



Classes open to all, no matter where you live!



# Course Guide

## Plymouth School District Community Education & Recreation



Around Our Town

### U.S. Postal Service

Adult community members are invited to get a behind-the-scenes look at our local USPS facility.

- ▶ 5pm Tuesday Feb. 13
- ▶ 5pm Wednesday Feb. 14

at 302 East Main St.  
Fee: Free, but you must register by Feb. 9  
NOTE: Due to the extremely limited capacity of this tour please contact us ASAP if you are no longer able to attend so we can contact someone on the waitlist.

### Free Film

#### Barbie

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the Real World, they soon discover the joys and perils of living among humans. PG-13

6pm Monday Jan. 29  
in the PHS Auditorium  
Fee: Free, but register by Jan. 26 so we know there is enough interest

### Where should I park?

Park in front of PHS & enter Door 3.

### 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 G  
5:30-8:30pm Tuesdays Jan. 30-March 19 in PHS Room C111  
Fee: \$84 (seniors\* \$68) until Jan. 21, then \$94 (\$78)  
(plus the cost of any materials)

### Freezer Meal Workshop

Spend an hour assembling 4 freezer meals to feed 4-6 people. Later add your choice of protein, heat, & serve! Veggies, spices, herbs, bags, recipes, etc. all supplied. Take one class or both.

Instructor: Kristy M  
▶ Cozy Crockpot: Philly Style Cheesesteak, Lasagna Soup, Honey Garlic Chicken & Veggies, Souvlaki (gyros)  
6-7pm Thursday Feb. 22 in PHS Room C103  
Fee: \$45 until Feb. 11, then \$55  
▶ Freezer Fiesta: Chicken Tortilla Soup, Taco Pasta, Smothered Frito Bowls, Tater Taco Casserole  
6-7pm Thursday March 21 in PHS Room C103  
Fee: \$45 until March 10, then \$55

### Eating Healthy in 30 Minutes or Less



Whether your family is always on the go or you are a family of one, get tips and tricks to get in the groove of healthier eating during the week. Sample recipes and leave with resources for meal planning, prepping, storage, kid-friendly recipes, eating on the go, and label reading.

Instructor: Kerri W, CWP, CHC, FNS, YFS  
6-7:30pm Tuesday Feb. 27 in PHS Room C105  
Fee: \$15 until Feb. 18, then \$25

### Herbs for Topical Application: Lotions, Salves & More



Learn to make infused oils from whole herbs and then transform them into moisturizing and healing products. Make infused oils, salves, lotions, sprays, and more to take home and enjoy. Participants also leave with recipes and information about the healing qualities of herbs.

Instructor: Linda C of Moonwise Herbs  
6-8:30pm Monday March 4 in PHS Room C105  
Fee: \$45 until Feb. 25, then \$55

### Let's Make Cheese Curds

This fun and delicious class will cover choosing milk, culturing, and coagulation as well as curd formation. Everyone will take home recipes and cheese curds made in class.

Instructor: Linda C of Moonwise Herbs  
6-8:30pm Wednesday March 6 in PHS Room C105  
Fee: \$45 until Feb. 25, then \$55

### Get Your Energy Back



Everyone has stress, but if you are feeling fatigued, worn out, stressed out, and achy more often than not, then this class may be for you! Learn about what stress can do to your body, how to manage your symptoms, and reduce stress overall.

Instructor: Kerri W, CWP, CHC, FNS, YFS  
6-7pm Wednesday March 13 in PHS Room C109  
Fee: \$10 until March 3, then \$20

### Weather cancellations

If school is cancelled or closed early, classes will not meet. Watch for updates on the Cancellations page of the district website (<http://bit.ly/PJSDcancel>). We also strongly recommend that you make sure your email & phone number are correct in the MyRec registration system and that you enable notifications.

Registration opens 10 a.m. Wednesday Dec. 13. 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
- @PlymouthCommunityEdRec
- Sign up for our newsletter at <https://bit.ly/COMnews>

# Fitness classes

## Fitness Launches

Launch into the New Year with these free opportunities to sample fitness classes, try the newest Les Mills BodyPump release, and meet class instructors! Bring a friend!

### Wednesday Jan. 3 at PHS

5:30-6:30pm: Les Mills BodyPump #127

### Saturday Jan. 6 at PHS

8:30-9am: FUNctional Dance  
 9:15-9:45am: BodyPump #127  
 10-10:30am: Circuit Blast

Free, but please register online via MyRec, at [commedrec@plymouth.k12.wi.us](mailto:commedrec@plymouth.k12.wi.us), or 920-892-5068.

## Les Mills BodyPump

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

Instructors: Carly L, Julie F, Emily B  
 Classes meet in the PHS Studio

- ▶ 5:30-6:30pm Mondays & Wednesdays Jan. 8-March 20
- ▶ 6-6:45pm Thursdays Jan. 11-March 21
- ▶ 8-9am Saturdays Jan. 13-March 23
- ▶ 4:15-5pm Tuesdays starting FEB. 6-March 19

Fees:  
 22 classes or 2/week: \$117 (seniors\* \$93) until Jan. 7  
 11 classes or 1/week: \$63 (seniors\* \$50) until Jan. 7  
 If you want to take 3 classes a week, contact our office.

## 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. Ages 16+

Instructor: Heather B  
 5:30-6:30am Thursdays Jan. 18-March 21  
 in the PHS Wrestling Room  
 Fee: \$72 (seniors\* \$57) until Jan. 7, then \$82 (\$67)

## Where should I park?

For classes inside PHS, park in front of the addition & enter Door 18. For classes at Riverview, park in the circle and enter the main door.

## 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 K  
 9:15-10am Mondays and Wednesdays Jan. 8-March 20  
 in the PHS Studio  
 Fee: \$84 (seniors\* \$67) until Jan. 7, then \$94 (\$77)

## 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 V  
 5-5:45pm Tuesdays Jan. 9-March 19  
 in the Riverview Fitness Center  
 Fee: \$42 (seniors\* \$33) until Jan. 7, then \$52 (\$43)

## 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 and your worst leggings or sweats, and shake it like a Polaroid picture! A fun variety of music, easy to follow, and absolutely zero judgment.

Instructor: Kerri W  
 5-5:45pm Thursdays Jan. 11-March 21 in the PHS Studio  
 Fee: \$58 (seniors\* \$46) until Jan. 7, then \$68 (\$56)

## All-Levels Yoga

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

Instructor: Kim J  
 4-4:45pm Tuesdays Jan. 9-March 19 in the PHS Library  
 Fee: \$64 (seniors\* \$51) until Jan. 7, then \$74 (\$61)  
 Note: Please bring a mat if you have one.

## Gentle Yoga

Learn basic poses and enhance flexibility and relaxation to slow the mind and body down at the end of the week. Great for all levels.

Instructor: Kim J  
 4-4:45pm Thursdays Jan. 11-March 21 (except Feb. 29)  
 in the PHS Library  
 Fee: \$58 (seniors\* \$46) until Jan. 7, then \$68 (\$56)  
 Note: Please bring a mat if you have one.

## 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 F  
 5:30-6am Tuesdays & Thursdays Jan. 9-March 21  
 (except Feb. 22) in the PHS Studio  
 Fee: \$51 (seniors\* \$40) until Jan. 7, then \$61 (\$50)  
 OR take 10 classes for \$27 (seniors\* \$21)

## 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 S  
 4:30-5:30pm Mondays & Wednesdays Jan. 8-March 20  
 in the Horizon Gym  
 Fee: \$86 (seniors\* \$68) until Jan. 7, then \$96 (\$78)  
 OR take any 11 classes for \$46 (seniors\* \$36)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Senior rate is available to district residents ages 62 & above.	<b>Circuit Blast</b> 5:30-6am PHS Studio		<b>Circuit Blast</b> 5:30-6am PHS Studio	Did you know? Those in early morning classes can shower in the Fitness Center!
<b>Balance &amp; Functional</b> 9:15-10am PHS Studio	<b>All-Levels Yoga</b> 4-4:45pm PHS Library	<b>Balance &amp; Functional</b> 9:15-10am PHS Studio	<b>Jiu-Jitsu</b> 5:30-6:30am PHS	
<b>Total Body Training</b> 4:30-5:30 Horizon	<b>BodyPump</b> 4:15-5pm starting Feb. 6	<b>Total Body Training</b> 4:30-5:30pm Horizon	<b>Gentle Yoga</b> 4-4:45pm PHS Library	<b>SATURDAY</b>
<b>BodyPump</b> 5:30-6:30pm PHS Studio	<b>Cycle &amp; Core</b> 5-5:45pm Riverview	<b>BodyPump</b> 5:30-6:30pm PHS Studio	<b>FUNctional Dance</b> 5-5:45pm PHS Studio	
Ask about our Fitness Class Punch Card!			<b>BodyPump</b> 6-6:45pm PHS Studio	

**Registration opens 10 a.m. Wednesday Dec. 13. 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

## Daytime Aqua

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

Instructor: Beth K

9:15-10am Tuesdays & Thursdays Jan. 9-Feb. 15  
in the PHS Pool

Fee: \$42 (seniors\* \$33) until Jan. 7, then \$52 (\$43)

## Daytime Deep

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

9:15-10am Tuesdays & Thursdays Jan. 9-Feb. 15  
in the PHS Pool

Fee: \$27 (seniors\* \$21) until Jan. 7, then \$37 (\$31)

## 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 K

6-6:45pm Mondays & Wednesdays Jan. 8-March 20  
in the PHS Pool

Fee: \$77 (seniors\* \$61) until Jan. 7, then \$87 (\$71)

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!

6-6:45pm Mondays & Wednesdays Jan. 8-March 20  
in the PHS Pool

Fee: \$50 (seniors\* \$40) until Jan. 7, then \$60 (\$50)

## 20/20 Aquatics

Quick-paced shallow aerobics for 20 minutes followed by 20 minutes of hand buoys and noodles. Your feet will be off the floor for extended periods of time.

Instructor: Beth K

6-6:45pm Tuesdays Jan. 9-March 12 in the PHS Pool  
Fee: \$35 (seniors\* \$28) until Jan. 7, then \$45 (\$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 Jan. 8-March 20  
Fee: \$44 (seniors\* \$35) until Jan. 7, then \$54 (\$45)

▶ 7:30-8:30am Saturdays Jan. 13-April 27  
(except Feb. 10, March 30)  
Fee: \$30 (seniors\* \$24) until Jan. 7, then \$40 (\$34)  
▶ Unlimited \$56 (\$44) until Jan. 7, then \$66 (\$54)

## Adult Swim Lessons

For adults who want to feel more comfortable in the pool, improve their swimming ability, or alleviate their fear of water. Taught by adult instructors.

8:45-9:30am Saturdays Jan. 13-March 9 (except Feb. 10)  
Fee: \$44 until Jan. 7, then \$54

Cancellations: Make sure your email & phone number are correct in MyRec and that you have enabled notifications.

## Child Swim Lessons

We follow the American Red Cross courses. Children must be at least 50" tall and at least 6 years old.

Instructor: Beth K

Saturdays Feb. 17-April 13 (except March 30)

▶ 9:30-10:15am: Level 1

▶ 10:15-11am: Level 2

▶ 11-11:45am: Levels 3 & 4

Fee: \$44 until Feb. 4, then \$54

Cancellations: Make sure your email & phone number are correct in MyRec and that you have enabled notifications.

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

## 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. 29-April 11 (except March 28)  
Orientation 6pm Thursday Feb. 22 in PHS addition foyer  
Fee: \$36/pair until Feb. 18, then \$46

## Saturday Family Swims

Children must be accompanied by an adult. One lap lane available. Bring towels.

10-11:30am Saturdays Jan. 13 & Feb. 3  
Fee: \$7/family each swim, payable at the door  
No registration necessary, but arrive by 10:30am

# Recreation

## 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 Jan. 27; Feb. 3, 10, 17; March 23  
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.

## Open Play Pickleball

Bring your paddle to join recreational play.

▶ 4:15-5:45pm Tuesdays & Thursdays Jan. 9-March 21  
in the Parkview Gym

Fee: \$40 (seniors\* \$32) until Jan. 7, then \$50 (\$42)

▶ 6:15-8pm Wednesdays Jan. 10-March 20 in Fairview Gym  
Fee: \$18 (seniors\* \$14) until, Jan. 7 then \$28 (\$24)

## Track/Hall Walking

Walk the PHS hallways & indoor track for free during designated times on school days!

▶ Track: 5:30-7am & 4-7pm (4-6pm Fri) through March 22  
▶ Halls: 3-8pm (3-6pm Fridays) through April 26

at Plymouth High School  
Fee: Free, but enter Door 18 & sign in each time.

**Registration opens 10 a.m. Wednesday Dec. 13. 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

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

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.

## HOURS

Winter 2024

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

**Saturdays**  
7-11am

MEMBERSHIP FEES	mo	6mo	year
<b>Individual</b> (district resident)	\$25	\$135	\$240
<b>Couple</b> (2 adults at district address)	NA	\$195	\$340
<b>Senior</b> (resident age 62+)	\$20	\$90	\$155
<b>Senior Couple</b> (1-2 resident 62+)	NA	\$125	\$215
<b>Under 23; Active Military</b> (resident)	NA	NA	\$50
<b>Non-resident</b>	\$35	\$180	\$315

10-punch card \$40; day pass \$5; student membership free

# Youth & Family

## 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.

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

## Friday Playgroup

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

9:30-11am 1st & 3rd Fridays Jan. 19-March 15  
(Jan. 19, Feb. 2, Feb. 16, March 1, March 15)

Plymouth Youth Center, 609 North St.  
Fee: \$5/family

## FUNctional Kids Fitness

Geared toward ages 3-5, 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. Participants will complete obstacle courses, work on balance activities, run races, and so much more.

Instructor: Heather B, CPT  
10:45-11:30am 2nd & 4th Fridays Jan. 12-March 22  
(Jan. 12, 26; Feb. 9, 23; March 8, 22)

Plymouth Youth Center, 609 North St.  
Fee: \$15/family

## 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.

10-11:30am Saturday Feb. 24 in the Riverview Gym  
Fee: \$10/person until Feb. 18, then \$20; contact us for family rate

## Where should I park?

For classes inside Riverview, park in the front circle and enter the main entrance.

## 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: \$30/trimester or \$15/month

## Middle-School Lifting

For grades 7-8. Learn the basics of athletic-based fitness training and help develop speed, explosiveness, agility, strength, & conditioning.

Instructor: Christian Vollbrecht, Riverview P.E. teacher  
2:45-4pm Mondays/Wednesdays or Tuesdays/Thursdays  
Jan. 22-Feb. 29 in the Riverview Fitness Center  
Fee: Free, but register via MyRec by Jan. 21

## Middle-School athletics

For grades 5-8. All middle school-age students in our community, including those home-schooled or attending parochial schools, are invited to represent Riverview in competition with area middle schools.

## Girls Basketball

For grades 7-8  
Info meeting: 3pm Tuesday Dec. 19 in the Riverview Gym  
Registration due: Jan. 2 via MyRec  
Practices: After school, beginning Wednesday Jan. 3  
Fee: \$20

## Wrestling

For grades 5-8  
Registration due: Jan. 21 via MyRec  
Practices: 5:30-7pm Tuesdays & Thursdays Jan. 23-Feb. 20;  
3:15-4:45pm Feb. 27-March 6 at PHS  
Fee: \$20

ONE book. ONE community.



The Plymouth Chapter

## Community Book Read

One Book One Community — The Plymouth Chapter has selected “Delete the Adjective: A Soldier’s Adventures in Ranger School” for the 8th Community Book Read.

“Delete the Adjective” was written by Lisa Jaster, who grew up in Plymouth and became one of the first three women to graduate from the elite U.S. Army Ranger program. Copies are available to check out at Plymouth Public Library.

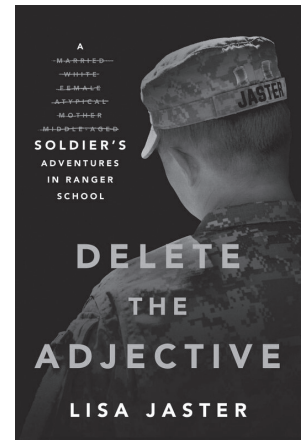
## Book Read events

- ▶ Book Discussion: 2-3pm Tuesday Dec. 5 at Generations Intergenerational Center
- ▶ Book Discussion: 6:30-7:30pm Wednesday Dec. 13 in the PHS Library
- ▶ Author Event: 10am-noon Saturday Dec. 23 at Ladewig-Zinkgraf American Legion Post 243

Admission is free, but please register in advance via MyRec or by contacting us at [commedrec@plymouth.k12.wi.us](mailto:commedrec@plymouth.k12.wi.us) or 920-892-5068.

[plymouthbookread.weebly.com](http://plymouthbookread.weebly.com)

Facebook: OneBookPlymouthWI



# Registration Information

**Registration opens at 10 a.m. Wednesday Dec. 13.** 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](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.)

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.

