



Classes open to all, no matter where you live!



Course Guide

Plymouth School District Community Education & Recreation



We are excited to offer field trips for our adult community members again! Tours are free, but you must register 2 days in advance. Space is limited.

Sheboygan County Transportation Facility

The Highway Department is responsible for the maintenance, design, and construction of the 450-mile system of county trunk highways, plus maintaining state and interstate highways within the county, along with local township roads.

5pm Thursday Sept 22 at W5741 County Road J

Midstar Printing and Marketing Services, LLC

Tour this full-service print and marketing company, which can assist from beginning to end, design to finishing.

5pm Thursday Oct. 20 at 1209 Pilgrim Road

St. Paul's Episcopal Church

Learn how this historic church connects, grows, and serves our community.

5pm Tuesday Nov 15 at 312 East Main St., Plymouth

Basic Dog Obedience

For dogs at least 4 months old. Dogs learn basic commands and loose-leash walking.

Instructor: Mary Flanderka
6:30-7:30pm Thursdays Sept 15-Oct 13 in PHS Room C117
Fee: \$60 until Sept 2, then \$70

Advanced Canine Good Citizen AKC Class

For dogs at least 4 months old. A 10-step test of skills that dogs must pass to earn the official AKC Community Canine title.

Instructor: Mary Flanderka
9-10am Saturdays Sept 17-Oct 8 in PHS Room C117
Fee: \$45 until Sept 2, then \$55; plus \$10 for the AKC test

Agility Foundation

For dogs at least 4 months old. This is a great dog enrichment opportunity to work basic commands while learning new skills.

Instructor: Mary Flanderka
6:30-7:30pm Thursdays Oct 27-Nov 17 in PHS Room C117
Fee: \$45 until Oct 14, then \$55

Medicare 101

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

Instructor: Mary Kempf of the County Division on Aging
5:30-7:30pm Tuesday Oct 11 in PHS Room C109
Fee: Free, but register by Oct 7

Woodworking

New participants work closely with the instructor on personal projects. Experienced participants may work independently.

Instructor: Ralph Gunkel
5:30-8:30pm Wednesdays Oct 12-Dec 7 (except Nov 23) in PHS C111
Fee: \$84 (seniors* \$68) until Sept 30, then \$94 (\$78) (plus the cost of any materials for projects)

Postured Ergonomics

Learn about proper ergonomics in the workplace and at home, as well as simple exercises and stretches that can be done regularly.

Instructor: Dr. Dan Francis, of Francis Chiropractic
6pm Wednesday Oct 26 in the PHS Amphitheater
Fee: \$5; register by Oct 21

Artisan Sourdough Breads

Sample breads and learn the art of fermentation bread making. Receive recipes, sourdough starter, and ready-to-bake sourdough loaves.

Instructor: Kate Pearce, RN & Wellness Coach
6-8:30pm Thursday Nov 3 in PHS C105
Fee: \$46 until Oct 21, then \$56

Sleep Disorders & Apnea

Learn about sleep issues, sleep breathing disorders such as snoring and sleep apnea, and ways to improve sleep.

Instructor: Dr. Sherry Joseph of Joseph & Joseph Dental
6pm Tuesday Nov 8 in the PHS Amphitheater
Fee: \$5; register by Nov 4

From the Garden: Herbal & Goat Milk Soap Making

Learn the basics, then dive into a hands-on experience, and go home with 6-9 bars of soap made in class. Dress to mess.

Instructor: Linda Conroy, owner of Moonwise Herbs
6-9pm Thursday Dec 8 in PHS C105
Fee: \$58 until Nov 25, then \$68

From the Garden: Herbal Gifts

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


Instructor: Linda Conroy, owner of Moonwise Herbs
1-5pm Saturday Dec 10 in PHS C105
Fee: \$65 until Nov 25, then \$75

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

Registration opens 10 a.m. Wednesday Aug. 24. 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

- Find us on Facebook  @PlymouthCommunityEdRec
- Sign up for our newsletter at <https://bit.ly/COMnews>

Fitness classes

BodyPump Release Launch #122

Give Les Mills BodyPump a try for free!

- ▶ 5:30-6:30pm Wednesday Sept 7 in the PHS Studio
 - ▶ 8-9am Saturday Sept 10 in the PHS Studio
- Free, but please register online through MyRec, in class, or by contacting the Community Ed & Rec office.

Les Mills BodyPump

Science-backed, full-body barbell workout to great music sculpts & strengthens each muscle group w/light weights & many reps.

- Instructors: Carly Lenz & Julie Frausto
- ▶ 5:30-6:30pm Mon & Wed Sept 12-Dec 21 Studio
 - ▶ 5:45-6:45am Wed & Fri Sept 14-Dec 23 (except Sept. 21 & Nov. 25) in PHS Studio
 - ▶ 8-9am Saturdays Sept 24-Dec 17 in PHS Studio

BodyPump/Yoga Fusion

30 minutes of favorite strength-building exercises from Les Mills BodyPump with 30 minutes of full-body yoga stretching.

- Instructors: Julie Frausto & Kathy Ledwith
- ▶ 6:15-7:15pm Tue Sept 13-Dec 20 (BodyPump only on Nov 22; Dec 20) in PHS Studio

BodyPump & BodyPump/Yoga Fusion fees

- ▶ 3 classes/week: \$218 (senior* \$174) until Sept 2
- ▶ 2 classes/week: \$159 (senior* \$127)
- ▶ 1 class/week: \$86 (senior* \$68)

Balance & Functional Movement

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

- Instructor: Beth Kerntke
- ▶ 9-9:45am Mondays & Wednesdays Sept 14-Dec 19 (except Oct 31; Nov 2, 21, 23) in PHS Studio
- Fee: \$95 (senior* \$76) until Sept 2, then \$105 (\$86)

Where should I park?

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

Cardio Kickboxing

Kickboxing pairs with cardio! Learn the basics of punching, kicking, knees & elbows in a controlled setting as you master introductory skills.

- Instructor: Heather Bassett
- ▶ 5:30-6:15am OR 5:15-6pm Tuesdays Sept 13-Dec 20 in PHS Studio
- Fee: \$60 (senior* \$48) until Sept 2, then \$70 (\$58)

Total Body Training

Increase heart rate with low to medium impact intervals using weights, resistance bands, and stability balls, focusing on core strength.

- Instructor: Josette Svitter
- ▶ 4:30-5:30pm Mondays & Wednesdays Sept 12-Dec 21 in the Horizon Gym
- Fee: \$116 (senior* \$91) until Sept 2, then \$126 (\$101)
OR take any 15 classes for \$63 (senior* \$50)
- Please bring a mat if you have one.

All Levels Yoga

All-levels vinyasa blends breath & movement. Perfect for beginners as well as seasoned yogis. Improve flexibility, muscle tone, & balance.

- Instructor: Kim Jasso
- ▶ 4:15-5pm Thurs Sept 15-Dec 22 (except Oct. 13; Nov 24) in the Horizon Gym
- Fee: \$75 (senior* \$60) until Sept 2, then \$85 (\$70)
- Please bring a mat if you have one.

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

POUND

Use lightly weighted drumsticks for cardio, conditioning, & strength training to great music.

- ▶ 7-7:45am Saturdays Sept 17-Dec 17 (except Oct 22) in PHS Studio
- Fee: \$52 (senior* \$41) until Sept 2, then \$62 (\$51)

30-Minute Circuit Blast

This quick strength & conditioning workout is a great complement to cardiovascular exercise, using accessory equipment and body weight to challenge & tone your body.

- Instructor: Carly Lenz, Wellness Coordinator
- ▶ 5:15-5:45am Mondays & Wednesdays Sept 12-Dec 21 in PHS Multi-Purpose Facility & Fitness Center
- Fee: \$73 (senior* \$58) until Sept 2, then \$83 (\$68)
OR take any 15 classes for \$40 (senior* \$32)

Functional Foundations

Experienced CrossFit coaches teach proper multi-joint movements for everyday activities. Each class includes specific skill instruction and a workout in a comfortable setting.

- Instructors: Jessica Vervaeck, CrossFit Coach & Christine Nitsch, Athlete Performance Specialist
- ▶ 3:30-4:30pm Mon & Wed Sept. 12-Oct. 19 at PHS
- Last class meets at CrossFit Diligence location
Fee: \$52 (senior* \$41) until Sept 2, then \$62 (\$51)

Intro to Adult Jiu Jitsu

This introductory 6-week course to Brazilian jiu jitsu covers the basic positions, movements, & techniques of this grappling sport in a safe and controlled environment.

- Instructor: Heather Bassett, Purple Belt
- ▶ 5:15-6:15am Thursdays in PHS Studio
- ▶ Session 1: Sept 22-Oct 27 ▶ Session 2: Nov 10-Dec 22
Fee: \$35/session (senior* \$28) until Sept 9, then \$45 (\$38)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30-Minute Circuit 5:15-5:45am PHS		30-Minute Circuit 5:15-5:45am PHS	Intro to Jiu Jitsu 5:15-6:15am PHS Studio	
	Cardio Kickboxing 5:30-6:15am PHS Studio	BodyPump 5:45-6:45am PHS Studio		BodyPump 5:45-6:45am PHS Studio
Balance & Functional 9-9:45am PHS Studio		Balance & Functional 9-9:45am PHS Studio		
Functional Foundations 3:30-4:30pm PHS		Functional Foundations 3:30-4:30pm PHS		SATURDAY
Total Body Training 4:30-5:30 Horizon	Cardio Kickboxing 5:15-6pm PHS Studio	Total Body Training 4:30-5:30 Horizon	All-Levels Yoga 4:15-5pm Horizon	POUND 7-7:45am PHS Studio
BodyPump 5:30-6:30pm PHS Studio	BodyPump/Yoga 6:15-7:15pm PHS Studio	BodyPump 5:30-6:30pm PHS Studio		BodyPump 8-9am PHS Studio

Registration opens 10 a.m. Wednesday Aug. 24. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited & classes will be cancelled if minimum enrollments are not met.

Aquatic classes

Daytime Aqua

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

Instructor: Beth Kerntke

9-9:45am Tuesdays & Thursdays Sept 13-Dec 22

(except Nov 1-Dec 1 while PHS classes use the pool)

Fee: \$72 (seniors* \$57) until Sept 2, then \$82 (\$67)

If space remains, partial sessions will be available:

Sept/Oct: \$54 (seniors* \$43) / Dec: \$23 (seniors* \$18)

Daytime Deep

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

9-9:45am Tuesdays & Thursdays Sept 13-Dec 22

(except Nov 1-Dec 1 while PHS classes use the pool)

Fee: \$45 (seniors* \$36) until Sept 2, then \$55 (\$46)

If space remains, partial sessions will be available:

Sept/Oct: \$32 (seniors* \$25) / Dec: \$14 (seniors* \$11)

Deep Water

Water resistance offers a great workout in deep water. You can use noodles or cuffs.

Instructor: Beth Kerntke

6:30-7:15pm Mondays & Wednesdays Sept 14-Dec 19

(except Oct 31; Nov 2, 21, 23)

Fee: \$88 (seniors* \$70) until Sept 2, then \$98 (\$80)

OR take any 12 classes for \$48 (senior* \$38)

Optional: \$35 for water cuffs as a belt or on ankles

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

Water Walking

This self-directed class in shallow water is perfect for those with limited mobility.

6:30-7:15pm Mondays & Wednesdays Sept 14-Dec 19

(except Oct 31; Nov 2, 21, 23)

Fee: \$52 (seniors* \$41) until Sept 2, then \$62 (\$51)

OR take any 12 classes for \$28 (senior* \$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 adult instructors.

8:45-9:30am Saturdays Sept 17-Dec 10 (except Sept 24,

Oct 29; Nov 5, 26; Dec 3) in the PHS pool

Fee: \$44 until Sept. 2, then \$54

Cancellations: Call 920-892-5068 for a recorded message or set up mobile notifications in MyRec.

Child Swim Lessons

We follow the American Red Cross courses. Participants must be at least 50" tall.

Saturdays Sept 17-Dec 10 (except Sept 24, Oct 29; Nov 5,

26; Dec 3) in the PHS pool

▶ 9:30-10:15am: Levels 1 & 5/6

▶ 10:15-11am: Levels 2 & 4

▶ 11-11:45am: Level 3

Fee: \$44 until Sept. 2, then \$54

NOTE: Classes may be combined and times could change.

Cancellations: Call 920-892-5068 for a recorded message or set up mobile notifications in MyRec.

Lap Swim

▶ 7:30-8:30pm Mondays & Wednesdays Sept 14-Dec 19 (except Oct 31; Nov 2, 21, 23)

Fee: \$52 (seniors* \$41) until Sept 2, then \$62 (\$51)

▶ 7:30-8:30am Saturdays Sept 17-Dec 10

(except Sept 24; Oct 29; Nov 5, 26; Dec 3)

Fee: \$18 (seniors* \$14) until Sept 2, then \$28 (\$24)

▶ Unlimited: \$60 (seniors* \$48) until Sept 2, then \$70

Saturday Family Swims

Children must be accompanied by an adult. One lap lane available. Bring towels.

1-2:30pm Saturdays Oct 8, 22; Nov 12, Dec 10

Fee: \$7/family each swim, payable at the door

No registration is necessary, but come early because we will close if no one shows by 1:30pm

ONE book. ONE community.



The Plymouth Chapter

Community Book Read

The 7th Community Book Read features selections for children, teens, and adults! Reserved copies of all 3 books will be available beginning Sept. 19 at Plymouth Public Library. Events in October & November.

plymouthbookread.weebly.com

Facebook: OneBookPlymouthWI

Registration opens 10 a.m. Wednesday Aug. 24. 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

Monday-Friday

5-7:30am

3:30-7pm

Saturdays

7-11am

We are now offering individual and small group personal training packages for our members! Look for more info on our website.

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 in grades 5-12 living in the school district can use the Fitness Center for free; grades 5-7 must be accompanied by an adult.

Youth & Family



Child care

We offer caring and nurturing child care for children from 6 weeks old through fourth grade in three age-appropriate programs located at the schools. Fees vary.

Youth Center

Located next to Riverview Middle School, the center is open after school until 5 p.m. on regular school days with at least one adult present at all times. Open to all students in grades 5-8 living in the Plymouth School District, including those homeschooled or attending parochial schools. Fee is \$60/year, \$25/trimester, or \$10/month.

Middle-school athletics

Open to all middle-school residents, including those homeschooled or attending parochial schools. Options include Cross Country, Volleyball, Dance, Basketball, Wrestling, Golf, Tennis, Track & Field. Fee is \$20/sport (\$70 for Golf).

More info online & in MyRec

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 2nd & 4th Fri Sept 9-Dec 9 (except Nov 25)
at Plymouth Youth Center
Fee: \$10/family

Home Alone

For grades 3-6. Children who spend time home without an adult will gain a knowledge of safety concepts. They 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 October 17 & 18 in the Parkview Library
Fee: \$25 until Oct 7, then \$35

Babysitting

For grades 5-8 (ages 10+). Learn to be a better babysitter. Certificates of completion will be issued.

Instructor: Denise Roth
3-5pm November 7 & 8 in the Riverview Library
Fee: \$29 until Oct 28, then \$39

Dudes & Daughters Hair 101

For children ages 2+ w/an adult. This class is for fathers, mothers, & caregivers struggling to style a young girl's hair. Manage tangles & curls, discuss proper hair hygiene, learn to braid & execute a proper ponytail!

Instructors: Holly Bersch & Katie Shelby of Jomaji Salon
5:30-7pm Tuesday Nov 15 in Horizon Library
Fee: \$18/pair until Nov 4, then \$28; includes wet brush

Rock Climb & Open Gym

For families with children ages 5 & up. Our indoor vertical wall has 4 runs from basic to advanced with straight climbs and an overhang to challenge everyone. While waiting to climb, kids can play in the gym.

Instructor: Carly Lenz, Wellness Coordinator
▶ 10-11:30am Saturday Nov 19 in Riverview Gym
Fee: \$10/person until Nov 11; contact us for family rate
▶ 10-11:30am Saturday Dec 17 in Riverview Gym
Fee: \$10/person until Dec 9; contact us for family rate

Looking for more family fun?

Check out Plymouth-Area Info Hub!

<http://www.plymouthinfohub.com>

PlymouthInfoHub

Free Films

Admission is free, but please register 2 days in advance.

The Rescue (PG)

This subtitled documentary chronicles the rescue of a Thai soccer team from a flooded cave.

6pm Wednesday Sept 14 in the PHS Auditorium

Downton Abbey - A New Era (PG)

The Crawley family goes on a grand journey to uncover the mystery of a newly inherited villa.

6pm Wednesday Oct 12 in the PHS Auditorium

Wonder (PG) - Book Read film!

A student born with facial differences becomes the most unlikely of heroes when he enters 5th grade.

6pm Monday Nov 7 in the PHS Auditorium

Top Gun Maverick (PG-13)

After more than 30 years of service, a top Navy aviator is still pushing the envelope.

6pm Tuesday Nov 29 in the PHS Auditorium

Recreation

Beginner Pickleball

Open to all with a focus on instruction and gentle beginner play. Late arrival okay.

4:15-6:15pm Mondays Sept 12-Oct 31 at Fairview
Fee: \$17 (senior* \$13) until Sept 2, then \$27 (\$23)

Pickleball Play

This paddleball sport combines elements of badminton, table tennis, & tennis!

▶ 6-8pm Wed Oct 5-Dec 14 (except Nov 23) at Fairview
(Beginner assistance offered the first 2 weeks)
Fee: \$17 (senior* \$13) until Sept 23, then \$27 (\$23)
▶ 4:15-6:15pm Tue & Thu Oct 11-Dec 20 at Parkview
Fee: \$28 (senior* \$22) until Sept 30, then \$38 (\$32)

Recreational Basketball

Open to those ages 18+

▶ 6-7am Tuesdays & Thursdays Sept 6-Dec 29 PHS Gym
Fee: \$35; half session \$20; Fitness Center members free
▶ 7:30-9pm Tuesdays Sept 13-Dec 20 in Fairview Gym
Fee: \$16; free for Fitness Center members

Kayaking

This introductory course is open to ages 10 & up, so bring your family! Includes kayaks (weight limit 250lbs), paddles, and life jackets.

Instructor: Andrew Arensten
5-6:30pm Tuesdays Sept 20-Oct 11 on the Mullet River
Fee: \$30/person (senior* \$24) until Sept 9, then \$40 (\$34);
contact us for a family rate

Track/Hall Walking

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

Oct. 31-April 28 at Plymouth High School
• 5:30-7am Monday-Friday (indoor track only)
• 3-8pm Mon-Thu; 3-6pm Fri (halls only in April)
Free, but sign the roster each time you come

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

Registration opens 10 a.m. Wednesday Aug. 24. 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

Registration opens at 10 a.m. Wednesday Aug. 24. At that time, online registration will be available and we will begin taking in-person registrations and entering forms received in advance.

Online registration is preferred. If you are able, please go to 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.)

Otherwise, please visit our office to register, or download a registration form (<https://bit.ly/COMregform>) and return with payment to the address at right.



Community Ed & Rec
125 S. Highland Ave.
Plymouth WI 53073

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-4pm

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 in a series, 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.