



# Winter & Spring 2018 Adaptive Recreation

204-3000 OR [MSCR.ORG](http://MSCR.ORG)

We offer Adaptive and Universal Recreation programs. No programs meet March 25-31.

## ADAPTIVE

Activities are open to people with disabilities and their caregivers, families and friends. All individuals including caregivers must pay the fee, except for individuals who provide inclusion services. Children ages 8-14 may register with a participating adult.

Age	Location	Day	Dates	Time	Fee	Course #
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### CHAIR EXERCISE

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

18+	Lapham	Sa	2/3-3/24	10-11 am	\$35	16335
18+	Lapham	Sa	4/7-5/5	10-11 am	\$35	17334

### CITY CLUBS

Enjoy a variety of activities changing every week, such as bowling, movies, field trips, gym games, fitness activities and more. Activity expenses are not included in fee. Transportation provided for field trips.

18+	MSCR East	Th	2/1-3/22	1-4pm	\$35	16336
18+	Jefferson	Sa	2/3-3/10	1-4pm	\$35	16337
18+	Lake View	Sa	2/3-3/10	1-4pm	\$35	17320
18+	MSCR East	Th	4/12-5/3	1-4pm	\$35	17335
18+	Jefferson	Sa	4/14-5/5	1-4pm	\$35	17336
18+	Lake View	Sa	4/14-5/5	1-4pm	\$35	17337

### COOKING CLASS

Prepare nutritious meals as a team, taste test them at the class and take the recipes home to try again! Families, friends and agency staff welcome but all pay the fee.

18+	Meadowood	Sa	2/3-3/24	9-11:30am	\$35	16343
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### DANCE AND MOVE

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

18+	Muir	MW	1/29-2/26	5-6pm	\$45	16338
18+	Muir	MW	4/11-5/2	5-6pm	\$25	17338

### FUN FITNESS WEST

Class features different and varying exercises to improve health and overall body strength. Great for beginners or anyone interested in a fun and supportive class.

18+	Lussier	M	1/29-3/19	1-2:15pm	\$35	16341
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### POWER SOCCER

For those who use power wheelchairs (3 wheeled scooters not allowed). Learn this exciting sport, have fun & stay active! Travel to play other teams in the Midwest.

8+	Wright	M	1/29-4/30	5:30-8 pm	\$85	16342
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### STRETCH AND STRENGTHEN

Learn a variety of simple and adapted physical exercises to increase overall body strength & improve flexibility to keep you moving through your day more comfortably.

18+	Muir	MW	1/29-2/26	4-5 pm	\$45	16347
18+	Muir	MW	4/11-5/2	4-5 pm	\$25	17339

### WATER WALKING FITNESS

Class designed for individuals who have cognitive and physical disabilities. Exercise on an individual basis with MSCR provided staff support, or supported by family/caregiver. Best for non-swimmers who would benefit from a warm water pool. MSCR staff assess the individual abilities of water walkers and establish simple exercises that improve overall health. Requests for necessary accommodations require additional forms.

18+	Lapham	M	1/29-4/9	7:10-8:30pm	\$85	16349
18+	Lapham	W	1/31-4/11	7:10-8:30pm	\$85	16350
18+	Lapham	Th	2/1-4/12	7:10-8:30pm	\$85	16351
18+	Lapham	Sa	2/3-4/14	1-2:20 pm	\$85	16352
18+	Lapham	Sa	2/3-4/14	2:20-3:40 pm	\$85	16353
18+	Lapham	Sa	2/3-4/14	3:40-5 pm	\$85	16354

### YOGA

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

18+	MSCR / Hoyt	M	1/29-3/19	6:30 – 7:30 pm	\$35	16357
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## UNIVERSAL

Activities are open to the entire community. Please note that individuals of all abilities participate and they are not designed for the advanced athlete. Programs are adjusted based on the needs of participants. Children ages 8-14 may register with a participating adult.

Age	Location	Day	Dates	Time	Fee	Course #
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### SPORTING EVENT TRIPS

Youth under the age of 18 must be accompanied by a registered, paying adult.

#### UW Women's Hockey

Cheer on the Badgers as they play against St. Cloud State! Bus picks up and drops off at Memorial High School, 201 S Gammon Road at 1 pm and at Shopko in Monona, 2101 W Broadway at 1:30 pm.

14+	LaBahn Arena	Su	1/28	2pm game	\$5	16344
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#### Milwaukee Bucks Bus Trip - Bucks vs New Orleans.

Open to the general public, people with disabilities and their families. Fee includes ticket and bus ride. Bus picks up and drops off at Memorial High School, Mineral Point Rd entrance, and MSCR East 4620 Cottage Grove Rd. Details are emailed to registrants.

14+	BMO Harris Bradley Ctr	Su	2/25	2pm	\$45	16345
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#### Milwaukee Brewers Bus Trip

Brewers vs the NY Mets. Fee includes ticket and bus ride. Bus picks up and drop off at Memorial High School, Mineral Point Rd entrance, and MSCR East, 4620 Cottage Grove Rd. Details are emailed to registrants.

14+	Miller Park	Su	5/27	1pm	\$45	17371
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### EVERY DAY FITNESS SERIES

We encourage you to work out every day of the week! Equipment, supplies, water and healthy snacks provided. Participants get a t-shirt.

#### Fight Back Self Defense (Best suited for visually impaired, but all are welcome)

14+	LaFollette	M	1/29-3/19	6-7 pm	\$15	16339
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#### Dance Fitness

14+	Lake View	T	1/30-3/20	6-7 pm	\$15	17329
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#### Flag Football

14+	Cherokee	W	1/31-3/21	6-7:30 pm	\$15	17330
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#### Badminton

14+	Spring Harbor	Th	2/1-3/22	6-7:30 pm	\$15	17331
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#### Friday Night Fit Club

14+	Memorial	F	2/2-3/23	6-8 pm	\$35	16340
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#### Basketball Open Team Play

(New team formed weekly)

14+	Spring Harbor	Sa	2/3-3/24	1-3 pm	\$15	17332
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#### HOT COCOA AND BOARD GAMES

Warm up with a hot cocoa station and play board games with fun company.

14+	MSCR Hoyt	Su	2/4	2-4pm	\$5	16346
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#### ICE SKATING

Lace up and join us for one or a couple of our ice skating sessions. Enjoy skating with other participants, family or friends. Tenney has a heated lodge with a fire place and hot chocolate. Participants can purchase skate rentals at Tenney for \$6 for the first hour and \$2 for additional hours. Metal Walkers can also be requested for assistance.

14+	Tenney Park Shelter	Su	1/21	12-3pm	\$5	17372
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14+	Tenney Park Shelter	Su	2/11	12-3pm	\$5	17373
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14+	Tenney Park Shelter	Su	2/25	12-3pm	\$5	17374
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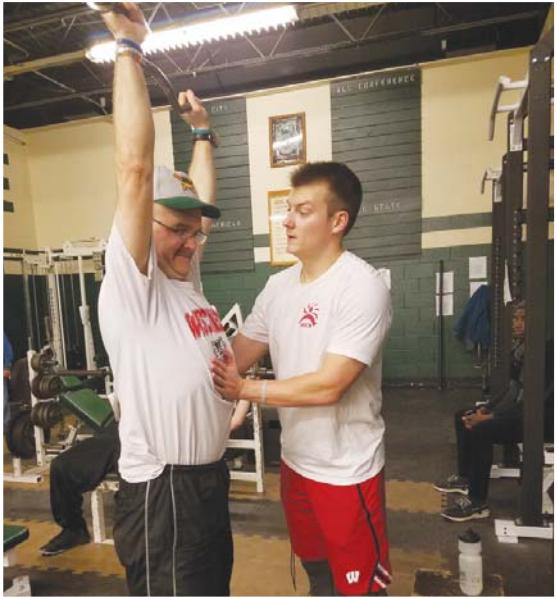
#### SLEDDING

A sport for everyone! Come be a snow bunny and sled the hills of Elver Park this winter! Elver Park offers a warming shelter and concessions. You are welcome to bring your own sled or use one of ours. Family and friends are welcome to register as well. Dates may vary due to the season.

14+	Elver Park	Su	1/28	12-3pm	\$5	17375
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14+	Elver Park	Su	2/18	12-3pm	\$5	17376
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# ADAPTIVE RECREATION



## UNIVERSAL

Age	Location	Day	Dates	Time	Fee	Course #
<b>SNOWSHOE INSTRUCTION</b>						
Special sessions designed for beginners. Snowshoes provided.						
14+	MSCR Hoyt	W	2/28	1-2:30pm	\$15	17377
14+	MSCR Hoyt	W	3/7	1-2:30pm	\$15	17378
<b>WALKING</b>						
Enjoy the fresh air.						
14+	Kennedy	M	4/2-4/30	6-7:30 pm	\$15	16348
<b>GOLF LEAGUE</b>						
Fee includes green fee/cost to play for each Sday. Designed for those with some experience and current success with golf. Adaptive golf cart is available for physical disabilities, but must be reserved in advance. Call 608-204-3020 to reserve. Equipment rentals are available at Glenway for participants for \$6.00 per week.						
14+	Glenway Golf Course	Su	4/15-6/3	1-3:30 pm	\$50	16358

Hoyer Lift is available at all high school pools.  
Please call 608-204-3000 for more information.

**Volunteers Needed**  
**In the City Clubs, Fit Club series, Camping, Golf and Water Walking programs.**  
**Call 204-3020 for information.**

## UNIVERSAL REC SPRING EVENTS

### MAY DAY CRAFTS

Join us and create a special May Day themed craft to kick off the start of spring.

14+ MSCR Hoyt T 5/1 6-7:30pm \$15 17379

### CINCO DE MAYO CELEBRATION

Get together and celebrate Mexican culture! A taco bar is provided!

14+ MSCR Hoyt Su 5/5 12-2pm \$15 17380

### MOTHER'S DAY CRAFTS

No matter your age, mom always loves a homemade gift!

14+ MSCR Hoyt Th 5/10 6-7:30pm \$15 17381

### FARMER'S MARKET

Take a walk around the Farmer's Market and check out all the produce and cool items! Purchases on your own. Bus picks up and at Memorial High School, 201 S Gammon Rd at 3:15 pm and at Shopko 2101 W. Broadway, Monona at 3:45 pm.

14+ Central Park T 5/8 4-7pm \$5 17382

Bus picks up at Shopko at 10:30am and at Memorial at 10:45am.

14+ Hilldale W 5/16 11am-1pm \$5 17383

### MINIATURE GOLF

Join us to play some miniature golf and then stick around for a healthy snack afterwards!

8+ Vitense Su 5/20 1-3pm \$15 16359

### OVERNIGHT CAMPING AT BLUE MOUNDS STATE PARK

Bring your personal sleeping gear/clothing/personal items, change of clothes, rain gear, walking shoes and preferred healthy snacks to share at the camp fire. Dinner, breakfast and s'mores provided! Transportation provided, meet at Memorial High School at Mineral Point Rd entrance. Families and guardians are welcome to participate, but must register and pay fee. Prepare for day and evening activities. Youth 14+ may register with and participating and paying adult.

14+ Blue Mounds Sa-S 5/19-5/20 12pm – 2 pm \$25 17340

## HELP PEOPLE WITH DISABILITIES

You can help people with disabilities access MSCR Adaptive Programming. Donate to the Madison Community Foundation's Adapted Sports & Fitness Fund #3031097.

Direct donations can be made through the Madison Community Foundation at [mадисонгивс.org/mscradaptivesports](http://mадисонгивс.org/mscradaptivesports) Or, please make your check payable to the:

Adapted Sports & Fitness Fund #3031097 and mail the check in care of: MSCR, Adapted Programs, 3802 Regent St., Madison, WI, 53705.



# MSCR Registration Form

Madison School & Community Recreation Office: MSCR 3802 Regent St., Madison, WI 53705

Phone: 608-204-3000

**Fax: 608-204-0557**

# REQUEST FOR FEE WAIVER

204-3000

- Fee waivers are available only to MMSD residents. Non-residents do not qualify for Fee Waivers. Fee waiver requests and payment must accompany Registration Form and turned in to the MSCR Hoyt Office. Fee Waivers cannot be done electronically.
- Fee waivers are not granted after registration is processed.
- Any payments, included with your Fee Waiver Request/Registration Form will be applied to program fees for available requested courses.
- There are three sessions per year - Winter/Spring, Summer and Fall.
- Fill out completely and check each item as appropriate. Include a second and third program choice on the Registration Form.

Contact Name: \_\_\_\_\_

Last

First

Phone

**I AM REQUESTING A FEE WAIVER FOR A CHILD (CHILDREN) (AGE 17 AND UNDER)**

Fee waivers are limited to two courses per child per program session. MSCR youth program fees may be partially or fully waived for youth meeting the criteria for free or reduced lunch. Parents/guardians are requested to pay what they can towards the program fee.

\_\_\_\_ My child (children) qualify/qualifies for free meals \_\_\_\_ yes \_\_\_\_ no; or reduced-price meals \_\_\_\_ yes \_\_\_\_ no.

\_\_\_\_ I am requesting a fee waiver and can pay \$ \_\_\_\_\_ towards the fee, which is enclosed.

**I AM REQUESTING A FEE WAIVER FOR AN ADULT**

Fee waivers are limited to one course per adult per program session. Adult participants are required to pay 50% of the course fee. My household income is at or below 185% of the Federal Poverty Level as circled below.

**CIRCLE YOUR FAMILY SIZE & INCOME - 185% OF FEDERAL POVERTY GUIDELINES (GROSS INCOME\*)**

\*Gross Income, as the term is used in this table, means: Income before any deductions such as income taxes, Social Security taxes, insurance premiums, charitable contributions and bonds.

Circle below <b>FAMILY SIZE</b>	Circle one amount that is closest to your total household income.			
	<b>ANNUAL</b>	<b>MONTHLY</b>	<b>TWICE-MONTHLY</b>	<b>BI-WEEKLY</b>
1	\$21,589.56 (or below)	\$1,799.13 (or below)	\$899.57 (or below)	\$830.37 (or below)
2	\$29,100.48	\$2,425.04	\$1,212.52	\$1,119.25
3	\$36,611.52	\$3,050.96	\$1,525.48	\$1,408.14
4	\$44,122.56	\$3,676.88	\$1,838.44	\$1,697.02
5	\$51,633.48	\$4,302.79	\$2,151.40	\$1,985.90
6	\$59,144.52	\$4,928.71	\$2,464.36	\$2,274.79
7	\$66,655.56	\$5,554.63	\$2,777.32	\$2,563.68
8	\$74,166.48	\$6,180.54	\$3,090.27	\$2,852.56
Each additional Add	\$7,511.04	\$625.92	\$312.96	\$288.89

REMINDER:  
Circle Your Income

## Adaptive Programs

Additional Questionnaire

Participant's Name: _____	Is participant supported by an agency or organization? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Residential Address: _____	If yes, please provide the following: Agency Name: _____	
City: _____	State: _____	Zip code: _____
Home Number: _____	Mailing Address: City: _____ State: _____ Zip code: _____	
Cell Number: _____		
<b>Primary contact for last minute cancellations or transportation issues:</b> _____ <small>Name &amp; number of guardian/care giver or in-home staff</small>		
<b>Additional emergency contact if primary is unavailable:</b> _____ <small>Name, Number and Relationship</small>		
<b>How will participant be transported to/from this activity?</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Guardian / Caregiver <input type="checkbox"/> Madison City Bus</li> <li><input type="checkbox"/> Madison Metro <input type="checkbox"/> Walk independently</li> <li><input type="checkbox"/> Other <input type="checkbox"/> Cab</li> </ul>		
<b>Does participant use a wheelchair?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No		
<b>Does participant use a Hoyer lift for transfers?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No		
<b>Please list any medications taken during this activity or soon after:</b> _____		
<small>If MSCR staff is asked to administer medications (even provide reminders), a medication authorization form must be completed.</small>		
<b>Does participant have a history of seizures?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No		
<b>If so, are there any known triggers or activity restrictions?</b> _____		
<b>Please provide the details of transportation:</b> _____		
<small>Include: contact name, number, scheduled pick-up or drop-off times:</small>		