



Registration opens at 8am on December 17 online at [www.sheboyganrec.com](http://www.sheboyganrec.com)

Call 920-459-3773 • 3330 Stahl Road, Sheboygan WI 53081



## The Community Recreation Department and Sheboygan Theatre Company office has moved!

- 3330 Stahl Road -

After careful consideration and due diligence to ensure that the space will meet our needs, the Sheboygan Area School District has purchased the office complex previously home to the Wilson Mutual Insurance Company and Encova Insurance, located at **3330 Stahl Road**. The location will serve as the new Sheboygan Area School District Administrative Services Building. Our location will change, but our phone number will stay the same **459-3773**.

*We look forward to seeing you all at our new location!*



Call  
**920-459-3773**  
for tickets



**December 3-11**

Vanya &  
Sonia &  
Masha &  
Spike  
**February 18-26**

**NORTH HIGH FITNESS CENTERS SOUTH HIGH**

• JANUARY 3 - JUNE 10 •

Monday - Friday: 5:15-7:30 am and 4:00-8:00 pm  
Saturdays: 6:30-Noon @ North • 7:30am-1:00pm @ South

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

### DROP-IN VOLLEYBALL

**Horace Mann Middle School Gyms**  
**\$3.00 Resident, \$4.00 Non Resident**

Middle School Students: Mondays 5:30-7:00 pm  
High School Students: Tuesdays 6:30-8:00 pm  
Adults: Wednesdays 6:30-8:00 pm

Limit 42 players per session. ID required for admission (School ID or Drivers License)

### Adult VOLLEYBALL LEAGUES

Form your own team \*One official for all league  
**Deadline: Thursday, December 23**

**Women's A, B+, C**  
Mondays, January 10-March 14

**Co-ed A/B and C**  
Tuesdays, January 11-March 15

**A/B \$160.00, B/C \$140.00**  
**\$10.00 extra with a max of \$40.00 for each Non Resident**

### HIGH SCHOOL VOLLEYBALL LEAGUES

Form your own team. **Team fee \$75.00**  
Games are played on Thursdays, February 24-May 5  
**Deadline: Thursday, February 3**

### NU DAWN CLUB

Any person 18 years of age and older who is physically or cognitively disabled is eligible to join.  
**Holiday Party • Tuesday, December 14, 5:30-7:00 pm at Horace Mann Cafeteria**  
**\$2.00 per person • Call 459-3773 to register**

### Adult Basketball

**Deadline is Wednesday, December 22**  
Games are scheduled between the hours of 6:00-9:00pm on Wednesdays, January 12-March 16. Register as a team.  
**\$200.00 team fee and \$10.00 for individual Non Resident fee**  
Questions?  
Email: [tschoblaske@sasd.net](mailto:tschoblaske@sasd.net)

### ADULT INDOOR SOCCER

An open soccer program for adults.  
Pre-registration required.  
Wednesday nights Nov 3-April 21  
8:15-10:15pm at North • Code 9550  
Friday nights Nov 5-April 22  
8:15-10:15pm at Horace Mann • Code 9549  
**\$55.00 Resident, \$80.00 Non Resident**



### EXCEL WRESTLING K-5th GRADE

Sheboygan area wrestling coaches have teamed up to provide the best youth wrestling program in the area.  
**\$60.00 includes T-shirt**  
**MANDATORY PARENTS MEETING: January 6, 2022**  
January 11-March 10 6:00-7:15pm  
Tuesdays @ North High Multi Purpose Room  
Thursdays @ South High Wrestling Room



### SATURPLAY AT ELC

Your child(ren) ages 2-5 can play on age appropriate equipment and you can socialize and visit with other parents. Register for all 7 Saturdays or by individual day.  
**All 7 Saturdays: 8:45-10:30am or 10:45am-12:30pm**  
**\$35.00 Resident • \$60.00 Non Resident**  
**\$5.00 per individual day for Resident, \$10.00 Non Resident**  
**December 11 • January 8, 22 • February 5, 19 • March 5, 12**  
**8:45-10:30am or 10:45am-12:30pm**



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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> - 1/10-2/23 8:30-9:30 am <b>Mon/Wed</b> - 2/28-4/20 8:30-9:30 am	PRRC	Lynne	9620 9621	Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.
<b>Yoga Basics</b>	<b>Mon/Wed</b> - 10/25-12/8 4:00-5:00 pm <b>Mon/Wed</b> - 2/28-4/20 4:00-5:00 pm	PRRC	Amy	9610 9611	Practice yoga breathing techniques, gentle stretching and basic poses to calm the mind, strengthen the body and refresh the spirit. Beginners welcome!
<b>Cardio Dance &amp; Sculpt</b>	<b>Mon/Wed</b> - 1/10-2/23 5:30-6:30 pm <b>Mon/Wed</b> - 2/28-4/20 5:30-6:30 pm	Sheridan	Sandy	9622 9623	Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.
<b>Steppin' Up</b>	<b>Mon/Thu</b> - 1/10-2/24 5:45-6:45 pm <b>Mon/Thu</b> - 2/28-4/21 5:45-6:45 pm	PRRC PR School	Julie	9632 9633	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 1/10-2/23 <b>Wed</b> - 2:45-3:30 pm <b>Mon</b> - 2:30-3:30pm 2/28-4/20 <b>Wed</b> - 2:45-3:30 pm	PRRC	Amy	9608 9609	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> - 1/11-2/24 8:30-9:30 am <b>Tue/Thu</b> - 3/1-4/21 8:30-9:30 am	Immanuel Lutheran School	Monica	9614 9615	A beginner class introducing stretching and gentle poses to increase flexibility, balance and range of movement. Mats provided.
<b>Cardio Dance &amp; Sculpt</b>	<b>Tue/Thu</b> - 1/11-2/24 8:30-9:30 am <b>Tue/Thu</b> - 3/1-4/21 8:30-9:30 am	PRRC	Lynne	9624 9625	Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.
<b>Yoga Basics</b>	<b>Tue/Thu</b> - 1/10-2/23 4:00-5:00 pm <b>Tue/Thu</b> - 3/28-4/20 4:00-5:00 pm	ELC	Amy	9612 9613	Practice yoga breathing techniques, gentle stretching and basic poses to calm the mind, strengthen the body and refresh the spirit. Beginners welcome!
<b>Fusion Fitness</b>	<b>Tue/Thu</b> - 1/11-2/24 5:30-6:30 pm <b>Tue/Thu</b> - 3/1-4/21 5:30-6:30 pm	Sheridan	Sandy	9616 9617	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.
<b>Cardio Dance &amp; Sculpt</b>	<b>Tue/Thu</b> - 1/11-2/24 5:30-6:30 pm <b>Tue/Thu</b> - 3/1-4/21 5:30-6:30 pm	PRRC	Lynne	9626 9627	Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.

**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> - 1/14-2/25 8:30-9:30 am <b>Fri</b> - 3/4-4/22 8:30-9:30 am	PRRC	Rotation	9644 9645	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> - 1/15-2/26 8:50-9:20 am <b>Sat</b> - 3/5-4/23 8:50-9:20 am	PRRC	Rotation	9648 9649	Want your workout and your weekend too? We've got you covered!
<b>Pound</b>	<b>Sat</b> - 1/15-2/26 9:30-10:00 am	PRRC	Carrie	9652	In this cardio jam session inspired by drumming and designed for all fitness labels, you won't just listen to the music.
<b>Yoga Sun Salutation</b>	<b>Sun</b> - 1/16-2/27 9:30-10:00 am <b>Sun</b> - 3/6-4/24 9:30-10:00 am	PRRC	Lynn	9655 9656	Sun Salutation is an easy to follow continuous flow of stretches and poses to bring more strength, flexibility and tone to 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> - 1/10-2/23 12:00-12:30 pm <b>Mon/Wed</b> - 2/28-4/20 12:00-12:30 pm	PRRC	Lynn	9642 9643	Walking indoors to the beat of the music for cardiovascular conditioning.
<b>Men's Basic Yoga</b>	<b>Tue/Thu</b> - 1/11-2/24 12:00-12:30 pm <b>Tue/Thu</b> - 3/1-4/21 12:00-12:30 pm	PRRC	Lynn	9628 9629	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.



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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> - 1/15-2/26 8:00-8:45 am	PRRC	Rotation	9646	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>Sat</b> - 3/5-4/23 8:00-8:45 am			9647	
<b>Dance Express</b>	<b>Sat</b> - 1/30-2/26 9:30-10:15 am	PRRC	Rotation	9650	
	<b>Sat</b> - 3/5-4/23 9:30-10:15 am			9651	
<b>Tighten &amp; Tone</b>	<b>Sat</b> - 1/14-2/25 8:30-9:15 am	PRRC	Lynn	9653	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>Sat</b> - 3/4-4/22 8:30-9:15 am			9654	

**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> - 1/10-2/23 4:45-5:30 pm	Cooper	Terrie	9636	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>Mon/Wed</b> - 2/28-4/20 4:45-5:30 pm			9637	
<b>Tighten &amp; Tone</b>	<b>Mon/Wed</b> - 1/10-2/23 5:30-6:15 pm	Madison	Lynn	9640	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>Mon/Wed</b> - 2/28-4/20 5:30-6:15 pm			9641	
<b>Pound</b>	<b>Mon/Thu</b> - 1/10-2/24 5:30-6:15 pm	Wilson	Carrie	9630	In this cardio jam session inspired by drumming and designed for all fitness labels, you won't just listen to the music.
	<b>Mon/Thu</b> - 2/28-4/21 5:30-6:15 pm			9631	
<b>Body Recharge</b>	<b>Tue/Thu</b> - 1/11-2/24 9:45-10:30 am	PRRC	Lynne	9618	Pump it up with Body Recharge! We will increase your cardiovascular endurance along with strength and flexibility. Get fit and have some fun!
	<b>Tue/Thu</b> - 3/1-4/21 9:45-10:30 am			9619	
<b>Step it up</b>	<b>Tue/Thu</b> - 1/11-2/24 4:45-5:30 pm	Cooper	Terrie	9634	Learn step moves that are guaranteed to get the heart pumping and burn unwanted calories set to energizing music that keeps you moving.
	<b>Tue/Thu</b> - 3/1-4/21 4:45-5:30 pm			9335	
<b>Tighten &amp; Tone</b>	<b>Tue/Thu</b> - 1/11-2/24 12:45-1:30 pm	PRRC	Lynn	9638	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>Tue/Thu</b> - 3/1-4/21 12:45-1:30 pm			9639	

**WATER FITNESS AT CENTRAL POOL  
607 S WATER ST**



<b>Wake up With Water</b> Code 9596 Code 9597	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 1/3-2/16 & 2/21-4/13	\$45.00 Resident \$34.00 Senior \$56.00 Non Resident
<b>Water Power Aerobics</b> Code 9598 Code 9599	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 1/3-2/16 & 2/21-4/13	\$45.00 Resident \$34.00 Senior \$56.00 Non Resident
<b>Water Break</b> Code 9600 Code 9601	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 1/2-2/16 & 2/21-4/13	\$31.00 Resident \$24.00 Senior \$42.00 Non Resident
<b>Splash &amp; Jam</b> Code 9602 Code 9603	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 1/3-2/16 & 2/21-4/13	\$45.00 Resident \$34.00 Senior \$56.00 Non Resident
<b>Get up &amp; Go</b> Code 9604 Code 9605	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 1/4-2/17 & 2/22-4/14	\$45.00 Resident \$34.00 Senior \$56.00 Non Resident
<b>Splash &amp; Jam</b> Code 9606 Code 9607	Join us for water power styled workout to get your heart pumping, body moving and burning extra calories. Commit to be fit!	<b>Tue/Thu</b> - 6:30-7:25 pm 1/4-2/17 & 2/22-4/14	\$45.00 Resident \$34.00 Senior \$56.00 Non Resident



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### SWIM LESSONS @ CENTRAL POOL • 607 S WATER ST

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

Tuesday 1/11-2/15	4:30-5:10pm	Step 2	9584
Tuesday 1/11-2/15	5:30-6:10pm	Step 3	9585
Wednesday 1/12-2/16	4:00-4:40pm	Step 4	9586
Wednesday 1/12-2/16	5:00-5:40pm	Step 3	9587
Thursday 1/13-2/17	4:30-5:10pm	Step 1	9563
Thursday 1/13-2/17	5:30-6:10pm	Step 2	9589
Tuesday 2/22-4/5	4:30-5:10 pm	Step 3	9590
Tuesday 2/22-4/5	5:30-6:10 pm	Step 4	9591
Wednesday 2/23-4/6	4:00-4:40 pm	Step 2	9592
Wednesday 2/23-4/6	5:00-5:40 pm	Step 3	9593
Thursday 2/24-4/7	4:30-5:10 pm	Step 2	9594
Thursday 2/24-4/7	5:30-6:10 pm	Step 4	9595

### LIFEGUARD TRAINING CLASS

A blended learning American Red Cross certification course which includes time on the Red Cross website as well as water time at Central Pool. Classroom part of this course is done online. Water skills will be in person at the Central Pool.

Participants must be 15 years of age and MUST pass the pre-course water test which is Thursday, December 21 at 4:00pm

**Class will be December 27, 28, 29 & 30 at Central Pool 9:00am-4:00pm**

**Cost 80.00 per person and you must register by Dec 10th  
Code 9551 - Limited to 10 participants**



### SWIM LESSONS @ JAMES MADISON

Children must be 42 inches tall to swim at James Madison  
\$15.00 Resident, \$23.00 Non Resident • Parent/Child \$22.00 Resident, \$32.00 Non Resident

<b>Mon 1/10-2/14</b>	4:30-5:10 pm	Step 2 (5-7 yrs)	9554	<b>Mon 2/21-4/4</b>	4:30-5:10 pm	Step 1 (4-5 yrs)	9569
	5:30-6:10 pm	Parent/Child 18-36 mon	9555		5:30-6:10 pm	Step 2 (5-7 yrs)	9570
	6:30-7:10 pm	Step 1 (4-5 yrs)	9556		6:30-7:10 pm	Parent/Child 6-18 mon	9571
<b>Tue 1/11-2/15</b>	4:30-5:10 pm	Step 1 (4-5 yrs)	9557	<b>Tue 2/22-4/5</b>	4:30-5:10 pm	I Can Do It! (3-5 yrs)	9572
	5:30-6:10 pm	Parent/Child 3/4 yrs	9558		5:30-6:10 pm	Step 1 (4-5 yrs)	9573
	6:30-7:10 pm	Step 2 (5-7 yrs)	9559		6:30-7:10 pm	Step 2 (5-7 yrs)	9574
<b>Wed 1/12-2/16</b>	4:30-5:10 pm	Step 2 (5-7 yrs)	9560	<b>Wed 2/23-4/6</b>	4:30-5:10 pm	Step 2 (5-7 yrs)	9575
	5:30-6:10 pm	I Can Do It! (3-5 yrs)	9561		5:30-6:10 pm	Parent/Child 18-36 mon	9576
	6:30-7:10 pm	Parent/Child 6-18 mon	9562		6:30-7:10 pm	Step 2 (5-7 yrs)	9577
<b>Thu 1/13-2/17</b>	4:30-5:10 pm	Step 2 (4-5 yrs)	9594	<b>Thu 2/24-4/7</b>	4:30-5:10 pm	Step 1 (4-5 yrs)	9578
	5:30-6:10 pm	Parent/Child 3/4 yrs	9564		5:30-6:10 pm	Step 2 (5-7 yrs)	9579
	6:30-7:10 pm	Step 2 (5-7 yrs)	9565		6:30-7:10 pm	Parent/Child 3/4 yr	9580
<b>Sat 1/15-2/19</b>	9:30-10:10 am	I Can Do It! (3-5 yrs)	9566	<b>Sat 2/26-4/9</b>	9:30-10:10 am	Parent/Child 18-36 mon	9581
	10:30-11:10 am	Step 2 (5-7 yrs)	9567		10:30-11:10 am	Step 1 (4-5 yrs)	9582
	11:30-12:10 am	Parent/Child 18-36 mon	9568		11:30-12:10 am	I Can Do It! (3-5 yrs)	9583

**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



## NOW HIRING

Basketball Referees - Fitness Instructors

Lifeguards - Gymnastic Instructors

Aquatic Instructors - Kidstop Child Care

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