



CITY OF Sterling Heights
PARKS & RECREATION

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Winter/Spring 2025 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 for 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

AVAILABLE CLASSES INCLUDE:

- WONDERFUL ONES (Ages 12 - 23 months)
- TERRIFIC 2's (Age 2)
- THRIVING 3's (Age 3)
- ALL BY MYSELF (Ages 4 - 6)
- SILLY SIBLINGS (Ages 1 - 5)
- PLAY SQUAD (Ages 2 - 5)



**New sessions begin the week of 4/7!*

Preschool Sports

ROOKIE RECREATORS (Ages 3 - 6)*

Utilizing the Start Smart program this class is designed to promote sportsmanship and teach sports skills through basic motor skills. We will work together to help your child develop strong kicking, catching, throwing and batting skills. The Start Smart program is designed for one child and one caregiver.

SPORTIES FOR SHORTIES (Ages 3 - 5)*

This six-week program introduces little athletes to a variety of sports and games. Instruction is focused around the core fundamentals of sports such as baseball, basketball, soccer, football and volleyball.

Instructor: Katie LaChance

**New sessions begins begin 4/2!*

Indoor Adventures

Join us throughout the year for some indoor play and fun! We turn our Community Center Gym into a playground adventure for kids to enjoy!

Check out our gym schedule at myshpr.net for days & times. (Ages 10 months - 5 years)

FREE for Sterling Heights Residents / \$5 Non-residents

Babysitting Safety

This two-day class will include tips on how to prevent accidents, prepare for an emergency and how to react in stressful situations so you will be a better babysitter. Our training course will help participants keep themselves and others safe, learn basic child care, first aid and CPR skills. Babysitting Safety is taught by members of the Sterling Heights Fire and Police Departments. Classes taught at Fire Station 5. (Ages 11 - 16)

Tuesday & Thursday 3/4 & 3/6 6 - 8 p.m. R-\$32 / NR-\$41



Mom - 2 - Mom Sale

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

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

We are excited to offer our 4th annual Mom-2-Mom Resale Event at the Community Center. Our resale event will feature toys, clothing, furniture and many more items for the children in your life.



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.

AVAILABLE CLASSES INCLUDE:

- Pee Wee (Ages 4 - 6)
- Level 1 Beginners (Ages 7 - 9)
- Level 1 Intermediate (Ages 10 - 12)
- Level 2 (Ages 13 - 18)

**New sessions begin the weeks of 2/26 and 4/16!*



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.

Days: Friday Evening, Saturday & Sunday Day Classes*

- Courses:** Parent & Tot (Ages 1 - 3)
Pre-school (Ages 4 - 6)
Youth Gymnastics (Ages 7 - 12)
Tumbling (Instructor Recommendation)

Location: Community Center

**New sessions begin the week of 4/4!*

**No Classes: 4/18, 4/19, 4/20, 5/23, 5/24, 5/25*



ESPORTS ARENA



Players will have access to our PC's along with setups on the Switch and PS4 & PS5 weekly. Players are allowed to bring in their own games and devices. Games brought in will be checked by staff.

JUNIOR DROP-IN (Ages 7 - 11)

TEEN DROP-IN (Ages 12 - 17)

OPEN DROP-IN (Ages 7+)

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

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

Day / Time: Tuesday / 4:30 - 6:30 p.m.
Day / Time: Wednesdays / 6 - 8:30 p.m.
Day / Time: Saturdays / 9 a.m. - 3 p.m.

Fee: Free Resident / \$5 Non-resident

No Drop In: 2/17, 2/18, 2/19, 2/22, 3/24, 3/25, 3/26, 3/29, 4/19, 5/24, 5/26

Sterling Coffeehouse

Don't miss the opportunity to see some amazing talent throughout the winter and spring months. Ticketed concerts will showcase favorites, as well as tributes and will also include complimentary coffee from Deer Camp Coffee and a sweet treat compliments of Nothing Bundt Cakes. The free concerts provide a smaller more acoustic atmosphere for everyone to enjoy!

Thursday, February 6 / **Terry Lee Goffee** (*Johnny Cash Tribute*)
 Thursday, February 20 / **The Santana Project** (*Santana Tribute*)
 Thursday, March 13 / **Blackthorn** (*Irish Folk*)



Fees: \$19 Residents / \$23 Non-residents
 Subscription Package - Full Series: \$39 Residents / \$52 Non-residents

Thursday, February 13 / **Rebecca Violassi** (*Acoustic Solo*) FREE
 Thursday, February 27 / **Sam Van Wagoner** (*Acoustic Rock*) 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



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!

Day/Date/Time: Saturday / May 17 / 9 a.m. - 2 p.m.

Dodge Park Parking Lot, 9 x 18 ft. space
 Fee: \$25 Resident / \$33 Non-resident



CALLING ALL SHOPPERS - THIS IS AN EVENT YOU WILL NOT WANT TO MISS!

Nature Center Programs

Amphibians VS. Reptiles - Saturday, April 5

Join us as we investigate the difference between the two. The program will include hands-on interactions with mounts, skeleton models, posters and LIVE frogs, turtles and snakes.

Ages 3 - 6 10 - 11 a.m.
 Ages 7 - 11 11:30 a.m. - 12:45 p.m.
 Fee: \$8 Resident / \$11 Non-resident



Eggstravaganza - Saturday, April 12

Kids will discover that birds are not the only animals that lay eggs. We will have "eggsperiments", egg dying and "eggsciting" activities, as we learn more about eggs and the animals that lay them.

Ages 4 - 7 10 - 11 a.m.
 Ages 8 - 11 11:30 a.m. - 12:45 p.m.
 Fee: \$8 Resident / \$11 Non-resident



Equinox Exploration: Spring Awakening Walk - Saturday, March 22
 Celebrate the arrival of spring! We will embark on a guided hike to welcome the spring equinox and witness the natural world coming back to life.

All Ages 3 - 4 p.m.
 Fee: \$4 Resident / \$7 Non-resident

Celebrate your Birthday at the Nature Center!

Birthday Party Includes:

- Private Room in the "Bear Den" auditorium
- A Naturalist led LIVE animal demonstration
- Treat Bags / Gift for the Guest of Honor
- Indoor Scavenger Hunt

Call 586-446-2710 for more information!!!

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:

- ◆ Strength & Tone
- ◆ Essentrics and Essentrics Stretch and Restore
- ◆ Yoga and Basic Blend Yoga
- ◆ Adaptive Yoga (Ages 12+) & Movin' & Grovin' (Ages 5+)
- ◆ Zumba
- ◆ Barre
- ◆ Tai Chi Chu'an
- ◆ Beginner & Intermediate Line Dance
- ◆ Belly Dancing



New sessions begin the weeks of 2/17 & 4/18

Adaptive Recreation

The Adaptive Recreation program is designed for children and adults with physical and/or cognitive disabilities. Residents of Sterling Heights and non-residents from surrounding communities are welcome to participate.

Go to www.myshpr.net to view the Sterling Special for the most current program information.

Artist Inside

Discover your inner artist while learning new techniques and designs. Each class offers a new project allowing artists to create a masterpiece that they can take home. These art classes are guided and no experience is required. Open to all ages and abilities. All supplies included with fees.

Instructor: Danielle Edwards



Field of Flowers

Saturday 3/8 11 a.m. - 12:30 p.m. R-\$26 / NR-\$34

Tulips in Rainboots

Saturday 4/26 11 a.m. - 12:30 p.m. R-\$26 / NR-\$34

Teen Corner

TEEN NIGHT OUT (Ages 12 - 17)

"You're the Next Contestant" Game Show

Friday 2/21 7 - 9 p.m. R - \$20 / NR - \$26

Free Play Pinball

Friday 3/28 6:30 - 9:30 p.m. R - \$38 / NR - \$50

Transportation will be provided from Community Center

Easter "Eggs-travaganza"

Thursday 4/19 7 - 9 p.m. R - \$20 / NR - \$26

TEEN PASSPORT ADVANTAGE PROGRAM

ACCEPTING APPLICATIONS AT THE COMMUNITY CENTER!

Teens (13 - 17) must enroll in Teen Passport Advantage program to enjoy Parks & Recreation facilities without guardian supervision.

Sterling Heights Students: Get a passport sticker on school ID!

Non-Sterling Heights Students: Receive a membership tag!

Enrollment does not include programs, rentals, or non-resident fees.

Note: Applications must be completed by a parent or guardian in-person.

TEEN ROOM

The Community Center is home to our Teen Room specifically designed for ages 12 - 17 years old. The Teen Room features comfortable furniture, a homework table, gaming systems, Esports arena and a safe environment where everyone is welcome.

Our Teen Room drop-in hours are:

Monday	2 - 4:30 p.m.
Tuesday	2 - 8 p.m.
Wednesday	2 - 6 p.m.
Thursday	2 - 5 p.m.
Friday	2 - 6 p.m.
Saturday	1 - 6 p.m.
Sunday	12 - 4 p.m.

