



Classes open to all, no matter where you live!

Activity Guide

Summer
2025

Plymouth School District Community Education & Recreation

General classes

Photography 101

NEW!

Want to take better photos — whether with your phone or a camera you haven't used in a while? Explore how to see the world like a photographer, go on short photo walks, and try out easy techniques to improve your shots. You'll get to practice every class, so bring a phone or camera you're comfortable using, and wear good walking shoes.

Instructor: Julia Kemmett
5:30-7:30pm in PHS Room C118
Monday July 21: Finding Inspiration & Composition Basics
Tuesday July 22: Exposure Basics & Tips for Portrait Photography
Wednesday July 23: Editing Basics, Tips on Landscape Photography & Showcase
Fee: \$26/class or \$62 for all 3 through July 14, then \$36/class or \$72 for all 3

Around Our Town: Plymouth Historical Society Museum

Community members ages 18+ are invited to explore Plymouth's rich past. Peek into local history, artifacts, and exhibits that help bring Plymouth's story to life. Knowledgeable volunteers will share stories & answer questions. 5:30pm Tuesday July 29 at 420 E Mill St. Free, but you must register in advance because space is limited

Bouquet Building

NEW!

This hands-on class lets you experience The Art of Agriculture in full bloom. Using flowers grown locally and lovingly on Airy Point Farm, you'll learn the fundamentals of floral design, including arrangement techniques, color selection, and seasonal styling. Whether you're a beginner or a flower enthusiast, this creative workshop is a joyful way to connect with nature, nurture your artistic side, and take home a beautiful, handcrafted bouquet. All supplies included.

Instructor: Nicole Tippel of Airy Point Farms
5:30-7pm Wednesday July 23 in the PHS Food Science & Agriculture Center.
Fee: \$62 through July 14, then \$72

Adult Paint Day

NEW!

Join an exciting, step-by-step painting adventure! Create your very own masterpiece on an 11x14 canvas. The teacher will guide you through every brushstroke as you bring a nature scene to life together. Enjoy drinks and snacks during drying breaks.

Instructor: Ashley Hilbelink
1-4pm Saturday Aug 16 in the Riverview Art Room
Fee: \$22 through Aug 4, then \$32

Athletic camps

NOTE: Camp registration is already open!

Lady Panther Girls Basketball Camp

PHS coaches and players teach game fundamentals with drills and game play.

Who: Girls currently in grades 3-8
When: June 9-13; 8-10am for grades 3-5, 10:15am-12:15pm for grades 6-8
Where: PHS Gym
Fee: \$45

Stars of Tomorrow Boys Basketball Camp

PHS coaches and players correct, teach, and help perfect the individual fundamentals of basketball. Camp consists of individual offensive and defensive techniques, as well as scrimmaging in small groups and competing in drills and contests.

Who: Boys currently in grades 2-8
When: June 16-19 and/or June 23-26; 12-1:30pm for grades 5-8, 1:45-3:15pm for grades 2-4
Where: PHS Gym
Fee: \$45 per session or both for \$60; register by June 1 to get a T-shirt

Tennis Camp

Drills and coaching from veteran tennis players; equipment can be borrowed during the weeks of camp

Who: Students currently in grades 1-8
When: July 7-11 for grades 1-5; July 14-18 for grades 6-8. Both will meet 12:30-2:30pm
Where: PHS tennis courts
Fee: \$45 until July 3, then \$55

Youth Football Camp

PHS football coaches cover game fundamentals, weight training and the development of speed, power and agility.

Who: Students currently in grades 4-7
When: 12:30-3pm Monday July 14 through Wednesday July 16
Where: PHS
Fee: \$45; register by June 1 to get a T-shirt

Volleyball Camp

Conducted by PHS coaches and local collegiate athletes

Who: Students currently in grades 2-7, plus girls currently in grades 8-11
When: July 28-31; 8-9:15am for grades 2-4, 9:30-11:30am for grades 5-7; 12-2pm for grades 8-11
Where: PHS Gym
Fee: \$65; register by July 1 to get a T-shirt

**Look for many more
Youth & Family activities on Page 4!**

Registration opens 11am Wednesday May 28. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.

**Learn
more:**

- <https://plymouthwi.myrec.com>
- commedrec@plymouth.k12.wi.us
- 920-892-5068

- Sign up for our monthly e-newsletter →
- Find us on   @PlymouthCommunityEdRec



Fitness classes

Register for a year Fitness Center membership, then receive 10% off group fitness classes!

Kickoff Fitness Party

FREE opportunity to sample fitness classes, try the latest Les Mills BodyPump release, and meet class instructors. Bring a friend!

Saturday June 7 in the PHS Studio
8:00-8:30am BodyPump
8:40-9:00am Outdoor Bootcamp
9:15-9:45am SHiNE

Free, but cash donations accepted for Panther 'Fits Closet
Register online via MyRec, by calling 920-892-5068, or by emailing commedrec@plymouth.k12.wi.us

Vin/Yin Yoga

Start class with a dynamic Vinyasa yoga by linking movements with breath, creating a flowing sequence of poses. End with Yin yoga's long, gentle holds in passive poses targeting the deep connective tissues (rather than the muscles) to improve flexibility, joint mobility, and body awareness.

Instructor: Megan
4:15-5pm Mondays June 9-Aug 25 (except Aug 4) in PHS Studio
Fee: \$44 (seniors* \$35) through June 9, then \$54 (\$45)
Bring: yoga mat if you have one

Total Body Training

Increase heart rate with low- to medium-impact intervals using weights, bosu balls, resistance bands, and stability balls, while strengthening the muscles of the core.

Instructor: Josette
4:30-5:30pm Mondays & Wednesdays June 9-Aug 27 in the Horizon Gym
Fee: \$98 (seniors* \$78) through June 9, then \$108 (\$88)
OR take 12 classes (1x/week): \$53 (seniors* \$42) through June 9, then \$63 (\$52)

*Senior rate is available to Plymouth School District residents ages 62 & above.

Recreation

Pickleball Skill-Based Sessions

Join pickleball organized by skill level. Intermediate is perfect for players with solid knowledge of the game, who can sustain rallies, understand strategy, and are looking for more competitive play. Advanced is for experienced players with strong court awareness, consistent shot placement, and advanced strategies.

4:15-6:15pm Tuesdays June 10-Aug 26 Fairview Gym
Fee: \$55 (seniors* \$44) through June 9, then \$65 (\$54)

The Hiker's Helper

This opportunity is for caregivers and littles that can be carried in a carrier. Each hike will be around 3.5 miles.

Instructor: Carly
9:15am Tuesdays June 17-July 15 (details on Page 4)
Fee: Free, but you will need a state park sticker. Please pre-register so we know to expect you.

Outdoor Bootcamp

Full-body workouts with a focus on both strength and cardio exercises. Classes involve interval or circuit training both solo and in a group, aiming for high calories burned while performing total body training moves with little to no equipment. Have fun while you sweat outdoors and leave feeling like you crushed a workout!

Instructor: Julie
5:45-6:30am Tuesdays & Thursdays June 10-Aug 14 (except July 24 & 31)
Meet on the PHS Football Field, though we may utilize other outdoor areas on the PHS grounds (and the PHS multi-purpose facility in inclement weather).
Fee: \$72 (seniors* \$57) through June 9, then \$82 (\$67)

Les Mills BodyPump™

BodyPump is a total-body strength workout that will shape and tone all major muscle groups, increase core strength, improve bone health, and leave you feeling strong and fit! The low-weight, high-repetition training of BodyPump™ is based on a formula called The Rep Effect™, which utilizes tension and fatigue to generate muscular adaptation.

Instructors: Carly, Emily, and Julie
Classes meet in the PHS Studio
-5:30-6:30pm Mondays & Wednesdays June 9-Aug 27 (except July 16)
-5:45-6:20am Wednesdays June 11-Aug 20
-8-9am Saturdays June 14-Aug 30 (except July 5 & 26)
Fees:
-2/week: \$126 (seniors* \$100) through June 9, then \$136
-1/week: \$71 (seniors* \$56) through June 9, then \$81
-Special deal for Wednesday morning class: \$30 (seniors* \$24) through June 9, then \$40 (seniors* \$34)

SHiNE

This dance fitness workout features current hit music and choreography. High-cardio exercise combines jazz, ballet, and hip hop moves with calisthenics in a HIIT format for a full-body workout. Come dance with us!

Instructor: Hailey
5:15-6pm Tuesdays June 10-Aug 26 (except June 17 and July 1) in the PHS Studio
Fee: \$42 (seniors* \$33) through June 9, then \$52 (\$43)

Sunrise Yoga

End your week with an energizing class designed to wake up the mind and body in preparation for a beautiful day and weekend. Great for all levels.

Instructor: Tanya
5:30-6:15am Fridays June 20-Aug 29 (except July 4) in the PHS Studio
Fee: \$40 (seniors* \$32) through June 9, then \$50 (\$42)
Bring: yoga mat if you have one

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Outdoor Bootcamp 5:45-6:30am at PHS	BodyPump 5:45-6:20am PHS Studio	Outdoor Bootcamp 5:45-6:30am at PHS	Sunrise Yoga 5:30-6:15am PHS Studio
Vin/Yin Yoga 4:15-5pm PHS Studio	Hiker's Helper 9:15am			
Total Body Training 4:30-5:30pm Horizon	Pickleball 4:15-6:15pm Fairview	Total Body Training 4:30-5:30pm Horizon		SATURDAY
BodyPump 5:30-6:30pm PHS Studio	SHiNE 5:15-6pm PHS Studio	BodyPump 5:30-6:30pm PHS Studio		BodyPump 8-9am PHS Studio

Registration opens 11am Wednesday May 28. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.

Aquatics

Parent/Tot Aquatics

For ages 6 months-5 years. This structured program is designed to establish a comfort level in the water for children. Adults are in the water with their children, so this class offers a unique opportunity to bond.

Instructor: Beth

Orientation: 6pm Tuesday June 3
in the PHS addition foyer (enter Door 18)

► Monday class:

6-6:45pm Mondays June 9-July 21
(except June 30)

Fee: \$38/pair through June 9, then \$48

► Tuesday class:

6-6:45pm Tuesdays June 10-July 22
(except July 1)

Fee: \$38/pair through June 9, then \$48

Lap Swim

Get regular exercise swimming laps in the Plymouth High School Pool!

5-5:45pm Mondays & Wednesdays

June 9-July 23 (except June 30 & July 2)

Fee: \$19 (seniors* \$15) through June 9,
then \$29 (\$25)

Adult Swim Lessons

For adults who want to feel more comfortable in the pool, improve their swimming ability, or alleviate their fear of water. Taught by an adult instructor.

Instructor: Beth

6-6:45pm Wednesdays June 11-July 23
(except July 2)

Fee: \$44 (seniors* \$35) through June 9,
then \$54 (\$45)

*Senior rate is available to Plymouth School District residents ages 62 & above.

Nutrition classes

Canning 101



This family-friendly class teaches the skill of long-term food preservation through canning. Learn and practice the basics of safe waterbath canning by crafting a jar of dilly beans. You will discuss the basics of safe canning methods (including pressure canning), equipment & recipe review, storage of food preserves, and some troubleshooting tips. Leave with your jar of dilly beans, recipes, & resources to continue your canning journey to maximize food storage and enjoy fresh flavors year round.

Instructor: Amanda Strojinc of Hopefully Homesteading

5:30-8pm Thursday June 26 in PHS Room C105

Fee: \$32 through June 16, then \$42

Freezer Meal Workshop

Spend an hour assembling 4 freezer meals to feed 4-6 people. Includes prepped veggies, spices, herbs, bags, recipes, etc. When you're ready to eat, add another ingredient or two and your choice of protein, heat, & serve!

Crockpot Marinades & Meals: Costa Vida Chicken, Mississippi Pot Roast, Creamy Fiesta Ranch Chicken, Hearty Chili, and Mango Salsa Chicken

Instructor: Kristy Markeland

5:30-6:30pm Wednesday July 30 in PHS Room C103

Fee: \$45 through July 21, then \$55

Wild Food/Wild Medicine Plant Foraging Tour

Explore the plants of summer to get a glimpse into the cycles of nature and the abundance that prevails. Learn to identify plants in various stages, regenerative harvesting practices, and how to prepare plants for food and medicine.

Instructor: Linda Conroy, herbalist & forager for 30 years

5:30-7:30pm Thursday July 31 at the main entrance to Nichols Creek Wildlife Area

Fee: \$32 through July 21, then \$42

Herbs for Women's Health



Women have relied on herbs to promote health since ancient times. From reproductive support to menopause and beyond, herbs can help soothe and relieve common concerns. From cramps to hot flashes, we will explore herbal allies that women depend on for support. We will discuss internal and topical applications. Samples of infusions and tea will be shared. Everyone will take home a remedy we make in class and a handout with recipes.

Instructor: Linda Conroy, herbalist & forager for 30 years

1-4pm Saturday Aug 2 in PHS Room C105

Fee: \$45 through July 21, then \$55

Registration info

Registration opens at 11am Wednesday May 28. At that time, online registration will be available and we will begin taking in-person registrations and processing forms received in advance.

Online registration is preferred.

If you are able, please go to plymouthwi.myrec.com and register via MyRec. (If you do not already have a MyRec account, please create one now, so that we can verify residency and approve the account before registration opens.)

You also can visit our office, or download a registration form (<https://bit.ly/COMregform>) and mail it with a check to Community Ed & Rec, 125 Highland Ave., Plymouth WI 53073.

NOTE: Our office will close at 2pm Fridays this summer. Otherwise we are open 8am to 4pm weekdays.

Registration opens 11am Wednesday May 28. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.

Register for a year Fitness Center membership, then receive 10% off group fitness classes!

Fitness Center

The Fitness Center on the south end of PHS (Door 18) is open to community members! It features cardio machines, Matrix circuit, free weights, & other equipment. The facility is supervised by an adult staff member.

June 16-July 18:

5am-6:30am Mon-Thu
(5am-7:30am Fridays)

3-7pm Monday-Friday

7-11am Saturday

July 21-Aug 29:

5-7:30am Monday-Friday

3-7pm Monday-Friday

7-11am Saturdays

MEMBERSHIP FEES	mo	6mo	year
Individual (district resident)	\$25	\$135	\$240
Couple (2 adults at district address)	NA	\$195	\$340
Senior (resident age 62+)	\$20	\$90	\$155
Senior Couple (1-2 resident 62+)	NA	\$125	\$215
Under 23; Active Military (resident)	NA	NA	\$50
Non-resident	\$35	\$180	\$315

10-punch card \$40; day pass \$5 cash; student members free

Youth & Family

Child care

For children currently in 4K-4th Grade. We offer caring and nurturing child care in two age-appropriate programs located at the schools.

Learn more: <https://bit.ly/COMcares> or 920-892-6922



The Hiker's Helper

For a tot in a carrier with an adult. Grab your hiking shoes and bring your littlest helper along for the adventure. Each hike will be around 3.5 miles.

Instructor: Carly

9:15am Tuesdays June 17-July 15

-June 17 at Greenbush Rec Area Green Loop (3.6 miles)

-June 24 at Butler Lake Trail (3.2 miles)

-July 1 at Parnell Tower Trail (3.5 miles)

-July 8 at Greenbush Recreation Area Brown Loop 1.2 miles and Black Loop 2.1 miles (3.3 miles total)

-July 15 repeat our favorite hike!

Fee: Free, but you will need a state park sticker. Please pre-register so we know to expect you.

Friday Playgroup

For all ages! Join other parents and children this summer at this parent-supervised free play at Plymouth parks.

9:30-11am 1st & 3rd Fridays June 6-Aug 15 (except July 4)

-June 6 at Meyer Park, 300 Daleview Drive

-June 20 at Junior-Stayer Park, 39 S Stafford St

-July 18 at Lone Oak, 2245 Valley Road
Habitat Hike (see below)

-Aug 1 at City Park, 203 Suhrke Road

-Aug 15 at Meyer Park, 300 Daleview Drive

Fee: Free, but please pre-register so we know to expect you.

Habitat Hike

For all ages! Learn what a habitat is & how to spot one in nature. Then take the information you learned and hike the Lone Oak Park trail to look for nests, dug-out trees, & more! The activity will end with unstructured play at the playground. Held in conjunction with our Friday Playgroup (see above).

Instructor: Laura Grunwald-Rentmeester, Conservation Specialist with the Sheboygan County Planning & Conservation Department

9:30-11am Friday July 18 at Lone Oak Park

Fee: Free, but please pre-register so we know to expect you.

2025-26 Plymouth 3K

For potty-trained children who will be at least 3 years old as of Sept. 1.

Plymouth 3K features:

- DPI-certified teacher
- Literacy curriculum that aligns with the district 4K curriculum
- Age-appropriate social and emotional development
- Fun and play-based learning opportunities

8:30-11:30am Monday/Wednesday or Tuesday/Thursday Sept. 8-May 21 at Horizon

Fee: \$1,160 for the entire year, with a minimum of \$320 due at registration, \$320 by June 1, \$320 by Aug. 1, and the balance by Nov. 1

Don't delay - registration is open now and space is limited!

Parent/Tot Aquatics

For ages 6 months-5 years. This structured program is designed to establish a comfort level in the water for children. Adults are in the water with their children, so this class offers a unique opportunity to bond.

Instructor: Beth

Orientation: 6pm Tuesday June 3 in the PHS addition foyer

► Monday class:

6-6:45pm Mondays June 9-July 21

(except June 30)

Fee: \$38/pair through June 9, then \$48

► Tuesday class:

6-6:45pm Tuesdays June 10-July 22

(except July 1)

Fee: \$38/pair through June 9, then \$48

Just a Little Garden for Kids

For current grades 1-6. Design and decorate a clay pot, then decide which plants you want to grow in the category of flowers, veggies, or herbs. Plant, label, and learn how to care for the plants in your own personal garden.

5:30-6:45pm Tuesday June 10 in the PHS Food Science & Agriculture Center

Fee: \$26 through June 2, then \$36

Instructor: Denise Roth

Arts & Crafts Camp

For ages 6-14 as indicated. Each session will explore a unique form of arts and crafts, giving kids the chance to express themselves, learn new skills, and have tons of fun!

July 29 - Jewelry Making: In this fun and hands-on session, each child will design and create a necklace, bracelet, or earrings! For ages 8-14

Aug 5 - Plate Mod Podge: Kids will layer tissue paper and use Mod Podge to design a decorative plate. For ages 7-14

Aug 12 - Paint a Nature Scene: The teacher will guide kids step by step through a mini painting session to create a nature scene. For ages 7-14

Aug 19 - Butterfly Windchimes: Kids will design and assemble their very own charming wind chimes, blending art and nature. For ages 6-14

Instructor: Ashley Hilbelink

5:30-7:30 Tuesdays July 29-Aug 19 in Riverview Art Room
Fee: \$20 for Jewelry; \$15 for each of the others; or \$59 for all 4 through July 21, then \$30/\$25/\$69

Racquet Sports Intro

For ages 8-12. Get active, have fun, and learn two exciting sports in one program! This dynamic class introduces kids to the fundamentals of both tennis and pickleball through engaging drills, games, and match play. Students will build hand-eye coordination, footwork, and sportsmanship while developing a lifelong love of racquet sports. Perfect for beginners and those with some experience wanting to play in middle & high school!

Instructors: RSPA professional John Frausto and RSPA Apprentice instructors

5-6pm Mondays July 21-Aug 18 at PHS tennis courts
Fee: \$25 through July 14, then \$35

Middle-School Lifting

For current grades 6-7. Learn the basics of athletic-based fitness training and develop speed, explosiveness, agility, strength, & conditioning. Students who complete the class and pass the Free-Weight Safety Test can use the PHS Fitness Center independently.

Instructor: Julie Frausto

11:50am-12:50pm Mondays & Wednesdays June 16-July 16 (except June 23 & 25) in the Riverview Fitness Center

Fee: Free, but register via MyRec by June 9

Registration opens 11am Wednesday May 28. Fees increase \$10 after early registration deadline.

Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.