SCRUNCHIE SEWING CLASS

Learn how to sew simple, but totally tubular hair accessories - scrunchies! Materials provided.

18+	MSCR West	F	12/5	5:15-6:30pm	\$5	45131
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THRILLER DANCE PARTY

Ever wanted to shuffle like a zombie with the King of Pop? Now's your chance! Learn the choreography to one of the 80s biggest hits and learn every iconic ghoulish groove, from synchronized shoulder shrugs to the classic zombie strut. No experience needed - just unleash your inner ghoul and have a blast! We'll break down the legendary routine step-by-spooky-step, so you'll be ready to haunt any dance floor with newfound confidence.

18+	MSCR East	F	12/12	6:30-7:30pm	\$5	44232
18+	MSCR West	F	12/5	6:30-7:30pm	\$5	44423

FAMILY

Grade	Location	Day	Dates	Time	Fee	Course #
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FAMILY JUGGLING - TRY IT!

Juggling is a fun activity that engages both your brain and body, which is even more fun when done with others! Learn how to juggle three objects by yourself, with a partner, and several other variations.

K+	MSCR East	F	12/12	6:30-7:30pm	\$2	45188
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JAZZY STEP AEROBICS

A high-energy class that combines jazz-style dance elements with step aerobics for a full-body workout that enhances cardio endurance, coordination and muscle tone!

3+	MSCR West	F	12/5	5:30-6:15pm	\$5	45067
3+	MSCR East	F	12/12	5:30-6:15pm	\$5	45068

SCRUNCHIE SEWING CLASS

Learn how to sew simple, but totally tubular hair accessories - scrunchies! Materials provided.

9+	MSCR West	F	12/5	6:45-8pm	\$5	45132
9+	MSCR East	F	12/12	6:30-7:45pm	\$5	45133

THROWBACK FAMILY FUN

Step back in time for an evening of Throwback Family Fun where families with K-5 students can choose their adventure: get active with classic gym games like Red Light, Green Light and Blob Tag, or unleash your creativity by making colorful holiday decorations and trinkets in our Make 'n Take Art session. It's a fantastic opportunity to bond, get active, and create lasting memories together!

K+	MSCR West	F	12/5	5-6pm	\$5	45134
K+	MSCR East	F	12/12	5-6pm	\$5	45135

DAY TRIPS**ADULT TRIPS**

Age	Location	Day	Dates	Time	Fee	Course #
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DIM SUM & DELIGHTS: CHICAGO'S CHINATOWN

Explore Chicago's vibrant Chinatown! Discover authentic cuisine, rich history and unique shops. Start the day with a docent-led tour of the Chinese American Museum where you delve into the rich history and contributions of Chinese Americans. Savor the flavors of traditional Dim Sum cuisine and discover the intricacies of regional Chinese cooking styles and the significance of local customs. Visit a Buddhist Temple, the Ping Tom Memorial Park and the ornate Pui-Tak Building. Enjoy time to explore and shop on your own at Chinese specialty stores throughout the tour. Conclude your cultural exploration with a delightful traditional dessert leaving you with a taste of the rich heritage Chinatown in Chicago has to offer. Medium walking, must be able to enter/exit the bus multiple times a day and walk up and down stairs at locations. Bus loads at 7:15am in front of LaFollette High School at 702 Pflaum Rd. Fee includes motorcoach transportation, lunch, dessert and tour. Registration deadline is 9/11/25.

18+	LaFollette HS	Sa	9/27	7:30am-6pm	\$166	45136
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FALL FOLIAGE RIVERBOAT CRUISE

Cruise in comfort along the waters of the mighty Mississippi aboard the Celebration Belle Riverboat. Sit back in the fully enclosed, climate controlled cabin or venture out on the open deck and admire the changing colors of nature as you float up and down the river. Enjoy the music as a live band serenades you with big band, country and rock favorites from the 40s to the present. As you take in the sights and sounds, savor the experience with the riverboat's renowned sticky rolls with fresh fruit, followed by a delectable hot lunch buffet featuring two entre choices. Wheelchair accommodation available. Bus loads at 7:30am in front of MSCR West, 7333 West Towne Way. Fee includes motorcoach transportation, cruise, sweet treat and lunch. Registration deadline is 9/27/25.

18+	MSCR West	Sa	10/25	7:30am-6pm	\$130	45137
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MICHIGAN AVENUE SHOPPING

Do you want to shop on Michigan Avenue, see the sights in Chicago or explore the big city? A comfortable motorcoach bus takes the worry of driving, traffic and parking out of the equation. Enjoy a day in the big city during the holidays. Approximate travel time is 3 hours depending on traffic and weather. We drop off as close as possible to Michigan and E. Chicago Avenues. Bus loads at 8:15 am on Pflaum Rd in front of LaFollette High School. Youth ages 6+ may register with a participating adult.

18+	LaFollette HS	Sa	12/6	8:30am-8:30pm	\$70	44316
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MSCR Pottery Sale

Join MSCR at our MSCR West facility for the 2025 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	December 18 & 19, 8am - 6pm
7333 West Towne Way	December 20, 10am - 3pm
Madison, WI 53719	December 21, 10am - 2pm

**SPECIAL EVENTS****ADULT EVENTS**

Age	Location	Day	Dates	Time	Fee	Course #
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NATURE'S NIGHTMARE

This night of fright certainly spooks whoever dares to walk through the trail of terror at the School Forest. Things from the unknown lurk around every twist and turn - are you up to the challenge? Admission includes a guided walk through the haunted School Forrest and refreshments at the bonfire concluding the terrifying tour.

18+	Mad Sch Forest	Sa	10/25	7-8pm	\$10	45140
18+	Mad Sch Forest	Sa	10/25	7:30-8:30pm	\$10	45141

FAMILY EVENTS

Grade	Location	Day	Dates	Time	Fee	Course #
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TWIGS & TREATS

No tricks here! Tromp through the School Forest trails to learn about the natural world around you and get into the Halloween spirit. Short guided activities bring the plants and animals of the School Forest to life. End the night with a s'more and refreshments at the bonfire. Costumes encouraged!

K+Adt	Mad Sch Forest	Sa	10/25	4-5pm	\$10	45138
K+Adt	Mad Sch Forest	Sa	10/25	4:30-5:30pm	\$10	45139





DANCE

Age Location Day Date Time Fee Course#

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.

18+ MSCR West Th 9/4 6:05-7:20pm \$8 44139

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.

18+ MSCR West Th 9/11-11/13 6:05-7:20pm \$80 44140

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.

18+ MSCR West Th 9/11-11/13 7:25-8:40pm \$80 44141

BALLET 3 NEW!

This intermediate to advanced class is ideal for students who are familiar with ballet terminology, movement and are ready for more challenging combinations. Dress in clothing that allows for movement and ballet shoes.

18+ MSCR West W 9/10-11/12 7:15-8:30pm \$80 45030

BATON TWIRLING - BEGINNING NEW!

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

18+ MSCR West M 12/1-12/15 6:15-7:15pm \$18 44130

BELLY DANCING 1

Explore the world of belly dancing and learn the signature movements that originate from Middle Eastern social dances. Discover new moves plus aspects of music, rhythm and culture. Class appropriate for all levels and abilities.

18+ MSCR Central M 9/15-11/17 6-7:15pm \$76 44142

BELLY DANCING 2

Continue exploring the world of belly dancing by building on the knowledge taught in Belly Dancing 1 through new movements and variations. This class is best for those who have taken Belly Dancing 1 or have previous belly dancing experience.

18+ MSCR Central M 9/15-11/17 7:30-8:45pm \$76 45061

BELLY DANCING WORKSHOP NEW!

Expand your knowledge of Belly Dancing by learning veil work. This workshop gives more depth and enhances dance performance. This class is best for those who have taken Belly Dancing 1 or have previous belly dancing experience. Please wear comfortable clothes that allow movement. All veils provided.

18+ MSCR Central M 12/8-12/15 6:30-8:30pm \$25 45064

FUSION MOVEMENT & DANCE

Explore eclectic dance styles including somatic movement and mindfulness practices to develop strength, flexibility, expressiveness, musicality and self-care. Styles may draw from Natural Movement, Taiji Chuan, Qi Gong, Contemporary, Capoeira, Animal/Ground Movement, Improv, Street Styles/Hip Hop, Fusion BellyDance, Afro-Caribbean, Ballet, Latin Dance and more.

18+ MSCR East T 9/16-10/21 7:30-8:45pm \$48 45143

HIP HOP

Discover basic hip hop movement, rhythm and routine in this introductory course. A very simple beginner to intermediate routine will be taught and worked on throughout the course - be ready to move and sweat for a low-impact cardio class. This course involves the use of the entire body to create dynamic movements.

18+ MSCR East Su 9/14-11/16 4:30-5:30pm \$80 44146

IRISH DANCE - BEGINNING NEW!

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

18+ MSCR Central Su 9/14-11/2 4:45-5:30pm \$80 45151

IRISH DANCE - TRY IT NEW!

Just want a little taste? Try Irish Dance for an evening! An introduction to the basic foot positions and steps, timing of music and Irish culture and words.

18+ MSCR Central Su 9/7-9/7 4:45-5:30pm \$5 45150

JAZZ FUNK

Also known as Street Jazz, this energetic style of dance is a hybrid between hip-hop and jazz. Be ready to learn smooth moves and work up a sweat in this new dance class. All levels welcome.

18+ MSCR East Su 9/14-11/16 3:15-4:15pm \$80 44148

MODERN LINE DANCE 1

Take a step in a fun direction with this new dance class! Learn dances choreographed to country, latin, pop and Broadway music. With a focus on having fun and improving balance, there are no mistakes - just accidental solos. All levels welcome.

18+ MSCR Central M 9/15-11/17 3-4pm \$80 45063

MODERN LINE DANCE 2 NEW!

Learn choreographed line dances to a variety of musical genres. Improve balance, memory, physical endurance and elevate your mood. Some line dance experience necessary. The point is of the class is fun, not perfection.

18+ MSCR Central W 9/17-11/5 3-4pm \$64 45179

SCOTTISH COUNTRY DANCE

Have fun learning the social dances of Scotland, danced around the world. No need for a partner, a kilt or even to be Scottish. Expect an energetic pace and intricate patterns taught in a welcoming atmosphere by experienced teachers from Madison Scottish Country Dancers.

18+ MSCR West W 9/24-11/12 7-8:15pm \$64 44149

SCOTTISH COUNTRY DANCE - TRY IT!

In this one night class, try the social dances of Scotland! Have fun learning the social dances of Scotland, danced around the world. No need for a partner, a kilt or even to be Scottish. Expect an energetic pace and intricate patterns taught in a welcoming atmosphere by experienced teachers from Madison Scottish Country Dancers.

18+ MSCR West W 9/10 7-8:15pm \$8 44150

TAP 1

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

18+ MSCR West T 9/16-11/4 6:45-7:45pm \$80 44159

VITALITY & DANCE LAB

Taught by a Somatic Movement Therapist, rediscover ways to restore equilibrium in every movement through grounding, elasticity and deep core connectivity. The work of Rudolf Laban and Irmgard Bartenieff is used for this movement exploration. All levels welcome.

18+ MSCR East Th 9/11-10/16 6:30-8pm \$58 44152

18+ MSCR East Th 10/30-12/11 6:30-8pm \$58 44153

DRAWING

Age	Location	Day	Date	Time	Fee	Course#
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BEGINNING ITALIC CALLIGRAPHY NEW!

Be introduced to the elegant italic style of calligraphy from the Italian Renaissance. With a step-by-step approach and a take-home workbook, participants learn and practice the lower and uppercase alphabets. Tools, supplies, historical examples and reference materials are discussed during the class. Demonstrations with ample time for participants to work plus feedback from the instructor is offered for all.

18+	MSCR Central	Th	10/16-11/20	1-3pm	\$70	45088
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COLORED PENCIL DRAWINGS NEW!

Engage in a series of drawing exercises to expand your drawing skills using colored pencils before creating a realistic photo-referenced drawing of a subject of your choice on toned paper.

18+	MSCR East	M	10/6-11/10	1-3:30pm	\$88	45093
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DRAWING - BACK TO BASICS

Get back to the basics in drawing by using 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. This class is best for novice artists who want to try a new drawing class, but open to all participants.

18+	Warner Park CRC	T	9/9-9/30	9:30am-12pm	\$60	44154
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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.

18+	MSCR East	T	10/14-11/18	9:30am-12pm	\$88	44156
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18+	MSCR Central	W	9/10-10/15	6:30-9pm	\$88	44155
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DRAWING LETTERS WORKSHOP NEW!

Add a new dimension to your creative projects by adding fun lettering. Not a traditional calligraphy class, but a way to learn how to draw letters in a variety of fun and lighthearted styles.

18+	MSCR West	W	12/10	6-8pm	\$15	45097
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SKETCH CUTE!

Sketching and doodling are a popular art form and a creative way of recording feelings, images and memories. Learn how to take simple shapes, lines and textures to create lighthearted images, while building on your skills to produce sketchbooks, greeting cards, framed art and more! Using simple line art and watercolor, produce adorable designs you can be proud of.

18+	MSCR Central	T	9/9-9/30	6:30-8pm	\$47	45082
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18+	MSCR Central	Th	9/11-10/2	10-11:30am	\$47	45080
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ZINE MAKING

Making and producing zines (pronounced "zeen") is an amazing way to develop ideas into a creative structure that can be shared with others. In this class, explore how to turn your ideas into a zine format, how to develop visuals to support your viewpoint and how to publish your work to share with others.

18+	MSCR West	W	10/1-10/22	1-2:30pm	\$47	45114
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ENRICHMENT**ACTING 101**

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 in class 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; no acting experience is necessary to join.

18+	MSCR Central	T	9/9-10/14	6-8pm	\$72	44122
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ART APPRECIATION - EXPRESSIONISM IN ART NEW!

In this lecture-based class, discuss the unique 20th century art movement known as Expressionism. Focus on the work of artists who pioneered and shaped the movement as it evolved into the variety of forms of personal expression that still inspire artists and informs contemporary art today.

18+	MSCR Central	W	10/8-10/22	1-3pm	\$30	45085
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ART APPRECIATION - HISTORY OF WOMEN IN ART NEW!

In this lecture-based class, focus on women artists' unique contributions throughout history. Discover the relevance and importance women's art has in today's world.

18+	MSCR Central	W	9/10-9/24	1-3pm	\$30	45086
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ART THERAPY - MASK MAKING

Experiment through the arts with this interactive class taught by a trained art therapist. Create masks using a variety of materials to express your true self. Conversation is encouraged to build community and discuss the art process of these projects.

18+	MSCR West	T	9/9-10/7	6-8:30pm	\$73	45087
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BRIDGE BASICS 1

Learn to play Bridge! It is a great way to challenge your mind. Class focuses on bidding, but covers the basics of playing and defending the hand. This class is appropriate for those who haven't played for a while who need a refresher, those who want to learn more about bidding strategy or beginners.

18+	MSCR West	T	9/9-10/14	4-6pm	\$54	44134
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HAIR BRAIDING - BEGINNING NEW!

Join us for a relaxed and interactive introduction to the art of hair braiding, focusing on 3a through 4c hair types. Start with the basics, learning foundational techniques, along with other popular styles and hair care recommendations. All materials provided.

14+	MSCR West	S	10/26-12/7	4-5:30pm	\$60	44901
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14+	Meadowood NC	W	9/10-10/15	6-7:30pm	\$60	44425
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HOLIDAY PAPER ARTS WORKSHOP NEW!

Create a variety of decorations for the holidays using 3-dimensional paper folding and cutting techniques, paint, glitter, ribbon and other decorative elements. Among the projects is a holiday tree, a star box and assorted ornaments to hang.

18+	MSCR East	Sa	12/6	10am-12pm	\$15	45100
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INTRO TO ACTING TECHNIQUE NEW!

Concentrate on exercises to help aspiring actors increase their comfort on stage and their ability to use their personal experiences and imagination as building blocks for engaging and believable characters. This class is intended for individuals interested in furthering their knowledge and abilities as an actor. While no audition is required, some acting experience is encouraged.

18+	MSCR East	Sa	10/11-11/22	1-2:30pm	\$54	45101
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INTRO TO FLY TYING

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

14+	MSCR West	Th	10/23-11/20	6:30-8pm	\$60	44310
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JEWELRY MAKING

An introductory jewelry course, 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.

18+	MSCR East	W	12/3-12/17	6:30-8:30pm	\$50	44167
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INTRODUCTION TO PHOTO LIGHTING

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

18+	MSCR Central	Th	11/13-11/20	6:30-7:45pm	\$28	44184
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INTRODUCTION TO TRAVEL PHOTOGRAPHY

Explore the fundamentals of storytelling through travel imagery. Whether you're a novice with a smartphone or an enthusiast with a DSLR/mirrorless camera, this course equips you with the skills to craft compelling travel narratives through stunning photographs. There are no camera requirements; point-and-shoots, SLR and mobile phone cameras are acceptable.

18+	MSCR Central	Th	10/30-11/6	6:30-8pm	\$28	44185
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All supplies are included unless noted.



Age Location Day Date Time Fee Course#

MEMOIR WRITING 1

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

18+ MSCR West M 9/8-10/13 6-8pm \$80 44171

MEMOIR WRITING 2

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.

18+ MSCR West M 10/27-12/1 6-8pm \$80 44172

PLAY DnD 101 NEW!

What's the deal with all those dungeons and all those dragons? Learn the basic rules of the game, practice collaborative storytelling and leave with a fully-built character so you can join any game with confidence. If you're curious about the popular game but don't know where to start, this is the class for you.

18+ MSCR West Sa 9/13-9/27 9:30-11am \$27 45104

POSITIVE PSYCHOLOGY - CURIOSITY NEW!

Curiosity is one of the five (VIA) character strengths most correlated with happiness. Curiosity can also enhance relationships, improve health and make us appear more attractive to others. In this interactive workshop, discover ways to reconnect with our curiosity.

18+ MSCR East F 10/10 9:30-11:30am \$12 45105

POSITIVE PSYCHOLOGY - GRATITUDE

Discover ways to connect with gratitude and bring it into our daily lives. The benefits of gratitude towards our well being are immense, including helping one to sleep better, increasing the ability to recall positive memories and increasing immune function.

18+ MSCR West Th 11/20 9:30-11:30am \$12 45106

POSITIVE PSYCHOLOGY - HOPE NEW!

In this interactive workshop, discuss ways to leverage hope when things feel the darkest. We are constantly bombarded with bad news. It can make anyone feel hopeless. However, hope is one of the five character strengths most associated with happiness.

18+ MSCR East F 11/14 9:30-11:30am \$12 45109

POSITIVE PSYCHOLOGY - RESILIENT GRIEF NEW!

Discuss Dr. Lucy Honey's book, a researcher in the field of resiliency, to uncover strategies to grow from our losses. Over the past few years, we have all experienced grief in some form or another. How do we embrace this grief while finding ways to move forward?

18+ MSCR East F 12/12 9:30-11:30am \$12 45107

POSITIVE PSYCHOLOGY - TRANQUILITY BEFORE TUESDAY NEW!

Let's take back our time and explore Laura Vandekamp's book *Tranquility Before Tuesday*. In it, she outlines nine strategies to increase your joy and well-being. Are you tired of feeling like your to-dos run your life rather than the other way around? Are you waiting on an unknown moment in the future to be able to relax? Each week discuss three of the strategies to try out.

18+ MSCR East F 9/5-9/26 9:30am-11am \$48 45108

RESIN TRAY WORKSHOP

Create a customized resin tray with expert guidance. Perfect for all skill levels, this workshop offers a fun and distinctive experience. Join your peers for an unparalleled crafting adventure!

18+ MSCR East T 12/2-12/16 6:30-8:30pm \$60 44212

RETIREMENT - NOW WHAT?

Retirement - the moment you've been waiting for with all the sweet relaxation to do whatever you want to do. But, what if it isn't exactly what you expected? During this four week session, tackle common retirement challenges, with plenty of time for discussion and activities to try out at home.

18+ MSCR Central T 10/7-11/4 10-11:30am \$60 44213

RUN DnD NEW!

So you're ready to take charge and lead your friends into the world of DnD, but where do you start? In this class learn the basics of being a Game Master, from following a pre-made adventure, developing your own home-brewed scenarios and managing encounters all while keeping your players having fun.

18+ MSCR West Sa 10/4-11/1 9:30-11am \$36 45112

SPANISH FOR BEGINNERS NEW!

Have you always wanted to learn Spanish, but you're not sure where to start? Learn language acquisition techniques and connect with community resources to continue your Spanish learning journey. Listen, speak, read, write and play in Spanish!

18+ MSCR East M 10/20-12/8 9-10:30am \$72 45111

SPANISH REFRESH NEW!

Reconnect yourself to learning Spanish through games, music, art and conversation. This course is ideal for learners with a basic level of Spanish language understanding. Don't remember how to conjugate verbs? No problem! Learn language acquisition techniques and connect with community resources to continue your Spanish learning journey.

18+ MSCR East M 10/20-12/8 11am-12:30pm \$72 45110

WOOD BURNING WORKSHOP - CHARCUTERIE BOARDS

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

18+ MSCR East T 11/18 6-8:30pm \$50 44252

WOOD BURNING WORKSHOP - COASTERS

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

18+ MSCR East T 9/9-9/9 6:30-8:30pm \$36 44253

18+ MSCR East W 11/5-11/5 6:30-8:30pm \$36 44254

FIBER ARTS

Age Location Day Date Time Fee Course#

EMBROIDERED ORNAMENTS NEW!

Learn a few simple embroidery stitches and create your own embroidered felt ornament for the holidays! These sweet ornaments are quick to make and give a folksy, handmade touch to your holiday decorating. No previous embroidery experience necessary.

18+ MSCR Central Th 11/20 6:30-8:30pm \$15 45053

EMBROIDERED PATCHES

Create your very own hand embroidered, iron-on patches! In this class learn ideal stitches for making patches, including chain stitch, stem stitch, back stitch and French knots. Then, use these stitches to create 1-2 small designs. Finally, discover how to turn these designs into iron-on patches.

18+ MSCR Central Th 10/2-10/16 6:30-8:30pm \$60 45048

FELT FLOWER BOUQUETS NEW!

Create beautiful and lasting flowers out of felt! Each week focus on learning to make a different flower (sunflowers, coneflowers, etc). By the end of the series, participants know how to make multiple flowers and have a gorgeous permanent bouquet! No experience with felt or crafting needed.

18+ MSCR West S 10/5-11/9 1-3pm \$100 45046

FELT SUNFLOWER WORKSHOP

Come make a beautiful and lasting sunflower out of felt! No experience with felt or crafting needed.

Age	Location	Day	Date	Time	Fee	Course#
18+	MSCR West	S	9/14	1-3pm	\$20	45042

INTRODUCTION TO EMBROIDERY - FALL SAMPLER

Explore the basics of hand embroidery by creating a personalized, fall-themed sampler. Learn a range of versatile stitches including satin stitch, backstitch, stem stitch, fishbone stitch and French knots.

18+	MSCR Westl	M	9/8-9/22	6:30-8pm	\$45	44165
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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 to work on project.. Loom size 24"x24"x2". Open to all skill levels. Materials provided. First 5 classes meet 6:30-9pm.

18+	MSCR Central	M	10/6-12/1	6:30-8:30pm	\$142	44251
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KNITTING**KNITTING 1 - BEGINNER SCARF**

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. Always wanted to learn how to knit? Here is your chance. Materials and needles provided.

18+	MSCR East	W	9/10-9/24	6:30-9pm	\$44	44168
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KNITTING 2 - MITTENS

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

18+	MSCR East	W	10/15-10/29	6:30-9pm	\$44	44170
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KNITTING 3 - MOSAIC COLOR COWL *NEW!*

Expand your knowledge and try new patterns with a mosaic color cowl. Through demonstrations and step-by-step instructions, learn how to knit using more advanced patterns and two colors. Participants should have completed Knitting 2 and comfortable casting on, knitting, purling and be knitting in the round.

18+	MSCR East	W	11/12-12/10	6:30-9pm	\$60	45066
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OPEN KNITTING LAB

Do you have unfinished projects around the house because you are stuck or forgot where you are in the pattern? Then, this class is for you! Bring unfinished projects to this open lab to receive assistance and instruction on how to complete them. Feel empowered to finish your projects and gain confidence.

18+	MSCR East	T	10/21	6-9pm	\$15	44169
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18+	MSCR East	Th	11/20	6-9pm	\$15	45031
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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 are welcome.

18+	MSCR Central	M	9/8-10/13	1-3:30pm	\$84	44124
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18+	MSCR West	W	10/29-12/3	9:30am-12pm	\$84	44125
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COLOR HARMONY WORKSHOP

In this painting workshop, learn about mixing colors, use of lights and darks, elements of color theory, the color wheel and the benefits of limited palette painting. All levels welcome.

18+	MSCR East	M-T	9/15-9/16	9:30am-12pm	\$30	45090
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18+	Warner Park CRC	F-Sa	10/24-10/25	9:30am-12pm	\$30	45089
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LOOSE WATERCOLOR FLORAL WORKSHOP *NEW!*

Learn how to paint loose watercolor florals. Class covers different techniques such as wet-in-wet, wet on dry, blending colors and how to create washes. Several variations of leaf and petal shapes are shown. Short demonstrations are given and then followed by participants working on their own.

18+	MSCR West	F	9/26	1-4pm	\$17	45102
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PAINT NIGHT - BURROWING FOR THE WINTER

Learn how to make this fun, fall-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!

18+	Warner Park CRC	F	11/7	6-8pm	\$30	44181
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PAINT NIGHT - SCARECROW

Learn how to make this fun, fall-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!

18+	Warner Park CRC	F	9/26	6-8pm	\$30	44182
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PAINT NIGHT - SUMMER HARVEST

Learn how to make this fun, fall-themed painting in one night! Come ready to learn acrylic painting techniques to recreate this painting. Walk away with a finished painting to hang at home!

18+	Warner Park CRC	F	9/19-9/19	6-8pm	\$30	44179
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WATERCOLOR 1

Learn to love working with watercolor by learning techniques through demonstrations and experimentation. Complete paintings using simple subjects and limited color.

18+	MSCR Central	M	9/8-10/6	9:30am-12pm	\$73	44242
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18+	MSCR East	W	9/10-10/15	9:30am-12pm	\$88	44240
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18+	MSCR West	W	9/10-10/15	6:30-9pm	\$88	44241
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WATERCOLOR 1 WORKSHOP - PAINTING AUTUMN LEAVES

Try using watercolors by painting beautiful autumn leaves. Learn basic techniques and color mixing. Open to all levels.

18+	Warner Park CRC	Sa	10/11	9:30am-12pm	\$20	44243
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WATERCOLOR 2

Expand your watercolor knowledge by discovering new techniques. Class includes time for demonstrations and experimentation. Complete paintings using simple subjects and limited color.

18+	MSCR Central	M	10/13-11/10	9:30am-12pm	\$73	44246
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18+	MSCR East	W	10/29-12/10	9:30am-12pm	\$88	44244
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WATERCOLOR 2 WORKSHOP - PAINTING AUTUMN LEAVES

Expand your watercolor painting knowledge and learn how to paint beautiful autumn leaves. Learn new techniques and color mixing. This course is for those who have previously taken Watercolor 1, or people who have had some experience with watercolors.

18+	Warner Park CRC	Sa	10/11	12:30-3:30pm	\$59	44247
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WATERCOLOR 3 - LANDSCAPE

Learn advanced 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.

18+	MSCR Central	Su	9/14-10/5	1-3:30pm	\$60	45115
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WATERCOLOR STUDIO

Enjoy an afternoon of watercolor painting in a group setting. Demonstrations at each session, then work on your projects with personalized instructor assistance. Class is appropriate for painters who have completed Watercolor 2 or have some background knowledge of watercolor painting. Bring your own supplies. Easels available for use. Drop-in participation is available as well for \$16 per class.

18+	MSCR West	T	9/16-10/14	12:30-3pm	\$73	44249
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18+	MSCR West	T	10/21-11/4	12:30-3pm	\$44	44250
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WHIMSICAL WATERCOLORS WORKSHOP *NEW!*

Indulge in a fun and whimsical approach to making lighthearted and meaningful art using watercolor and line art. Easy step-by-step projects are perfect for those new to watercolor exploration!

18+	MSCR Central	S	11/2	2-4pm	\$15	45113
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All supplies are included unless noted.



POTTERY

Age	Location	Day	Date	Time	Fee	Course#
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POTTERY - VISITING ARTIST RACHELLE MILLER **NEW!**

Join ceramic enthusiasts in the studios for a full day working with visiting artist Rachelle Miller. Known for her unique surface decorations, learn through demonstrations and hands-on work with supplied bisqued tiles. Explore new techniques with stencils, monoprints, mishima, sgraffito and more. Workshop includes supplies. Participants bring their own lunch.

18+	MSCR West	Th	10/9	9am-3pm	\$75	45161
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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.

18+	MSCR West	Th	9/11-10/2	10am-12pm	\$80	44187
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HANDBUILDING WORKSHOP - CUPS AND MUGS **NEW!**

Learn to build cups and mugs by hand, utilizing slab construction while adding fun textures and sculptural details. Explore different foot and handle techniques for finishing pieces before glazing and firing them for use with your favorite beverage! No clay experience required.

18+	MSCR West	Th	10/16-11/6	10am-12pm	\$80	45010
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OPEN POTTERY STUDIO

A non-instructional, open studio for hobbyist potters who are able to work independently. Must have previously taken pottery classes with MSCR to be approved and register for the course. Studio times may vary due to studio location and staffing. Fee includes use of tools, firing, glaze and 25 lbs. of clay.

18+	Warner Park CRC	Su-Sa	9/7-12/5	11am-5pm	\$276	44188
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18+	MSCR West	Su-Sa	9/8-11/26	8am-8pm	\$276	44189
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TAKE A SPIN - POTTERY NIGHT

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

18+	MSCR West	W	9/10	6:30-8:30pm	\$30	44193
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18+	MSCR West	Th	9/11	6:30-8:30pm	\$30	44191
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18+	Warner Park CRC	F	9/19	6-8pm	\$30	44190
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18+	Warner Park CRC	F	11/7	6-8pm	\$30	44194
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18+	MSCR West	F	11/7	6:30-8:30pm	\$30	44192
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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.

18+	MSCR West	Su	9/7-11/2	12-2:30pm	\$200	44203
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18+	MSCR West	Su	9/7-11/2	3-5:30pm	\$200	44201
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18+	MSCR West	T	9/23-11/18	10am-12:30pm	\$200	44197
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18+	Warner Park CRC	T	9/9-12/2	6-8pm	\$212	44196
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18+	MSCR West	W	9/17-11/12	10am-12:30pm	\$200	44199
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18+	MSCR West	W	9/17-11/12	6:30-9pm	\$200	44202
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18+	Warner Park CRC	W	9/10-12/3	6-8pm	\$212	44198
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18+	MSCR West	F	9/19-11/14	10am-12:30pm	\$200	44200
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WHEEL 2

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

18+	MSCR West	M	9/22-11/17	6:30-9pm	\$200	44205
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18+	Warner Park CRC	M	9/8-12/1	6-8:30pm	\$264	44204
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18+	MSCR West	T	9/16-11/11	6:30-9pm	\$200	44207
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18+	MSCR West	Th	9/18-11/13	6:30-9pm	\$200	44208
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18+	MSCR West	Sa	10/4-11/22	9:30am-12pm	\$177	44209
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18+	Warner Park CRC	Th	9/11-12/4	6-8:30pm	\$264	44206
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WHEEL 3 **NEW!**

This advanced course provides an opportunity for individuals to improve and further develop their skill on the potter's wheel. Approaches to both functional and non-functional pottery is introduced. Basic throwing skills are required.

18+	MSCR West	F	9/19-11/14	1-3:30pm	\$200	44973
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WOOD KILN FIRING WORKSHOP

Experience firing pottery in a wood kiln! Glaze your bisqued pots & help load kiln. MSCR provides wood fire glazes and wood ash. An instructor is on site to facilitate glazing of pots. On the second day, pots are fired by an experienced kiln boss. Participants can watch the firing process any time that day between 9am - 12pm. Participants get one shelf of space, approximately 12" x 24". Work is ready for pick up approximately four days after the firing. For questions regarding space and non-MSCR glazes, contact mlhutchinson@madison.k12.wi.us

18+	Capital High	Sa-Su	10/4-10/5	8am-12pm	\$80	44210
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SEWING

Age	Location	Day	Date	Time	Fee	Course#
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BEHIND THE SEAMS - CARING FOR YOUR MACHINE

Go behind the seams of the world of sewing and keep your sewing machine in the best shape possible. Learn how to clean and care for your sewing machine. Participants must bring their own sewing machine.

18+	MSCR West	W	12/3	6:30-8:30pm	\$10	44131
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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!

18+	MSCR East	Th	10/30	9:30am-11:30am	\$10	44133
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18+	MSCR West	Th	11/13	9:30am-11:30am	\$10	44132
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Classes at Warner Park CRC require an annual purchased photo ID. Please go to mscr.org for more information. Due to construction, some classes might be moved to alternate locations.

Age Location Day Date Time Fee Course#

SEWING 1

Learn the basics of sewing 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.

18+	MSCR West	T	9/9-9/23	6:30-8:30pm	\$42	44215
18+	MSCR East	T	9/30-10/14	6:30-8:30pm	\$42	44218
18+	MSCR West	W	9/3-9/17	6:30-8:30pm	\$42	44217
18+	MSCR East	W	9/10-9/24	6:30-8:30pm	\$42	44219
18+	MSCR West	Th	9/11-9/25	9:30am-11:30am	\$42	44216

SEWING 2

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

18+	MSCR East	T	10/21-11/11	6:30-8:30pm	\$56	44224
18+	MSCR West	T	11/18-12/9	9:30a-11:30am	\$56	45127
18+	MSCR West	W	9/24-10/15	6:30-8:30pm	\$56	44222
18+	MSCR East	W	10/8-10/29	6:30-8:30pm	\$56	44225
18+	MSCR West	Th	10/9-11/13	9:30-11:30am	\$56	44223

SEWING 3

Focus your sewing skills on how to refine the fit and finish a garment. Learn advanced techniques to complete a commercial pattern project. Learn how to adjust commercial patterns for the best fit and how to grade between sizes if necessary. Covers how to install closures and how to use different presser feet for hems.

18+	MSCR West	W	11/5-12/3	6:30-8:30pm	\$56	44226
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SEWING ALTERATIONS

Learn the basics of altering and repairing clothes, from hemming to taking in side seams and shortening straps. Also covers closing split seams, repairing holes, fixing snags and more. Class is appropriate for those who have taken Sewing 1 or have basic machine skills. Sewing machines provided.

18+	MSCR East	Th	9/11-9/25	1-3pm	\$42	44228
18+	MSCR West	Th	10/9-10/23	1-3pm	\$42	44227

OUTDOOR

Age Location Day Date Time Fee Course#

FUSION MOVEMENT & NATURE CONNECTION *NEW!*

Connect with nature and your body through various practices and movements. Some main movements include natural movement and free-running, fox walking & animal forms, tree climbing, forest bathing and more! Come with an open mind and heart. The class goal is to practice an exercise that helps connect one's body-mind-heart to the land.

18+	Warner Park	M	9/15-10/20	10-11am	\$60	45142
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PHOTOGRAPHY - NEIGHBORHOOD FALL WALKS

Explore some of Madison's most beautiful green spaces with your camera. Bring your point-and-shoots, SLRs, or even mobile phone camera and learn to use your "vision" to improve your photos. Open to people of all photographic abilities.

18+	TBA	Su	10/5-10/19	1:2-3:30pm	\$42	44177
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FRIDAY NIGHT FEATURES

FRIDAY NIGHT FEATURES

ADULT 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.

18+	MSCR West	F	11/7	8-8:45pm	\$5	44416
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SCRUNCHIE SEWING CLASS
Learn how to sew simple, but totally tubular hair accessories - scrunchies! Materials provided.

14+	MSCR West	F	12/5	6:45-8pm	\$5	45132
14+	MSCR East	F	12/12	6:30-7:45pm	\$5	45133

THRILLER DANCE PARTY
Ever wanted to shuffle like a zombie with the King of Pop? Now's your chance! Learn the choreography to one of the 80s biggest hits and learn every iconic ghoulish groove, from synchronized shoulder shrugs to the classic zombie strut. No experience needed! just unleash your inner ghoulish and have a blast! We'll break down the legendary routine step-by-spooky-step, so you'll be ready to haunt any dance floor with newfound confidence.

18+	MSCR West	F	12/5	6:30-7:30pm	\$5	44423
18+	MSCR East	F	12/12	6:30-7:30pm	\$5	44232

VIRTUAL

Age Location Day Date Time Fee Course#

CREATING FICTIONAL CHARACTERS

Learn how to create memorable fictional characters in this one-day writing workshop. Using prompts and dedicated writing time, bring a character to life on the page and have the opportunity to get feedback from peers. From Katniss Everdeen and T'challa to Gollum and Scout Finch, fictional characters have the ability to make lasting impressions on their readers. All levels of writing are welcome.

18+	Virtual	W	9/17	6-8:30pm	\$17	44234
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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 & sentimental items). A worksheet/checklist is additionally provided for each space. This class meets every other week.

18+	Virtual	Th	9/11-11/20	6:30-8pm	\$46	44236
18+	Virtual	Th	9/18-12/4	6:30-8pm	\$46	44237

INTRODUCTION TO FICTION WRITING

Be introduced to the art of writing short stories, with step-by-step guidance on how to build a story from the ground up. Follow prompts in class with the goal of finishing a short story by the end of class. Out-of-class writing is optional, but encouraged. This is a supportive environment for beginning fiction writers and for anyone looking to brush up on their story-writing skills.

18+	Virtual	T	9/30-10/28	6:30-8pm	\$60	44238
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START YOUR NOVEL

Join fellow aspiring novelists to take the leap in a supportive and encouraging environment. Follow writing prompts in class, analyze the beginnings of already-published novels and brainstorm ways to overcome writer's block. Come to class with an idea for a novel or with a blank slate! All skill levels welcome.

18+	Virtual	T	11/4-12/2	6:30-8pm	\$60	44239
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Non league sports are played as pick up games where teams are determined each night based on attendance. No officials are present. Site Supervisors and some equipment are provided. Individuals sign up for the night of play and location. All non league programs skip play during the week of Thanksgiving.

Age Location Day Date Time Fee Course#

BADMINTON

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

18+	Memorial	M	9/8-10/27	7:30-9:30pm	\$36	44629
18+	Memorial	M	11/3-12/15	7:30-9:30pm	\$27	44630
18+	Memorial	T	9/9-10/28	7:30-9:30pm	\$36	44631
18+	Memorial	T	11/4-12/16	7:30-9:30pm	\$27	44632

BASKETBALL

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

18+	Marquette	T	9/9-10/14	7:15-9:15pm	\$27	44633
18+	Marquette	T	10/28-12/9	7:15-9:15pm	\$27	44634
18+	Toki	Th	9/11-10/16	7:15-9:15pm	\$27	44635
18+	Toki	Th	10/30-12/11	7:15-9:15pm	\$27	44636

BOCCE

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

18+	MSCR West	W	9/10-10/15	6:45-8:15pm	\$27	44637
18+	MSCR West	W	10/22-12/3	6:45-8:15pm	\$27	44638

PICKLEBALL BEGINNER

If you have been wondering about pickleball or have been playing but have never had a structured class or need a refresher this is the class for you. We cover the basics of the game moving up through basic strategy. By the end of the first 2 classes, you will be able to play a basic game that you refine throughout the rest of the session through playing and ongoing coaching.

18+	O'Keefe	M	9/8-10/13	7:15-9:15pm	\$40	44645
18+	O'Keefe	M	10/27-12/8	7:15-9:15pm	\$40	44646
18+	MSCR West	M	9/8-10/13	7:30-9pm	\$40	44649
18+	MSCR West	M	10/27-12/8	7:30-9pm	\$40	44650
18+	O'Keefe	W	9/10-10/15	7:15-9:15pm	\$40	44647
18+	O'Keefe	W	10/29-12/3	7:15-9:15pm	\$34	44648

PICKLEBALL ADVANCED BEGINNER

This 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 class builds on the skills developed at the beginner level in order to move you closer to becoming an intermediate player. This includes instruction, drills and periods of game play.

18+	Black Hawk	T	9/9-10/14	7:15-9:15pm	\$35	44643
18+	Black Hawk	T	10/28-12/9	7:15-9:15pm	\$35	44644
18+	Black Hawk	Th	9/11-10/16	7:15-9:15pm	\$35	44984
18+	Black Hawk	Th	10/30-12/11	7:15-9:15pm	\$35	44985

Age Location Day Date Time Fee Course#

PICKLEBALL INTERMEDIATE

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.

18+	Memorial	M	9/8-10/13	7:15-9:15pm	\$30	44651
18+	Memorial	M	10/27-12/8	7:15-9:15pm	\$30	44652
18+	Memorial	T	10/28-12/9	7:15-9:15pm	\$30	44654
18+	O'Keefe	T	9/9-10/14	7:15-9:15pm	\$30	44655
18+	O'Keefe	T	10/28-12/9	7:15-9:15pm	\$30	44656
18+	MSCR West	T	9/9-10/14	7:30-9pm	\$30	44659
18+	MSCR West	T	10/28-12/9	7:30-9pm	\$30	44660
18+	Memorial	T	9/9-10/14	7:15-9:15pm	\$30	44653
18+	O'Keefe	Th	9/11-10/16	7:15-9:15pm	\$30	44657
18+	O'Keefe	Th	10/30-12/11	7:15-9:15pm	\$30	44658
18+	MSCR West	M	9/8-10/13	1-3pm	\$30	44661
18+	MSCR West	M	10/27-12/8	1-3pm	\$30	44662
18+	MSCR West	T	9/9-10/14	1-3pm	\$30	44663
18+	MSCR West	T	10/28-12/9	1-3pm	\$30	44664
18+	MSCR West	Th	9/11-10/16	1-3pm	\$30	44665
18+	MSCR West	Th	10/30-12/11	1-3pm	\$30	44666

PICKLEBALL 50+ INTERMEDIATE

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.

50+	MSCR West	T	9/9-10/14	9:30-11:30am	\$30	44639
50+	MSCR West	T	10/28-12/9	9:30-11:30am	\$30	44640
50+	MSCR West	Th	9/11-10/16	9:30-11:30am	\$30	44641
50+	MSCR West	Th	10/30-12/11	9:30-11:30am	\$30	44642

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.

18+	East	M	9/8-10/13	7:15-9:15pm	\$27	44671
18+	East	M	10/27-12/8	7:15-9:15pm	\$27	44672
18+	Stephens	M	9/8-10/13	7-9pm	\$27	44669
18+	Stephens	M	10/27-12/8	7-9pm	\$27	44670
18+	East	W	9/10-10/15	7:15-9:15pm	\$27	44673
18+	East	W	10/29-12/10	7:15-9:15pm	\$27	44674
18+	Whitehorse	Th	9/11-10/16	7:15-9:15pm	\$27	44675
18+	Whitehorse	Th	10/23-12/4	7:15-9:15pm	\$27	44676

VOLLEYBALL RECREATION

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

18+	Crestwood	T	9/9-10/14	7-9pm	\$27	44677
18+	Crestwood	T	10/28-12/9	7-9pm	\$27	44678
18+	Cherokee	Th	9/11-10/16	7:15-9:15pm	\$27	44679
18+	Cherokee	Th	10/30-12/11	7:15-9:15pm	\$27	44680

VOLLEYBALL 50+ OPEN PLAY

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.

50+	MSCR West	F	9/12-10/17	12-2pm	\$27	44667
50+	MSCR West	F	10/24-12/5	12-2pm	\$27	44668



Adult Sports Leagues

Adult sports leagues are team based competitions. Teams sign up and register for a division of play. Site supervisors, officials and game equipment are provided. Generally games are played at one of the Madison Metropolitan School District (MMSD) high schools. Leagues play on the same night of the week for the entire season. MSCR offers men's, women's and all gender divisions. Teams self rate their skill level and are placed in a league of comparable skill whenever possible. Maximum participation, fun, yet competitive with a good time for all!

AGE

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

FEES

Cover the cost of officials, facilities, awards, equipment, scorer-timers and league administration. MSCR does not have a team fee, all fees are based on individual participation. Fee assistance is available to MMSD residents in need. Additionally, MSCR works with teams that have a local sponsor to lower the cost of participation.

GENDER

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

RESIDENCY

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

Want to Join a Team?

JOIN OUR FREE AGENT LIST

For more information contact asld@madison.k12.wi.us or call 608-204-3024.

If you want to join MSCR Sports Leagues:

1. Go to mcsportsleagues.org
2. Click on **Free Agent Sign Up**.
3. Complete the form
4. Submit.

We make your name available to managers seeking players.

No fees are charged until you join a team.

SPORTS SEASONS & REGISTRATION DATES

NEW THIS YEAR!

MSCR is offering a new spring season! There is a fall and winter 7 week season and a new additional 5 week spring season.

FALL SOFTBALL

Begins September 2 and runs through early October. Leagues play at Olbrich and Goodman. These are slow pitch leagues for men, women and all gender divisions.

FALL VOLLEYBALL

The 7-week season begins early October and runs through November. This is traditional 6v6 men's, women's and all gender leagues with power and intermediate divisions. There is round robin play followed by a short tournament.

FALL BASKETBALL

The 7-week season begins early October and runs through November. Men's and Women's leagues are available. This is round robin play.

WINTER BASKETBALL

The 7-week season begins early January and runs through February. Men's and Women's leagues are available. This is round robin play. No games on Martin Luther King Jr. Day

WINTER VOLLEYBALL

The 7-week season begins early January and runs through February. This is traditional 6v6 men's, women's and all gender leagues with power and intermediate divisions. There is round robin play followed by a short tournament.

Age	Sport	Registration	Late Registration	Play
18+	Fall Softball	See Free Agent		Sept 2 - Oct
18+	Fall Volleyball	Aug 4 - 31	Sept 1 - 8	Oct 6 - Nov 20
18+	Fall Basketball	Aug 4 - 31	Sept 1 - 8	Oct 6 - Nov 20
18+	Winter Basketball	Nov 3 - 30	Dec 1 - 7	Jan 5 - Feb
18+	Winter Volleyball	Nov 3 - 30	Dec 1 - 7	Jan 5 - Feb

SPORTS OFFICIALS NEEDED!



Do you like sports?

Becoming an official is a great way to be a part of the game! MSCR hires and trains sports officials. Learn the rules and mechanics from area experts. We provide gear to get you started. Officials must be 18 years of age for all adult sports leagues.

Call 608-204-3024 or email asld@madison.k12.wi.us to learn more.



Fitness

Age Location Day Date Time Fee Course#

ARMS & ABS
Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Using lighter resistance and high-repetition sets, this class focuses on building muscular endurance and definition.

18+ MSCR East F 9/12-12/12 8:15-9am \$60 44334

BARRE FUSION
Enhance your muscle tone, posture, flexibility and confidence. Move through low-impact isometric moves, cardio bursts, strength and mind-body inspired movements.

18+ MSCR Central W 9/10-12/3 6:30-7:15pm \$55 44337

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

18+ MSCR East W 9/10-12/10 5:15-6pm \$65 45005

18+ MSCR West Th 9/11-11/13 5-6pm \$50 44338

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

18+ MSCR West W 9/10-12/10 6-6:45pm \$65 44343

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

18+ MSCR East T 9/16-12/2 6-6:45pm \$60 45197

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!

18+ MSCR East Th 9/11-12/11 6:30-7:15pm \$65 45027

CARDIO DANCE & TONING
An interval-based class that includes low-impact choreographed dance moves followed by full-body strength training exercises. This class is a total-body, heart-pumping, aerobic and strength conditioning workout.

18+ MSCR East T 9/9-12/9 5:30-6:15pm \$70 44346

18+ Warner Park CRC W 9/10-12/10 5-6pm \$65 45025

18+ MSCR West Sa 9/13-12/6 9-10am \$60 45026

Age Location Day Date Time Fee Course#

CORE FLOW
A dynamic yoga practice that incorporates traditional abdominal work, yoga sequences and breath work. Develop the power that lies within the core of your body!

18+ MSCR West Sa 9/27-12/6 9:30-10:15am \$50 45012

FLEX & FLOW
A low-impact, strength-focused class blending simple exercises, mindful movement, stretching, and breathwork to build muscle, improve mobility, and boost body awareness.

18+ MSCR Central T 9/9-10/7 7:30-8:30am \$25 44340

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

18+ MSCR West M 9/8-12/8 5:45-6:45pm \$70 45006

18+ MSCR West Sa 9/13-12/6 10:30-11:30am \$60 44351

GENTLE FLOW & MEDITATION
Focus 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.

18+ Warner Park CRC T 9/9-12/9 5:30-6:30pm \$70 45056

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.

18+ Warner Park CRC M 9/8-12/8 7-8pm \$70 44355

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

18+ Warner Park CRC M 9/8-12/8 5:30-6:45pm \$70 45039

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

18+ MSCR West M 9/8-12/8 6:45-7:30pm \$70 44358

18+ MSCR West Th 9/11-12/11 6:45-7:30pm \$65 45071

KICKBOX CARDIO
No bags, no gloves, just a killer workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

18+ MSCR West Th 10/30-12/11 4:45-5:30pm \$30 44362

LGBTQIA+ YOGA
This class is a welcoming and inclusive space for LGBTQIA+ individuals. With this in mind, everyone is invited to join. Come with an open heart, ready to relax your mind, stretch your body, and connect with new friends.

18+ MSCR East W 10/29-12/10 5:30-6:30pm \$30 45057

MAT PILATES
A full-body workout that uses controlled movements to strengthen your core, increase flexibility, and improve posture. Focus on controlled movements to tone and strengthen your muscles.

18+ Warner Park CRC T 9/9-12/9 8:30-9:15am \$70 44368

MINDFULNESS MOVEMENT & GUT HEALTH
Based on ancient Asian energy meridian and chakra practices, gently stretch, tap, move and vibrate to open, and unblock energy in tight muscles, joints and organs. Build strength and flexibility in your internal organs with various intestine exercises focused on activating the gut and strengthening the core.

18+ MSCR Central W 9/10-12/10 6-7:15pm \$65 45065

MINDFULNESS MOVEMENT & JOINT HEALTH
Based on ancient Asian energy meridian and chakra practices, gently stretch, tap, move and vibrate to open and unblock energy in tight muscles, joints and organs. Enjoy opening joints from your neck to feet with easy, focused movements.

18+ MSCR Central M 9/8-12/8 6-7:15pm \$70 45062

Classes at Warner Park CRC require an annual purchased photo ID. Please go to mscr.org for more information. Due to construction, some classes might be moved to alternate locations.

Age	Location	Day	Date	Time	Fee	Course#
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PIYO
A unique class designed to build strength and gain flexibility, this class is all about energy, power and rhythm. PiYo is perfect for core strength, improved stability, challenging yoga and pilates choreography.

18+	MSCR West	Th	10/30-12/11	5:40-6:25pm	\$30	44372
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PRENATAL YOGA

A gentle yoga class designed to support your body and mind throughout pregnancy, encouraging relaxation, strength, and connection.

18+	MSCR East	M	10/13-11/17	7:15-8:15am	\$30	45013
18+	MSCR West	Sa	10/18-11/22	10:30-11:30am	\$30	45014

PURE STRENGTH

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

18+	MSCR West	M	9/8-12/8	5:45-6:30pm	\$70	45018
18+	MSCR East	Th	9/11-12/11	5-5:45pm	\$65	44375
18+	MSCR West	Th	9/11-12/11	5:45-6:30pm	\$65	45019
18+	MSCR West	Sa	9/13-12/6	8:30-9:15am	\$60	45020

ROW FIT

Improve your rowing technique and build strength in this circuit-style class. Every class combines instruction on and off the Concept2 Indoor Rowers combined with strength training exercises.

18+	MSCR East	M	9/15-12/1	4-4:45pm	\$60	44383
18+	MSCR East	M	9/15-12/1	5-5:45pm	\$60	44993

SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level with a small group of participants. Receive personalized guidance to enhance motivation, stay accountable, and achieve your goals.

18+	MSCR East	M	9/8-12/8	5-5:45pm	\$91	44385
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STRENGTH TRAINING FOR WOMEN

Designed specifically for women, this class focuses on building strength, confidence, and muscular endurance through effective, easy-to-follow total body strength training exercises.

18+	Warner Park CRC	M	9/8-12/8	12:12-4:5pm	\$70	44388
18+	MSCR East	Th	9/11-12/11	4-4:45pm	\$65	45055
18+	MSCR East	Sa	10/18-11/22	10:30-11:15am	\$30	45126

TOTAL BODY FITNESS

This class is a total body, heart pumping, aerobic and strength conditioning workout. Class combines full-body strength training with cardio bursts designed to tone your body and improve your endurance.

18+	MSCR West	T	9/9-12/9	5:45-6:30pm	\$70	45022
18+	MSCR East	W	9/10-12/10	6:30-7:30pm	\$65	44391
18+	MSCR East	F	10/31-12/12	9:15-10am	\$25	45021
18+	MSCR East	Sa	9/27-12/6	9:30-10:15am	\$50	45200

TRX & KETTLEBELLS

Challenge your strength, stability, and endurance with this dynamic full-body workout that combines TRX suspension training with kettlebell exercises. TRX uses your bodyweight to strengthen your core and improve balance, while kettlebells bring in power, resistance, and high-energy moves.

18+	MSCR West	T	10/28-12/9	5-5:45pm	\$35	45038
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TRX EXPRESS

This 30 minute express class is for all fitness levels. Move through exercises that challenge total body strength and endurance while using suspension straps.

18+	MSCR West	M	10/27-12/8	5-5:30pm	\$18	44395
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TRX YOGA

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Just like traditional yoga props such as blocks or bolsters, this class will use the TRX to support and enhance your yoga poses and sequences.

18+	MSCR East	T	10/7-11/4	4:15-5pm	\$25	45008
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Age	Location	Day	Date	Time	Fee	Course#
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WERQ
WERQ is a fiercely fun dance fitness class based on pop, rock and hip-hop music. Designed for all fitness levels, WERQ blends dance moves with high-energy cardio.

18+	MSCR East	M	9/8-12/8	6-6:45pm	\$70	45035
18+	MSCR Central	T	9/9-12/9	6:30-7:15pm	\$70	44400
18+	MSCR Central	W	9/10-12/3	5:30-6:15pm	\$55	45034
18+	MSCR West	Th	9/11-12/11	6:45-7:30pm	\$65	45037

WERQ LIKE A BOSS

Ignite your inner fire with a dynamic workout fusing WERQ cardio dance, strength, and mobility. Unleash your confidence and discover the joy of movement!

18+	MSCR East	W	9/10-12/10	6:30-7:20pm	\$65	45007
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YIN YOGA

A slow-paced practice that combines long-held stretches with mindfulness and deep breathing. Perfect for calming the mind and restoring balance.

18+	MSCR East	Th	9/11-12/11	6:45-7:45pm	\$65	45058
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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.

18+	MSCR Central	T	9/9-12/9	5:30-6:15pm	\$70	44405
18+	MSCR Central	Th	9/11-12/11	7:15-8am	\$60	45009
18+	MSCR West	Sa	9/27-12/6	8:30-9:15am	\$50	45011

YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Perfect for strength building, improving flexibility, and restoring the nervous system.

18+	MSCR Central	M	9/8-10/13	6:30-7:30pm	\$30	42493
18+	MSCR West	T	9/9-12/9	7:15-8:15pm	\$70	44408
18+	MSCR East	Th	9/11-12/11	5:30-6:30pm	\$65	45059
18+	MSCR East	Sa	9/13-12/6	8:30-9:30am	\$60	45060

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.

18+	MSCR Central	Th	9/11-12/11	6-6:45pm	\$65	44412
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FIT FOR THE HOLIDAYS!

Join your favorite Adult Fitness and Goodman Rotary 50+ instructors for a fun, energizing lineup of holiday-themed classes designed to keep you moving and motivated. With both in-person and virtual options, it's easy to stay active wherever you are.

- Pay one fee for unlimited access to both in-person and virtual offerings.
- Full schedule and details coming in November – stay tuned!
- In-person takes place 12/13-12/19
- Virtual takes place 12/13-1/2
- \$35 for MMSD residents, use # 45103 to register



VIRTUAL

Age Location Day Date Time Fee Course#

ARMS & ABS
Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Using lighter resistance and high-repetition sets, this class focuses on building muscular endurance and definition.

14+	Virtual	M	9/8-12/8	8:15-9am	\$70	44335
14+	Virtual	F	9/12-12/12	8:15-9am	\$60	45015

BARRE SCULPT

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

14+	Virtual	W	9/10-12/10	7-7:45am	\$65	45043
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GENTLE YOGA

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

14+	Virtual	Su	9/14-12/7	5-6pm	\$60	44352
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HATHA YOGA II

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

14+	Virtual	Th	9/11-12/11	5-6:15pm	\$65	45040
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MAT PILATES

A full-body workout that uses controlled movements to strengthen your core, increase flexibility, and improve posture. Focus on controlled movements to tone and strengthen your muscles.

14+	Virtual	T	9/9-12/9	6-6:45pm	\$70	44369
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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.

14+	Virtual	M	9/8-12/8	7-7:45am	\$70	45016
14+	Virtual	Th	9/11-12/11	5-5:45pm	\$60	44381

Age Location Day Date Time Fee Course#

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.

14+	Virtual	W	9/10-12/10	11-11:45am	\$60	44394
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WERQ

WERQ is a fiercely fun dance fitness class based on pop, rock and hip-hop music. Designed for all fitness levels, WERQ blends dance moves with high-energy cardio.

14+	Virtual	M	9/8-12/8	6-6:45pm	\$70	45036
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YIN YOGA

A slow-paced practice that combines long-held stretches with mindfulness and deep breathing. Perfect for calming the mind and restoring balance.

14+	Virtual	T	9/9-12/9	7-8pm	\$70	44403
14+	Virtual	Sa	9/13-12/6	10:15-11:15am	\$60	45002

YOGA SCULPT

A dynamic yoga practice that incorporates resistance training into traditional poses to tone and sculpt muscles using bodyweight, hand weights and bands.

14+	Virtual	T	9/9-12/9	7-7:45am	\$70	45041
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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.

14+	Virtual	T	9/9-12/9	6-6:45pm	\$70	44413
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Look for Youth Fitness on page 14 & Family Fitness on page 25



LUNCH CRUNCH - VIRTUAL NEW!

Short on time but big on goals? Jump into our virtual 30-minute Lunch Crunch! The ultimate power-packed workout you can do from your office, living room, or breakroom. Designed to get your heart pumping, muscles moving, and energy soaring—no equipment needed. Crush your lunch break, and come back stronger than your coffee.

- Join two different ways: commit to the full session with one payment, or drop in when it works for you and pay per class.
- Virtual class links are provided in your receipt notes after registration. Crush your lunch break, and come back stronger than your coffee.

BUTTS & GUTS

A bodyweight workout that targets your glutes and core with powerful, low-impact movements. No gear needed, just grit!

14+	Virtual	T	9/30-11/25	12:15-12:45pm	\$45	45047
14+	Virtual	W	10/1-11/19	11:30am-12pm	\$40	45050

BUTTS & GUTS - DROP IN

14+	Virtual	T	9/30-11/25	12:15-12:45pm	\$5	45049
14+	Virtual	W	10/1-11/19	11:30am-12pm	\$5	45051

FLEX & FLOW

A low-impact, strength-focused class blending simple exercises, mindful movement, stretching, and breathwork to build muscle, improve mobility, and boost body awareness.

14+	Virtual	T	9/30-11/25	11:30am-12pm	\$45	45044
14+	Virtual	W	10/1-11/19	12:15-12:45pm	\$40	45052

FLEX & FLOW -DROP IN

14+	Virtual	T	9/30-11/25	11:30am-12pm	\$5	45045
14+	Virtual	W	10/1-11/19	12:15-12:45pm	\$5	45054



Age	Location	Day	Date	Time	Fee	Course#
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GENTLE YOGA
A good fit for all ability levels. Combines slow, gentle movements and breathing practices. Ends with a quiet guided awareness and relaxation.

18+	Olbrich Park	M	9/8-10/20	5-6pm	\$35	45004
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KICKBOX CARDIO
No bags, no gloves, just a killer workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

18+	Garner Park	T	9/16-10/21	4:45-5:30pm	\$30	45023
18+	Garner Park	Th	9/11-10/23	4:45-5:30pm	\$25	45003

LGBTQIA+ YOGA
This class is a welcoming and inclusive space for LGBTQIA+ individuals. With this in mind, everyone is invited to join. Come with an open heart, ready to relax your mind, stretch your body, and connect with new friends.

18+	Tenney Park	W	9/10-10/22	5:30-6:30pm	\$35	44367
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PIYO
A unique class designed to build strength and gain flexibility, this class is all about energy, power and rhythm. PiYo is perfect for core strength, improved stability, challenging yoga and pilates choreography.

18+	Garner Park	Th	9/11-10/23	5:40-6:25pm	\$25	44373
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PURE STRENGTH
Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected.

18+	Garner Park	T	9/16-10/21	5:40-6:25pm	\$30	45017
18+	Garner Park	T	10/28-11/25	5:15-6pm	\$25	45024
18+	Acewood Park	F	9/12-10/24	9:30-10:15am	\$35	44379

OUTDOOR

Age	Location	Day	Date	Time	Fee	Course#
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BICYCLING - HAPPY TRAILS
Discover Madison area long distance trails with friends. Class meets at various area paved and gravel trails for an out and bike ride ranging 10 - 20 miles. All bike types and riders are welcome, and no one gets left behind - staff frequently check-in with participants. Bicycle and helmet required.

18+	TBA	M	9/15-10/13	10am-12pm	\$25	45001
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FRIDAY NIGHT FEATURES

LAVA LAMPS & FLOWING YOGA
Join us for a vibrant night where creativity and relaxation collide! Kick things off with a flowy yoga class, then dive into crafting your very own lava lamp packed with swirling colors and cool retro vibes.

18+	MSCR West	F	11/7	6-7:30pm	\$10	45069
18+	MSCR East	F	11/14	6-7:30pm	\$10	45070

JAZZY STEP AEROBICS
A high-energy class that combines jazz-style dance elements with step aerobics for a full-body workout that enhances cardio endurance, coordination, and muscle tone!

18+	MSCR West	F	12/5	5:30-6:15pm	\$5	45067
18+	MSCR East	F	12/12	5:30-6:15pm	\$5	45068





AQUATICS

Age Location Day Date Time Fee Course#

AQUA ARTHRITIS EXERCISE

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

50+	Lapham	T	9/9-12/9	3:15-4:15pm	\$68	44472
50+	Capitol Lakes	W	9/10-12/10	2-3pm	\$75	44471
50+	Lapham	Th	9/10-12/11	3:15-4:15pm	\$68	44473

AQUA EXERCISE DEEP WATER

This class is a great way to keep fit and flexible without impact on the hips, joints and spine. Swimming skills are not required as flotation belts are used for support in deep water in the lap pool. NOTE: More 18+ deep water exercise classes available in the Aquatics section of the program guide.

50+	Capitol Lakes	M	9/8-12/8	5:30-6:30pm	\$75	44475
50+	Capitol Lakes	T	9/9-12/9	2:30-3:30pm	\$75	44474
50+	Capitol Lakes	W	9/10-12/10	3:15-4:15pm	\$75	44476

AQUA EXERCISE SHALLOW WATER

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

50+	Capitol Lakes	M	9/8-12/8	3-4pm	\$75	44477
50+	Capitol Lakes	Th	9/11-12/11	2-3pm	\$75	44478

AQUA EXERCISE WARM WATER

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

50+	Capitol Lakes	M	9/8-12/8	4:15-5:15pm	\$75	44480
50+	Lapham	M	9/8-12/8	2-3pm	\$68	44479
50+	Lapham	M	9/8-12/8	3:15-4:15pm	\$68	44481
50+	Lapham	W	9/10-12/10	3:15-4:15pm	\$68	44482
50+	Capitol Lakes	T	9/9-12/9	3:45-4:45pm	\$75	44483
50+	Capitol Lakes	Th	9/11-12/11	3:15-4:15pm	\$75	44484

INDOOR

ARMS & ABS

Learn a series of effective exercises to sculpt arms and strengthen abdominal muscles. Using lighter resistance and high-repetition sets, this class focuses on building muscular endurance and definition.

50+	MSCR East	T	9/9-12/9	11:15am-12pm	\$46	44485
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BALANCE, STRENGTH & CORE STABILITY

This full-body class is designed to enhance balance, posture, strength and flexibility. Exercises are used to support daily activities and help reduce the risk of falls.

50+	MSCR West	M	9/8-12/8	9-10am	\$60	44991
50+	MSCR East	M	11/3-12/8	10:45-11:30am	\$20	44989
50+	MSCR West	M	9/8-12/8	12:15-1:15pm	\$60	44488
50+	Warner Park CRC	T	9/9-12/9	11:30am-12:30pm	\$60	44512
50+	MSCR Central	W	9/10-12/10	7:30-8:15am	\$46	44987
50+	MSCR West	W	9/10-12/10	11:15am-12:15pm	\$60	44487
50+	MSCR Central	Th	9/11-12/11	10-11am	\$56	44486

BALANCING ACT

This class is designed to increase balance and help reduce the risk of falls by using Tai Chi movements and principles. Exercises are primarily from a standing position. Adapted chair based exercises are available to meet individual needs. There is no floor work.

50+	MSCR East	W	9/10-10/8	10:45-11:45am	\$22	44493
50+	MSCR East	W	11/12-12/10	10:45-11:45am	\$22	44542

BALLROOM BASICS FOR BALANCE

This class is based on the best therapeutic principles of fall prevention and the joy of movement through music. Learn basic moves of ballroom and other dances in a safe environment to reduce risk of falls and increase balance and stability. All levels are welcome but participants should be able to move independently, with or without the help of a device like a cane or walker.

50+	MSCR East	F	9/12-12/12	9-10am	\$56	44490
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BARRE SCULPT

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

50+	MSCR East	T	9/9-12/9	8:30-9:15am	\$46	44491
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BODY GROOVE

A unique dance fitness experience where everyone moves in a simple movement or rhythm but dances their own unique way - not the typical follow-the-leader style. Experience everything from slow, delicious meditative grooves, to heart thumping and strength building cardio beats.

50+	MSCR East	Th	9/11-12/11	12-1pm	\$56	44492
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CARDIO DANCE

A dance-based cardio class that incorporates a wide variety of medium and low-impact aerobic dance moves to a variety of high-energy beats.

50+	MSCR East	M	9/8-12/8	10:45-11:45am	\$60	44496
50+	MSCR East	F	9/12-12/12	10:45-11:45am	\$56	44497
50+	MSCR Central	F	9/12-12/12	12:15-1:15pm	\$56	44494

CARDIO DANCE & TONING

An interval-based class that includes low-impact choreographed dance moves followed by full-body strength training exercises. This class is a total-body, heart-pumping, aerobic and strength conditioning workout.

50+	MSCR West	M	9/8-12/8	11:45am-12:45pm	\$60	44500
50+	MSCR Central	M	9/8-12/8	12:30-1:30pm	\$60	44498
50+	MSCR East	W	9/10-12/10	9:30-10:30am	\$60	44499
50+	MSCR West	Th	9/11-12/11	11:35am-12:35pm	\$56	44501

CARDIO STEP

We are bringing back a classic! A high energy, heart-pumping aerobic conditioning class that utilizes a step platform to burn calories, strengthen muscles and improve coordination and balance.

50+	MSCR West	T	9/9-12/9	11:30am-12:30pm	\$60	44502
50+	MSCR Central	Th	9/11-12/11	11:15am-12:15pm	\$56	44495

CHAIR EXERCISE

Designed to help reduce pain and stiffness while maintaining or improving mobility, muscle strength, posture, balance and functional ability. All exercises can be performed while standing or seated in a chair. There is no floor work.

50+	Warner Park CRC	T	9/9-12/9	10:15-11:15am	\$60	44504
50+	MSCR East	T	9/9-12/9	1:15-2pm	\$46	44503
50+	MSCR West	W	9/10-12/10	10:15-11am	\$46	44506
50+	MSCR West	Th	9/11-12/11	9:30-10:30am	\$56	44507
50+	Warner Park CRC	F	9/12-12/12	12:30-1:30pm	\$56	44505

CHAIR ONE DANCE FITNESS

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

50+	MSCR West	F	9/12-12/12	12-1pm	\$56	44509
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Age	Location	Day	Date	Time	Fee	Course#
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CIRCUIT FITNESS

Stay active, strong, and energized in this circuit-style class designed to enhance strength, cardiovascular endurance, balance and mobility through low-impact, joint-friendly exercises. Move through timed stations using a variety of equipment at your own pace for a fun and challenging workout.

50+	MSCR East	M	9/8-12/8	9:30-10:30am	\$60	44511
50+	MSCR East	F	9/12-12/12	1:45-2:45pm	\$56	44990

FALLKOUR: PARKOUR MEETS THE ART OF FALLING

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

50+	Madison Circus Sp	M	9/8-10/13	9:30-10:30am	\$38	44546
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FUNCTIONAL FITNESS

This class is designed to improve strength, balance, flexibility, coordination, and aerobic fitness to optimize daily activities. Enhance quality of life, reduce the risk of injury and maintain independence through targeted exercises that reflect real-life movements.

50+	Warner Park CRC	M	9/8-12/8	9-10am	\$60	44515
50+	MSCR West	M	9/8-12/8	9:30-10:30am	\$60	44525
50+	MSCR West	M	9/8-12/8	10:45-11:45am	\$60	44526
50+	MSCR West	M	9/8-12/8	11am-12pm	\$60	44513
50+	MSCR West	T	9/9-12/9	1:30-2:30pm	\$60	44527
50+	MSCR West	T	9/9-12/2	2-2:50pm	\$52	44530
50+	MSCR West	T	9/9-12/2	3-3:50pm	\$52	44532
50+	MSCR Central	W	9/10-12/10	8:30-9:20am	\$60	44519
50+	Warner Park CRC	W	9/10-12/10	9-10am	\$60	44516
50+	MSCR Central	W	9/10-12/10	9:30-10:20am	\$60	44520
50+	MSCR Central	W	9/10-12/10	10:30-11:20am	\$60	44521
50+	MSCR Central	W	9/10-12/10	11:30am-12:20pm	\$60	44522
50+	MSCR Central	W	9/10-12/10	12:30-1:20pm	\$60	44988
50+	MSCR West	W	9/10-12/10	5:30-6:30pm	\$60	44524
50+	MSCR East	Th	9/11-12/11	9-10am	\$56	44517
50+	MSCR East	Th	9/11-12/11	10:15-11:15am	\$56	44518
50+	MSCR West	Th	9/11-12/4	2-2:50pm	\$52	44531
50+	MSCR West	Th	9/11-12/4	3-3:50pm	\$52	44533
50+	MSCR West	F	9/12-12/12	9:30-10:30am	\$56	44528
50+	MSCR West	F	9/12-12/12	10:45-11:45am	\$56	44529

GENTLE EXERCISE

This gentle class promotes balance, strength, coordination and flexibility for those with aches and pains. Breath awareness, active relaxation and stretching exercises are all included. All exercises can be performed while standing or seated in a chair. There is no floor work.

50+	MSCR West	M	9/8-12/8	10:15-11:15am	\$60	44540
50+	MSCR East	T	9/9-12/9	10-11am	\$60	44538
50+	MSCR West	T	9/9-12/9	11am-12pm	\$60	44536
50+	MSCR West	Th	9/11-12/11	11am-12pm	\$56	44537
50+	MSCR West	F	9/12-12/12	10:20-11:20am	\$56	44539

MINDFULNESS MOVEMENT & GUT HEALTH

Gently awaken your body's energy using ancient Asian meridian and chakra practices through stretching, tapping, movement and vibration. Calm your mind and breath with mindful awareness as you tune into and unblock your energy systems. Strengthen your core and activate your gut with focused intestine exercises that support internal organ health and vitality.

50+	Warner Park CRC	F	9/12-12/12	10:30-11:45am	\$56	44543
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MINDFULNESS MOVEMENT & JOINT HEALTH

Gently awaken your body's energy using ancient Asian meridian and chakra practices through stretching, tapping, movement and vibration. Calm your mind and breath with mindful awareness as you tune into and unblock your energy systems. Enjoy easy, focused movements to open your joints from neck to feet.

50+	Warner Park CRC	W	9/10-12/10	10:30-11:45am	\$60	44544
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PARKOUR FOR SENIORS

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! Open to participants of all fitness levels, instructors have options for all.

50+	Warner Park CRC	T	11/4-12/9	9:30-11am	\$45	44606
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PILATES

Low impact exercise that focuses on postural alignment, breath control, flexibility and strength in the upper and lower extremities. This relaxing & mindful routine requires mental focus to help improve the mind/body connection and get the most out of each movement.

50+	MSCR West	M	9/8-12/8	12:30-1:30pm	\$60	44549
50+	MSCR East	W	9/10-12/10	8:15-9:15am	\$60	44548
50+	MSCR West	Th	9/11-12/11	2:30-3:30pm	\$56	44551

PURE STRENGTH

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

50+	MSCR East	M	9/8-12/8	8:30-9:15am	\$46	44555
50+	MSCR East	T	9/9-12/9	12:15-1pm	\$46	44553
50+	Warner Park CRC	W	9/10-12/10	10:15-11am	\$46	44554
50+	Warner Park CRC	Th	9/11-12/11	10:30-11:15am	\$42	44556

ROW FIT

Alternate between high-energy intervals on the Concept2 indoor rowers and simple, effective strength exercises off the rower. This circuit-style class helps you master your rowing form, boost cardiovascular endurance, and build total-body strength in a supportive environment. Rowing on a Concept2 machine is a low impact, joint-friendly exercise that targets every major muscle group while in a seated and safe position.

50+	MSCR East	T	9/9-12/9	11:45am-12:30pm	\$46	44559
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SIMPLE STRENGTH

This class uses basic movements and easy-to-follow exercises to build strength, increase balance and flexibility. Geared towards beginners or anyone looking to maintain strength with a simple, effective routine.

50+	MSCR West	T	9/9-12/2	1-1:50pm	\$52	44561
50+	MSCR West	W	9/10-12/10	9-10am	\$60	44560
50+	MSCR West	Th	9/11-12/4	1-1:50pm	\$52	44562

SMALL GROUP TRAINING

Take your training, strength and fitness goals to the next level with a small group of participants. Class focuses on safely introducing active older adults to exercises that improve posture, mobility, accountability and overall strength for a truly superior workout experience.

50+	MSCR East	M	9/8-12/8	4-4:45pm	\$77	44565
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STRENGTH TRAINING FOR WOMEN

Designed specifically for women, this class focuses on building strength, confidence, and muscular endurance through effective, easy-to-follow total body strength training exercises.

50+	MSCR East	W	9/10-12/10	11am-12pm	\$60	44567
50+	MSCR Central	F	9/12-12/12	11am-12pm	\$56	44566
50+	MSCR East	F	9/12-12/12	12:30-1:30pm	\$56	44568

STRETCH & STRENGTH

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

50+	MSCR West	T	11/4-12/9	8:30-9:30am	\$26	44573
50+	Warner Park CRC	W	9/10-12/10	9-9:45am	\$46	44570
50+	MSCR West	W	9/10-12/10	10:30-11:30am	\$60	44571
50+	MSCR West	Th	9/11-12/11	8:15-9:15am	\$56	44572

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Register at MSCR.ORG or use form on PAGE 55

Age	Location	Day	Date	Time	Fee	Course#
TRX ADVANCED						
This intermediate-advanced class challenges strength, control and coordination with complex sequences and core-driven movements. Expect dynamic flows, precision holds and progressive intensity to refine your technique and build total-body power. Class is designed for those with a solid foundation in TRX fundamentals.						
50+	MSCR West	W	9/10-12/10	12:30-1:20pm	\$60	44995

Age	Location	Day	Date	Time	Fee	Course#
TRX SUSPENSION TRAINING						
Class combines bodyweight strength training exercises using suspension straps to develop strength, balance, flexibility and core stability simultaneously. All fitness levels welcome, as instructor offers modifications.						
50+	MSCR East	T	9/9-12/9	9-10am	\$60	44598
50+	MSCR East	Th	9/11-12/11	12-1pm	\$56	44597
50+	MSCR West	Th	9/11-12/11	1:45-2:35pm	\$56	44596

Tai Chi

Whether you're just beginning or looking to deepen your practice, our Tai Chi classes are organized in a progressive sequence—starting with foundational skills and building toward more advanced forms and techniques.

Use the descriptions below to find the class that best matches your experience and goals.

GETTING STARTED	BUILDING SKILLS	DEEPENING PRACTICE
Tai Chi for Arthritis & Fall Prevention - Part 1	Tai Chi for Arthritis & Fall Prevention - Part 2	Tai Chi Advanced
Tai Chi Yang - Introduction	Tai Chi Yang 24 - Refinement	Tai Chi Yang Long Form
Tai Chi Yang - Continuing		
Tai Chi Pole		
QiGong		

TAI CHI FOR ARTHRITIS & FALL PREVENTION - PART 1 & PART 2

An evidence-based program derived from Sun Style Tai Chi, designed to promote strength, balance, flexibility and help reduce the risk of falls. Movements are taught using left and right sides and with turns to move forward and backward to improve mobility. Completion of TCAFP - Part 1 is required prior to taking Part 2 which introduces new movements, refines form and enhances coordination.

PART 1

50+	MSCR West	T	9/16-12/9	9:30-10:30am	\$52	44591
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PART 2

50+	MSCR West	Th	9/18-12/11	9:30-10:30am	\$48	44579
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TAI CHI YANG - INTRODUCTION

Discover the fundamentals of the Yang 24 Form in this beginner-friendly class that focuses on improving balance, strength and flexibility through the practice of tai chi movements and qigong exercises. Class introduces the first half of the Yang Style 24 Form. It is typical for beginners to remain in the introductory class for multiple sessions.

50+	MSCR West	T	9/16-12/9	11am-12pm	\$52	44577
50+	MSCR East	Th	9/11-12/11	2:45-3:45pm	\$56	44587

TAI CHI YANG - CONTINUING

This introductory class delves deeper into the Yang 24 Form, concentrating on the second half. It's designed for those who have completed at least one session of the introductory class and are ready to deepen their practice. It is typical for beginners to remain in the continuing class for multiple sessions.

50+	MSCR West	Th	9/18-12/11	11am-12pm	\$48	44578
50+	MSCR East	Th	9/11-12/11	4-5pm	\$56	45074

TAI CHI POLE

The Tai Chi pole form uses rounded, thrusting, and retracting movements to strengthen both body and mind while enhancing concentration, posture, breathing and balance. The pole provided is 2lbs but adjustments can be made available such as a lighter PVC pipe to perfect form and build strength.

50+	MSCR East	W	11/5-12/10	3-4pm	\$26	44588
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QIGONG - INTRO

Qigong is an ancient Chinese practice that uses gentle movement, controlled breathing, and mental focus to cultivate and balance the body's vital life force, or "qi." Class introduces fundamental principles and flowing movements to help reduce stress, enhance mental clarity, build emotional resilience and boost vitality.

50+	MSCR Central	M	9/8-10/6	10:45-11:30am	\$16	44550
50+	MSCR Central	M	11/10-12/8	10:45-11:30am	\$16	44576

TAI CHI YANG 24 - REFINEMENT

This intermediate-level class focuses on refining both individual forms and the Yang 24 Form while deepening your understanding of movement principles, balance and breath. Familiarization of the Yang 24 Form is a prerequisite.

50+	MSCR West	M	11/3-12/8	9:30-10:30am	\$26	44592
50+	MSCR Central	T	9/9-12/9	1:45-2:45pm	\$60	44582
50+	MSCR West	W	11/5-12/10	9:30-10:30am	\$26	44590
50+	Warner Park CRC	W	9/10-12/10	1-2pm	\$60	44580
50+	MSCR East	Th	9/11-12/11	1:30-2:30pm	\$56	44584
50+	MSCR Central	F	11/7-12/12	1-2pm	\$22	44583

TAI CHI ADVANCED

This class explores Yangjia Michuan Taijiquan (YMT), the original Yang Family Long Form of Tai Chi. Class encompasses martial art applications, the Fan Routine and Parts I-III of the YMT form. Class requires balance, coordination and knowledge of the Yang 24 Form.

50+	MSCR Central	T	9/9-12/9	3-4:30pm	\$91	44586
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TAI CHI YANG STYLE LONG FORM

This class introduces the Yang Family Long Form which consists of 108 postures. The extended class duration (1.5 hour) provides time to refine form technique and explore related aspects. Class requires balance, coordination and knowledge of the Yang 24 Form, with completion of Tai Chi Continuing &/or Refinement as a prerequisite.

50+	MSCR West	F	11/7-12/12	9:30-11am	\$32	44994
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Yoga

Age Location Day Date Time Fee Course#

CHAIR YOGA

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

50+ MSCR Central F 9/12-12/12 10-10:45am \$42 44600

GENTLE YOGA

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

50+ MSCR West Th 9/11-12/11 1-2pm \$56 44601

50+ MSCR West F 9/12-12/12 9-10am \$56 44602

GENTLE YOGA FLOW

Flow slowly into basic yoga poses and sequences while using the breath as a tool to remain present and mindful. Expect lots of stretching and lengthening with a heavy dose of relaxation.

50+ MSCR East M 9/8-12/8 10:30-11:15am \$46 44605

50+ MSCR East T 9/9-12/9 3-4pm \$60 44604

HATHA YOGA I

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

50+ MSCR West T 9/9-12/9 10:15-11:15am \$60 44608

50+ MSCR West Th 9/11-12/11 10:15-11:15am \$56 44609

HATHA YOGA II

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

50+ MSCR West T 9/9-12/9 8:45-10am \$76 44611

50+ MSCR West Th 9/11-12/11 8:45-10am \$70 44612

YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Perfect for strength building, improving flexibility, and restoring the nervous system.

50+ MSCR East Th 9/11-12/11 10:30-11:30am \$56 44615

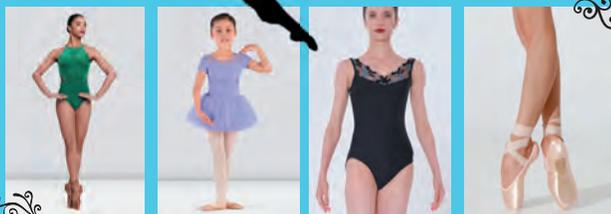


FIT FOR THE HOLIDAYS!



- Join your favorite Adult Fitness and Goodman Rotary 50+ instructors for a fun, energizing lineup of holiday-themed classes designed to keep you moving and motivated. With both in-person and virtual options, it's easy to stay active wherever you are.
- Pay one fee for unlimited access to both in-person and virtual offerings.
- Full schedule and details coming in November – stay tuned!
- In-person takes place 12/13-12/19
- Virtual takes place 12/13-1/2
- \$35 for MMSD residents, use # 45103 to register

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ACTIVE AGING

In celebration of Active Aging, older adults ages 50 & better are invited to try a new activity, meet new people and stay active by participating in free Active Aging activities. From October 1-31, participants are challenged each day to complete activities for a chance to win some great prizes! View a list of free activities starting September 15 at mscr.org.

Registration opens on September 22 for MMSD residents and non residents. To register, visit mscr.org or in person at any MSCR facility during operating hours. Contact Mindy Vinje at mjvinje@madison.k12.wi.us or 608-204-3000 with questions.

OUTDOOR

Age	Location	Day	Date	Time	Fee	Course#
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BALANCE, STRENGTH & CORE STABILITY

This full-body class is designed to enhance balance, posture, strength and flexibility. Exercises are used to support daily activities and help reduce the risk of falls.

50+	Heritage Hts Pk	M	9/8-10/27	11-11:45am	\$26	44445
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PARKOUR FOR SENIORS

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! Open to participants of all fitness levels, instructors have options for all.

50+	Warner Park	T	9/9-10/28	9:30-11am	\$60	44547
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QIGONG FOR RENEWAL & RELAXATION

Class incorporates Chinese exercises that include simple stretching, breathing with visualizations to provide deep relaxation and a sense of well-being. Eight Pieces of Brocade (Baduanjin) and Shaolin Nei Jin QiGong are used to improve quality of life, sleep, balance, strength and flexibility.

50+	Garner Park	F	9/12-10/31	10:30-11:30am	\$35	44545
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STRETCH & STRENGTH

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

50+	Rennebohm Park	T	9/9-10/28	8:30-9:30am	\$35	44574
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TAI CHI POLE

The Tai Chi pole form uses rounded, thrusting, and retracting movements to strengthen both body and mind while enhancing concentration, posture, breathing and balance. The pole provided is 2lbs but adjustments can be made available such as a lighter PVC pipe to perfect form and build strength.

50+	MSCR Central	W	9/10-10/29	3-4pm	\$35	44581
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TAI CHI YANG 24 - REFINEMENT

This intermediate-level class focuses on refining both individual forms and the Yang 24 Form while deepening your understanding of movement principles, balance and breath. Familiarization of the Yang 24 Form is a prerequisite.

50+	Garner Park	M	9/8-10/27	9:30-10:30am	\$35	44593
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50+	Garner Park	W	9/10-10/29	9:30-10:30am	\$35	44595
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50+	Hoyt Park	F	9/12-10/31	1-2pm	\$35	44585
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TAI CHI YANG STYLE LONG FORM

This class introduces the Yang Family Long Form which consists of 108 postures. The extended class duration (1.5 hour) provides time to refine form technique and explore related aspects. Class requires balance, coordination and knowledge of the Yang 24 Form, with completion of Tai Chi Continuing &/or Refinement as a prerequisite.

50+	Garner Park	F	9/12-10/31	9:30-11am	\$52	44589
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WALK ABOUTS

A brisk walk in the great outdoors promotes physical and psychological well-being. Walks are in Madison area parks, neighborhoods and natural areas and are 2 - 2.5 miles in length. Weekly locations are emailed to registered participants prior to the first walk. Participants should be able to walk two miles &/or complete one mile in 25 minutes to remain with the group.

50+	Varies	T	9/9-10/14	9:15-10:15am	\$39	44599
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BICYCLING

HAPPY TRAILS

Discover Madison area long distance trails with friends.

Class meets at various area paved and gravel trails for an out and bike ride ranging 10 - 20 miles. Wisconsin trail pass required for some trails, details will be provided prior to start of class. All bike types and riders are welcome, and no one gets left behind - staff frequently check-in with participants. Class is led by a League of American Bicyclists Certified Instructor. Bicycle and helmet required.

18+	Varies	M	9/15-10/13	10am-12pm	\$25	45001
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PEDAL PARTY

The family that rides together thrives together! Join a League of American Bicyclists Certified instructor for a 4-week workshop that teaches families how to ride together. Learn the basics of riding safely, play fun games and drills, practice skills through obstacle courses and neighborhood rides. This class is geared towards children who are able to ride a bike for one mile.

Workshop are Child + Adult . Only registered child and one participating adult; register child only.

7-13yrs	Nuestro Mundo	Su	9/21-10/12	1:30-2:30pm	\$20	45075
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Look for Family Fitness on page 14 & Adult Fitness on pages 40-43

VIRTUAL

Age	Location	Day	Date	Time	Fee	Course#
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BALANCING ACT

This class is designed to increase balance and help reduce the risk of falls by using Tai Chi movements and principles. Exercises are primarily from a standing position. Adapted chair based exercises are available to meet individual needs. There is no floor work.

50+	Virtual	Th	9/11-12/11	1-1:45pm	\$42	44489
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BARRE SCULPT

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

50+	Virtual	M	9/8-12/8	11-11:45am	\$46	44451
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CHAIR ONE DANCE FITNESS

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

50+	Virtual	T	9/9-12/9	12:15-1pm	\$46	44510
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CHAIR EXERCISE

Designed to help reduce pain and stiffness while maintaining or improving mobility, muscle strength, posture, balance and functional ability. All exercises can be performed while standing or seated in a chair. There is no floor work.

50+	Virtual	M	9/8-12/8	9:15-10:15am	\$60	44508
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CORE WITHOUT THE FLOOR

This off-the-floor class focuses on strengthening and stretching the muscles of your 'powerhouse'- the abdominal, back and hip muscles in a balanced way without needing a mat. All exercises can be performed while standing or seated in a chair. There is no floor work.

50+	Virtual	W	9/10-12/10	9-9:30am	\$30	44514
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50+	Virtual	F	9/12-12/12	9-9:45am	\$42	45029
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FUNCTIONAL FITNESS

This class is designed to improve strength, balance, flexibility, coordination, and aerobic fitness to optimize daily activities. Enhance quality of life, reduce the risk of injury and maintain independence through targeted exercises that reflect real-life movements.

50+	Virtual	M	9/8-12/8	10:30-11:30am	\$60	44534
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50+	Virtual	Th	9/11-12/11	9:30-10:30am	\$56	44535
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MEDITATION

Join us for a straightforward easy meditation practice. We cover techniques for meditation, tools for establishing a daily meditation practice and troubleshooting your meditations. This class is for novices and seasoned meditators alike.

50+	Virtual	T	9/9-12/9	1-2pm	\$60	44541
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PURE STRENGTH

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

50+	Virtual	M	9/8-12/8	8:30-9:15am	\$46	44558
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50+	Virtual	W	9/10-12/10	3-4pm	\$60	44557
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SIMPLE STRENGTH

This class uses basic movements and easy-to-follow exercises to build strength, increase balance and flexibility. Geared towards beginners or anyone looking to maintain strength with a simple, effective routine.

50+	Virtual	T	9/9-12/9	9-10am	\$60	44563
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50+	Virtual	Th	9/11-12/11	9-10am	\$56	44564
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STRENGTH TRAINING FOR WOMEN

Designed specifically for women, this class focuses on building strength, confidence, and muscular endurance through effective, easy-to-follow total body strength training exercises.

50+	Virtual	T	9/9-12/9	8-8:45am	\$46	44569
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WALK & TONE

Burn calories, increase energy and tone muscles in this 45 minute low impact indoor walking program using basic steps and strength training exercises to upbeat music.

50+	Virtual	W	9/10-12/10	10-10:45am	\$42	44575
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GENTLE YOGA

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

50+	Virtual	T	9/9-12/9	10:30-11:30am	\$60	44603
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YOGA FLOW

This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures. Perfect for strength building, improving flexibility, and restoring the nervous system.

50+	Virtual	T	9/9-12/9	9-9:45am	\$46	44617
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50+	Virtual	Th	9/11-12/11	10:30-11:30am	\$56	44616
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YOGA FOR PICKLEBALL

This targeted yoga practice is designed specifically for pickleball players to help reduce the risk of injury and enhance performance on the court. Improve strength, balance, joint mobility and body awareness through mindful movement and functional stretches tailored to your game.

50+	Virtual	M	9/8-12/8	10-10:45am	\$46	44610
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YOGA SUAVE EN ESPAÑOL

Una buena opción para todos los niveles de habilidad, esta clase combina movimientos de yoga suaves y lentos y prácticas de respiración. La clase termina con una tranquila conciencia guiada y relajación.

50+	Virtual	M	9/8-12/8	10:15-11:15am	\$0	44618
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MSCR Pottery Sale**Perfect for Holiday Shopping!**

Join MSCR at our MSCR West facility for the 2025 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 18 & 19, 8am - 6pm

December 20, 10am - 3pm

December 21, 10am - 2pm



Audition for Dance Wisconsin's The Nutcracker

Sunday September 7, 2025

- 1:00 PM Ages 7-9
- 2:00 PM 10-12 and under 5' 2"
- 3:00 PM Teen dancers over 5' 2"
- 4:15 PM Adults for Party Scene or Maids

www.dancewisconsin.org - dancewisconsin@gmail.com - 2605 S Stoughton Rd, Madison



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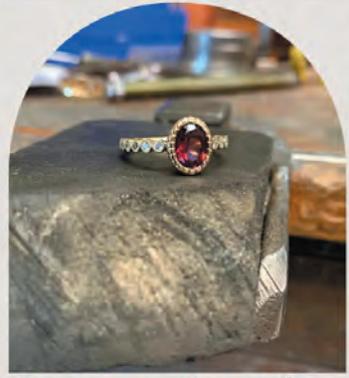
SCHEDULE A TOUR!
 EXPLORE OUR CLASSROOMS, MEET OUR CARING
 TEACHERS, AND EXPERIENCE OUR FUN, ENRICHING
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RideTheDrive.com

MADISON PARKS



Visit MSCR at Ride the Drive at the Olin Park Hub!

Go to mscr.org to learn more

DAY TRIPS SEE PAGE 3 TO LEARN MORE

Age	Location	Day	Dates	Time	Fee	Course #
DIM SUM & DELIGHTS: CHICAGO'S CHINATOWN						
Explore Chicago's vibrant Chinatown! Discover authentic cuisine, rich history and unique shops. Tour of the Chinese American Museum where you delve into the rich history and contributions of Chinese Americans. Savor the flavors of traditional Dim Sum cuisine and discover the intricacies of regional Chinese cooking styles and the significance of local customs. Visit a Buddhist Temple, the Ping Tom Memorial Park and the ornate Pui-Tak Building. Explore and shop on your own at Chinese specialty stores throughout the tour. Conclude your cultural exploration with a delightful traditional dessert leaving you with a taste of the rich heritage Chinatown in Chicago has to offer. Medium walking, must be able to enter/exit the bus multiple times a day and walk up and down stairs at locations. Bus loads at 7:15am in front of LaFollette High School at 702 Pflaum Rd. Fee includes motorcoach transportation, lunch, dessert and tour. Registration deadline is 9/11/25.						
18+	LaFollette HS	Sa	9/27	7:30am-6pm	\$166	45136

Age	Location	Day	Dates	Time	Fee	Course #
FALL FOLIAGE RIVERBOAT CRUISE						
Cruise in comfort along the waters of the mighty Mississippi aboard the Celebration Belle Riverboat. Sit back in the fully enclosed, climate controlled cabin or venture out on the open deck and admire the changing colors of nature as you float up and down the river. Enjoy the music as a live band serenades you with big band, country and rock favorites from the 40s to the present. As you take in the sights and sounds, savor the experience with the riverboat's renowned sticky rolls with fresh fruit, followed by a delectable hot lunch buffet featuring two entre choices. Wheelchair accommodation available. Bus loads at 7:30am in front of MSCR West, 7333 West Towne Way. Fee includes motorcoach transportation, cruise, sweet treat and lunch. Registration deadline is 9/27/25.						
18+	MSCR West	Sa	10/25	7:30am-6pm	\$130	45137

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
Madison Public Schools Foundation

Friends of MSCR
Madison Rotary Foundation - Goodman 50+ Fitness Fund
United Way of Dane County
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21st Century Community Learning Center Grants
YWCA

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CAMP RANDALL : FALL SEASON ROWING : BEGINS AUG. 25

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High School and Middle School Youth Rowing



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- ✓ Build strength and fitness on the water
- ✓ Try something new and have fun!
- ✓ All abilities welcome and financial assistance camprandallrc.org available!



camprandallrc.org

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Classes for ages 8 and up—spark creativity, learn skills, and *grow* confidence!

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Madison College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. Inquiries regarding the nondiscrimination policies are handled by the Affirmative Action Officer, 1701 Wright Street, Madison, WI. 53704. Phone 608.243.4137.

To learn more about our
noncredit courses, visit:
madisoncollege.edu/pce



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, MSCR 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 REASONABLE ACCOMMODATIONS?

Reasonable accommodations are modifications based on an individual's abilities and needs, to promote successful participation. Reasonable accommodations can include, but are not limited to, the following:

- Activity modifications that do not fundamentally alter the nature of the program
- 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:

- MSCR must be provided with the most current information to assist in providing accommodations to meet the participant's needs.
- Reasonable accommodations may assist the participant in meeting activity rules/expectations, but does not exempt them from following those expectations.
- If the participant's behavior presents clear or imminent risk to themselves or others, MSCR may unenroll the participant from the activity.
- Inclusion services are not designed for therapeutic or 1:1 care.
- 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.

FOR MORE INFORMATION ON INCLUSION SERVICES:

Jason Busack Inclusion Services Specialist

Supports East and La Follette 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 regions, Meadowood Neighborhood Center, Fitness and Arts programs

Email: JJaworski1@madison.k12.wi.us

Office Phone: 608-204-3043

Cell Phone: 608-228-2087



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 opens Monday, August 11 at 12pm
for residents of the Madison Metropolitan School District.
Non-residents may register
beginning Monday, August 25 at 12pm.**

1. Complete the Registration Form on page 55. 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.

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 are issued with less than 7 days advance notice. All requests to withdraw and for refunds must be made in writing. Full refunds are issued if MSCR cancels a program. No refunds or credits are issued for individual missed classes.

WEATHER IMPACT mscr.org/weather-impact/

MSCR aims to run all classes and programs, and the safety of our participants and staff is our top priority. MSCR follows a set of guidelines to make decisions about whether to cancel a program. MSCR offers a wide variety of programming: indoor, outdoor, high intensity, low intensity, youth, adult and 50+ located throughout the entire city of Madison. Occasionally, there are decisions that impact the entirety of MSCR programming and other times the decision is program-specific.

WEATHER IMPACT & 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 is issued to the customer account. When a customer misses a class no credit is provided.

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.

PROGRAMS AT WARNER PARK CRC (WPCRC)

WPCRC ID Cards are required for programs at WPCRC. Annual WPCRC ID card fees are \$5 for an individual and \$10 for a family (families of more than 4 pay \$3 per person). Non-residents of the City of Madison pay \$15 for an individual and \$25 for a family ID. Please call 608-245-3670 for more information. MSCR does not give discounts for WPCRC members. Please go to cityofmadison.com/parks/wpcrc for the form.

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.

LAW REGARDING CONCUSSION PREVENTION

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

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.

GENDER

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

INSURANCE

MSCR does not provide individual accident insurance for participants.

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 53 for more information on MSCR's Inclusion Services.

WAIT LIST

If a program is full, you can add your name to a waiting list. You are contacted if an opening becomes available for that program or if additional programs are added. If we do not hear back from you, your space will be given to the next customer on the waiting list. If you do not want to be placed on the waiting list, click the Remove button that appears on the Shopping Cart screen. Please Note: Placement on a waiting list does not guarantee a space in the program. It is recommended that you choose another program with space.

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: _____ <div style="display: flex; justify-content: space-between;"> _____ Last _____ First </div>
FAMILY SIZE	What is your family size? Circle one number: 1 2 3 4 5 6 7 8 9 10 List your gross* annual income: \$ _____ (per year) Or list your gross* bi-weekly income: \$ _____ (every two weeks)
ADULT	<p>*Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds.</p> <p>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.</p> <ol style="list-style-type: none"> Adult participants are asked to pay 50% of the program fee.* I am enclosing the following payment of \$ _____. *If you are unable to pay 50%, or are requesting fee assistance beyond the one program per season limit, please explain: _____ _____
YOUTH	<p>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.</p> <ol style="list-style-type: none"> My child qualifies for free school meals <input type="radio"/> Yes <input type="radio"/> No My child qualifies for reduced-price school meals <input type="radio"/> Yes <input type="radio"/> No My family is requesting fee assistance and we are able to enclose the following payment of \$ _____. *My family is requesting fee assistance beyond the two programs per season limit. Please explain: _____ _____ My child(ren) are younger than school age. <input type="radio"/> Yes <input type="radio"/> 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).

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Madison College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. Inquiries regarding the nondiscrimination policies are handled by the Affirmative Action Officer, 1701 Wright Street, Madison, WI 53704. Phone 608.243.4137.



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