



Classes open to all, no matter where you live!



Course Guide

Plymouth School District Community Education & Recreation

Nutrition & Wellness

Artisan Sourdough Breads

Sample a variety of sourdough and cast-iron baked breads while learning the art of fermentation bread making. Leave with step-by-step instructions, recipes, a jar of starter, and ready-to-bake sourdough loaves.

Instructor: Kate Pearce, RN & Wellness Coach
6-8:30pm Thursday April 18 in PHS Room C105
Fee: \$52 through April 7, then \$62

Guided Meditation & Journaling

Join a guided meditation for healing the mind, body, & spirit. If you've never meditated before or are afraid you'll "do it wrong," brush those fears aside because there is no wrong way to meditate. Give yourself a little love and self-care with this opportunity for peace and healing, followed by guided journaling to keep you grounded.

Instructor: Kerri Wilson
6-7pm Tuesday April 23 in the PHS Library
Fee: \$10 through April 14, then \$20

Notes: Bring yoga mat, blanket, bolsters (or whatever will make you comfortable), & your favorite notebook

Mocktails & Masks

Get ready for patio party season and learn how to create 3 different kinds of seasonal mocktails. While you sip your creations, learn how (and why) to create your choice of 3 face masks: acne prone, wrinkle reducing, or exfoliating.

Instructor: Kerri Wilson
6-7pm Wednesday May 8 in PHS Room C105
Fee: \$15 through April 28, then \$25
Note: Bring a hairband or hairclips

Natural Alternatives To Support Cardiovascular Health

Learn lifestyle and dietary options to support vascular health, blood pressure, and cholesterol issues naturally.

Instructor: Dr. Dan Francis of Francis Chiropractic
6pm Wednesday April 24 in the PHS Amphitheater
Fee: Free, but please register by April 14

Mushrooms for Health & Nourishment

Learn to work with mushrooms for food and medicine. Discover how mushrooms can contribute to our health and well-being. We will discuss sourcing, foraging, and growing mushrooms, as well as how ideally to prepare them for promoting health and for addressing health issues. Enjoy a couple of mushroom beverages, and everyone will make a mushroom tonic to take home.

Instructor: Linda Conroy of Moonwise Herbs
6-8:30pm Thursday April 25 in PHS Room C105
Fee: \$32 through April 14, then \$42

Freezer Meal Workshop

Spend an hour assembling 4 freezer meals to feed 4-6 people. Crock Pot recipes: Pizza Casserole, Sweet & Smoky Azteca Chicken, Creamy Sausage Tortellini, Street Corn Chowder. Includes veggies, spices, herbs, bags, recipes, etc. Later add your choice of protein, heat, & serve!

Instructor: Kristy Markeland
6-7pm Tuesday May 21 in PHS Room C103
Fee: \$45 through May 12, then \$55

Woodworking

Build personal projects using tools in the PHS woods lab. New participants work closely with the instructor; experienced participants may work independently.

Instructor: Ralph Gunkel
5:30-8:30pm Tuesdays April 9-May 28
(except April 23 & 30) in PHS Room C111
Fee: \$63 (seniors* \$50) through March 31, then \$73 (\$60 plus the cost of any materials used)

Social Security 101

Learn about Social Security benefits, eligibility, the future of the program, and more.

Instructor: Social Security Administrator
6-7:30pm Monday April 15 in the PHS Amphitheater
Fee: Free, but register by April 7

Pine Needle & Sweet Grass Basketry

Spend a fun day exploring the creative possibilities of this traditional skill as you design and complete a coiled basket using pine needles and sweetgrass. You get instruction on how to coil and stitch this simple basket and guidance on how to integrate other materials into your basket. A great opportunity for beginners and intermediate weavers.

Instructor: Linda Conroy of Moonwise Herbs
9:30am-4pm Saturday April 27
in the PHS Food Science & Agriculture Center
Fee: \$45 through April 14, then \$55
More info: Bring a small pair of scissors, a thimble, and (if needed) reading glasses. All other supplies are provided.

Understanding Medicare

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

Instructor: Mary Kempf of County Division on Aging
5:30-7:30pm Wednesday May 1 in the PHS Library
Fee: Free, but register by April 21

Registration opens 10 a.m. Wednesday March 20. 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  
[@PlymouthCommunityEdRec](https://www.facebook.com/PlymouthCommunityEdRec)
- Sign up for our newsletter at <https://bit.ly/COMnews>

Fitness classes

Fitness Launches

Join us as we launch FREE opportunities to sample fitness classes, try the latest Les Mills BodyPump release with new music & choreography, and meet class instructors. Bring a friend!

Wednesday March 27 in PHS Studio

5:30-6:30pm: Les Mills BodyPump #128

Saturday March 30 in PHS Studio

8-8:30am: Les Mills BodyPump #128

8:45-9:15am: Circuit Blast

9:30-10am: FUNctional Dance

Free, but please register online via MyRec, at commedrec@plymouth.k12.wi.us, or 920-892-5068.

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 April 1-June 5

(except May 22 & 27) in the PHS Studio

Fee: \$68 (seniors* \$54) until March 31, then \$78 (\$64)

Les Mills BodyPump

This science-backed, full-body barbell workout to great music sculpts and strengthens each muscle group. Set your weight on the barbell to achieve 1,000+ repetitions each class!

Instructors: Julie, Carly, Emily

► 5:30-6:30pm Mondays & Wednesdays April 1-May 29 (except May 27) in the PHS Studio

► 4:30-5:15pm Tuesdays April 2-May 28 in the PHS Studio

► 8-9am Saturdays April 6-May 25 in the PHS Studio

Fees:

18 classes or 2/week: \$95 (seniors* \$76) through March 31

9 classes or 1/week: \$52 (seniors* \$41) through March 31

If you want to take 3 classes a week, contact our office.

30-Minute Circuit Blast

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

Instructor: Julie

5:30-6am Tuesdays & Thursdays April 2-May 30

(except May 9, 14, 16) in the PHS Studio

Fee: \$36 (seniors* \$28) through March 31, then \$46 (\$38)

Cycle & Core

This high-energy cycling class features a 30-minute heart-pounding ride followed by 15 minutes of targeted strength training for your core with varying abdominal and low-back exercises.

Instructor: Jessica

5-5:45pm Tuesdays April 2-May 28

in the Riverview Fitness Center

Fee: \$34 (seniors* \$27) through March 31, then \$44 (\$37)

FUNctional Dance

A fun, easy-to-follow dance fitness class with a delicious stretch session afterward to reset your body and mindset. Bring your two left feet, your worst leggings or sweats, and shake it like a Polaroid picture! A fun variety of music, easy to follow, and zero judgment.

Instructor: Kerri

5:30-6:15pm Thursdays April 4-May 23 in the PHS Studio

Fee: \$42 (seniors* \$33) through March 31, then \$52 (\$43)

Stretch & Core

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

Instructor: Jessica

4:30-5:15pm Thursdays April 4-May 30 in the PHS Studio

Fee: \$34 (seniors* \$27) through March 31, then \$44 (\$37)

Where should I park?

For classes in the PHS Studio, park in front of the addition & enter Door 18. For the PHS Library, park near the flagpole and enter Door 2. For classes at Riverview, park in the circle and enter the main door.

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 April 1-May 22

in the Horizon Gym

Fee: \$62 (seniors* \$49) through March 31, then \$72 (\$59)

OR take any 8 classes for \$33 (seniors* \$26)

All-Levels Yoga

Blend breath and movement to improve flexibility and balance and to build core strength, muscle tone, and balance. Some yoga experience is helpful, but not required.

Instructor: Kim

4-4:45pm Tuesdays April 2-May 28 in the PHS Library

Fee: \$52 (seniors* \$41) through March 31, then \$62 (\$51)

Note: Please bring a mat if you have one.

Gentle Yoga

Learn basic poses to increase flexibility, enhance relaxation, and clear the mind. Appropriate for all levels.

Instructor: Kim

4-4:45pm Mondays April 1-May 20 in the PHS Studio

Fee: \$46 (seniors* \$36) through March 31, then \$56 (\$46)

Note: Please bring a mat if you have one.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Circuit Blast 5:30-6am PHS Studio		Circuit Blast 5:30-6am PHS Studio	Did you know? Those in early morning classes can shower in the Fitness Center!
Balance & Functional 9:15-10am PHS Studio		Balance & Functional 9:15-10am PHS Studio	Ask about our Fitness Class Punch Card!	SATURDAY
Gentle Yoga 4-4:45pm PHS Studio	All-Levels Yoga 4-4:45pm PHS Library			
Total Body Training 4:30-5:30 Horizon	BodyPump 4:30-5:15pm PHS Studio	Total Body Training 4:30-5:30pm Horizon	Stretch & Core 4:30-5:15pm PHS Studio	BodyPump 8-9am PHS Studio
BodyPump 5:30-6:30pm PHS Studio	Cycle & Core 5-5:45pm Riverview	BodyPump 5:30-6:30pm PHS Studio	FUNctional Dance 5:30-6:15pm PHS Studio	

Registration opens 10 a.m. Wednesday March 20. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.

Recreation

Pickleball

Bring your paddle to join recreational play.

- ▶ 4:15-5:45pm Tuesdays & Thursdays April 2-May 23 (except April 25 & May 21) in the Parkview Gym
Fee: \$25 (seniors* \$20) through March 31, then \$35 (\$30)
- ▶ 6:15-8pm Wednesdays April 3-May 22 in the Fairview Gym
Fee: \$13 (seniors* \$10) through March 31 then \$23 (\$20)

Pickleball Clinic



Bring your paddle or borrow one from the Pro. Get 120 minutes of instruction interspersed with free play.

Instructor: John Frausto, USPTA Certified Pickleball Professional, USPTA Elite Tennis Professional
12-2pm Sunday April 28 in the Parkview Gym
Fee: \$10 through April 21, then \$20

Open Golf

Bring your own clubs & balls and practice your golf skills indoors. Putting greens also available.

8-11am Saturdays April 13, 27 in the PHS Multipurpose Facility
Fee: \$10 per person per hour; must register by 4pm Friday
Notes: No metal spikes. Some balls are available, but if you have some please bring them.

Kayaking

This introductory class is for those new to this water sport. Open to those ages 10 & up, so families are welcome! Includes kayak (limit 250 lbs), paddles, and lifejacket.

Instructor: Andrew Arentsen
5-6:30pm Tuesdays May 14-28 on the Mullet River
Fee: \$25/person through May 5, then \$35; call for family rate

Hall Walking

Community members can walk the PHS hallways during designated times.

3-8pm (3-6pm Fridays) weekdays through April 26
Fee: Free, but enter Door 18 & sign in each time at table outside the Fitness Center

Registration opens 10 a.m. Wednesday March 20. 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

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Daytime Aqua

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

Instructor: Beth
9:15-10am Tuesdays & Thursdays April 2-May 30 (except May 23) in the PHS Pool
Fee: \$59 (seniors* \$47) through March 31, then \$69 (\$57)

Daytime Deep

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

9:15-10am Tuesdays & Thursdays April 2-May 30 (except May 23) in the PHS Pool
Fee: \$38 (seniors* \$30) through March 31, then \$48 (\$40)

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
6-6:45pm Mondays & Wednesdays April 1-May 29 (except May 22 & 27) in the PHS Pool
Fee: \$56 (seniors* \$44) through March 31, then \$66 (\$54)
Optional: \$40 for water cuffs as a belt or on ankles

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.

6-6:45pm Mondays & Wednesdays April 1-May 29 (except May 22 & 27) in the PHS Pool
Fee: \$36 (seniors* \$28) through March 31, then \$46 (\$38)

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.

Lap Swim

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

7-8pm Mondays & Wednesdays April 1-May 29 (except May 22 & 27) in the PHS Pool
Fee: \$32 (seniors* \$25) through March 31, then \$42 (\$35)

Parent/Tot Aquatics

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

Instructor: Beth
Orientation: 6pm Tuesday April 2 in PHS addition foyer
Pool: 6-6:45pm Tuesdays April 9-May 14
Fee: \$36/pair through March 31, then \$46

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



Looking for more recreation opportunities?

Check out the Plymouth-Area Info Hub!
<http://www.plymouthinfohub.com>
f PlymouthInfoHub

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 Fitness Center is supervised by an adult staff member.

Fitness Center special: Register for a year Fitness Center membership, then receive 10% off group fitness classes & Lap Swim!

HOURS

Spring 2024

Weekdays
5-7:30am/3:30-7pm

Saturdays
7-11am

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; student membership free

Youth & Family

Child care

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

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

Music & Movement



For children ages 2-4 with a caregiver. Children and their adults will get the wiggles out creatively through movement to music. We will use various items to explore different ways to move to the beat and develop your child's gross motor skills, all while having fun together.

Instructor: Shaunna Renzelmann

5-5:30pm Tuesdays April 16-May 21 in the Horizon Gym

Fee: \$26/pair through April 7, then \$36

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

10-11:30am Saturday April 20 in the Riverview Gym

Fee: \$10/person through April 14, then \$20; contact us for family rate

Home Alone

For grades 3-6. Children who spend time home without an adult will gain a knowledge of safety concepts in this 2-day class. 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 Monday April 15 & Tuesday April 16 in the Parkview Library

Fee: \$25 through March 31, then \$35

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 April 22 & Tuesday April 23

in the Riverview Library

Fee: \$29 through April 7, then \$39

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: \$15/month

Middle-School Athletics

For grades 6-8, as designated. Open to all middle school-age students in our community, including those homeschooled or attending parochial schools. (Registration now open!)

Track & Field

For grades 7-8

Info meeting: 3pm Wednesday March 20 in the Riverview Cafeteria

Registration due: March 31 via MyRec

Practices: 3-4:30pm beginning Wednesday April 3 at Plymouth High School

Fee: \$20

Tennis

For grades 7-8

Info meeting: 3pm Tuesday April 2 in Riverview Cafeteria

Registration due: April 7 via MyRec

Practices: begin 3-4pm Monday April 8 at PHS

Fee: \$20

Golf

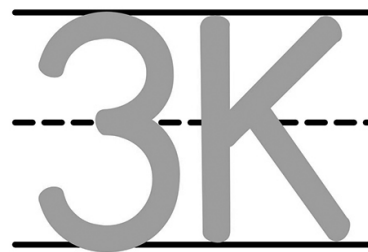
For grades 6-8

Info meeting: 3pm Wed April 3 in Riverview Room 217

Registration due: April 14 via MyRec

Outings: 3-5pm Tuesdays & Thursdays April 16/23-May 23

Fee: \$20 + \$50 greens fee



2024-25 Plymouth 3K

For potty-trained children who will be at least 3 years old as of Sept. 1, 2024. 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 (half an hour longer than past years!) Monday/Wednesday or Tuesday/Thursday Sept. 9-May 22 at Horizon

Fee: \$1,100 for the entire year, with a minimum of \$300 due at registration, \$300 by June 1, \$300 by Aug. 1, and the balance by Nov. 1

PLYMOUTH
AREA



Looking for more family fun?

Check out the

Plymouth-Area Info Hub!

<http://www.plymouthinfohub.com>



PlymouthInfoHub

Registration Information

Registration opens at 10 a.m. Wednesday March 20. 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 (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.

