



Look inside for 12 new classes!



# Community Education & Recreation Plymouth School District



## Course Listings

Winter 2012

### Live Well in 2012!

Jessica Mella, our new nutrition and wellness coordinator, and Clayton Moore, our new recreation coordinator, are teaming up to help you Live Well as we enter 2012!

Help us kick off the New Year and join us for weekly advice the whole year through.

Visit our web site beginning Jan. 2 for community support and motivation each week. Mrs. Mella and Mr. Moore will take turns offering weekly nutrition tips and fitness advice to make healthy living a healthy habit. All ages are encouraged to participate.



**Jessica Mella**

Nutrition & wellness coordinator

- Registered dietitian
  - Homecare dietitian for Aurora VNA
  - Bachelor's degree in dietetics from UW
- [jmella@plymouth.k12.wi.us](mailto:jmella@plymouth.k12.wi.us)  
892-2661, ext. 1303



**Clayton Moore**

Recreation coordinator

- Exercise physiologist
  - 12 years experience coaching football
  - Bachelor's degree in exercise & fitness from UW-Oshkosh
- [cmoore@plymouth.k12.wi.us](mailto:cmoore@plymouth.k12.wi.us)  
892-2661, ext. 1301

### Public invited to Egypt lecture series

Salah Ibrahim, who is teaching Arabic language and Egyptian culture at Plymouth High School this school year, will host a series of evening lectures for the community.



Mr. Ibrahim is in Plymouth thanks to the Teachers of Critical Languages Program sponsored by the American Consuls and the U.S. Department of State.

His lectures will build on those offered last year by Ez Eldin Salem, Plymouth's first TCLP Arabic teacher.

The free, public lectures will be from 6:30 to 7:30 p.m. in the Plymouth High School library.

- **Thursday, Jan. 12:** Current Events in Egypt: Making Sense of the Revolution
- **Thursday, Jan. 26:** Places To Visit in Egypt: Plan Your Trip
- **Thursday, Feb. 9:** Egyptian Tribes and Traditional Clothes
- **Thursday, Feb. 23:** Famous People in Egyptian History

In addition, Mr. Ibrahim will be teaching an Arabic language course for the community. Details are on Page 2.



#### Mark your calendar: Upcoming events

- Dec. 13: Horizon Winter Concert, 7 p.m. PHS
- Dec. 15: Parkview Winter Concert, 7 p.m. PHS
- Dec. 19: Fairview Winter Concert, 7 p.m. PHS
- Jan. 16: Winter Band Concert, 7:30 p.m. PHS
- Feb. 1: Science & Technology Center Open House
- Feb. 6: Cabaret, 7 p.m. PHS Auditorium
- Feb. 13: Riverview Choral Concert, 7 p.m.
- Feb. 23: Riverview Band Concert, 7 p.m.
- Feb. 27: Winter Jazz Concert, 7:30 p.m. PHS
- March 13: Spring registration opens

#### PHS/LTC Science & Technology Center

### Open House

Wednesday, Feb. 1

Tour the exciting new technology wing at Plymouth High School and see the future for yourself!

Watch for details!

## Learn more:

- (920) 892-5068
- [commedrec@plymouth.k12.wi.us](mailto:commedrec@plymouth.k12.wi.us)
- [www.plymouth.k12.wi.us/COM.html](http://www.plymouth.k12.wi.us/COM.html)



- Follow us on Twitter @plymouthschools
- Visit us online to sign up for our weekly e-newsletter

# General Education

## A Bit of Arabic

Whether you need it for travel or are just curious, this class will get you started on learning the 5th most common spoken language in the world.

Instructor: Salah Ibrahim  
6:30-7:45 p.m. Mondays, Jan. 23-Feb. 27, PHS Room B236  
Early registration fee: \$15 until Jan. 13, then \$20

## The Art of Bike Maintenance

Learn to perform general maintenance and annual tune-ups, fix flats, make adjustments to brakes and shifting, and repair broken chains, cables and spokes. Work on your own bike or use one that is provided.

Instructor: Rick Dulmes, owner of Hillwind Bicycle Shop  
6:30-8 p.m. Wednesdays, Feb. 29-March 21 in PHS C119  
Early registration fee: \$30 until Feb. 17, then \$35

## Football 101

Get the basics of Packerland's favorite sport. Learn the ins and outs of football as seen from a high school football coach. You will get some basic game philosophy, explanation of penalties, and film review. All are welcome. Be more prepared for the Super Bowl.

Instructor: Clayton Moore  
Thursday, Feb. 2  
6:30-8:30 p.m. in Plymouth High School Room C106  
Early registration fee: \$8 until Jan. 20, then \$13

## Grocery Store Challenge

Most of us want healthy, quick and inexpensive meals for our busy families. This class will help busy families prioritize meals together and learn more about grocery store shopping and planning ahead, as well as dispel the myth that eating healthy costs more. Visit local grocery stores with dietitian Jessica Mella to find inexpensive, healthy meal options for you and your busy family. Bring: meal ideas you want to test. Clipboard and calculator are recommended.

Instructor: Jessica Mella, nutrition/wellness coordinator  
► Session I: 10 a.m.-noon Tuesday, Jan. 10 at Pick N Save  
► Session II: 6-8 p.m. Monday, Feb. 6 at Piggly Wiggly  
► Session III: 1-3 p.m. Tuesday, March 6 at Walmart  
Fee: \$8 (\$6 seniors) per session

## Art of Woodcarving

Woodcarving is a very popular hobby. Learn and expand on your knowledge of this art form. Bring a pencil and bandages. Ages 15 & up.

Instructors: Pam Moir & Darrell Abston  
6-9 p.m. Tuesdays, Jan. 24-Feb. 21 in PHS Room C111  
Early registration fee: \$60 (\$48 seniors) until Jan. 13  
Note on registration form if you will be purchasing a knife (knife cost is \$20, payable to the instructor)

## Walk N Talk Nutrition Series

Wind down your day with a walk ... and join dietitian Jessica Mella as she walks and talks food and nutrition through the halls of PHS. New topics each time, such as trans fats, healthy snacks & picky eaters. Bring the questions that are "eating" away at you.

Instructor: Jessica Mella, nutrition/wellness coordinator  
8-9 p.m. Thursdays, Jan. 5, Feb. 2, March 1  
6:30-7:30 p.m. Mondays, Jan. 16, Feb. 20, March 19  
Fee: Nonperishable food item for local pantry

## 21st Century Politics

This group will discuss and analyze U.S. political issues, providing you an opportunity to challenge yourself, look at another person's viewpoint, and perhaps discover a middle ground. Activities will include viewing documentaries, sharing articles and other means to stimulate thoughts and perspectives.

Instructor: Steve Kiszely  
Wednesdays, Jan. 18; Feb. 1, 15, 29; March 14, 21  
6:30-8:30 p.m. in Plymouth High School Room B217  
Early registration fee: \$15 until Jan. 6, then \$20

## Knitted Socks

Students will make a "bed sock," which requires a set of size 8 double-pointed needles and a skein of #4-weight yarn (not pure wool). Participants will be given a pattern for a more challenging design using superfine sock yarn. Bring needles and yarn to the first class, along with a pair of practice needles and a 3-ring binder to hold the pattern.

Instructor: Sharon Schlundt  
Wednesdays, Jan. 18-Feb. 15 (no class Feb. 8)  
6:30-8:30 p.m. Plymouth High School Room C103  
Early registration fee: \$30 (\$24 seniors) until Jan. 6

## Knitted Mittens

Cozy hand-knit mittens are a welcome item come winter and a wonderful gift for someone special. Students must be proficient in the knit and purl stitches and have some pattern-reading skills. The class will learn to make wool mittens with a provided pattern using two sets of double-pointed needles, size 5 and 8 (7 inches long). Learn to "full" them, then needle felt a decoration on them. The proper wool and felting needle are available from Hilton's Fiber Shop, W3819 Highway C. Bring supplies and a 3-ring binder to class.

Instructor: Sharon Schlundt  
Mondays, Jan. 23 & 30; Feb. 13 & 27  
6:30-8:30 p.m. in Plymouth High School Room C103  
Early registration fee: \$30 (\$24 seniors) until Jan. 13

## Basic Crochet

Learn the basic stitches and make samples, a granny square, a few motifs, and a lovely scarf. Your pattern reading skills will enable you to make nearly anything. Bring to the first class some worsted weight yarn of a solid color (avoid navy & black) and a crochet hook, size H (Susan Bates from Michaels preferred) and a three-ring binder and pen.

Instructor: Sharon Schlundt  
6:30-8:30 p.m. Tuesdays, Jan. 17-March 6, PHS Room C103  
Early registration fee: \$60 (\$48 seniors) until Jan. 6

## Recycled Sweater Mittens

Turn those old 100% wool sweaters into unique warm mittens. Bring to class an old sweater and learn how to felt, cut, sew and embellish two pairs of mittens.

Instructor: Sharon Schlundt  
6:30-8:30 p.m. Mondays, March 5-19, PHS Room C103  
Early registration fee: \$23 (\$18 seniors) until Feb. 24

## Online registration available!

- Get immediate confirmation of registration
- See if a desired class is already full
- Pay with a credit card

[www.plymouth.k12.wi.us/COM.html](http://www.plymouth.k12.wi.us/COM.html)

Our web address changed in August.  
Be sure to bookmark the new one!



**Registration fees increase \$5 after early registration deadline.**

# General Education

## Instant Piano for Hopelessly Busy People

If you yearn to experience the joy of playing piano, but you don't want years of weekly lessons, this short course is for you. In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. If you can find middle-C you already know enough to enroll in this workshop, but some prior keyboard experience is a plus. After this one session you can go home and play any song, any style, in any key. Bring your keyboard or use one of ours.

Instructor: Linda Medsker

1-4:30 p.m. Saturday, Feb. 18 PHS Room A105

Early registration fee: \$68 until Feb. 3, then \$73

(includes a songbook/workbook, CD, handouts)

## Blues/Boogie Woogie Piano

Play the blues away and have a natural ball! This completely hands-on workshop introduces beginners and experts alike to the uniquely American piano form known as the blues. For beginners it's a low-stress introduction to piano playing. For those who already play traditional piano this workshop sets the stage for learning many different styles, including rock, gospel, jazz, boogie-woogie and improvising techniques. Learn the secrets of the blues' unique, form, rhythm and improvisation and free yourself from sheet music.

Instructor: Linda Medsker

9 a.m.-12:30 p.m. Saturday, Feb. 18, PHS Room A105

Early registration fee: \$68 until Feb. 3, then \$73

## Adult Woodworking

This class is for those interested in working on wood-related projects of all types. New participants will work closely with the instructor to learn the concepts and tools of the trade, while completing personal projects big or small. Returning or experienced participants may use the facilities independently and receive assistance when necessary.

Instructor: Ralph Gunkel

5-8 p.m. Wednesdays, Jan. 18-Feb. 29 in PHS Room C111

Early registration fee: \$65 (\$52 seniors) until Jan. 6, plus materials



## Lakeshore Technical College Continuing Education classes

### At Plymouth High School:

- Photography: Going Digital: 6-9pm Mondays, Feb. 6-13, \$25.78 (\$9 seniors)
- Computers: Microsoft Beginners-3: 6-9pm Mondays, April 2-9, \$25.78 (\$9 seniors)
- Computers: Microsoft Beginners-4: 6-9pm Mondays, April 16-23, \$25.78 (\$9 seniors)
- Internet Basics & Beyond: 6-9pm Mondays, March 12-19, \$20.78 (\$4 seniors)
- Using E-Mail: 6-9pm Monday, March 5, \$15.19 (\$4 seniors)
- Garden Design: 6-9pm Wednesday, March 21, \$15.19 (\$4 seniors)
- Soil Improvement & Preparation: 6-9pm Monday, March 26, \$15.19 (\$4 seniors)
- Chinese Culture & Language Level 1: 6-8pm Thursdays, Jan. 19-Feb. 9, \$26.37
- Chinese Culture & Language Level 2: 6-8pm Thursdays, Feb. 16-March 8, \$26.37
- Chinese Culture & Language Level 3: 6-8pm Thursdays, April 12-May 3, \$26.37
- Spanish for Travelers & Tourists: 6-9pm Mondays, Feb. 13-27, \$31.96 (\$4 seniors)
- ServSafe Certification: 6-9pm Mondays, March 5-April 2, \$111.56 (\$78 seniors)
- ServSafe Recertification: 6-10pm Monday, April 9, \$15.19 (\$4 seniors)
- Intro to Sociology: 5:30-8:30pm Wednesdays, Jan. 18-May 9, \$358
- Workplace Spanish: 6-8pm Tuesdays, April 10-May 8, \$71.96 (\$44 seniors)
- How to Use Your iPad: 6-9pm Monday, Jan. 30, \$15.19 (\$4 seniors)

### At Elkhart Lake-Glenbeulah High School:

- Water Gardening: 6-9pm Wednesday, April 4, \$15.19 (\$4 seniors)
- Perennial Planting: 6-9pm Mondays, April 16-23, \$20.78 (\$4 seniors)

### At Kiel High School:

- Chinese Culture & Language Level 1: 6-8pm Thursdays, Jan. 19-Feb. 9, \$26.37
- Chinese Culture & Language Level 2: 6-8pm Thursdays, Feb. 16-March 8, \$26.37
- Chinese Culture & Language Level 3: 6-8pm Thursdays, April 12-May 3, \$26.37
- Spanish for Travelers & Tourists: 6-9pm Mondays, Feb. 13-27, \$31.96 (\$4 seniors)
- ServSafe Certification: 6-9pm Mondays, March 5-April 2, \$111.56 (\$78 seniors)
- ServSafe Recertification: 6-10pm Monday, April 9, \$15.19 (\$4 seniors)
- Workplace Spanish: 6-8pm Tuesdays, April 10-May 8, \$71.96 (\$44 seniors)
- How to Use Your iPad: 6-8pm Wednesday, Feb. 15, \$15.19 (\$4 seniors)
- Computers: Microsoft Beginners 1: 6-9pm Wednesdays, Feb. 1-8, \$25.78 (\$9 seniors)
- Computers: Microsoft Beginners 2: 6-9pm Wednesdays, Feb. 15-22, \$25.78 (\$9 seniors)
- PowerPoint-Level 1: 6-9pm Mondays, Feb. 20-27, \$25.78 (\$9 seniors)
- Dreamweaver: Web Design-Level 1: 6-9pm Tuesdays, March 6-20, \$31.96 (\$4 seniors)
- Square Foot Gardening: 6-9pm Wednesday, March 28, \$15.19 (\$4 seniors)
- Internet Buying & Selling: 6-9pm Tuesday, April 17, \$15.19 (\$4 seniors)
- Container Gardening: 6-9pm Monday, April 2, \$15.19 (\$4 seniors)

To register, visit [gotoltc.edu](http://gotoltc.edu) or call 1.888.GO TO LTC, ext. 1366.

## Students offer technical help



Students at Plymouth High School are available to help members of the community one on one with various technological issues. They can provide instruction on the use of digital cameras, cell phones, the Internet, iPods and other technological tools. Students will cater their help to each person's individual questions.

Help is available from 8:30 a.m. to 2:30 p.m. Monday through Friday. Call the Plymouth Community Education & Recreation office at 892-5068 to schedule an appointment on a one-time or weekly basis.

# Aquatics Courses

## Daytime Aqua Dynamics

This shallow-water class is excellent for flexibility, range of motion and muscle toning. A great way to start your day!

Instructor: Betty Nicodemus  
Orientation: 6:30 p.m. Jan. 11 or 12, PHS cafeteria\*  
Tuesdays and Fridays, Jan. 17-March 16  
7:45-8:30 a.m. in Plymouth High School pool  
Early fee (9 classes): \$27 (\$22 seniors) until Jan. 6  
Early fee (18 classes): \$49 (\$39 seniors) until Jan. 6  
Get parking permit at orientation or from Comm Ed&Rec

## In the Deep!

Get your heart rate pumping and muscles toned in this motivational class that uses the resistance of the water for a great workout. You must be able to swim and be comfortable in deep water.

Instructor: Beth Kerntke  
Orientation: 6:30 p.m. Jan. 11 or 12, PHS cafeteria\*  
Mondays & Wednesdays, Jan. 16-March 14  
6:45-7:30 p.m. in Plymouth High School pool  
Early fee (9 classes): \$27 (\$22 seniors) until Jan. 6  
Early fee (18 classes): \$49 (\$39 seniors) until Jan. 6  
Plus optional \$28 for water cuffs  
(to be worn as a belt or on the ankles)

## Water Walking

If you have limited mobility; back, hip or knee issues; joint problems; balance problems; recent surgery; or are just a bit nervous of the water, this self-paced, gentle exercise class in shallow water is perfect for you. Class meets at the same time as In the Deep, so help is nearby.

Orientation: 6:30 p.m. Jan. 11 or 12, PHS cafeteria\*  
Mondays & Wednesdays, Jan. 16-March 14  
6:45-7:30 p.m. in Plymouth High School pool  
Early fee (9 classes): \$25 (\$20 seniors) until Jan. 6  
Early fee (18 classes): \$45 (\$36 seniors) until Jan. 6

## Water Works!

This medium to high shallow-water workout will focus on muscle resistance and toning, cardio conditioning, endurance and stress relief. Occasional use of noodles.

Instructor: Beth Kerntke  
Orientation: 6:30 p.m. Jan. 11 or 12, PHS cafeteria\*  
Mondays and Thursdays, Jan. 16-March 15  
7:45-8:30 p.m. in Plymouth High School pool  
Early fee (9 classes): \$27 (\$22 seniors) until Jan. 6  
Early fee (18 classes): \$49 (\$39 seniors) until Jan. 6

### \* Please note

New Aquatic class participants must attend a **MANDATORY** half-hour orientation. This orientation will cover important pre-class information and allow for more time in the water when the pool is available. Attend either orientation at 6:30 p.m. Wednesday, Jan. 11 or Thursday, Jan. 12 in the PHS cafeteria.

## Aqua Fitness

This low to medium shallow-water workout will focus on flexibility, range of motion, muscle toning and stress relief. Perfect for those who are older, overweight, pregnant or beginning to exercise. Also great for those with arthritis, fibromyalgia or other health concerns. Occasional use of noodles.

Instructor: Beth Kerntke  
Orientation: 6:30 p.m. Jan. 11 or 12, PHS cafeteria\*  
Tuesdays and Thursdays, Jan. 19-March 20  
6:45-7:30 p.m. in Plymouth High School pool  
Early fee (9 classes): \$27 (\$22 seniors) until Jan. 6  
Early fee (18 classes): \$49 (\$39 seniors) until Jan. 6

## Lap Swim

Proficient swimmers are invited to swim laps in the PHS pool. For serious swimmers only.

Orientation: 6:30 p.m. Jan. 11 or 12, PHS cafeteria\*  
7:45-8:45 p.m. Wednesdays, Jan. 18-March 14  
7:30-8:30 a.m. Saturdays, Jan. 21-Mar. 17 (no class Jan. 28)  
Early registration fee (1x week): \$20 until Jan. 6 then \$30  
Early registration fee (unlimited): \$25 until Jan. 6 then \$35

## Family Swim

Families are invited to spend a fun time in the PHS pool. This is a family event; children must be accompanied by an adult. One lap lane will be available. Participants should bring their own towels. No registration is necessary, but come early because the pool may close if there are not enough participants.

6-7:30 p.m. Fridays, Jan. 20 & Feb. 10  
1-2:30 p.m. Sundays Jan. 29, Feb. 19 & March 11  
Plymouth High School Pool  
\$6/family each swim

## Adult Swim Lessons

Are you afraid of the water? Do your kids swim better than you? Do you want to feel more comfortable with your swim skills?

Saturdays, Jan. 21-March 17 (no class Jan. 28)  
11-11:45 a.m. at PHS pool  
Early registration fee: \$38 until Jan. 6 then \$48

## Child Swim Lessons

The American Red Cross offers six comprehensive Learn To Swim course levels that teach your child how to swim skillfully and safely in the PHS pool. Please note the class level on the registration form.

- ▶ Level 1 Intro to Water Skills: Students must be 50 inches tall and will be measured on or preferably before the first day of class.
  - ▶ Level 2 Fundamental Aquatic Skills: Child must have completed and passed Level 1 (proof required, or child may be tested)
  - ▶ Level 3 Stroke Development: Child must have completed and passed Level 2 (proof required, or child may be tested)
  - ▶ Level 4 Stroke Improvement: Child must have completed and passed Level 3 (proof required, or child may be tested)
  - ▶ Level 5 Stroke Refinement: Child must have completed and passed Level 4 (proof required, or child may be tested)
  - ▶ Level 6 Swimming & Skill Proficiency: Child must have completed and passed Level 5 (proof required, or child may be tested)
- Saturdays, Jan. 21-March 17 (no class Jan. 28)  
Level 1 (first time) & 2 (first time): 8:45-9:30 a.m.  
Level 2 (repeat), 3 (first time) & 4: 9:30-10:15 a.m.  
Level 1 (repeat), 3 (repeat) and 5/6: 10:15-11 a.m.  
Early registration fee: \$38 until Jan. 6 then \$48

### ➔ Cancellations

A decision will be made by 7 a.m. if swim lessons need to be cancelled due to inclement weather. Call the Community Ed & Rec office at 892-5068 for a recorded message.

**Registration fees for aquatics courses increase \$10 after early registration deadline.**

# Fitness Courses

## Body Basics

This class features low-impact aerobics with energetic, fun music. It offers total body toning and flexibility, but no coordination is required. There will be 40 minutes of cardio followed by 20 minutes of toning and stretching. Activities include basic steps and aerobic dance. Participants should bring a yoga mat and 1- to 3-pound hand weights.

Tuesdays & Thursdays, Jan. 3-March 22  
5:30-6:30 p.m. at Riverview Fitness Center  
Early registration fee: \$95 (\$76 seniors) until Dec. 30

## Boot Camp

A high-intensity class designed to blast your fitness level. Class begins with a 10-minute cardio warm-up followed by toning, plyometrics, circuit training and flexibility. Challenge yourself with this total-body workout!

Mondays & Wednesdays, Jan. 2-March 21  
6-6:45 p.m. at Riverview Fitness Center  
Early registration fee: \$75 (\$60 seniors) until Dec. 30

## Advanced Cycling

This class is designed for the well-trained, experienced cyclist. You can choose a single or a double ride in this extreme class!

6-6:45 p.m. & 6:45-7:30 p.m. at Riverview Fitness Center  
Mondays & Wednesdays, Jan. 2-March 21  
Early fee (single ride): \$75 (\$60 seniors) until Dec. 30  
Early fee (double ride): \$144 (\$115 seniors) until Dec. 30

## Group Cycling

Choose your intensity and enjoy the ride as you climb hills, ride the flat road and sprint to the finish line on fitness bicycles. This is a class for beginners and advanced riders. The music-based ride will motivate you!

► Mondays, Wednesdays & Fridays, Jan. 2-March 23  
5:15-6 a.m. at Riverview Fitness Center  
Early registration fee: \$104 (\$83 seniors) until Dec. 30

► Mondays & Wednesdays, Jan. 2-Feb. 8  
3:15-4 p.m. at Riverview Fitness Center  
Early registration fee: \$38 (\$30 seniors) until Dec. 30

► Tuesdays & Thursdays, Jan. 3-March 22  
6-6:45 p.m. at Riverview Fitness Center  
Early registration fee: \$75 (\$60 seniors) until Dec. 30

## → Please note

The early registration deadline is Dec. 30 for fitness classes that begin the week of Jan. 2. We will be open from 8 a.m. to 3 p.m. Tuesday, Dec. 27 and Wednesday, Dec. 28 for in-person registration between the holidays.



## Eastern Movement and Dance

This class will include Tai Chi, Tai Chi Dance and Pal Dan Gum. Tai Chi movements will assist with releasing daily stress, gaining energy and managing health challenges. Tai Chi Dance will be an extension of Tai Chi with different music and movement throughout the room. Developed years ago in Korea, Pal Dan Gum is a natural and fun way to keep the body active and fit while increasing the vital force of human energy. Its exercises are often referred to as the eight silken movements. Movements can be adapted and adjusted for those with any physical challenges. Dress comfortably.

Instructor: Karen Klumppan  
Mondays, Feb. 6-March 19  
4:30-5:15 p.m. in Riverview Cafeteria  
Early registration fee: \$20 (\$18 seniors) until Jan. 27

## Core Fitness

Tighten and tone your midsection with exercise balls and strength bands, while increasing your flexibility and balance in this low-impact class. This is a class for all individuals!

Mondays & Wednesdays, Jan. 2-March 21  
5:15-5:45 p.m. at Riverview Fitness Center  
Early registration fee: \$40 (\$32 seniors) until Dec. 30

## Sculpt & Tone

A total body weight-training workout using weight resistance and repetition. Optional equipment: 3- to 5-pound weights; all other equipment will be provided.

Tuesdays & Thursdays Jan. 3-March 22  
3:15-4 p.m. at Riverview Fitness Center  
Early registration fee: \$75 (\$60 seniors) until Dec. 30

## Top Flight Fitness

A complete figure-shaping fitness program. Class begins with a warm-up and continues into aerobics, designed to strengthen the cardiovascular system. A cooldown follows. The mat work section of the class will shape and define arm, abdominal, thigh and hip muscles. Class concludes with stretching for flexibility. Bring your own mat.

Mondays, Wednesdays & Fridays, Jan. 2-March 23  
8-9 a.m. at Plymouth Youth Center  
Early fee (2x week): \$86 (\$68 seniors) until Dec. 30  
Early fee (3x week): \$117 (\$93 seniors) until Dec. 30

## Yoga Basics

Each class will provide a breakdown of a typical yoga pose, focusing on safe alignment and set-up. Breathing and relaxation techniques will be introduced. Bring a yoga mat.

Instructor: Kaitlynn Kiela of Real Yoga  
Tuesdays, Jan. 17-March 20  
6-7 p.m. at Fairview Elementary School  
Early registration fee: \$55 (\$44 seniors) until Jan. 6

## Zumba

Move to the beat in this Latin-based dance class as you shape and sculpt your body through basic steps and movements. This class moves to the rhythms of merengue, salsa, cumbia and reggaeton.

► Mondays & Wednesdays, Jan. 2-March 21  
5:30-6:30 p.m. in the Riverview Cafeteria  
Early fee (1x week): \$50 (\$40 seniors) until Dec. 30  
Early fee (2x week): \$95 (\$76 seniors) until Dec. 30

► Tuesdays, Jan. 3-March 20  
8-9 a.m. at Riverview Fitness Center  
Early registration fee: \$50 (\$40 seniors) until Dec. 30

## Zumba/Zumba Gold/Toning

Zumba Gold is designed for the active older adult, the beginner to exercise, and people who may be limited physically.

Mondays & Fridays, Jan. 2-March 23  
9:15-10:15 a.m. at the Plymouth Youth Center  
Early fee (1x week): \$50 (\$40 seniors) until Dec. 30  
Early fee (2x week): \$95 (\$76 seniors) until Dec. 30

More fitness courses on Page 6. →

**Registration fees increase \$5 after early registration deadline.**

# Fitness Center

## About the Fitness Center

The supervised fitness center located in the lower level of Plymouth High School features circuit training, free weights, bicycles, stair steppers, treadmills and ellipticals. Memberships can be purchased from the Community Education & Recreation office or from the Fitness Center.

### Hours

Mondays-Fridays: 5:30-7:30 a.m.  
& 4-8 p.m. (7 p.m. Fri.)  
Saturdays: 7-11 a.m.

### Membership fees

	Year	Half	Qtr
Family	\$315	\$175	\$95
Individual	\$215	\$115	\$65
Senior	\$130	\$70	\$50
Senior couple	\$215	\$120	

College students: \$50/3 years

Daily: \$3 adults, \$2 students/military

Students through grade 12 living in the Plymouth School District can use the facility at no cost.

## High School Hall Walking

Plymouth High School opens its halls to members of the community looking for indoor exercise from November to April. The free hall-walking program runs from 3 to 9 p.m. Mondays through Thursdays and from 3 to 6:30 p.m. Fridays. Walkers should enter at the Community Education entrance and indicate on the roster when they are in the building.

→ See our new **Walk N Talk Nutrition Series/Page 2.**

**Winter Special**  
Purchase a 1-year membership in the Comm Ed & Rec office by Jan. 20 and get half-price fitness and aquatic classes for the year.

# Fitness Courses

## Saturday Skiing & Snowshoeing

Find out why snow brings joy to so many, by trying out the sports of cross-country skiing and snowshoeing. The first six outings will be around the high school grounds and Evergreen Golf Course, with the final one in the Kettles. Refreshments will be provided afterward. Snowshoes in most sizes, including youth, are available for free use. Skis in men's 5-14 are available for rental. Meet at the garage behind PHS at 10:15 a.m. for equipment rentals.

Coordinator: Clayton Moore

Saturdays, Jan. 14-Feb. 25

10:30 a.m.-12:30 p.m. behind PHS (Kettles on Feb. 25)

Early reg. fee: \$15 (\$30 with ski rental) until Dec. 30

← More fitness courses on Page 5.

## Thriving in the Winter by Having Fun

**NEW!**

A series of six sessions that lead participants through a transformation of thought, out of the winter doldrums and into a positive mindset.

- Managing the Winter Blues (Feb. 8): Learn stress management techniques, 17 second pivot practice and implementing affirmations to change thinking and rewire the brain. This body, mind and spirit session will provide health and immunity benefits as well. Dessert will be served.

- Hand, Neck and Foot Massage (Feb. 15): Learn simple massage and acupressure spots on the feet and hands. Also learn to make lotions and oils for massage at home. Dessert will be served.

- Hors d'oeuvres and Healthy Snacks (Feb. 29): Dress up your basic bowl of popcorn with fun spices, herbs and cheese and take raw nuts to a whole new level of salty, sweet and spicy, but all healthy. Make and enjoy a healthy punch.

- Making Bacon Cake and an Elegant Ring (March 5): Make unique cookies and a cake with bacon — really! Also make an elegant vintage-looking ring with beads and buttons. Dessert will be served.

- Making Old-Fashioned Rock Candy (March 12): Make rock candy the old-fashioned way. Bring jars for the candy, which must be stored for 10 days. Taste samples and enjoy an additional dessert.

- Potluck and a Spring Craft (March 19): Create a spring craft of an egg, vase or pot with spring colors of fabric, wallpaper and other materials. Everyone can bring a small dish to share.

Instructor: Karen Klumppyan

Wednesdays, Feb. 8, 15, 29; Mondays, March 5, 12, 19

5:30-7:30 p.m. in Plymouth High School Room C105

Fee: \$15/class or \$50 for all 6

Registration deadline is one week before each class.

**Registration fees increase \$5 after early registration deadline.**

# Youth & Family



## Healthier You, Healthier Baby!

Learn about important health factors for pregnant women, including exercise, nutrition, relaxation techniques and adapting to your body's physical changes. Whether you're expecting or planning to have a family in the future, you will learn the best ways to take care of yourself and your new little one!

Instructor: Dr. Emily Hauck  
6-7 p.m. Thursday, Jan. 19 in PHS Room C103  
Free, but you must register by Jan. 6

## Kidz Gym

Kids ages 2-3 will enjoy ball activities, movement games, free play and more as they interact with other children in a fun and safe environment. Each class will begin and end with free play, with 15 to 30 minutes of structured activities and games in between.

10-11:15 a.m. Tuesdays, Jan. 31-March 20 at Youth Center  
Early registration fee: \$25/child until Jan. 20, then \$30

## Super Saturday

Find out how your family stacks up against the Pros on Super Bowl Weekend. Parents and children ages 5-10 will form teams to compete in football drills. Dress as your favorite team or player. One or two parents/guardians should register with their children for this Family Fun Day; all children must be accompanied by an adult.

Coordinator: Clayton Moore  
9-11 a.m. Saturday, Feb. 4 in the PHS gym  
Early registration fee: \$8/family until Jan. 20, then \$13

## Final Four Saturday

Try your luck at the game-winning buzzer beater. Parents and children ages 5-10 will form teams to test their basketball skills during a one-day event the weekend of the NCAA Basketball Championship. Dress as your favorite player or team. One or two parents/guardians should register with their children for this Family Fun Day; all children must be accompanied by an adult.

Coordinator: Clayton Moore  
9-11 a.m. Saturday, March 31 in the PHS gym  
Early registration fee: \$8/family until March 16, then \$13

## Babysitting Clinic

Students 10 years of age and older will learn how to be babysitters. A certificate of completion will be issued. Class size is limited.

Instructor: Denise Roth  
Monday, Jan. 30 & Tuesday, Jan. 31  
3-4:30 p.m. at Elkhart Lake Elementary School Library  
Early registration fee: \$23 until Jan. 20, then \$28

## Home Alone

This class for students in grades 3 through 5 will help to provide children who are home without an adult with a knowledge of safety concepts. Learn to use 911, what to say when a phone caller asks for mom or dad, what to do if the lights go out, and how to handle other small emergencies.

Instructor: Denise Roth  
Monday, Feb. 13 & Tuesday, Feb. 14  
4-5:30 p.m. at Elkhart Lake Elementary School Library  
Early registration fee: \$21 until Feb. 3 then \$26

## Stop-Motion Lego Animation

In this class you will learn how to create a short animated film using Legos. This stop-motion animation technique has been used for such hit films as "Wallace and Gromit," "The Nightmare Before Christmas" and "Coraline." Once you have learned the basics of stop-motion animation, there is no limit to your animation projects. Grade 5 to adult.

Instructor: JJ Burkart  
Mondays, Feb. 20-March 19  
3:30-5 p.m. at Riverview Middle School  
Early registration fee: \$28 until Feb. 10, then \$33



## Upcoming events at Generations

1500 Douglas Drive

**Old-Time Christmas Gathering**  
With Santa, carolers and plenty of fun activities for all from 6 to 8 p.m.  
Tuesday, Dec. 20.

## Jack Frost Socials

Watch for more info on these fun events to be held Thursday evenings from Jan. 12-26.

## ASAP

Plymouth Community Education & Recreation again is offering an after-school activities program for students at Riverview Middle School.

The After School Activities Program (ASAP), which runs from 2:45 to 5:15 p.m. each school day, is organized and supervised by adults. It is designed to help children transition into more responsible young adults.

Activities include computer lab time, Riverview athletic events, fitness center once a week, game day, craft activities, movie Fridays, walking activities, basketball and kickball, as well as time for homework.

The second session will run from Jan. 2 to March 23. Cost is \$225.

## Our partners

These agencies also offer activities for kids and families:

**Family Resource Center of Sheboygan County**  
familyresourcesheboygan.org

**Generations**  
plymouthintergenerational.org

**City of Plymouth & Plymouth Public Library**  
plymouthgov.com & plymouthgov.com/Library

**Plymouth Chamber of Commerce**  
plymouthchamber.com

**Plymouth Arts Center**  
plymoutharts.org

**Registration fees increase \$5 after early registration deadline.**

# Registration Information

## Who may register

Unless otherwise indicated, classes are open to everyone. Those 62 years of age or older living in the Plymouth School District may claim a fee reduction of 20% on most classes as noted. Some financial assistance is available for youth classes.

## How to register

**Participants must pre-register for all classes. No registration is complete until fees are paid.**

The two preferred ways to register:

- By mail:** Complete the registration form below and mail it and a check made out to Community Education to: Community Education & Recreation 125 Highland Ave., Plymouth WI 53073
- Online:** Available for most classes. Visit [plymouth.k12.wi.us/COM.html](http://plymouth.k12.wi.us/COM.html) for more information.

Registrations also will be accepted in our office on the north end of Plymouth High School, 125 Highland Ave.

**Registration will not be handled in classes.** Instructors can deny participation until registration is complete.

## Confirmation

To keep class costs down, confirmation is not sent to verify your registration acceptance. You will be notified if your registration is incomplete or if a class needs to be canceled. If you are not notified, assume your registration is confirmed.

### NOTE: Cancellation/Refunds

All fees will be refunded if the class is dropped due to insufficient enrollment or if the class is filled before we receive your registration.

If you cancel before the first class, your money will be refunded less a \$4 service charge. **No refunds will be made after the second class.**

All Community Education & Recreation classes are self-supporting. Receipts from course fees help offset class costs. Course fees are based on the length of the class, basic materials, and other instructional costs. It is our goal to offer quality classes and activities at the lowest possible cost. Some classes will require additional materials, which must be purchased by participants.

### Weather cancellations

If school is cancelled or closed early, classes will not meet. We will update our web site ([www.plymouth.k12.wi.us](http://www.plymouth.k12.wi.us)) and phone message (892-5068) accordingly.

## Photo policy

By registering for any program you have granted us permission to use your image for promotional purposes.

## Changes

Community Education & Recreation reserves the right to change program schedules as needed to accommodate school uses. If this happens, every effort will be made to notify registered participants. Changes also will be posted at the class site.

## Civil Rights statement

The Plymouth School District and Community Education & Recreation are in full compliance with Title VI and VII of the 1964 Civil Rights Act and Title IX of the 1972 Education Amendments stating that no person shall be denied the benefits of, or be excluded from participating in or subjected to discrimination because of race, color, national origin, creed, sex, or disability.

## Disabled students

Disabled students who need special assistance may register for Community Education classes and attend with another adult, who will not be a regular member of the class but will be there to assist the student. This assistant is not required to pay for the class, but will pay for any consumable supplies he or she uses that were provided by the teacher or by special fees.

## Plymouth Community Education and Recreation Registration Form

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone: \_\_\_\_\_ (home/work/cell)

E-mail address: \_\_\_\_\_ (if you would like information about future classes)

Course title: \_\_\_\_\_ Day and time: \_\_\_\_\_ Fee: \$ \_\_\_\_\_

**No registration is complete until fees are paid.** Make checks payable to and mail or bring registrations to:  
Community Education & Recreation, 125 Highland Ave., Plymouth WI 53073

### WAIVER STATEMENT

The participant/parent/guardian assumes all responsibility in case of injury or harm to participant. The Plymouth School District, its employees or agents or any volunteers/organizations associated with this activity will not be held responsible for any personal injury or loss that may occur in conjunction with this activity.

\_\_\_\_\_  
REQUIRED: Signature of participant (or parent/guardian if participant under 18) DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

OFFICE USE: Date \_\_\_\_\_ Amount \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_