



Classes open to all, no matter where you live!

# Course Guide



## Plymouth School District Community Education & Recreation



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.

### Three Hounds Training

This indoor canine competition pool and training center prides itself on working with the dog and educating the handler on how to succeed.

5:15pm Wednesday July 12  
at W5172 County Road O, Plymouth  
Free, but register by July 10

### Rohde Brothers

Mechanical contractors and engineers since 1911, Rohde provides award-winning mechanical construction and services to building owners, general contractors, developers, and construction managers.

5:15pm Tuesday August 8  
at W5745 Woodchuck Lane, Plymouth  
Free, but register by August 4

### Friday Playgroup

For all ages! Enjoy area parks and commune with nature, other parents, and children at this parent-supervised free play. Shelters will be open in parks that have them.

9:30-11am 2nd & 4th Fridays June 9-Aug. 11  
▶ June 9: Meyer Park, 300 Daleview Drive, Plymouth  
▶ June 23: City Park, 203 Suhrke Road, Plymouth  
▶ July 14: Stayer Park, 39 S Stafford St., Plymouth  
▶ July 28: Lone Oak Park, 2245 Valley Road, Plymouth  
▶ Aug. 11: Meyer Park, 300 Daleview Drive, Plymouth

### Squiggles & Wiggles

For ages 3-4 (must be 3 by June 1). This fun introduction to school is taught by a DPI-licensed teacher and is open to potty-trained children.

8:30-11am Monday-Thursdays June 19-29 & July 10-20  
at Horizon Elementary School  
\$198 until June 9, then \$208

### FUNctional Kids Fitness



Geared toward ages 3-6, but parents & younger and/or older siblings 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. They will complete obstacle courses, work on balance activities, run races, and so much more!

Instructor: Heather Bassett, CPT  
12:45-1:30pm Tuesdays June 20-August 1 (except July 4)  
PHS Wrestling Room or PHS Multipurpose Facility  
(first class meets in the PHS Wrestling Room)  
\$15 until June 11, then \$25

### Girls Basketball Camp

For girls currently in grades 3-8. PHS coaches and players teach game fundamentals with drills and game play.

June 12-16 in the PHS Gym; 8-10am for grades 3-5,  
10:15am-12:15pm for grades 6-8  
Fee: \$45

### Boys Basketball Camp

For boys currently in grades 2-8. 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.

noon-1:30pm for grades 5-8, 1:45-3:15pm for grades 2-4  
▶ Session 1: June 19-23 in the PHS Gym  
▶ Session 2: June 26-30 in the PHS Gym  
Fee: \$45 per session or \$60 for both

### Youth Football Camp

For current grades 4-7. PHS football coaches cover game fundamentals, weight training, and the development of speed, power and agility.

12:30-3pm Monday July 10 through Wednesday July 12 at PHS  
Fee: \$45; register by June 12 for a T-shirt

### Tennis Camp

For current grades 1-7. Drills and coaching from veteran tennis players; equipment can be borrowed during the weeks of camp.

July 10-13 & July 17-20 on the PHS Tennis Courts  
12:30-1:30pm for grades 1-3, 1:45-2:45pm for grades 4-7  
Fee: \$45 until July 2, then \$55

### Girls Volleyball Camp


For girls currently in grades 6-10. BJ LeRoy and staff, who have more than 20 years of experience, will reinforce and perfect the individual fundamentals of volleyball. Camp also will cover game analysis and offensive and defensive techniques.

July 17-20 at PHS; 3-5pm for grades 6-7,  
6-8pm for grades 8-10  
Fee: \$60, due July 14; register by June 19 for a T-shirt

**Registration opens 10 a.m. Wednesday May 31. 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

## Fitness Launches

Launch into summer with these free opportunities to sample fitness classes, try the newest Les Mills BodyPump release, and meet class instructors and our certified personal trainer, Heather Bassett!

**Wednesday June 7 in the PHS Studio**  
**4:15-5:15pm:** Les Mills BodyPump tutorial with Carly Lenz and Julie Frausto  
**5:30-6:30pm:** Les Mills BodyPump #125 with Carly Lenz and Julie Frausto

**Saturday June 10 at PHS**  
**8-8:30am:** Outdoor Bootcamp with Julie Frausto on the PHS Football Field  
**8:45-9:15am:** BodyPump #125 with Carly Lenz and Julie Frausto in the PHS Studio  
**9:30-10am:** Functional Fitness with Heather Bassett in the PHS Wrestling Room  
**10:15-10:45am:** All-Levels Yoga with Kim Jasso in the PHS Studio

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

## 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: Carly Lenz and Julie Frausto  
 ▶ 5:15-6:15pm Mondays & Wednesdays June 12-August 23 (except June 19) in the PHS Studio  
 ▶ 4:15-5:15pm Tuesdays June 13-August 22 (except July 4) in the PHS Studio  
 ▶ 5:45-6:45am Fridays June 16-August 25 in PHS Studio  
 Fees:  
 2 classes/week: \$117 (seniors\* \$93) until June 12, then \$127 (\$103)  
 1 class/week: \$63 (seniors\* \$50) until June 12, then \$73 (\$60)

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

## Functional Fitness

This training offers something to benefit everyone. Rather than working one muscle group at a time, you will train several muscles simultaneously, making you stronger for your activities of daily living like bending, twisting, lifting, pushing, pulling, & squatting.  
 Instructor: Heather Bassett, CPT  
 5:45-6:30am Tuesdays June 13-August 22 (except July 4 various PHS locations (1st class in PHS Wrestling Room)  
 Fee: \$38 (seniors\* \$30) until June 12, the \$48 (\$40)

## Intro to Jiu-jitsu

This introduction to Brazilian Jiu-jitsu 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 June 22-August 10 in the PHS Wrestling Room  
 Fee: \$47 (seniors\* \$37) until June 12, then \$57 (\$47)

## Jiu-jitsu Open Mat

Open to those already familiar with Brazilian Jiu-jitsu, and additional time for those in the intro class to drill techniques, ask questions, and get in extra grappling time in a controlled environment.  
 Instructor: Heather Bassett, Purple Belt  
 6:15-7am Thursdays June 22-August 10 in the PHS Wrestling Room  
 Fee: Included with Intro to Jiu-jitsu class. Otherwise \$25 (seniors\* \$20) until June 12, then \$35 (\$30)

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

## Outdoor Bootcamp

Combine a series of bodyweight exercises with high- and low-intensity intervals and movements. Have fun while you sweat through individual and team competitions.  
 Instructor: Julie Frausto  
 5:45-6:30am Thursdays June 15-August 24 (except June 22) on the PHS Football Field (PHS multi-purpose facility in inclement weather)  
 Fee: \$38 (seniors\* \$30) until June 12, then \$48 (\$40)

## Spinterval

Enjoy 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 June 15-August 24 (except June 29, Aug 3) in the Riverview Fitness Center  
 Fee: \$34 (seniors\* \$27) until June 12, then \$44 (\$37)

## 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 and Thursdays June 12-August 24 in the Horizon Elementary Gym  
 Fee: \$85 (seniors\* \$68) until June 12, then \$95 (\$78)  
 OR take any 11 classes for \$46 (seniors\* \$36)

## 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 June 14-August 23 in the PHS Studio  
 Fee: \$64 (seniors\* \$51) until June 12, then \$74 (\$61)  
 Note: Please bring your own mat if you have one.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Functional Fitness</b> 5:45-6:30am at PHS		<b>Intro to Jiu-jitsu</b> 5:30-6:15am PHS Wrestling	<b>BodyPump</b> 5:45-6:45am PHS Studio
			<b>Outdoor Bootcamp</b> 5:45-6:30am PHS Field	<b>Where to park?</b> At PHS, park in front of the addition & enter Door 18. At Riverview, enter the Main Door. At Horizon, park in the lower lot & enter the gym door.
<b>Total Body Training</b> 4:30-5:30 Horizon Gym	<b>BodyPump</b> 4:15-5:15pm PHS Studio	<b>All-Levels Yoga</b> 4:15-5pm PHS Studio	<b>Spinterval</b> 3:45-4:30pm Riverview	
<b>BodyPump</b> 5:15-6:15pm PHS Studio		<b>BodyPump</b> 5:15-6:15pm PHS Studio	<b>Total Body Training</b> 4:30-5:30 Horizon Gym	
<b>Aquatics</b> 6:30-7:30pm PHS Pool			<b>Aquatics</b> 6:30-7:30pm PHS Pool	

**Registration opens 10 a.m. Wednesday May 31. 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

## Lap Swim

6:30-7:30pm Mondays & Thursdays June 12-July 27 & 7:30-8:30pm Mondays & Wednesdays Aug 7-23 (except July 3, 6, 31; Aug 3) in the PHS Pool  
 Fee: \$38 (seniors\* \$30) until June 11, then \$48 (\$40) OR \$21 (\$16) for 9 visits  
 Contact our office for a June/July-only or August-only fee

## 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 Kerntke  
 6:30-7:15pm Mondays & Wednesdays August 7-23 in the PHS Pool  
 Fee: \$20 (seniors\* \$16) until July 30, then \$30 (\$26)  
 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.

6:30-7:15pm Mondays & Wednesdays August 7-23 in the PHS Pool  
 Fee: \$14 (seniors\* \$11) until July 30, then \$24 (\$21)

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

## Where should I park?

For all summer pool classes, park in back and enter Door 13.

## Child Swim Lessons

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

Mondays & Thursdays June 12-July 20 (except July 3, 6) in the PHS Pool  
 ▶ 3:30-4:15pm: Level 4  
 ▶ 4:30-5:15pm: Level 3  
 Fee: \$44 until June 5, then \$55

## Parent/Tot Aquatics

This class assists in establishing a comfort level in the water for children ages 6 months to 5 years, with tips for water safety. Parents or other caregivers are in the water with the children, so this class provides a unique opportunity to bond.

Orientation 5:30pm Thursday June 8 in the PHS Cafeteria  
 ▶ 5:30-6:15pm Mondays June 12-July 24 (except July 3) in the PHS Pool  
 Fee: \$36/pair until June 5, then \$46  
 ▶ 5:30-6:15pm Thursdays June 15-July 27 (except July 6) in the PHS Pool  
 Fee: \$36/pair until June 5, then \$46

# Rec

## Kayaking

This is an introductory class for those new to this water sport. Includes kayak (limit 250 lbs), paddles, & lifejacket. Open to those ages 10 & up; bring your family!

Instructor: Brian Henriksen  
 5-6:30pm Tuesdays June 20-July 18 (except July 4) on the Mullet River; meet behind Riverview (not at kayak launch)  
 Fee: \$30/person until June 11; then \$40  
 Contact us for a family rate.

## Recreational Pickleball

Bring your paddle to join others in recreational play!

▶ 5:30-7pm Mondays & Wednesdays July 24-August 23 in the Parkview Gym  
 Fee: \$10 (senior\* \$8) until July 17, then \$20 (\$18)  
 ▶ 1:30-3pm Tuesdays & Thursdays July 25-August 24 in the Parkview Gym  
 Fee: \$10 (senior\* \$8) until July 17, then \$20 (\$18)

## AM Recreational Basketball

Pick-up basketball for those ages 18+  
 6-7am Tuesdays and Thursdays June 13-August 31 (except July 4) in the Riverview Gym  
 Fee: \$20



**Registration opens 10 a.m. Wednesday May 31. 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, fixed-range-of-motion machines, 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 a parent/guardian, unless they have successfully completed an approved training class.

## SUMMER 2023 HOURS

### June 19-July 22

**Monday-Thursday:**  
5-6:30am & 2:30-7pm

**Friday:**  
5-8am & 2:30-6pm

**Saturday:** 7-11am

### July 24-Aug. 26

**Monday-Thursday:**  
5-8am & 2:30-7pm

**Friday:**  
5-8am & 2:30-6pm

**Saturday:** 7-11am

# Nutrition & Wellness

## 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 11 Nichols Creek Wildlife Area  
 ▶ 5:30-7:30pm Thursday August 24 at an alternate entrance to Nichols Creek Wildlife Area  
 Fee: \$36/tour or \$62 for both until July 2, then \$46 (\$72)

## Composting 101

This hands-in-the-bin experience will cover backyard composting as well as composting with worms in a bin. Learn the fundamentals and helpful tips to be instantly successful at composting yard & food scraps into a natural soil amendment.

Instructor: Laura Grunwald, Sheboygan County Conservation Specialist  
 Details: 5:30-6:30pm Wednesday July 26 in the Horizon Elementary School Garden (Horizon cafeteria if rain)  
 Fee: \$5 until July 16, 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: Debra Denzer of Terra Sol Gardens  
 Details: 5:30-7pm Wednesday August 9  
 in the PHS Food Science and Agriculture Center  
 Fee: \$26 until July 30, then \$36

## Registration Information

**Registration opens at 10 a.m. Wednesday May 31.** 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](https://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.

### 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.

**Registration will not be handled in classes.** Instructors can deny participation until registration is complete.

### Cancellation/Refunds

All fees will be refunded if the class is dropped due to insufficient enrollment or if the class fills 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 require additional materials, which must be purchased by participants.

### Photo policy

By registering for any program, you have granted us permission to use your image for promotional purposes.



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

### 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 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 provided by the teacher.