



# Detroit Saturday Gymnastics Program Information



**Wendy  
Hilliard  
Gymnastics  
Foundation**  
*Celebrating 20 years*

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550 West 155th Street

New York, NY 10032

212.316.0315

[wendyhilliard.org](http://wendyhilliard.org)

August 2016

Dear Parents,

Welcome to the WHGF Saturday Gymnastics Program. We are excited and look forward to teaching your children.

This is an exciting year for the WHGF as we celebrate 20 Years! I am so proud to bring my foundation to my hometown. Detroit is where I received my incredible gymnastics training that took me around the world. Now it is time to bring gymnastics to the next generation - many inspired by gymnasts they watched at the 2016 Olympics.

I was in Rio to witness the historic gymnastics performances. It was an amazing to experience to be in the arena to see first hand the success of the US Women's Olympic Gymnastics Team and especially Simone, Gabby and Laurie. I was able to speak with their parents and feel the pride in hearts. Their daughters were beginner gymnasts' when they started- that is where the dream begins.

This fall we will be ready to go with our gymnastics classes. I am proud of is that the WHGF has been able to provide high quality yet affordable gymnastics programming. We offer scholarships to those families who need our support. For me - I want all children that want to take gymnastics to participate in the sport I love so much.

The WHGF is a community program supported by partners, public officials, grants and other foundations that support our mission. I profoundly thank them for the opportunity to provide this service. Also our Board of Directors who have committed their time, talent and treasure for the youth of the WHGF.

I have gathered great gymnastics teachers here in Detroit. They are talented, hard working and committed gymnastics instructors and coaches. We have our own way of doing things, but we never compromise on teaching great gymnastics and healthy workshops for our students.

This enrollment packet is to provide registration and gymnastics class information. Feel free to contact us for any questions you may have.

All the best,

# WENDY HILLIARD GYMNASTICS FOUNDATION

## Mission Statement

The mission of the WHGF is to provide opportunities to improve physical and emotional health to children of all ages in underserved communities.

## ABOUT US:

*The Wendy Hilliard Gymnastics Foundation (WHGF)* is a non-profit organization dedicated to providing quality gymnastics training and activities for all youth in the Harlem community and its surrounding areas. Founded in New York City in 1996 by Hall of Fame rhythmic gymnast, WHGF was formed to provide free and low cost gymnastics for youth. WHGF is staffed by a team of trained and experienced coaches, who help provide opportunities for young people between the ages of 3-17 years old, to develop essential life skills such as hard work, discipline, team work and self-confidence. These life skills qualities are obtained by teaching our students the sports of gymnastics and its associated disciplines. Our students learn, perform and compete in gymnastics, which introduces them to these qualities. Additionally, aside from enhancing their athletic and social skills, WHGF places substantial emphasis on personal potential and growth through quality instruction and workshops in reading, personal health and nutrition.

# WHGF Gymnastics Classes

The Saturday Gymnastics Program is an introduction to gymnastics and a beginner gymnastics program. Students will begin to learn a higher level of structure in this class. Choreography based warm up to fine tune performing as a group. Development of gymnastics skills: handstands, back bends, cartwheels and drills for more advanced skills. Students will also learn rhythmic gymnastics and tumbling to become well-rounded gymnast. Students will also be given routines to perform on their own to increase muscle memory skills. This class is for one hour. Students are divided into groups and rotate to the different events. Gymnastics instructors will move students throughout the semester into different groups based on skills.

## WHGF Saturday Community Gymnastics Schedule

**\*Subject to change as of August 21, 2016**

**All classes will be held at the Joe Dumars Field House**

**Ages 5-7: 9 -10:00AM**

**Ages 8-10: 10- 11:00AM**

**Ages 11-17: 11:00AM-NOON**

**September 17, 2016 -11:00 am-2:00 pm**

**Open House -National Gymnastics Day in Detroit**

October 1, 2016

October 8, 2016

October 15, 2016

October 22, 2016

October 29, 2016

November 5, 2016

November 12, 2016

November 19, 2016

December 3, 2016

December 10, 2016

December 17, 2016

January 14, 2017

January 21, 2017

January 28, 2017

February 4, 2017

February 11, 2017

February 25, 2017

March 4, 2017

March 11, 2017

March 18, 2017

March 25, 2017

April 1, 2017

April 8, 2017

April 22, 2017

April 29, 2017

May 6, 2017

May 13, 2017

May 20, 2017

June 3, 2017

### **NO CLASSES ON FOLLOWING DATES:**

November 26, 2016, December 24, 2016, December 31, 2016, January 7, 2017, February 18, 2017, April 15, 2017, May 27, 2017.

## WHGF Detroit Registration Information

Class/Age	Location	School Year Tuition (Not Including \$55 Reg. Fee)	Monthly Payment Plan
Ages 5-17	Joe Dumars Field House	\$450 Fees will be prorated after October 1, 2016	\$50

Register at [www.wendyhilliard.org](http://www.wendyhilliard.org)

Please contact (212)-316-0315 or (877) 554-0971 or [info@wendyhilliard.org](mailto:info@wendyhilliard.org)

### ANNUAL REGISTRATION FEE \$55:

The registration fee is due at the time of enrollment. The registration fee is \$55 for each student. The registration fee is non-refundable. Classes can only be reserved by paying the registration fee AND the first month of classes

### PAYMENT PLAN

A monthly payment plan is available. This plan is based on the overall tuition - NOT the amount of gymnastics classes per month. **Payment plan is \$50 per month.** Adjustments will be made for sibling discounts, and scholarships if qualified.

**SCHOLARSHIPS:** Wendy Hilliard Gymnastics Foundation offers scholarships to families who may need additional assistance with their tuition. The application requirements are listed on our website and attached to this packet.

### SIBLING DISCOUNT

15% for each sibling after the first child

### NO MAKE UP CLASSES

The WHGF Community Gymnastics Program does not offer make up classes. The WHGF will only add an extra class if a scheduled class is cancelled due to unforeseen circumstances.

### PAYMENT POLICY:

Tuition is due on the 1<sup>st</sup> of the month. \$10 late fee will be assessed for payments received after the 5<sup>th</sup> of the month

### REFUNDS/DROP POLICY:

To discontinue/drop a gymnastics class, contact the office **in writing/email before the first of the month.** Those who do not pay by the 15<sup>th</sup> of each month may be dropped from the program.



### **SCHOLARSHIP REQUIREMENTS**

- **All scholarships are on a first come first served basis. –Scholarship deadline is September 17, 2016 and receiving a scholarship is not guaranteed.**
- **The Registration fee of \$55 must be paid to reserve a space in the class**

**For scholarship consideration, please submit the following to our office:**

- **A typed letter requesting consideration and explanation of your circumstances.**

**And at least 2 of the following for financial verification:**

- **A copy of your current 1040 for proof of income**
- **A current pay statement or check stub**
- **A copy of your SSI Benefit Letter (Supplemental Security Income)**
- **A copy of recent unemployment statement**
- **A copy of child support statement**
- **Detroit Housing Commission Voucher Letter (Section 8 Letter)**
- **HRA Award Letter or Budget Letter**

**Scholarship determination is based on the Federal Income Eligibility Guidelines**

**DO NOT SEND ORIGINAL FINANCIAL INFORMATION.**

**Send information to:**

Wendy Hilliard Gymnastics Foundation  
550 West 155<sup>th</sup> Street  
New York, NY 10032  
Phone: (212) 316-7609 or (877)  
554-0971  
Fax: 212-316-7609  
Email: [Info@wendyhilliard.org](mailto:Info@wendyhilliard.org)

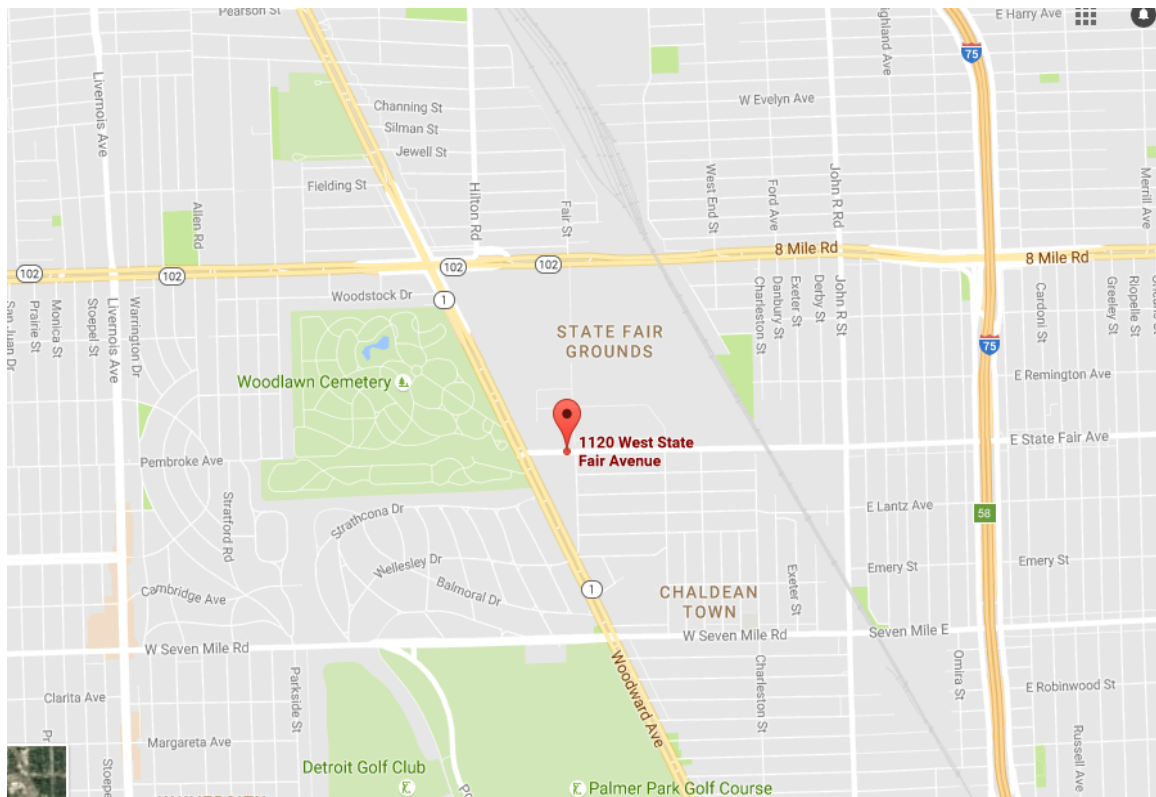
If you have any further questions, please contact us via email or by phone. You will receive a response to your request as soon as possible. Thank you for your interest.

# JOE DUMARS FIELDHOUSE DETROIT

**1120 West State Fair Ave. Detroit, MI 48203**

**(313) 368-0055**

## Enter on 8 Mile



# WHGF Common Questions

**Why can't the parents be in the gym during the class?** *(We have not determined whether we will have parents in the gym for our Detroit program stay tuned.)* We have the parents wait outside so the children do not become distracted. One of the goals of our program is to teach the students to pay close attention to their gymnastics instructors and to learn the process of sports discipline and how to follow directions. *No parent should ever enter the gymnastics area without permission from the WHGF Staff. If you need to speak with your child or have a question make sure to have a WHGF Staff accompany you. The same applies if you have questions or concerns. Due to the tight turn around of the classes and children moving from one class to the next it is difficult for the gymnastics staff to answer questions on site right away. Please be patient and wait for class to get underway and then approach a WHGF Staff person or call or email the office during the week.*

**Why must the student wear the same uniform?** This is a choice of the WHGF and many other programs- karate and dance for example. We recommend bare feet because it is the best way to prevent slipping. White socks only are permitted if you want your child to have something on their feet. No oversize clothes are allowed for safety reasons. Other safety issues include no hoop or dangling earrings and other jewelry. Small post earrings are allowed. Hair must be secured away from the face.

**What will the children learn in class?** Depending on the age group the skills that are taught in this program are basic gymnastics skills. Gymnastics has several disciplines and the WHGF classes focus learning gymnastics fundamentals, physical conditioning and learning routines to music. Tumbling is the foundation for all gymnastics disciplines. Even before learning to tumble students must learn how to warm up their bodies and develop overall body strength and flexibility. We start with a warm up to music that helps the students learn the moves while the music and repetition allows them to progress faster. If students are late to class they will have to do exercises to warm up their bodies up before they can join their groups. Often times they are push up or jumping jacks.... After a few sessions the students are divided into groups according to ability. Initially they are separated by age and/or height. After the warm up the students rotate to different events spending about 10 – 15 minutes per event. The students may not rotate to each event each week but throughout the course of the session they will work on all of the different groups. Besides tumbling most students also rotate to a rhythmic gymnastics event. Rhythmic gymnastics uses hand apparatus i.e. hoops, ribbons and balls. This helps develop important hand and eye coordination and also helps develop good alignment. One session may concentrate on dance movements. All gymnasts have to learn a good amount of dance movement to enhance their gymnastics. All of the sessions develop coordination.

**How are the WHGF gymnastics instructor selected?** The selection of good gymnastics instructors is the most important aspect of the WHGF programs. All instructors have to have a background or training in gymnastics and also have to follow specific safety rules.

**Why must the students participate in the reading and nutrition workshops?** The WHGF reading and nutrition workshops that coincide with the gymnastics program developed out of requirements from WHGF funders which allow us to provide high quality programs for low cost and/or free of charge. Over the years these workshops have enhanced the WHGF programming and given the students that come through our programs a well-rounded experience and also the ability to use the discipline learned through gymnastics and apply it to other areas of their life. In addition, these workshops allow the WHGF staff to learn more about the students and their personalities and also give the parents good information about nutrition for budding athletes.



# WHGF Common Questions

**Why is so much time spent on the gala performance?** The WHGF Galas that are generally held at the end of the school year. Galas give the students a chance to showcase their abilities and also to be exposed to champion and professional gymnasts. In addition, preparing for the gala challenges the students learn routines and gymnastics elements.

**What if there may be a snowstorm?** Please either call the WHGF office 212 316-0315/877-554-0971 or check the website [WendyHilliard.org](http://WendyHilliard.org) on the day of classes. Follow us on social media!!!!

**If my child misses a class or class is cancelled are there make up classes?** No, unfortunately we have to set our schedule in advance and there are not a lot of options for make-up classes. Occasionally we will reschedule a class if possible. If you have any other questions email is best [info@wendyhilliard.org](mailto:info@wendyhilliard.org) or call the WHGF office Monday- Friday 10:30am -5:30pm.



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## SATURDAY GYMNASTICS PROGRAM RULES & REGULATIONS

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*We have compiled this guide to familiarize you with the procedures of our program. Please review the rules with your child and keep this guide for reference. If you have any questions regarding any aspect of this program, please email or call us.*

- ALL STUDENTS MUST SIGN IN AND CHECK ATTENDANCE AT WENDY HILLIARD GYMNASTICS FOUNDATION DESK.
- ARRIVE ON TIME FOR YOUR CLASS SESSION. STUDENTS MAY NOT BE PERMITTED TO ENTER CLASS LATE THIS IS AT THE DISCRETION OF THE GYMNASTICS INSTRUCTORS. IN ADDITION, PARENTS MUST BE ON TIME TO PICK UP STUDENTS.
- NO GUM, CANDY, FOOD OR BEVERAGES INSIDE GYM.
- WORKSHOP PARTICIPATION IS REQUIRED OF ALL STUDENTS.
- NO RUNNING IN GYM WITHOUT PERMISSION.
- STUDENTS MUST NEVER ATTEMPT A NEW SKILL OR USE APPARATUS WITHOUT PERMISSION.
- PERMISSION MUST BE RECEIVED FROM THE INSTRUCTOR TO USE THE REST ROOM OR FOR WATER BREAKS DURING CLASS.
- STUDENTS OR PARENTS BEHAVING IN A DISRUPTIVE MANNER WILL BE DISMISSED FROM CLASS IMMEDIATELY. CONTINUING MISCONDUCT WILL RESULT IN DISMISSAL FROM THE PROGRAM.
- WHAT TO WEAR: WHGF Leotard or gymnastics compression shirt. Black spandex shorts or black leggings (without feet) can be worn for each class. White socks only (bare feet preferred.) No ballet shoes, tights with feet, oversized T-shirts, sneakers or sandals. No jewelry, except small post earrings. Long OR loose hair must be secured away from the face in ponytail or bun--No barrettes or tie balls, especially at the top of the head.

## Contact us!

**WHGF Main Office:**

**Hours of Operations:** Mon-Fri 10:30am - 5:30pm

**Phone Number:** 212-316-0315 or 877-541-0971

**Email:** [info@wendyhilliard.org](mailto:info@wendyhilliard.org)