

## **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 will run from October-June. 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.

All participants in the WHF Gymnastics programs participate in reading and nutrition workshops that are integrated into the class time. In addition, there are nutrition workshops available for parents.

All students are evaluated in the first few weeks of the session. Students may be moved to a different group or class according to their skill level. Those participants that are interested in competitive gymnastics can try out for the WHF Team.

At the end of the session the students perform in the WHF Gala or Harlem Gymnastics Day event. These events are incredibly entertaining showcases that feature the WHF students alongside champion gymnastics champions and incredible gymnastics performers. This also give the students the participants to show off their skills and challenge them to learn gymnastics routines.

The Wend Hilliard Foundation wants gymnastics to be available to everyone! If your child has special needs please call the office we will do our best to incorporate them into our classes.

