

Registration Information

Who may register

Unless otherwise indicated, classes are open to everyone. Those 62 years of age or older living in the Plymouth School District may claim a fee reduction of 20% on classes as noted. Some financial assistance is available for those who need it.

How to register

You must pre-register for all classes. There are three ways to register:

✉ **By mail:** Complete the registration form below and mail it and a check made out to Community Education to: Community Education Office
125 Highland Ave.
Plymouth WI 53073

☺ **In person:** Bring your check and registration form to our office on the north end of Plymouth High School.

🌐 **Online:** Available for some classes. Visit www.plymouthcommed.org for more information.

Registration will not be handled at the class site. Instructors have the authority to not allow participation until proof of registration is given.

Confirmation

To keep class costs down, confirmation is not sent to verify your registration acceptance. You will be notified if your registration is incomplete or if a class needs to be canceled. If you are not notified, assume your registration is confirmed. **No registration is complete until fees are paid.**

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, your money will be refunded less a \$2 service charge. **No refunds will be made after the first 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, some 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.

Changes

The Community Education Office reserves the right to change program schedules as needed to accommodate demand of school-use conflicts. If this happens, every effort will be made to notify registered participants. Changes also will be posted at the school.

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 students

Disabled students who need special assistance may register for Community Education classes and attend with another 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 or by special fees.



Community Education & Recreation Plymouth School District Course Listings



www.plymouth.k12.wi.us

Spring 2010

www.plymouthcommed.org

Education courses: General interest

Basic Beading

Participants will learn how to get started making their own jewelry. Simple beading techniques will be demonstrated, and class members will complete a beaded necklace. All materials will be provided. Ages 12 and up. Same class offered twice.

Instructor: Karen Klumppan
Wednesdays, March 31, May 5
6-8 p.m. Plymouth High School Room C103
\$15 each class, pay to instructor; register with Community Education & Recreation

Mini Twill Basket

This basket uses the basic market pattern but with a twill weaving for dimension. It measures 6" by 14" and approximately 8" high. This is a perfect utility-sized basket to use on the top of a toilet tank to hold all those lotions, or in the kitchen holding spice packages. Included in the cost will be the decorative stone medallion which will be ordered during the first class.

Participants will need scissors sharp enough to cut reed, spring clothespins, a small flat screwdriver, measuring tape, spray bottle, old towel, water pail or plastic dishpan large enough to hold 2 gallons of water. Deadline is April 6, so that supplies can be ordered.

Instructor: Kathy Plahmer
Tuesdays, April 20 & 27
6-9 p.m. Plymouth High School Room C105
2 classes: \$45/\$36 senior

Illusion Knitting

Knitters who already know how to knit and purl will be intrigued by this unique, yet simple, technique. Participants will make a hot pad and a scarf. See samples in the display case near the district office. Bring to the first class one pair of size 5 needles (10 inches long) and about 55 yards each of two contrasting solid colors of cotton worsted weight yarn, and a three-ring binder to hold handouts.

Instructor: Sharon Schlundt
Tuesdays, March 30, April 13, 20 & 27
6:30-8:30 p.m. Ply High School Room C103
4 classes: \$25

Knitted Socks

Handmade socks are a treasure, and if you can already read a pattern, knit and purl you will have fun adding to your skills. Students will choose from two styles. The easier one requires a set of size 8 double-pointed needles and 4 oz of #4 weight yarn (not pure wool). The second option requires a set of size 3 double-pointed needles and 100 grams of #1 superfine sock yarn. See samples in the display case near the district office. Bring the needles and yarn to the first class, along with a folder to hold the pattern.

Instructor: Sharon Schlundt
Wednesdays, March 31, April 14, 21 & 28
6:30-8:30 p.m. Ply High School Room C103
4 classes: \$25

Managing Stress

This class will help people to identify and address causes of stress and teach them effective ways to manage with daily distress.

Instructor: Karen Klumppan
Wednesday, April 7
6-8 p.m. Plymouth High School Room C103
\$15 each class, pay to instructor; register with Community Education & Recreation

Positive Thinking To Enhance Daily Living

This class will teach individuals how to identify negative thinking and turn off that inner critic. Specific techniques for building high self-esteem using the power of positive thinking will be taught.

Instructor: Karen Klumppan
Wednesday, April 28
6-8 p.m. Plymouth High School Room C103
\$15 each class, pay to instructor; register with Community Education & Recreation

Adult Woodworking

This class is for those interested in working on wood-related projects of all types. New participants will work closely with the instructor to learn the concepts and tools of the trade, while completing personal projects big or small. Returning or experienced participants may utilize the high school facilities independently and receive assistance when necessary.

Instructor: Matt Poppe
Wednesdays, April 7-May 19
6-9 p.m. in Plymouth High School C111
7 classes: \$60/\$48 senior, plus materials

Dog Obedience

Dog obedience teaches you basic commands to use and how to teach your dog to sit, stay, come when called, who takes who for a walk, and other safety tips. Dogs should be at least 3 months old and the handler must be at least 13 years old. Please bring a slip collar and a 6-foot leash.

Instructor: Pat Chickowski
Two sessions:
▶ Wednesdays, May 5-June 23
6-7 p.m. Ply High School NE parking lot
▶ Saturdays, May 1-June 26 (no class 5/29)
9-10 a.m. Ply High School NE parking lot
(under front canopy in inclement weather)
8 classes: \$28 per session

Spring Quilting

Quilting is a year-round activity that can be addictive. Come learn the basics of quilting and make some bright and cheery spring pieces. Projects will include a wall hanging, a pillow and a table mat. Or bring along a pattern and get started on a bigger project. Those trying to finish a project also are welcome. Bring your sewing machine, cutting mat, quilting rollers, threads, scissors and pins.

Instructor: Annette Born
Mondays, April 5, 12 & 19
5:30-7:30 p.m. Ply High School Room C103
3 classes: \$22/senior \$18

Tennis anyone?

We are considering organizing a women's tennis league in May. Please call 892-5068 if interested.

Plymouth Community Education and Recreation Registration Form

Name: _____

Address: _____

City: _____ ZIP: _____ Phone: _____ (home/work/cell)

E-mail address: _____ (if you would like information about future classes)

Course title: _____ Day and time: _____ Fee: \$ _____

No registration is complete until fees are paid. Make checks payable to and mail or bring registrations to:
Community Education, 125 Highland Ave., Plymouth WI 53073

WAIVER STATEMENT

The participant/parent/guardian assumes all responsibility in case of injury or harm to participant. The Plymouth School District, its employees or agents or any volunteers/organizations associated with this activity will not be held responsible for any personal injury or loss that may occur in conjunction with this activity.

Signature of participant or parent/guardian if under 18 DATE: ____/____/____

OFFICE USE: Date _____ Amount _____ Cash _____ Check # _____

Youth & Family

Home Alone

This class for students in grades 3 through 5 will help to provide children who are home without an adult with a knowledge of safety concepts. Learn to use 911, what to say when a phone caller asks for mom or dad, what to do if the lights go out, and how to handle other small emergencies.

Instructor: Denise Roth
Thursdays, April 8 & 15
4-5:30 p.m. Horizon Elem School Room 209
2 classes: \$15

Babysitting Clinic

Students 10 years of age and older will learn how to be babysitters. A certificate of completion will be issued. Class size is limited to 15.

Instructor: Denise Roth
Thursdays, April 22 & 29
4-5:30 p.m. Horizon Elem School Room 209
2 classes: \$15

Safety Town

This nationally accredited program for children entering kindergarten in the fall teaches safety awareness and accident prevention. It is sponsored by the GFWC Plymouth Junior Women's Club. Registration forms will be available at Plymouth Public Library or from the instructor at 893-6952 in April. Register by June 1.

Instructor: Denise Roth
Weekdays, June 14-June 25
9-11 a.m. Riverview School Chorus Room
10 classes: \$30

Archery

This class is structured after the National Archery in the Schools program and is open to those ages 7 and up. All participants will use compound bows provided by the school, which are adjustable from 10 to 20 pounds. Please do not bring your own bow.

Saturdays, April 17 & May 15
8:30-9:30 a.m. Plymouth High School gym
Each class: \$5/archer

Rock Climbing

This family event will challenge beginners and advanced climbers. Climbing is offered to individuals ages 5 and up. Space is limited to the first 25 registered participants. The indoor vertical wall has 5 runs that vary from basic to advanced with overhangs and straight climbs. All participants must complete a release form and individuals under the age of 18 require a parent/guardian signature upon arrival.

Saturdays, April 17 & May 15
10:15-11:30 a.m. Riverview Middle School
Each class: \$6/climber

Parent/Child Aquatics

The objective of this class is to assist in establishing a comfort level in the water for the child while giving tips for water safety. Parents will be in the water with the children, so this class provides a unique opportunity to bond. All participants must attend an orientation from 11:30 to noon Saturday, April 10 in the PHS amphitheater (no pool time that day).

Instructor Beth Kerntke
► 6 months to 3 years old
Saturdays April 10-May 15
9-9:30 a.m. at Plymouth High School pool
► 4 to 6 years old
Saturdays April 10-May 15
9:45-10:30 a.m. at Plymouth High School pool
6 classes: \$27.50

Family Swim

Come enjoy swimming at your local school district pool as a family. Participants must furnish their own towel and swim suit. One lap lane is available during family swim. This is a family event; children must be accompanied by an adult. Pool may close if not enough participants show up, so come early! No registration necessary.

Fridays, April 9 and May 7
6-7:30 p.m. at Plymouth High School pool
Each swim: \$6/family

Tumbling/Gymnastics

Preschool: Kids ages 3-5 will enjoy rhythm, balance and coordination activities while learning basic gymnastics skills and shapes. Session I 5:30-6 p.m. Session II 6:10-6:40 p.m.
Beginners: Kids ages 5-7 will engage in basic developmental gymnastic skills along with developing strength, coordination and flexibility. 6:45-7:30 p.m.
Intermediate/Advanced: Kids ages 7 and up will engage in developmental gymnastics skills through a variety of drills and progressions. Students also will develop strength and flexibility. 7:30-8:15 p.m.

Tuesdays April 13-May 18
PHS wrestling room
6 classes: \$30 (space is limited in all classes)

Kidz Gym

Kids ages 1-3 will enjoy ball activities, movement games, free play & more as they interact with other children in a fun and safe environment. Each class will begin and end with half an hour of free play, with half an hour of structured activities and games in between.

Tuesdays, April 13-May 18
9:15-10:45 a.m. at Plymouth Youth Center
6 classes: \$25/child

Swim Club

Kids ages 7 through sixth grade can get a taste of what competitive swimming is about. They will work on improving the four competitive swim strokes, as well as learn competitive starts and turns.

Instructor: Clare Sedlacek
Mon. & Thurs. April 5-May 13 (no class 4/12)
4:15-5:15 p.m. at Plymouth High School pool
11 classes: \$30

Aquatics courses

Daytime Aqua Dynamics

This shallow water class includes upbeat music and a challenging fun routine to get you sweating in unbeatable style.

Pick up parking permit at Community Education & Recreation office
Instructor: Betty Nicodemus
Tuesdays and Fridays, April 6-May 14 / 7:45-8:30 a.m. in PHS pool
12 classes: \$33/\$26.50 senior

Aqua Fitness

This low to medium shallow water workout will focus on flexibility, range of motion, muscle toning and stress relief. Perfect for those who are older, overweight, pregnant or beginning to exercise. Also great for those with arthritis, fibromyalgia or other health concerns. Occasional use of noodles to enhance workouts.

Instructor: Beth Kerntke
Tues. & Thurs. April 6-June 15 (no class 4/22, 5/27, 6/3) / 6:30-7:15 p.m. in PHS pool
9 classes: \$24.75/\$20 senior 18 classes: \$45/\$36 senior

In the Deep!

You must be able to swim and be comfortable in deep water. Get your heart rate pumping and muscles toned in this motivational class that uses the resistance of the water for a great work out. This is a nonimpact deep water class.

Instructor: Beth Kerntke
Mondays and Wednesdays, April 5-June 7 (no class 5/31) / 6:30-7:15 p.m. in PHS pool
9 classes: \$24.75/\$20 senior 18 classes: \$45/\$36 senior ... Plus one-time fee of \$26 for the purchase of water cuffs (to be worn as a belt or on the ankles)

Water Works!

This medium to high shallow water workout will focus on muscle resistance and cardiovascular conditioning with motivational moves and routines. This energetic class will work off stress while toning muscles and building endurance. Occasional use of noodles.

Instructor: Beth Kerntke
Mondays and Thursdays, April 5-June 17 (no class 4/22, 5/27, 5/31, 6/3)
7:30-8:15 p.m. at PHS pool
9 classes: \$24.75/\$20 senior 18 classes: \$45/\$36 senior

Lap Swim

Proficient swimmers invited to swim laps at the PHS pool. Enjoy an excellent but low-impact activity. For serious swimmers only.

► Student lap swim 3-4:15 p.m. Mon., Tues., Thurs., April 5-June 8 (no swim 4/12, 5/31)
\$30 for unlimited swims
► Adult lap swim 7:30-8:30 p.m. Wed. April 7-June 9 and 7:30-8:45 a.m. Saturdays April 17-May 15; also any student lap swim times above
Unlimited \$55, 2x week \$40, 1x week \$25. No per-time payments accepted.

Fitness Center

Hours
5:30-7:30 a.m. M-F
4-8 p.m. M-Th
4-7 p.m. Fri.
8-11 a.m. Sat.

The fitness center located in the lower level of Plymouth High School features Nautilus, free weights, bicycles, stair steppers, and treadmills. A supervisor is on duty at all times. Showers and a limited number of lockers are available. Members must be at least in seventh grade. All seventh- and eighth-graders must be accompanied by an adult with a membership. All new members must go through an orientation. Membership can be purchased from Community Education & Recreation.

Fitness courses

Body Basics

This class features low-impact aerobics with energetic, fun music. It offers total body toning and flexibility, but no coordination is required. It will keep you moving, however! There will be 40 minutes of cardio followed by 20 minutes of toning and stretching. Activities include basic steps, weight training and more. Participants should bring a yoga mat and 1- to 3-pound hand weights.

Thursdays, April 8-June 10
5-6 p.m. in Riverview gym balcony
10 classes: \$37.50/\$30 senior

Boot Camp

Sculpt, tone and increase your fitness level with this moderate to high-intensity class. The class encompasses aerobic conditioning, toning, plyometrics, circuit training, flexibility and more! Challenge your inner self with this total-body workout!

3- to 5-pound hand weights suggested
Mondays and Wednesdays
5:15-6 p.m. in Riverview gym balcony
► Session 1: April 5-May 5
10 classes: \$30/\$24 senior
► Session 2: May 10-June 9 (no class 5/31)
9 classes: \$27/\$22 senior

Core Fitness

Tighten and tone your midsection with the use of exercise balls and strength bands along with increasing your flexibility and balance in this low-impact class. This is a class for all individuals to enjoy!

► Session I: Tues. & Thurs. April 6-May 6
► Session II: Tues. & Thurs. May 11-June 10
4:15-4:45 p.m. in Riverview gym balcony
10 classes per session: \$20/\$16 seniors

Spinning

Choose your intensity and enjoy the ride as you climb hills, ride the flat road and sprint to the finish line. This is a class for both beginners and advanced riders. The music-based ride will motivate you!

► Mon., Wed., Fri. Apr 5-June 11 (no class 5/31)
5:15-6 a.m. in Riverview weight room
29 classes: \$72.50/\$58 senior
► Mon. & Wed. April 5-June 9 (no class 5/31)
6-6:45 p.m. in Riverview weight room
19 classes: \$53.50/\$43 senior
► Mon. & Wed. April 5-May 5
3:15-4 p.m. in Riverview weight room
10 classes: \$28/\$22.50 seniors a session
► Mon. & Wed. May 10-June 9 (no class 5/31)
3:15-4 p.m. in Riverview weight room
9 classes: \$25.50/\$20.50 seniors a session

Spinning/Yoga Combo

Spin on Mondays and Wednesdays, then enjoy a yoga class after the Monday spins.

Mon. & Wed. April 5-May 5
3:15-4 p.m. spinning, 4:15-5 p.m. yoga (Mondays) Riverview balcony, weight room
10 spin, 5 yoga classes: \$43/\$34.50 seniors

Yoga

Yoga uses slow movements and stretching to help increase flexibility and balance. It is also good for relieving stress and relaxing.

Mondays, April 5-May 3
4:15-5 p.m. in Riverview gym balcony
5 classes: \$20/\$16 senior

Tai Chi

Tai chi is a form of martial arts that includes a set of exercises and movements that take on the appearance of a dance of sorts. Unlike judo and karate, tai chi is a non-contact, non-combative way of improving health and energy and reducing stress. It promotes flexibility, balance and physical control.

Mondays, April 5-June 7 (no class 5/31)
5-6 p.m. at Parkview Elem School gym
9 classes: \$33.75/\$27 seniors

Top Flight Fitness

A complete figure-shaping fitness program. The class begins with a warm-up and continues into the aerobics, which is designed to strengthen the cardiovascular system. Cooldown follows. The mat work section of the class will shape and define the arm, abdominal, thigh and hip muscles. The session concludes with stretching for flexibility. Bring your own mat to class.

► Tues. & Thurs. April 6-June 10
5:30-6:30 p.m. in Parkview gym
20 classes: \$55/\$44 seniors
► Mon., Wed., Fri. Apr 5-June 11 (no class 5/31)
8-9 a.m. at Plymouth Youth Center
29 classes: \$72.50/\$58 seniors
► Mon., Wed., Fri. Apr 5-June 11 (no class 5/31)
5-6 a.m. in Riverview gym balcony
29 classes: \$72.50/\$58 seniors

Zumba

Move to the beat in this Latin-based dance class as you shape and sculpt your body through basic steps and movements. This class moves to the rhythms of merengue, salsa, cumbia and reggaeton.

► Instructor: Judy Mooney
Mondays, April 5-June 7 (no class 5/31)
5:15-6:15 p.m. in Riverview gym balcony
9 classes: \$33.75/\$27 senior
► Instructor: Nancy Hanlon
Wednesdays, April 7-June 9
4:15-5 p.m. in Riverview gym balcony
10 classes: \$28/\$22.50 senior

Zumba Gold

This class is designed for the active older adult, the beginner to exercise, and people who may be limited physically. The class is similar to Zumba and/or Latin dance but with low-impact movements loaded with energy and enjoyment!

Mondays, April 5-June 7 (no class 5/31)
10-10:45 a.m. at Plymouth Youth Center
9 classes: \$25.50/\$20.50 senior

Online registration available at www.plymouthcommed.org

Learn more: www.plymouthcommed.org
920-892-5068 commedrec@plymouth.k12.wi.us