2023 SUMMER GYMNASTICS CAMP
GIRLS AND BOYS
AGES 7 - 17
JULY 5 - AUGUST 4
Monday-Friday
10 am-4 pm
HCZ Armory 40 West 143rd Street NYC 10037

jocelyn@wendyhilliardfoundation.org
212-316-0315
About WHGF

The mission of the Wendy Hilliard Gymnastics Foundation is to empower the lives of young people from underserved communities by improving physical and emotional health through the sport of gymnastics.

Our Staff

The highly trained gymnastics instructors do so much more than teach great and safe gymnastics. They are dedicated to our mission and reflect the demographic of the youth that we serve. Most were competitive gymnasts, which meant they spent years developing their craft. The ability to teach gymnastics takes another level of commitment. Coaching and working at the WHGF also requires a level of sensitivity and awareness of the challenges that many of our students may be dealing with outside of gymnastics. Performance gymnastics is a hallmark of the WHGF, allowing our students to express themselves through music, dance, and gymnastics.

Our Camp

WHGF holds a summer camp in our Harlem Location every year. The camp offers options for youth doing gymnastics for the first time up to experienced WHGF team members who spend the summer improving their skills and preparing for the next year’s competitions.

Our Gym

The WHGF’s main location is in Harlem, New York. Established in 1996, community programming and team training take place at the Harlem Armory in partnership with the Harlem Children’s Zone.
**Early Drop Off**

- Frederick Samuel Community Center
  - 669 Malcolm X Blvd.
  - New York, NY 10037
- **Hours:** 8:30 AM – 9:30 AM
- **Phone:** 646-647-9650
- **Costs:**
  - Early Drop Off Day - $10
  - Early Drop Off Week - $50
  - Early Drop Off/Late Pick Up Day - $20
  - Early Drop Off/Late Pick Up Week - $100

**Late Pick Up**

- Oberia Dempsey Multi-Service Center
  - 127 W. 127th Street
  - 3rd Floor, Room 301
- **Hours:** 4:30 PM – 5:45 PM
- **Phone:** 646-647-9650
- **Costs:**
  - Late Pick Up Day - $10
  - Late Pick Up Week - $50
  - Early Drop Off/Late Pick Up Day - $20
  - Early Drop Off/Late Pick Up Week - $100

**Camp Tuition**

- **Week 1 (Jul 5 – Jul 7)**
  - Single Week: $210
- **Single Week**: $350
- **Three Weeks**: $945
- **Four Weeks**: $1,190
- **Five Weeks**: $1,288

**CLICK HERE TO REGISTER**

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You may drop off your child anytime between 8:30 – 9:30am. Our staff members will leave the center with the children at 9:30am to go to the HCZ Armory. Anytime after 9:30am, please take your child(ren) directly to the HCZ Armory.

At 4:30 pm, WHGF staff members will escort your child(ren) to the Oberia D. Dempsey Multi-Service Center located on 127 West 127th Street.

Upon entering the building, you must stop by the security desk and show your ID. Please inform them that you are going to the Wendy Hilliard office Room 301. Your temperature will be taken every time you enter the building.

The latest you can pick up your child is 5:45pm. The Oberia D. Dempsey Multi-Service Center has strict hours of operation and will not allow anyone to stay in the building past 5:45pm.

If after 6:00pm your child has not been picked up, and you have not contacted our staff, your child will be escorted to the nearest precinct as per the Administration for Children’s Services (ACS) Parent Guide.
Camp Uniform

WHGF Leotard with white socks or WHGF Shirt/Black Shorts with white socks. White socks are required for the trampolines.

Campers can wear black spandex shorts or black footless leggings. NO ballet shoes, oversized T-Shirts, sneakers or sandals and, NO jewelry except for small stud earrings are allowed in class. Long or loose hair must be secured away from the face in a ponytail or bun; No barretts or tie balls - especially at the top of the head. For outings/trips, campers will be asked to wear a WHGF T-Shirt, comfortable bottoms (Jeans, shorts, etc) and comfortable sneakers/shoes.

Uniforms must be purchased before the start of camp on our website www.wendyhilliard.org

Daily Schedule

8:30–9:30am
Early Drop Off

9:30–10:00am
Arrival

10:00–10:30am
Warm Up

10:30–1:30pm
Gymnastics

1:30–2:00pm
Lunch

2:00–3:00pm
Enrichment Activities (Art/Dance classes/Guest Speakers, etc)

3:00–4:00pm
Camper Activities (Games, Rock Climbing, etc.)

4:00–4:30pm
Dismissal

4:30–5:45pm
Late Pickup

What to bring to the Camp?

- WHGF Uniform
- Flip Flops
- Refillable water bottle
- Healthy Lunch/Snacks
- Extra hair ties
- Masks (Optional)
- Book (from summer reading list)

Recommendations:

In an atmosphere where there is a lot going on, campers tend to forget, lose track or misplace their items. Therefore, we recommend that personal valuables (jewelry, electronic devices, etc) be left safely at home. We also recommend putting your child(ren)’s name on their belongings.

*The WHGF is not responsible for lost or stolen items*
Camper Illness Policy

If your child feels ill or has been exposed to COVID, contact your child’s doctor for guidance and then notify our admin staff. It’s in your child’s best interest to stay home when feeling sick. Staying home when sick protects your child from more significant health issues and also protects others by eliminating exposure.

Parent Visits

As per the HCZ Armory policies, parents are not allowed to enter the building. However, we will stream the summer camp online throughout the day and may have occasional days where parents can watch (e.g. showcase).

Discounts

15% for each sibling after the first child. Only one discount per student, but families may qualify for multiple discounts. Adjustments will be made for sibling discounts and scholarships if awarded.

Contacting Campers/Staff

646-647-9650
Camp admin hours 8:30 AM–5:45 PM
Early Drop off/Gym/Late Pickup
Office hours 9:00 AM–5:00 PM
Office: 212-316-0315
Email: Admin@wendyhilliardfoundation.org

Payment Policies

Camp payments must be made with a valid credit or debit card through the parent portal prior to your child(ren)’s start date. Cash payments are no longer accepted. Future registration is only available if accounts are up to date.

Credits/ Drop Policies

WHGF does not provide refunds. However, class credits will be issued for future classes. Requests to discontinue/drop classes must be submitted by email.

Scholarships/Financial Aid

Wendy Hilliard Gymnastics Foundation offers scholarships to families who may need additional assistance. For more information, please email jocelyn@wendyhilliardfoundation.org

Credits/ Drop Policies

WHGF does not provide refunds. However, class credits will be issued for future classes. Requests to discontinue/drop classes must be submitted by email.
Does my child need to take a PCR COVID test or be vaccinated?
As of March 10, 2022, HCZ does not require participants to take an initial Covid test or be vaccinated. *Covid policies are subject to change*

Is there a uniform requirement?
We do require our campers to wear either our WHGF leotard (Black shorts or footless leggings optional) or WHGF compression shirt/T-shirt with black shorts/footless leggings and white socks. These items are available for purchase on our website.

What is camp doing to keep my child as safe as possible from COVID-19?
The health and safety of our campers, employees, and community is our top priority. We will follow all health regulatory recommendations and covid policies and take actions so that we may safely offer a good camp experience.

Will parents be able to watch/attend camp?
Unfortunately, parents are not allowed to observe camp due to building regulations. However, parents will be able to view the program by live cam through the parent portal.

Do you provide lunch?
No, but all campers must bring their own lunch, HEALTHY snacks, and a refillable water bottle.

What if my child is part of HCZ?
If your child attends a HCZ school or afterschool program, please email jocelyn@wendyhilliardfoundation.org to complete your child’s registration.

What if I have more questions?
Please contact us at 212-316-0315 or email admin@wendyhilliardfoundation.org.
To the HCZ Armory
40 W 143rd Street between Lenox Avenue and 5th Avenue

Transportation:
M7 bus to 142nd Street and Lenox Ave
M102 bus to 142nd Street and Lenox
3 train to 145 Street
(Must be in the first 5 cars of the train)

To Frederick Samuels Community Center
669 Malcolm X Blvd

Transportation:
M7 bus to 142nd Street and Lenox Ave
M102 bus to 142nd Street and Lenox
3 train to 145 Street
(Must be in the first 5 cars of the train)

To Oberia Dempsey Multi-Service Center
127 West 127th Street

Transportation:
M2 bus to Adam C Powell Blvd/W 128 St
M10 bus to Frederick Douglass Blvd/W 128 St
M3 bus to St Nicholas Av/W 128 St
B/C train to 125 St
Safety and Conduct

The WHGF Summer Gymnastics Program provides a fun, supportive and safe environment for children to learn and develop their gymnastics skills. It is our responsibility to ensure the safety of all children. The WHGF summer program staff will make every effort to help children understand the difference between the importance of acceptable and unacceptable behavior.

- Campers must cooperate with staff/coaches and follow directions at all times.

- Campers must respect other children, staff, WHGF equipment and facilities.

- Campers must stay with their designated group.

- Campers must refrain from any behavior that threatens the safety or well-being of any child or staff member in our program, including themselves.