



Classes open to all, no matter where you live!

# Course Guide

Winter/Spring  
2023

## Plymouth School District Community Education & Recreation



### Around Our Town

Adults are invited to join our field trips for community members! Tours are free, but you must register 2 days in advance. Space is limited.

### Shell Plastics

Learn more about this proud supplier of high-quality custom plastic products.

5:15pm Wednesday Feb 8 at 1010 Valley Road

### Plymouth Utilities

Plymouth Utilities is a municipal-owned, customer-driven electric, water, and wastewater utility providing service to the City of Plymouth and parts of 10 surrounding townships.

5:15pm Tuesday April 11 at 900 Cty Road PP

### Arch Solar

Visit this leader in the solar industry that is paving the way for renewables in Wisconsin.

5:15pm Tuesday May 9 at 1237 Pilgrim Road

### Basic Dog Obedience

For dogs age 4 months and older. Learn basic commands of sit, down, stay, leave it, & more, plus loose-leash walking.

Instructor: Mary Flanderka

5:30-6:30pm Wednesdays Jan 11-Feb 8 in PHS Room C117

Fee: \$60 until Jan 9, then \$70

NOTE: Bring proof of rabies vaccination and Bordetella shots to first class.

### Dog Agility Foundation

For dogs age 4 months and older. FUN learning whether you want to compete or not. This is a great dog enrichment opportunity to work basic commands while learning new skills targeting, learning to jump, getting on objects that move, connecting with your dog.

Instructor: Mary Flanderka

► 6:45-7:45pm Wednesdays Jan 18-Feb 8 in PHS Room C117

Fee: \$45 until Jan 9, then \$55

► 5:30-6:30pm Wed. March 29-April 19 in Riverview Foyer

Fee: \$45 until March 20, then \$55

NOTE: Bring proof of rabies vaccination and Bordetella shots to first class.

### Woodworking

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

Instructor: Ralph Gunkel

5:30-8:30pm Wednesdays Jan 25-March 15 in PHS Room C111

Fee: \$84 (seniors\* \$68) until Jan 16, then \$94 (\$78)

(plus the cost of any materials for projects)

### Understanding Medicare

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 Thursday March 16 in the PHS Amphitheater

Fee: Free, but register by March 13

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

### Free Film Series

Admission is free, but please register 2 days in advance so we know there is enough interest!

### Where the Crawdads Sing

A woman who raised herself in the marshes of the Deep South becomes a suspect in the murder of a man with whom she was once involved. (PG-13; 2hr 5min)

6pm Tuesday January 31 in the PHS Auditorium

### My Octopus Teacher

A filmmaker diving in a kelp forest off the coast of South Africa meets a female octopus who casts a spell on him. (not rated; 1hr 25min)

6pm Wednesday February 15 in the PHS Auditorium

### Knives Out

A detective must sift through a web of lies and red herrings to uncover the truth in this Agatha Christie-style murder mystery in which everyone is a suspect. (PG-13; 2hr 10min)

6pm Monday April 17 in the PHS Auditorium

### The Fabelmans


Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth. (PG-13; 2hr 31min)

6pm Monday May 22 in the PHS Auditorium

**Registration opens 10 a.m. Wednesday Dec. 14. 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

- Find us on Facebook  [@PlymouthCommunityEdRec](https://www.facebook.com/PlymouthCommunityEdRec)
- Sign up for our newsletter at <https://bit.ly/COMnews>

# Fitness classes

**Our longest session  
of the year - 5 months!**

## Launch into the New Year!

Sample our fitness classes, try the newest Les Mills BodyPump release, meet our certified personal trainer Heather Bassett, tour the Fitness Center, and more!

### Wednesday Jan. 4 in the PHS Studio

- ▶ 5-5:45pm: Join a Les Mills BodyPump tutorial to learn and master exercises used in every release. Break down exercises, learn what muscles to engage, and ask questions. Great for new & experienced participants.
- ▶ 6-7pm: Put your new skills to work by doing the brand-new Les Mills BodyPump 123 release!


### Saturday Jan. 7 at PHS

- ▶ 8-8:30am: Kickboxing w/Heather Bassett in Studio
- ▶ 8:45-9:15am: Les Mills BodyPump 123 with Carly Lenz and Julie Frausto in Studio
- ▶ 9:30-10am: Quick & effective guided workout with Heather Bassett in Fitness Center
- ▶ 10-10:30am: Yoga with Tanya Williamson in Studio

If not participating in all classes, tour the Fitness Center, ask questions, and learn about JiuJitsu!

Free, but please register online through MyRec or by contacting the Community Ed & Rec office.

## Looking for more fitness & recreation opportunities?

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

## Les Mills BodyPump

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 or more each class!

Instructors: Carly Lenz and Julie Frausto

- ▶ 5:30-6:30pm Mondays & Wednesdays Jan 9-May 24 (except March 20 & 22) in the PHS Studio
- ▶ 5:45-6:45am Fridays January 13-May 26 (except Feb 17; March 17 & 24) in the PHS Studio
- ▶ 8-9am Saturdays January 14-May 20 (except Jan 21; March 18 & 25) in the PHS Studio

## BodyPump/Cardio Combo

Enjoy 30 minutes of favorite strength-building exercises from Les Mills BodyPump and 30 minutes of heart-pumping cardiovascular activity. Low- to high-impact options will be offered to make this workout achievable at all fitness levels.

Instructor: Julie Frausto

5-6pm Tuesdays January 10-May 23

(except Feb 14, March 21) in the PHS Studio

NOTE: If you have a fitness tracker or heart-rate monitor, please wear it to class. You will learn how to properly measure your heart rate for fitness.

**BodyPump & BodyPump/Cardio Combo fees**

- ▶ 3 classes/week: \$275 (senior\* \$220) until Jan 9
- ▶ 2 classes/week: \$201 (senior\* \$160)
- ▶ 1 class/week: \$109 (senior\* \$87)



## 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: Carly Lenz

5:15-5:45am Mondays & Wednesdays January 9-May 24

(except March 15, 20, 22 & 27) in the PHS Studio

Fee: \$87 (seniors\* \$69) until January 9, then \$97 (\$79)

OR take any 18 classes for \$48 (\$38)

## Cardio Kickboxing

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

Instructor: Heather Bassett

5:15-6am Tuesdays January 10-May 23 (except March 21) in the PHS Studio

Fee: \$76 (seniors\* \$60) until Jan 9, then \$86 (\$70)

## 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,

and Christine Nitsch, Athlete Performance Specialist

3:30-4:30pm Mondays & Wednesdays Feb 6-March 15 in the PHS Studio & Multipurpose Facility; last class at CrossFit Diligence location

Fee: \$52 (seniors\* \$41) until Jan 30, then \$62 (\$51)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Circuit Blast</b> 5:15-5:45am PHS Studio	<b>Cardio Kickboxing</b> 5:15-6am PHS Studio	<b>Circuit Blast</b> 5:15-5:45am PHS Studio	<b>Intro to JiuJitsu</b> 5:30-6:15am PHS Wrestling	<b>BodyPump</b> 5:45-6:45am PHS Studio
<b>Balance &amp; Functional</b> 9-9:45am PHS Studio	<b>Daytime Aqua/Deep</b> 9:15-10am PHS Pool	<b>Balance &amp; Functional</b> 9-9:45am PHS Studio	<b>Daytime Aqua/Deep</b> 9:15-10am PHS Pool	
<b>Functional Foundations</b> 3:30-4:30pm PHS Studio	<b>Did you know?</b> Those taking our early morning classes can use the individual showers in the Fitness Center!	<b>Functional Foundations</b> 3:30-4:30pm PHS MPF	<b>Spinterval</b> 3:45-4:30pm Riverview	
		<b>All-Levels Yoga</b> 4:15-5pm PHS Studio		<b>SATURDAY</b>
<b>Total Body Training</b> 4:30-5:30 Horizon Gym		<b>Total Body Training</b> 4:30-5:30 Horizon Gym	<b>Please note:</b> No classes during Spring Break (March 20-25)	<b>Lap Swim</b> 7:30-8:30am PHS Pool
<b>BodyPump</b> 5:30-6:30pm PHS Studio	<b>BodyPump/Cardio</b> 5-6pm PHS Studio	<b>BodyPump</b> 5:30-6:30pm PHS Studio		<b>BodyPump</b> 8-9am PHS Studio
<b>Deep Water/Walking</b> 6:30-7:15pm PHS Pool		<b>Deep Water/Walking</b> 6:30-7:15pm PHS Pool	<b>Beginner Yoga</b> 6-7pm PHS Studio	<b>POUND</b> 9:30-10:15am PHS Studio
<b>Lap Swim</b> 7:30-8:30pm PHS Pool		<b>Lap Swim</b> 7:30-8:30pm PHS Pool		

**Registration opens 10 a.m. Wednesday Dec. 14. 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

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## Where should I park?

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

## Intro to JiuJitsu

This introduction to Brazilian JiuJitsu covers the basic positions, movements, & techniques of this grappling sport in a safe and controlled environment. Stay for Open Mat (below) to get more practice time! Ages 16+

Instructor: Heather Bassett, Purple Belt  
5:30-6:15am Thursdays March 2-April 13  
(except March 23) in the PHS Wrestling Room  
Fee: \$35 (seniors\* \$28) until Feb 20, then \$45 (\$38)

## JiuJitsu Open Mat

Additional time for those in the intro class to drill techniques, ask questions, and get in extra grappling time in a controlled environment. Also open to those already familiar with Brazilian JiuJitsu.

Instructor: Heather Bassett, Purple Belt  
6:15-7am Thursdays March 2-April 13 (except March 23)  
in the PHS Wrestling Room  
Fee: Included with Intro to Adult JiuJitsu class. Otherwise \$25 (seniors\* \$20) until Feb 20, then \$35 (\$30)

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

## 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 January 9-May 24  
(except March 20, 22) in the PHS Studio  
Fee: \$139 (seniors\* \$111) until Jan 9, then \$149 (\$121)

## 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 Svitter  
4:30-5:30pm Mondays & Wednesdays January 9-May 24  
(except March 20, 22) in the Horizon Gym  
Fee: \$147 (seniors\* \$117) until Jan 9, then \$157 (\$127)  
OR take any 19 classes for \$80 (seniors\* \$64)

## Spinterval

Indoor cycling with an endless variety of intervals of high cardio bouts on the bike and strength exercises off the bike.

Instructor: Jessica Vervaeck  
3:45-4:30pm Thursdays January 12-May 25  
(except March 23) in the Riverview Fitness Center  
Fee: \$72 (seniors\* \$57) until Jan 9, then \$82 (\$67)

## Beginner Yoga

Traditional yoga taught to everybody but especially for beginners. Learn basic asana (poses), pranayama, & meditation. Modifications using a chair will be provided.

Instructor: Tanya Williamson  
6-7pm Thursdays January 12-May 25 (except March 23)  
in the PHS Studio  
Fee: \$133 (seniors\* \$106) until Jan 9, then \$143 (\$116)  
Note: Please bring your own mat if you have one.

## All Levels Yoga

Blend breath and movement to improve flexibility, muscle tone, & balance. Perfect for beginners as well as yoga enthusiasts.

Instructor: Kim Jasso  
4:15-5pm Wednesdays February 8-May 24  
(except March 22) in the PHS Studio  
Fee: \$86 (seniors\* \$68) until Jan 30, then \$96 (\$78)  
Note: Please bring your own mat if you have one.

## POUND

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

Instructor: Amy Leynse  
9:30-10:15am Saturdays Jan 14-May 20  
(except Jan 28 & Mar 25) in the PHS Studio  
Fee: \$68 (seniors\* \$54) until Jan 9, then \$78 (\$64)

**Registration opens 10 a.m. Wednesday Dec. 14. 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.

MEMBERSHIP FEES	Month	Half year	Year
<b>Individual</b> (district resident)	\$25	\$135	\$240
<b>Couple</b> (2 adults at same district address)	NA	\$195	\$340
<b>Senior</b> (district resident age 62+)	\$20	\$90	\$155
<b>Senior Couple</b> (at least 1 district resident age 62+)	NA	\$125	\$215
<b>Under Age 23; Active Military</b> (district resident)	NA	NA	\$50
<b>Non-resident</b>	\$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.

## HOURS

### Monday-Friday

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

### Saturdays

7-11am

**We offer personal training packages for members!**

Details online

**Coming this spring: Silver Sneakers!**

# Aquatic classes

**Our longest session  
of the year - 5 months!**

## Daytime Aqua

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

Instructor: Beth Kerntke

9:15-10am Tuesdays & Thursdays January 10-May 25  
(except Feb 6 through March 10; and March 21 & 23)

Fee: \$98 (seniors\* \$78) until Jan 9, then \$108 (\$88)

## Daytime Deep

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

9:15-10am Tuesdays & Thursdays January 10-May 25  
(except Feb 6 through March 10; and March 21 & 23)

Fee: \$63 (seniors\* \$50) until Jan 9, then \$73 (\$60)

## 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 Jan 9-Feb 22  
& 6-6:45pm Mon&Wed Feb 27-May 24 (except Mar 20, 22)

Fee: \$128 (seniors\* \$102) until Jan 9, then \$138 (\$112)

OR take any 19 classes for \$71 (senior\* \$56)

Optional: \$40 for water cuffs as a belt or on ankles

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

## Water Walking

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

6:30-7:15pm Mondays & Wednesdays Jan 9-Feb 22  
& 6-6:45pm Mondays & Wednesdays Feb 27-May 24  
(except March 20 & 22)

Fee: \$86 (seniors\* \$68) until Jan 9, then \$96 (\$78)  
OR take any 19 classes for \$47 (senior\* \$37)

## Lap Swim

► 7:30-8:30pm Mondays & Wednesdays Jan 9-Feb 22  
& 7-8pm Mondays & Wednesdays Feb 27-May 24  
(except March 20 & 22)

Fee: \$72 (seniors\* \$57) until January 9, then \$82 (\$67)

► 7:30-8:30am Saturdays January 7-May 13  
(except Feb 11, March 25, & April 8)

Fee: \$36 (seniors\* \$28) until January 9, then \$46 (\$38)

► Unlimited: \$80 (seniors\* \$64) until Jan 9, then \$90

## Saturday Family Swims

Children must be accompanied by an adult.

One lap lane available. Bring towels.

10-11:30am Saturdays January 7, February 4

1-2:30pm Saturdays March 4, April 1

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 10:30am/1:30pm

## Child Swim Lessons

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

Saturdays February 18-April 22 (except March 25, April 8)

► 9:30-10:15am: Level 1

► 10:15-11am: Level 2

► 11-11:45am: Levels 3 & 4

Fee: \$44 until Feb 6, 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.

## Parent/Tot Aquatics

Parents are in the water with children ages 6 months-5 years to establish a comfort level.

► 6-6:45pm Thursdays Feb 23-April 6 (except March 23)

Orientation 6pm Thursday Feb 16 PHS addition foyer  
Fee: \$36/pair until Feb 6, then \$46

► 8:45-9:30am Saturdays April 1-May 13 (except April 8)

Orientation 6pm Friday March 31 PHS addition foyer  
Fee: \$36/pair until March 20, then \$46

► 6-6:45pm Tuesdays April 11-May 16

Orientation 6pm Tuesday April 4 PHS addition foyer  
Fee: \$36/pair until March 27, then \$46

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

# Recreation opportunities

## Track/Hall Walking

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

► 5:30-7am Monday-Friday (track only)

► 3-8pm Monday-Thursday (track available 4-7pm)

► 3-6pm Friday (track available 4-6pm)

Track walking available through March 31.

Hall walking continues through April 28.

Free, but enter Door 17 & sign the roster outside the Fitness Center each visit

## Recreational Basketball

Open to those ages 18+

► 6-7am Tuesdays & Thursdays January 3-June 8  
(except March 21 & 23) in the PHS Gym

Fee: \$40; Fitness Center members free

► 7:30-9pm Tuesdays January 10-April 25

(except March 21) in the Fairview Gym

Fee: \$15; free for Fitness Center members

## Drop-in Weekend Ski/Snowshoe

Depending upon staffing and snow conditions, we will arrange outings and email registered participants about opportunities.

Free, but you must be registered in advance.

Equipment available for use during outing.

## Open Golf

Bring your own clubs & balls and practice your golf skills indoors. Putting greens also available. Doubles can use the same golf cage.

8-11am Saturdays Feb 4, 11; March 4, 11; April 1, 15, 29  
in the PHS Multipurpose Facility

Fee: \$10 per person per hour; must register by 4pm Friday

NOTES: No metal spikes. Some balls available, but if you have some please bring them.

## Friday Playgroup for Adults

Ages 18+ can enjoy some old-fashioned fun!

Card games, board games, bag toss (corn hole), volleyball, pick-up soccer or football!

6-8pm Friday April 21 at PHS (enter Door 18)

Fee: \$10/person, due Monday April 17

## Kayaking

This introductory course is open to ages 10 & up, so bring your family!

Instructor: Andrew Arensten and Tina/Brian Henriksen

5-6:30pm Tuesdays May 2-23 on the Mullet River;  
meet behind Riverview (not at kayak launch)

Fee: \$30/person until April 21; contact us for a family rate

Includes kayak (limit 250 lbs), paddles, & lifejacket

## Beginner Pickleball

Spend 2-3 weeks learning shots, rules, & scoring, then play games with instruction.

6:15-8pm Wednesdays Jan 11-Feb 15 in the Fairview Gym

Fee: \$22 (senior\* \$17) until Jan 9, then \$32 (\$27)

## Open Play Pickleball

All levels invited to play this paddleball sport!

► 6:15-8pm Wednesdays Jan 11-Feb 15 in Fairview Gym

Fee: \$10 (senior\* \$8) until Jan 9, then \$20 (\$18)

► 6-8pm Wednesdays March 1-May 24 in the Fairview Gym

Fee: \$18 (senior\* \$14) until Feb 20, then \$28 (\$24)

## Advanced Pickleball

Opportunity for experienced players only.

4:15-6:15pm Tuesdays & Thursdays January 17-May 25

(except March 21 & 23) at Parkview

Fee: \$38 (senior\* \$30) until Jan 9, then \$48 (\$40)

OR attend 18 times for \$25 (\$20)

## Drop-in Weekend Pickleball

We will organize weekend opportunities to play (depending upon facility and staff availability) and email those registered.

Fee: \$2/visit; you must be registered in advance

**Registration opens 10 a.m. Wednesday Dec. 14. Fees increase \$10 after early registration deadline.  
Register early! Class sizes are limited & classes will be cancelled if minimum enrollments are not met.**



## 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.

## 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 district students in grades 5-8, 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 for middle school

We've added several FREE options, including Intermurals (grades 5-6), Dance Intro (grades 5-6), Tennis Intro (grades 5-6), & Lifting (grades 7-8). Open to all middle-school residents, including those homeschooled or attending parochial schools.

**More info online & in MyRec**

## Friday Playgroup

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

9:30-11am the 2nd & 4th Friday Jan 13-May 12  
(except March 24) at the Youth Center  
Fee: \$10 per family

## Rock Climb and Open Gym

For families with children ages 5 and 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; some balls will be provided but you are welcome to bring your own.

Instructor: Carly Lenz, Wellness Coordinator  
► 10-11:30am Saturday February 4 in Riverview Gym  
Fee: \$10/person until Jan 30  
► 10-11:30am Saturday March 4 in Riverview Gym  
Fee \$10/person until Feb 27  
Contact us for a family rate!

## Dance Clinic

For students in grades K-6. PHS coaches and players teach dance routines, which participants will perform for their families at the end of the clinic.

10am-1pm Saturday Feb 18 in the PHS Gym  
Fee: \$40, which includes a pizza lunch and a T-shirt  
(Register by Jan 27 to get a T-shirt.)

## 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 Monday March 6 & Tuesday March 7  
in the Horizon Library  
Fee: \$25 until Feb 27, then \$35

## Babysitting

For grades 5-8 (ages 10+). Participants learn to be better babysitters and earn certificates of completion.

Instructor: Denise Roth  
3-5pm Monday March 13 & Tuesday March 14  
in the Riverview Library  
Fee: \$29 until March 6, then \$39



**Looking for more family fun?**

Check out the Plymouth-Area Info Hub!

<http://www.plymouthinfohub.com>

PlymouthInfoHub

# Nutrition & Wellness

**Check your invoice for additional instructions**

## Make & Take Meals



Enjoy a soup dinner and prepare 4 meals for the future that will feed 6-8 people each.

5:30-8pm Wednesday February 1 in PHS Room C105  
Fee: \$45 until Jan 23, then \$55; includes food & containers

## Shaking the Sugar



Learn to decrease your dependence on sugar and free yourself from being a carbaholic.

Instructor: Dr. Dan Francis, of Francis Chiropractic  
6pm Wednesday March 8 in the PHS Amphitheater  
Free, but please register by Monday March 6

## Home Cheese Making: Let's Make Curds

Making cheese curds at home is fun, easy, and delicious! Learn to make curds from start to finish: selecting milk, adding cultures, & milling the curds. Sample other styles of homemade cheese. Everyone will participate and take home curds as well as recipes.

Instructor: Linda Conroy, owner of Moonwise Herbs  
6-8:30pm Wednesday March 1 in PHS Room C105  
Fee: \$45 until Feb 20, then \$55

## Mushrooms in the Kitchen and Apothecary



In this fun, hands-on workshop you will learn to prepare mushrooms for optimal health and medicine, including culinary delights, infused vinegar, beverages, and extracts. Everyone will go home with recipes, instructions for daily use, remedies, and preparations made in class.

Instructor: Linda Conroy, owner of Moonwise Herbs  
6-8:30pm Thursday March 2 in PHS Room C105  
Fee: \$45 until Feb 20, then \$55

**Registration opens 10 a.m. Wednesday Dec. 14. 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 Dec. 14.** 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](http://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](http://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](http://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.