

# Community Recreation Department Spring/Summer Program Insert



New office CRD location 3330 Stahl Road, Sheboygan, WI 53081

On-line program registration opens Thursday, March 31 at 8:00am  
at [www.sheboyganrec.com](http://www.sheboyganrec.com) or call 920-459-3773 to register



## Sheboygan Community Recreation Program Information Announced!

The Community Recreation Department is super excited to announce our next menu of awesome activities and Sheboygan Theatre Company shows available with all of the information conveniently packaged in your home delivered news source the Beacon. All of our great fitness/sports, arts and recreation opportunities for all ages will be included in the Tuesday, March 8th newspaper edition. The goal of using the Beacon is to get as much program information into as many homes/hands as possible. We want to invite our past, present and future customers to register and try one of our many programs.

We also wanted to take the time to introduce our newest member of our Recreation team. Recreation Supervisor, Mr. Ryan Pawlisch will be overseeing our Childcare/Kidstop, Youth Sports...Grades 3K- 5 Basketball, Soccer, Baseball/Softball, Creative Play and Special Events programs.

We truly believe that there should be a class or program in every season for everyone to enjoy- ages 2-99 and if there isn't please call us to let us know what your recreation/arts passion is and we will do our best to make it happen.

Thank you John Koehler, Director of Recreation and our Recreation and Theatre teams.



Ryan Pawlisch,  
Recreation Supervisor



Call  
920-459-3773  
for tickets

**Seussical**  
May 13-21

### Adult DROP-IN VOLLEYBALL

Horace Mann Middle School Gyms  
Wednesdays 6:30-8:30pm  
\$3.00 Resident, \$4.00 Non Resident

Limit to 42 participants. ID required for admission

### Adult VOLLEYBALL LEAGUES

Form your own team \*One official for all league  
Deadline: March 10

Women's A, B+, C

Mondays, March 28-May 9

Co-ed A/B and C

Tuesdays, March 29-May 10

A/B \$100.00, B/C \$100.00

\$10.00 extra with a max of \$40.00  
for each Non Resident

### Adult Basketball

Deadline is Wednesday, March 9

Games are scheduled between the hours of 6:00-9:00pm on Wednesdays,

January 12-March 16. Register as a team.

\$160.00 team fee and

\$10.00 for individual Non Resident fee

Questions? Email: [tschoblaske@sasd.net](mailto:tschoblaske@sasd.net)

### ADULT DROP IN PING PONG



Thursdays, March 10-April 21

Drop-in 6:00-8:00pm at South High Balcony

\$3.00 Resident, \$5.00 Non Resident

## GYMNASTICS

Saturdays, April 1-May 14 at South High Gym

\$16.00 Resident, \$28.00 Non Resident

Program is designed to introduce youngsters to basic tumbling and gymnastic skills. Activities will be geared to the ability of the individual. Child must be toilet trained if not in a Parent/Child class.

2/3 Parent/Child 8:45-9:15 am Code 9771

5/6 yr old Beginner 10:45-11:25 am Code 9774

3 year old 9:25-9:55 am Code 9772

5/6 yr old Intermediate 11:35-12:25 pm Code 9775

4 year old 10:05-10:35 am Code 9773

7-10 yr old 12:35-1:35 pm Code 9776

### 3,4,5 YEAR OLD SOCCER

Parents and children learn soccer together. Rec Dept staff will teach basic fundamentals of soccer to you and your child.

Thursdays, May 5-June 9

Pigeon River Rec Center  
3508 N 21st Street

3 yr old soccer 5:00-5:40 pm Code 9740

4 yr old soccer 5:45-6:30 pm Code 9741

5 yr old soccer 6:40-7:25 pm Code 9742

\$14.00 Resident

\$21.00 Non Resident

### NU DAWN CLUB

Any person 18 years of age and older who is physically or cognitively disabled is eligible to join.

Egg-Cellent Spring Event • April 12

5:30-7:00 pm at Horace Mann Cafeteria

\$2.00 per person

Call 459-3773 to register

### YOUTH BASEBALL & SOFTBALL

Deadline: April 14

Our baseball and softball leagues are designed to develop the young players through fun, competition and instruction. Players are placed on their current grade. Fee include game t-shirt. Players must provide their own fielding glove and weather appropriate clothing. Rec Dept will provide team coaches with bats, balls, helmets, catcher gear and fielding masks.

Grades 4K-8th boys and girls  
are welcome to register.

Check out our website for details on dates and time depending on grade.

### CO-ED FLOOR HOCKEY

Saturday Mornings April 2-May 7  
1st-5th Grade

Registration deadline March 21

9:00-10:00am 1st & 2nd Grade Code 9750

10:15-11:15am 3rd-5th Grade Code 9751

Location: First week (Apr. 2nd) will be played at Horace Mann Middle School.

All other weeks will be at Pigeon River Gym.

### SAFETY TOWN

Sheboygan Service Club has hosted Safety Town since 1998 in partnership with the Sheboygan Recreation Dept., Police Dept., and SASD instructors.

Safety Town is a summer program with 4 sessions providing 16 hours of safety awareness for children entering kindergarten.

Program is at Horace Mann School Cafeteria.

\$65.00 Registration fee

June 13-17 8:30-11:30am OR 12:30-3:30pm • June 20-24 8:30-11:30am OR 12:30-3:30pm

Watch Sheboygan Service Club website and Rec Dept website on how to register.

### SUMMER CHILD CARE

June 13- August 26 6:45am-5:30pm

at Pigeon River Rec Center Weekly rate:

\$151.00 week or Part time rate weekly \$115.00

Pick the weeks you need care and only pay for those weeks.

Choose the full time, all summer rate of \$1,400.00.

Special rate must be paid in full by May 13. Space is limited.

Registration fee is \$50.00 for one child or \$75.00 per family.



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## 60 minute 2 times a week • \$38.00 Resident, \$56.00 Non Resident, \$33.00 Senior

| Class                            | Day/Time   | Location                       | Instructor | Code | Class Description   |
|----------------------------------|--|--------------------------------|------------|------|---|
| <b>Cardio Dance &amp; Sculpt</b> | <b>Mon/Wed</b> - 4/25-6/8 8:30-9:30 am                         | PRRC                           | Lynne      | 9681 | Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.  |
|                                  | <b>Tue/Thu</b> - 4/26-6/9 8:30-9:30 am                         | PRRC                           | Lynne      | 9683 |   |
| <b>Yoga Basics</b>               | <b>Mon/Wed</b> - 4/25-6/8 4:00-5:00 pm                         | PRRC                           | Amy        | 9676 | Practice yoga breathing techniques, gentle stretching and basic poses to calm the mind, strengthen the body and refresh the spirit. Beginners welcome!                                    |
|                                  | <b>Tue/Thu</b> - 4/26-6/9 4:00-5:00 pm                         | ELC                            | Amy        | 9677 |   |
| <b>Cardio Dance &amp; Sculpt</b> | <b>Mon/Wed</b> - 4/25-6/8 5:30-6:30 pm                         | Sheridan                       | Sandy      | 9682 | Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.  |
|                                  | <b>Tue/Thu</b> - 4/26-6/9 5:30-6:30 pm                         | PRRC                           | Lynne      | 9684 |   |
| <b>Steppin' Up</b>               | <b>Mon/Thu</b> - 1/10-2/24 5:45-6:45 pm                        | PRRC<br>PR School              | Julie      | 9687 | An advanced, fast paced step/cardio class that will keep you moving. This class will offer a total body workout consisting of athletic moves.   |
| <b>Senior Yoga</b>               | <b>Mon</b> - 2:30-3:30pm 4/25-6/8<br><b>Wed</b> - 2:45-3:45 pm | PRRC                           | Amy        | 9675 | Yoga for Seniors or anyone that could benefit from chair based yoga. Gentle yoga poses and breathing techniques are practiced to feel calm, comfortable and refreshed. Beginners welcome. |
| <b>Gentle Yoga</b>               | <b>Tue/Thu</b> - 4/26-6/9 8:30-9:30 am                         | Immanuel<br>Lutheran<br>School | Monica     | 9678 | A beginner class introducing stretching and gentle poses to increase flexibility, balance and range of movement. Mats provided.   |
| <b>Fusion Fitness</b>            | <b>Tue/Thu</b> - 4/26-6/9 5:30-6:30 pm                         | Sheridan                       | Sandy      | 9679 | Combine Pilates and Yoga with traditional exercises to get a well rounded program of 20 minutes of aerobics, toning/stretching exercises, and stretching and relaxation.                  |

## 60 minutes 1 times a week • \$19.00 Resident, \$28.00 Non Resident, \$17.00 Senior

| Class               | Day/Time                            | Location | Instructor | Code | Class Description                            |
|---------------------|-------------------------------------|----------|------------|------|--|
| <b>Cardio Dance</b> | <b>Fri</b> - 4/29-6/10 8:30-9:30 am | PRRC     | Rotation   | 9693 | Easy cardio dance movements to energize you. |

## 30 minutes 1 time a week • \$9.50 Resident, \$14.00 Non Resident, \$8.50 Senior

| Class                   | Day/Time                            | Location | Instructor | Code | Class Description  |
|-------------------------|-------------------------------------|----------|------------|------|--|
| <b>Quick Fit</b>        | <b>Sat</b> - 4/30-6/11 8:50-9:20 am | PRRC     | Rotation   | 9695 | Want your workout and your weekend too? We've got you covered!   |
| <b>Restorative Yoga</b> | <b>Sun</b> - 5/1-6/12 9:30-10:00 am | PRRC     | Lynn       | 9699 | Restorative yoga is a style of yoga that encourages physical, mental and emotional relaxation. Key benefits include the following : relaxes mind and body, soothes the nervous system enhances mood, improves sleep and is gentle on the body. |

## 30 minutes 2 times a week • \$19.00 Resident, \$28.00 Non Resident, \$11.00 Senior

| Class                   | Day/Time                                 | Location | Instructor | Code | Class Description  |
|-------------------------|--|----------|------------|------|--|
| <b>Winter Walk</b>      | <b>Mon/Wed</b> - 4/25-6/8 12:00-12:30 pm | PRRC     | Lynn       | 9692 | Walking indoors to the beat of the music for cardiovascular conditioning.  |
| <b>Men's Basic Yoga</b> | <b>Tue/Thu</b> - 4/26-6/9 12:00-12:30 pm | PRRC     | Lynn       | 9685 | In this yoga class we will focus on the male body and targeting common areas of tension. Class will be a slower pace focusing on each pose and how to get there to help build strength and prevent injury. |

## COMMITTEE MEMBERS WANTED AND JOB OPPORTUNITIES

The Community Recreation Department and the Sheboygan Theatre Company are seeking new members for their Advisory Committee. Please contact the CRD office 920-459-3773 if you are interested in taking an active role in your recreation and theatre passions.

Fitness Instructors - Lifeguards - Gymnastic Instructors Aquatic Instructors - Summer School Assistant - Baseball Umpires

To Apply: [www.sheboyganrec.com](http://www.sheboyganrec.com) - 920-459-3773



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**45 minutes 1 time a week • \$15.00 Resident, \$21.50 Non Resident, \$11.50 Senior**

| Class                       | Day/Time                             | Location             | Instructor | Code |  |
|-----------------------------|--------------------------------------|----------------------|------------|------|--|
| <b>Keepin' It Real Step</b> | <b>Sat</b> - 4/30-6/11 8:00-8:45 am  | P. River Rec. Center | Rotation   | 9694 | It's early for a Saturday morning and we know it-so complex choreography is out and a real workout is in! This class won't go "back to the basics" but it won't put your brain in a "freeze frame" either! |
| <b>Dance Express</b>        | <b>Sat</b> - 4/30-6/11 9:30-10:15 am | P. River Rec. Center | Rotation   | 9696 | Easy cardio movements to energize you.   |
| <b>Tighten &amp; Tone</b>   | <b>Sun</b> - 5/1-6/12 8:30-9:15 am   | P. River Rec. Center | Lynn       | 9698 | TNT uses dumbbells, dyna bands, and your own body weight to get a full-body workout. TNT preventative for falling issues, osteoporosis, improved mental health and mood for an overall better life.        |

**45 minutes 2 times a week • \$30.00 Resident, \$43.00 Non Resident, \$23.00 Senior**

| Class                     | Day/Time  | Location   | Instructor   | Code         | Class Description   |
|---------------------------|---|--|--------------|--------------|---|
| <b>S.T.A.R</b>            | <b>Mon/Wed</b> - 4/25-6/8 4:45-5:30 pm  | Cooper Elementary                                | Terrie       | 9689         | Start with a heart pumping aerobic warm up, followed by a total body sculpt session, then finish it off with a relaxing stretch segment.  |
| <b>Body Recharge</b>      | <b>Tue/Thu</b> - 4/26-6/9 9:45-10:30 am   | P. River Rec. Center                             | Lynne        | 9680         | Pump it up with Body Recharge! We will increase your cardiovascular endurance along with strength and flexibility. Get fit and have some fun!   |
| <b>Step it up</b>         | <b>Tue/Thu</b> - 4/26-6/9 4:45-5:30 pm  | Cooper Elementary                                | Terrie       | 9688         | Learn step moves that are guaranteed to get the heart pumping and burn unwanted calories set to energizing music that keeps you moving.   |
| <b>Tighten &amp; Tone</b> | <b>Mon/Wed</b> - 4/25-6/8 5:30-6:30 pm<br><b>Tue/Thu</b> - 4/26-6/9 12:45-1:30 pm | James Madison Elementary<br>P. River Rec. Center | Lynn<br>Lynn | 9691<br>9690 | TNT uses dumbbells, dyna bands, and your own body weight to get a full-body workout. TNT preventative for falling issues, osteoporosis, improved mental health and mood for an overall better life. |
| <b>Pound</b>              | <b>Mon/Wed</b> - 4/25-6/9 5:30-6:15 pm  | Wilson Elementary                                | Carrie       | 9686         | In this cardio jam session inspired by drumming and designed for all fitness levels, you won't just listen to the music you will become the music in this full body workout.                        |

## WATER FITNESS AT CENTRAL HIGH SCHOOL POOL 607 SOUTH WATER STREET



|  |   |   |  |
|--|---|---|--|
| <b>Wake up With Water</b><br>Code 9700   | Start your day with this NON aerobic water class. 30 minutes of stretching and toning along with 25 minutes of water walking or lane swim. There is no need to swim in this program   | <b>Mon/Wed</b> - 7:00-7:55 am<br>4/18-6/1   | \$45.00 Resident<br>\$34.00 Senior<br>\$56.00 Non Resident |
| <b>Water Power Aerobics</b><br>Code 9701 | Make the commitment to work out hard and you won't be sorry! Instructor leads a powerful and challenging water workout while using strong voice motivation and music will keep you moving. Various equipment will also be used. | <b>Mon/Wed</b> - 8:20-9:15 am<br>4/18-6/1   | \$45.00 Resident<br>\$34.00 Senior<br>\$56.00 Non Resident |
| <b>Water Break</b><br>Code 9702          | Take a break and recharge your body for the rest of the day! This water aerobic class is just the thing to strengthen, tone, and energize you. No swimming required.  | <b>Mon/Wed</b> - 11:30-12:15 pm<br>4/18-6/1 | \$31.00 Resident<br>\$24.00 Senior<br>\$42.00 Non Resident |
| <b>Splash &amp; Jam</b><br>Code 9703     | Join us for water power styled workout to get your heart pumping, body moving and burning extra calories. Commit to be fit!   | <b>Mon/Wed</b> - 6:00-6:55 pm<br>4/18-6/1   | \$45.00 Resident<br>\$34.00 Senior<br>\$56.00 Non Resident |
| <b>Get up &amp; Go</b><br>Code 9704      | Join us for this lower water powered aerobic class. Swimming skills are not required since all exercises are done in the shallow end of the pool  | <b>Tue/Thu</b> 8:00-8:55 am<br>4/19-6/2     | \$45.00 Resident<br>\$34.00 Senior<br>\$56.00 Non Resident |

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## SWIM LESSONS @ CENTRAL HIGH SCHOOL POOL 607 SOUTH WATER STREET

Children must be 48 inches tall to swim at Central Pool  
\$15.00 Resident, \$23.00 Non Resident

|                     |             |        |      |
|---------------------|-------------|--------|------|
| Tuesday 4/12-5/17   | 4:30-5:10pm | Step 3 | 9721 |
| Tuesday 4/12-5/17   | 5:30-6:10pm | Step 2 | 9722 |
| Wednesday 4/13-5/18 | 4:00-4:40pm | Step 4 | 9723 |
| Wednesday 4/13-5/18 | 5:00-5:40pm | Step 5 | 9724 |
| Thursday 4/14-5/19  | 4:30-5:10pm | Step 2 | 9725 |
| Thursday 4/14-5/19  | 5:30-6:10pm | Step 3 | 9726 |

## SWIM LESSONS @ JAMES MADISON ELEMENTARY

Children must be 42 inches tall to swim at James Madison  
\$15.00 Resident, \$23.00 Non Resident • Parent/Child \$22.00

|                      |                |                        |      |
|----------------------|----------------|------------------------|------|
| <b>Mon 4/11-5/16</b> | 4:30-5:10 pm   | Step 2 (5-7 yrs)       | 9706 |
|                      | 5:30-6:10 pm   | Parent/Child 3/4 yrs   | 9707 |
|                      | 6:30-7:10 pm   | Parent/Child 18-36 mos | 9708 |
| <b>Tue 4/12-5/17</b> | 4:30-5:10 pm   | Step 1 (4-5 yrs)       | 9709 |
|                      | 5:30-6:10 pm   | Step 2 (5-7 yrs)       | 9710 |
|                      | 6:30-7:10 pm   | Parent/Child 6-18 mos  | 9711 |
| <b>Wed 4/13-5/18</b> | 4:30-5:10 pm   | Step 1 (4-5 yrs)       | 9712 |
|                      | 5:30-6:10 pm   | I Can Do It! (3-5 yrs) | 9713 |
|                      | 6:30-7:10 pm   | Step 2 (5-7 yrs)       | 9714 |
| <b>Thu 4/14-5/19</b> | 4:30-5:10 pm   | Step 2 (5-7 yrs)       | 9715 |
|                      | 5:30-6:10 pm   | Parent/Child 3/4 yrs   | 9716 |
|                      | 6:30-7:10 pm   | I Can Do It! (3-5 yrs) | 9717 |
| <b>Sat 4/23-5/21</b> | 9:30-10:10 am  | Parent/Child 6-18 mos  | 9718 |
|                      | 10:30-11:10 am | Parent/Child 18-36 mos | 9719 |
|                      | 11:30-12:10 pm | Step 1 (4-5 yrs)       | 9720 |

**Parent Child Open Swim**  
**James Madison Pool**  
**Fridays, Jan 14-April 9**  
**5:30-7:30pm**  
**\$2.00 per person**

\*Parent must swim with child  
\*No open swim 3/25

**Open Swim**  
**South High Pool**  
**February 1 - May 26**  
**Tuesdays/Thursdays**  
**6:45-8:15pm**  
**\$2.00 per person**

\*No open swim 3/22, 3/24



## LUFC SOCCER Grades 4K-8

Register by March 15 at  
[www.lakeshoreunitedfc.org](http://www.lakeshoreunitedfc.org)

Juniors (4K and 5K)  
6 Instructional weeknights  
April 26 – June 2

\$60 includes team shirt and soccer ball  
Community League (Grades 1-8)  
Boys and Girls teams by grade

Participating communities are Cedar Grove – Belgium,  
Elkhart Lake, Howards Grove, Kohler, Manitowoc,  
Oostburg, Sheboygan, and Sheboygan Falls.

Games April 16-June 4

League tournament April 29 - May 1

\$70 includes practices, 8 games, league tournament,  
team shirt and soccer ball.

## SPRING BREAK SPORTS WEEK

Longfellow Gym

Ages 6-8 ..... 9:00-10:30am  
Ages 9-11 ..... 10:45am-12:15pm

Fee per day: \$5.00 Resident,  
\$8.00 Non Resident  
\$20.00 for all week for Resident,  
\$32.00 Non Resident

Monday, March 21 ..... Flag Football  
Tuesday, March 22 .. Gym Class Games  
Wednesday, March 23 ..... Basketball  
Thursday, March 24 ..... Wiffelball  
Friday, March 25 ..... Kickball

Space is limited so register early  
to ensure your spot.

## CREATIVE PLAY

Creative Play is a school year program running  
September through May. Activities are planned with  
an emphasis being place on developing your child's  
imagination, peer socialization and creative skills.  
Some of the activities will include stories, songs,  
fingerplays, crafts, small and large motor activities, in  
addition to free time to spend with their classmates  
and friends. Child must be toilet trained.

Class runs Tuesday and Thursday from 9:00-11:30am  
for kids that are 3 years old. Class for 3.5-4 year old are  
Monday, Wednesday, and Friday from 9:00am-Noon.

Classes are held at the  
Pigeon River Rec Center (3506 N 21st St).

Creative Play open house for  
2022-2023 School year is  
Thursday, March 31 6:00-7:30pm.

Space is limited. Registration is first come, first served.

Tennis lessons will be running again this Summer.  
Watch for details to come out in April!

## MIXED MARTIAL ARTS/KARATE

This lifetime sport will engage the mind and the body  
and combine combative movements with cardio-  
vascular fitness. The program will teach open hand  
(unarmed) combative approaches as well as the use  
of some oriental agricultural implements adapted for  
use in self-defense-the

6 staff (called a "bo") and the sai.  
Instructor: Mr. George Joseph

Tuesdays and Thursdays,  
March 29-May 5 6:30-7:30pm

South High Multi Purpose Room

Resident \$24.00, Non Resident \$36.00

Code: 9788

NORTH HIGH

## FITNESS CENTERS

SOUTH HIGH

• JANUARY 3 - JUNE 10 •

Monday - Friday 5:15-7:45 am

Mon, Tue, Thur, Fri 4:00-8:00pm • Wednesday 3:00-8:00pm

Saturdays (through May 13):

6:30am-Noon @ North • 7:30am-1:00pm @ South

Spring Break--March 19-26

Monday-Friday 5:15-10:00am and 4:00-8:00pm

All participants must attend a drop-in orientation before  
participating at the fitness center.

Orientations Mon, Tue, Wed @ 6:00pm

Annual or daily fees apply.

Resident fee \$40.00, Senior Resident \$35.00

\$3.00 daily Resident, \$4.00 Non Resident