

2025 - 2026 Dance Classes

Celebrating our 55th year, the Sterling Stars Dance program offers classes in every genre of dance. We offer classes Monday - Thursday at varying times that will be sure to fit your scheduling needs. Our classes are taught by technically trained dancers, who come with years of teaching experience and a passion for children, teens & adults! We offer classes for dancers ages 3 - adult and have choices for varying levels of experience from beginner to advanced. We encourage all to come and see what our fun, laid-back yet structured and successful program has to offer! Our season will end with a professional quality recital at the Macomb Center for Performing Arts. **Danced before, but are new to our program? Instructors can place you in the correct level class to fit your dancing experience & needs.**



Wednesday, August 6 in our studio from 5 - 7 p.m for a free assessment & class placement.

Questions: Email bwilson@sterlingheights.gov to be put in you contact with one of our instructors. They will be happy to answer all your dance questions.

30-minute classes \$55 / \$72
45-minute classes \$67 / \$87

- **Classes start the week of 9/22 and run through 12/4.**
 - All classes held at Community Center.
 - Minimum number of classes guaranteed: 9
 - **Instructors:** Jennifer Kraemer, Karrigan Schell, Caitlin Thull, Faith Szuminski, Anna Lafferty
 - **Instructors have the right to move students to other classes according to their ability level.**
 - Participants with no previous experience may only register for beginner classes.
 - In order to participate in the spring dance recital, students must continue to take classes during the winter/spring session.
 - Footwear requirements will be provided by the instructor during the first week of class.
 - Costume Ordering Dates: November 18, 19 & 20
 - **Register Early** our popular classes fill up quickly.
 - To ensure classes will not be cancelled, please register by **Wednesday, September 17, 2025!!!**
- *No Class: 11/11, 11/24, 11/25, 11/26, 11/27**





Our levels are color coded as they progress upward through the rainbow of colors. Each level adds to the difficulty, technicality and complexity of each step. Each child progresses at their own pace so ages in each level will vary based on practice, retention, if they take multiple classes and years of dance consecutively taken. All first and second year dancers should enroll in RED classes, unless otherwise told by an instructor.

ALL RETURNING DANCERS HAVE BEEN PLACED INTO THE CORRECT COLOR BY THEIR PREVIOUS INSTRUCTOR. DANCERS WILL ONLY BE ABLE TO REGISTER FOR THE COLOR CLASS LISTED ON THEIR SHEET. IF YOU ARE WANTING TO REGISTER FOR A DIFFERENT COLOR YOU MUST ATTEND THE DROP-IN PLACEMENT NIGHT ON WEDNESDAY, AUGUST 6 IN OUR STUDIO FROM 5 - 7 P.M.

CREATIVE MOVEMENT

(Ages 3 - 5)

This class will introduce your young child to rhythm, music and movement. Must be potty trained. Children will participate in a variety of fun activities to develop balance and coordination. Children will learn beginning dance steps and move with the music.

Attire: Please wear a leotard or stretchy clothing, hair pulled back and pink ballet shoes. BALLET SLIPPERS ARE NOT PERMITTED.

4503.081	Monday	4:30 - 5 pm	Jen
4503.082	Tuesday	9:30 - 10 am	Jen
4503.083	Tuesday	10 - 10:30 am	Jen
4503.084	Tuesday	10:30 - 11 am	Jen
4503.087	Tuesday	4:30 - 5 pm	Jen
4503.085	Tuesday	5 - 5:30 pm	Jen
4503.086	Tuesday	5:30 - 6 pm	Jen



TINY TAPPERS

(Age 4 - 5)

Introduces our youngest movers to the tap world. Explorer different sounds with tap shoes and group dances that help introduce them to the joy of movement in a fun environment. Must be potty trained.

Attire: Please wear a leotard or stretchy clothing, hair pulled back and black tap shoes.

4503.000	Monday	5 - 5:30 pm	Caitlin
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TAP

(Age 6+)

Tap creates rhythms and sounds with tap shoes. Learn how to count music and feel the beat with patterns on the floor with tap sounds.

Attire: Please wear a leotard or stretchy clothing, hair pulled back and black tap shoes.

4503.002	Red	Tuesday	5 - 5:30 pm	Caitlin
4503.001	Orange	Thursday	5 - 5:30 pm	Caitlin
4503.006	Yellow/Green	Thursday	5:30 - 6 pm	Caitlin
4503.008	Purple	Thursday	6:45 - 7:30 pm	Caitlin



MUSICAL THEATER DANCE

(Age 5+)

Musical theatre dancing is less of a particular style and more of a description of dancing that is rooted in the diverse history of Broadway musicals. Relying on a basic knowledge of ballet, tap and jazz. Musical theater dancers are actors and place a focus on musical interpretation. Matching their body and facial features to the words.

Attire: Dancer must wear a leotard or stretchy clothes, hair pulled back Tan Jazz or Tan Turner shoes.

4503.092	Tuesday	6 - 6:45 p.m.	Jen
4503.093	Tuesday	6:45 - 7:30 p.m.	Jen



BATON TWIRLING

(Age 5+)

Twirling combines dance, agility, coordination and flexibility while manipulating a single baton or multiple batons. Twirler will be measured & weighted batons can be purchased the first day of class for **\$35**.

Red - Your dancer will learn the twenty basic baton tricks in their right hand then their left, practicing these tricks and then adding them to music.

Orange, Green & Yellow - As your dancer masters the twenty basic tricks then will continue to add and expand on these tricks adding more difficulty and smoothing out the flow and technique.

Novelty - Novelty is for any dancer that has taken at least one or more years of baton. They will use the basic tricks and expand them using different twirling items and props.

2 & 3 Baton - This class is designed for any twirler that has currently taken 1 or more years of baton and is interesting in learning or advancing their skills twirling 2 & 3 batons.

Attire: Dancer must wear a leotard or stretchy clothes, NO JEANS, hair pulled back. Tennis shoes are acceptable for class, Tan Jazz or Turner for recital.

4503.075	Red 5 - 8 yrs	Monday	5 - 5:30 pm	Jen
4503.068	Red 9 + yrs	Monday	5:30 - 6 pm	Jen
4503.076	Orange	Monday	6 - 6:30 pm	Jen
4503.069	Yellow/Green	Monday	6:30 - 7 pm	Jen
4503.077	Blue/Purple	Monday	8 - 8:30 pm	Jen

Specialty Baton:

4503.071	Novelty	Monday	7 - 7:30 pm	Jen
4503.070	2 & 3 Baton	Monday	7:30 - 8 pm	Jen



BALLET

(Age 5+)

Ballet is a core foundation of dance, that opens the gateway to other genres. Dancers will learn Strength, percision and technique that supports all other styles of dance. Every dancer should take Ballet!

Attire: Leotard, tights, pink ballet slippers hair out of the face in a bun. BALLET SLIPPERS ARE NOT PERMITTED.

4503.013	Orange	Monday	6 - 6:30 pm	Kara
4503.010	Red	Monday	7 - 7:30 pm	Caitlin
4503.015	Yellow	Tuesday	5:30 - 6:15 pm	Caitlin
4503.011	Red	Wednesday	6:15 - 6:45 pm	Anna
4503.023	Blue/Purple	Thursday	6 - 6:45 pm	Caitlin



HIP HOP

(Ages 7+)

Your dancer will learn the basics of hip-hop dance. Rhythm, timing, self-expression and improvisation will be focused on largely in this class. High energy and exciting choreography will be introduced in this class. As dancers advance personality and musicality will be introduced in this class when working on across-the-floor and center-floor combinations. **Attire: Please wear all black converse, relaxed athletic clothing, hair pulled back.**

4503.053	Red	Monday	7:30 - 8 pm	Caitlin
4503.054	Red	Wednesday	6:45 - 7:15 pm	Anna
4503.059	Orange	Wednesday	7 - 7:30 pm	Faith
4503.060	Yellow	Wednesday	7:30 - 8:15 pm	Faith
4503.062	Blue/Purple	Wednesday	6:30 - 7:15 pm	Kara



CONTEMPORARY

(Ages 7+)

Your dancer will learn the basics of contemporary dance as well as develop other expressive dance abilities such as improvisation and floorwork. Contemporary combines elements of several genres including modern, jazz, lyrical and ballet. In this class, we will work on across-the-floor combinations, choreographed combinations and improvised combinations.

Attire: Leotard, tights, shorts may be worn over leotard, Tan Turner shoes & hair up and out of the face.

4503.111	Blue/Purple	Monday	5:30 - 6:15 pm	Caitlin
4503.109	Red/Orange	Wednesday	5:30 - 6 pm	Faith
4503.110	Yellow/Green	Wednesday	9 - 9:30 pm	Anna



POM

(Ages 5+)

Dancers will work on jazz and pom techniques as well as learn across the floor, center floor combinations and skills. Leaps and turns will be introduced in this class as well as stretch and flexibility to improve skill sets.

Attire: Leotard, tights, shorts may be worn over leotard, Turner shoes & hair up and out of the face.

4503.052	Blue/Purple	Wednesday	7:15 - 8 pm	Kara
4503.045	Orange	Wednesday	6 - 6:30 pm	Kara
4503.047	Red	Wednesday	6 - 6:30 pm	Faith
4503.048	Red	Wednesday	7:15 - 7:45 pm	Anna
4503.049	Yellow/Green	Monday	8:15 - 9 pm	Kara



LYRICAL

(Ages 8+)

Lyrical is a beautiful and graceful style of dance. In this genre, dancers will learn to apply dance techniques such as turns and leaps, then add emotion to tell a story through dance and music.

Attire: Leotard, tights, shorts may be worn over leotard, Turner shoes & hair up and out of the face.

4503.026	Red/Orange	Wednesday	7:45 - 8:15 pm	Anna
4503.029	Yellow/Green	Wednesday	8 - 8:45 pm	Kara
4503.030	Blue/Purple	Wednesday	8:45 - 9:15 pm	Kara



JAZZ

(Ages 6+)

Jazz is a fun and high-energy style of dance. In this genre, dancers will begin to and continue to learn dance techniques such as turns, leaps and showmanship. Dancer will be able to apply this to upbeat and fun music.

Attire: Please wear a leotard or stretchy clothing, hair pulled back and out of the face.

4503.040	Blue/Purple	Wednesday	8:15 - 8:45 pm	Faith/Anna
4503.034	Orange	Wednesday	6:30 - 7 pm	Faith
4503.031	Red	Monday	6:30 - 7 pm	Kara
4503.036	Yellow	Monday	7:30 - 8:15 pm	Kara



JAZZ LINE

(Ages 10+)

Jazz Line is an additional chance to show off your dance technique skills and spunky personality in a large group jazz routine for a range of levels. Dancers from Yellow Jazz all the way to Purple Jazz are invited to join us in this jazz production class and recital routine. Dancers must be enrolled in their corresponding dance class to participate. Must be enrolled in Jazz Yellow, Blue/Purple in order to take this class. **Attire: Please wear a leotard or stretchy clothing, Turner shoes, & hair up and out of the face.**

4503.043	Jazz Line	Monday	7 - 7:30 pm	Kara
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ADULT

(Ages 18+)

4503.009	Tap	Monday	8 - 8:30 pm	Caitlin
4503.078	Baton	Monday	8:30 - 9 pm	Jen
4503.065	Jazz / Hip Hop	Tuesday	6:45 - 7:15 pm	Caitlin
4503.066	Ballet / Lyrical	Tuesday	6:15 - 6:45 pm	Caitlin



NON-RECITAL CLASSES

DANCE TEAM PREP

(Ages 10+)

This class will instruct students in proper stretching techniques to acquire right and left splits, toe touches, kicks and important elements of Jazz technique. Classes will also instruct students in basic dance team techniques (Jazz, High Kick, Pom, Hip Hop), cheer jumps, technique and voice projection. Getting them ready for Jr. High & High School Dance Team, as well as helping them advance to Varsity.

A MUST FOR ANYONE INTERESTING IN TRYING OUT FOR HIGH SCHOOL DANCE TEAM IN THE FUTURE OR WANTED TO ADVANCE TO VARSITY.

Attire: Please wear a leotard or stretchy clothing, Turner shoes, & hair up and out of the face.



4503.114 Wednesday 9 - 9:30 pm Faith

COMPANY CLASS

This non-recital class is designed for dancers who are serious about leveling up. Focused entirely on strength, control, alignment and precision, this class breaks down core technique across styles of jazz or ballet. Dancers will drill turns, leaps, flexibility and placement with consistent corrections and conditioning to build real results. No choreography for recital — just hard work, high standards and clean technique. **Must be enrolled in Yellow Or Higher Class.**

Attire: Please wear a leotard or stretchy clothing, Turner shoes, & hair up and out of the face.

4503.104	Company Ballet	Monday	6:15 - 7 pm	Caitlin
4503.041	Company Jazz	Wednesday	5:30 - 6:15 pm	Anna

Stayed tuned for several new & exciting class offerings coming in January for a non-traditional recital held at the Community Center!

STERLING CHRISTMAS DANCE & PERFORMANCE

**NEW DAY
& TIME!**

Our Sterling Stars dancers have the opportunity to perform at the Sterling Christmas event! This is a four week class, ending with an outdoor performance on the amphitheater stage during the 2025 Sterling Christmas. This is a fast moving class in which we will learn and perfect the choreography in a short time. Class fee will include a Sterling Stars sweatshirt and headpiece to wear during the performance.



Dancers must in be registered in a yellow or higher dance class with the Sterling Stars in order to participate.

Performance date is Saturday December 6th.

4503.115	Tuesdays	7:30 - 8:30 p.m.	10/28, 11/4, 11/18 & 12/2	\$40 / \$50
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2026 STERLING STARS OPENING NUMBER

**NEW DAY
& TIME!**

Any dancers registered in a Blue/Purple class will have the option to audition for the Sterling Stars Opening Recital Number.

Spots are limited to 25 dancers. Dancers are responsible for learning the choreography on their own. Material will be provided 2 weeks prior to auditions and they are required to audition in person (no videos will be allowed) for a chance to receive a spot in the opening number. Genres in the opening number will include: Ballet/Lyrical, Jazz/Pom, Hip Hop, Tap & Baton. Dancers can audition for as many genres as they wish, but might only be placed in one. **Please keep in mind that not every dancer that auditions will get a spot.**



Dancers that receive a spot will be required to attend **ALL Tuesday Practices** unless arrangements have been made in advanced and approved by an instructor.

Auditions	Tuesday	7:30 - 9:15 p.m.	3/10
Practices	Tuesdays	7:30 - 8:30 p.m.	3/24, 4/7, 4/14 & 4/21

ADDITIONAL INFORMATION WILL BE GIVEN TO BLUE/PURPLE CLASS AS DATE APPROACHES.