



Classes open to all, no matter where you live!

Activity Guide

Spring
2025

Plymouth School District Community Education & Recreation

Nutrition & Wellness

Boosting Brain Power & Increasing Your Immunity **NEW!**

Learn how to boost your best thinking and doing! Learn brain exercises along with how to choose the "healthiest" foods for cognition and well-being. Top Tips will be shared along with crafting your own personal Action Plan for Success. Taste a selection of nutrient-dense, delicious foods. Arrive curious and hungry, leave with transformational knowledge for your best life.

Instructor: Kate Pearce, RN, Nutrition Specialist, Wellness Coach
6-8:30pm Thursday April 10 in PHS Room C105
Fee: \$54 through March 31, then \$64

How To Make Fire Cider: A Tonic For Your Immune Health **NEW!**

Fire Cider is a robust, spicy tonic traditionally used to boost immunity and promote overall wellness. This invigorating elixir is known for its antibacterial, antiviral, and anti-inflammatory properties, making it a popular natural remedy, especially during cold and flu season.

Instructor: Kate Vitale, Owner of Vitale Wellness Center, Fitness Instructor, and Herbalist
6:30-7:30pm Wednesday April 23 in PHS Room C105
Fee: \$24 through April 14, then \$34

Around Our Town: Sheboygan County Transportation Facility

Community members ages 18+ are invited on this field trip for adults!

5pm Wednesday April 30 at W5741 County Road J
Free, but you must register in advance because space is limited

Freezer Meal Workshop

Spend an hour assembling 4 freezer meals to feed 4-6 people. Includes prepped veggies, spices, herbs, bags, recipes, etc. When you're ready to eat, add another ingredient or two and your choice of protein, heat, & serve!

Instructor: Kristy Markeland

► Easy Lasagna Skillet, Cheesy Chili Mac, Tex Mex Casserole, Home-Style Chicken Stew
6-7pm Thursday April 24 in PHS Room C103
Fee: \$45 through April 14, then \$55

► Taco Pasta, Chili Lime Chicken Tacos, Taco Soup, Walking Taco Bowls
6-7pm Thursday May 15 in PHS Room C103
Fee: \$45 through May 5, then \$55

Keeping Healthy Simple **NEW!**

A no-nonsense approach to making healthy choices. Warm up your morning with easy-to-follow full-body movement with Julie, followed by a deep dive into macros, micros, and essential nutrients, and how to use them easily for your meal planning with Kerri. A healthy snack will be available.

Instructors: Kerri Wilson & Julie Frausto
9am-noon Saturday April 26 in the PHS Amphitheatre
Fee: \$66 through April 21, then \$76

Free Film - 'Wicked: Part 1'

Elphaba, misunderstood because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. (PG)

6-9pm Monday May 19 in the PHS Auditorium
Free, but register by May 16

Lifestyle & Mental Health in Youth & Teens **NEW!**

Join a conversation about the positive effects that exercise, supplements, and other lifestyle choices can have on ADHD, anxiety, & depression and how they can reduce reliance on pharmaceuticals.

Instructors: Dr. Dan Francis of Francis Chiropractic and Kaylee Holzwart, school-based wellness specialist
6-7pm Monday April 28 in the PHS Amphitheater
Fee: \$5 until April 21, then \$15

Grow Your Own Microgreens

Microgreens are a powerhouse of nutrients! All materials provided for you to grow 2 crops of your own super-nutritious, flavor-packed, baby plants to enhance soups, salads, and sandwiches. You will be able to harvest your delicious crop about 2 weeks after planting.

Instructor: Deb Denzer of Terra Sol Gardens
5:30-7pm Wednesday May 7 in the PHS Food Science & Agriculture Center
Fee: \$26 through April 28, then \$36

Reducing Outdoor Pollutants **NEW!**

Join a discussion outlining how to simply tweak a few habits & common purchases to enhance & protect the land, air, and water quality in your yard and beyond.

Instructor: Laura Grunwald, Conservation Specialist
6-7pm Wednesday May 14 in the PHS Library
Fee: \$5 through May 5, then \$15



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

Learn
more:

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

- Sign up for our monthly e-newsletter →
- Find us on @PlymouthCommunityEdRec



Registration opens 11am Wednesday March 19. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.

Fitness classes

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

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 April 1-May 29

in the PHS Studio

Fee: \$45 (seniors* \$36) through March 31, then \$55 (\$46)

Balance & Functional Movement

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

Instructor: Beth

9:15-10am Mondays & Wednesdays March 31-May 21

in the PHS Studio

Fee: \$64 (seniors* \$51) through March 31, then \$74 (\$61)

Note: Please bring a mat if you have one.

Cardio Carnival

This 30-minute festive cardio session is for all fitness levels, with options to adjust intensity as needed. Enjoy varied weekly cardio sessions to get your heart rate up and keep you interested with different challenges.

Instructor: Jessica

4:30-5pm Wednesdays April 2-May 28 in the PHS Studio

Fee: \$24 (seniors* \$19) through March 31, then \$34 (\$29)

Cycle & Core

A variety of intervals of high cardio bouts on the bike and core strength exercises off the bike to improve strength and endurance.

Instructor: Jessica

Details: 4:15-5pm Tuesdays April 1-May 27

in the Riverview Fitness Center

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

Empower: Women's Weightlifting

Join an empowering journey into strength training designed specifically for women. Whether you're new to lifting or looking to refine your technique, this class offers a small group and a supportive environment to build confidence and strength. Learn to use fixed-range-of-motion machines, cable machines, squat racks, and free weights. Embrace the benefits of weightlifting — improved metabolism, increased bone density, and enhanced muscle tone — while fostering a sense of community with like-minded women.

Instructor: Julie

6-7pm Tuesdays April 1-May 27 in the PHS Fitness Center

Fee: \$88 (seniors* \$70) through March 31, then \$98 (\$80)

Includes a 2-month Fitness Center membership

Les Mills BodyPump™

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

Instructors: Carly, Emily, and Julie

Options:

► 5:30-6:30pm Mondays & Wednesdays March 31-May 28 (except May 26) in the PHS Studio

► 5:25-6am Wednesdays April 2-May 28 in the PHS Studio

► 8-9am Saturdays April 5-May 31 in the PHS Studio

Fees:

► 18 classes (2/week): \$99 (seniors* \$79) through March 31, then \$109 (seniors* \$89)

► 9 classes (1/week): \$53 (seniors* \$42) through March 31, then \$63 (seniors* \$52)

► Special deal for just the Wednesday morning 35-minute class: \$27 (seniors* \$21) through March 31, then \$37 (seniors* \$31)

Contact our office if you want to take 3 classes a week.

SHiNE

This dance fitness workout combines current hit music and choreography to help participants feel confident and strong. High-cardio exercise combines jazz, ballet, and hip hop moves with calisthenics in a HIIT format for a full-body workout. Come dance with us!

Instructor: Hailey

5:45-6:30pm Tuesdays and 6:15-7pm Thursdays

April 1-May 29 (except April 10) in the PHS Studio

► 17 classes (2x/week): \$68 (seniors* \$54) through March 31, then \$78 (seniors* \$64)

► 8 classes (1x/week): \$34 (seniors* \$27) through March 31, then \$44 (seniors* \$37)

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 Thursdays April 3-May 29 in the PHS Studio

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

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 Mondays & Wednesdays March 31-May 28 (except May 26) in the Horizon Gym

Fee: \$74 (seniors* \$59) through March 31, then \$84 (\$69)

OR take 9 classes (1x/week): \$40 (seniors* \$32) through March 31, then \$50 (seniors* \$42)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Essential Fitness 5:30-6am PHS Studio	BodyPump 5:25-6am PHS Studio	Essential Fitness 5:30-6am PHS Studio	Sunrise Yoga 5:30-6:15am PHS Studio
Balance & Functional 9:15-10am PHS Studio	Daytime Aqua/Deep 9:30-10:15am PHS Pool	Balance & Functional 9:15-10am PHS Studio	Daytime Aqua/Deep 9:30-10:15am PHS Pool	Want flexibility? \$50 punch card: 10 classes, lap swims, Fitness Center visits
Total Body Training 4:30-5:30pm Horizon	Vinyasa Yoga 4:15-5pm PHS Studio	Cardio Carnival 4:30-5pm PHS Studio	Gentle Yoga 4:15-5pm PHS Studio	
BodyPump 5:30-6:30pm PHS Studio	Cycle & Core 4:15-5pm Riverview	Total Body Training 4:30-5:30pm Horizon		SATURDAY
Deep Water/Walking 6-6:45pm PHS Pool	SHiNE 5:45-6:30pm PHS Studio	BodyPump 5:30-6:30pm PHS Studio	Stretch & Core 5:15-6pm PHS Studio	BodyPump 8-9am PHS Studio
Yin Yoga 6:45-7:30pm PHS Studio	Empower 6-7pm Fitness Center	Deep Water/Walking 6-6:45pm PHS Pool	SHiNE 6:15-7pm PHS Studio	

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Fitness

Gentle Yoga

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

Instructor: Kim

4:15-5pm Thursdays April 10-May 22 in the PHS Studio
Fee: \$42 (seniors* \$33) through March 31, then \$52

Sunrise Yoga

End your week with an energizing class designed to wake up the mind and body in preparation for a beautiful day and weekend. Great for all levels.

Instructor: Tanya

5:30-6:15am Fridays April 4-May 30 (except April 18)
in the PHS Studio
Fee: \$32 (seniors* \$25) through March 31, then \$42

Vinyasa Yoga

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

Instructor: Kim

4:15-5pm Tuesdays April 8-May 20 in the PHS Studio
Fee: \$42 (seniors* \$33) through March 31, then \$52

Yin Yoga

Yin offers long, gentle holds in passive poses targeting the deep connective tissues (rather than the muscles) to improve flexibility, joint mobility, and bodily awareness.

Instructor: Megan

6:45-7:30pm Mondays March 31-May 19 in PHS Studio
Fee: \$32 (seniors* \$25) through March 31, then \$42

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

Aquatics

Daytime Aqua

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

Instructor: Beth

9:30-10:15am Tuesdays & Thursdays April 1-May 22
Fee: \$55 (seniors* \$44) through March 31,
then \$65 (\$54)

Daytime Deep

Held at the same time as Daytime Aqua; you can follow that workout, do your own, or swim laps.

9:30-10:15am Tuesdays & Thursdays April 1-May 22
Fee: \$36 (seniors* \$28) through March 31,
then \$46 (\$38)

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 March 31-May 21
Fee: \$55 (seniors* \$44) through March 31,
then \$65 (\$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 March 31-May 21
Fee: \$36 (seniors* \$28) through March 31,
then \$46 (\$38)

Lap Swim

► 7-8pm Mondays & Wednesdays through May 21
► 5-5:45pm Tuesdays & Thursdays through Apr 17
► 7:30-8:30am Saturdays through May 10 (except Apr 19)
If you signed up in Winter, just keep swimming! Contact our office if you'd like to join Lap Swims for Spring.

Rec

Pickleball Open Play

Adults are invited to bring a paddle and join recreational play.

► 4:15-6:15pm Tuesdays & Thursdays April 1-May 29 (except April 17) in the Parkview Gym
Fee: \$77 (seniors* \$61) through March 31, then \$87
► 6:15-8pm Wednesdays April 2-May 28 in Fairview Gym
Fee: \$36 (seniors* \$28) through March 31, then \$46
► Women's Open Play: 6-8pm Mondays April 14-May 19 in the Fairview Gym
Fee: \$27 (seniors* \$21) through April 7, then \$37

Try Scuba

Experience scuba diving in a controlled environment; all equipment provided.

Instructor: Great Lakes Diving Center

► 1-2pm Saturday April 26 in the PHS Pool
Fee: \$75 until April 14, then \$85
► 10:45-11:45am Saturday May 10 in the PHS Pool
Fee: \$75 until April 28, then \$85

Kayaking

This introductory class is for those new to this water sport. Open to ages 10+

Instructor: Andrew Arentsen

5-6:30pm Tuesdays May 6-20 on the Mullet River
Fee: \$25/person through April 28, then \$35
Includes kayak (limit 250 lbs), paddles, and lifejacket.

Pickleball DUPR Day

Get your Dynamic Universal Pickleball Rating through match play to assess skill level.

Instructor: John Frausto, RSPA Certified Pickleball Professional & RSPA Elite Tennis Professional
11am-1pm Sunday May 18 in the Parkview Gym
Fee: \$12 until May 12, then \$22

Hall Walking

Community members can walk the PHS hallways during designated times.

3-8pm (3-6pm Fridays) weekdays through April 25
Fee: Free, but enter Door 18 & sign in each time

Registration opens 11am Wednesday March 19. Fees increase \$10 after early registration deadline. Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.

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

Fitness Center

The Fitness Center on the south end of PHS (Door 18) 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

9:30-10am Saturdays
April 19 & May 17
Free, but pre-register

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 cash; student members 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



Friday Playgroup

For children of all ages with a parent or other adult. Join other families at this parent-supervised free play. A brief activity will be available.

9:30-11am Fridays April 4, May 2, & May 16
at Plymouth Youth Center, 609 North St.
Fee: \$7/family

Bluebird House Workshop

Bring the family and join a quick discussion to learn all things bluebirds! Then roll up your sleeves & build a bluebird house together to take home. Each family must have at least 1 adult. All materials provided.

Instructors: Laura and Katie, Conservation Specialists with Sheboygan County Planning & Conservation Department
5-6pm Wednesday April 16 in PHS Room C109
Fee: \$10 through April 7 for one bluebird house, then \$20; extra house kits \$5 each

Family Rock Climb & Pickleball

For families with children ages 5 & up. Climb the indoor vertical wall, which has 4 routes of varying difficulty. While waiting to climb, learn basic pickleball skills & play as a family.

Instructors: Carly Lenz and Julie Frausto
9:45-11:45am Saturday April 12 in the Riverview Gym
Fee: \$12/person through April 7, then \$22. Contact us for a family rate.

2025-26 Plymouth 3K

Registration now open for potty-trained children who will be at least 3 years old as of Sept. 1. 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 Monday/Wednesday or Tuesday/Thursday
Sept. 8-May 21 at Horizon

Fee: \$1,160 for the entire year, with a minimum of \$320 due at registration, \$320 by June 1, \$320 by Aug. 1, and the balance by Nov. 1

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 14 & Wednesday April 16
in the Horizon 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 28 & Tuesday April 29
in the Riverview Library
Fee: \$29 through April 14, then \$39

Kayaking

For ages 10+. This introductory class is for those new to this water sport.

Instructor: Andrew Arentsen
5-6:30pm Tuesdays May 6-20 on the Mullet River
Fee: \$25/person through April 28, then \$35; call for family rate
Includes kayak (limit 250 lbs), paddles, and lifejacket.

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.

2:45-5pm school days; next to Riverview Middle School
Fees: \$30/trimester or \$15/month

Middle-school athletics

For grades 7-8. Open to all middle school students in our community, including those homeschooled or attending parochial schools. (Registration already open!)

Track & Field

Registration due: Monday March 31 via MyRec
Practices: 3-4:30pm beginning Tuesday April 1 at PHS
Fee: \$20

Tennis

Info meeting: 3pm Tuesday April 1 in Riverview Cafeteria
Registration due: Monday April 7 via MyRec
Practices: 3-4:30pm beginning Tuesday April 8 at PHS
Fee: \$20
Note: Roster is full, but you can join the waitlist

Golf

Info meeting: 3pm Wednesday April 2
in Riverview Room 217
Registration due: Monday April 14 via MyRec
Outings: 3-5pm Tuesdays & Thursdays
beginning in mid-April
Fee: \$20 + \$50 greens fee

Registration Information

Spring Break hours

Saturdays March 22 & 29:
-Fitness Center: 7-11am

**Monday March 24,
Tuesday March 25, &
Wednesday March 26:**
-Fitness Center: 5-7:30am & 3-7pm
-Office & Hall Walking: 8am-4pm

**Thursday March 27 &
Friday March 28:**
-Fitness Center: 5-7:30am & 3-7pm
-Office & Hall Walking: 9am-3pm

Registration opens at 11am Wednesday March 19. 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.

