



Classes open to all, no matter where you live!

Course Guide



Plymouth School District Community Education & Recreation

Nutrition & Wellness

Intro to Gluten Free

When I tell people I live a gluten-free lifestyle, I'm usually met with looks of pity. Let me help you take the sadness and fear out of this anti-inflammatory lifestyle by explaining the benefits, how to start, the basics of what it looks like on a daily basis, and some amazing local resources I've found to make it feel like I'm living fully rather than just dealing with it. You will sample a variety of gluten-free options available at local stores.

Instructor: Kerri Wilson
6-7pm Wednesday July 10 in PHS Room C105
Fee: \$10 through June 30, then \$20

Meal Planning 101

Are you already dreading the busy schedule that leaves you hitting that drive-thru ... again? You know your family would benefit from healthy meals, but you're struggling to find the time to even think about what those could be, let alone shop, prep, and prepare. This workshop will help you organize efficiently, giving you time to plan meals — and to spend more quality time with your family! Bring a favorite family recipe or two to share, and leave with a collection of family-friendly recipes and the tools to help you get through the school year with a little less stress and a healthier family!

Instructor: Kerri Wilson
6-7pm Wednesday August 14 in PHS Room C105
Fee: \$8 through August 4, then \$18

Freezer Meal Workshop

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

One Pot Meals: Skillet Lasagna, Cheesy Chili Mac, Chicken Taco Rice, Teriyaki Bowls

Instructor: Kristy Markeland
6-7pm Wednesday July 24 in PHS Room C105
Fee: \$45 through July 14, then \$55

Fermented Vegetables

Make a unique lacto-fermented kraut and seasonal pickled vegetables in this fun and inspiring hands-on class. Learn to add herbs for preservation and flavor. Then leave with kraut and pickled vegetables, plus recipes so you can make ferments in your own kitchen.

Instructor: Linda Conroy, herbalist & forager for 30 years
6-8pm Monday August 26 in PHS Room C105
Fee: \$48 through August 18, then \$58

Wild Food/Wild Medicine Plant Foraging Tours

Explore the plants of summer at two different times to get a glimpse into the cycles of nature and the abundance that prevails. Learn to identify plants in various stages, regenerative harvesting practices, and how to prepare plants for food and medicine.

Instructor: Linda Conroy, herbalist & forager for 30 years
▶ 5:30-7:30pm Tuesday July 23 at Nichols Creek
Fee: \$28/tour (or \$49/both) through July 14, then \$38
▶ 5:30-7:30pm Tuesday August 27 at alternate entrance
Fee: \$28 through August 18, then \$38
(Watch your email for detailed location information)

Around Our Town tours

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.



Plymouth Industries Inc.

Plymouth Industries is a custom metal fabricator specializing in returnable shipping racks, racks and carts, industrial automation, machine building, materials handling solutions, and lifting devices.

5:15pm Wednesday June 19 at 1919 County Road C
Fee: Free, but register by June 16

Perma-Brass Inc.

Perma-Brass Inc. is a high-precision custom job shop that specializes in production CNC machining as well as precision CNC machining for aerospace, defense, and other industries.

5:15pm Tuesday July 30 at 937 Pilgrim Road
Fee: Free, but register by July 28

Free Film

"The Boys in the Boat"

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

6pm Wednesday July 31 in the PHS Auditorium
Fee: Admission is free, but please register by July 28 so we know there is enough interest

Registration opens 10 a.m. Wednesday May 29. 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

- 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

Join us for a FREE opportunity to sample the latest Les Mills BodyPump release (#129) with new music & choreography, and meet class instructors. Bring a friend and work out for FREE!

8-9am Saturday June 8 in PHS Studio
Free, but please register online via MyRec, by emailing commedrec@plymouth.k12.wi.us, or by calling 920-892-5068

Les Mills BodyPump

This science-backed, full-body barbell workout to great music sculpts and strengthens each muscle group. With the recommended low weights & high repetitions, you will achieve 1,000+ repetitions each class!

Instructors: Emily, Sarah, Julie
Details:

- ▶ 5:30-6:30pm Mondays & Wednesdays June 10-August 21 in the PHS Studio (except July 3)
- ▶ 8-9am Saturdays June 22-Aug 24 in the PHS Studio (except July 6)

Fees:

- ▶ 22 classes or 2/week: \$117 (seniors* \$93) through June 9, then \$127 (\$103)
 - ▶ 11 classes or 1/week: \$63 (seniors* \$50)
- If you want to take 3 classes a week, contact our office.

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 June 10-August 21 in the Horizon Gym

Fee: \$86 (seniors* \$68) through June 9, then \$96 (\$78)
OR take any 11 classes for \$46 (seniors* \$36)

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

Where should I park?

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

Outdoor Bootcamp

Full-body workouts with a focus on both strength and cardio exercises. Classes involve interval or circuit training alone and in a group with an aim for high calories burned while performing total body training moves with little to no equipment. Have fun while you sweat outdoors and leave feeling like you crushed a workout!

Instructors: Emily & Julie

5:45-6:30am Tuesdays & Thursdays June 11-August 15 (except June 18 & July 4). Meet on the PHS Football Field, though we may utilize other outdoor areas on the PHS grounds (and the PHS multi-purpose facility in inclement weather).

Fee: \$68 (seniors* \$54) through June 9, then \$78 (\$64)

Trail Running Club

New and experienced runners can add variety to your running routine by taking your route off-road. Utilize the trails of the Kettle Moraine to increase cardio and muscle conditioning and to enjoy nature at the same time. Distances will vary, but plan for 45 minutes to 1 hour per run.

Instructor: Katie S

7pm select dates June 17-August 5

-Monday June 17: Greenbush Rec Trails

-Monday July 1: Butler Lake Trail

-Tuesday July 9: Mauthe Lake - Tamarack Trail

-Monday July 22: Zillmer Trail

-Monday July 29: Black River Trail (Sheboygan)

-Monday Aug. 5: Bridle/Snowmobile Trail Hwy 67 lot

Fee: \$5/run or \$25/all

Note: A state park sticker will be needed, or carpooling can be arranged.

Aquatic classes

The PHS Pool is closed this summer, but aquatic classes and swim lessons will return in the fall. In the meantime, check out the Plymouth Aquatic Center!

www.plymouthaquaticcenter.com

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 legging or sweats, and shake it like a Polaroid picture! A fun variety of music, easy-to-follow instructions, and zero judgment.

Instructor: Kerri

6-7pm Tuesdays June 25, July 23, and August 20 in the PHS Studio

Fee: \$21 (seniors* \$16) through June 16, then \$31 (\$26)

Recreation

Pickleball

Bring your paddle to join recreational play.

5:30-7pm Mondays & Wednesdays July 22-August 14 in the Parkview Gym

Fee: \$18 (seniors* \$14) through July 14, then \$28 (\$24)

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 July 21 at PHS Tennis Courts

Fee: \$12 through July 14, then \$22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Outdoor Bootcamp 5:45-6:30am PHS		Outdoor Bootcamp 5:45-6:30am PHS	
Total Body Training 4:30-5:30pm Horizon	Ask about our Fitness Class Punch Card!	Total Body Training 4:30-5:30pm Horizon	Did you know? Those in early morning classes can shower in the Fitness Center!	SATURDAY
BodyPump 5:30-6:30pm PHS Studio		BodyPump 5:30-6:30pm PHS Studio		BodyPump 8-9am PHS Studio
Trail Running 7pm various trails	FUNctional Dance 6-7pm PHS Studio (June 25, July 23, Aug 20 only)			

Registration opens 10 a.m. Wednesday May 29. 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 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.

Monday-Friday:
5-7:30am* & 3-7pm**
Saturdays: 7-11am
*Fitness Center will close at 6:30am Monday-Thursday during Summer School (June 17-July 20).
**There is no Student Hour in the summer, so all members can come as early as 3pm.

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

General classes

Intro to Composting with Worms, Make & Take

This family-friendly, hands-in-the-bin experience will allow you to learn the basics of worm composting and build your own compost system to take home. Soon your fruit and veggie scraps will become an all-natural fertilizer, and you will minimize your garbage output. Plastic totes and worms included.

Instructor: Laura Grunwald, Conservation Specialist with the Sheboygan County Planning & Conservation Department, Master Naturalist/Composter/Recycler
5:30-7pm Thursday July 18 in the Parkview Secret Garden (Parkview Cafeteria in inclement weather)
Fee: \$30 through July 7, then \$40

Landscaping for Birds, Bees, & The Environment

Learn to transform your space into a natural haven for native birds and pollinators, and how the choices you make can either help or hurt the natural areas and critters. Leave with a renewed sense of purpose as an environmental steward, and understand how a few changes can create effective outcomes.

Instructor: Laura Grunwald, Conservation Specialist with the Sheboygan County Planning & Conservation Department, Master Naturalist/Composter/Recycler
5:30-6:30pm Thursday August 8 in PHS Room C109
Fee: Free, but please register by July 28

Introduction to Watercolor Painting

This class will introduce budding watercolor artists ages 14+ to the basics of watercolor painting. Artists will learn about color theory, paint viscosity, & paper types. Then we will create a beginner friendly art piece to take home. Bring your creativity and come prepared to enjoy a stress-free painting lesson! All supplies provided.

Instructor: Hailey Gomez
6-7:30pm Thursday August 1 in the PHS Art Room
Fee: \$25 through July 21, then \$35

Youth athletic camps

NOTE: We coordinate registration for the following camps, but all except Tennis are operated by their respective Plymouth High School programs.

Stars of Tomorrow Boys Basketball Camp

PHS coaches and players correct, teach, and help perfect the individual fundamentals of basketball. Camp consists of individual offensive and defensive techniques, as well as scrimmaging in small groups and competing in drills and contests.

Who: Boys currently in grades 2-8
When: Session 1: June 17-20 / Session 2: June 24-27
Grades 5-8: 12-1:30pm / Grades 2-4: 1:45-3:15pm
Where: PHS Gym
Fee: \$45 per session or both for \$60

Lady Panther Girls Basketball Camp

PHS coaches and players teach game fundamentals with drills and game play.

Who: Girls currently in grades 3-8
When: June 10-14
Grades 3-5: 8-10am / Grades 6-8: 10:15am-12:15pm
Where: PHS Gym
Fee: \$45

Tennis Camps

Drills and coaching from veteran tennis players; equipment can be borrowed during the weeks of camp

▶ Advanced Camp (current grades 4-7): July 8-11
▶ Beginners Camp (current grades 1-4): July 15-18 (4th-graders can choose which fits them best)
When: 12:30-2:30pm
Where: PHS tennis courts
Fee: \$45 until July 3, then \$55

Youth Football Camp

PHS football coaches cover game fundamentals, weight training, and the development of speed, power and agility.

Who: Students currently in grades 4-7
When: 12:30-3pm Monday July 15-Wednesday July 17
Where: PHS
Fee: \$45; those who register by June 16 get a T-shirt

Volleyball Camp

PHS coaches and local collegiate athletes conduct activities to develop skills.

Who: Students currently in grades 2-7, plus girls currently in grades 8-11
When: July 29-Aug. 1
-Grades 2-4: 8-9:15am
-Grades 5-7: 9:30-11:30am
-Grades 8-11: 12-2pm
Where: PHS Gym
Fee: \$65; those who register by June 30 get a T-shirt

Registration opens 10 a.m. Wednesday May 29. 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. We offer caring and nurturing child care in three age-appropriate programs located at the schools. Learn more: Scan the QR code or call 920-892-6922



Friday Playgroup

For all ages! Join other parents and children this summer at this parent-supervised free play at Plymouth parks.

9:30-11am 1st & 3rd Fridays June 7-August 16 (not July 5)

▶ June 7 at Meyer Park (300 Daleview Drive)

▶ June 21 at City Park (203 Suhrke Road)

*9:30-11:30am in conjunction with Play Is Healing

▶ July 19 at Junior-Stayer Park (39 S Stafford St)

▶ August 2 at Lone Oak (2245 Valley Road)

▶ August 16 at Meyer Park (300 Daleview Drive)

Fee: Free, but please register so we know to expect you

FUNctional Kids Fitness

Geared toward ages 3-6, but parents & siblings (younger and/or older) are encouraged to participate. This is a fun opportunity for kids to move their bodies and burn energy in ways that can be hard to achieve at home. Participants will complete obstacle courses, work on balance activities, run races, and so much more.

Instructor: Heather Bassett, CPT

12:15-12:45pm Tuesdays June 18-July 30 (except July 2)
in the PHS Wrestling Room

Fee: \$10/family through June 9, then \$20

Squiggles & Wiggles

For ages 3-4. This fun introduction to school, taught by a DPI-licensed preschool teacher, is open to potty-trained children ages 3 and 4 (at least 3 years old by June 1).

8:30-11am Monday-Thursday June 17-27 & July 8-18 (off the week of July 1) at Horizon Elementary School
Fee: \$198 through June 9 (then \$208), which includes all supplies and snacks



Watercolor 101 for Juniors

For ages 5-8 with a caregiver. Children will learn the basics of watercolor painting & color mixing. Mini artists will enjoy creating a beautiful piece of art to take home and display! All supplies provided.

Instructor: Hailey Gomez

5:30-6:30pm Thursday June 20 in the Parkview Garden

Fee: \$15 through June 9, then \$25



Watercolor 101 for Tweens

For ages 9-13. Children will learn the basics of watercolor painting & color mixing. Artists will enjoy creating a beautiful piece of art to take home and display! All supplies provided.

Instructor: Hailey Gomez

6:45-7:45pm Thursday June 20 in the Parkview Garden

Fee: \$15 through June 9, then \$25

Middle-School Lifting

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

Instructor: Julie Frausto

11:50am-12:50pm Tuesdays & Thursdays June 25-July 18
(except July 4) in the Riverview Fitness Center

Fee: Free, but register via MyRec by June 16

Registration now open!

3K

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 in 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
Info Hub

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 May 29. 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.

