

Program Guide

Winter & Spring 2026



MSCR is a department of the Madison Metropolitan School District
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Continuing Education

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MSCR WINTER & SPRING 2026 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, December 1 at 12 pm**
for MMSD Residents and
- **Monday, December 15 at 12 pm**
for Non-MMSD Residents

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HOW TO REGISTER

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, December 1.

BOARD MEMBERS

MMSD SUPERINTENDENT: Dr. Joe Gothard

MSCR EXECUTIVE DIRECTOR: Mary Roth

MMSD BOARD OF EDUCATION:

Nichelle Nichols, President, Maia Pearson, Vice President, Nicki Vander Meulen, Martha Siravo, Ali Janae Muldrow, Treasurer, Savion Castro, Blair Mosner Feltham, Clerk, Claire Li, Student Representative

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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 Families & Community Members

Welcome to the MSCR Centennial! This is a special issue where we kick off our celebration of MSCR's 100 years of fun. Much has changed and grown over 100 years, but the core of our work remains the same: a commitment to the value of recreation! In 1926, MSCR's first programs were adult softball leagues and playground programs for children. These programs reflect what we still know today, a strong community provides opportunities for citizens to connect, play and grow together outside of work or school. We are honored to have served the Madison community for the last 100 years and can wait to celebrate the past and future throughout 2026.

If you're ready to start the party, check out our Friday Night Features each month at MSCR East and MSCR West for a trip through the decades, recreation-style. Kick off your weekend with a fitness class, art workshop or a family game.

As we jump into 2026, I look forward to celebrating our rich past and laying the foundation for the next century of community impact at MSCR alongside you and your family.

Sincerely,

Mary Roth, MSCR Executive Director



Dear Families & Community Members,

Long before MSCR winds down its summer programming, planning was already underway for winter and spring offerings. The MSCR team has created a solid schedule filled with a variety of engaging programs and activities to choose from to help students stay active and connected.

Middle and high school students can register for afterschool sports leagues where they can build skills, be active, and make new connections. Registration for basketball opens in November, and students can also opt for winter skiing. To discover what other options are available, visit mscr.org.

MSCR also offers a variety of afterschool programs, which are important to supporting, reinforcing, and extending school-day learning at no cost to families. In addition to 32 MMSD schools, other sites include the Allied Learning Center and the Meadowood Neighborhood Center.

Thanks to the generous support of Nita M. Lowey 21st Century Community Learning Center grants, MSCR can provide a variety of recreational and educational opportunities as well as youth development programs at Black Hawk, Henderson, La Follette, Mendota, Nuestro Mundo, Orchard Ridge, Schenk, Sennett, Sherman, and Wright schools.

I encourage you to participate in one or more of the many programs and activities offered through MSCR. These programs help foster creativity and exploration, build problem-solving skills, contribute to continuous learning, enhance collaboration and social connection, and build community. With all that the Madison Metropolitan School District and MSCR have to offer, I'm confident you'll find something you and your family will enjoy.

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.





MADISON
METROPOLITAN
SCHOOL DISTRICT

mmsd.org



Stay Connected with MMSD: InFocus

There's so much to celebrate across the Madison Metropolitan School District — from student success stories to exciting new learning spaces! Sign up for "Madison Metropolitan School District: InFocus," our new community newsletter. It's the best way to stay informed and connected through stories that highlight our students, staff and schools. Below is a sample of some the exciting things happening with in our district.



Stay Informed
Scan the QR code
to Subscribe



Full-Day 4K Drives Student Growth as MMSD Expands to More Schools and Launches First 5-Day Pilot

More time in 4K means more progress because students are engaged and learning. MMSD expanded full-day options and launched a 5-day pilot to support Madison's youngest learners.

Read More:



MMSD Leads the State in National Merit Scholarship Program Semifinalists

MMSD's high schools are collectively home to 43 semifinalists, determined based on their performance on the 2024 PSAT/NMSQT, underscoring the academic excellence and dedication of MMSD students and educators.

Read More:



Building for the Future: A Community Conversation About School Boundaries

It's not just about maps and lines—it's about making sure every student, no matter where they live, has access to the programs and opportunities they need to thrive.

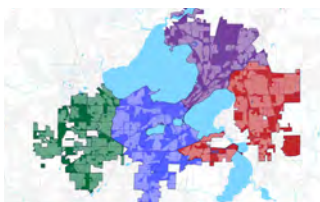
Read More:



"Mad for Reading" Enters its Second School Year Supporting Student Literacy

The program combines free online resources with community events like Role Model Reading with UW student-athletes to foster a love of reading in every student.

Read More:



Imagining the Future of Our Schools: Phase 2 Facilities Referendum Planning Begins

These early designs are subject to change, but signal a new way of thinking what school buildings can be: places that celebrate their land, encourage collaboration and belonging.

Read More:



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.



PRESCHOOL - CHILD + ADULT

*A participating adult must attend with registered child.

Age	Location	Day	Dates	Time	Fee	Course#
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*T-BALL - CHILD + ADULT

This class teaches the basics of the sport: throwing, catching, hitting and running the bases. This is a child + adult class.

3-5	MSCR West	F	1/9	5-5:30pm	\$5	46861
3-5	MSCR West	F	1/9	5:45-6:15pm	\$5	46862

*FAMILY

*A participating adult must attend with registered child.

Grade	Location	Day	Date	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. Batons provided.

1+	MSCR West	F	1/9	6:30-7:15pm	\$3	46130
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SPICE UP YOUR LIFE FAMILY DANCE PARTY

Who's ready to zig-a-zig-ah with the whole family? Dance back in time with this throwback dance party and learn the iconic choreography "Spice Up Your Life." So, grab your kids, parents, siblings - whoever you call your crew - and dance, pose and Posh it up! It's time to show the world what you've got and live your best '90s life.

3+	MSCR West	F	1/9	6-7pm	\$3	46875
3+	MSCR East	F	1/16	6-7pm	\$3	46887

YOUTH

Grade	Location	Day	Dates	Time	Fee	Course#
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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. Batons provided.

1-8	MSCR West	F	1/9	5:30-6:15pm	\$5	46131
1-8	MSCR West	F	2/6	5:30-6:15pm	\$5	46658

DODGEBALL DERBY

Time to dodge! We dive into a variety of versions of the popular dodgeball game while emphasizing cooperation, teamwork and fair play.

4-8	MSCR West	F	1/9	6:30-7:30pm	\$5	46880
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CHALK AND OIL PASTEL 3D SNOWMAN

Let's build a snowman that won't melt! Join us for a super cool workshop where you learn how to draw a 3D snowman that pops right off the page. Use a mix of chalk and oil pastels to create a winter wonderland with shadows, highlights and all the magical details.

K-5	MSCR East	F	1/16	5-6pm	\$5	46884
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YOUTH

Grade	Location	Day	Dates	Time	Fee	Course#
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RETRO INSPIRED COMIC WORKSHOP

Get ready to jump into the awesome world of retro comics. In this fun workshop, learn the secrets to making your own action-packed comic art, just like the classics! Explore bold lines, vibrant colors and dynamic characters that leap off the page. So grab your cape and your imagination. It's time to create some epic art!

4-8	MSCR East	F	1/16	6:30-7:45pm	\$5	46885
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PUFFY PAINTS & TOTE DECAL DREAMS

Sweet dreams are made of these...totes! With some light instruction, use puffy paints and fun decals to decorate a tote bag you'd be proud to show off at the local market or library.

14+	MSCR West	F	1/9	5-6:45pm	\$10	46874
18+	MSCR West	F	1/9	7-8:30pm	\$10	46873

VINTAGE '90S CROSS STITCH

Stitch your way into a fun-filled night. With demonstrations, complete a simple cross-stitch design that matches your 90s vibe.

6+	MSCR West	F	1/9	6:30-8:30pm	\$10	46877
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ADULT

Age	Location	Day	Dates	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. Batons provided.

18+	MSCR West	F	1/9	7:30-8:15pm	\$5	45234
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'90s PURE STRENGTH

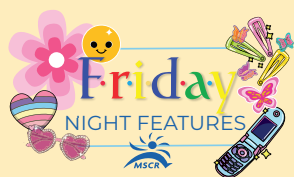
Build strength, add definition and burn body fat while jamming out to all your favorite '90s throwbacks. From weight training to full-body toning, no muscle gets left behind. Get ready for killer lifts, nostalgic beats, and a sweat session that feels more like a throwback party than a workout.

18+	MSCR West	F	1/9	5-5:45pm	\$5	46879
18+	MSCR East	F	1/16	5-5:45pm	\$5	46883

PUFFY PAINTS & TOTE DECAL DREAMS

Sweet dreams are made of these...totes! With some light instruction, use puffy paints and fun decals to decorate a tote bag you'd be proud to show off at the local market or library.

14+	MSCR West	F	1/9	5-6:45pm	\$10	46874
18+	MSCR West	F	1/9	7-8:30pm	\$10	46873



FEBRUARY: 2000s

YOUTH

Grade	Location	Day	Dates	Time	Fee	Course#
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2000S YOUTH DANCE PARTY

MSCR is throwing the ultimate dance party, complete with all the biggest hits from the 2000s! Songs from the best of pop princesses, boy bands and hip-hop icons are spinning all night. Grab those butterfly hair clips and get ready to bust a move. It's going to be a blast from the past!

K-5	MSCR West	F	2/6	6-7pm	\$5	46895
K-5	MSCR East	F	2/13	6-7pm	\$5	46904

ABSTRACT HEART ART WORKSHOP

Express your heart and imagination in this creative workshop, where you learn abstract painting techniques to create your own heart-themed art inspired by famous abstract artists!

K-5	MSCR East	F	2/13	5-6pm	\$5	46902
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BLING IT ON! BEDAZZLE BASH

Get your sparkle on! One night is all it takes to turn anything into a dazzling masterpiece. Bring your most dull shirts, hats, shoes or pants so everyone leaves shining bright! Tools and rhinestones are provided.

6+	MSCR East	F	2/13	6:15-7:45pm	\$8	46906
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FAST FOOTED FIESTA

Showcase your agility, coordination, strategy & energy during our gym games fiesta - games include dodgeball, capture the flag, kickball & more!

3-5	MSCR West	F	2/6	5:30-6:30pm	\$5	46889
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HEMP JEWELRY MAKING

Relive your school days and learn how to make jewelry that was all the rave.

6+	MSCR West	F	2/6	6:30-8:30pm	\$5	46894
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FAMILY*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. Batons provided.

1+	MSCR West	F	2/6	6:30-7:15pm	\$3	46651
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2000S FAMILY DANCE PARTY

MSCR is throwing the ultimate dance party, complete with all the biggest hits from the 2000s! Songs from the best of pop princesses, boy bands and hip-hop icons are spinning all night. Grab those butterfly hair clips and get ready to bust a move. It's going to be a blast from the past!

3+yrs	MSCR West	F	2/6	5-5:45pm	\$3	46897
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3+yrs	MSCR East	F	2/13	5-5:45pm	\$3	46903
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ADULT

Age	Location	Day	Dates	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. Batons provided.

18+	MSCR West	F	2/6	7:30-8:15pm	\$5	46652
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BLING IT ON! BEDAZZLE BASH

Get your sparkle on! One night is all it takes to turn anything into a dazzling masterpiece. Bring your most dull shirts, hats, shoes or pants so everyone leaves shining bright! Tools and rhinestones are provided.

18+	MSCR West	F	2/6	6:15-7:45pm	\$8	46898
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DANCE PARTY - LOSE CONTROL

Sweat, pop, lock and drop it like it's 2005! Join us for a choreography workshop and channel your inner "Misdemeanor" attitude. Break down every move, master that fire footwork and hit every beat with confidence. Leave your inhibitions at the door and let the music make you lose control.

18+	MSCR West	F	2/6	7-8pm	\$5	46893
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18+	MSCR East	F	2/13	6:45-7:45pm	\$5	46900
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FRIDAY FUTSAL POWER HOUR

Join our for a soccer style fitness class to give you that boost of energy you need before the weekend. This short and sharp Futsal class goes through quick-stationed style technical work, to hit all the individual technical aspects of futsal. Following the Futsal station work, hop right in to scrimmage to end the class with some fast past futsal action.

18+	MSCR West	F	2/6	7-8pm	\$5	46890
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PARTNER YOGA

Double the fun, double the moves! Partner Yoga mixes interactive poses, balance challenges, and shared laughs for a mindful practice with a friend or spouse. Registration is required for each participant.

18+	MSCR West	F	2/6	5:30-6:30pm	\$5	46892
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18+	MSCR East	F	2/13	5:30-6:30pm	\$5	46899
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MARCH: THE BEACH

Grade	Location	Day	Date	Time	Fee	Course #
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AWESOME OCEAN CREATIONS

Ready for 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-5	MSCR East	F	3/6	5-6pm	\$5	46919
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BEACH BALL VOLLEYBALL

Serve, spike and smile! We supply the beach balls for a fun-filled game everyone can enjoy.

3+	MSCR West	F	3/13	7-8pm	\$2	46911
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BEACH BALL GAMES

All the fun, none of the rules! Join our beach ball games and keep moving, laughing and having a great time.

K-5	MSCR East	F	3/6	6-6:45pm	\$2	46920
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K-8	MSCR West	F	3/13	5-5:45pm	\$2	46912
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ILLUSTRATION WORKSHOP

Dive into a world of color and imagination! This fun workshop is perfect for young artists who are just starting their creative journey. Explore how to bring your ideas to life on paper using simple shapes, playful lines and a splash of color. Get ready to draw, doodle and discover your inner illustrator!

4-8	MSCR West	F	3/13	6:30-7:45pm	\$5	46910
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FAMILY*BEACH MOVIE MASHUP FAMILY DANCE PARTY**

Twist, shout, and surf into our ultimate beach bash! We'll be teaching a family-friendly choreography to a mashup of your favorite songs from the coolest surf-rock musical ever. Grab your shades, your lei, and your whole crew's time to hang ten and show off your best moves on the dance floor!

3+	MSCR East	F	3/6	6-7pm	\$3	46914
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3+	MSCR West	F	3/13	6-7pm	\$3	46908
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ADULT**BARRE & BLOOMS**

Tone and sculpt your body with a full-body barre workout, then let your creativity bloom by designing a gorgeous flower bouquet to take home with you. A perfect mix of sweat, laughter, and blooms!

18+	MSCR East	F	3/6	5-6:15pm	\$15	46921
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18+	MSCR West	F	3/13	5-6:15pm	\$15	46916
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BEACH TOTE SEWING WORKSHOP

Hit the beach with style by sporting a new tote bag sewn by you! Learn simple sewing techniques to create a tote that can hold all of your summer essentials.

18+	MSCR West	F	3/13	6-8pm	\$10	46909
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BLANKET BEACH BALL VOLLEYBALL

A fun twist on traditional volleyball! Blanket Beachball Volleyball hides the action, makes every serve a surprise, and keeps the laughs coming. Can you score without seeing your opponent?

18+	MSCR West	F	3/13	6-7pm	\$2	46913
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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: mscrelemteam@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:

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 mscrelementeam@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 mscralliedc@madison.k12.wi.us

AFTERSCHOOL MONTHLY FEES:

- 1 child = \$400
- 2 children = \$700
- 3+ children = \$1000

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	608-204-6578	Yes	No
Anana Elementary	608-204-2208	Yes	No
Emerson Elementary	608-204-2021	Yes	No
Hawthorne Elementary	608-204-2507	Yes	No
Henderson Elementary*	608-516-8899	No	Yes
Lake View Elementary	608-204-4055	Yes	No
Lincoln Elementary	608-204-4963	Yes	No
Lindbergh Elementary	608-204-6507	Yes	No
Lowell Elementary	608-204-6616	Yes	No
Lori Mann Carey	608-442-2529	No	Yes
Meadowood Neighborhood Center	608-229-6823	Yes	No
Mendota Elementary*	608-577-1570	No	Yes
Midvale Elementary	608-204-6733	Yes	No
Nuestro Mundo Community School*	608-204-1024	No	Yes
Orchard Ridge Elementary*	608-204-2353	No	Yes
Sandburg Elementary	608-204-7952	Yes	No
Schenk Elementary*	608-279-9749	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	Hawthorne	F	1/30	7:45 am - 5:30pm	\$60	45965
K-5	Midvale	F	1/30	7:45 am - 5:30pm	\$60	45966
K-5	Hawthorne	F	2/20	7:45 am - 5:30pm	\$60	45967
K-5	Lincoln	F	2/20	7:45 am - 5:30pm	\$60	45968
K-5	Henderson	T	3/3	7:45 am - 5:30pm	\$60	45969
K-5	Lincoln	T	3/3	7:45 am - 5:30pm	\$60	45970
K-5	Emerson	M	4/6	7:45 am - 5:30pm	\$60	45971
K-5	Lincoln	M	4/6	7:45 am - 5:30pm	\$60	45972
K-5	Emerson	F	5/8	7:45 am - 5:30pm	\$60	46850
K-5	Lincoln	F	5/8	7:45 am - 5:30pm	\$60	46851



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	608-576-6450
Black Hawk*	608-204-4425
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	608-576-6450
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 activities after school at all MMSD middle schools and the Meadowood Neighborhood Center. MSCR Afterschool offers 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*	Sydney Lawson	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.

WINTER SPORTS SEASONS

BASKETBALL

Basketball Registration begins November/December and games take place on Saturdays, January 17 to March 7 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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ARCTIC ANIMALS - CHILD + ADULT NEW!

Participants and their caregivers are invited to dive into the icy world of arctic animals through books, movement and hands-on enrichment! Meet a new arctic animal each week through stories, songs and playful movement. Explore sensory-rich art and STEM activities that emphasize literacy, motor development and creativity in a safe, welcoming environment where children learn through play.

18-24m	MSCR Central	T	1/27-3/17	9-9:45am	\$48	46997
3-5	MSCR Central	T	1/27-3/17	10-11am	\$64	46998

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.

18-35m	MSCR West	F	1/30-3/6	9:30-10:15am	\$50	46085
18-35m	MSCR West	F	4/3-5/8	9:30-10:15am	\$50	46087

BABY-WEARING DANCE CLASS - CHILD + ADULT NEW!

This class welcomes new caregivers to share in a low-impact, music oriented movement class using a baby-wearing apparatus. The caregiver is welcome to wear a baby-carrier/device as we groove to smooth tunes and movements in space. This is a great place to meet other caregivers and create bonds with your child and friendships with others. This class is Child + Adult. Only registered child and one participating adult may attend this class. 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.

0-24m	MSCR Central	Th	1/29-3/19	10-10:45am	\$60	46811
0-24m	MSCR Central	Th	4/2-5/21	10-10:45am	\$60	46812
0-24m	MSCR East	F	1/30-3/20	3:10-3:55pm	\$60	46813
0-24m	MSCR East	F	4/3-5/22	3:10-3:55pm	\$60	46814

LITTLE SPROUTS - CHILD + ADULT NEW!

Participants and their caregivers explore the magic of spring through sensory play, simple gardening activities and songs. Each week introduces a new part of nature seeds, soil, flowers and bugs through stories, music and art. Hands-on activities focus on touch, smell and observation, encouraging curiosity and bonding.

18-24m	MSCR Central	T	3/31-5/19	9-9:45am	\$48	47000
3-5	MSCR Central	T	3/31-5/19	10-11am	\$64	46999

Age	Location	Day	Dates	Time	Fee	Course #
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MINI MASTERS - CHILD + ADULT NEW!

Explore the world of art through hands-on, process-focused activities inspired by classic artists. Each week highlights a famous artist's style or technique, with an emphasis on child-led creativity and exploration. Participants experiment with a variety of materials, textures and colors to express their own ideas and build confidence as young creators.

3-5	MSCR East	Th	1/22-3/12	9:30-10:30am	\$64	46290
3-5	MSCR East	Th	4/2-5/21	9:30-10:30am	\$64	46291

MSCR MAKES - INTRO TO ART - CHILD + ADULT

Does your little one love art, but you aren't sure where to start? MSCR Makes is a process-based art class focused on exploring different techniques and where making, engaging and spending time together is just as important as the final product.

3-6	MSCR Central	Th	2/5-2/26	5-5:45pm	\$33	46242
3-6	MSCR Central	Th	4/2-4/23	5-5:45pm	\$33	46243

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	1/30-3/6	10:45-11:30am	\$50	46267
3-5	MSCR West	F	4/3-5/8	10:45-11:30am	\$50	46269

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 East	M	4/27-5/11	4:30-5:15pm	\$24	46273
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Workshops

Age	Location	Day	Dates	Time	Fee	Course #
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BARNYARD BASH - CHILD + ADULT NEW!

Get ready to grow something great! Join us for some farm fresh fun crafting all of your favorite agriculture, animals, and more.

3-7	MSCR Central	Th	3/12	5-5:45pm	\$12	46746
3-7	MSCR Central	Th	3/19	5-5:45pm	\$12	46747

FIELD OF FLOWERS - CHILD + ADULT

Grow your relationship and skills as an artist while exploring mixed media techniques to create a flower filled landscape.

3-5	MSCR East	M	4/20	4:30-5:15pm	\$12	46682
3-5	MSCR Central	Sa	4/11	9-9:45am	\$12	46683

FROZEN FANTASY - CHILD + ADULT NEW!

Create your own fantasy land of frozen fun! Snow, ice, and the cold will inspire your super cool crafts in this workshop that is snow-much fun.

3-7	MSCR Central	Th	1/15	5-5:45pm	\$12	46684
3-7	MSCR Central	Th	1/22	5-5:45pm	\$12	46685

HEART ART - CHILD + ADULT NEW!

Join us for a sweet and creative adventure! Make your own conversational hearts that are perfect for sharing with friends and family. Get ready to use all sorts of fun art techniques to create unique, one-of-a-kind hearts with playful messages. It's the perfect way to share some love and get crafty!

3-5	MSCR Central	Sa	1/31-2/7	9-10am	\$14	46093
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PREHISTORIC GARDENS - CHILD + ADULT

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

3-7	MSCR Central	Th	5/7	5-5:45pm	\$12	46686
3-7	MSCR Central	Th	5/14	5-5:45pm	\$12	46687

Preschool Dance

Age Location Day Dates Time Fee Course #
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	1/22-3/19	9:30-10am	\$43	46144
2-3	MSCR West	Th	4/2-5/21	9:30-10am	\$38	46143
2-3	MSCR East	Sa	1/24-3/14	9-9:30am	\$38	46141
2-3	MSCR East	Sa	4/11-5/16	9-9:30am	\$29	46142

DANCE WITH ME - CHILD + ADULT

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

18-24m	MSCR Central	Th	1/29-3/19	10:55-11:25am	\$38	46748
18-24m	MSCR Central	Th	4/2-5/21	10:55-11:25am	\$38	46203
18-24m	MSCR East	F	1/30-3/20	2:30-3pm	\$38	46749
18-24m	MSCR East	F	4/3-5/22	2:30-3pm	\$38	46204

These classes listed below are 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 Time Fee Course #

IRISH DANCE - PRESCHOOL - AGES 4-5

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

4-5	Mad Yth Arts Ctr	M	1/26-3/16	4:30-5:10pm	\$47	46153
4-5	Mad Yth Arts Ctr	M	4/6-4/27	4:30-5:10pm	\$24	46154

PRE-BALLET

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.

Age 3

3	MSCR Central	T	1/27-3/17	4-4:30pm	\$38	46177
3	MSCR Central	T	4/7-4/28	4-4:30pm	\$19	46757
3	MSCR West	Th	1/22-3/19	10:15-10:45am	\$43	46173
3	MSCR West	Th	4/2-5/21	10:15-10:45am	\$38	46174
3	MSCR Central	Th	1/29-3/19	11:35am-12:05pm	\$38	46754
3	MSCR Central	Th	4/2-5/21	11:35am-12:05pm	\$38	46186
3	MSCR East	F	1/30-3/20	1:45-2:15pm	\$38	46179
3	MSCR East	F	4/3-5/22	1:45-2:15pm	\$38	46175

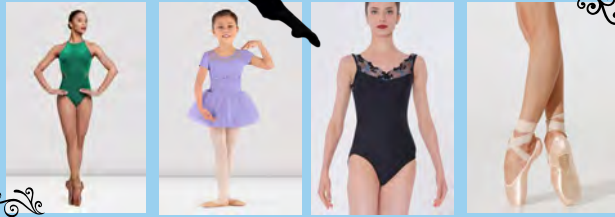
Ages 4-5

4-5	Mad Yth Arts Ctr	M	1/26-3/16	5-5:40pm	\$47	46189
4-5	Mad Yth Arts Ctr	M	3/30-5/18	5-5:40pm	\$47	46191
4-5	MSCR West	Th	1/22-3/19	11-11:40am	\$54	46192
4-5	MSCR West	Th	4/2-5/21	11-11:40am	\$47	46197
4-5	MSCR Central	Th	1/29-3/19	4-4:40pm	\$47	46178
4-5	MSCR Central	Th	4/9-4/30	4-4:40pm	\$24	46190
4-5	MSCR East	F	1/30-3/20	12:50-1:30pm	\$47	46185
4-5	MSCR East	F	4/3-5/22	12:50-1:30pm	\$47	46176
4-5	MSCR East	Sa	1/24-3/14	9:45-10:25am	\$47	46180
4-5	MSCR East	Sa	4/11-5/16	9:45-10:25am	\$36	46194



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SUMMER 2026

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Rock Climbing | LARPing | Escape Rooms
and many more!**



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**Afterschool
Aquatics
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Fitness
Youth & Adult Sports
Inclusion Services**



Soccer

Age	Location	Day	Dates	Time	Fee	Course #
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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.

2-4	Lapham	Sa	1/31-3/7	9-9:30am	\$30	46057
2-4	Toki	Sa	1/31-3/7	9-9:30am	\$30	46058
2-4	Lapham	Sa	1/31-3/7	9:45-10:15am	\$30	46059
2-4	Toki	Sa	1/31-3/7	9:45-10:15am	\$30	46062
2-4	Lapham	Sa	1/31-3/7	10:30-11am	\$30	46060
2-4	Toki	Sa	1/31-3/7	10:30-11am	\$30	46063
2-4	Lapham	Sa	1/31-3/7	11:15-11:45am	\$30	46061
2-4	Toki	Sa	1/31-3/7	11:15-11:45am	\$30	46064

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.

3-6	Lapham	T	1/27-3/3	6-6:30pm	\$30	46069
3-6	Lori Mann Carey	T	1/27-3/3	6-6:30pm	\$30	46720
3-6	Toki	W	1/28-3/4	6-6:30pm	\$30	46717
3-6	Nuestro Mundo	W	1/28-3/4	6-6:30pm	\$30	46721
3-6	MSCR West	Sa	1/31-3/7	9-9:30am	\$30	46723
3-6	Whitehorse	Sa	1/31-3/7	9-9:30am	\$30	46726



Look for Indoor Playground
on page 33

Sports

Age	Location	Day	Dates	Time	Fee	Course #
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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 2/14.

3-5	MSCR West	M	1/26-3/2	9:45-10:15am	\$30	46049
3-5	MSCR West	M	1/26-3/2	10:30-11am	\$30	46050

SPORTS SKILLS - T-BALL

Developed by the National Alliance for Youth Sports, this program is designed to prepare children ages 3-5 for organized sports while furthering overall skills. The program teaches basic throwing, catching, kicking and batting techniques. Children learn motor skill tasks that gradually build confidence. Children and adults work one-on-one in a fun atmosphere.

3-5	Lapham	M	1/26-3/2	6-6:30pm	\$30	46327
3-5	Lapham	M	3/30-5/4	6-6:30pm	\$30	46586
3-5	Lapham	M	1/26-3/2	6:40-7:10pm	\$30	46585
3-5	Lapham	M	3/30-5/4	6:40-7:10pm	\$30	46587
3-5	Lapham	W	1/28-3/4	6-6:30pm	\$30	46588
3-5	Lapham	W	4/1-5/6	6-6:30pm	\$30	46592
3-5	Lapham	W	1/28-3/4	6:40-7:10pm	\$30	46589
3-5	Lapham	W	4/1-5/6	6:40-7:10pm	\$30	46593

PRESCHOOL TENNIS

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	1/26-3/2	11:15-11:45am	\$30	46053
3-5	MSCR West	M	1/26-3/2	12-12:30pm	\$30	46054





Age	Location	Day	Dates	Time	Fee	Course #
3-5	MSCR West	F	1/9	5-5:30pm	\$5	46861
3-5	MSCR West	F	1/9	5:45-6:15pm	\$5	46862

Age	Location	Day	Dates	Time	Fee	Course #
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T-BALL - CHILD + ADULT

This class teaches the basics of the sport: throwing, catching, hitting and running the bases. This is a child + adult class.

3-5	MSCR West	F	1/9	5-5:30pm	\$5	46861
3-5	MSCR West	F	1/9	5:45-6:15pm	\$5	46862

Age	Location	Day	Dates	Time	Fee	Course #
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SPORTS SAMPLER

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

3-5	MSCR West	M	1/26-3/2	4-4:30pm	\$30	46325
3-5	MSCR West	M	1/26-3/2	4:45-5:15pm	\$30	46653
3-5	MSCR West	T	1/27-3/3	6-6:30pm	\$30	46654
3-5	MSCR West	T	1/27-3/3	6:45-7:15pm	\$30	46657
3-5	MSCR West	M	3/30-5/4	4-4:30pm	\$30	46311
3-5	MSCR West	M	3/30-5/4	4:45-5:15pm	\$30	46661
3-5	MSCR West	T	3/31-5/5	6-6:30pm	\$30	46662
3-5	MSCR West	T	3/31-5/5	6:45-7:15pm	\$30	46663



Arts & Enrichment

Grade	Location	Day	Dates	Time	Fee	Course #
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ART HISTORY NEW!

Explore the awesome stories behind famous masterpieces in this super fun, hands-on art history class! Become art detectives, travel back in time and get messy with projects inspired by the world's greatest artists. Get ready to discover that every painting has a secret and every sculpture has a story to tell.

K-2	MSCR West	M	3/30-5/18	2:30-3:30pm	\$64	46994
3-5	MSCR West	M	3/30-5/18	3:45-5pm	\$80	46995

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	1/25-3/15	3:30-4:30pm	\$64	46095
3-5	MSCR West	Su	1/25-3/15	2-3:15pm	\$75	46096
6-8	MSCR West	Su	4/12-5/24	2-3:30pm	\$64	46097

CONSCIOUS CRAFTING NEW!

Stretch your imagination and turn everyday items into amazing art! In this fun class, transform things from the recycle bin into incredible creations. Using a variety of art supplies, learn to make something new from something old. A cereal box can become an aquarium, a castle, or a folder to hold your artwork. Practice new skills like using different art tools and working with your classmates. Get ready to unleash your creativity and discover the endless possibilities of recycled art!

K-2	MSCR East	Su	1/25-3/15	2:15-3:15pm	\$56	46275
K-2	MSCR East	Su	4/12-5/24	2:15-3:15pm	\$42	46855
3-5	MSCR East	Su	1/25-3/15	1-2pm	\$56	46857
3-5	MSCR East	Su	4/12-5/24	1-2pm	\$42	46856

CREATING COMICS

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

K-2	MSCR East	Sa	4/4-5/9	9-10am	\$54	46108
3-5	MSCR East	Sa	4/4-5/9	10:15-11:15am	\$54	46109

Grade	Location	Day	Dates	Time	Fee	Course #
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CREATIVE WRITING AND ILLUSTRATION NEW!

Grab your pens and pencils for a wild ride! We become storytelling superheroes, mixing awesome adventures with colorful characters we create ourselves. Learn how to write a story, then bring your words to life with your own amazing illustrations. Get ready to invent new worlds and draw your imagination—this is where your stories jump right off the page!

4-8	MSCR West	Sa	1/24-3/14	10:45am-12pm	\$64	46990
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CUSTOM CROSS STITCH CREATIONS

Ever dreamed of creating your own unique piece of art? Now's your chance! In this exciting class, participants learn to design their own cross-stitch pattern and bring it to life. From sketching your idea on graph paper to stitching it with colorful threads, exercise creativity every step of the way.

6-8	MSCR West	W	5/13-5/20	6-8pm	\$32	46092
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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 Central	T	1/20-2/24	6-7pm	\$36	46205
3-5	Warner Park CRC	W	4/1-5/20	4:30-5:30pm	\$48	46987
6-8	Warner Park CRC	W	4/1-5/20	5:45-7pm	\$60	46988

EXPLORING ART MEDIUMS NEW!

Step into a world of creativity and color! This class is your ticket to a different kind of adventure every day. Get ready to mix and make a mess as we try out everything from textured pastels to glowing paints and more. Learn how to create awesome art using all sorts of surprising materials and techniques. It's the perfect place to discover what you love to create!

2-3	MSCR East	M	1/26-2/16	4-5:15pm	\$36	45443
4-6	MSCR East	M	1/26-2/16	5:30-7pm	\$36	46852
2-3	MSCR Central	Sa	2/14-3/14	9-10:15am	\$36	46853
4-6	MSCR Central	Sa	2/14-3/14	10:30am-12pm	\$36	46854

FABULOUS FIBER ARTS NEW!

Get ready to weave, knot and stitch your way to awesome creations! Dive into the colorful world of weaving, create cool knotted designs with macrame, learn fun patterns with crochet and add your own flair with stitchery and sewing. Come join the fun and turn a simple string into something spectacular!

4-9	MSCR East	M	2/23-4/13	5:30-7:30pm	\$72	46091
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FROM COLORS TO CLOWNING NEW!

Explore one of the fundamentals of Pochinko-style clown technique: using color as inspiration for characterization and movement. Drawing on innate understanding of color as a basis for expression, participants develop a clown persona with unique character traits and stylized movement. This technique can be used to develop characters with a distinct flair for any style of performance.

3-5	MSCR Central	Su	1/25-3/15	4-5:30pm	\$96	47009
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HEART ART NEW!

Join us for a sweet and creative adventure! Make your own conversational hearts that are perfect for sharing with friends and family. Get ready to use all sorts of fun art techniques to create unique, one-of-a-kind hearts with playful messages. It's the perfect way to share some love and get crafty!

K-2	MSCR Central	Sa	1/31-2/7	10:15-11:15am	\$14	46094
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PLANT POWER NEW!

In this powerful class, be the lead scientist! Plunge into the secrets of the plant world, running hands-on experiments to discover exactly what makes life thrive. Master growth variables like light, water and soil, create your own mini-ecosystems and watch the results unfold in real-time. Using STEM, art and writing skills, track data like a pro, design creative experiments and create a truly plan-tastic project. It's time to stop reading about nature and start engineering it!

K-2	Warner Park CRC	Th	4/2-5/21	4:30-5:30pm	\$64	46985
3-5	Warner Park CRC	Th	4/2-5/21	5:45-7pm	\$80	46986

Grade	Location	Day	Dates	Time	Fee	Course #
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RECYCLED ART REMIX NEW!

In this class, we turn everyday "junk" into amazing masterpieces. Bring your empty boxes, bottle caps, old magazines and more! Learn how to snip, glue and transform forgotten materials into anything your imagination dreams up. Come make art, not waste!

K-2	Warner Park CRC	Th	1/29-3/19	4:30-5:30pm	\$56	46983
3-5	Warner Park CRC	Th	1/29-3/19	5:45-7pm	\$70	46984

THE ART OF JEWELRY NEW!

Break the mold and redefine what jewelry means! Explore the stunning diversity of global techniques and thrilling materials used in adornment across cultures. Get hands-on, learning to manipulate non-traditional and surprising items into your own wearable masterpiece. Stop seeing jewelry as a simple purchase and start seeing it as personal, boundless art form of expression that's for absolutely everyone.

K-2	MSCR West	M	1/26-3/16	2:30-3:30pm	\$64	46991
3-5	MSCR West	M	1/26-3/16	3:45-5pm	\$80	46992
6-8	MSCR West	M	1/26-3/16	5:15-6:45pm	\$96	46993

Grade	Location	Day	Dates	Time	Fee	Course #
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YOUTH KNITTING: STITCH MAKERS

Join us for a fun and colorful knitting class where you learn how to turn a ball of yarn into amazing creations. Start with the basics, from casting on to create your first stitches and you'll be on your way to making your own knitted masterpieces. Come get crafty and discover the joy of creating something with your own two hands!

4-12	MSCR East	Su	1/25-3/15	3:30-5pm	\$72	46296
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YOUTH THEATER TROUPE NEW!

This class introduces young performers to the world of acting through fun and interactive games. Explore the fundamentals of voice, movement and expression as they learn to create characters, tell stories and work together as a team. Each week features playful activities and group storytelling, all designed to build confidence and spark creativity. The program concludes with a showcase performance where each student presents their work, highlighting their creativity, confidence and collaboration.

K-2	MSCR East	W	1/28-3/18	4:30-5:30pm	\$64	46170
K-2	MSCR East	W	4/1-5/20	4:30-5:30pm	\$64	47006
3-5	MSCR East	W	1/28-3/18	5:45-7pm	\$80	46171
3-5	MSCR East	W	4/1-5/20	5:45-7pm	\$80	47005



JANUARY: 1990s



FEBRUARY: 2000s



MARCH: THE BEACH

FRIDAY NIGHT FEATURES - THROUGH THE DECADES

Grade	Location	Day	Dates	Time	Fee	Course #
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2000S YOUTH DANCE PARTY

MSCR is throwing the ultimate dance party, complete with all the biggest hits from the 2000s! Songs from the best of pop princesses, boy bands and hip-hop icons are spinning all night. Grab those butterfly hair clips and get ready to bust a move. It's going to be a blast from the past and you won't want to miss it!

K-5	MSCR West	F	2/6	6-7pm	\$5	46895
K-5	MSCR East	F	2/13	6-7pm	\$5	46904

ABSTRACT HEART ART WORKSHOP

Express your heart and imagination in this creative workshop, where you will learn abstract painting techniques to create your own heart-themed art inspired by famous abstract artists!

K-5	MSCR East	F	2/13	5-6pm	\$5	46902
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AWESOME OCEAN CREATIONS

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-5	MSCR East	F	3/6	5-6pm	\$5	46919
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BLING IT ON! BEDAZZLE BASH

Get your sparkle on! One night is all it takes to turn anything into a dazzling masterpiece. Bring your most dull shirts, hats, shoes or pants so everyone leaves shining bright! Tools and rhinestones are provided.

6+	MSCR East	F	2/13	6:15-7:45pm	\$8	46906
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HEMP JEWELRY MAKING

Relive your school days and learn how to make hemp jewelry that was all the rave.

6+	MSCR West	F	2/6	6:30-8:30pm	\$5	46894
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Grade	Location	Day	Dates	Time	Fee	Course #
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CHALK AND OIL PASTEL 3D SNOWMAN

Let's build a snowman that won't melt! Join us for a super cool workshop where you learn how to draw a 3D snowman that pops right off the page. Use a mix of chalk and oil pastels to create a winter wonderland with shadows, highlights and all the magical details.

K-5	MSCR East	F	1/16	5-6pm	\$5	46884
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ILLUSTRATION WORKSHOP

Dive into a world of color and imagination! This fun workshop is perfect for young artists who are just starting their creative journey. Explore how to bring your ideas to life on paper using simple shapes, playful lines and a splash of color. Get ready to draw, doodle and discover your inner illustrator!

4-8	MSCR West	F	3/13	6:30-7:45pm	\$5	46910
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RETRO INSPIRED COMIC WORKSHOP

Get ready to jump into the awesome world of retro comics. In this fun workshop, learn the secrets to making your own action-packed comic art, just like the classics! Explore bold lines, vibrant colors and dynamic characters that leap off the page. So grab your cape and your imagination, it's time to create some epic art!

4-8	MSCR East	F	1/16	6:30-7:45pm	\$5	46885
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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. Batons provided.

1-8	MSCR West	F	1/9	5:30-6:15pm	\$5	46131
1-8	MSCR West	F	2/6	5:30-6:15pm	\$5	46658

VINTAGE '90S CROSS STITCH

Stitch your way into a fun-filled night. With demonstrations, complete a simple cross-stitch design that matches your 90s vibe.

6+	MSCR West	F	1/9	6:30-8:30pm	\$10	46877
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Dance

Grade	Location	Day	Dates	Time	Fee	Course #
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ACRO FOR DANCE AND CHEER NEW!

Elevate your performance! This class builds a strong foundation in tumbling, giving dancers and cheerleaders the skills they need to execute powerful, dynamic movements and take their routines to the next level.

6-12	MSCR West	M	1/26-3/16	7:30-8:30pm	\$64	46159
6-12	MSCR West	M	3/30-5/18	7:30-8:30pm	\$64	46843

BALLET

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

K-1	MSCR Central	Th	1/29-3/19	4:55-5:45pm	\$54	46123
K-1	MSCR Central	Th	4/9-4/30	4:55-5:45pm	\$27	46121
2-5	MSCR Central	Th	1/29-3/19	6-7pm	\$60	46122
2-5	MSCR Central	Th	4/9-4/30	6-7pm	\$30	46120

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	1/24-3/14	10:40-11:30am	\$54	46124
K-1	MSCR East	Sa	4/11-5/18	10:40-11:30am	\$40	46125

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	1/26-3/16	6:50-7:30pm	\$47	46126
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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	1/26-3/16	4:30-5:30pm	\$60	46127
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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	1/26-3/16	5:45-6:45pm	\$60	46128
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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	4/13	5-6pm	\$10	46129
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Grade	Location	Day	Dates	Time	Fee	Course #
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BATON TWIRLING - TWO BATON WORKSHOP

Use your baton experience to learn some tricks that work well with two batons for twice the fun! 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	4/20	5-6pm	\$10	46132
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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	1/25-3/15	2:30-3:20pm	\$54	46150
1-5	Mad Yth Arts Ctr	M	1/26-3/16	5:25-6:25pm	\$60	46149
1-5	Mad Yth Arts Ctr	M	4/6-4/27	5:25-6:25pm	\$30	46838

IRISH 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	4/12-5/3	3:30-4:30pm	\$30	46152
3-10	MSCR Central	Su	1/25-3/15	3:35-4:35pm	\$60	46151

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 West	M	1/26-3/16	3:40-4:20pm	\$54	46163
K-1	MSCR West	M	3/30-5/18	3:40-4:30pm	\$54	46161
K-1	MSCR Central	T	1/27-3/17	4:45-5:45pm	\$54	46155
K-1	MSCR Central	T	4/7-4/28	4:45-5:45pm	\$27	46158
2-5	MSCR West	M	1/26-3/16	4:45-5:45pm	\$60	46947
2-5	MSCR West	M	3/30-5/18	4:45-5:45pm	\$60	46162
2-5	MSCR Central	T	1/27-3/17	6-7pm	\$60	46156
2-5	MSCR Central	T	4/7-4/28	6-7pm	\$30	46157

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	Mad Yth Arts Ctr	M	1/26-3/16	5:55-6:55pm	\$60	46164
2-5	Mad Yth Arts Ctr	M	3/30-5/18	5:55-6:55pm	\$60	46165

K-POP DANCE

Unleash your inner K-Pop star! 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 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	1/26-3/16	4-5pm	\$60	46112
3-5	MSCR East	M	3/30-5/18	4-5pm	\$60	46846
6-8	MSCR East	M	1/26-3/16	5:15-6:15pm	\$60	46847
6-8	MSCR East	M	3/30-5/18	5:15-6:15pm	\$60	46114

LYRICAL

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

4-8	Mad Yth Arts Ctr	M	1/26-3/16	7:10-8:10pm	\$60	46166
4-8	Mad Yth Arts Ctr	M	3/30-5/18	7:10-8:10pm	\$60	46167

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	1/27-3/17	7:15-8:15pm	\$60	46172
4-8	MSCR Central	T	4/7-4/28	7:15-8:15pm	\$30	46845

Grade	Location	Day	Dates	Time	Fee	Course #
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STRETCH AND STRENGTHEN FOR DANCERS NEW!

Strengthen your body and elevate your dance technique in this conditioning class! We'll focus on the specific muscles dancers need most, helping you build power and control without learning choreography. It's the perfect way to enhance your skills, prevent injury, and connect with other dancers.

6-12	MSCR West	M	1/26-3/16	6-7pm	\$60	46160
6-12	MSCR West	M	3/30-5/18	6-7pm	\$60	46844

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	1/20-3/17	5:30-6:30pm	\$68	46199
2-5	MSCR West	T	3/31-5/19	5:30-6:30pm	\$60	46200

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, registered child only.

K-2	MSCR West	M	2/16-3/9	2:30-3:45pm	\$56	46251
K-2	Warner Park CRC	M	4/6-4/27	2:30-3:45pm	\$56	46253
K-2	MSCR West	M	4/27-5/18	2:30-3:45pm	\$56	46577
K-2	Warner Park CRC	M	2/2-2/23	2:30-3:45pm	\$56	46578
K-2	MSCR West	Sa	1/24-2/7	9am-10:15am	\$42	46250
K-2	MSCR West	Sa	4/11-5/2	9am-10:15am	\$56	46252

YOUTH HANDBUILDING

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

3-5	MSCR West	M	2/16-3/9	4-5:15pm	\$56	46256
3-5	MSCR West	M	4/27-5/18	4-5:15pm	\$56	46258
3-5	Warner Park CRC	M	4/6-4/27	4-5:15pm	\$56	46259
3-5	Warner Park CRC	M	2/2-2/23	4-5:15pm	\$56	46260
3-5	MSCR West	Sa	1/24-2/14	10:30-11:45am	\$56	46255
3-5	MSCR West	Sa	4/11-5/2	10:30-11:45am	\$56	46257

YOUTH WHEEL

Practice centering on the wheel to work towards creating projects.

6-12	MSCR West	W	2/4-3/11	4:45-6:15pm	\$90	46262
6-12	MSCR West	W	4/1-5/6	4:45-6:15pm	\$90	46263
6-12	Warner Park CRC	Sa	2/7-3/14	12:30-2:30pm	\$90	46261

**Sewing**

Grade	Location	Day	Dates	Time	Fee	Course #
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SEWING 1

Learn the basics of machine sewing including threading the machine, bobbin winding and speed control as you work toward finishing a pencil bag and drawstring bag. All materials and sewing machine provided.

4-8	MSCR East	M	4/20-5/11	5:45-7:15pm	\$56	46301
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SEWING STUDIOS - ANIMAL PILLOW

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

5-8	MSCR East	W	4/22-5/6	5-7pm	\$40	46279
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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.

5-8	MSCR West	W	4/1-4/15	6-8pm	\$52	46280
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Workshops

Grade	Location	Day	Dates	Time	Fee	Course #
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BOTANICAL EGG DECORATING WORKSHOP NEW!

Join our Egg-stravagant workshop, where you use real flowers, leaves and natural dyes to turn plain eggs into gorgeous, patterned works of art! Press, roll and dye our way to beautiful eggs! Come get crafty and grow your creativity!

3-5	MSCR West	Th	4/2	5:45-7:15pm	\$15	46996
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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 Central	Sa	1/24	10:30-11:45am	\$15	46089
3-5	MSCR Central	Sa	1/24	9-10:15am	\$15	46090

FROM COLORS TO CLOWNING WORKSHOP NEW!

Explore one of the fundamentals of Pochinko-style clown technique: using color as inspiration for characterization and movement. Drawing on innate understanding of color as a basis for expression, participants develop a clown persona with unique character traits and stylized movement. This technique can be used to develop characters with a distinct flair for any style of performance.

3-5	MSCR Central	Su	1/11	10am-12:30pm	\$15	47007
3-5	MSCR Central	Sa	4/11	10am-12:30pm	\$15	47008

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 Central	Sa	4/11	10:15-11:30am	\$15	46233
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- Community maker space for arts, crafts, and STEM activities
- Children & adult workshops open to the public
- Birthday parties

A space to connect, create, and share art.

VERONAMAKERSPACE.COM





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	1/8-3/19	5-5:45pm	\$55	45473
2-6	Warner Park CRC	Th	4/2-6/4	5-5:45pm	\$50	46782

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	1/5-3/16	4:30-5:15pm	\$50	45475
2-6	MSCR Central	M	3/30-6/1	4:30-5:15pm	\$45	46783

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	1/5-3/16	5:30-6:15pm	\$50	45477
2-6	MSCR Central	M	3/30-6/1	5:30-6:15pm	\$45	46781

RUNNING CLUB - OUTDOOR

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	4/30-6/4	5:30-6:15pm	\$30	46837
2-4	Elver Park	Th	4/30-6/4	4:30-5:15pm	\$30	45484
5-8	Demetral Park	T	4/28-6/2	5:30-6:15pm	\$30	45482
5-8	MSCR Central	W	4/29-6/3	5:30-6:15pm	\$30	45481
5-8	Elver Park	Th	4/30-6/4	5:30-6:15pm	\$30	46836

STRENGTH & CONDITIONING

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

4-8	MSCR East	T	3/31-4/28	5-5:45pm	\$25	46834
4-8	MSCR East	T	5/5-6/2	5-5:45pm	\$25	46835
4-8	MSCR West	T	1/6-2/10	6:45-7:30pm	\$30	45487
4-8	MSCR West	T	2/17-3/17	6:45-7:30pm	\$25	46830
4-8	MSCR West	T	3/31-4/28	6:45-7:30pm	\$25	46833
4-8	MSCR West	T	5/5-6/2	6:45-7:30pm	\$25	46832

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	1/6-2/10	3:30-4:10pm	\$30	46821
4K-K	MSCR West	T	2/17-3/17	3:30-4:10pm	\$25	46823
4K-K	MSCR West	T	3/31-4/28	3:30-4:10pm	\$25	46826
4K-K	MSCR West	T	5/5-6/2	3:30-4:10pm	\$25	46828
1	MSCR West	T	1/6-2/10	4:20-5pm	\$30	46822
1	MSCR West	T	2/17-3/17	4:20-5pm	\$25	46824
1	MSCR West	T	3/31-4/28	4:20-5pm	\$25	46827
1	MSCR West	T	5/5-6/2	4:20-5pm	\$25	46825

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





Thank you to our sponsors and donors that supported the Friends of MSCR 2025 Online Auction

Auction Sponsors



GREENLEAF MEDIA
a full service website design + branding agency



AUCTION DONORS

American Players Theater	Fitchburg Farms Greenhouse	Milwaukee Food Tours
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Black Earth Children's Museum	Great Dane Pub and Brewing	Pizza Hut
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Discovery World	Madison Reading Project	Wisco Home Goods
Dragonfly Hot Yoga	Mallards Baseball	Zimbrick Automotive
EarthWise Pet	Marcus Theaters	Zimbrick Chevrolet
ESPN Madison	Merry Macs Camp Ground	
Explore Children's Museum (Sun Prairie)	Milios	

Friends of MSCR Golf Auction 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](https://mscr.org/Friends%20of%20MSCR)



MSCR Youth Sports Leagues

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



Look for Afterschool Sports on page 10-11

We Need Your Help!

Volunteer Coaches Needed
At least one volunteer coach per team is needed. No experience? No problem.



MSCR provides coaches with interactive training and an equipment bag containing soccer balls and cones.

JOIN OUR TEAM!

MSCR.ORG/JOBS



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





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) 5:30 - 7:30 pm. First week of the program is a practice, coaches may schedule additional practices. Register for either the 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.

Grade	Location	Day	Date	Time
2-3	Cherokee Heights	Tu	4/21-5-26	5:30-7:30pm
4-5		Th	4/23-5/28	5:30-7:30pm
Registration Type	Registration Deadline		Resident Fee	Non-Resident Fee
Early	3/16		\$45	\$61
Regular	4/13		\$51	\$67

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.



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	Grade	Dates	Day	Time
3v3	U4	PreK	4/19-5/31 Skip 5/24	Su	1, 2, 3 or 4pm
3v3	U6	K			
6v6	U8	1-2	4/18-5/30 Skip 5/23	Sa	9,10:15, 11:30am or 12:45pm
6v6	U10	3-4			
6v6	U12	5-6			
6v6	U14	7-8			

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

Registration Type	Registration Dates	Resident Fee	Non-Resident Fee
Early	2/2-3/8	\$55	\$82.50
Regular	3/9-3/15	\$60	\$90
Late	3/16-3/22	\$70	\$105



Soccer

Grade	Location	Day	Date	Time	Fee	Course #
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YOUTH INDOOR SOCCER 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.

1-2	MSCR West	S	2/1-3/8	12:30-1:30pm	\$35	46065
3-5	MSCR West	S	2/1-3/8	1:45-2:45pm	\$35	46066

YOUTH INDOOR 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.

1-2	Lapham	T	1/27-3/3	6:45-7:45pm	\$35	46073
1-2	Mann Carey	T	1/27-3/3	6:45-7:45pm	\$35	46719
1-2	Toki	W	1/28-3/4	6:45-7:45pm	\$35	46718
1-2	Nuestro Mundo	W	1/28-3/4	6:45-7:45pm	\$35	46722
1-2	MSCR West	Sa	1/31-3/7	10-10:45am	\$35	46724
1-2	Whitehorse	Sa	1/31-3/7	10-10:45am	\$35	46727
3-5	MSCR West	Sa	1/31-3/7	11-12pm	\$40	46725
3-5	Whitehorse	Sa	1/31-3/7	11-12pm	\$40	46729

Sports

Grade	Location	Day	Dates	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	1/29-3/5	6-7pm	\$35	46302
6-8	Gillespie	Th	1/29-3/5	7-8pm	\$35	46599

BASKETBALL SKILLS CLINIC - BEGINNER

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

1-2	Toki	T	1/27-3/3	6-7pm	\$35	46306
3-5	Toki	T	1/27-3/3	7-8pm	\$35	46596
1-2	Mann Carey	Th	1/29-3/5	6-7pm	\$35	46597
3-5	Mann Carey	Th	1/29-3/5	7-8pm	\$35	46598

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 you have a solid base of fundamentals and have played basketball for a few years, this is the program for you.

6-8	Toki	T	1/27-3/3	8-9pm	\$35	46595
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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	4/22-5/27	5:15-6pm	\$30	46304
K-1	Cherokee	W	4/22-5/27	6-6:45pm	\$30	46607

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	4/20-5/25	5:15-6pm	\$30	46605
4-5	Toki	M	4/20-5/25	6-7pm	\$36	46606

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	1/29-3/5	6-6:30pm	\$30	46318
1-2	MSCR West	Th	4/2-5/7	6-6:30pm	\$30	46602
3-4	MSCR West	Th	1/29-3/5	6:40-7:10pm	\$30	46600
3-4	MSCR West	Th	4/2-5/7	6:40-7:10pm	\$30	46603
5-8	MSCR West	Th	1/29-3/5	7:20-8pm	\$35	46601
5-8	MSCR West	Th	4/2-5/7	7:20-8pm	\$35	46604



MERRY & MOTIVATED!

FIT FOR THE HOLIDAYS

December 13 - January 2, 2025

In-Person December 13-19

Virtual December 13 - January 2

Go to mscr.org to view the schedule

UNLIMITED CLASSES



ONLY \$35! USE #45103

TO REGISTER AT [MSCR.ORG](https://mscr.org)



JANUARY: 1990s



FEBRUARY: 2000s



MARCH: THE BEACH

Grade	Location	Day	Dates	Time	Fee	Course#
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DODGEBALL DERBY

Time to dodge! We dive into a variety of versions of the popular dodgeball game while emphasizing cooperation, teamwork and fair play.

4-8	MSCR West	F	1/9	6:30-7:30pm	\$5	46880
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FAST FOOTED FIESTA

Showcase your agility, coordination, strategy & energy during our gym games fiesta - games include dodgeball, capture the flag, kickball & more!

3-5	MSCR West	F	2/6	5:30-6:30pm	\$5	46889
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BEACH BALL GAMES

All the fun, none of the rules! Join our beach ball games and keep moving, laughing and having a great time.

K-5	MSCR East	F	3/6	6-6:45pm	\$2	46920
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K-8	MSCR West	F	3/13	5-5:45pm	\$2	46912
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BEACH BALL VOLLEYBALL

Serve, spike and smile! We supply the beach balls for a fun-filled game everyone can enjoy.

3	MSCR West	F	3/13	7-8pm	\$2	46911
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LEARN TO PLAY HOCKEY WITH THE WEST MADISON POLAR CAPS

GIVE YOUR YOUNG ATHLETE A SAFE, FUN, AND LOW-COST INTRODUCTION TO HOCKEY

- **Ages 4 to 9**
- **5-Week Sessions, twice per week (Wednesdays and Saturdays)**
- **Affordable registration and equipment rentals**
- **Open to residents of Madison West & Memorial high school attendance areas**

Learn More and Register Today at:
westmadisonpolarcaps.org/ltip



Two Sessions Available This Winter!

"Snowman": December 3 – January 21

"Valentine": January 28 – March 4



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.



OPEN & LAP SWIM

FEES

A Swim Pass is required for open and lap swim and can be purchased at MSCR or from the off-duty lifeguard 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 an 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 each school year, which is available at mscr.org.

OPEN SWIM

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

Lapham is a small, warm water, shallow pool (3 ft.-5 ½ ft. deep) with a capacity of 40 swimmers.

January 9 - May 1 Skip 3/27

Day	Location	Time
Fridays	Lapham	4-7:30pm

OPEN SWIM - EAST NEW!

East is a 6-lane pool with a depth of 3 ½-10ft. Open Swim is designated to half of the pool.

February 17 - May 5 Skip 3/24

Day	Location	Time
Tuesday	East	4:15-5:45pm

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.

January 26 - May 7 Skip 3/23-3/26

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

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

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

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

CHILD + ADULT

Active adult participation is required.

LITTLE DIPPERS (6 MONTHS - AGE 2)

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 608-204-3030 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.

PRE-COMPETITIVE (GRADES 2-8)

Builds on skills learned in Red Cross Learn to Swim Level 4 and up to refine stroke mechanics and improve endurance. The focus is on performing legal strokes, turns, starts and finishes at least 25 yards at a time. Swimmers learn to use a pace clock, circle swim and lane-sharing etiquette in order to prepare for competitive swimming in a non-competitive environment.

WATER BALLET (GRADES K-8)

This is a beginning course which introduces the basics - stretching, modified strokes, egg beater kicks, sculling techniques, and tricks! Participants perform in a recital on April 27. Participants must be comfortable in deep water, able to tread water for at least 30 seconds, float on front and back and swim with face in the water.

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, appropriate for those with beginner through advanced skill and comfort level.

ADULT WATER FITNESS

*Grades 9-12 may register with a participating adult.

AQUA CIRCUIT (GRADE 9*-ADULT)

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 (GRADE 9*-ADULT)

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 (GRADE 9*-ADULT)

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 2500-4000 yards.

INTRO TO ARTISTIC SWIMMING (GRADE 9-ADULT)

An introductory course, perfect for beginners, designed to teach the fundamental skills and concepts of artistic swimming, formerly known as synchronized swimming. Build confidence and control in the water by learning sculling, treading water and various body positions. Learn specific techniques for holding your breath and breathing efficiently while submerged. Develop rhythm and timing by moving to music, working with a partner and a team. Participants must be comfortable in deep water, able to tread water for at least 30 seconds, float on front and back, and swim with face in the water.

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 #
Sun 2/1-4/26	4:45-5:15pm	Teen/Adult Swim Instruction - Grade 8-Adult	\$103	45412
Tues, Fri 1/6-5/22	5:45-7am	Masters Swimming (2x per week)	\$219	45397
Tues 1/27-5/5	6:15-7pm	Water Fitness: Deep Water	\$83	45423
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$90	45419
Wed 2/4-4/29	7:35-8:05pm	Teen/Adult Swim Instruction - Grade 8-Adult	\$86	45413

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 2/1-4/26	2:45-3:15pm	Youth Swim Lessons (K-8)	\$97	45430
	3:25-3:55pm	Youth Swim Lessons (K-8)	\$97	45431
	4:05-4:35pm	Youth Swim Lessons (K-8)	\$97	45432
	4:45-5:15pm	Swim With Me - Child + Adult (K-8)	\$96	45410
Tues 2/17-5/5	5:15-6pm	Pre-Competitive Grades 2-8	\$77	46946
Wed 2/4-4/29	6:15-6:45pm	Youth Swim Lessons (K-8)	\$73	45433
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$73	45434

La Follette High School Pool, 702 Pflaum Rd

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Thurs 1/29-5/7	6:15-7:15pm	Water Fitness: Aqua Circuit	\$90	45420
	7:30-8:15pm	Water Fitness: Deep Water	\$83	45424

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Mon 2/2-4/27	6:15-6:45pm	Youth Swim Lessons (K-8)	\$73	45435
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$73	45436
	7:35-8:05pm	Youth Swim Lessons (K-8)	\$73	45437

Lapham Elementary School, 1045 E Dayton St

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 2/1-4/26	4:30-5pm	Learning the Basics - Teen/Adult	\$103	45391
Thurs 1/29-5/7	7:10-8:10pm	Warm Water Exercise	\$83	45416

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sun 2/1-4/26	2:30-3pm	Shrimp Dip - Child+Adult	\$96	45407
	3:10-3:40pm	Preschool Swim Lessons - Age 3-5	\$103	45399
	3:50-4:20pm	Little Dippers - Child+Adult	\$96	45392
Mon 2/2-4/27	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	45400
	5:50-6:20pm	Little Dippers - Child+Adult	\$82	45393
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	45401
Tues 2/3-4/28	5:10-5:40pm	Little Dippers - Child+Adult	\$82	45394
	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$85	45402
	6:30-7pm	Little Dippers - Child+Adult	\$82	45395
Wed 2/4-4/29	5:10-5:40pm	Preschool Swim Lessons - Age 3-5	\$85	45403
	5:50-6:20pm	Shrimp Dip - Child+Adult	\$82	45408
	6:30-7pm	Preschool Swim Lessons - Age 3-5	\$85	45404
Thurs 2/5-4/30	4:30-5pm	Preschool Swim Lessons - Age 3-5	\$85	45405
	5:10-5:40pm	Little Dippers - Child+Adult	\$82	45396
	5:50-6:20pm	Preschool Swim Lessons - Age 3-5	\$85	45406
	6:30-7pm	Shrimp Dip - Child+Adult	\$82	45409



Memorial High School Pool, 201 S Gammon Rd

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Wed 1/28-5/6	6:15-7pm	Water Fitness: Deep Water	\$83	45425
	7:15-8:15pm	Water Fitness: Aqua Circuit	\$90	45421
Sat 1/31-4/25	11:45am-12:15pm	Teen/Adult Swim Instruction - Grade 8-Adult	\$103	45415

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Sat 1/31-4/25	9:45-10:15am	Youth Swim Lessons (K-8)	\$97	45427
	10:25-10:55am	Youth Swim Lessons (K-8)	\$97	45428
	11:05-11:35am	Youth Swim Lessons (K-8)	\$97	45429
	11:45am-12:15pm	Swim With Me - Child + Adult (K-8)	\$96	45411

West High School Pool, 30 Ash St

ADULT CLASSES

Day & Date	Time	Class	Fee	Course #
Mon 1/26-5/4	6:20-7:20pm	Water Fitness: Aqua Circuit	\$90	45418
	7:30-8:15pm	Water Fitness: Deep Water	\$83	45422
Mon 2/23-4/27	5:20-6:20pm	Intro to Artistic Swimming Grade 9-Adult	\$83	46949
Tues, Thurs 1/6-5/21	5:40-7:10am	Masters Swimming (2x per week)	\$253	45398
Wed 2/18-5/20	6-7pm	Intro to Water Polo Grade 9-Adult	\$95	45426
	7:15-8:15pm	Advanced Water Polo Grade 9-Adult	\$95	46948
Thurs 2/5-4/30	7:35-8:05pm	Teen/Adult Swim Instruction - Grade 8-Adult	\$86	45414

YOUTH CLASSES

Day & Date	Time	Class	Fee	Course #
Mon 2/23-4/27	5-6pm	Water Ballet (K-8)	\$83	45417
Tues 2/3-4/28	6:15-6:45pm	Youth Swim Lessons (K-8)	\$73	45438
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$73	45439
	7:35-8:05pm	Youth Swim Lessons (K-8)	\$73	45440
Wed 2/18-5/20	6:15-7pm	Pre-Competitive (Grades 2-8)	\$91	46950
Thurs 2/18-5/20	6:15-6:45pm	Youth Swim Lessons (K-8)	\$73	45441
	6:55-7:25pm	Youth Swim Lessons (K-8)	\$73	45442
Thurs 2/26-4/30	5:35-6:05pm	Preschool	\$62	46951

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RESILIENCE THROUGH THE ART OF DANCE



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AGES 3-
ADULT!



American Red Cross Trainings & Certification Classes

FOR ALL AMERICAN RED CROSS COURSES, SEE ONLINE DESCRIPTION FOR PREREQUISITES AND MORE DETAILS AT MSCR.ORG

Age	Location	Day	Date	Time	Fee	Course #	Age	Location	Day	Date	Time	Fee	Course #
AMERICAN RED CROSS LIFEGUARDING INSTRUCTOR (LGI)							AMERICAN RED CROSS LGI/IT RECERTIFICATION						
The LGI course trains instructor candidates to teach American Red Cross Lifeguarding courses including Lifeguarding, Shallow Water Lifeguarding, and Aquatic Attraction Lifeguarding.							Lifeguarding Instructors and Instructor Trainers 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.						
17+ West High School F-Su 2/20-2/22 F 5-9pm \$225 45377							NOTE: Basic-level LG recertification is available during this course for an additional fee and additional time commitment of approximately 2.5 hours.						
17+ West High School F-Su 5/22-5/24 5pm-5pm \$225 45379							17+ West High School Su 3/1 9am-5pm \$50 46963						
							17+ East High School Sa 5/9 9am-5pm \$50 45372						
AMERICAN RED CROSS LIFEGUARDING RECERTIFICATION COURSE							LIFEGUARDING COURSE PREREQUISITE PREP						
Refresh your knowledge and skills+date 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.							This two hour prep course gives participants an opportunity to practice the r.24 American Red Cross Lifeguarding course prerequisites prior to enrolling in or attending a course. A lifeguard instructor provides coaching and tips for passing the two prerequisites.						
15+ West High School Sa-Su 1/24-1/25 8am-3pm \$100 45381							14+ East High School Sa 1/17 10am-12pm \$10 45373						
15+ West High School F-Sa 3/6-3/7 5pm-6pm \$100 45382							14+ West High School Su 3/8 12-2pm \$10 45374						
15+ West High School F-Sa 4/17-4/18 5pm-6pm \$100 45383							14+ East High School Sa 3/28 1-3pm \$10 45376						
15+ West High School F-Sa 5/15-5/16 5pm-6pm \$100 45384							14+ West High School Su 5/3 10am-12pm \$10 45375						
AMERICAN RED CROSS LIFEGUARDING							AMERICAN RED CROSS WATER SAFETY INSTRUCTOR (WSI)						
Upon successful completion, candidate is certified in American Red Cross Lifeguarding (including Deep Water), CPR/AED for the Professional Rescuer, and First Aid. Optional Lifeguarding Course Prerequisite Prep courses are offered to test a candidate's skills prior to the course. Consider registering for one of these preparatory sessions.							Program is designed to train instructor candidates to teach courses and presentations in the Swimming and Water Safety program (Learn to Swim, Longfellow's WHALE Tales, Preschool and Parent & Child Aquatics) by developing their understanding of how to use the course materials, conduct training sessions, evaluate participants progress, and develop their understanding of fundamental teaching skills.						
15+ East High School F-Su 2/6-2/8 F 5-9pm \$200 45385							15+ West High School M-F 3/23-3/27 9am-3:30pm \$225 45390						
15+ West High School F-Su 3/20-3/22 F 5-9pm \$200 45386													
15+ East High School F-Su 4/10-4/12 F 5-9pm \$200 45388													
15+ West High School F-Su 5/8-5/10 F 5-9pm \$200 45387													



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+ and their caregivers unless otherwise noted. Essential Eligibility Criteria can be found at mscr.org/programs/adapted-recreation



Grade Location Day Date Time Fee Course#

BOCCE

Bocce is a popular Italian game where players roll a bocce ball closest to the target ball. Learn the rules and develop the skills of this great ball sport on our new bocce courts! For this activity, please see Essential Eligibility Criteria.

9+	MSCR West	W	2/4-3/18	5:15-6:30pm	\$43	45209
9+	MSCR West	W	4/1-5/20	5:15-6:30pm	\$50	46715

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. For this activity, please see Essential Eligibility Criteria.

9+	Dream Lanes	T	2/10-5/5	4:15-5:45pm	\$121	46829
9+	Schwogler Lanes	Th	2/12-5/7	4:15-5:45pm	\$121	46831

CLIMBING & HIGH ROPES

No previous experience needed! An introduction to climbing and off the ground experiences! Opportunities include a variety of high ropes and climbing activities. Adapted climbing equipment is available and staff can accommodate a range of ability levels. MSCR Outdoor Programs staff lead this activity. Please see Essential Eligibility Criteria.

9+	MSCR Kennedy	Sa	5/30	9:30am-12:30pm	\$16	45206
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CITY CLUB

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

9+	MSCR West	W	2/4-5/6	3:45-5:30pm	\$89	45205
9+	MSCR East	Th	2/5-5/7	3:45-5:30pm	\$89	45204

DANCE AND MOVE

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

9+	MSCR West	M	2/2-3/16	4:30-5:30pm	\$43	45207
9+	MSCR West	M	3/30-5/18	4:30-5:30pm	\$50	46710
9+	MSCR Central	T	2/3-3/17	4:30-5:30pm	\$43	45208
9+	MSCR Central	T	3/31-5/19	4:30-5:30pm	\$50	46711

GOALBALL

No prior experience required. This all-gender course introduces the fundamentals of goalball, a team sport designed for athletes with visual impairments. Open to all adapted participants - players wear eye shades which are provided. Players learn basic skills such as ball handling, throwing, diving and effective communication using auditory cues. Emphasis is placed on spatial awareness, teamwork and inclusive play through fun drills and guided scrimmages in a supportive environment. Please see Essential Eligibility Criteria.

9+	MSCR West	S	2/15-5/3	3-5pm	\$85	45203
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PICKLEBALL

Learn the basics of this popular game through playing and ongoing coaching. Equipment is provided. For this activity, please see Essential Eligibility Criteria.

9+	MSCR West	T	2/3-3/17	3:30-4:30pm	\$43	45210
9+	MSCR West	T	3/31-5/19	3:30-4:30pm	\$50	46714

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. NOTE: This class is not open for internet registration. Call 608-204-3030 for information.

9+	MSCR West	Sa	1/24-2/14	12:15pm	\$56	45211
9+	MSCR West	Sa	4/11-5/2	12:15pm	\$56	46716

Grade Location Day Date Time Fee Course#

RECREATIONAL SWIM (WATER WALKING)

Designed for individuals with intellectual and/or physical disabilities. Exercise on an individual basis with MSCR-provided staff support, or support 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.

9+	Lapham	M	2/2-5/4	7:10-8:10pm	\$114	45212
9+	Lapham	T	2/3-5/5	7:10-8:10pm	\$114	45213
9+	Lapham	W	2/4-5/6	7:10-8:10pm	\$114	45214

YOGA

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

9+	MSCR Central	M	2/2-3/16	4:30-5:30pm	\$43	45218
9+	MSCR Central	M	3/30-5/18	4:30-5:30pm	\$50	46712
9+	MSCR West	Th	2/5-3/19	4:30-5:30pm	\$43	45219
9+	MSCR West	Th	4/2-5/21	4:30-5:30pm	\$50	46713

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 Eligibility Criteria.

K-8	Lapham	Sa	1/31-4/25	9:25-9:55am	\$125	45215
K-8	Lapham	Sa	1/31-4/25	10:05-10:35am	\$125	45216
K-8	Lapham	Sa	1/31-4/25	10:45-11:15am	\$125	45217

NOW HIRING

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



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




Family Arts & Enrichment

Family Arts & Enrichment classes are all about creating together! Each class includes one registered child and one participating adult, only the child needs to be registered.

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. Batons provided.

Grade	Location	Day	Date	Time	Fee	Course #
1+	MSCR West	M	4/6	5-6pm	\$3	46660

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. In the first class, participants craft juggling balls to take home and practice. Juggling improves hand eye coordination, resilience and communication. Best of all, if you know how to juggle, you'll be the hit of the party!! A registered adult must participate with a registered child.

Grade	Location	Day	Date	Time	Fee	Course #
K-8	MSCR East	T	2/10-3/17	6:30-7:30pm	\$10	46225
K-8	Olbrich Park	T	4/14-5/12	6:30-7:30pm	\$10	46810



JANUARY: 1990s



FEBRUARY: 2000s



MARCH: THE BEACH



FRIDAY NIGHT FEATURES! - FAMILY

A participating registered adult must attend with a registered child. Please register everyone attending these activities.

Grade Location Day Date Time Fee Course #
2000S FAMILY DANCE PARTY

MSCR is throwing the ultimate dance party, complete with all the biggest hits from the 2000s! Songs from the best of pop princesses, boy bands and hip-hop icons are spinning all night. Grab those butterfly hair clips and get ready to bust a move. It's going to be a blast from the past and you won't want to miss it!

Grade	Location	Day	Date	Time	Fee	Course #
3+ yrs	MSCR West	F	2/6	5-5:45pm	\$3	46897
3+ yrs	MSCR East	F	2/13	5-5:45pm	\$3	46903

BEACH MOVIE MASHUP FAMILY DANCE PARTY

Get ready to twist, shout, and surf into our ultimate beach bash! We'll be teaching a family-friendly choreography to a mashup of your favorite songs from the coolest surf-rock musical ever. Grab your shades, your lei, and your whole crew's time to hang ten and show off your best moves on the dance floor!

Grade	Location	Day	Date	Time	Fee	Course #
Gr 3+	MSCR East	F	3/6	6-7pm	\$3	46914
Gr 3+	MSCR West	F	3/13	6-7pm	\$3	46908

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. Batons provided.

Grade	Location	Day	Date	Time	Fee	Course #
Gr 1+	MSCR West	F	1/9	6:30-7:15pm	\$3	46130
Gr 1+	MSCR West	F	2/6	6:30-7:15pm	\$3	46651

SPICE UP YOUR LIFE FAMILY DANCE PARTY

Who's ready to zig-a-zig-ah with the whole family? Dance back in time with this throwback dance party and learn the iconic choreography "Spice Up Your Life." So, grab your kids, parents, siblings - whoever you call your crew - and dance, pose and Posh it up! It's time to show the world what you've got and live your best '90s life.

Grade	Location	Day	Date	Time	Fee	Course #
Gr 3+	MSCR West	F	1/9	6-7pm	\$3	46875
Gr 3+	MSCR East	F	1/16	6-7pm	\$3	46887

Family Fitness

Family Fitness classes are all about moving together! Each class includes one registered child and one participating adult, only the child needs to be registered.

Grade Location Day Date Time Fee Course #
BICYCLING - PEDAL PARTY - CHILD + ADULT

The family that rides together thrives 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.

2-7 Nuestro Mundo Th 4/2-4/30 5:30-6:30pm \$25 46968

FAMILY YOGA - CHILD + ADULT

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!

4K-1	MSCR West	T	1/6-2/10	6:15-7pm	\$30	46785
4K-1	MSCR West	T	2/17-3/17	6:15-7pm	\$25	46787
4K-1	MSCR West	T	3/31-4/28	6:15-7pm	\$25	46817
4K-1	MSCR West	T	5/5-6/2	6:15-7pm	\$25	46818
1-3	MSCR Central	T	1/6-2/10	4:40-5:20pm	\$30	45479
1-3	MSCR Central	T	2/17-3/17	4:40-5:20pm	\$25	46784
1-3	MSCR Central	T	3/31-4/28	4:40-5:20pm	\$25	46815
1-3	MSCR Central	T	5/5-6/2	4:40-5:20pm	\$25	46816

FAMILY ZUMBA - CHILD + ADULT

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!

2-7	MSCR West	W	1/7-2/11	5:45-6:30pm	\$30	46789
2-7	MSCR West	W	2/18-3/18	5:45-6:30pm	\$25	46791
2-7	MSCR West	W	4/1-4/29	5:45-6:30pm	\$25	46819
2-7	MSCR West	W	5/6-6/3	5:45-6:30pm	\$25	46820



INDOOR PLAYGROUND

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

0-5	Indoor Playground	MSCR East	Th	1/8-3/19	9-11am	\$4
0-5	Indoor Playground	MSCR West	F	1/9-3/20	9-11am	\$4

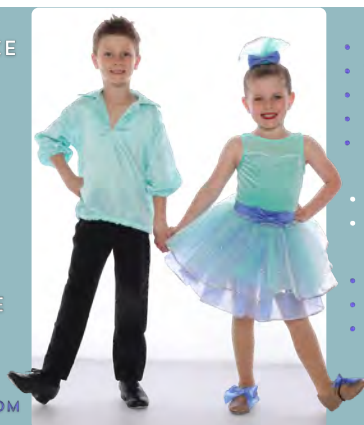


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- BALLET
- TAP
- JAZZ
- MODERN
- HIP HOP

- YOUTH
- ADULT

- REC
- PRE-PRO
- ALWAYS FUN



Outdoor Program Opportunities with MSCR

Bring your group for customizable experiences!



Our Outdoor Programs mission is to empower and facilitate individual and group transformation through experiential and outdoor learning.

MSCR offers a wide variety of programs designed to meet your group's specific needs and goals. Whether you're looking to build teamwork, develop leadership skills, or simply have fun in the great outdoors, we can create the perfect experience for you. We have trained instructors ready to provide the expertise and facilitate activities. Reach out to us today to book a program and start your adventure!

Teambuilding

Challenge course, corporate teambuilding, mobile programs & more!

Paddling

Canoe & kayak

Outdoor Education

Survival Skill, orienteering, nature hikes & more!

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 overnight camping experiences.



For more information about programs, locations and booking online:

Contact Outdoor Programs Specialists:

Emily Peffer: eapecffer@madison.k12.wi.us,
Liz Just: ekjust@madison.k12.wi.us

Or go to mscr.org/programs/outdoors





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

Age	Location	Day	Dates	Time	Fee	Course #
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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 checkpoints with the lowest time) or a fun leisure activity. MSCR has three courses located at the Mad School Forest. The courses 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 Schl Forest	Su	2/22	1-4pm	\$8	46040
5+	Mad Sch Forest	Sa	5/9	3-6pm	\$8	46041

OUTDOOR SURVIVAL SKILLS

Are you ready to survive outside? Participants learn skills to survive outdoors such as fire and shelter building, knot tying, and easy plant identification. Join us for this interactive and hands-on class and apply the knowledge you gain at your next outdoor adventure! Best suited for ages 5+.

5+	Mad Sch Forest	Sa	5/2	1-3pm	\$10	46042
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SUNSET SNOWSHOE

Enjoy a guided snowshoe hike this winter with MSCR. We provide snowshoes, or you're welcome to bring your own, and learn basic snowshoe instruction. These programs are weather/snow dependent.

6+	Edna Taylor Park	W	2/18	4:30-6pm	\$8	46043
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WINTER SURVIVAL SKILLS

Winter is here and MSCR is excited for you to join us in this unique class highlighting some important Winter Survival Skills! Participants rotate between stations such as ice related activities (examples include ice fishing and ice depth reading) and winter shelters!! These programs are weather dependent.

5+	Brittingham Park	Su	1/11	1-3pm	\$10	46046
5+	Tenney Park	Sa	2/7	1-3pm	\$10	46047

WINTER WONDERS

Welcoming all Winter Wanderers to explore the wonders of winter. Learn about life over and under the snow and even within the snow itself! Participants track wildlife, forage from the perspective of an animal and examine snowflake structures. Best suited for ages 5-8 years and their adults.

5+	Mad Sch Forest	Su	2/8	10:30am-12pm	\$10	46048
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Age	Location	Day	Dates	Time	Fee	Course #
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ADULT

SUNSET SNOWSHOE - ADULT ONLY

Enjoy a guided snowshoe hike this winter with MSCR. We provide snowshoes, or you're welcome to bring your own, and learn basic snowshoe instruction. These programs are weather/snow dependent.

18+	Cherokee Marsh	Th	2/5	4:30-6pm	\$8	46044
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FAMILY

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. All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

5+	Mad Schl Forest	Sa	5/2	10am-12pm	\$10	46036
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NIGHT EXPERIENCE

MSCR staff offer various night time activities including firebuilding, stargazing, understanding night vision and even a night hike! All participants must register and an adult over 18 must register and participate with youth participants. Best suited for ages 5+.

5+	Mad Schl Forest	Sa	2/21	5-7pm	\$8	46038
5+	Mad Schl Forest	Sa	5/9	7-9pm	\$8	46039

Like what you see?



Bring your own group for a tailored outdoor experience!!

Day Trips

Age Location Day Dates Time Fee Course #

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

GRIFFIN MUSEUM OF SCIENCE & INDUSTRY

Explore, learn and be inspired at the Griffin Museum of Science and Industry in Chicago - one the world's largest science museums. From Tornadoes to Tesla coils, ancient boats to futurist bots the interactive and award-winning exhibits at Griffin MSI bring science to life for guests of all ages. Bus loads at 7:15pm on Pflaum Road in front of LaFollette High School. Fee includes general admission plus submarine tour, lunch and motorcoach transportation. Youth ages 8+ may register with a participating adult. Registration deadline is 3/4/26.

8-17 LaFollette HS Sa 3/21 7:30am-7:30pm \$100 46972

18+ LaFollette HS Sa 3/21 7:30am-7:30pm \$110 46973

65+ LaFollette HS Sa 3/21 7:30am-7:30pm \$100 46974

HAIRSPRAY THE BROADWAY MUSICAL

Join us for big hair, bold dreams, non-stop fun and delicious dining as we travel to Fireside Dinner Theater for Hairspray, the Broadway Musical. Set in the 1960s, Hairspray tells the story of Tracy Turnblad, a lovable girl from Baltimore with big hair and an even bigger heart, with only one passion - to dance. Experience this story about acceptance and inclusion during the early days of the civil rights movement told with humor and heart, '60s rock and roll and spectacular high-energy dancing. Dinner choices include: Pretzel Chicken, Almond Crusted Cod, Pork Ribs or Vegetarian Flatbread Pizza. Please indicate meal choice when registering. Bus loads at 3:45pm on Pflaum Road in front of LaFollette High School. Fee includes admission, dinner and motorcoach transportation. Deadline to register is 3/17/26.

18+ LaFollette HS Sa 4/18 4-11pm \$119 46952



MILWAUKEE'S GREATEST HITS

Discover the heart of Milwaukee on this fully narrated tour with stories of the neighborhoods settled by Italian, Irish, Polish and German immigrants. Marvel at the iconic white suspension bridge and stunning Burke Brise Soleil of the Milwaukee Art Museum. Learn the history behind the North Point Lighthouse, then enjoy a classic Milwaukee treat - a bratwurst - with time to explore shops along the city's most authentically German street. Visit the legendary Harley-Davidson campus and browse the gift shop for unique memorabilia. End your journey at the historic Pabst Mansion with a toast to one of the most famous Milwaukeeans, Captain Pabst! Tour includes moderate walking; must be able to enter / exit the bus multiple times during the day. Bus loads at 8:30am in front of LaFollette High School. Fee includes bratwurst lunch, motorcoach transportation and admission to Pabst Mansion and the Harley-Davidson Museum. Deadline to register is 4/30/26.

21+ LaFollette HS Sa 5/16 8:45am-6pm \$149 46953

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
7333 West Towne Way
Madison, WI 53719

December 18 & 19, 8am - 6pm
December 20, 10am - 3pm
December 21, 10am - 2pm



Events

Grd Location Day Dates Time Fee Course #

ENCHANTMENT UNDER THE STARS

Spend a magical evening with your special young person. Stargaze and discover the twinkling sky with your child(ren) in the comfort of the planetarium. The presentation is catered to a multi age/family audience. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. **Registration is for an individual. Registered child must attend with at least one registered adult.**

3+	Memorial HS	F	2/13	5:30-6:30pm	\$15	45458
3+	Memorial HS	Sa	2/14	4:15-5:15pm	\$15	45459
3+	Memorial HS	Sa	2/14	5:30-6:30pm	\$15	45460
3+	Memorial HS	Su	2/15	5:30-6:30pm	\$15	45461

ROMANCE UNDER THE STARS

The beauty of the night sky brings out the romantic side in all of us. Explore the current night sky with your Valentine in the comfort of the planetarium. It is a fundraiser for the MMSD Planetarium and all proceeds go toward future upgrades. Register early, this popular show sells out quickly! **Registration is for an individual.**

18+	Memorial HS	Th	2/12	6:45-7:45pm	\$17	45462
18+	Memorial HS	Th	2/12	8-9pm	\$17	45463
18+	Memorial HS	F	2/13	6:45-7:45pm	\$17	45464
18+	Memorial HS	F	2/13	8-9pm	\$17	45465
18+	Memorial HS	Sa	2/14	6:45-7:45pm	\$17	45466
18+	Memorial HS	Sa	2/14	8-9pm	\$17	45467
18+	Memorial HS	Su	2/15	6:45-7:45pm	\$17	45468
18+	Memorial HSI	Su	2/15	8-9pm	\$17	45469



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 WPCR. ID Forms are available at cityofmadison.com/parks/wpcrc/ or stop in.





DANCE

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

Age	Location	Day	Dates	Time	Fee	Course #
18+	MSCR West	Th	1/8	6:05-7:20pm	\$8	45235

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	1/15-3/19	6:05-7:20pm	\$96	45236
18+	MSCR West	Th	4/2-5/21	6:05-7:20pm	\$76	45237

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	1/15-3/19	7:25-8:40pm	\$80	45238
18+	MSCR West	Th	4/2-5/21	7:25-8:40pm	\$64	45239

BALLET 3
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	1/14-3/18	7:15-8:30pm	\$80	46793
18+	MSCR West	W	4/1-5/20	7:15-8:30pm	\$80	46794

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.

18+	MSCR West	M	4/6-4/20	6:15-7:15pm	\$18	46656
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BELLY DANCING 1
Explore the world of belly dancing! 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. Please wear comfortable clothes that allow movement. Participants ages 16+ may register with a registered adult.

16+	MSCR Central	M	1/26-3/16	6-7:15pm	\$76	45240
16+	MSCR Central	M	3/30-5/18	6-7:15pm	\$76	45241
16+	MSCR West	W	1/28-3/18	6:45-8pm	\$76	46869
16+	MSCR West	W	4/1-5/20	6:45-8pm	\$76	46870

BELLY DANCING 2
Continue discovering belly dancing! Build on the knowledge taught in Belly Dancing 1 by developing new movements and variations. This is best for those who have taken Belly Dancing 1 or have previous experience. Please wear comfortable clothes that allow movement. Participants ages 16+ may register with a registered adult.

16+	MSCR Central	M	1/26-3/16	7:30-8:45pm	\$76	45242
16+	MSCR Central	M	3/30-5/18	7:30-8:45pm	\$76	45243

Age Location Day Dates Time Fee Course #

BELLY DANCING WORKSHOP

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	1/5-1/12	6:30-8:30pm	\$26	46860
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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 Belly Dance, Afro-Caribbean, Ballet, Latin Dance and more.

18+	MSCR Central	M	1/12-3/9	10am-11:30am	\$76	45244
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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	1/25-3/15	4:30-5:30pm	\$64	45247
18+	MSCR East	Su	4/12-5/17	4:30-5:30pm	\$48	45248

IRISH DANCE

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	1/25-3/15	4:45-5:30pm	\$80	46808
18+	MSCR Central	Su	4/12-5/3	4:45-5:30pm	\$40	46809

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	1/25-3/15	3:15-4:15pm	\$64	45249
18+	MSCR East	Su	4/12-5/17	3:15-4:15pm	\$48	45250

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 West	M	1/12-3/16	3-4pm	\$72	45251
18+	MSCR West	M	3/30-5/18	3-4pm	\$64	45252

MODERN LINE DANCE 2

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 of the class is fun, not perfection.

18+	MSCR West	T	1/13-3/17	3:15-4:15pm	\$72	46865
18+	MSCR West	T	3/31-5/19	3:15-4:15pm	\$72	46866

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. Teens 14+ may register with a participating adult.

14+	MSCR West	W	1/28-3/18	7-8:15pm	\$56	45253
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SCOTTISH COUNTRY 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. Teens 14+ may register with a participating adult.

14+	MSCR West	W	1/14	7-8:15pm	\$8	45254
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Age	Location	Day	Dates	Time	Fee	Course#
TAP 1						
Intro to tap dance for dancers with little or no prior experience. Learn basic vocabulary and steps, which are put into a simple routine. It is typical for beginners to remain in Tap 1 for multiple sessions. Dress in clothing that allows movement and tap shoes.						
18+	MSCR West	T	1/20-3/17	6:45-7:45pm	\$90	45255
18+	MSCR West	T	3/31-5/19	6:45-7:45pm	\$80	45256

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	1/22-3/12	6:30-8pm	\$76	45257
18+	MSCR East	Th	4/2-5/21	6:30-8pm	\$58	45258

DRAWING

Age	Location	Day	Dates	Time	Fee	Course #
DRAWING - BACK TO BASICS						

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

18+	Warner Park CRC	T	2/24-3/17	9:30am-12pm	\$70	45260
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DRAWING 1

Using the many supplies available to artists, 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	1/13-2/17	9:30am-12pm	\$105	45261
18+	MSCR East	T	4/21-5/26	9:30am-12pm	\$105	45262
18+	MSCR Central	W	2/4-3/11	6:30-9pm	\$105	45263

DRAWING FROM PHOTOGRAPHS NEW!

Learn to create realistic renderings using photographs as a reference. Build a toolkit of skills that helps you approach drawing from photographs with confidence.

18+	MSCR West	Th	2/5-3/12	6:30-8pm	\$70	46799
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DRAWING LETTERS

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 Central	Th	4/30-5/21	6:30-9pm	\$47	45264
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FIGURE DRAWING

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

18+	MSCR Central	Th	1/22-2/26	6:30-9pm	\$130	45273
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ENRICHMENT

Age	Location	Day	Dates	Time	Fee	Course #
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	W	1/21-2/25	6-8pm	\$66	45223
18+	MSCR Central	W	4/1-5/6	6-8pm	\$66	46858

Age	Location	Day	Dates	Time	Fee	Course#
ACTING TECHNIQUE 2 NEW!						
Follow on from what you learned in Intro to Acting Technique. Deepen your ability to exist naturally in the world of the play. This class provides tools to strengthen character building, as well as actors' imagination and awareness. Intro to Acting Technique is required for this course.						

18+	MSCR East	Sa	4/11-5/16	10:30am-12pm	\$50	46859
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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	W	2/25-3/18	6-8pm	\$48	45224
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ARTIST TRADING CARDS WORKSHOP NEW!

Use mixed media art techniques to create a series of Artist Trading Cards that can be exchanged at the end of the workshop! Bring your favorite ATC supplies and/or play with a variety of art supplies and techniques offered. Explore a collaborative art experience to become a part of a rich community!

18+	MSCR West	Th	1/22	9:30am-12pm	\$15	46792
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BEGINNING ITALIC CALLIGRAPHY

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 West	Th	1/15-2/19	1-3pm	\$66	46788
18+	MSCR West	Th	4/2-5/7	1-3pm	\$66	46790

BEGINNING RESIN ART

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

18+	MSCR East	T	3/31-4/14	6-8pm	\$50	45330
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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	4/7-5/12	4-6pm	\$66	45231
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BRIDGE BASICS 2 - COMPETITIVE BIDDING

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

18+	MSCR West	T	1/27-2/17	4-6pm	\$44	45232
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COMPOSITION AND DESIGN WORKSHOP NEW!

This is a brief workshop to jump-start learning and building the basic strong compositions found in successful paintings. Examples in landscape, still life and limited portraiture in oils and acrylics are shared. A small painting (landscape or still life) can be completed in this workshop.

18+	MSCR East	Th-F	3/19-3/20	9:30am-12pm	\$60	46871
18+	Warner Park CRC	F-Sa	4/3-4/4	9:30am-12pm	\$60	46872

CREATIVE WRITING AND ILLUSTRATION NEW!

Grab your pens and pencils for a wild ride! We'll become storytelling superheroes, mixing awesome adventures with colorful characters we create ourselves. Learn how to write a story, then bring your words to life with your own amazing illustrations. Get ready to invent new worlds and draw your imagination - this is where your stories jump right off the page!

14+	MSCR West	Sa	1/24-3/14	9-10:30am	\$77	46989
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All supplies are included unless noted.

Age Location Day Dates Time Fee Course # ENGLISH PAPER PIECING - TRY IT!

English Paper Piecing is a traditional hand-sewing technique that allows you to sew intricate patchwork designs with ease. This technique is great for taking on the go and doesn't require any fancy measuring! Once you learn the simple steps, create detailed quilt tops, design patterns for applique, or finish designs into coasters, pin cushions and more. No previous sewing experience required.

18+ MSCR Central W 4/1 6:30-8:30pm \$15 45268

FLY TYING STUDIO NEW!

Enjoy fly tying in a group setting. Demonstrations at each session, then work on your projects with instructor assistance. Class is appropriate for participants who have completed Intro to Fly Tying or have some background knowledge tying flies. Please bring your own equipment and supplies.

14+ MSCR West Th 3/5-3/19 6:30-8pm \$36 46807

HAIR BRAIDING BEGINNING

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 Su 4/12-5/24 4-5:30pm \$66 46805

HISTORY OF WOMEN IN CRAFT AND DESIGN NEW!

In this lecture-based class, focus on women artists unique contributions throughout history. Discover their prolific work in non-traditional media and the craft realm, including textile artists, installation artists, ceramicists, etc.

18+ MSCR Central S 4/12-4/26 2-4pm \$45 45226

INK DRAWING WORKSHOP

Learn the basics of drawing with ink! Through guided tutorials, experiment with various forms of ink drawing: from ball point pen to micron to quills to brushed ink. Discover combining approaches on various substrates and even learn how you can make your own ink from scratch at home!

18+ MSCR West Th 1/22 6:30-8pm \$15 46886

INTRO TO ACTING TECHNIQUE

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 1/24-2/28 10:30am-12pm \$50 46888

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 1/22-2/19 6:30-8pm \$70 45274

INTRODUCTION TO POETRY

Focus on the basics of poetry: how to read it, write it and to love it. Spend half the class on reading and discussing poems and the other half on writing your own work. Build skills and discover the beauty of poetry.

18+ MSCR West Th 1/15-2/19 6-8:30pm \$83 46891

JEWELRY MAKING

An introductory 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 T 4/28-5/12 6-8pm \$50 45279

MANDALA INSPIRED DESIGNS

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

18+ MSCR East W 1/14-2/25 6-8:30pm \$120 45284

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 1/26-3/2 6-8pm \$66 45285



Age Location Day Dates Time Fee Course

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 3/30-5/4 6-8pm \$66 45286

MUSIC APPRECIATION: JAZZ AND BEYOND NEW!

This course delves into the nuts and bolts of the jazz language as well as different kinds of music which influenced jazz over the decades. A familiarity with jazz changes how a person listens to music generally.

14+ MSCR Central T 1/20-2/24 7:15-8:15pm \$44 46806

PAGES TO PEACE - A HEALING WRITING CIRCLE

A trauma-informed, community-centered writing space where prompts, free-writes and gentle discussion help regulate your nervous system and make meaning from your story. Taught by a certified counselor, each session blends grounding practices with structured journaling to transform emotion into language and insight into action. No writing experience needed just honesty, curiosity and care.

18+ MSCR West W 1/21-2/25 6-8pm \$66 46922

18+ MSCR West W 4/1-5/6 6-8pm \$66 46923

PLAY DND 101

What's the deal with all those dungeons and all those dragons? In three sessions 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 are curious about the popular game, this is the class for you.

18+ MSCR West Sa 1/24-2/7 9:30am-11am \$30 46926

POSITIVE PSYCHOLOGY - AWE! NEW!

Author, Dacher Keltner wrote a book about the mystery and science of Awe: *The New Science of Everyday Wonder and How It Can Transform Your Life*. In this interactive workshop, discuss his findings and figure out ways to experience more awe in our lives.

18+ MSCR Central F 4/17 9:30am-12pm \$15 46930

POSITIVE PSYCHOLOGY - BITTERSWEET NEW!

Why do sad songs sound so good? Why does something gorgeous make us want to cry? What is it about bitter and sweet that makes each seem even better? Discover through discussion, journaling and activities how sorrow and longing make us whole in Susan Cain's latest book.

18+ MSCR East F 3/13 9:30-11:30am \$12 46933

POSITIVE PSYCHOLOGY - SAVORING NEW!

Does it sometimes feel like the good things in life are passing you by? Savoring is a combination of gratitude and presence, plus the ability to slow down and take in all that wonder. In this interactive workshop, practice savoring and explore ways to incorporate savoring into our daily lives.

18+ MSCR East F 5/15 9:30-11:30am \$12 46932

18+ MSCR West Th 5/21 9:30-11:30am \$12 46928

Age	Location	Day	Dates	Time	Fee	Course #
POSITIVE PSYCHOLOGY - THE LET THEM THEORY <i>NEW!</i> Are you exhausted from constantly being ruled by others opinions and drama? Are you looking for ways to shift your focus back onto what you actually can control? The Let Them theory created by Mel Robbins advocates a step by step guide to figuring out how to stop letting others opinions, drama and judgment impact your life.						
18+	MSCR East	F	2/6-2/13	9:30am-12pm	\$30	46934
POSITIVE PSYCHOLOGY-THE FOUR PILLARS OF MEANING <i>NEW!</i> Possessing a sense of purpose can increase our ability to prioritize, giving you an overall sense of well being. But finding our purpose can feel overwhelming. Emily Esafahani Smith created Four Pillars of Meaning, for concrete ways to create a meaningful life. Each week dive into one of the pillars--Belonging, Storytelling, Purpose and Transcendence.						
18+	MSCR Central	Th	1/15-2/5	9:30-11:30am	\$48	46931
PRINTMAKING FOR FABRIC DESIGN <i>NEW!</i> Learn about textile print design! Create a series of unique block print designs that can be used to create your own hand blocked and/or digitally manufactured prints to use in sewing projects or to decorate existing items.						
18+	MSCR East	Th	2/5-3/12	6-8pm	\$75	46938
RETIREMENT - NOW WHAT? Ahh! Retirement - the moment you've been waiting for. All that sweet relaxation, freedom. The time when you can sit back and do whatever YOU want to do. But, what if it isn't exactly what you expected? What if all that free time leaves you feeling unmoored rather than relaxed? 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	4/28-5/19	10am-11:30am	\$48	45331
RUN DND 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	4/4-4/25	9:30-11am	\$40	46927
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 West	T	1/13-2/3	10am-11:30am	\$47	46929
18+	MSCR Central	Th	4/2-4/23	6:30-8pm	\$47	45346
18+	MSCR Central	F	2/6-2/27	10am-11:30am	\$47	45345
SPANISH FOR BEGINNERS 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	1/12-3/16	9am-10:30am	\$64	46939
18+	MSCR East	M	3/30-5/18	9am-10:30am	\$64	46942
SPANISH FOR TRAVEL Boost your confidence to navigate, connect culturally, understand and be understood while traveling where Spanish is spoken! No prior Spanish speaking knowledge necessary. All levels welcome.						
18+	MSCR East	M	1/12-3/16	6-7:30pm	\$64	46941
18+	MSCR East	M	3/30-5/18	6-7:30pm	\$64	46943
SPANISH REFRESH 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	1/12-3/16	11am-12:30pm	\$64	46940
18+	MSCR East	M	3/30-5/18	11am-12:30pm	\$64	46944

Age	Location	Day	Dates	Time	Fee	Course #
THREAD PAINTING - TRY IT! Create photo-realistic embroidery with thread painting! Learn the basics of thread painting, a hand embroidery technique that uses a needle and multiple shades of thread to create realistic details and dimensions. Previous embroidery experience is beneficial, but is not necessary.						
18+	MSCR Central	Th	1/15	6:30-8:30pm	\$15	45350
18+	MSCR West	W	2/4	6:30-8:30pm	\$15	45349

FIBER ARTS

Age	Location	Day	Dates	Time	Fee	Course #
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. Some previous needlework experience may be beneficial, but is not necessary.						
18+	MSCR West	W	2/11-2/25	6:30-8pm	\$35	46800
18+	MSCR Central	Th	3/5-3/19	6:30-8pm	\$35	45267
FELT FLOWER SPRING BOUQUET WORKSHOP <i>NEW!</i> Come make beautiful and lasting flowers out of felt! Each week, focus on learning how to make a different spring flower. By the end of the workshop, participants know how to make multiple flowers and have a gorgeous permanent bouquet! No experience with felt or crafting needed.						
18+	MSCR West	S	4/12-4/26	1-4pm	\$54	46801
18+	MSCR West	T	5/5-5/19	9am-12pm	\$54	46802
FELT ROSES WORKSHOP <i>NEW!</i> Come make a beautiful and lasting rose out of felt! No experience with felt or crafting needed.						
18+	MSCR West	S	2/8	1-4pm	\$30	46803
FELT SUNFLOWER WORKSHOP <i>NEW!</i> Come make a beautiful and lasting sunflower out of felt! No experience with felt or crafting needed.						
18+	MSCR West	S	2/22	1-4pm	\$30	46804
INTRODUCTION TO EMBROIDERY - FLORAL SAMPLER Explore the basics of hand-stitched embroidery by creating a unique floral sampler. Learn a range of versatile stitches including satin stitch, backstitch, stem stitch, French knots and woven wheel stitch. By the end of the class, participants have a personalized floral sampler and the knowledge to create more embroidered designs.						
18+	MSCR West	M	1/26-2/16	6:30-8:30pm	\$60	45278
18+	MSCR West	M	3/30-4/20	6:30-8:30pm	\$60	45277
WEAVING 1 Learn to weave on easy-to-use and versatile rigid heddle looms. Explore basic and complex weave structures to create beautiful handwoven items. Choose from a variety of individualized projects such as shawls, scarves, belts, vests, book bags, purses, pillows, table runners and more. Looms are borrowed and taken home between classes each week to work on projects outside of class. Loom size 24"x24"x2". Open to all skill levels. First 5 class meetings meet from 6:30-9pm.						
18+	MSCR Central	M	1/26-3/16	6:30-8:30pm	\$136	45367
WEAVING 2 Move beyond basic weaving and learn how to do more advanced weave structures on a rigid heddle loom. Explore rep weave, summer and winter, muck lace, float patterns and twills. Use these techniques to make scarves, table runners, tote bags and more. Participants must know how to measure a warp, dress a loom and weave tabby. First 5 classes meet from 6:30-9pm.						
18+	MSCR Central	M	3/30-5/18	6:30-8:30pm	\$136	45368

All supplies are included unless noted.



KNITTING

Age Location Day Dates Time Fee Course #
KNITTING 1 - BEGINNER SCARF

Always wanted to learn to knit? Here is your chance. Learn how to cast on, knit, purl, bind off and read a knitting pattern, while making a cozy scarf. This is a great first class for beginners.

18+ MSCR East W 1/28-2/11 6:30-9pm \$52 45280

KNITTING 2 - MITTENS

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

18+ MSCR East T 1/27-2/10 6:30-9pm \$48 45281

KNITTING 3 - SKILL BUILDER

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

18+ MSCR East W 2/25-3/18 6:30-9pm \$48 45282

OPEN KNITTING LAB

Do you have unfinished knitting 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 in your knitting knowledge.

18+ MSCR East Th 3/12 6-9pm \$15 46918

PAINTING

Age Location Day Dates Time Fee Course #

ACRYLIC PAINTING 1

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

18+ MSCR West W 1/21-2/25 9:30am-12pm \$92 47010

18+ MSCR West W 4/1-5/6 9:30am-12pm \$92 45221

18+ MSCR Central M 4/6-5/11 1-3:30pm \$92 45220

LANDSCAPE PAINTING 1

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

18+ Warner Park CRC Sa 4/11-5/16 9:30am-12pm \$92 45283

Age Location Day Dates Time Fee Course #
LOOSE WATERCOLOR FLORAL WORKSHOP

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 1/30 1-4pm \$20 46905

18+ MSCR West F 3/6 1-4pm \$20 46907

PAINT NIGHT - BABY BIRDS

Learn how to make this fun spring-themed painting in just one night! Come ready to learn acrylic painting techniques to recreate this painting. This is a fun, laidback class where you learn about color mixing, brushstroke techniques and principles of composition. Walk away with your own finished version of the painting.

18+ Warner Park CRC F 4/3 6-8pm \$30 45290

PAINT NIGHT - EVERGREENS

Learn how to make this winter-themed painting in just one night! Come ready to learn acrylic painting techniques to recreate this painting. This is a fun, laidback class where you learn about color mixing, brushstroke techniques and principles of composition. Walk away with a finished version of the painting.

18+ Warner Park CRC F 2/6 6-8pm \$30 46924

PAINT NIGHT - SNOW PEOPLE

Learn how to make this fun winter-themed painting in just one night! Come ready to learn acrylic painting techniques to recreate this painting. This is a fun, laidback class where you learn about color mixing, brushstroke techniques and principles of composition. Walk away a finished version of the painting.

18+ Warner Park CRC F 1/16 6-8pm \$30 45291

PAINT NIGHT - SNOWDROPS

Learn how to make this spring-themed painting in just one night! Come ready to learn acrylic painting techniques to recreate this painting. This is a fun, laidback class where you learn about color mixing, brushstroke techniques and principles of composition. Walk away with your own finished version of the painting.

18+ Warner Park CRC F 3/6 6-8pm \$30 45292

PAINTING TECHNIQUES IN WATER SOLUBLE OILS

Learn the basic techniques and tools of oil painting. Using a first principles approach, explore both traditional and contemporary approaches to oil painting. Main topics include: how to construct an oil painting, painting mediums, mixing and handling of paint and color theory.

18+ MSCR West T 4/7-5/12 9:30am-12pm \$92 46925

WATERCOLOR 1

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

18+ MSCR Central M 1/26-3/2 9:30am-12pm \$92 45359

18+ MSCR West M 1/26-3/9 9:30am-12pm \$92 46896

18+ MSCR East W 1/14-2/18 9:30am-12pm \$92 45357

18+ MSCR West W 1/14-2/18 6:30-9pm \$92 45358

WATERCOLOR 2

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

18+ MSCR Central M 3/30-5/4 9:30am-12pm \$92 45362

18+ MSCR West M 3/30-5/4 9:30am-12pm \$92 46901

18+ MSCR West W 4/1-5/6 6:30-9pm \$92 45361

18+ MSCR East W 4/22-5/27 9:30am-12pm \$92 45360

WATERCOLOR 3 - BOTANICALS

Learn advanced watercolor techniques while focusing on painting flowers, seedpods and plants in the beautiful setting of UW Arboretum. This class covers in-depth nature observation, texture and color studies, composition and more. Participants are required to have taken Watercolor 2 or have equivalent experience.

18+ UW Arboretum Th 4/30-5/21 9:30am-12pm \$60 45363

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 Dates Time Fee Course #

WATERCOLOR 3 - PORTRAIT

Learn advanced watercolor techniques while focusing on painting people portraits. This class covers proportions and studies of facial features, how to create clear expressions, different methods for hair textures and more. Participants are required to have taken Watercolor 2 or have equivalent experience.

18+ MSCR West Th 2/5-2/26 9:30am-12pm \$60 45364

WATERCOLOR STUDIO

Enjoy an afternoon of watercolor painting in a group setting. Demonstrations at each session, then work on your own 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 1/20-2/24 12:30-3pm \$82 45365

18+ MSCR West T 3/31-5/5 12:30-3pm \$82 45366

WHIMSICAL WATERCOLORS WORKSHOP

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 West Sa 3/7 10am-12pm \$15 46915

PHOTOGRAPHY

Age Location Day Dates Time Fee Course #

GETTING OUT OF AUTO NEW!

Confused by what your camera can do? Looking for an introduction to how your camera works? This four week course is designed to teach you the main components of modern digital photography: focus control, exposure compensation, aperture, shutter speed and ISO. Each week discover a different aspect via practical examples. Participants need a digital camera.

18+ MSCR West T 1/13-2/3 6-9pm \$90 46981

LANDSCAPE PHOTOGRAPHY NEW!

Capture the beauty of the outdoors with your camera. Learn composition techniques in the classroom and take field trips into the lovely nearby parks for practice. Participants need a digital camera, however a cell phone works fine.

18+ MSCR Central Sa 4/11-5/9 9:30am-12pm \$90 46978

NIGHTS AND LIGHTS NEW!

Discover techniques to make your nighttime photos pop. Learn about sunstars, long exposure, light painting and astro photography. The instructor alternates between classroom time and field trips to practice the techniques. Participants need a digital camera; a tripod is highly recommended.

18+ MSCR West T 2/17-3/17 6-9pm \$90 46979

18+ MSCR West T 4/21-5/19 6-9pm \$90 46980

PHOTOGRAPHY BASICS

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

18+ MSCR Central Th 5/14-5/21 6:30-8pm \$26 45293

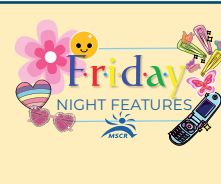
INTRODUCTION TO TRAVEL PHOTOGRAPHY

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 3/5-3/12 6:30-8pm \$26 45294



JANUARY: 1990s



FEBRUARY: 2000s



MARCH: THE BEACH

Age Location Day Dates Time Fee Course #

VINTAGE '90S CROSS STITCH

Stitch your way into a fun-filled night. With demonstrations, complete a simple cross-stitch design that matches your 90s vibe.

6+ MSCR West F 1/9 6:30-8:30pm \$10 46877

PUFFY PAINTS & TOTE DECAL DREAMS

Sweet dreams are made of these...totes! With some light instruction, use puffy paints and fun decals to decorate a tote bag you'd be proud to show off at the local market or library.

14+ MSCR West F 1/9 5-6:45pm \$10 46874

18+ MSCR West F 1/9 7-8:30pm \$10 46873

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. Batons provided.

18+ MSCR West F 1/9 7:30-8:15pm \$5 45234

18+ MSCR West F 2/6 7:30-8:15pm \$5 46652

BLING IT ON! BEDAZZLE BASH

Get your sparkle on! One night is all it takes to turn anything into a dazzling masterpiece. Bring your most dull shirts, hats, shoes or pants so everyone leaves shining bright! Tools and rhinestones are provided.

18+ MSCR West F 2/6 6:15-7:45pm \$8 46898

DANCE PARTY - LOSE CONTROL

Get ready to sweat, pop, lock and drop it like it's 2005! Join us for a choreography workshop and channel your inner "Misdemeanor" attitude. Break down every move, master that fire footwork and hit every beat with confidence. Leave your inhibitions at the door and let the music make you lose control.

18+ MSCR West F 2/6 7-8pm \$5 46893

18+ MSCR East F 2/13 6:45-7:45pm \$5 46900

BEACH TOTE SEWING WORKSHOP

Hit the beach with style by sporting a new tote bag sewn by you! Learn simple sewing techniques to create a tote that can hold all of your summer essentials.

18+ MSCR West F 3/13 6-8pm \$10 46909

NOW HIRING**MSCR.ORG/JOBS**

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POTTERY

Age Location Day Date Time Fee Course#
ANYTHING BUT ROUND NEW!
 Explore how to alter forms on the wheel in this new workshop. This workshop is best for intermediate-to-advanced potters looking to explore new techniques and gain fresh insights into their studio practice.

18+ MSCR West Th 3/5-3/19 10am-12:30pm \$66 45295

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+ MSCR West Su-Sa 1/12-3/20 8am-8pm \$230 45298

18+ MSCR West Su-Sa 3/30-5/22 8am-8pm \$184 45300

18+ Warner Park CRC Su-Sa 1/12-3/20 8am-5pm \$230 45299

18+ Warner Park CRC Su-Sa 3/30-5/22 8am-5pm \$184 45301

TAKE A SPIN - POTTERY NIGHT

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

18+ MSCR West F 1/9 6-8pm \$30 46579

18+ MSCR West F 2/6 6-8pm \$30 46580

18+ Warner Park CRC F 2/6 6-8pm \$30 45302

18+ Warner Park CRC F 3/6 6-8pm \$30 45303

THE WOOD-FIRED ART OF MODERN MASTERS NEW!

Dive deeper into wood-fired art as David Smith presents the early history of wood-fired stoneware, porcelain production in East Asia and its influence on western artists of the 20th and 21st centuries. In this lecture-based class, learn how this cross-fertilization of ceramic art has been significant in terms of kiln design, firing techniques and aesthetics. David shares his personal wood-fire experiences with modern masters from the United States, China, Korea and Japan.

18+ MSCR West M 4/27 6-8pm \$15 46945

VISITING ARTIST KATE MAROTZ NEW!

Join visiting artist Kate Marotz in the studios and learn how to use a coil and pinch technique to create sculptural pottery for daily use. Cups, bowls, and mugs are the forms focused on in this one day workshop. Kate shares how she creates her terra sigillata surfaces using wax resist and borax washes. Supplies included.

18+ MSCR West Th 4/16 9am-3pm \$75 46786

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 1/11-3/15 12-2:30pm \$200 45316

18+ MSCR West Su 4/12-5/17 12-2:30pm \$133 45317

18+ MSCR West Su 1/11-3/15 3-5:30pm \$200 45310

18+ MSCR West Su 4/12-5/17 3-5:30pm \$133 45313

18+ MSCR West T 1/13-3/10 10am-12:30pm \$200 45308

18+ MSCR West T 3/31-5/19 10am-12:30pm \$178 45311

18+ MSCR West W 1/14-3/11 10am-12:30pm \$200 45314

18+ MSCR West W 4/1-5/20 10am-12:30pm \$178 45315

18+ MSCR West W 1/14-3/11 6:30-9pm \$200 45309

18+ MSCR West W 4/1-5/20 6:30-9pm \$178 45312

18+ MSCR West F 1/16-3/13 10am-12:30pm \$200 45318

18+ MSCR West F 4/3-5/22 10am-12:30pm \$178 45319

18+ Warner Park CRC T 1/13-3/17 6-8pm \$180 45304

18+ Warner Park CRC T 3/31-5/19 6-8pm \$144 45306

18+ Warner Park CRC W 1/14-3/18 6-8pm \$180 45305

18+ Warner Park CRC W 4/1-5/20 6-8pm \$144 45307

Age Location Day Dates Time Fee Course #
WHEEL 2

Great course for those comfortable with wheel basics and want to improve skills as well as learn new techniques and 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 1/12-3/16 6:30-9pm \$200 45324

18+ MSCR West M 3/30-5/18 6:30-9pm \$178 45327

18+ MSCR West T 1/13-3/10 6:30-9pm \$200 46594

18+ MSCR West T 3/31-5/19 6:30-9pm \$178 45328

18+ MSCR West Th 1/22-3/19 6:30-9pm \$200 45326

18+ MSCR West Th 4/2-5/21 6:30-9pm \$178 45329

18+ Warner Park CRC M 3/30-5/18 6-8:30pm \$180 45320

18+ Warner Park CRC M 1/12-3/16 6-8:30pm \$200 45323

18+ Warner Park CRC Th 1/15-3/19 6-8:30pm \$220 45321

18+ Warner Park CRC Th 4/2-5/21 6-8:30pm \$180 46635

WHEEL 3

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 will be introduced. Basic throwing skills are required.

18+ MSCR West F 1/16-3/13 1-3:30pm \$200 46636

18+ MSCR West F 4/3-5/22 1-3:30pm \$200 46637

WOOD KILN FIRING WORKSHOP

Experience firing pottery in a wood kiln! Glaze your own bisqued pots and 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 more questions regarding space and non-MSCR glazes, please contact 608-204-3045.

18+ Capital High Sa,Su 4/18-4/19 8am-4pm \$80 46590

18+ Capital High Sa,Su 5/16-5/17 8am-4pm \$80 46591

SEWING

Age Location Day Dates Time Fee Course #

BEHIND THE SEAMS - CARING FOR YOUR MACHINE

Go behind the seams of the world of sewing! 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 East T 3/17 6-8pm \$12 45228

18+ MSCR West W 3/11 6-8pm \$12 45227

18+ MSCR West W 5/27 6-8pm \$12 46795

SEWING 1

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

18+ MSCR East T 1/13-1/27 6-8pm \$42 45333

18+ MSCR West W 1/14-1/28 6-8pm \$42 45335

18+ MSCR West W 4/22-5/6 6-8pm \$42 45332

18+ MSCR West Th 1/15-1/29 9-11am \$42 45336

18+ MSCR West Th 4/2-4/16 9-11am \$42 45337

18+ MSCR East Th 4/30-5/14 6:30-8:30pm \$42 46936

18+ MSCR East Sa 1/24-2/7 9:30-11:30am \$42 46935

Age	Location	Day	Dates	Time	Fee	Course #
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SEWING 2

Apply skills learned in Sewing 1 to create basic projects working from a pattern. Participants choose their own pattern before 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 and patterns provided. Supply list available at mscr.org.

18+	MSCR East	T	2/10-3/3	6-8pm	\$55	45338
18+	MSCR West	Th	2/12-3/5	9-11am	\$55	45340
18+	MSCR West	Th	4/30-5/21	9-11am	\$55	45341
18+	MSCR East	Sa	2/21-3/14	9:30-11:30am	\$55	45339

SEWING ALTERATIONS

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

18+	MSCR East	W	4/1-4/15	1-3pm	\$40	45344
18+	MSCR East	Th	4/2-4/16	6:30-8:30pm	\$40	46937

SEWING WORKSHOP - HAND APPLIQUE

Using scrap quilting fabric, participants learn hand applique sewing to make a botanical scene on a garden/door hanging flag! No previous sewing experience required.

18+	MSCR West	W	3/18	6:30-9pm	\$15	46917
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SUSTAINABLE SEWING

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

18+	MSCR East	W	3/4-3/18	6-8pm	\$42	45347
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OUTDOOR

Age	Location	Day	Date	Time	Fee	Course#
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PHOTOGRAPHY - WINTER WALKS

Bundle up and discover winter's beauty through your camera. The emphasis is on using your "vision" to improve your photos. All levels & camera types welcome. Class walks are generally 2-3 miles (4,000-7,000 steps). Please dress warm enough for the 90 minute outdoor classes. Locations: 2/22/26: Hoyt Park basketball court (near lower shelter parking lot) 3902 Regent St. 3/1/26: Vilas Beach Shelter 1501 Vilas Park Drive, 3/8/26: Olin Park Boat Launch 302 E Lakeside St.

18+	TBA	Su	2/22-3/8	1-2:30pm	\$37	45289
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FUSION MOVEMENT & NATURE CONNECTION

Connect outside 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	4/27-6/1	10am-11:30am	\$48	46863
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VIRTUAL

Age	Location	Day	Date	Time	Fee	Course#
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ACRYLIC PAINTING 3

Expand your skills with acrylic paint! Be inspired from different artists and learn new techniques. Benefit from critiques through a virtual classroom community. This class is for intermediate to advanced painters who have experience painting with acrylics. Supply list available at mscr.org.

18+	Virtual	T	1/13-3/3	9:30-11:30am	\$110	45222
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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	T	2/3	6-8:30pm	\$17	46876
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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	4/2-6/11	6:30-8pm	\$46	46878
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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	2/17-3/17	6:30-8pm	\$60	45355
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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	4/7-5/5	6:30-8pm	\$60	45356
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MADISON ICE ARENA Public Skate Events!



NOV 28 1:00 - 3:30 PM <i>Turkey</i>	DEC 06 6:00 - 8:30 PM <i>Candy Cane</i>
DEC 22 6:00 - 8:30 PM <i>Ugly Sweater</i>	DEC 31 1:00 - 3:30 PM <i>New Years Eve</i>

Admission:

Adult - \$6
 Child/Senior - \$4
 Skate Rental - \$3

725 Forward Drive, Madison, WI 53711

NEW SEASON, NEW SKILLS LEARN TO SKATE

MADISON ICE INC.



Are you NEW to skating classes?
 Register by Age – We have
 classes for everyone, from
 toddlers (2 years old) to adults!

Session Dates

Spring (March-May)
 Summer (June-August)
 Fall (September-October)
 Winter 1 (November-December)
 Winter 2 (January-March)

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 - 1834 Commercial
 Ave, Madison, WI

Madison Ice Arena
 - 725 Forward Dr,
 Madison, WI

Got Questions?

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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 volleyball or adult basketball leagues. MSCR runs separate leagues for high school students in volleyball and basketball. Registration for high school leagues is done at each high school. MSCR runs separate leagues for MMSD high school students. Registration for high school leagues takes place at each high school. See page 11.

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 mscrsportsleagues.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 winter 7-week season and a new additional 5 week spring season.

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. Skip 1/19.

WINTER VOLLEYBALL

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

SPRING BASKETBALL

This is a quick 5-week season with 6 team leagues. Play begins after spring break and finishes in early May.

SPRING VOLLEYBALL

You asked for it and we listened! Offering a 5-week short season. Round robin play only. Play begins after spring break and finishes in early May. Just in time to head out to the sand leagues!

SUMMER SOFTBALL CELEBRATING 100 YEARS

The classic 10-week, double round robin leagues you remember start back up in early May and continue through August. All gender, men's and women's leagues are available. Games are played across Madison at city parks. Get the crew together and have some fun!

SUMMER KICKBALL

Have a great group of friends and softball is too intense? Hit the diamond and have some fun in that youthful classic of kickball. Leagues are all gender and play at Olbrich. Fun theme nights and music make the games social!

Age	Sport	Registration	Late Registration	Play
18+	Winter Basketball	11/3-1/30	12/1-12/7	1/5-2/27
18+	Winter Volleyball	11/3- 11/30	12/1-12/7	1/5-2/27
18+	Spring Basketball	2/2- 2/22	2/23- 3/2	3/30-4/30
18+	Spring Volleyball	2/2- 2/22	2/23- 3/2	3/30-4/30
16+	Summer Softball	3/9 - 3/29	3/30-4/ 5	Early May - August
18+	Summer Kickball	3/30 -4 /19	4/20-4/26	May - August

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.



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 January 19, 2026

Age	Location	Day	Date	Time	Fee	Course#
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BADMINTON

A lot of fun with great physical conditioning - this sport offers something for everyone. Birds are furnished.

18+	Memorial	M	1/5-3/16	7:30-9:30pm	\$40	45973
18+	Memorial	T	1/6-3/17	7:30-9:30pm	\$44	45974

BASKETBALL

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

18+	Marquette	T	1/6-3/10	7:15-9:15pm	\$40	45975
18+	Marquette	T	3/31-4/28	7:15-9:15pm	\$20	45976
18+	Toki	Th	1/8-3/12	7:15-9:15pm	\$40	45977
18+	Toki	Th	4/2-4/30	7:15-9:15pm	\$20	45978

BOCCE

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

18+	MSCR West	W	1/28-3/4	6:45-8:15pm	\$24	45979
18+	MSCR West	W	4/1-5/6	6:45-8:15pm	\$24	45980

PICKLEBALL BEGINNER

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

18+	O'Keeffe	M	1/5-2/9	7:15-9:15pm	\$35	45992
18+	O'Keeffe	M	2/16-3/16	7:15-9:15pm	\$35	45993
18+	MSCR West	M	1/5-2/9	7:30-9pm	\$35	45996
18+	MSCR West	M	2/16-3/16	7:30-9pm	\$35	45997
18+	MSCR West	M	3/30-5/4	7:30-9pm	\$42	45998
18+	O'Keeffe	W	1/7-2/11	7:15-9:15pm	\$35	45994
18+	O'Keeffe	W	2/18-3/18	7:15-9:15pm	\$35	45995

PICKLEBALL BEGINNER - INDOOR/OUTDOOR

Learn the basics of gameplay, rules, technique and basic strategy. By the end of the first 2 classes, you will be able to play a basic game. Refine your skills throughout the rest of the session with additional practice and coaching. The first 4 weeks are held indoors at O'Keeffe, 7:15-9:15pm while the last 4 weeks are held outdoors at Door Creek Park, 6-8pm.

18+	O'Keeffe	M	3/30-5/18	7:15-9:15pm	\$56	45999
18+	O'Keeffe	W	4/1-5/20	7:15-9:15pm	\$56	46000

FRIDAY NIGHT FEATURES

Age	Location	Day	Date	Time	Fee	Course#
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FRIDAY FUTSAL POWER HOUR

Join us for a soccer style fitness class to give you that boost of energy you need before the weekend. This short and sharp Futsal class goes through quick-stationed style technical work, to hit all the individual technical aspects of futsal. Following the Futsal station work, hop right in to scrimmage to end the class with some fast paced futsal action.

18+	MSCR West	F	2/6	7-8pm	\$5	46890
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BLANKET BEACH BALL VOLLEYBALL

A fun twist on traditional volleyball! Blanket Beachball Volleyball hides the action, makes every serve a surprise, and keeps the laughs coming. Can you score without seeing your opponent?

18+	MSCR West	F	3/13	6-7pm	\$2	46913
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Age	Location	Day	Date	Time	Fee	Course#
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PICKLEBALL ADVANCED BEGINNER

This is for players who have taken a beginner class and have some 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 court positioning during the serve, serve receive and general play. This builds on the skills developed to move you closer to becoming an intermediate player. This includes instruction, drills and periods of game play.

18+	Black Hawk	T	1/6-3/10	7:15-9:15pm	\$60	45988
18+	Black Hawk	Th	1/8-3/12	7:15-9:15pm	\$60	45989

PICKLEBALL ADVANCED BEGINNER - INDOOR/OUTDOOR

This class is appropriate for players who have taken a beginner class and have some 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 court positioning during the serve, serve receive and general play. This class builds on the skills developed to move you closer to becoming an intermediate level pickleball player. This includes instruction, drills and game play. The first 4 weeks of class are held indoors at O'Keeffe, 7:15 -9:15pm, while the last 4 weeks are at Door Creek Park 6-8 pm.

18+	O'Keeffe	T	3/31-5/19	7:15-9:15pm	\$48	45990
18+	O'Keeffe	Th	4/2-5/21	7:15-9:15pm	\$48	45991

PICKLEBALL - INTERMEDIATE

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.

18+	Memorial	M	1/5-3/16	7:15-9:15pm	\$50	46001
18+	O'Keeffe	T	1/6-3/10	7:15-9:15pm	\$50	46002
18+	Memorial	T	1/6-3/17	7:15-9:15pm	\$55	46003
18+	MSCR West	T	1/6-2/10	7:30-9pm	\$30	46005
18+	MSCR West	T	2/17-3/17	7:30-9pm	\$25	46006
18+	MSCR West	T	3/31-5/5	7:30-9pm	\$30	46007
18+	O'Keeffe	Th	1/8-3/12	7:30-9:30pm	\$50	46004

PICKLEBALL INTERMEDIATE - OUTDOOR

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

18+	Garner Park	M	3/30-5/18	6-8pm	\$40	46008
18+	Door Creek Park	T	3/31-5/19	6-8pm	\$40	46009
18+	Garner Park	T	3/31-5/19	6-8pm	\$40	46010
18+	Door Creek Park	W	4/1-5/20	6-8pm	\$40	46011
18+	Door Creek Park	Th	4/2-5/21	6-8pm	\$40	46012

PICKLEBALL INTERMEDIATE 50+

Want to play 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 for beginners.

50+	MSCR West	T	1/6-2/10	9:30-11:30am	\$30	45982
50+	MSCR West	T	2/17-3/17	9:30-11:30am	\$25	45983
50+	MSCR West	T	3/31-5/5	9:30-11:30am	\$30	45984
50+	MSCR West	Th	1/8-2/12	9:30-11:30am	\$30	45985
50+	MSCR West	Th	2/19-3/19	9:30-11:30am	\$25	45986
50+	MSCR West	Th	4/2-4/30	9:30-11:30am	\$30	45987

Age	Location	Day	Date	Time	Fee	Course#
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PICKLEBALL INTERMEDIATE OPEN PLAY

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

18+	MSCR West	M	1/5-2/9	1-3pm	\$25	46013
18+	MSCR West	M	2/16-3/16	1-3pm	\$25	46014
18+	MSCR West	M	3/30-5/4	1-3pm	\$30	46015
18+	MSCR West	T	1/6-2/10	1-3pm	\$30	46016
118+	MSCR West	T	2/17-3/17	1-3pm	\$25	46017
18+	MSCR West	T	3/31-5/5	1-3pm	\$30	46018
18+	MSCR West	Th	1/8-2/12	1-3pm	\$30	46019
18+	MSCR West	Th	2/19-3/19	1-3pm	\$25	46020
18+	MSCR West	Th	4/2-5/7	1-3pm	\$30	46021

VOLLEYBALL TECHNIQUES

Improve your skills and learn a team offense.

Beginner: Learn basic skills and court movement.

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

18+	East	W	1/7-3/11	7:15-9:15pm	\$40	46034
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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+	Stephens	M	1/5-3/9	7-9pm	\$40	46024
18+	Stephens	M	3/30-4/27	7-9pm	\$20	46025
18+	East	M	1/5-3/16	7:15-9:15pm	\$40	46026
18+	East	W	1/7-3/11	7:15-9:15pm	\$36	46027
18+	Whitehorse	Th	1/8-1/22	7:15-9:15pm	\$12	46028
18+	Whitehorse	Th	1/29-3/19	7:15-9:15pm	\$32	46764

Age	Location	Day	Date	Time	Fee	Course#
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VOLLEYBALL OPEN PLAY 50+

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

50+	MSCR West	F	1/30-3/6	12-2pm	\$24	46022
50+	MSCR West	F	4/3-5/8	12-2pm	\$24	46023

VOLLEYBALL POWER

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

18+	Marquette	W	1/7-3/11	7:15-9:15pm	\$40	46734
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VOLLEYBALL WOMEN'S POWER

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

18+	East	W	1/7-3/11	7:15-9:15pm	\$40	46035
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VOLLEYBALL RECREATION

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

18+	Crestwood	T	1/6-3/17	7-9pm	\$40	46030
18+	Crestwood	T	3/31-4/28	7-9pm	\$20	46031
18+	Cherokee	Th	1/8-3/12	7:15-9:15pm	\$40	46032
18+	Cherokee	Th	4/2-4/30	7:15-9:15pm	\$20	46033

JOIN OUR TEAM!

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



Afterschool
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Inclusion Services





Fitness

Age	Location	Day	Date	Time	Fee	Course#
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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	1/9-3/20	8:15-9am	\$50	45500
18+	MSCR East	F	4/3-6/5	8:15-9am	\$45	46699

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	1/7-3/18	6:30-7:15pm	\$45	45502
18+	MSCR Central	W	4/1-5/27	6:30-7:15pm	\$40	46745

BARRE SCULPT

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

18+	MSCR West	T	1/13-3/3	4:30-5:15pm	\$40	46628
18+	MSCR West	T	4/7-5/26	4:30-5:15pm	\$40	46632
18+	MSCR East	W	1/7-3/18	5:15-6pm	\$45	46627
18+	MSCR East	W	4/8-6/3	5:15-6pm	\$45	46631
18+	MSCR West	Th	1/15-3/19	5-6pm	\$50	45504
18+	MSCR West	Th	4/2-5/21	5-6pm	\$40	46630

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	1/7-3/18	6-6:45pm	\$55	45512
18+	MSCR West	W	4/1-6/3	6-6:45pm	\$50	46696

BOOTCAMP

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

18+	MSCR East	T	1/6-3/17	6-6:45pm	\$55	46611
18+	MSCR East	T	3/31-6/2	6-6:45pm	\$50	46778

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	1/8-3/19	6:30-7:15pm	\$55	46739
18+	MSCR East	Th	4/2-6/4	6:30-7:15pm	\$50	45516

Age	Location	Day	Date	Time	Fee	Course#
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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	1/6-3/17	5:30-6:15pm	\$55	45518
18+	MSCR East	T	3/31-6/2	5:30-6:15pm	\$50	46742
18+	Warner Park CRC	W	1/7-3/18	5-6pm	\$55	46740
18+	Warner Park CRC	W	4/1-6/3	5-6pm	\$50	46743
18+	MSCR West	Sa	1/10-3/14	9-10am	\$45	46741
18+	MSCR West	Sa	4/4-5/16	9-10am	\$35	46744

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.

18+	MSCR West	Sa	1/24-3/14	9:30-10:15am	\$40	46612
18+	MSCR West	Sa	4/4-5/16	9:30-10:15am	\$35	46779

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	1/10-3/14	9:30-10:15am	\$45	45524
18+	MSCR West	Sa	4/4-5/16	9:30-10:15am	\$35	46688

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	1/6-3/17	7:30-8:30am	\$55	46610
18+	MSCR Central	T	3/31-6/2	7:30-8:30am	\$50	46763

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	1/6-3/17	5:30-6:30pm	\$55	45528
18+	Warner Park CRC	T	3/31-6/2	5:30-6:30pm	\$50	46769

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	1/5-3/16	4:45-5:45pm	\$50	46839
18+	MSCR West	M	3/30-6/1	4:45-5:45pm	\$50	46840
18+	MSCR West	Sa	1/24-3/14	10:30-11:30am	\$40	45530
18+	MSCR West	Sa	4/4-5/16	10:30-11:30am	\$35	46613

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	1/5-3/16	7-8pm	\$50	45534
18+	Warner Park CRC	M	3/30-6/1	7-8pm	\$45	46750

HATHA YOGA II

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

18+	Warner Park CRC	M	1/5-3/16	5:30-6:45pm	\$50	45535
18+	Warner Park CRC	M	3/30-6/1	5:30-6:45pm	\$45	46751

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	1/5-3/16	6:45-7:30pm	\$50	46773
18+	MSCR West	M	3/30-6/1	6:45-7:30pm	\$45	46774
18+	MSCR West	Th	1/8-3/19	6:45-7:30pm	\$55	45538
18+	MSCR West	Th	4/2-6/4	6:45-7:30pm	\$50	46775

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.

BRING A FRIEND TO FITNESS WEEK**5/2/2026 - 5/8/2026**

Celebrate National Fitness Day (May 2) by sweating it out together! Participants can bring a friend or family member to join them in their regular scheduled class indoors or outdoors from May 2 - May 8.

Age	Location	Day	Date	Time	Fee	Course#
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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+	MSCR West	Th	1/8-3/19	4:45-5:30pm	\$55	45540
18+	MSCR West	Th	4/2-4/30	4:45-5:30pm	\$25	46622

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	1/7-3/18	5:30-6:30pm	\$55	45541
18+	MSCR East	W	4/1-4/29	5:30-6:30pm	\$25	46770

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	1/6-3/17	8:30-9:15am	\$45	45542
18+	Warner Park CRC	T	4/7-6/2	8:30-9:15am	\$45	46638

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	1/7-3/18	6-7:15pm	\$55	45544
18+	MSCR Central	W	4/1-6/3	6-7:15pm	\$50	46772

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	1/5-3/16	6-7:15pm	\$50	45547
18+	MSCR Central	M	3/30-6/1	6-7:15pm	\$45	46771

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	1/8-3/19	5:40-6:25pm	\$55	45548
18+	MSCR West	Th	4/2-4/30	5:40-6:25pm	\$25	46625

PRENATAL & POSTNATAL YOGA

A gentle yoga class designed to support your body and mind throughout pregnancy and after birth, encouraging relaxation, strength, and connection. Experience the journey alongside others in a welcoming and nurturing environment.

18+	MSCR Central	Th	1/8-2/12	8:15-9:15am	\$30	46675
18+	MSCR Central	Th	2/19-3/19	8:15-9:15am	\$25	46677
18+	MSCR Central	Th	4/2-4/30	8:15-9:15am	\$25	46679
18+	MSCR Central	Th	5/7-6/4	8:15-9:15am	\$25	46680
18+	MSCR West	Sa	1/10-3/14	10:30-11:30am	\$45	46678
18+	MSCR West	Sa	4/4-5/16	10:30-11:30am	\$35	46681

Age	Location	Day	Date	Time	Fee	Course#
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	1/5-3/16	5:45-6:30pm	\$50	46705
18+	MSCR West	M	3/30-6/1	5:45-6:30pm	\$45	46732
18+	MSCR East	Th	1/8-3/19	5-5:45pm	\$55	45551
18+	MSCR East	Th	4/2-6/4	5-5:45pm	\$50	46728
18+	MSCR West	Th	1/8-3/19	5:45-6:30pm	\$55	46703
18+	MSCR West	Th	4/2-6/4	5:45-6:30pm	\$50	46730
18+	MSCR West	Sa	1/10-3/14	8:30-9:15am	\$45	46704
18+	MSCR West	Sa	4/4-5/16	8:30-9:15am	\$35	46731

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	1/5-3/16	4-4:45pm	\$50	45562
18+	MSCR East	M	3/30-6/1	4-4:45pm	\$45	46776
18+	MSCR East	M	1/5-3/16	5-5:45pm	\$50	46609
18+	MSCR East	M	3/30-6/1	5-5:45pm	\$45	46777
18+	MSCR West	W	1/21-3/11	4:45-5:30pm	\$40	46841
18+	MSCR West	W	4/8-5/27	4:45-5:30pm	\$40	46842

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	1/5-3/16	5-5:45pm	\$65	45566
18+	MSCR East	M	3/30-6/1	5-5:45pm	\$59	46768

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	1/5-3/16	12:12-4:5pm	\$50	46665
18+	Warner Park CRC	M	3/30-6/1	12:12-4:5pm	\$45	46669
18+	MSCR Central	T	1/6-3/17	3:45-4:30pm	\$55	45570
18+	MSCR Central	T	3/31-6/2	3:45-4:30pm	\$50	46667
18+	MSCR East	Th	1/8-3/19	4-4:45pm	\$55	46664
18+	MSCR East	Th	4/2-6/4	4-4:45pm	\$50	46668
18+	MSCR East	Sa	4/4-5/9	10:30-11:15am	\$30	46666



MERRY & MOTIVATED!

FIT FOR THE HOLIDAYS

December 13 - January 2, 2025

In-Person December 13-19

Virtual December 13 - January 2

Go to mscr.org to view the schedule

UNLIMITED CLASSES



ONLY \$35! USE #45103 TO REGISTER AT MSCR.ORG

Age	Location	Day	Date	Time	Fee	Course#
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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	1/6-3/17	5:45-6:30pm	\$55	46733
18+	MSCR West	T	3/31-6/2	5:45-6:30pm	\$50	46738
18+	MSCR East	W	4/1-6/3	6:30-7:30pm	\$50	46736
18+	MSCR East	F	1/9-3/20	9:15-10am	\$50	45576

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	3/31-6/2	4:15-5pm	\$50	46780
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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	1/5-3/16	6-6:45pm	\$50	46642
18+	MSCR East	M	3/30-6/1	6-6:45pm	\$45	46648
18+	MSCR Central	T	1/6-3/17	6:30-7:15pm	\$55	45590
18+	MSCR Central	T	3/31-6/2	6:30-7:15pm	\$50	46645
18+	MSCR Central	W	1/7-3/18	5:30-6:15pm	\$45	46641
18+	MSCR Central	W	4/1-5/27	5:30-6:15pm	\$40	46647
18+	MSCR West	Th	1/8-3/19	6:45-7:30pm	\$55	46644
18+	MSCR West	Th	4/2-6/4	6:45-7:30pm	\$40	46655

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 West	M	1/5-3/16	6-7pm	\$50	46643
18+	MSCR West	M	3/30-6/1	6-7pm	\$35	46650
18+	MSCR East	W	1/7-3/18	6:30-7:20pm	\$55	46640
18+	MSCR East	W	4/1-6/3	6:30-7:20pm	\$50	46646



Look for Youth Fitness on page 20
Family Fitness on page 33

Age	Location	Day	Date	Time	Fee	Course#
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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	1/8-3/19	6:45-7:45pm	\$55	46618
18+	MSCR East	Th	4/2-6/4	6:45-7:45pm	\$50	46619

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	1/6-3/17	5:30-6:15pm	\$55	45593
18+	MSCR Central	T	3/31-6/2	5:30-6:15pm	\$50	46672
18+	MSCR Central	Th	1/8-3/19	7:15-8am	\$55	46670
18+	MSCR Central	Th	4/2-6/4	7:15-8am	\$50	46673
18+	MSCR West	Sa	1/10-3/14	8:30-9:15am	\$45	46671
18+	MSCR West	Sa	4/4-5/16	8:30-9:15am	\$35	46674

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	1/5-3/16	6:30-7:30pm	\$50	45599
18+	MSCR Central	M	3/30-6/1	6:30-7:30pm	\$45	46692
18+	MSCR West	T	1/6-3/17	7:15-8:15pm	\$55	46689
18+	MSCR West	T	3/31-6/2	7:15-8:15pm	\$50	46693
18+	MSCR East	Th	1/8-3/19	5:30-6:30pm	\$55	46690
18+	MSCR East	Th	4/2-6/4	5:30-6:30pm	\$50	46694
18+	MSCR East	Sa	1/10-3/14	8:30-9:30am	\$45	46691
18+	MSCR East	Sa	4/4-5/16	8:30-9:30am	\$35	46695

YOGA FOR THE SOUL

Slow down and reconnect with yourself through gentle yoga, calming meditation, and reflective journaling. This uplifting practice is designed to restore balance, spark self-discovery, and leave you feeling grounded and renewed. All levels welcome!

18+	MSCR West	T	1/13-3/10	5:45-6:45pm	\$45	46621
18+	MSCR West	T	3/31-5/19	5:45-6:45pm	\$40	46620

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	1/8-3/19	6-6:45pm	\$55	45605
18+	MSCR Central	Th	4/2-6/4	6-6:45pm	\$50	46697

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





OUTDOOR

Age Location Day Date Time Fee Course#

BICYCLING - HAPPY TRAILS

Discover Madison area long distance trails with friends. Class meets at various area paved and gravel trails for an out and back 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+ Varies F 4/3-5/1 10-12pm \$25 46965

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 4/27-6/1 5-6pm \$25 46614

Age Location Day Date Time Fee Course#

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 5/5-6/2 4:45-5:30pm \$25 46624

18+ Garner Park Th 5/7-6/4 4:45-5:30pm \$25 46623

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 5/6-6/3 5:30-6:30pm \$25 45610

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 5/7-6/4 5:40-6:25pm \$25 46626

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 5/5-6/2 5:40-6:25pm \$25 46708

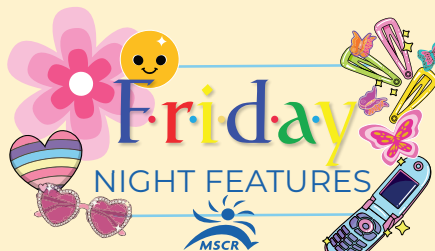
18+ Acewood Park F 4/3-6/5 9:30-10:15am \$45 46709



Check out Adult Arts & Enrichment on pages 38-45



JANUARY: 1990s



FEBRUARY: 2000s



MARCH: THE BEACH



Age Location Day Date Time Fee Course#

'90s PURE STRENGTH

Build strength, add definition and burn body fat while jamming out to all your favorite '90s throwbacks. From weight training to full-body toning, no muscle gets left behind. Get ready for killer lifts, nostalgic beats, and a sweat session that feels more like a throwback party than a workout.

18+ MSCR West F 1/9 5-5:45pm \$5 46879

18+ MSCR East F 1/16 5-5:45pm \$5 46883

PARTNER YOGA

Double the fun, double the moves! Partner Yoga mixes interactive poses, balance challenges, and shared laughs for a mindful practice with a friend or spouse. Registration is required for each participant.

18+ MSCR West F 2/6 5:30-6:30pm \$5 46892

18+ MSCR East F 2/13 5:30-6:30pm \$5 46899

BARRE & BLOOMS

Tone and sculpt your body with a full-body barre workout, then let your creativity bloom by designing a gorgeous flower bouquet to take home with you. A perfect mix of sweat, laughter, and blooms!

18+ MSCR East F 3/6 5-6:15pm \$15 46921

18+ MSCR West F 3/13 5-6:15pm \$15 46916

VIRTUAL

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.

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	M	1/5-3/16	8:15-9am	\$50	45614
14+	Virtual	M	3/30-6/1	8:15-9am	\$45	46700
14+	Virtual	F	1/9-3/20	8:15-9am	\$50	46698
14+	Virtual	F	4/3-6/5	8:15-9am	\$45	46701

BARRE SCULPT

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	T	1/6-3/17	12:15-1pm	\$55	45618
14+	Virtual	T	3/31-6/2	12:15-1pm	\$45	46633
14+	Virtual	W	1/7-3/18	7:45am	\$55	46629
14+	Virtual	W	4/1-6/3	7:45am	\$45	46634

GENTLE YOGA

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	Th	1/8-3/12	5:30-6:30pm	\$50	45622
14+	Virtual	Th	4/2-6/4	5:30-6:30pm	\$50	46659

HATHA YOGA II

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	Th	1/8-3/19	5-6:15pm	\$55	45624
14+	Virtual	Th	4/2-6/4	5-6:15pm	\$45	46752

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.

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	T	1/6-3/17	6-6:45pm	\$45	45626
14+	Virtual	T	4/7-6/2	6-6:45pm	\$45	46639



Look for Day Trips on page 36



LUNCH CRUNCH - VIRTUAL

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.

Join two different ways: commit to the full session with one payment, or drop in when it works for you and pay per class.

PURE STRENGTH

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	M	1/5-3/16	7-7:45am	\$50	46702
14+	Virtual	M	3/30-6/1	7-7:45am	\$40	46707
14+	Virtual	Th	1/8-3/19	5-5:45pm	\$50	45628
14+	Virtual	Th	4/2-6/4	5-5:45pm	\$45	46706

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.

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	W	1/7-3/18	11-11:45am	\$50	46735
14+	Virtual	W	4/1-6/3	11-11:45am	\$50	46737

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.

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	M	1/5-3/16	6-6:45pm	\$50	45637
14+	Virtual	M	3/30-6/1	6-6:45pm	\$45	46649

YIN YOGA

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	T	1/6-3/17	7-8pm	\$55	45639
14+	Virtual	T	3/31-6/2	7-8pm	\$50	46616
14+	Virtual	Sa	1/10-3/14	10:15-11:15am	\$45	46615
14+	Virtual	Sa	4/4-5/16	10:15-11:15am	\$35	46617

YOGA FOR PICKLEBALL INJURY PREVENTION

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.

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	W	1/7-3/18	12:15-1pm	\$55	46766
14+	Virtual	W	4/1-6/3	12:15-1pm	\$45	46767

YOGA SCULPT

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	T	1/6-3/17	7-7:45am	\$55	45642
14+	Virtual	T	3/31-6/2	7-7:45am	\$45	46753

BUTTS & GUTS

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	T	1/6-3/17	11:30-12pm	\$55	46755
14+	Virtual	T	3/31-6/2	11:30-12pm	\$45	46759

BUTTS & GUTS - DROP IN

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	T	1/6-3/17	11:30-12pm	\$5	46756
14+	Virtual	T	3/31-6/2	11:30-12pm	\$5	46758

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.

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	W	1/7-3/18	11:30-12pm	\$55	46760
14+	Virtual	W	4/1-6/3	11:30-12pm	\$45	46765

FLEX & FLOW - DROP IN

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

Age	Location	Day	Date	Time	Fee	Course#
14+	Virtual	W	1/7-3/18	11:30-12pm	\$5	46761
14+	Virtual	W	4/1-6/3	11:30-12pm	\$5	46762



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	1/20-3/17	3:15-4:15pm	\$48	45665
50+	Lapham	T	3/31-5/19	3:15-4:15pm	\$42	45668
50+	Capitol Lakes	W	1/21-3/18	2-3pm	\$52	45666
50+	Capitol Lakes	W	4/1-5/20	2-3pm	\$46	45669
50+	Lapham	Th	1/22-3/19	3:15-4:15pm	\$48	45667
50+	Lapham	Th	4/2-5/21	3:15-4:15pm	\$42	45670

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. More deep water classes available in the Aquatics section of the program guide.

50+	Capitol Lakes	M	1/26-3/16	5:30-6:30pm	\$46	45671
50+	Capitol Lakes	M	3/30-5/18	5:30-6:30pm	\$46	45674
50+	Capitol Lakes	T	1/20-3/17	2:30-3:30pm	\$52	45672
50+	Capitol Lakes	T	3/31-5/19	2:30-3:30pm	\$46	45675
50+	Capitol Lakes	W	1/21-3/18	3:15-4:15pm	\$52	45673
50+	Capitol Lakes	W	4/1-5/20	3:15-4:15pm	\$46	45676

AQUA EXERCISE SHALLOW WATER

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

50+	Capitol Lakes	M	1/26-3/16	3-4pm	\$46	45677
50+	Capitol Lakes	M	3/30-5/18	3-4pm	\$46	45679
50+	Capitol Lakes	Th	1/22-3/19	2-3pm	\$52	45678
50+	Capitol Lakes	Th	4/2-5/21	2-3pm	\$46	45680

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+	Lapham	M	1/26-3/16	2-3pm	\$42	45681
50+	Lapham	M	3/30-5/18	2-3pm	\$42	45687
50+	Lapham	M	1/26-3/16	3:15-4:15pm	\$42	45682
50+	Lapham	M	3/30-5/18	3:15-4:15pm	\$42	45688
50+	Capitol Lakes	M	1/26-3/16	4:15-5:15pm	\$46	45683
50+	Capitol Lakes	M	3/30-5/18	4:15-5:15pm	\$46	45689
50+	Capitol Lakes	T	1/20-3/17	3:45-4:45pm	\$52	45684
50+	Capitol Lakes	T	3/31-5/19	3:45-4:45pm	\$46	45690
50+	Lapham	W	1/21-3/18	3:15-4:15pm	\$48	45685
50+	Lapham	W	4/1-5/20	3:15-4:15pm	\$42	45691
50+	Capitol Lakes	Th	1/22-3/19	3:15-4:15pm	\$52	45686
50+	Capitol Lakes	Th	4/2-5/21	3:15-4:15pm	\$46	45692

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.

50+	MSCR East	T	1/6-3/17	11:15am-12pm	\$36	45693
50+	MSCR East	T	3/31-6/2	11:15am-12pm	\$33	45694

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	1/5-3/16	9-10am	\$43	46954
50+	MSCR West	M	3/30-6/1	9-10am	\$39	46955
50+	MSCR East	M	1/5-3/16	10:45-11:30am	\$33	45814
50+	MSCR East	M	3/30-6/1	10:45-11:30am	\$29	45815
50+	MSCR West	M	1/5-3/16	12:15-1:15pm	\$43	45700
50+	MSCR West	M	3/30-6/1	12:15-1:15pm	\$39	45699
50+	Warner Park CRC	T	1/6-3/17	11:30am-12:30pm	\$48	45756
50+	Warner Park CRC	T	3/31-6/2	11:30am-12:30pm	\$43	45757
50+	MSCR Central	W	1/7-3/18	7:30-8:15am	\$36	45697
50+	MSCR Central	W	4/1-6/3	7:30-8:15am	\$33	45701
50+	MSCR West	W	1/7-3/18	11:15am-12:15pm	\$48	45695
50+	MSCR West	W	4/1-6/3	11:15am-12:15pm	\$43	45696
50+	MSCR Central	Th	1/15-3/19	10-11am	\$43	45698
50+	MSCR Central	Th	4/2-6/4	10-11am	\$43	45702

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	1/7-3/18	10:45-11:45am	\$48	45703
50+	MSCR East	W	4/1-6/3	10:45-11:45am	\$39	46848

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	1/9-3/20	9-10am	\$48	45706
50+	MSCR East	F	4/3-6/5	9-10am	\$43	45707

BRAIN & BODY FITNESS

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

50+	MSCR West	F	1/23-2/13	12:15pm	\$0	46960
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BRAIN HEALTH & MIND-BODY INTEGRATION

Support brain health with gentle movement, sensory brain games and mindfulness-based activities that encourage mind-body awareness. A licensed occupational therapist leads this welcoming class to all abilities as well as those who have experienced a brain injury such as a stroke or TBI.

50+	MSCR Central	Sa	4/4-6/6	9:30-10:30am	\$43	45823
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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	1/5-3/16	10:45-11:45am	\$43	45716
50+	MSCR East	M	3/30-6/1	10:45-11:45am	\$39	45719
50+	MSCR East	F	1/9-3/20	10:45-11:45am	\$48	45718
50+	MSCR East	F	4/3-6/5	10:45-11:45am	\$43	45720
50+	MSCR Central	F	1/16-3/20	12:15-1:15pm	\$43	45717
50+	MSCR Central	F	4/3-6/5	12:15-1:15pm	\$43	45721

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.

Register at MSCR.ORG or use form on page 65

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	1/5-3/16	11:45am-12:45pm	\$43	45730
50+	MSCR West	M	3/30-6/1	11:45am-12:45pm	\$39	45724
50+	MSCR Central	M	1/5-3/16	12:30-1:30pm	\$43	45725
50+	MSCR Central	M	3/30-6/1	12:30-1:30pm	\$39	45728
50+	MSCR East	W	1/7-3/18	9:30-10:30am	\$48	45726
50+	MSCR East	W	4/1-6/3	9:30-10:30am	\$43	45729
50+	MSCR West	Th	1/8-3/19	11:35am-12:35pm	\$48	45731
50+	MSCR West	Th	4/2-6/4	11:35am-12:35pm	\$43	45727

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	1/13-3/17	11:30am-12:30pm	\$43	45733
50+	MSCR West	T	3/31-6/2	11:30am-12:30pm	\$43	45732
50+	MSCR Central	Th	1/15-3/19	11:15am-12:15pm	\$43	45722
50+	MSCR Central	Th	4/2-6/4	11:15am-12:15pm	\$43	45723

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	1/6-3/17	10:15-11:15am	\$48	45734
50+	Warner Park CRC	T	3/31-6/2	10:15-11:15am	\$43	45735
50+	MSCR East	T	1/6-3/17	1:15-2pm	\$36	45736
50+	MSCR East	T	3/31-6/2	1:15-2pm	\$33	45743
50+	MSCR West	W	1/7-3/18	10:15-11am	\$36	45737
50+	MSCR West	W	4/1-6/3	10:15-11am	\$33	45738
50+	MSCR West	Th	1/8-3/19	9:30-10:30am	\$48	45739
50+	MSCR West	Th	4/2-6/4	9:30-10:30am	\$43	45740
50+	Warner Park CRC	F	1/9-3/20	12:30-1:30pm	\$48	45741
50+	Warner Park CRC	F	4/3-6/5	12:30-1:30pm	\$43	45742

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	1/9-3/20	12-1pm	\$48	45746
50+	MSCR West	F	4/3-6/5	12-1pm	\$43	45747

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. You move through timed stations using a variety of equipment all at your own pace for a fun and challenging workout.

50+	MSCR East	M	1/5-3/16	9:30-10:30am	\$43	45750
50+	MSCR East	M	3/30-6/1	9:30-10:30am	\$39	45752
50+	MSCR Central	W	1/7-3/18	12:30-1:20pm	\$48	45797
50+	MSCR Central	W	4/1-6/3	12:30-1:20pm	\$43	45798
50+	MSCR East	F	1/9-3/20	1:45-2:45pm	\$48	45751
50+	MSCR East	F	4/3-6/5	1:45-2:45pm	\$43	45753

FALLKOUR: PARKOUR MEETS THE ART OF FALLING

Take your movement skills to the next level with Fallkour - a 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. In this class, we roll, land and flow with confidence - learning how to move smarter, fall safer and have a blast.

50+	Mad Circus Space M	1/5-2/9	9:30-10:30am	\$38	45821
50+	Mad Circus Space M	3/30-4/27	9:30-10:30am	\$38	45964

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+	MSCR West	M	1/5-3/16	9:30-10:30am	\$43	45766
50+	MSCR West	M	3/30-6/1	9:30-10:30am	\$39	45767
50+	MSCR West	M	1/5-3/16	10:45-11:45am	\$43	45768
50+	MSCR West	M	3/30-6/1	10:45-11:45am	\$39	45769
50+	MSCR West	M	1/5-3/16	11am-12pm	\$43	46956
50+	MSCR West	M	3/30-6/1	11am-12pm	\$39	46957
50+	Warner Park CRC	M	1/5-3/16	9-10am	\$43	45762
50+	Warner Park CRC	M	3/30-6/1	9-10am	\$39	45763
50+	MSCR West	T	1/6-3/17	1:30-2:30pm	\$48	45770
50+	MSCR West	T	3/31-6/2	1:30-2:30pm	\$43	45771
50+	MSCR West	T	1/13-3/17	2:25-5pm	\$43	45772
50+	MSCR West	T	3/31-5/26	2:25-5pm	\$39	45773
50+	MSCR West	T	1/13-3/17	3-3:50pm	\$43	45774
50+	MSCR West	T	3/31-5/26	3-3:50pm	\$39	45775
50+	MSCR Central	W	1/7-3/18	8:30-9:20am	\$48	45776
50+	MSCR Central	W	4/1-6/3	8:30-9:20am	\$43	45777
50+	MSCR Central	W	1/7-3/18	9:30-10:20am	\$48	45778
50+	MSCR Central	W	4/1-6/3	9:30-10:20am	\$43	45779
50+	MSCR Central	W	1/7-3/18	10:30-11:20am	\$48	45780
50+	MSCR Central	W	4/1-6/3	10:30-11:20am	\$43	45781
50+	MSCR Central	W	1/7-3/18	11:30am-12:20pm	\$48	45782
50+	MSCR Central	W	4/1-6/3	11:30am-12:20pm	\$43	45783
50+	MSCR West	W	1/7-3/18	5:30-6:30pm	\$48	45796
50+	MSCR West	W	4/1-6/3	5:30-6:30pm	\$39	45799
50+	Warner Park CRC	W	1/7-3/18	9-10am	\$48	45764
50+	Warner Park CRC	W	4/1-6/3	9-10am	\$43	45765
50+	MSCR East	Th	1/8-3/19	9-10am	\$48	45784
50+	MSCR East	Th	4/2-6/4	9-10am	\$43	45785
50+	MSCR East	Th	1/8-3/19	10:15-11:15am	\$48	45786
50+	MSCR East	Th	4/2-6/4	10:15-11:15am	\$43	45787
50+	MSCR West	Th	1/15-3/19	2:25-5pm	\$43	45790
50+	MSCR West	Th	4/2-5/28	2:25-5pm	\$39	45789
50+	MSCR West	Th	1/15-3/19	3-3:50pm	\$43	45788
50+	MSCR West	Th	4/2-5/28	3-3:50pm	\$39	45791
50+	MSCR West	F	1/9-3/20	9:30-10:30am	\$48	45792
50+	MSCR West	F	4/3-6/5	9:30-10:30am	\$43	45793
50+	MSCR West	F	1/9-3/20	10:45-11:45am	\$48	45794
50+	MSCR West	F	4/3-6/5	10:45-11:45am	\$43	45795

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	1/5-3/16	10:15-11:15am	\$43	45813
50+	MSCR West	M	3/30-6/1	10:15-11:15am	\$39	45804
50+	MSCR East	T	1/6-3/17	10-11am	\$48	45805
50+	MSCR East	T	3/31-6/2	10-11am	\$43	45806
50+	MSCR West	T	1/6-3/17	11am-12pm	\$48	45807
50+	MSCR West	T	3/31-6/2	11am-12pm	\$43	45808
50+	MSCR West	Th	1/8-3/19	11am-12pm	\$48	45809
50+	MSCR West	Th	4/2-6/4	11am-12pm	\$43	45810
50+	MSCR West	F	1/9-3/20	10:20-11:20am	\$48	45811
50+	MSCR West	F	4/3-6/5	10:20-11:20am	\$43	45812

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	1/8-3/19	12-1pm	\$48	45714
50+	MSCR East	Th	4/2-6/4	12-1pm	\$43	46849

Age Location Day Date Time Fee Course#

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 1/9-3/20 10:30-11:45am \$48 45817

50+ Warner Park CRC F 4/3-6/5 10:30-11:45am \$43 45816

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 - because motion is lotion.

50+ Warner Park CRC W 1/7-3/18 10:30-11:45am \$48 45818

50+ Warner Park CRC W 4/1-6/3 10:30-11:45am \$43 45819

PARKOUR FOR SENIORS

Move through your world with confidence, joy and creativity! This class helps build balance and coordination, improve flexibility and discover new ways your body can move. Explore a variety of options including floor work that supports falls prevention and makes everyday activities feel easier and safer. Open to all fitness levels, instructors provide options so everyone is comfortable.

50+ Mad Circus Space T 1/6-3/17 9:30am-11am \$83 45820

PARKOUR FOR SENIORS: GETTING STARTED

Move with confidence in a supportive, beginner-friendly setting! This class introduces balance, coordination, flexibility and playful exploration - all with no floor work. Through fun, play-based exploration, practice confidence-building skills that help prevent falls, improve coordination and expand your movement options for daily life. Feeling timid about movement? This class is for you - open to all fitness levels, with instructor variations to meet your needs.

50+ MSCR West W 1/7-2/4 9:15-10:15am \$22 46969

50+ MSCR West W 5/6-6/3 9:15-10:15am \$22 46970

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 1/5-3/16 12:30-1:30pm \$43 45825

50+ MSCR West M 3/30-6/1 12:30-1:30pm \$39 45824

50+ MSCR East W 1/7-3/18 8:15-9:15am \$43 45826

50+ MSCR East W 4/8-6/3 8:15-9:15am \$39 45827

50+ MSCR West Th 1/8-3/19 2:30-3:30pm \$48 45829

50+ MSCR West Th 4/2-6/4 2:30-3:30pm \$43 45831

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 1/5-3/16 8:30-9:15am \$33 45832

50+ MSCR East M 3/30-6/1 8:30-9:15am \$29 45833

50+ MSCR East T 1/6-3/17 12:15-1pm \$36 45834

50+ MSCR East T 3/31-6/2 12:15-1pm \$33 45835

50+ Warner Park CRC W 1/7-3/18 10:15-11am \$36 45839

50+ Warner Park CRC W 4/1-6/3 10:15-11am \$33 45836

50+ Warner Park CRC Th 1/8-3/19 10:30-11:15am \$36 45837

50+ Warner Park CRC Th 4/2-6/4 10:30-11:15am \$33 45838

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 1/6-3/17 11:45am-12:35pm \$48 45849

50+ MSCR East T 3/31-6/2 11:45am-12:35pm \$43 45850

Age Location Day Date Time Fee Course#

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 1/13-3/17 1:15-5pm \$43 45851

50+ MSCR West T 3/31-5/26 1:15-5pm \$39 45852

50+ MSCR West W 1/7-3/18 9-10am \$48 45853

50+ MSCR West W 4/1-6/3 9-10am \$43 45854

50+ MSCR West Th 1/15-3/19 1:15-5pm \$43 45855

50+ MSCR West Th 4/2-5/28 1:15-5pm \$39 45856

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 1/5-3/16 4-4:45pm \$55 45861

50+ MSCR East M 3/30-6/1 4-4:45pm \$49 45862

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 1/7-3/18 11am-12pm \$48 45868

50+ MSCR East W 4/1-6/3 11am-12pm \$43 45869

50+ MSCR Central F 1/16-3/20 11am-12pm \$43 45866

50+ MSCR Central F 4/3-6/5 11am-12pm \$43 45867

50+ MSCR East F 1/9-3/20 12:30-1:30pm \$48 45870

50+ MSCR East F 4/3-6/5 12:30-1:30pm \$43 45871

STRETCH & STRENGTH

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

50+ MSCR West T 1/6-4/7 8:30-9:30am \$56 45876

50+ MSCR West W 1/7-3/18 10:30-11:30am \$43 45878

50+ MSCR West W 4/8-6/3 10:30-11:30am \$39 45879

50+ MSCR East W 1/7-3/18 12:12-45pm \$36 45708

50+ MSCR East W 4/1-6/3 12:12-45pm \$33 45709

50+ MSCR West Th 1/8-3/19 8:15-9:15am \$48 45874

50+ MSCR West Th 4/2-6/4 8:15-9:15am \$43 45875

50+ Warner Park CRC M 1/5-3/16 11-11:45am \$33 45840

50+ Warner Park CRC M 3/30-6/1 11-11:45am \$29 45841

50+ Warner Park CRC W 1/7-3/18 9-9:45am \$36 45877

50+ Warner Park CRC W 4/1-6/3 9-9:45am \$33 45880

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 1/7-3/18 12:30-1:20pm \$48 45923

50+ MSCR West W 4/1-6/3 12:30-1:20pm \$43 45924

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 1/6-3/17 8:45am-9:45am \$48 45918

50+ MSCR East T 3/31-6/2 8:45am-9:45am \$43 45919

50+ MSCR East Th 1/8-3/19 12-1pm \$48 45920

50+ MSCR East Th 4/2-6/4 12-1pm \$43 45917

50+ MSCR West Th 1/8-3/19 1:45-2:35pm \$48 45921

50+ MSCR West Th 4/2-6/4 1:45-2:35pm \$43 45922

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.

Age Location Day Date Time Fee Course#

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	1/5-3/16	10:45-11:30am	\$33	45846
50+	MSCR Central	M	3/30-6/1	10:45-11:30am	\$29	45847

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+	MSCR Central	F	1/9-3/20	10:30-11:30am	\$48	45900
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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, with completion of Tai Chi Continuing &/or Refinement as a prerequisite.

50+	MSCR Central	T	1/6-3/17	2:30-3pm	\$71	45885
50+	MSCR Central	T	3/31-6/2	2:30-3pm	\$65	45886

TAI CHI FOR ARTHRITIS & FALL PREVENTION - PART 1

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.

50+	MSCR West	T	1/6-3/17	9:30-10:30am	\$48	45892
50+	MSCR West	T	3/31-6/2	9:30-10:30am	\$43	46959
50+	MSCR East	W	1/7-3/18	9:30-10:30am	\$48	45893
50+	MSCR East	W	4/1-6/3	9:30-10:30am	\$39	45894

TAI CHI FOR ARTHRITIS & FALL PREVENTION - 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.

50+	MSCR West	Th	1/8-3/19	9:30-10:30am	\$48	45891
50+	MSCR West	Th	4/2-6/4	9:30-10:30am	\$43	46958

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	1/7-3/18	3-4pm	\$48	45908
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GETTING STARTED	BUILDING SKILLS	DEEPENING RACTICE
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		

Age Location Day Date Time Fee Course#

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	1/8-3/19	11am-12pm	\$48	45889
50+	MSCR West	Th	4/2-6/4	11am-12pm	\$43	45890
50+	MSCR East	Th	1/8-3/19	12:15-1:15pm	\$48	45898
50+	MSCR East	Th	4/2-6/4	12:15-1:15pm	\$43	45899

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 Central	M	1/5-3/16	9:30-10:30am	\$43	45895
50+	MSCR Central	M	3/30-6/1	9:30-10:30am	\$39	45896
50+	MSCR West	T	1/6-3/17	11am-12pm	\$48	45888
50+	MSCR West	T	3/31-6/2	11am-12pm	\$43	45887
50+	MSCR East	Th	1/8-3/19	2:45-3:45pm	\$48	45903
50+	MSCR East	Th	4/2-6/4	2:45-3:45pm	\$43	45904

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	1/5-3/16	9:30-10:30am	\$43	45910
50+	MSCR Central	T	1/6-3/17	12:45-1:45pm	\$48	45906
50+	MSCR Central	T	3/31-6/2	12:45-1:45pm	\$43	45907
50+	MSCR West	W	1/7-3/18	9:30-10:30am	\$48	45912
50+	Warner Park CRC	W	1/7-3/18	1-2pm	\$48	45897
50+	Warner Park CRC	W	4/1-6/3	1-2pm	\$43	45901
50+	MSCR East	Th	1/8-3/19	1:30-2:30pm	\$48	45828
50+	MSCR East	Th	4/2-6/4	1:30-2:30pm	\$43	45830
50+	MSCR Central	F	1/9-3/20	1-2pm	\$48	45905

TAI CHI YANG STYLE LONG FORM

Introduction to the Yang Family Long Form consisting of 108 postures divided into three sets. The extended class duration (1.5 hour) provides time to refine form technique, explore related aspects of qigong and Tui Shou (push hands). Class requires balance, coordination, a grasp of tai chi fundamentals and knowledge of the 24 forms. Completion of Tai Chi Continuing is a prerequisite.

50+	MSCR West	F	1/9-3/20	9:30-11am	\$71	45911
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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.



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	1/16-3/20	10-10:45am	\$33	45929
50+	MSCR Central	F	4/3-6/5	10-10:45am	\$33	45930

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	1/8-3/19	1-2pm	\$48	45931
50+	MSCR West	Th	4/2-6/4	1-2pm	\$43	45932
50+	MSCR West	F	1/9-3/20	9-10am	\$43	45933
50+	MSCR West	F	4/3-6/5	9-10am	\$39	45934

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	1/5-3/16	10:30-11:15am	\$29	45938
50+	MSCR East	M	4/6-6/1	10:30-11:15am	\$26	45939
50+	MSCR East	T	1/6-3/17	3-4pm	\$48	45940
50+	MSCR East	T	3/31-6/2	3-4pm	\$43	45941

Age Location Day Date Time Fee Course#

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	1/6-3/17	10:15-11:15am	\$48	45946
50+	MSCR West	T	3/31-6/2	10:15-11:15am	\$39	45943
50+	MSCR West	Th	1/8-3/19	10:15-11:15am	\$48	45944
50+	MSCR West	Th	4/2-6/4	10:15-11:15am	\$39	45945

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	1/6-3/17	8:45-10am	\$59	45949
50+	MSCR West	T	3/31-6/2	8:45-10am	\$49	45950
50+	MSCR West	Th	1/8-3/19	8:45-10am	\$59	45951
50+	MSCR West	Th	4/2-6/4	8:45-10am	\$49	45952

YOGA FLOW

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

50+	MSCR East	Th	1/8-3/19	10:30-11:30am	\$48	45955
50+	MSCR East	Th	4/2-6/4	10:30-11:30am	\$43	45956

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



Outdoor

Age Location Day Date Time Fee Course#

NORDIC POLE WALKING

Looking to add something new to your walk - try Nordic Poling! This class is for individuals wanting to practice their Nordic Poling skills while focusing on form and technique. Nordic poling combines the benefits of cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core, and legs. Poles are provided. Meets every other week. 4/22, 5/6 & 5/20.

50+	Lake Farm Park	W	4/22-5/20	9:30-10:30am	\$13	45927
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NORDIC POLE WALKING - WORKSHOP

Looking to add something new to your walk - try Nordic Poling! This workshop is for individuals new to Nordic Poling and/or interested in learning the proper form and technique while walking with poles. Nordic poling combines the benefits of cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core, and legs. Poles are provided.

50+	Warner Park	Th	4/30	10:15-11:15am	\$5	46961
50+	Lake Farm Park	Th	5/14	10-11am	\$5	46962

PARKOUR FOR SENIORS

Move through your world with confidence, joy and creativity! This class helps you build balance and coordination, improve flexibility and discover new ways your body can move. Explore a variety of movement options including floor work that supports fall prevention and makes everyday activities feel easier and safer. Open to all fitness levels - our instructors provide options so everyone can participate comfortably.

50+	MSCR Central	T	3/31-6/2	9:30-11am	\$75	45822
50+	Warner Park	Th	4/2-6/4	9-10:30am	\$75	46971

SNOWSHOEING

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

50+	MSCR Central	T	1/27	10am-12pm	\$10	45864
50+	MSCR Central	W	2/18	10am-12pm	\$10	45865
50+	Warner Park	Th	2/5	1-3pm	\$10	45863

STRETCH & STRENGTH

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

50+	Rennebohm Park	T	4/14-6/2	8:30-9:30am	\$35	45881
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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	4/3-6/5	10:30-11:30am	\$43	45848
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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	4/1-6/3	3-4pm	\$43	45909
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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	3/30-6/1	9:30-10:30am	\$39	45916
50+	Garner Park	W	4/1-6/3	9:30-10:30am	\$43	45914
50+	Hoyt Park	F	4/3-6/5	1-2pm	\$43	45902

 Look for Family Fitness on page 33 & Adult Fitness on pages 50-55

Age Location Day Date Time Fee Course#

TAI CHI YANG STYLE LONG FORM

This class introduces the Yang Family Long Form 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	4/3-6/5	9:30-11am	\$65	45915
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WALKABOUTS

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	4/21-6/2	9:15-10:15am	\$30	45926
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Bicycling



HAPPY TRAILS

Discover Madison area long distance trails with friends. Class meets at various paved and gravel trails for an out and back bike ride ranging 10 - 20 miles. Wisconsin trail pass required for some trails, details are 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	F	4/3-5/1	10am-12pm	\$25	46965
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BACK IN THE SADDLE

Build confidence in your bicycling skills. The class covers bicycle handling skills, group riding, safety and light maintenance. Have a chance to connect with other bicyclists and bicycling resources. Class offers classroom and on-the-bike sessions. Class is led by a League of American Bicyclists Certified Instructor. Fee includes materials. Bicycle and helmet required.

50+	Turville Park	W	4/1-4/29	10am-12pm	\$22	45713
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Virtual

The Google Meet link for virtual classes is included in the receipt notes at the time of registration. It is also emailed to all registered prior to the class start date.

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 T'ai Chi movements and principles. Exercises are primarily from a standing position. Adapted chair based exercises are available to meet individual needs. There is no floor work.

50+	Virtual	Th	1/8-3/19	1:14:5pm	\$36	45704
50+	Virtual	Th	4/2-6/4	1:14:5pm	\$33	45705

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	1/5-3/16	9:15-10:15am	\$43	45745
50+	Virtual	M	3/30-6/1	9:15-10:15am	\$39	45744

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	1/6-3/17	12:15-1pm	\$36	45749
50+	Virtual	T	3/31-6/2	12:15-1pm	\$33	45748

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	1/7-3/18	9-9:30am	\$24	45759
50+	Virtual	W	4/1-6/3	9-9:30am	\$22	45758
50+	Virtual	F	1/9-3/20	9-9:45am	\$36	45760
50+	Virtual	F	4/3-6/5	9-9:45am	\$33	45761

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	1/5-3/16	10:30-11:30am	\$43	45802
50+	Virtual	M	3/30-6/1	10:30-11:30am	\$39	45800
50+	Virtual	Th	1/8-3/19	9:30-10:30am	\$48	45803
50+	Virtual	Th	4/2-6/4	9:30-10:30am	\$43	45801

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	1/6-3/17	10:30-11:30am	\$48	45935
50+	Virtual	T	3/31-6/2	10:30-11:30am	\$43	45936

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	1/6-3/17	1-2pm	\$48	45953
50+	Virtual	T	3/31-6/2	1-2pm	\$43	45954

Age	Location	Day	Date	Time	Fee	Course#
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PICKLEBALL FIT: STRENGTH & AGILITY

Build total-body strength, core stability and endurance for confident play. Agility, balance, mobility and footwork drills sharpen coverage, power, and paddle control on the pickleball court.

50+	Virtual	W	1/7-3/18	3-4pm	\$48	45844
50+	Virtual	W	4/1-6/3	3-4pm	\$43	45845

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	1/5-3/16	8:30-9:15am	\$33	45842
50+	Virtual	M	3/30-6/1	8:30-9:15am	\$29	45843

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	1/13-3/17	9-10am	\$43	45858
50+	Virtual	T	3/31-6/2	9-10am	\$43	45857
50+	Virtual	Th	1/15-3/19	9-10am	\$43	45859
50+	Virtual	Th	4/2-6/4	9-10am	\$43	45860

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	1/6-3/17	8-8:45am	\$36	45873
50+	Virtual	T	3/31-6/2	8-8:45am	\$29	45872

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	1/7-3/18	10-10:45am	\$36	46967
50+	Virtual	W	4/1-6/3	10-10:45am	\$29	45925

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	1/6-3/17	9-9:45am	\$36	45958
50+	Virtual	T	3/31-6/2	9-9:45am	\$29	45961
50+	Virtual	Th	1/8-3/19	10:30-11:30am	\$48	45960
50+	Virtual	Th	4/2-6/4	10:30-11:30am	\$43	45959

YOGA FOR PICKLEBALL INJURY PREVENTION

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	1/5-3/16	10-10:45am	\$33	46966
50+	Virtual	M	3/30-6/1	10-10:45am	\$26	45882

YOGA SUAVE EN ESPAÑOL

Una buena opción para todos los niveles y habilidades. Esta clase de yoga combina movimientos lentos, suaves y enfoca atención en la respiración. La clase termina con técnicas de respiración suaves y relajantes.

50+	Virtual	M	1/5-3/16	10:15-11:15am	\$0	45962
50+	Virtual	M	3/30-6/1	10:15-11:15am	\$0	45963

Tickets now on sale for
Dance Wisconsin's
The Nutcracker



SCAN FOR
TICKETS

Performances December 20th and 21st @ 2:00PM at the
 Wisconsin Union Theater Shannon Hall

Tickets available via www.dancewisconsin.org

Use promo code THANKS25 before choosing your seat.

www.dancewisconsin.org - dancewisconsin@gmail.com - 608-221-4535



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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:

TBA

Inclusion Services Specialist

Supports East and La Follette regions, Allied Learning Center, Outdoors, Sports and Aquatics programs

Email: TBA

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, December 1 at 12pm
for residents of the Madison Metropolitan School District.
Non-residents may register
beginning Monday, December 15 at 12pm.**

1. Complete the Registration Form on page 65. 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.

Winter & Spring Guide accurate at time of print.

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.

MSCR Registration Form

Madison School & Community Recreation Office: MSCR Central, 328 E Lakeside St., Madison, WI 53715 Phone: 608-204-3000 Fax: 608-204-0557 Email: mscr@madison.k12.wi.us

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

Participant's Full Name	Gender *See page 64	Date of Birth mm/dd/yy	Grade 2025-2026	Race (see below)	Choice	Program Title	Location	Start Date	Start Time	Course #	Fee	*Fee Assistance Request
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							
					1st							
					Alternate, if any							

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

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

Payment: (check all that apply) ____ Cash ____ Check # _____ (Payable to MSCR) ____ Credit Card: MasterCard or Visa Only	
Credit Card Number:	
Name as printed on card:	Three Digit Code
Payment Amount \$ _____	Authorized Signature: _____ Expiration Date: _____

☐ Youth Sports Participants:
I acknowledge receipt of Concussion & Sudden Cardiac Arrest Information (page 54).

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

Liability Waiver - Signature Required for Participation

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

☒ Signature: _____

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

Fee Assistance Request

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

NAME	Head of Household Name: _____ Last First
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) *Gross income means income before any deductions such as income taxes, social security taxes, insurance premiums, charitable contributions and bonds. Complete this section if the participant is an adult. If the participant is a child, skip to the next section and complete the section titled Youth. Fee assistance for adults is limited to one program per adult per season*. There are three program seasons per year: Winter/Spring, Summer and Fall. 1. Adult participants are asked to pay 50% of the program fee.* 2. I am enclosing the following payment of \$ _____. 3. *If you are unable to pay 50%, or are requesting fee assistance beyond the one program per season limit, please explain: _____ _____
ADULT	
YOUTH	Fee assistance is limited to two programs per program season for youth ages 17 and under*. There are three program seasons per year: Winter/Spring, Summer and Fall. Families are requested to pay what they can towards the program fee. 1. My child qualifies for free school meals o Yes o No My child qualifies for reduced-price school meals o Yes o No 2. My family is requesting fee assistance and we are able to enclose the following payment of \$ _____. 3. *My family is requesting fee assistance beyond the two programs per season limit. Please explain: _____ _____ 4. My child(ren) are younger than school age. o Yes o 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).

A season of adventure...

SUMMER CAMPS

**Treat your child to
a summer outside!**

Weighted Lottery opens in January

Limited Tuition Assistance and Payment Plans Available

For camp information and to register:

camps@aldoleopoldnaturecenter.org
aldoleopoldnaturecenter.org

ALDO LEOPOLD
NATURE CENTER
Engage • Educate • Empower

330 Femrite Drive, Monona
(608) 221-0404

WI SHARES
ACCEPTED

Looking for childcare?

NATURE PRESCHOOL

**Spark your child's
connection to nature.**

Weighted Lottery opens March 1st

Sliding Scale Tuition and
Limited Tuition Assistance Available

For program information and to register:

preschool@aldoleopoldnaturecenter.org

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PM 4K
WRAPAROUND
CARE

WI SHARES
ACCEPTED



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

NON-PROFIT ORG.
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FAMILY OWNED,
COMMUNITY LOVED
SINCE 1962.**



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MADISON SHOPPE
LOCATIONS

