



Classes open to all, no matter where you live!

Course Guide



Plymouth School District Community Education & Recreation

Community Fitness Center adds personal trainer/nutrition coach



Heather Bassett has joined the Community Fitness Center staff as a NASM-Certified Personal Trainer and Certified Nutrition Coach. She is providing intake and nutrition assessments for any interested Fitness Center members.

Assessments take about 45 minutes and include a lifestyle questionnaire and a short movement assessment.

"I will use these to provide recommendations of focus areas and suggest exercises and equipment that help clients reach their goals," she said.

Nutrition coaching will consist of discussing goal setting, general nutrition knowledge, and behavior change. Regular check-ins and a shorter fol-



low up session are included.

Assessments are available by appointment only; contact Heather at hbassett@plymouth.k12.wi.us. Fee is \$25 per assessment (fitness or nutrition) or \$40 for both.

Free Film Series

Join us for the Dog Days of Summer to see 3 entertaining movies about dogs!

Admission to all films is free, but please register at least 2 days in advance so we know there is enough interest.

A Dog's Way Home

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she finds herself on a 400-mile journey to reunite with her beloved owner. PG
6pm Tuesday June 14 in the PHS Auditorium

Dog

With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance at happiness. PG-13
6pm Wednesday July 13 in the PHS Auditorium

Isle of the Dogs

When all the canine pets of Megasaki City are exiled to a vast garbage-dump called Trash Island, 12-year-old Atari sets off alone in a miniature Junior-Turbo Prop and flies across the river in search of his bodyguard-dog, Spots. There, assisted by a pack of new mongrel friends, he begins an epic journey that will decide the fate and future of the entire Prefecture. An animated film. PG-13
6pm Tuesday August 9 in the PHS Auditorium


Registration process

Registration will open at 10 a.m. Wednesday May 25. At that time, online registration will open and we will begin taking in-person registrations and opening forms received in advance.

Please create a MyRec account now, if you do not already have one, so that we can approve it before registration opens.

Learn more:

- www.plymouth.k12.wi.us/COM.html
- commedrec@plymouth.k12.wi.us
- (920) 892-5068

- Find us on Facebook  [@PlymouthCommunityEdRec](https://www.facebook.com/PlymouthCommunityEdRec)
- Visit us online to sign up for our monthly e-newsletter

Fitness classes

Les Mills BodyPump Release Launch #121

Give Les Mills BodyPump a try for free!

- ▶ 5:30-6:30pm Wednesday June 1 in the PHS Studio
 - ▶ 8:30-9:30am Saturday June 4 in the PHS Studio
- Free, but please register online through MyRec, in class, or by contacting the Community Ed & Rec office.

Les Mills BodyPump

This science-backed, full-body barbell workout to great music sculpts, strengthens, and tones each muscle group by using light weights and many repetitions.

Classes meet in the PHS Studio. NO CLASSES August 15-19.

- ▶ Instructor: Carly Lenz
5:15-6:15pm Mon. & Wed. June 6-Aug. 24 (except July 4)
 - ▶ Instructor: Carly Lenz
12:30-1:30pm Tuesdays June 7-Aug. 23 (except July 26)
 - ▶ Instructor: Julie Frausto
4:30-5:30pm Thursdays June 9-Aug. 25 (except June 23)
 - ▶ Instructor: Julie Frausto
5:45-6:45am Fridays June 10-Aug. 26 (except June 24)
- Fee for 3 classes/week (33 classes): \$160 (senior* \$128) until May 27, then \$170
 Fee for 2 classes/week (22 classes): \$116 (senior* \$92)
 Fee for 1 class/week (11 classes): \$63 (senior* \$50)

Cardio Kickboxing

Kickboxing pairs with cardio to ensure a great, fun workout. Learn the basics of punching, kicking, knees and elbows in a safe and controlled environment as you work on mastering introductory skills.

Instructor: Heather Bassett
 6-6:45am Tuesdays and/or 6-6:45pm Thursdays
 June 7-Aug. 25 (except July 26 & 28) in PHS Studio
 Fee: \$87 (senior* \$69) until May 27, then \$97
 OR take any 11 classes for \$48 (senior* \$38)

Where should I park?

For classes inside PHS, park in front of the new addition & enter Door 18.

Total Body Training

This class will increase your heart rate with low to medium impact intervals using weights, resistance bands, and stability balls with a direct focus on core strengthening. Please bring a mat if you have one.

Instructor: Josette Svitter
 4:30-5:30pm Mon. & Wed. June 6-Aug. 22 (except July 4) in the Horizon Gym
 Fee: \$85 (senior* \$68), until May 27, then \$95
 OR take any 11 classes for \$46 (senior* \$36)

Outdoor Yoga

This all-levels class takes you outdoors in the fresh air to move your body to nature's rhythm. Please bring a mat if you have one.

Instructors: Kathy Ledwith
 6-6:45pm Tuesdays June 14-August 16
 Green space across from Plymouth Youth Center (Youth Center will be available for inclement weather and restroom use.)
 Fee: \$58 (senior* \$46) until June 3, then \$68

Vinyasa Yoga

An active class designed to build core strength, detoxify the body, and invigorate the mind. This is an all-levels class, but some yoga experience is helpful. Instructor will provide modifications to poses.

Instructor: Kim Jasso
 8-8:45am Wednesdays July 6-Aug. 24 (except July 20) in PHS Studio
 Fee: \$41 (senior* \$32) until June 24, then \$51

Where are the aquatic classes?

We are not able to offer aquatic classes this summer, due to work on the PHS Pool. Look for aquatic classes and swim lessons to return in the fall. In the meantime, check out the offerings of the Plymouth Aquatic Center!

www.plymouthaquaticcenter.com

Trail Running Club

New and experienced runners can add variety to your running routine by taking your route off-road. Utilize the trails of the Kettle Moraine to increase cardio and muscle conditioning and to enjoy nature at the same time. Distances will vary, but plan for 45 minutes to 1 hour per run.

Instructor: Katie Schuenemann
 7pm select dates June 20-Aug. 1

- Monday June 20: Greenbush Rec Trails
- Tuesday July 5: Butler Lake Trail
- Monday July 11: Mauthe Lake - Tamarak Trail
- Friday July 22: Zillmer Trail
- Monday July 25: Black River Trail (Sheboygan)
- Monday Aug. 1: Bridle/Snowmobile trail Hwy 67 lot

Fee: \$5 per run or \$25 for all 6
 NOTE: A state park sticker will be needed, or carpooling can be arranged.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cardio Kickboxing 6-6:45am PHS Studio	Vinyasa Yoga 8-8:45am PHS Studio		BodyPump 5:45-6:45am PHS Studio
Pickleball 1-3pm Parkview Gym	BodyPump 12:30-1:30pm PHS Studio	Pickleball 1-3pm Parkview Gym	Pickleball 1-3pm Parkview Gym	
Total Body Training 4:30-5:30pm Horizon	Baby Steps 4-5pm	Total Body Training 4:30-5:30pm Horizon	BodyPump 4:30-5:30pm PHS Studio	Les Mills on Demand Our participants get a preferred rate on subscriptions to Les Mills on Demand, which offers unlimited access to more than 1,000 online workouts!
BodyPump 5:15-6:15pm PHS Studio		BodyPump 5:15-6:15pm PHS Studio	Hiking Club 5:30pm	
Walkers Club 6-7pm	Outdoor Yoga 6-6:45pm		Cardio Kickboxing 6-6:45pm PHS Studio	
Trail Running Club 7pm				

Registration opens 10 a.m. Wednesday May 25. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited & classes will be cancelled if minimum enrollments are not met.

Hiking Club

Explore Kettle Moraine trails with a group.

- 5:30pm select Thursdays June 9-Aug. 11
 - June 9: Zillmer Green Trail (2.9 miles)
 - June 23: Parnell Trail Loop (3.5 miles)
 - July 14: Butler Trail Loop (3.1 miles)
 - July 28: Greenbush Green Trail (3.6 miles)
 - Aug. 11: Dundee Mountain Loop (0.9 mile w/elevation)
- Free, but you must register; state park sticker required

AM Recreational Basketball

Open to those ages 18+

6-7am Tuesdays & Thursdays June 14-Sept. 1
in the Fairview Elementary School gym
Fee: \$25, OR \$14 for 12 times or fewer
FREE for Fitness Center members!



Walkers Club

Walk area neighborhoods and trails with a group. Each walk will be 2-3 miles.

Instructors: Josette Svitter and Denise Roth
6-7pm Mondays June 13-August 15 (except July 4)
Meet at the west parking lot of City Park on Suhrke Road
Fee: \$10 (seniors* \$8)

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

Pickleball

This paddleball sport combines elements of badminton, table tennis, & tennis! (ages 18+)

1-3pm Monday, Wednesday, & Thursday June 13-Aug. 25
(except July 4) in the Parkview Elementary School Gym
Fee: \$45 (seniors* \$36) until June 3, then \$55

Want more Pickleball?

The 4 easternmost PHS tennis courts have pickleball lines! No fee, no registration, but please respect events, camps, etc., that have reserved the courts. Also please park in the parking lots and not along the service road.



Walk on Wild Side: Seasonal Plants for Food & Medicine

Wild food and medicine grow all around us. During this foraging opportunity, learn to identify plants and to incorporate them into your life for food and medicine. Each walk will be seasonally unique.

Instructor: Linda Conroy, veteran herbalist & forager
▶ 5:30-7:30pm Thurs. July 7 at Nichols Creek Wildlife Area
Fee: \$33 until June 24, then \$43
▶ 5:30-7:30pm Thurs. Aug. 25 at Nichols Creek Wildlife Area
Fee: \$33 until Aug. 12, then \$43

Kayaking

This introductory class is open to ages 10 & up, so bring your family!

Instructor: Adrienne Barrett
5-6:30pm Wednesdays July 20-Aug. 3 on Mullet River & Aug. 10 at Gerber Lake
Fee: \$30 until July 8, then \$40. Contact us for a family rate.
Includes kayaks (weight limit 250lbs), paddles, & lifejackets.

Self Defense and Safety



This class is taught by a female black belt instructor with 20+ years of martial arts experience. It aims to help make participants more prepared, calm, and confident by building awareness around the body to handle a potential attack or situation. Learn and practice basic, hands-on self-defense techniques, as well as how to fall without hurting yourself. Please note that there will be gentle, physical contact with the instructor and other participants in class to practice skills in a safe environment. (ages 15+)

Instructor: Caren Johnson
4:15-5pm Tuesdays & Thursdays Aug. 2, 4, 9 & 11
First class meets in the PHS Studio
Fee: \$15 until July 22, then \$25

Registration opens 10 a.m. Wednesday May 25. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited & classes will be cancelled if minimum enrollments are not met.

Fitness Center

The Fitness Center in the addition on the south end of PHS is open to community members! It features cardio machines, circuit training, and free weights. The Fitness Center is supervised by an adult staff member.

HOURS

June 20-July 23
Monday-Thursday
5-6:30am & 2-6:30pm
Fridays
5-8am & 2-6:30pm
Saturdays
7-11am

July 25-Aug. 27
Monday-Friday
5-8am & 2-6:30pm
Saturdays
7-11am

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

Additional options: 10-punch card \$40; day pass \$5

Students ages 11+ living in the school district can use the Fitness Center for free; grades 5-6 must be accompanied by an adult.

Youth & Family

Friday Playgroup

For all ages! Enjoy our parks and commune with nature, other parents and children at this parent-supervised free play. Shelters will be open in parks that have them.

9:30-11am select Fridays

- June 10: City Park
 - June 24: Meyer Nature Park
 - July 8: Stayer Park (Downtown)
 - July 22: Lone Oak Park
 - August 5: Plymouth High School multi-purpose facility for "Superkid Challenge" — a scooter/run/obstacle course!
- Fee: \$5/family for all events

Baby Steps

For children in strollers and a caregiver. Caregivers connect with others while walking in different areas around the Plymouth community. There will be time set aside at the end of the walk for stretching and letting children interact with one another. Older kids with bikes, scooters, tricycles, etc., are welcome.

Instructor: Carly Lenz, Wellness Coordinator
4-5pm Tuesdays June 14-August 2 (except July 26)
First class meets at Riverview Middle School
Fee: \$5/family for all events

Squiggles & Wiggles Preschool

For potty-trained children ages 3 and 4 (must be 3 by June 1). This fun introduction to school is taught by a DPI-licensed teacher.

8:30-11am Monday-Thursday June 20-30 & July 11-21
at Horizon Elementary School
Fee: \$198 until June 10, then \$208

Rock Climb & Open Gym Play

For families with children ages 5 & up. Our indoor vertical wall has 4 runs from basic to advanced with overhangs and straight climbs to challenge everyone. While waiting to climb, kids can play in the gym. Some sports balls will be provided, but you can bring your own.

Instructor: Carly Lenz, Wellness Coordinator
▶ 10-11:30am Saturday June 25 in Riverview Gym
▶ 10-11:30am Saturday Aug. 6 in Riverview Gym
Fee: \$10/person/date. Contact our office for a family rate.

Looking for more family fun?

Check out Plymouth-Area Info Hub!

<http://www.plymouthinfohub.com>



Athletic Camps

Several youth sports opportunities will be offered this summer through the Plymouth School District. Registration is coordinated by Community Education & Recreation, but all camps except Tennis are operated by their respective Plymouth High School programs.

Lady Panther Girls Basketball Camp

For girls entering grades 4-9. PHS coaches and players teach game fundamentals with drills and game play.

June 13-17 in PHS gym
Grades 4-6: 8-10am / Grades 7-9: 10:15am-12:15pm
Fee: \$45; register by May 27 to get a T-shirt

Stars of Tomorrow Boys Basketball Camp

For boys entering grades 3-9. 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.

June 20-24 and/or June 27-July 1 in PHS Gym
Grades 6-9: noon-1:30pm / Grades 3-5: 1:45-3:15pm
Fee: \$45 per session or both for \$60; register by June 3 to get a T-shirt

Dance Clinic

For students entering grades K-6. PHS coaches and players help participants learn dance routines, which they will perform for their families. Includes pizza and juice for lunch.

9am-1:30pm Friday July 8, PHS gym & multi-purpose facility
Fee: \$35, due July 1; register by June 17 to get a T-shirt

Youth Football Camp

For students entering grades 5-9. PHS football coaches cover game fundamentals, weight training and the development of speed, power and agility.

12:30-3pm Monday July 11-Wednesday July 13 at PHS
Fee: \$45; register by June 17 to get a T-shirt

Tennis Camp

For boys and girls entering grades 2-8. Drills and coaching from veteran tennis players; equipment can be borrowed during the weeks of camp.

July 11-14 & 18-21 on the PHS Tennis Courts
Grades 2-4: 12:30-1:30pm / Grades 5-8: 1:45-2:45pm
Fee: \$45 until July 1, then \$55

Girls Volleyball Camp

For girls entering grades 7-12. BJ LeRoy and staff, who have more than 20 years of experience, will reinforce and perfect the individual fundamentals of volleyball. Camp also will cover game analysis and offensive and defensive techniques.

July 25-28 at Plymouth High School
Grades 7-8: 3-6pm / Grades 9-12: 5-8pm
(NOTE: 5-6 p.m. will be game analysis, so feel free to bring something to eat during this time)
Fee: \$60, due July 15; register by July 8 to get a T-shirt

Child Care



Mulberry Bush

Ages: 6 weeks until 4K

Hours: 6:30am to 5:30pm

Monday through Friday

~ ~ ~

Berry Branch



Ages: 4K & 5K students

Hours: 6am-6pm

Monday through Friday

~ ~ ~

Extra Mile

Ages: Grades 1-4

Hours: 6am-6pm

Monday through Friday

~ ~ ~

Learn more:

<https://bit.ly/COMcare>

Karyn Haun: (920) 892-6922



Registration opens 10 a.m. Wednesday May 25. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited & classes will be cancelled if minimum enrollments are not met.

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 can get a 20% discount on classes where noted. Some financial assistance is available for youth classes. Fees increase \$10 after the early registration deadline.

How to register

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

Three ways to register:

Online: Preferred way to register. Visit plymouthwi.myrec.com.

By mail: Complete the registration form below and mail it and a check made out to Community Ed & Rec to:
Community Education & Recreation
125 S. Highland Ave., Plymouth WI 53073

In person: Visit our office on the south end of Plymouth High School (park in front & enter Door 18). Hours: 8am-4:30pm (8am-4pm in summer)

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, unless you register online. You will be notified if your registration is incomplete or if a class is to be cancelled. If you are not notified, assume your registration is confirmed.

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.

Cancellations

If school is cancelled or closed early, classes will not meet. We will update the website (www.plymouth.k12.wi.us) and our phone message (920-892-5068) accordingly.

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.

Photo policy

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

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 assistance

Disabled persons who need special assistance may register for Community Ed & Rec classes and attend with an 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.

Plymouth Community Education & Recreation Registration Form

Name: _____

Address: _____

Phone: _____ E-mail address: _____

(so we can alert you to cancellations & future opportunities)

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

For partial fitness classes only: Which days/dates will you attend? _____

Are you a senior citizen (ages 62+) living in the district? (circle) yes / no

How did you hear about this class? email / website / course guide / newspaper / other _____

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.

DATE: ____ / ____ / ____

REQUIRED: Signature of participant (or parent/guardian if participant is under 18)

OFFICE USE: Date _____ Amount _____ Cash _____ Check # _____

**No fees
for online
registration!**