



Classes open to all, no matter where you live!

# Activity Guide



## Plymouth School District Community Education & Recreation

### Woodworking

Build personal projects in the PHS woods lab. New participants work with the instructor.

Instructor: Ralph Gunkel  
5:30-8:30pm Tuesdays Sept 17-Nov 5 in PHS Room C111  
Fee: \$86 (seniors\* \$68) through Sept 8, then \$96 (\$78) (plus the cost of any materials used)

### Understanding Medicare

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

Instructor: Mary Kempf of County Division on Aging  
5:30-8pm Wednesday Sept 18 in the PHS Library  
Fee: Free, but register by Sept 8

### Freezer Meal Workshops

Spend an hour assembling 4 freezer meals to feed 4-6 people. Later add a protein and another ingredient or two, heat, & serve!

Instructor: Kristy Markeland  
6-7pm in PHS Room C103  
Fee: \$45 until deadline, then \$55  
▶ Tuesday Sept 24: Simple Sheet Pan; due Sept 15  
▶ Thursday Oct 24: Freezer Fiesta; due Oct 13  
▶ Tuesday Nov 19: Cozy Crockpot; due Nov 10

### Focaccia & Hearty Squash Bisque Experience

Learn the art of creating Focaccia bread with 3 flavorings and sample the results. Meanwhile, stir up a squash bisque/soup!

Instructor: Kate, RN, Nutrition Specialist  
6-8:30pm Thursday Oct 3 in PHS Room C105  
Fee: \$68 until Sept 22, then \$78

### Refuse To Be a Victim

This 2-night class teaches basic principles for crime prevention and personal safety.

Instructor: Darla Neargarth  
6-8pm Wednesdays Oct 9 & 16 in the PHS Library  
Fee: \$40 (seniors\* \$32) through Sept 29, then \$50 (\$42)

### Eat for Healthy Blood Sugar

Learn why a balanced blood sugar is important, and how to make realistic adjustments.

Instructor: Kerri Wilson  
6-7:30pm Tuesday Oct 22 in PHS Room C105  
Fee: \$13 until Oct 13, then \$23

### You, Your Biome, & Beyond

Discover how to promote your health with immunity boosting tips for your gut biome.

Instructor: Kate, RN, Nutrition Specialist  
6-8:30pm Monday Oct 28 in PHS Room C105  
Fee: \$68 until Oct 20, then \$78

### Know Your Sweeteners

Learn different names for sugar, get questions answered, and make sugar-free candy!

Instructor: Kerri Wilson  
6-7:30pm Tuesday Nov 12 in PHS Room C105  
Fee: \$26 until Nov 3, then \$36

### Soap-Making Workshop

Learn myriad ways to add herbs & how to make a moisturizing bar of goat milk soap.

Instructor: Linda Conroy of Moonwise Herbs  
9am-4pm Saturday Nov 16 in PHS Room C105  
Fee: \$86 until Nov 3, then \$96

### Home Creamery

Learn to make cultured butter, yogurt, kefir and fresh cheese at home. Enjoy samples!

Instructor: Linda Conroy of Moonwise Herbs  
6-9pm Tuesday Nov 19 in PHS Room C105  
Fee: \$46 until Nov 10, then \$56

### Holiday Herbal Gift Making

Learn about herbs & make 10+ gifts to give away or keep to pamper yourself!

Instructor: Linda Conroy of Moonwise Herbs  
6-9pm Thursday Dec 5 in PHS Room C105  
Fee: \$63 through Nov 24, then \$73

### Around Our Town

Adults ages 18+ are invited to join our field trips for community members! Tours are free, but you must register in advance because space is limited.



### Log Cabin Orchard

Learn how apples are grown sustainably. Enjoy cider in the authentic 1800s cabin.

5:15pm Tuesday Sept 17 (rain date Tuesday Oct 1)  
N4797 County Road E, Plymouth

### Mental Health America Lakeshore (MHA)

Learn about this nonprofit mental-health agency serving our community since 1953.

5:30pm Monday Oct 28  
410 S. Milwaukee Street, Plymouth

### Free Film

#### “Arthur the King”

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race. PG-13

6-8pm Wednesday Nov 13 in the PHS Auditorium  
Fee: Admission is free, but please register by Nov 11 so we know there is enough interest

### Community Book Read

One Book One Community – The Plymouth Chapter has selected “Remarkably Bright Creatures” by Shelby Van Pelt for the 9th Community Book Read! Copies at Plymouth Library. Events begin Sept. 17.

plymouthbookread.weebly.com  
Facebook: OneBookPlymouthWI

**Registration opens 10 a.m. Wednesday Aug. 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](mailto: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!

## Fitness Launch

A FREE opportunity to sample fitness classes, try the latest Les Mills BodyPump release with new music & choreography, and meet class instructors. Bring a friend! After you're done with a class, enjoy a cup of Starbucks coffee, post-workout snacks, and socializing.

- Saturday Sept 7 in PHS Studio
- ▶ 8-8:45am: Les Mills BodyPump #130
- ▶ 9-9:30am: Total Body Training
- ▶ 9:45-10:15am: Gentle Yoga

Register online via MyRec, by calling 920-892-5068, or by emailing [commedrec@plymouth.k12.wi.us](mailto:commedrec@plymouth.k12.wi.us). Free, but bring deodorant for Panther 'Fits Closet!

## Les Mills BodyPump™

Total body strength workout shapes & tones all major muscle groups, increases core strength, & improves bone health!

- Instructors: Carly, Emily, and Julie
  - ▶ 5:30-6:30pm Mon & Wed Sept 9-Dec 18, PHS Studio
  - ▶ 8-9am Sat Sept 14-Dec 21 (except Nov 30), PHS Studio
- Fees:
- ▶ 30 classes (2/week): \$165 (seniors\* \$132) through Sept 8, then \$175 (seniors\* \$142)
  - ▶ 15 classes (1/week): \$89 (seniors\* \$71) through Sept 8, then \$99 (seniors\* \$81)
  - ▶ Contact our office if you want to take 3 classes a week.

## 30-Minute Essential Fitness

Experience a dynamic blend of strength & conditioning designed to elevate fitness level, boost metabolism, and enhance calorie burn!

- Instructor: Julie
- 5:30-6am Tuesdays & Thursdays Sept 24-Dec 19 (except Nov 26 & 28) in the PHS Studio
- Fee: \$60 (seniors\* \$48) through Sept 15, then \$70 (\$58)

### BodyPump & Essential Fitness combo

- Get a discount if you register for one BodyPump class option as well as 30-minute Essential Fitness!
- ▶ 2 BodyPump/week: \$191 through Sept 8, then \$201
- ▶ 1 BodyPump/week: \$127 through Sept 8, then \$137

## Where should I park?

For the PHS Studio, park in front of the addition & enter Door 18. For Horizon, park in the lower lot and enter the gym directly.

## Balance & Functional Movement

Progressive exercises that strengthen the core, and improve balance and flexibility. The last 15 minutes feature mat work on the floor.

- Instructor: Beth
- 9:15-10am Mondays and Wednesdays Oct 7-Dec 18 (except Nov 25 & 27) in the PHS Studio
- Fee: \$80 (seniors\* \$64) until Sept 29, then \$90 (\$74)

## Cardio Kickboxing

Learn the basics of punching, kicking, knees and elbows in a safe and controlled environment as you work on mastering basic skills.

- Instructor: Heather
- 5:45-6:30am Wed Sept 11-Dec 18 (not Nov 27) in PHS Studio
- Nov 25 & 27) in the PHS Studio
- Fee: \$60 (seniors\* \$48) until Sept 8, then \$70 (\$58)

## FUNctional Dance

Enjoy a full-body workout while having a total body blast as you learn some easy-to-follow steps sure to get your heart rate up.

- Instructor: Kerri
- 5:45-6:45pm Wednesdays Sept 11-Dec 18 in Horizon Gym
- Fee: \$105 (seniors\* \$84) through Sept 8, then \$115 (\$94)

## Qigong

This discipline, developed in ancient China, can help improve your health and bring serenity to your mind and spirit.

- Instructor: Tanya
- 5:30-6:30pm Tuesdays Nov 5-Dec 10 in Riverview Cafeteria
- Fee: \$32 (seniors \$25) through Oct 27, then \$42 (\$35).

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

## Stretch & Core

This Pilates-inspired class will take you through 45 minutes of core-strengthening exercises to enhance overall flexibility.

- Instructor: Jessica
- 5:15-6pm Thu Sept 12-Dec 19 (except Nov 7,28) PHS Studio
- Fee: \$52 (seniors\* \$41) through Sept 8, then \$62 (\$51)

## Total Body Training

Increase heart rate and strengthen core muscles using weights, bosu balls, resistance bands, and stability balls.

- Instructor: Josette
- 4:30-5:30pm Mon & Wed Sept 9-Dec 18 in Horizon Gym
- Fee: \$123 (seniors\* \$98) through Sept 8, then \$133 (\$108)
- OR take any 15 classes for \$66 (\$52)

## Vinyasa Yoga

This all-levels class focuses on breath and movement while toning muscle and building core strength through a sequence of poses.

- Instructor: Kim
- 4:15-5pm Tuesdays Sept 10-Dec 17 in Horizon Gym
- Fee: \$90 (seniors\* \$72) through Sept 8, then \$100 (\$82)

## Gentle Yoga


Focus on calming mind & body as you move through poses, emphasizing breath and alignment, build core muscle, and relieve stress.

- Instructor: Kim
- 4:15-5pm Thu Sept 12-Dec 19 (not Nov 7, 28; Dec 5) Horizon
- Fee: \$84 (seniors\* \$67) through Sept 8, then \$94 (\$77)

## Empower: Women's Weightlifting Class

Join an empowering journey into strength training using fixed-range-of-motion-machines, cable machines, squat racks, and free weights.

- Instructor: Julie
- 6-7pm Tuesdays Oct 8-29 in the Community Fitness Center
- Fee: \$67 (seniors\* \$53) through Sept 29, then \$77 (\$63); includes 2-month Fitness Center membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Essential Fitness</b> 5:30-6am PHS Studio	<b>Cardio Kickboxing</b> 5:45-6:30am PHS Studio	<b>Essential Fitness</b> 5:30-6am PHS Studio	 Did you know? Those in early morning classes can shower in the Fitness Center!
<b>Balance &amp; Functional</b> 9:15-10am PHS Studio	<b>Vinyasa Yoga</b> 4:15-5pm Horizon	<b>Balance &amp; Functional</b> 9:15-10am PHS Studio	<b>Gentle Yoga</b> 4:15-5pm Horizon	
<b>Total Body Training</b> 4:30-5:30 Horizon	<b>Qigong</b> 5:30-6:30pm Riverview	<b>Total Body Training</b> 4:30-5:30 Horizon	<b>Stretch &amp; Core</b> 5:15-6pm PHS Studio	<b>SATURDAY</b>
<b>BodyPump</b> 5:30-6:30pm PHS Studio	<b>Empower</b> 6-7pm Fitness Center	<b>BodyPump</b> 5:30-6:30pm PHS Studio	<b>Qigong</b> 5:45-6:45pm PHS Studio	<b>BodyPump</b> 8-9am PHS Studio

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

# Aquatic opportunities

## Where should I park?

For Daytime Aqua & Daytime Deep, park in front & enter Door 18. For all others, park in back and enter Door 13.

## Daytime Aqua

This shallow-water class is excellent for flexibility, range of motion, and muscle toning.

Instructor: Beth

9:15-10am Tuesdays, Thursdays & Fridays Oct 8-25 and Dec 3-20 in the PHS Pool

Fee: \$63 (seniors\* \$50) through Sept 29, then \$73 (\$60)

## Daytime Deep

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

9:15-10am Tuesdays, Thursdays & Fridays Oct 8-25 and Dec 3-20 in the PHS Pool

Fee: \$41 (seniors\* \$32) through Sept 29, then \$51 (\$42)

## Deep Water

This motivational class uses water resistance for a great workout. You must be comfortable in deep water. You can use noodles or cuffs.

Instructor: Beth

6:15-7pm Mondays & Wednesdays Oct 7-Dec 18 (except Nov 25 & 27) in the PHS Pool

Fee: \$69 (seniors\* \$55) through Sept 29, then \$79 (\$65)  
Optional: \$40 for water cuffs as a belt or on ankles

## Cancellations

Make sure your email & phone number are correct in MyRec and that notifications are enabled, or check the Plymouth School District website at [www.plymouth.k12.wi.us](http://www.plymouth.k12.wi.us).

## Water Walking

This self-paced, self-directed class in shallow water is perfect for those with limited mobility. Just walk at your own pace! Held at the same time as Deep Water, so help is nearby.

6:15-7pm Mondays & Wednesdays Oct 7-Dec 18

(except Nov 25 & 27) in the PHS Pool

Fee: \$45 (seniors\* \$36) through Sept 29, then \$55 (\$46)

## Lap Swim

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

▶ 7:15-8:15pm Mondays & Wednesdays Oct 7-Dec 18

(except Nov 25 & 27) in the PHS Pool

Fee: \$20 (seniors\* \$16) through Sept 29, then \$30 (\$26)

▶ 7:30-8:30am Saturdays Oct 5-Nov 23 in the PHS Pool

Fee: \$16 (seniors\* \$12) through Sept 29, then \$26 (\$22)

## 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 5-Nov 23 in the PHS Pool

Fee: \$44 (seniors\* \$35) through Sept 29, then \$54 (\$45)

## Child Swim Lessons

We follow the American Red Cross courses. Children must be at least 50" tall and at least 6 years old.

Instructor: Beth

Saturdays Oct 5-Nov 23 in the PHS Pool

▶ 9:30-10:15am: Level 1

▶ 10:15-11am: Level 2 and Level 5/6

▶ 11-11:45am: Levels 3 & 4

Fee: \$44 through Sept 29, then \$54

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

NOTE:  
Level 5/6 is not always offered; register ASAP

# Recreation

## Beginner Pickleball

Focusing on instruction, technique and beginner play — enough to get you started!

Instructor: Jesse Frausto

6-7:30pm Wednesdays Sept 11-25 in the Fairview Gym  
Fee: \$13 (seniors\* \$10) through Sept 8, then \$23 (\$20)

## Pickleball Open Play

Bring your paddle to join recreational play.

▶ 4:15-5:45pm Tuesdays & Thursdays Sept 10-Dec 19 (except Oct 15; Nov 28; Dec 3 & 17) Parkview Gym  
Fee: \$60 (seniors\* \$48) through Sept 8, then \$70 (\$58)

▶ 6:15-8pm Wednesdays Oct 2-Dec 18

(except Nov 27) in the Fairview Gym

Fee: \$25 (seniors\* \$20) through Sept 8, then \$35 (\$30)

## Pickleball Clinic

Intermediate to advanced pickleball players will get 120 minutes of instruction interspersed with free play to take their game to the next level. Bring your paddle or borrow one from the Pro.

Instructor: John Frausto, USPTA Certified Pickleball Professional, USPTA Elite Tennis Professional

9-11am Sunday Oct 20 at the PHS Tennis Courts  
Fee: \$12 through Oct 13, then \$22

## Track/Hall Walking

Community members can walk the PHS hallways & indoor track during designated times on school days.

Track: 5:30-7am & 4-7pm weekdays  
(4-6pm Fridays) Nov 4-March 21

Halls: 3-8pm weekdays (3-6pm Fridays)  
Nov 4-April 25

Fee: Free, but enter Door 18 & sign in each time.

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

# Fitness Center

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

## Hours

**Monday-Friday:**  
5-7:30am & 3:30-7pm  
**Saturdays:** 7-11am

## Orientations

10:30-11:30am  
3rd Saturday each month  
Free, but pre-register

## MEMBERSHIP FEES

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

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

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

# Youth & Family

## Child care

For children 6 weeks old through fourth grade. Caring & nurturing child care in 3 age-appropriate programs located at the schools.

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

## Friday Playgroup

For all ages! Join other parents and children at this parent-supervised free play. A brief activity also will be available.

9:30-11am 1st & 3rd Fridays Sept 20-Dec 6

(meets Sept 20, Oct 4, Oct 18, Nov 1, Nov 15, Dec 6)

Plymouth Youth Center, 609 North St.

Fee: \$10/family

## Plymouth 3K

For potty-trained children who will be at least 3 years old as of Sept. 1, 2024. Features a DPI-licensed teacher and literacy curriculum that aligns with the district 4K curriculum.

8:30-11:30am Monday/Wednesday or Tuesday/Thursday  
Sept. 9-May 22 at Horizon

Fee: \$1,100 for the entire year, with a minimum of \$900 due at registration and the balance by Nov. 1

## Dance Clinic

For grades K-6. PHS coaches and players teach dance routines, which they will perform during halftime of the PHS Football game.

Instructor: Maren Romanoski, head PHS Dance Team coach  
4-8pm Friday Sept 20 in the PHS Gym (enter Door 18)

Fee: \$40 (includes pizza & T-shirt); must register by Sept 8

## Stars of Tomorrow

### Boys Basketball Fall Camp

For boys in grades 3-8. PHS coaches & players teach shooting, ball-handling, & passing, emphasizing skill development with team play.

Instructor: Tim Schultz, head PHS Boys Basketball coach  
6:30-7:30pm (grades 3-5) or 7:30-8:30pm (grades 6-8)

Mondays Oct 7-21 in the PHS Gym

Fee: \$18; must register by Oct 6

## Middle-school athletics

For grades 5-8, as designated. Open to all area students, including those home-schooled or attending parochial schools. (Registration already open!)

### Cross Country

Open to: grades 5-8

Meeting: 5pm Tuesday Aug. 27 in the Riverview Gym

Register: via MyRec by Sunday Sept. 1

Practices: Begin 2:45-4pm Tuesday Sept. 3

### Volleyball

Open to: girls in grades 7-8

Meeting: 6pm Tuesday Aug. 27 in the Riverview Gym

Register: via MyRec by Sunday Sept. 1

Practices: begin 2:45-4:30pm Wednesday Sept. 4

### Dance Team

Open to: grades 7-8

Meeting: 3pm Tuesday Sept. 10 in the Riverview Library

Register: via MyRec by Sunday Sept. 29

Practices: 3-4:30pm Tuesdays & Thursdays Oct. 1-Nov. 7

Registration also open for:

▶ Basketball: grades 7-8

▶ Wrestling: grades 5-8

▶ Tennis: grades 7-8

▶ Golf: grades 7-8

▶ Track: grades 7-8

## Home Alone

For grades 3-6. Children who spend time home without an adult will learn to use 911, what to do if the lights go out, and how to handle small emergencies.

Instructor: Denise Roth

4-5:30pm Monday Sept 30 & Tuesday Oct 1, Horizon Library

Fee: \$25 through Sept 15, then \$35

## Youth Center

For grades 5-8. Located next to Riverview Middle School, the center is open after school until 5pm on regular school days with at least one adult present at all times.

Fees: \$60/year, \$30/trimester, or \$15/month

## Middle-school Intramurals

For grades 5-6. A variety of physical activities to accommodate different levels of skill and interests. Emphasis is on the enjoyment of physical activities rather than the pressure to compete and win.

Instructor: Gina Krueger, Riverview P.E. teacher

2:45-3:30pm select days Sept. 12-Oct. 30 in Riverview Gym

Fee: Free, but participants must be registered via MyRec

## Babysitting Clinic

For grades 5-8 (ages 10+). Learn to be a better babysitter in this 2-day class and earn a Certificate of Completion to show prospective clients.

Instructor: Denise Roth

3-5pm Monday Oct 14 & Wednesday Oct 16

in the Riverview Library

Fee: \$29 through Sept 29, then \$39

## Middle-School Tennis Clinic

For grades 6-8. Get ready for spring tennis season! Learn the basics of tennis — including forehand, backhand, and serving — interspersed with play time. Bring your own racquet, water and lunch.

Instructor: Riverview Tennis Coach Jesse Frausto

10am-2pm Saturday Sept 7 on the PHS Tennis Courts

Fee: \$25 through Sept 1, then \$35

## Middle-School Lifting

For grades 7-8. Learn the basics of athletic-based fitness training; develop speed, explosiveness, agility, strength and conditioning. Students who complete the class and pass the Free-Weight Safety test can use the PHS Fitness Center independently.

Instructor: Christian Vollbrecht

2:45-4pm Mon/Wed or Tue/Thu Nov 25-Jan 17 (except Nov 27-28; Dec 23-Jan 1) in the Riverview Fitness Center

Fee: Free, but participants MUST register in advance.

# Registration Information

**Registration opens at 10 a.m. Wednesday Aug. 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](https://plymouthwi.myrec.com) (or scan the QR code at right) 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.

