

MADISON SCHOOL &
COMMUNITY RECREATION



Summer

2009 PROGRAM GUIDE



A DEPARTMENT OF



MADISON METROPOLITAN
SCHOOL DISTRICT

Call 608.204.3000 • visit www.mscr.org
Información en Español-página 4 • Scholarships Available

WARNER PARK COMMUNITY RECREATION CENTER REGISTRATION FORM • PAGES 54-58 245-3669

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 programs. Photos may be taken during programs for educational and marketing purposes. I have read all the MSCR Policies and Procedures. **WPCRC registrations will not be processed without completed HUD information.**

Household/Last Name _____ First Name _____ Home Phone _____ Work Phone _____

Address _____ Apt # _____

City _____ Zip _____ Date of Birth _____

E-mail _____

 Please note special needs or health concerns:
Do you require accommodations to participate in this activity? Yes/ No Explain:

Signature required for participation. _____ Signature

Name(s) of Participant(s):	Sex	DOB m/d/y	*Race see below	Grade Fall 09	Activity	Dates	Time	Fee	Course #
					1st				
					2nd				
					1st				
					2nd				
					1st				
					2nd				
					1st				
					2nd				

I am requesting a partial scholarship and can pay \$ _____ toward the fee. I am requesting a full scholarship. I meet the guidelines (see page 4) and have attached my request.

***Registration will not be processed without HUD information.** See chart on Pg. 55.

- Household Size
1 2 3 4 5 6 7 8

*Please indicate above using corresponding number:

1. Asian/Pacific Islander
2. American Indian/Alaskan
3. African American
4. Hispanic
5. White

Special Needs (please check all that apply)

- Special Needs
- Elderly (60+)
- Handicapped

WPCRC Photo ID

- Resident (check one)
 single \$5
 family \$10
 family of 4 or more
\$3 per person

WPCRC Photo ID

- Non-Resident (check one)
 single \$15
 family \$25
 family of 4 or more \$25

Make checks payable to City Treasurer.

Enclose a stamped, self-addressed envelope.

Mail to: MSCR at WPCRC,
1625 Northport Drive, Madison, WI 53704

Complete if using VISA or Mastercard

Authorized Signature	_____
print Cardholder Name as it appears on card	_____
Credit Card No.	_____
Exp. Date	____/____
Security number	____-____-____

Total Fees & ID

\$ _____

Resident ___ Non-Resident

If you can afford to sponsor a youth please include a donation.
\$ _____ MSCR, or \$ _____ WPCRC

(last three digits on back of card)



MSCR, in collaboration with City of Madison Parks Division, offers recreation programs at the Warner Park Community Recreation Center (WPCRC).

MSCR Offices at WPCRC
 Phone: 245-3669
 FAX: 245-3685
 1625 Northport Drive,
 Madison, WI 53704

2009 HUD INCOME INFORMATION

Required for registration.

Household Size	HUD 1	HUD 2	HUD 3	HUD 4
1	\$0 - \$16,300	\$16,301 - \$27,150	\$27,151 - \$43,050	\$43,051 & over
2	\$0 - \$18,650	\$18,651 - \$31,050	\$31,051 - \$49,200	\$49,201 & over
3	\$0 - \$20,950	\$20,951 - \$34,900	\$34,901 - \$55,350	\$55,351 & over
4	\$0 - \$23,300	\$23,301 - \$38,800	\$38,801 - \$61,500	\$61,501 & over
5	\$0 - \$25,150	\$25,151 - \$41,900	\$41,901 - \$66,400	\$66,401 & over
6	\$0 - \$27,050	\$27,051 - \$45,000	\$45,001 - \$71,350	\$71,351 & over
7	\$0 - \$28,900	\$28,901 - \$48,100	\$48,101 - \$76,250	\$76,251 & over
8	\$0 - \$28,900	\$28,901 - \$48,100	\$48,101 - \$76,250	\$76,251 & over

POLICIES & PROCEDURES

245-3669

FINANCIAL NEED/SCHOLARSHIPS: MSCR program fees at WPCRC may be waived in part or full for persons meeting HUD income guidelines. MSCR requests that participants try to pay at least 50% of the program fee by the registration deadline. In order to serve the greatest number of people, scholarship awards may be limited. Participants requesting a scholarship must complete a Fellowship 'Fun'd application form to verify eligibility. Non-residents of MMSD and the City of Madison are not eligible.

RESIDENCY: For WPCRC programs, a resident is one who resides at an address where children could attend Madison public schools without a transfer, or at an address where one would be eligible to vote in the City of Madison elections. Non-residents pay 50 percent higher fees. Non-residents may register on a space available basis, beginning Monday, March 30. Summer Program Guide good through August 2009.

REFUNDS: Full refunds are made if MSCR cancels programs. Refunds (minus a \$5 service charge per transaction) will only be given up to one week prior to start of class. Letters of credit, which may be used within one year of issue, are available in lieu of refunds.

Wendy Moran, MSCR Program Assistant 245-3669
 Janet Dyer, MSCR Program Supervisor 245-3667
 FAX 245-3685
 WEBSITE www.msccr.org

HOW TO REGISTER FOR PROGRAMS AT WPCRC

Registration starts Monday, March 16 for residents. Non-residents may register beginning March 30.

- 1) Complete the registration form on page 52. All members of a household may register for multiple classes. Please indicate your household size and income code (see chart below). Registrations will not be processed without this information. Reproduce form as necessary. Only one household per form. All fees include appropriate sales tax.
- 2) If your class is full, your fee will be returned. If you have multiple classes on the form and we can't process all of them, we will issue a refund which takes about 3 weeks.
- 3) Make check or money order payable to City Treasurer. VISA & MasterCard accepted. (Authorized signature required.)
- 4) Enclose a stamped, self-addressed envelope.
- 5) Return one of 3 easy ways: MAIL to WPCRC. DROP off at WPCRC, 1625 Northport Drive, Madison, WI 53704. FAX to 245-3685. Registration by FAX requires a VISA or MasterCard. Classes are registered based on date of receipt. Please allow at least 2 full weeks to receive your mailed confirmation.

PROGRAM PARTICIPANTS WILL BE REQUIRED TO PURCHASE A WPCRC PHOTO IDENTIFICATION CARD. THE ANNUAL COST FOR ID CARDS IS \$5 FOR AN INDIVIDUAL OR \$10 FOR A FAMILY (FAMILIES OF 4 OR MORE \$3 PER PERSON). NON-RESIDENTS PAY A HIGHER FEE.

The registration form for the Warner Park Programs is on the preceding page. Income code chart is listed below.

CHILD CARE

Drop-in childcare for parents/guardians participating in programs at the WPCRC or utilizing center facilities. On-site registration only. Space is limited. First come, first served. *Non-WPCRC members pay \$3/hour. Fees subject to change.

Age	Day	Date	Time	Fee	Course#
1-10	MWTh	6/1-8/20	5-7:45 pm	\$2/hr	n/a

PRESCHOOL ARTS & ENRICHMENT

PARENT/CHILD ART

A great introduction to art featuring simple, easy to do projects for children and parents. Wear a paint smock or old clothes. Parent must enroll and participate with child(ren). Fee is per person.

Age	Day	Date	Time	Fee	Course#
P/C 2-4	Tu	6/16-7/21	9:30-10:15 am	\$10	260706-A

PARENT/CHILD COOKING

Food, supplies and equipment provided. Class is hands-on. Parent/guardian must enroll and participate with their child(ren). Fee is per person.

Age	Day	Date	Time	Fee	Course#
P/C 2-4	W	8/12	6:30-7:15 pm	\$10	260740-A

PARENT/CHILD PLAY TIME

Indoor activities and riding toys available for children to enjoy with a parent/guardian. On-site registration only. Family ID required.

Age	Day	Date	Time	Fee	Course#
0-5	F	6/5-8/21	9:30 am-12 pm	\$3/day/family	

PARENT/CHILD POTTERY

Class offers opportunity to work with your child to create joint pieces of art. Experience hand-building techniques of pinch, coil and slab construction. Materials provided. Parents must enroll and participate with their child(ren). All work must be completed during class. Fee is per person.

P/C	Day	Date	Time	Fee	Course#
P/C 4-5	Th	6/4-6/25	9-10:15 am	\$16	220705-A
P/C 4-5	Th	7/2-7/23	9-10:15 am	\$16	220705-B
P/C 4-5	Th	7/30-8/20	9-10:15 am	\$16	220705-C

245-3669

MSCR AT WPCRC

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Age Day Date Time Fee Course#

DAY CAMP

KIDS KAMP

A structured 9-week day camp program featuring crafts, games, dramatic play, water activities, science, nature and field trips. Register early. Children need sunscreen, swimsuit, towel, blanket, pillow, change of clothes and bug spray each day. Snacks and lunch provided. On-site storage is available for clothes, etc.

***A \$20 non-refundable, non-transferable partial payment is due for each week of camp at the time of registration. Payment coupons indicating dates and amounts due are mailed. Balances are due 7 days prior to the start of each session that your child attends.** Extended morning (course #s 221501A-221501K) and extended afternoon (course #s 221502A-221502K) options are available. Extended day programs consist of quiet activities, self-directed play and supervised outdoor fun. Call Wendy at 245-3669 for more information. Scholarships are available.

Grade: 1-5 Regular day (9 am-4 pm) weekly fee: *\$110
Time: 9 am-4 pm Extended morning 7:30-9 am + Regular day: *\$125
Day: M-F Extended afternoon 4-5:30 pm + Regular day: *\$125
 Extended morning + afternoon + Regular day: *\$140

Dates:	Reg Day	Ext am+Reg	Ext pm+Reg	Ext am+pm+Reg
	9am-4pm	7:30am-4pm	9am-5:30pm	7:30am-5:30pm
6/22-6/26	221500-A	221501-A	221502-A	221503-A
6/29-7/2	221500-B	221501-B	221502-B	221503-B
7/6-7/10	221500-C	221501-C	221502-C	221503-C
7/13-7/17	221500-D	221501-D	221502-D	221503-D
7/20-7/24	221500-E	221501-E	221502-E	221503-E
7/27-7/31	221500-F	221501-F	221502-F	221503-F
8/3-8/7	221500-G	221501-G	221502-G	221503-G
8/10-8/14	221500-H	221501-H	221502-H	221503-H
8/17-8/21	221500-I	221501-I	221502-I	221503-I
(If registering for all 9 weeks use the course numbers below)				
6/22-8/21	221500-M	221501-M	221502-M	221503-M

* Please note: no camp on July 3. The fees are: \$88, \$100, & \$112.

Age Day Date Time Fee Course#

YOUTH ARTS & ENRICHMENT

COOKING FOR KIDS

Food, supplies and equipment provided. Classes are hands-on.

COOKIES BY KIDS

Learn to make various types of cookies that are easy and tasty. Make and take home cookies.

K-2 M 6/22 6-7:30 pm \$18 220740-A

COOKING WITH 5 INGREDIENTS OR LESS

Prepare appetizers, salads, entrees, desserts and more in this fun class. Make simple, quick, tasty foods that only need 3 or 4 or 5 ingredients.

3-6 W 7/22 5:30-7:15 pm \$20 220740-B

FUN FOOD CREATIONS

Make martians, bugs and animals and more out of various foods, that are tasty and nutritious.

K-2 W 7/29 6-7:30 pm \$18 220740-C

HOMEMADE SOAP MAKING

Make soaps and bath products out of glycerin bases, milk, honey, oatmeal and other food items. Take home what you make.

3-6 M 8/3 6-7:45 pm \$20 220740-D

POTTERY-YOUTH

Experiment with hand-building techniques of pinch, coil and slab construction as well as exposure to the wheel. Materials provided.

5-8 Th 6/4-6/25 9-10:45 am \$30 230715-A

5-8 Th 7/2-7/23 9-10:45 am \$30 230715-B

5-8 Th 7/30-8/20 9-10:45 am \$30 230715-C

ADULT ARTS & ENRICHMENT

DIGITAL PHOTOGRAPHY FOR BEGINNERS

Discover the benefits of digital cameras – topics include camera operation, picture display options, computer picture editing, saving and printing. Bring your camera and operator's manual to class.

16+ Th 6/4-6/25 5-6:30 pm \$20 241700-A

16+ Th 7/16-8/6 6-7:30 pm \$20 241700-B

DIGITAL PHOTOGRAPHY UPDATE

Have you been using your digital camera for awhile, but still have questions or are unable to figure out which setting to use for which situation? Come to this class with your camera and your questions and learn the answers.

16+ Th 7/9 5-6:30 pm \$4 241700-C

16+ Th 8/13 6-7:30 pm \$4 241700-D

WATERCOLOR SKETCHBOOK

Learn how to do watercolor sketches on site or in the studio by studying fast wash and brush techniques with portable equipment and Watercolor Sketchbook paper. Create a watercolor journal of your next vacation or hideaway.

18+ W 4/1-5/20 9:30 am- 12 pm \$50 240722-A

PHOTOGRAPHY: A PERSONAL VISION

Now that you know your camera, learn to make a memorable picture by using the general principles of visual art. Learn how to capture light and shadow, and how to create images with design and composition in mind. Take field trips to discover the right subject matter, capture it and frame it.

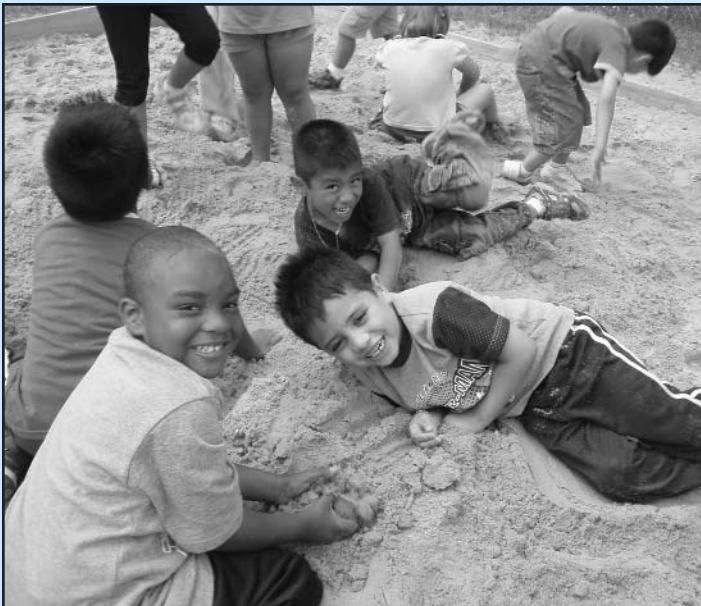
18+ W 6/17-8/19 3-5 pm \$50 240722-B

WATERCOLOR-PAINTING STILL LIFE, BOTANICALS & LANDSCAPE

Work in a studio setting with carefully chosen displays of objects and botanicals. Get instructions in preparatory layout sketches, taking photos for reference, and a full variety of watercolor techniques. Weather permitting, some painting, outdoors.

Supply list distributed at first class.

18+ M 6/1-8/17 9:30 am-12 pm \$76 240722-C



KNIT A SWEATER FROM THE TOP DOWN

Bring circular (24 inch) size 8 needles and worsted weight yarn to the first class - full materials list handed out at the first class.

16+ Tu 6/2-7/7 5:45-7:45 pm \$50 240719-A

KNITTING - BEGINNER (SCARF OR DISHCLOTH)

Big needles (size 11 for the scarf or size 9 for the dishcloth) and any smooth yarn (wool for the scarf or cotton-try Sugar and Cream or Peaches and Cream - for the dishcloth). A great way to learn the basics of knitting.

16+ Tu 7/14-7/28 5:45-7:45 pm \$20 240719-B

POTTERY & CERAMICS

BEGINNING POTTERY

Learn and use both hand and wheel-building techniques, make sculpture and pottery projects with clay and glaze. Materials included.

14+ Tu 6/2-7/7 5:45-7:45 pm \$52 240700-C

14+ Tu 7/14-8/18 5:45-7:45 pm \$52 240700-D

16+ W 6/3-7/8 5:45-7:45 pm \$52 240700-F

16+ W 7/15-8/19 5:45-7:45 pm \$52 240700-G

INTERMEDIATE POTTERY

Improve your wheel-building skills and learn new techniques and projects. Some experience required. Materials included.

16+ Th 6/4-7/9 5:45-7:45 pm \$52 240700-H

16+ Th 7/16-8/20 5:45-7:45 pm \$52 240700-J

POTTERY STUDIO MEMBERSHIPS

Non-instructional, open studio. Fee includes unlimited use of Warner Park Pottery Studio when the center is open and classes are not scheduled. 25# of clay, glazes, use of tools and firing. Additional clay may be purchased for \$10/25# bag. Must have taken MSCR pottery class at Warner or Hoyt. *Membership period begins at time of purchase.

18+ Open 3 Months Open \$ 76 260703-A

18+ Open 6 Months Open \$126 260703-B

18+ Open 12 Months Open \$200 260703-C

COOKING CLASSES

Food, supplies & equipment provided. Just bring your appetite. Classes are hands-on. Participants receive recipes to take home. No experience necessary.

FRESH IDEAS WITH FRESH FOODS

Make salads, desserts, sandwiches and more. Classes offer a tasty preview of goodies to serve family and friends with little preparation time and little cooking/baking involved.

16+ W 6/17 5:30-8 pm \$20 240740-A

SMOOTHIES, QUICK AND HEALTHY

Prepare and enjoy healthy and refreshing drinks, such as Tropical Bloom Smoothie, Strawberry Oatmeal Breakfast Smoothie, Cappuccino Smoothie, Create Your Own Smoothie and more in this class.

10+ W 6/24 5:30-8 pm \$20 240740-B

FRUITS & VEGETABLES USED MANY WAYS

Learn to make vegetables interesting, tasty and eye appealing. Use vegetables and fruits to make desserts, salads, entrees and more. Tips and tricks are included.

16+ W 7/1 5:30-7:45 pm \$16 240740-C

SALSA EXCITEMENT

How to mix, blend and grind vegetables and spices to make your own salsas. Experiment with new foods used in salsas in this informative class.

16+ W 7/15 5:30-7:45 pm \$16 240740-D

SUPER SALADS

Sample Ham, Green Bean Potato Salad, Macaroni Salad and Heavenly Hash Fruit Salad. Learn many dressing recipes and information on salad ingredients, with tips to keep salads and ingredients fresh longer.

16+ W 8/5 5:30-7:45 pm \$16 240740-F

HEART FRIENDLY COOKING

Prepare Fudgy brownies, Vegetable Soup and Strawberry Chicken Salad while learning to make healthier dishes.

16+ W 8/19 5:30-7:45 pm \$16 240740-G

YOUTH SPORTS & FITNESS

BASKETBALL SKILLS CLINIC

Covers basketball skills and rules, team play, sportsmanship & scrimmage games for boys and girls. Fee includes a t-shirt. Skip 6/27 & 7/4

Grade	Day	Date	Time	Fee	Course #
1-2	Sa	6/6-7/25	10 am-12 pm	\$30	220000-A
3-5	Sa	6/6-7/25	12-2 pm	\$30	220000-B

VOLLEYBALL CAMP - MIDDLE SCHOOL

Gain an understanding of the skills needed to play organized volleyball. Covers basic skills of passing, setting, hitting, serving, rotations and team play. Includes a walking field trip to Warner Beach for swimming and beach volleyball. Each participant receives a camp t-shirt. Appropriate for all skill levels.

6-8 M-F 6/15-6/19 1-5 pm \$54 230015-A

ADULT FITNESS

CARDIO KICKBOXING

A great cardiovascular fitness and muscle toning workout. Includes aerobics, kicks and boxing techniques to upbeat music.

16+ Tu 6/3-8/19 5:30-6:30 pm \$40 241210-A

GENTLE KRIPALU YOGA

A gentle yet effective approach to yoga with an emphasis on alignment, body awareness and breath work. Conclude with guided relaxation. Leave class feeling peacefully energized in mind and body. Wear loose, comfortable clothing. Bring yoga mat and blanket. Taught by certified instructor, Carolyn Gantner. Skip 7/28, 7/30.

18+ Tu 6/16-8/11 5:30-6:45 pm \$24 241220-J

18+ Th 6/18-8/13 11 am-12 pm \$24 241220-K

PILATES - LEVEL 1

A class designed to tone and sculpt your entire body. Perform a combination of controlled movements that may help with weight loss.

18+ W 6/3-8/19 6:45-7:45 pm \$60 241221-B

PILATES - LEVEL 2

Previous Pilates experience required. This class offers a more challenging combination of controlled movements to tone and sculpt your entire body.

18+ W 6/3-8/19 5:45-6:45 pm \$60 241221-A

PILATES/YOGA

Many of the exercises of Joseph H. Pilates came from yoga. This class mixes both exercise methods to work on core stabilization, posture, balance, strength, flexibility, breathing, relaxation and mental focus.

16+ TuTh 6/16-8/20 10:05-11 am \$60 240535-H

TOTAL BODY TONING

A 60-minute workout using exercise equipment such as weights, flex bands and your own body to strengthen and tone the upper and lower body. All fitness levels welcome. Strong bodies stay healthy.

16+ Th 6/4-8/20 5:30-6:30 pm \$42 241210-B

YOGA

Participants go through a continuous sequence of yoga asanas (exercises) which are designed to build strength and flexibility in the body. Learn proper body posture and alignment. Class finishes with guided relaxation and quiet breathing techniques.

16+ M 6/1-8/17 6:50-7:50 pm \$36 241220-A

16+ Th 6/4-8/20 6:50-7:50 pm \$36 241220-B

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YOGA – LEVEL II

Some experience recommended, but not required. Learn a more challenging sequence of yoga asanas (exercises). Focus on refining the yoga poses. Class finishes with guided relaxation and quiet breathing techniques. Wear loose, comfortable clothing.

16+	M	6/1-8/17	5:30-6:45 pm	\$44	241220-C
16+	Th	6/4-8/20	5:30-6:45 pm	\$44	241220-D

GOODMAN-ROTARY 50+ FITNESS PROGRAMS

Co-sponsored by MSCR & Downtown Rotary Foundation with support from Irwin & Robert Goodman.

FITNESS CONDITIONING FOR QUALITY LIVING

A balanced approach to exercise with attention to safety, form, posture & effective breathing. Core muscles are developed to enhance overall strength and endurance, increase flexibility, improve balance & coordination & reduce bone loss. Exercises are aerobic, non-impact, with variations provided to challenge a range of fitness levels. Skip 7/29.

Age	Day	Dates	Time	Fee	Course #
50+	W	6/3-8/19	8:30-10 am	\$28	250500-A

JUMP START YOGA

This class is an invigorating workout designed to improve muscular strength, flexibility, endurance and mind/body/balance. Taught by certified instructor, Lisa Hausbeck.

50+	TuTh	6/16-8/20	9-10 am	\$40	250535-A
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ARTHRITIS FOUNDATION EXERCISE

Certified Arthritis Foundation Instructor leads specially designed exercises for persons with arthritis. Increase joint flexibility, range of motion and muscle strength.

50+	Tu	6/16-8/18	12:30-1:30 pm	\$10	250505-A
50+	F	6/19-8/21	10:15-11:15 am	\$10	250505-B

STRETCH AND STRENGTH

These exercises incorporate stretching to enhance flexibility, and strengthening to improve fitness

50+	Tu	6/16-8/18	11:30 am-12:30 pm	\$26	250510-A
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TAI CHI

Learn to improve your balance, range of motion, relaxation ability and concentration. Tai Chi may also help increase strength and flexibility.

50+	WF	6/17-8/21	1-2 pm	\$40	250515-A
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YOGACISE - CHAIR-BASED

Increase your strength, balance and flexibility with easy to follow chair-based yoga stretches and breathing techniques. Wear loose, comfortable clothing.

50+	W	6/3-8/19	10:30-11:15 am	FREE	250550-A
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Reminder: No class 7/3.



Join Us on July 25 at the Goodman Aquatic Center

7762 W Hwy PD

All Ages, Loads of Activities!

Check our website in May for more details.

www.msqr.org