



Classes open to all, no matter where you live!

Activity Guide

**Autumn
2025**

Plymouth School District Community Education & Recreation

Youth & Family

Full descriptions online
at plymouthwi.myrec.com

Childcare

6 weeks-4th grade; nurturing childcare in 3 age-appropriate programs at the schools

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



Friday Playgroup

All ages w/adult; join other families for parent-supervised free play w/activity

9:30-11am 1st & 3rd Fridays Sept 19-Dec 5 at Plymouth Youth Center, 609 North St.

Fee: \$12/family

Bat House Workshop

All ages w/adult; after a discussion on all things bats, build your own bat house

Instructors: Laura and Katie of Sheboygan County Planning & Conservation Department
5-6:30 Wednesday Oct 29 in PHS C109

Fee \$18 for one house through Oct 20, then \$28; extra house kits \$7 each

Plymouth 3K

Potty-trained children at least age 3; DPI-certified teacher & literacy curriculum

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

Fee: \$1,160; registration already open!

Intro to Wrestling

Grades 4K-4; learn the fundamentals of wrestling, and have a blast with friends

Instructor: Andrew Crivellone

4:15-5:15pm Tuesdays Oct 7-28 in the PHS Wrestling Room

Fee: \$18 through Sept 29, then \$28

Family Rock Climb

Families w/kids ages 5+; Climb the indoor vertical wall & open play in the gym

Instructor: Carly Lenz

10-11:30am Saturday Dec 6 in Riverview Gym

Fee: \$13/person through Dec 1, then \$23. Contact us for a family rate.

Wizard Wand Making

Ages 10+; create a unique wand, then infuse it with a touch of your own magic

Instructor: Ashley Hilbelink

1-3pm Saturday Oct 25 in Riverview Art Room

Fee: \$19 through Oct 20, then \$29

Boys Basketball Camp

Boys in grades 3-8; PHS coaches and players help perfect fundamentals

6:30-8:30pm Mondays Oct 6-20 in PHS Gym

Fee: \$15 through Sept 29, then \$25

Home Alone

Grades 3-6; children will gain a knowledge of safety concepts for times alone

Instructor: Denise Roth

4-5:30pm Monday Oct 20 & Tuesday Oct 21 in the Fairview Library

Fee: \$26 through Oct 13, then \$36

Middle-School Intramurals

Grades 5-6; a variety of physical activities to accommodate different levels

Instructor: Gina Krueger, Riverview P.E. teacher

2:45-3:30pm select days Sept 11-Oct 28 in the Riverview Gym

Fee: Free, but you must register in advance

Babysitting

Grades 5-8; learn to be a better babysitter & earn a certificate of completion

Instructor: Denise Roth

3-5pm Mon Nov 3 & Tues Nov 4 at Riverview

Fee: \$21 through Oct 27 then \$31

Youth Center

Grades 5-8; supervised facility where students can join activities or hang out

2:45-5pm school days; next to Riverview

Fee: \$63/year or \$32/trimester or \$16/month

Middle-School Athletics

Grades 5-8, as designated; open to public, parochial, homeschool students

-Cross Country (grades 5-8)

-Volleyball (girls in grades 7-8)

-Girls Basketball (grades 7-8)

-Wrestling (grades 5-8)

-Track & Field (grades 7-8)

-Tennis (grades 7-8)

-Golf (grades 7-8; also has \$50 greens fee)

Fee: \$30/sport; registration already open!

Middle-School Lifting

Grades 7-8; athletic-based fitness training program

Instructor: Christian Vollbrecht

2:45-4pm Mon/Wed or Tue/Thu Nov 24-Jan 15 (except Nov 26/27; Dec 22-Jan 1) at Riverview

Fee: Free, but you must register in advance

Tennis Clinic

Grades 7-8; focus on the fundamentals along with plenty of match play and fun

Instructor: Jesse Frausto, Riverview Coach

9am-1pm Saturday Sept 13 at PHS courts

Fee: \$21 through Sept 8, then \$31

**Learn
more:**

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

- Sign up for our e-newsletter



- Find us on   

@PlymouthCommunityEdRec

Full descriptions online
at plymouthwi.myrec.com

Fitness opportunities



30-Min. Essential Fitness

Combines bodyweight exercises with diverse accessory equipment

Instructor: Julie

5:30-6am Tuesdays & Thursdays Sept 9-Dec 18 (except Sept 23, 25; Nov 27) in PHS Studio
Fee: \$74 (seniors \$59) through Sept 8, then \$84

Balance&Functional Mvmt

Progressive exercises that strengthen the core, & improve balance & flexibility

Instructor: Beth

9:15-10am Mondays & Wednesdays Sept 22-Dec 17 (except Nov 24 & 26) in PHS Studio
Fee: \$101 (seniors* \$80) through Sept 15

Core Conditioning



30-minute abdominal-focused class to improve strength, flexibility, & stability

Instructor: Jessica

5:30-6pm Thursdays Sept 11-Dec 18 (except Nov 6 & 27) in the Riverview Fitness Center
Fee: \$36 (seniors* \$28) through Sept 8

Cycle & Core

Intervals of high cardio on the bike and core strength exercises off the bike

Instructor: Jessica

4:15-5pm Tuesdays Nov 4-Dec 16 in the Riverview Fitness Center
Fee: \$28 (seniors \$22) through Oct 27

Integral Qigong



Gentle movements blending TaiChi Chuan, Qigong, and yoga

Instructor: Tanya

11-11:45am Tuesdays Sept 9-Dec 16 (except Nov 25) at Plymouth Youth Center
Fee: \$58 (seniors \$46) through Sep 8, then \$68

Les Mills BodyPump™

Total-body strength workout that shapes and tones all major muscle groups

Instructors: Carly, Emily, & Julie; in PHS Studio

• 5:30-6:30pm Mon/Wed Sept 8-Dec 17
• 5:30-6:05am Wed Sept 10-Dec 17
• 8-9am Sat Sept 13-Dec 20 (except Sept 27; Nov 29)

Fees:

• 30 classes: \$172 (seniors \$137) through Sept 8
• 15 classes: \$92 (seniors* \$73) through Sept 8
• Wed am only: \$46 (seniors* \$36) through Sept 8

SHiNE

Dance fitness workout utilizing current hit music and choreography

Instructor: Hailey

5:30-6:15pm Tues/5:15-6pm Thurs Sept 9-Dec 18 (except Nov 27 & Dec 11) in PHS Studio
Fee: \$117 (seniors* \$93) through Sept 8
OR 14 classes \$64 (seniors \$51) through Sept 8

Total Body Training

Increase heart rate with low impact intervals while strengthening core muscles

Instructor: Josette

4:30-5:30pm Mondays & Wednesdays Sept 8-Dec 17 in the Horizon Gym
Fee: \$129 (seniors* \$103) through Sept 8
OR 15 classes: \$69 (seniors* \$55) through Sept 8

Women's Weightlifting

Learn to use cable machines, squat racks, free weights, & more

Instructor: Julie

6-7pm Tue Oct 7-Nov 25 in PHS Fitness Center
Fee: \$88 (seniors* \$70) through Sept 29; includes 2-month Fitness Center membership

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

Fall Fitness Sample Series

- **BodyPump; Weightlifting; Integral Qigong**
8-9:45am Sat Sept 6 in the PHS Studio; free!
- **SHiNE; Line Dancing**
9:15-10:45am Sat Oct 18 in PHS Studio; \$8
- **Boxing & Kickboxing**
9:15-10:45am Sat Nov 8 in the PHS Studio; \$8
- **Yoga; Sound Bath**
9:15-10:45am Sat Dec 6 in the PHS Studio; \$8

Vinyasa Yoga

Tones muscle and build core strength through a sequence of poses

Instructor: Kim

4:15-5pm Tues Sept 16-Dec 16 at Horizon
Fee: \$88 (seniors* \$70) through Sept 8

Gentle Yoga

Slowly and mindfully move through poses, emphasizing breath and alignment

Instructor: Kim

4:15-5pm Thursdays Sept 18-Dec 18 (except Oct 23; Nov 27) in the Horizon Gym
Fee: \$75 (seniors* \$60) through Sept 8

Sunrise Yoga

End your week with an energizing class designed to wake up the mind and body

Instructor: Tanya

5:30-6:15am Fridays Sept 12-Dec 19 (except Nov 28) in the PHS Studio
Fee: \$58 (seniors \$47) through Sept 8

Yoga Nidra



A guided meditation that takes you into a state between wakefulness and sleep

Instructor: Megan

6:40-7:40pm Wednesday Nov 19 in PHS Studio
Fee: \$6 through Nov 10, then \$10

Registration opens 11am Wednesday Aug. 27. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Essential Fitness 5:30-6am PHS	BodyPump 5:30-6:05am PHS	Essential Fitness 5:30-6am PHS	Sunrise Yoga 5:30-6:15am PHS
Balance & Functional 9:15-10am PHS	Integral Qigong 11-11:45am Youth Ctr	Balance & Functional 9:15-10am PHS		
Total Body Training 4:30-5:30pm Horizon	Vinyasa Yoga 4:15-5pm Horizon	Total Body Training 4:30-5:30pm Horizon	Gentle Yoga 4:15-5pm Horizon	SATURDAY
BodyPump 5:30-6:30pm PHS	Cycle & Core 4:15-5pm Riverview	BodyPump 5:30-6:30pm PHS	Core Conditioning 5:30-6pm Riverview	BodyPump 8-9am PHS Studio
	SHiNE 5:30-6:15pm PHS		SHiNE 5:15-6pm PHS	

Aquatic opportunities

Lap Swim

Regular exercise swimming laps in the Plymouth High School Pool!

- **7-8pm Mondays & Wednesdays** Sept 22-Dec 17 (no class Nov 24 & 26)
Fee: \$48 (seniors* \$38) through Sept 15
- **7:30-8:30am Saturdays** Oct 4-Nov 22
Fee: \$18 (seniors* \$14) through Sept 29
- **Unlimited:** \$57 (seniors* \$45) through Sept 15

Deep Water

Motivational class that uses water resistance for a great workout

Instructor: Beth
6-6:45pm Mondays & Wednesdays Sept 22-Dec 17 (no class Nov 24 & 26)
Fee: \$87 (seniors* \$69) through Sept 15, then \$97 (\$79)
Optional: \$40 water cuffs as a belt or on ankles

Water Walking

Self-paced, self-directed time in shallow water at the same time as Deep Water

6-6:45pm Mondays & Wednesdays Sept 22-Dec 17 (no class Nov 24 & 26)
Fee: \$57 (seniors* \$45) through Sept 15, then \$67 (\$55)

20/20

20 minutes of high-powered & motivational shallow-water aerobics followed by 20 minutes with equipment

Instructor: Beth
6-6:45pm Tuesdays Oct 7-Dec 9 (no class Oct 21, Nov 25)
Fee: \$29 (seniors* \$23) through Sept 29, then \$39 (\$33)

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

Daytime Aqua

A shallow-water class excellent for flexibility, range of motion, and toning

Instructor: Beth
9:30-10:15am Tuesdays & Thursdays Sept 23-Oct 23 & Dec 2-18 (no class Oct 28-Nov 27)
Fee: \$58 (seniors* \$46) through Sept 15, then \$68 (\$56)

Daytime Deep

Held with Daytime Aqua; you can follow that workout, do your own, or swim laps

9:30-10:15am Tuesdays & Thursdays Sept 23-Oct 23 & Dec 2-18 (no class Oct 28-Nov 27)
Fee: \$38 (seniors* \$30) through Sept 15, then \$48 (\$40)

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
8:45-9:30am Saturdays Oct 4-Nov 22
Fee: \$46 (seniors* \$37) through Sept 29, then \$56 (\$47)

Child Swim Lessons

Follows the American Red Cross courses. Children must be at least 50" tall and at least 6 years old for Level 1.

Saturdays Oct 4-Nov 22
• 9:30-10:15am: Level 1 & Level 4
• 10:15-11am: Level 2 and Level 5/6
• 11-11:45am: Levels 3
Fee: \$46 through Sept 29, then \$56

Cancellations: We strongly recommend that you make sure your email & phone number are correct in the MyRec registration system and that you enable notifications.

Recreation

Beginner Pickleball

Four weeks of instruction, followed by open play with other beginners

Instructor: Jesse Frausto
6:15-8pm Wednesdays Sept 10-Dec 17 in the Fairview Gym
Fee: \$48 (seniors* \$38) through Sept 8, then \$58 (\$48)

Open Play Pickleball

Intermediate & Advanced players:
4:15-5:45pm Tuesdays & Thursdays Sept 9-Dec 18 (except Oct 2 & 14; Nov 27; Dec 4 & 16) in the Parkview Gym
Fee: \$60 (seniors* \$48) through Sept 8
Intermediate players: 6:15-8pm Wednesdays Sept 10-Dec 17 in the Fairview Gym
Fee: \$36 (seniors* \$28) through Sept 8

Pickleball Tournament

Doubles play across intermediate & advanced skill levels

9-3pm Sunday Nov 9 in the Fairview Gym
Fee: \$40/team; registration closes Nov 3

Hall Walking

Walk the Plymouth High School halls!

3-8pm (3-6pm Fridays) school days
Sept. 8-May 21 (available longer this year!)
Free, but enter Door 18 & sign in each time

Kayaking

Introductory class open to those ages 10 & up; great for families!

Instructor: Andrew Arentsen
4:30-5:45pm Tuesdays Sept 23-Oct 7 on the Mullet River
Fee: \$26/person through Sept 15, then \$36; contact us for a family rate. Includes kayak (limit 250 lbs), paddles, and lifejacket

Registration opens 11am Wednesday Aug. 27. 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 on the south end of PHS (Door 18) is open to community members! It features circuit-training machines, extensive free weights, & a variety of cardio equipment. An adult staff member is available to answer questions about machine use.

Hours

Weekdays
5-7:30am & 3-7pm*

Saturdays
7-11am

*3-4pm is Student Hour

MEMBERSHIP FEES	mo	6mo	year
Individual Resident	\$27	\$142	\$252
Couple (2 adults at same district address)	-	\$205	\$357
Senior*, Military, Veteran Resident	\$21	\$95	\$163
Senior* Couple	-	\$132	\$226
Young Adult Resident (ages 18-22)	-	-	\$50
Non-Resident	\$37	\$189	\$331

10-punch card \$50; day pass \$5 cash
Student membership free, but you must register
*Senior rate available to district residents ages 62+

General

Full descriptions online
at plymouthwi.myrec.com

Around Our Town tours

Join a free "field trip for adults"!

Parkview School: Get a peek inside of one of Plymouth's elementary schools

6pm Thursday, Oct 9 at 500 Parkview Drive
Free, but you must register in advance

Kurtz Ersa Inc.: Tour the Plymouth location of this global tech group

5:15pm Tuesday Nov 11 at 1779 Pilgrim Road
Free, but you must register in advance

Free Film Series

Huck Finn (PG) (1993 version)

6pm Wednesday Oct 15 in the PHS Auditorium
Free, but you must register in advance
In conjunction with One Book One Community Book Read (see below)

Radical (PG-13; subtitled)

6pm Wednesday Nov. 19 in the PHS Auditorium
Free, but you must register in advance

Bouquet Building

Learn the fundamentals of floral design, and take home a handcrafted bouquet

Instructor: Nicole Sippel of Airy Point Farms
5:30-7pm Wednesday Sept 24 in the PHS Food Science & Agriculture Center
Fee: \$66 through Sept 15, then \$76

Woodworking

Build personal projects using tools in the PHS woods lab

Instructor: Ralph Gunkel
5:30-8:30pm Tuesdays Sept 30-Nov 18 at PHS
Fee: \$90 (seniors* \$72) through Sept 22, then \$100 (\$82) (plus the cost of materials used)

Instant Piano for Busy People

Ages 13+ learn to play using chords on your own piano or keyboard

Instructor: Chords Are Key
6:30-9:30pm Monday Sept 29 online
Fee: \$68 through Sept 22, then \$78

Understanding Medicare

Learn about the U.S. national health insurance program for senior citizens

Instructor: Mary Kempf of Sheboygan County
Aging and Disability Resource Center
5:30-8:30pm Wed Oct 1 in the PHS Library
Fee: Free, but register by Sept. 22

Refuse To Be A Victim

Learn basic principles for crime prevention and personal safety

Instructor: Darla Nearth
6-8:30pm Mondays Oct 20 & 27 in PHS Library
Fee: \$40 (seniors* \$32) through Oct. 13, then \$50 (\$42). BOGO for your spouse or teen!

Holiday Wreath Building

Learn the fundamentals of wreath construction as you create your own

5:30-7pm Wednesday Nov 5 in the PHS Food Science & Agriculture Center
Fee: \$68 through Oct 27, then \$78

Leather Earring Making

Create your own stunning, handcrafted leather earrings

Instructor: Ashley Hilbelink
1-3pm Saturday Nov 8 in Riverview Art Room
Fee: \$26 through Oct 27, then \$36

Wellness

MyoYin

Athletes class blends targeted myofascial release w/long, passive Yin stretches

Office Workers class counters the aches & stiffness of desk life

Instructor: Megan
Athletes: 6:40-8pm Wed Oct 8 in PHS Studio
Office Workers: 6:40-7:40pm Wednesday Oct 29 in the PHS Studio
Fee: \$30 each or both for \$55 (seniors* \$24) through Oct 20, then \$40 each or both for \$65; includes a pair of Myo balls

Lifestyle & Mental Health in Youth & Teens

Discuss lifestyle choices affecting ADHD, anxiety, & depression.

Instructors: Dr. Dan Francis of Francis Chiropractic & school wellness specialist Kaylee Holzwart
6-7pm Wednesday Oct 8 in PHS Amphitheater
Free, but register by Sept 29

Sourdough Bread 101

You will be guided through a hands-on beginner recipe to make starter & bread.

Instructor: Amanda Strojinc of Hopefully Homesteading
6-8:30pm Tuesday Nov 4 in PHS Room C105
Fee: \$38 through Oct 27, then \$48

Mind & Body Recharge

Boost your thinking & doing in this interactive, science-backed class with samples.

Instructor: Kate Pearce, RN, Nutrition Specialist, Wellness Coach
6-8:30pm Monday Nov 10 in PHS Room C105
Fee: \$52 through Nov 3, then \$62

Holiday Cheese Making

Make simple yet sophisticated cheeses perfect for entertaining or gifting.

Instructor: Linda Conroy of Moonwise Herbs
6-9pm Thursday Dec 11 in PHS Room C105
Fee: \$60 through Dec 1, then \$70

Natural Bubbling Beverages

Create delicious, healthy bubbling drinks, water kefir, & lacto-fermented sodas.

Instructor: Linda Conroy of Moonwise Herbs
1-4pm Saturday Dec 13 in PHS Room C105
Fee: \$58 through Dec 1, then \$68

Community Book Read

This year's selection is "James" by Percival Everett.

**ONE
book.
ONE
community.
JOIN IN.**

- **Book Lovers Social Hour Kickoff Party:**
5:30pm Tuesday Sept 16 at Plymouth Arts Center
- **"The Adventures of Huck Finn" showing:**
2pm Friday Sept 19 at Plymouth Public Library
- **Book Discussion:** 3pm Monday Sept 22 at Generations
- **Book Discussion:** 10am Thursday Oct 2 at Plymouth Library
- **"The Adventures of Huck Finn" showing:**
6pm Wednesday Oct 15 in the PHS Auditorium
- **Book Discussion:** 2 & 6pm Tuesday Oct 21 at Books and More

All events free & open to the public!
Reading the book is encouraged but not required.

Registration opens 11am Wednesday Aug. 27. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.