



Classes open to all, no matter where you live!

# Activity Guide

Winter  
2025

Plymouth School District Community Education & Recreation

## Nutrition & Wellness

### New Year, New Focus **NEW!**

Struggling to reach goals? Learn how all aspects of our lives affect health, get tools to help fill the gaps, and gain focus & drive.

Instructor: Kerri Wilson, CWP, CHC  
6-7:30pm Wednesday Jan 15 in the PHS Amphitheatre  
Fee: \$24 through Jan 6, then \$34

### Refuse To Be a Victim

This 2-night class teaches basic principles for crime prevention and personal safety.

Instructor: Darla Neargarth  
6-8pm Mondays Jan 20 & 27 in the PHS Library  
Fee: \$40 (seniors\* \$32) through Jan 13, then \$50 (\$42)

### Advanced Artisan Breads **NEW!**

Learn to make your own starter from scratch, make a braided marble rye, and create "Art Bread" with sculptural designs on the top.

Instructor: Kate Pearce, RN, Nutrition Specialist  
6-8:30pm Thursday Jan 23 in PHS Room C105  
Fee: \$57 through Jan 13, then \$67

### Focaccia & Squash Bisque

Create & sample focaccia bread with 3 flavorings. Meanwhile, stir up a squash bisque/soup!

Instructor: Kate Pearce, RN, Nutrition Specialist  
6-8:15pm Tuesday Jan 28 in PHS Room C105  
Fee: \$57 through Jan 20, then \$67

### Intro to Makeup **NEW!**

Ages 15+ will learn basics of applying make-up. Learn which products to use, how to use them, and in what order. Supplies included.

6:30-7:30pm Thursday Feb 6 in the PHS Studio  
Fee: \$30 through Jan 27, then \$40

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

### Freezer Meal Workshop

Assemble 4 freezer meals to feed 4-6 people. Later add a protein, heat, & serve!

Instructor: Kristy Markeland  
► Soup's On: 6-7pm Tuesday Feb 18 in PHS Room C103  
Fee: \$45 through Feb 10, then \$55  
► Cozy Crockpot: 6-7pm Tuesday Mar 18 in PHS C103  
Fee: \$45 through Mar 10, then \$55

### Stocks & Broths Workshop **NEW!**

This nourishing make-and-take workshop will cover how to make healing broths & stocks that maximize nutrition and flavor.

Instructor: Linda Conroy  
6-8:30pm Thursday Feb 20 in PHS Room C105  
Fee: \$57 through Feb 10, then \$67

### Herbal Medicine Workshop **NEW!**

Make herbal remedies for your home medicine chest that will assist in healing minor cuts and ailments.

Instructor: Linda Conroy  
1-5pm Saturday Feb 22 in PHS Food Science & Ag Center  
Fee: \$62 through Feb 10, then \$72

### Social Security 101

Learn about Social Security benefits, eligibility, the future of the program, and more.

Instructor: Social Security Administrator  
6-7:30pm Wednesday Feb 26 in the PHS Library  
Fee: Free, but register by Feb 17

### Understanding Medicare

Learn about the U.S. national health insurance program for senior citizens.

Instructor: Mary Kempf, elder benefit specialist with Sheboygan County ARDC  
5:30-8:30pm Wednesday Mar 19 in the PHS Library  
Fee: Free, but register by Mar 10 to receive a booklet

### Detox Series

#### Reducing Pollutants **NEW!**

Join a discussion outlining how you can protect land, air, and water quality in your yard and beyond.

Instructor: Laura Grunwald, conservation specialist with Sheboygan County Planning & Conservation  
6-7pm Wednesday Jan 29 in PHS Library  
Fee: \$15 through Jan 20, then \$25\*

#### Detox Your Kitchen **NEW!**

Learn about different food storage, cooking gear, & cleaning supplies, and how to store food safely in fridge, freezer, & pantry.

Instructor: Kerri Wilson  
6-7:30pm Wednesday Feb 5 in the PHS Library  
Fee: \$15 through Jan 27, then \$25\*

#### LowTox for Hormonal Health **NEW!**

Dive into how the endocrine system and hormones are impacted by toxins and begin to heal your body. E-book included.

Instructor: Dr. Erika Owens, D.C.  
6:30-7:30pm Wednesday Mar 5 in the PHS Library  
Fee: \$68 through Feb 24, then \$78\*

\*Register for classes individually, or take all 3 at a discounted price of \$85 through Jan. 20, then \$95

### Stress & the Nervous System

Learn how neurological-based spinal care can improve all areas of your life. Includes a nerve scan or mini-assessment.

Instructor: Dr. Erika Owens, D.C.  
10-11:30am Saturday March 15 Food Science & Ag Center  
Fee: \$43 through March 10, then \$53

Registration opens 11am Wednesday Dec. 18. 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

- 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 Launches

FREE opportunities to sample fitness classes, try the latest Les Mills BodyPump release with new music & choreography, and meet class instructors. Bring a friend!

Thursday Jan 2 in PHS Studio  
5:30-6:30pm: Les Mills BodyPump #131

Saturday Jan 4 in PHS Studio  
▶ 8:00-8:30am: Les Mills BodyPump #131  
▶ 8:30-9:00am: SHiNE Dance  
▶ 9:00-9:30am: Gentle Yoga

Free, but bring deodorant for Panther 'Fits Closet  
Register online via MyRec, by calling 920-892-5068, or  
by emailing [commedrec@plymouth.k12.wi.us](mailto:commedrec@plymouth.k12.wi.us)

## 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 Jan 7-Mar 20  
(except Feb 20) in the PHS Studio  
Fee: \$53 (seniors\* \$42) through Jan 6, then \$63 (\$52)

## 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 Jan 6-Mar 19  
(except Feb 17 & 19) in the PHS Studio  
Fee: \$80 (seniors\* \$64) through Jan 6, then \$90 (\$74)

## Fit Club

Get a 3-month Fitness Center membership, 2 fitness classes per week, & accountability with wellness coordinator Julie Frausto.

Fee: Get a \$460 value for \$299! Contact us about which classes you plan to take.

## 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  
4:15-5pm Tuesdays Jan 7-Mar 18 (except Jan 28) in the  
Riverview Fitness Center  
Fee: \$40 (seniors\* \$32) through Jan 6, then \$50 (\$42)

## 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  
▶ 5:30-6:30pm Mon & Wed Jan 6-Mar 19 in PHS Studio  
▶ 8-9am Sat Jan 11-Mar 15 in the PHS Studio  
Fees:  
▶ 22 classes (2/week): \$121 (seniors\* \$96) through Jan 6, then \$131 (seniors\* \$106)  
▶ 11 classes (1/week): \$65 (seniors\* \$52) through Jan 6, then \$75 (seniors\* \$62)  
▶ Contact our office if you want to take 3 classes a week.

## 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 Jan 9-Mar 20 (except Jan 30) in the  
PHS Studio  
Fee: \$40 (seniors\* \$32) through Jan 6, then \$50 (\$42)

## 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 Mon & Wed Jan 6-Mar 19 in Horizon Gym  
Fee: \$90 (seniors\* \$72) through Jan 6, then \$100 (\$82)  
OR take any 11 classes for \$49 (\$38)

## SHiNE TRIAL!

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

Instructor: Hailey Gomez  
5:45-6:15pm Tuesdays Feb 18-Mar 18 in the PHS Studio  
Trial fee: \$15 through Feb 10, then \$25

## Gentle Yoga

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

Instructor: Kim  
4:15-5pm Thu Jan 9-Mar 20 (except Mar 6) Horizon Gym  
Fee: \$60 (seniors\* \$48) through Jan 6, then \$70 (\$58)  
Note: Please bring a mat if you have one.

## 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 Jan 10-Mar 21 in the PHS Studio  
Fee: \$44 (seniors\* \$35) through Jan 6, then \$54 (\$45)  
Note: Please bring a mat if you have one.

## Vinyasa Yoga

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

Instructor: Kim  
4:15-5pm Tuesdays Jan 7-Mar 18 in the Horizon Gym  
Fee: \$66 (seniors\* \$52) through Jan 6, then \$76 (\$62)  
Note: Please bring a mat if you have one.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Balance &amp; Functional</b> 9:15-10am PHS Studio	<b>Essential Fitness</b> 5:30-6am PHS Studio	<b>Balance &amp; Functional</b> 9:15-10am PHS Studio	<b>Essential Fitness</b> 5:30-6am PHS Studio	<b>Sunrise Yoga</b> 5:30-6:15am PHS Studio
	<b>Vinyasa Yoga</b> 4:15-5pm Horizon		<b>Gentle Yoga</b> 4:15-5pm Horizon	
<b>Total Body Training</b> 4:30-5:30pm Horizon	<b>Cycle &amp; Core</b> 4:15-5pm Riverview	<b>Total Body Training</b> 4:30-5:30pm Horizon		<b>SATURDAY</b>
<b>BodyPump</b> 5:30-6:30pm PHS Studio	<b>SHiNE</b> 5:45-6:15pm PHS Studio	<b>BodyPump</b> 5:30-6:30pm PHS Studio	<b>Stretch &amp; Core</b> 5:15-6pm PHS Studio	<b>BodyPump</b> 8-9am PHS Studio

Registration opens 11am Wednesday Dec. 18. Fees increase \$10 after early registration deadline.  
Register early! Class sizes are limited, & classes will be cancelled if minimum enrollments are not met.

# Recreation

## Beginner Pickleball

First 4 weeks will focus on learning technique and beginner play — enough to get you started. Then put your new skills to work in beginner open play.

Instructor: Jesse Frausto

2:30-4pm Saturdays Jan 11-March 22 in Fairview Gym  
Fee: \$49 (seniors\* \$38) through Jan 6, then \$59 (\$48)

## Pickleball Open Play

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

- ▶ 4:15-5:45pm Tue & Thu Jan 7-Mar 20 Parkview Gym  
Fee: \$76 (seniors\* \$60) through Jan 6, then \$86 (\$70)
- ▶ 6:15-8pm Wednesdays Jan 8-Mar 19 in Fairview Gym  
Fee: \$44 (seniors\* \$35) through Jan 6, then \$54 (\$45)

## Pickleball Clinic

Intermediate to advanced players will get instruction interspersed with free play to take their game to the next level.

Instructor: John Frausto, USPTA Certified Pickleball Professional, USPTA Elite Tennis Professional  
9-11am Sunday Jan 26 at Parkview Elementary School  
Fee: \$12 through Jan 20, then \$22

## Open Golf

Bring your own clubs & balls and practice indoors. Putting greens available. No spikes.  
8-11am Sat Feb 8, Mar 1 & 15 PHS Multipurpose Facility  
Fee: \$10 per person per hour; register by 4pm Friday

## Track/Hall Walking

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

Track: 5:30-7am & 4-7pm weekdays (4-6pm Fridays) through March 21

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

# Aquatic classes

## Daytime Aqua

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

Instructor: Beth

9:30-10:15am Tuesdays & Thursdays Jan 7-Feb 13  
Fee: \$41 (seniors\* \$32) through Jan 6, then \$51 (\$42)

## Daytime Deep

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

9:30-10:15am Tuesdays & Thursdays Jan 7-Feb 13  
Fee: \$27 (seniors\* \$21) through Jan 6, then \$37 (\$31)

## Deep Water

This motivational class uses water resistance for a great workout in deep water.

Instructor: Beth

6-6:45pm Mondays & Wednesdays Jan 6-Mar 19  
(except Feb 17 & 19)  
Fee: \$69 (seniors\* \$55) through Jan 6, then \$79 (\$65)  
Optional: \$40 for water cuffs as a belt or on ankles

## Water Walking

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

6-6:45pm Mondays & Wednesdays Jan 6-Mar 19  
(except Feb 17 & 19)  
Fee: \$45 (seniors\* \$36) through Jan 6, then \$55 (\$46)

## 20/20 Aquatics


20 minutes of high-powered & motivational shallow-water aerobics followed by 20 minutes of abdominal work.

Instructor: Beth

6-6:45pm Tuesdays Jan 7-Mar 18 (except Feb 18)  
Fee: \$35 (seniors\* \$28) through Jan 6, then \$45 (\$38)

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

## Lap Swim

- ▶ 7-8pm Mondays & Wednesdays Jan 6-May 21  
(except Feb 17 & 19; Mar 24 & 26)  
Fee: \$62 (seniors\* \$49) through Jan 6, then \$72 (\$59)
- ▶ 7:30-8:30am Saturdays Jan 11-May 10  
(except Feb 8 & 15; Mar 29; Apr 19)  
Fee: \$30 (seniors\* \$24) through Jan 6, then \$40 (\$34)
- ▶ 5-5:45pm Tuesdays & Thursdays Feb 25-Apr 17   
(except Mar 25 & 27)  
Fee: \$30 (seniors\* \$24) through Feb 17, then \$40 (\$34)
- ▶ Unlimited: \$70 (seniors\* \$56) through Jan 6, then \$80 (\$66)

## Adult Swim Lessons

Feel more comfortable in the pool, improve swimming ability, & ease your fear of water.

Instructor: Beth

8:45-9:30am Saturdays Jan 11-Mar 15 (except Feb 8, 15)  
Fee: \$44 (seniors\* \$35) through Jan 6, then \$54 (\$45)

## Child Swim Lessons

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

Instructor: Beth

Saturdays Feb 22-Apr 26 (except Mar 29 & Apr 19)

- ▶ 9:30-10:15am: Level 1 & 4
- ▶ 10:15-11am: Level 2 and Level 5/6
- ▶ 11-11:45am: Levels 3

Fee: \$44 through Feb 17, then \$54

## Parent/Tot Aquatics

This structured program is for children ages 6 months-5 years with an adult.

Instructor: Beth

- ▶ Orientation: 6pm Thursday Feb 27 in PHS addition foyer  
Pool: 6-6:45pm Thursdays Mar 6-Apr 17 (except Mar 27)  
Fee: \$38/pair through Feb 24 then \$48
- ▶ Orientation: 6pm Friday March 21 in PHS addition foyer  
Pool: 8:45-9:30am Sat Mar 22-May 10 (not Mar 29; Apr 19)  
Fee: \$38/pair through Mar 17, then \$48
- ▶ Orientation: 6pm Tuesday Apr 1 in PHS addition foyer  
Pool: 6-6:45pm Tuesdays Apr 8-May 13  
Fee: \$38/pair through Mar 24, then \$48

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

9:30-10:30am Saturdays  
Jan 4, Feb 15, Mar 15  
Free, but pre-register

## 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 cash; student members free

**Registration opens 11am Wednesday Dec. 18. 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 4th grade. Three programs located inside the schools. Learn more: <https://bit.ly/COMcares> or 920-892-6922

## Friday Playgroup

For all ages w/parent or other adult. Parent-supervised free play with a brief activity. 9:30-11am 1st & 3rd Fridays Jan 17-Mar 21  
Plymouth Youth Center, 609 North St.  
Fee: \$10/family

## Parent/Tot Aquatics

For ages 6 months-5 years w/parent or other adult. See Page 3 for full details.

## Music & Movement

For ages 2-4 w/parent or other adult. Explore different ways to move to the beat!

Instructor: Shaunna Renzelmann  
4:45-5:15pm Mondays Feb 3-Mar 10 in the PHS Studio  
Fee: \$26/pair through Jan 27, then \$36

## Family Rock Climb & Pickleball

For families with children ages 5 & up. Climb the indoor vertical wall, & learn basic pickleball skills and play as a family.

Instructors: Carly Lenz and Julie Frausto  
▶ 9:45-11:45am Saturday Feb 8 in the Riverview Gym  
Fee: \$12/person through Feb 3, then \$22  
▶ 9:45-11:45am Saturday Mar 8 in the Riverview Gym  
Fee: \$12 per person through Mar 3, then \$22  
Contact us for a family rate.

## Child Swim Lessons

For ages 6 & up. American Red Cross courses. Children must be at least 50" tall.

Instructor: Beth  
Saturdays Feb 22-Apr 26 (except Mar 29 & Apr 19)  
▶ 9:30-10:15am: Level 1 & 4  
▶ 10:15-11am: Level 2 and Level 5/6  
▶ 11-11:45am: Levels 3  
Fee: \$44 through Feb 17, then \$54

## Middle-school athletics

Registration already under way! Open to all area students, including homeschooled & parochial. \$20/sport

### Girls Basketball (grades 7-8)

Registration due Jan. 2 via MyRec  
Practices begin Thursday Jan. 2

### Wrestling (grades 5-8)

Registration due Jan. 19 via MyRec  
Practices begin Monday Jan. 20

Registration also open for Tennis, Golf, & Track & Field

## Youth Center

For grades 5-8. Adult-supervised opportunity to enjoy activities and hang out with friends. 2:45-5pm school days; next to Riverview Middle School  
Fees: \$30/trimester or \$15/month

## Middle-School Tennis Clinic

For grades 7-8. Learn basics (forehand, backhand, & serving) interspersed with play time. Instructor: Jesse Frausto, Riverview Tennis Coach  
9am-1pm Saturday Jan 18 in the Fairview Gym  
Fee: \$20 through Jan 13, then \$30

## Middle-School Tennis Open Play

For grades 6-8. Learn the basics of tennis (forehand, backhand, serving) or keep advancing your skills (lobbing, poaching, volleying). Instructor: Jesse Frausto, Riverview Tennis Coach  
12-2pm Saturdays Feb 1-March 15 in the Fairview Gym  
Fee: \$45 through Jan 27, then \$55

## Middle-School Lifting

For grades 7-8. Athletic-based fitness training program. Successful completion allows independent use of PHS Fitness Center.

Instructor: Christian Vollbrecht  
2:45-4pm Mondays/Wednesdays or Tuesdays/Thursdays  
Jan 27-Mar 6 in the Riverview Fitness Center  
Fee: Free, but participants must register in advance

# General

## Woodworking

Build personal projects using tools in the PHS woods lab with guidance as needed.

Instructor: Ralph Gunkel  
5:30-8:30pm Tuesdays Jan 21-Mar 11 in PHS Room C111  
Fee: \$86 (seniors\* \$68) through Jan 13, then \$96 (\$78) (plus the cost of any materials used)

## Around Our Town

Field trips for community members ages 18+ Free, but register in advance because space is limited.

## Van Horn Automotive Group

Tour this employee-owned auto dealership and related business units. 5:15pm Wednesday Jan 22 at 3000 Eastern Ave.

## Wastewater Treatment Facility

An encore tour of the facility that meets the water-quality needs of our community. 5:30pm Wednesday Feb 19 at 625 Cty Rd PP, Plymouth

## Fairview Elementary School

Take a look inside one of Plymouth's public elementary schools. 6pm Thursday Mar 13 at 300 Salem Dr., Plymouth

## Free Film Series

Free, but please register at least 2 days in advance.

### "Inside Out 2"

This animated sequel features Riley entering puberty with its more complex emotions. (PG) 6pm Monday Jan 6 in the PHS Auditorium

### "The Fall Guy"

A stuntman has to track down a missing movie star & win back his true love. (PG-13) 6pm Wednesday Feb 12 in the PHS Auditorium

### "Radical"

A teacher in a Mexican border town tries to unlock students' potential. (PG-13; subtitled) 6pm Wednesday Mar 12 in the PHS Auditorium

# Registration Information

**Registration opens at 11am Wednesday Dec. 18.** 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.)

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.

