



Community Education and Recreation

(920) 892-5068

commedrec@plymouth.k12.wi.us

www.plymouthcommed.org

Plymouth School District



PLYMOUTH COMMUNITY FITNESS CENTER

Our community's fitness center is equipped with some of the latest fitness technology; Life Fitness Equipment, Treadmills, Recumbent Bicycles, Stair Climber, Elypticac Cross Trainers, free weights, and much more. Along with the comforts of cable television and circulating air. Every community member is allowed a trial visit., and a supervisor is always on duty to show new users around.

Individualized fitness assessments and programs can be designed to fit your need at no additional cost to new members. Membership information is available at the Fitness Center or the Community Education Office.

Summer Hours:

Monday thru Thursday 5:30-8:00am & 3:00-7:30pm
Friday 5:30-8:00am & 3:00-7:00pm
Saturday 8:00-11:00am

TOP FLIGHT FITNESS

A complete aerobic figure shaping fitness program designed to strengthen the cardiovascular system and tone muscles.

\$66.25 (seniors \$53) 2x/ week

\$79.00 (seniors \$63) 3x/ week

June 22-September 11

Parkview

Tuesday/Thursday

5:30-6:30pm

Plymouth Youth Center

Monday/Wednesday/Friday

8:00-9:00am

Bike Club

Learn bike safety and ride throughout Plymouth as a group. Meet outside the PHS gym. On the last day July 15 allow extra time to drive out and ride in the Kettles! Transportation included.

Ages 9-13.

Wednesdays

July 1, 8 12:30 - 1:30

July 15 12:30 - 2:15

\$6.00

Trek Mountain Bikes are available for rental at an additional \$4.00.

Plymouth Youth Football Camp

PHS football coaches will instruct the participants (boys entering grades 6, 7, 8, 9) in fundamentals of football, weight training, and the development of speed, power, and agility using the community's facilities at Plymouth High School.

July 20, 21, 22 12:30 - 2:30pm

Cost : \$30 (includes camp T-shirt)

Introduction to Movie Making

This is a hands-on workshop for ages 11 and up outlining the basic principles of filmmaking: pre-production, planning, shooting, and editing. Students will learn how the director, camera operators, actors, editors and other personnel work together to create a movie. Instructor JJ Burkart of Silverwater Productions will assign students a role and help them put their new found knowledge to work to create a short movie. Each student will receive a DVD of their movie upon completion of the course.

Location : PHS Amphitheater Fee : \$45.00 / Session

Session 1: July 13-July 17 -- 12:15 - 2:15pm

Session 2: July 20-July 24 -- 12:15 - 2:15pm

Session 3: August 10-August 14 -- 10:00am - noon

Panther Baseball

Plymouth Panther Baseball vs. New Holstein

Timber Rattlers vs. Clinton Lumber Kings

Fox Cities Stadium -- Wed, July 1

Sixth Graders and older

Cost of \$20 per participant includes a coach bus ride to Fox Cities Stadium, a Timber Rattler game at 12:05, followed by the Plymouth Panther Baseball game.

The bus will leave at 10:00 am from the Community Education and Recreation door at PHS. The Panther Baseball booster club will sponsor a tailgate party for all attendees from Plymouth. A donation box will be available to assist with the tailgate party costs.

More Summer Recreation Opportunities

Middle School Volleyball

PHS Ropes Course

Outdoor Rock Climbing

Tennis Drills & Skills

For more information contact the Community Education and Recreation office at 920-892-5068 or check out our web site :

www.plymouthcommed.org

Summer Book Club

The Summer Book Clubs will be lead by Lori Brown, a teacher in our district who has taught reading to elementary and middle schoolers for over 20 years. The Book Club will meet in the Plymouth High School Library, and is open to ages 10 - 14. Cost : \$30/session.

Session 1 : July 6 - July 17 Mon thru Fri 12:30 pm - 2:30pm

Session 2 : August 3 - August 14 Mon thru Fri 9:30 am - 11:30am

WATER CLASSES & PROGRAMS

All water activities are held in the Plymouth High School Pool.

Water Polo Club

Learn the rules and enjoy game play while in Water Polo Club. Games will be played in both the deep and shallow ends of the pool. You'll get to be in the water all three days, so bring your suit!
High School Club ages :14-17 Middle School Club ages : 10-13
Fridays 12:30 - 1:30 pm July 10, 17, and 24 \$8.00

Plymouth Summer Swim Club

Students 8th Grade and younger:

Through the Plymouth Summer Swim Club, you will learn and improve the four competitive swim strokes, as well as competitive starts and turns and have the opportunity to swim in three meets during the summer.

Register early! The swim club is limited to 55 students!

Monday thru Friday 2:30 - 4:30 pm June 22 - July 24

Scheduled Summer Meets (Saturdays)

July 11 - Seymour July 18 - Plymouth July 25 - Chilton

High School and College aged Students:

PHS incoming freshman thru college age students can swim in morning open lap swim supervised by Coach Mike Slagle. High School swimmers can also compete in summer meets by contacting Coach Coley.

Monday thru Friday 6:00 - 7:30 am June 22 - August 5

Swim Club Registrations = \$55 \$45/2nd family member

\$35/3rd family member Family Cap = \$150

\$5 additional cost for registration after June 18

In the Deep

This is a non impact deep water class. Water cuffs for your ankles are required and can be purchased there.

Monday & Wednesday 6:15-7:00pm

July 6 - August 19

\$27 \$21.60/ Senior

Adult Lap Swim

Open lap swim supervised by a lifeguard.

Monday & Wednesday 7:15-8:15pm

June 22 - September 2

\$40/ 2x a week

\$25/ 1x week

Parent-Tot Swim

The objective of this parent/child class is to assist in establishing a comfort level in the water for the child while giving tips for water safety. Everyone gets in the water, so this class provides a unique opportunity to bond with your child while preparing them to take swim lessons without their parents.

Tuesday 6:15-7:00pm

July 7 - August 18 \$32

Mandatory orientation, July 7 at 6 p.m. in the PHS Amphitheatre. Pool time will follow.

COMMUNITY EDUCATION AND RECREATION REGISTRATION FORM

Name: _____

Address: _____

City: _____ Zip Code: _____

E-Mail Address: _____

Phone:(Home)_____-_____-_____ (Other) : _____-_____-_____

Emergency Contact:_____

Phone: _____-_____-_____ cell / home / work

Program _____ Fee _____

Assumption of Risk:

By enrolling in these activities, I assume all risk involved in the programs that I am registering in; the Plymouth School District, its employees/agents, volunteers, and organizations associated with these activities will not be held responsible for any personal injury or loss that may occur while participating in or in conjunction with these activities.

Participant's Signature _____ Date _____

Parents' Signature (if under the age of 18) _____ Date _____

REGISTRATION IS NOT COMPLETE UNTIL FULL CONTRIBUTION IS RECEIVED.

Make Checks Payable to : Comm Ed & Rec

Return to: For Information about financial as-

Community Education & Recreation sistance with class expenses please

125 Highland Ave call the Community Education and

Plymouth WI 53073 Recreation office at 920-892-5068