

## **Wendy Hilliard Foundation Gymnastics Classes**

Gymnastics is an activity and sport involving performance of exercises requiring physical strength, flexibility, agility, co-ordination, balance, and grace.

The WHF gymnastics classes are based on Wendy's training from her outstanding coaches Zina and Vladimir Mironov. Zina and Vladimir were Master of Sport athletes and coaches from the former Soviet Union. They brought a combination of structure, discipline and high quality gymnastics to the Detroit Recreation Department where they developed several National Team Members, Champions and an Olympian. Most importantly they taught the joy of gymnastics and an appreciation of learning good gymnastics technique through hard - but fun work!

The WHF Gymnastics Classes at Riverbank State Park consist of 2 sessions from 14- 16 weeks per session. At the end of each session the students perform in the WHF Gala. The WHF Galas are incredibly entertaining showcases that feature the WHF students alongside champion gymnastics champions and incredible gymnastics performers.

The WHF classes are structured in groups and divided by ability. To ensure a safe and organized atmosphere, we keep a low student-to-instructor ratio. We strive to build self-esteem and fitness in a fun, safe and welcoming environment. Our highly qualified instructors and coaches teach life long values of discipline, positive image, self-confidence, and teamwork. We promote respect and appreciation for sport through gymnastics, by nurturing the mental and physical development of our students.