



Sterling Heights PARKS & RECREATION

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Winter/Spring 2023 Recreation Connection Newsletter



Little Learners



Come create, explore, discover and grow with your little one. Whether you are a stay at home parent or a caregiver looking for a fun activity to get your little learner out and moving, there is a class got you! Children ages newborn - 6 years old have the opportunity to develop their motor, social and listening skills while making new friends. Every class includes story time, music, dancing, play time and a craft. For older toddlers preparing for preschool, check out the "All by Myself" classes. All of the Little Learners classes are recreational based in nature and designed with creativity and fun in mind. **Instructor:** Christine Lemanski ***No Class: 5/29**



WONDERFUL ONES (Ages 12 - 23 months)

1200.615 Wed. 4/12 - 5/31 11 a.m. - Noon R-\$57 / NR-\$84

1200.622 Thurs. 4/13 - 6/1 9 - 10 a.m. R-\$57 / NR-\$84

TERRIFIC 2's (Age 2)

1200.601 Mon. 4/10 - 6/5* 11 a.m. - noon R-\$57 / NR-\$84

1200.609 Tues. 4/11 - 5/30 9 - 10 a.m. R-\$57 / NR-\$84

1200.607 Tues. 4/11 - 5/30 10:30 - 11:30 a.m. R-\$57 / NR-\$84

1200.630 Fri. 4/14 - 6/2 11 a.m. - noon R-\$57 / NR-\$84

THRIVING 3's (Age 3)

1200.610 Tues. 4/11 - 5/30 noon - 1:30 p.m. R-\$85 / NR-\$126

1200.617 Wed. 4/12 - 5/31 9 - 10:30 a.m. R-\$85 / NR-\$126

1200.624 Thurs. 4/13 - 6/1 10:30 a.m. - noon R-\$85 / NR-\$126



ALL BY MYSELF (Ages 4 - 6)

1200.603 Mon. 4/10 - 6/5* 9 - 10:30 a.m. R-\$85 / NR-\$126

1200.618 Wed. 4/12 - 5/31 12:30 - 2 p.m. R-\$85 / NR-\$126

1200.625 Fri. 4/14 - 6/2 9 - 10:30 a.m. R-\$85 / NR-\$126

SILLY SIBLINGS (Ages 1 - 5)

1200.604 Mon. 4/10 - 6/5* 12:30 - 1:30 p.m. R-\$63 / NR-\$93

1200.633 Fri. 4/14 - 6/2 12:30 - 1:30 p.m. R-\$63 / NR-\$93

PLAY SQUAD (Ages 2 - 5)

1200.620 Thurs. 4/13 - 6/1 5:45 - 7:15 p.m. R-\$85 / NR-\$126



ROOKIE RECREATORS (Ages 3 - 6)

2800.045 Wed. 4/12 - 5/17 5:30 - 6 p.m. R-\$37 / NR-\$48 (3 - 4 yrs.)

2800.069 Wed. 4/12 - 5/17 6:15 - 6:45 p.m. R-\$37 / NR-\$48 (5 - 6 yrs.)

SPORTIES FOR SHORTIES (Ages 3 - 5)

2800.079 Mon. 4/10 - 5/15 6 - 6:30 p.m. R-\$37 / NR-\$48

2800.080 Mon. 4/10 - 5/15 6:45 - 7:15 p.m. R-\$37 / NR-\$48



"Luck of the Irish" BINGO (All Ages)



Wear that GREEN for one more day and join us for "Luck of the Irish" St. Patrick's Day themed bingo event at the Community Center! Our event will feature five games of bingo, prizes and refreshments.

Day / Date / Time: Saturday / March 18 / 12 p.m.

Fee: \$5 Resident / \$8 Non-resident

Activity #: 1000.205



Mom - 2- Mom Sale

Saturday, March 4 / 9 a.m. - 1 p.m.

Admission is free for residents / \$3 for non-residents

We are excited to offer our 2nd annual Mom-2-Mom Resale Event at the Community Center. This year's event will be BIGGER and BETTER! It will feature toys, clothing, furniture and many more items for the children in your life.



ESPORTS



JUNIOR DROP-IN

Day / Time: Mondays / 4:30 - 6:30 p.m.

Location: Community Center ESports Arena

Ages: 7 - 11 years old

Fee: Free Resident / \$5 Non-resident

No Drop In: 5/29

TEEN DROP-IN

Day / Time: Mondays / 2:30 - 4:30 p.m.

Location: Community Center ESports Arena

Ages: 12 - 17 years old

Fee: Free Resident / \$5 Non-resident

No Drop In: 2/20, 5/29

FAMILY DROP-IN (Ages 7+)

Day / Time: Wednesdays / 6 - 8 p.m.

Day / Time: Saturday / 9 a.m. - 3 p.m.

Location: Community Center ESports Arena

Fee: Free Resident / \$5 Non-resident

No Drop In: 3/4

Players will have access to our PC's along with setups on the Switch and PS4 weekly. Players are allowed to bring in their own games and devices. Games brought in will be checked by staff.

Sterling Coffeehouse

We are providing both free and ticketed opportunities to see some amazing talent throughout the winter and spring months. Ticketed concerts will provide larger named bands, along with coffee and snacks. The free concerts provide a smaller more acoustic atmosphere for everyone to enjoy!

Thursday, February 16 / **Hearts and Bones** (Paul Simon Tribute) 2000.124

Thursday, March 2 / **Blackthorn** (Irish Folk) 2000.121

Thursday, March 30 / **Captain Fantastic** (Elton John Tribute) 2000.122

Thursday, February 23 / **GO Jazz Trio** (Jazz) FREE

Thursday, March 16 / **Caleb and Jackie** (Modern Acoustic) FREE

Thursday, March 23 / **Bruce Bright** (Acoustic) FREE

All shows will be held from 6 - 8 p.m. at the Community Center, 40250 Dodge Park.

Seating is first come, first serve. Maximum capacity of 280 participants.

Fees: Advance Purchase - \$18 Residents / \$22 Non-residents



Treasure Hunter's Market

"One person's trash is another person's treasure." The Treasure Hunter's Market brings more than 100 sellers together with avid bargain shoppers for a day of fun-filled transactions. The Parks & Recreation Department is now taking applications for booth spaces. Pick up an application form at the Parks & Recreation Community Center or online at www.myshpr.net. Limited space is available so don't miss out on your chance to clean out those closets, basements and attics!

CALLING ALL SHOPPERS - THIS IS AN EVENT YOU WILL NOT WANT TO MISS! LOTS OF BARGAINS AWAIT YOU!

Day/Date/Time: Saturday / May 6 / 9 a.m. - 2 p.m.

Under the Farmers Market Pavilion, 14 x 14 ft. space

Fee: \$35 Resident / \$45 Non-resident

Ref. #: 4301.001

Dodge Park Parking Lot, 9 x 8 ft. space

Fee: \$23 Resident / \$30 Non-resident

Ref. #: 4301.002



Tennis

Classes will be run by certified USPTA First Serve tennis instructors. Learn technique, tactics, sportsmanship, vocabulary and gain match play experience. Loaner racquets will be provided at the first session and instructions will be given as to how to find the correct racquet size. All classes played indoors at the Community Center.

Pee Wee (Ages 4 - 6)

2800.086 Wed. 2/22 - 3/29 4:45 - 5:30 p.m. R-\$58 / NR-\$75

2800.090 Wed. 4/12 - 5/17 4:45 - 5:30 p.m. R-\$58 / NR-\$75

Level 1 Beginners (Ages 7 - 9)

2800.087 Wed. 2/22 - 3/29 5:30 - 6:30 p.m. R-\$70 / NR-\$91

2800.091 Wed. 4/12 - 5/17 5:30 - 6:30 p.m. R-\$70 / NR-\$91

Level 1 Intermediate (Ages 10 - 12)

2800.088 Wed. 2/22 - 3/29 6:30 - 7:30 p.m. R-\$70 / NR-\$91

2800.092 Wed. 4/12 - 5/17 6:30 - 7:30 p.m. R-\$70 / NR-\$91

Level 2 (Ages 13 - 18)

2800.089 Wed. 2/22 - 3/29 7:30 - 8:30 p.m. R-\$70 / NR-\$91

2800.093 Wed. 4/12 - 5/17 7:30 - 8:30 p.m. R-\$70 / NR-\$91



Karate

Karate teaches self defense, builds self confidence, teaches respect and humility. Learn the fundamentals of punching and kicking and how to protect yourself from harm. Taught by a Black Belt Instructor. Ages 8 - 15

Location: Community Center

Dates: March 3 - May 5 - **No class: 4/7**

Day/Time: Friday, Beginners at 6 - 7 p.m.

3000.072 Beginners R-\$54 / NR-\$70



Teen Yoga

Designed especially for our teens, this yoga class will teach you relaxation methods, breathing techniques and creative expression through movement. Relaxation techniques can be incorporated in the teen's everyday life with helping to increase test scores, concentration, coordination and an individual's overall well-being. **Ages 12 - 17**

4000.341 Monday, 3/13 - 4/24* 6:30 - 7:30 p.m. R-\$44 / NR-\$57

*No Class: 4/3

Fitness (Ages 18+)

From low impact to intense fitness classes, we offer a variety of programs to help meet your personal fitness goals!

Programs include:

- ◆ Lift, Shred & Burn
- ◆ Essentrics and Essentrics Stretch and Restore
- ◆ Yoga and Basic Blend Yoga
- ◆ Zumba
- ◆ Barre
- ◆ Beginner & Intermediate Line Dance
- ◆ Adaptive Yoga

New sessions begin the weeks of 2/27 & 4/17



Tumbling & Gymnastics

We offer tumbling and gymnastics classes by age and work with our athletes based on their personal skill level. Our classes focus on perfecting the fundamentals skills, strength, flexibility and balance needed for success on floor, vault and balance beam. Once they have the basics down we help them progress to the next skills using drills and exercises necessary to reach their performance goals. We offer handouts and encourage our young athletes to work on conditioning throughout the week as well.

Days: Friday Evening & Saturday Day Classes

Dates: March 17 - May 19* & March 18 - May 20*

Courses: Parent & Tot (Ages 1 - 3)

Pre-school (Ages 4 - 6)

Youth Gymnastics (Ages 7 - 12)

Advanced (Instructor Recommendation)

Location: Community Center

*No Class: 4/7, 4/8

