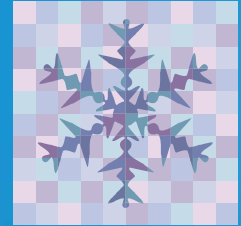


HHGC Connections

January 2024



Welcome to Winter!

Winter recreational programs are back in full-swing here at HHGC! And our coaching team is so excited to take on another fantastic session filled with the Fun, Fitness, and Fundamentals of gymnastics, with all of our new and returning athletes! It has only been a few weeks, but we are already seeing lots of new skills, and big improvements from our athletes, and cannot wait to see where this session will take them!

We have so much going on at HHGC in the next few weeks so here are a few important dates to remember:

We are hosting our first ever Parents Night Out on Saturday February 3rd from 7:00-9:00 pm! The cost is \$50 per couple, and the evening will include gymnastics, games, challenges and a catered dinner! This will be a fun opportunity to switch up your date-night and take part in a, active, and entertaining night! This event is open to all couples over the age of 18, and there is no experience required!

Our Valentine's Day Kidz Night is being hosted on Saturday January 10th from 5:30-8:00 pm for anyone between the ages of 5 and 12! The evening will include gymnastics, trampoline, ninja activities, games, a craft, pizza and a movie! Leave the kids with us for a fun-filled night, while you go out and have a nice evening alone!

We will also be hosting another Preschool Kidz "Afternoon" on Saturday March 2nd from 3:00-5:00, for anyone 5 and under and their accompanying "adult"! This event will require pre-registration for all athletes but will be run as a drop-in style event! There will be gymnastics, snacks, crafts, and you will be able explore and play in the gym at your own pace! Registration for this event opens on February 17th!

This session HHGC will be closed on Monday February 19th (Family Day), and Friday March 29th (Good Friday), Monday and Friday classes have already been prorated to account for this missed class.

Recreational athletes in the following programs: Kindergym, Advanced Kindergym, Aspire, Girls Gym, Advanced Girls Gym, Sr. Girls Gym, Sr. Advanced Girls Gym, Developmental, Boys Gym, and all Tumbling and Trampoline classes, will receive a progress report after their class during the week of February 10th- February 16th. These progress reports will have important information about what class we recommend the athletes are registered for in the spring session, so please review them carefully before registering your athlete for the spring session!

Registration for our upcoming spring recreational session (Monday April 1st- Sunday June 23rd) will open at 12:00 AM on Tuesday, February 20th!

We'd also like to give a BIG SHOUT OUT to our newly certified coaches; Jessie, Alex, Alyssa, and Laila, who are excited to take on their first full session as coaches!



Important Dates:

Jan 19-22—WAG 1st Qualifier London

Jan 27 & 28— T & T 1st Qualifier Belleville

Feb 3—Parents Date Night at HHGC

Feb 4 — MAG 2nd Cup Kitchener

Feb 9—12 — WAG 2nd Cup Milton

Feb 19—HHGC Closed Family Day

Spring Registration begins

February 20!

Competitive, Interclub and T & T Update:

I'm excited to share some remarkable updates about our gymnastics team! Our Men's provincial squad has displayed exceptional prowess at their first qualifier competition, warranting a well-deserved round of applause. Similarly, we're confident that our provincial women's gymnasts, trampoline, and tumbling gymnasts will continue to make us proud in their upcoming competition, and we extend our utmost support to them.

Moreover, the new workout gym has proven to be an excellent addition to our athletes' training regimen, and we're elated to witness the significant improvements they're making. Our athletes have been making great progress, and we're confident in their capabilities.

Additionally, please note that our tracksuit jackets have arrived, and we're distributing them to all our athletes as they arrive for practice. If your child hasn't received their jacket yet, kindly ask their coach, and they'll be able to assist you.

Furthermore, I'm happy to announce that our Xcel and non-provincial athletes will have their mock meets next month. You can expect emails in the coming weeks with all the necessary information.

We encourage everyone to maintain their dedication and hard work, and we look forward to achieving even greater success in the future. Thank you for your continued support!"



Coach Xhosa
Competitive Head Coach



VALUES

HHGC was founded on the principles of empowering young individuals to improve their lives through physical fitness, professional gymnastics education, and leadership training. HHGC is a registered non-profit committed to:

Collaboration

Collaboration and partnership with children and their families.

Inclusiveness

Inclusiveness - HHGC welcomes and fosters a sense of belonging for all.

Respect

Respect - HHGC treats all persons with dignity and acceptance.

Social Equity

Social equity by serving vulnerable communities and at-risk populations.

Accountability

Accountability and transparency throughout the organization.

Innovation

Dedication to innovation, learning, evaluation and continuous improvement.



Executive Directors Update

We would like to start by welcoming you all to the Winter 2024 season! It's very exciting to see over 700 athletes stepping into our facility this season – hopefully everyone just remembers to leave their snowy boots at the door 😊

Also, we just want to remind all HHGC participants that our Spring 2024 registration will be commencing February 20, on our newly revamped website!

A few other notes about exciting things happening here at HHGC:

We are so incredibly excited to announce 'Plumber Near Me' as our second major facility sponsor for the next 4 years! Plumber Near Me is a great local company, and will assist HHGC with many upgrades to the facility, and hopefully also able to help each and every one of you with your own residential or commercial plumbing needs! <https://www.plumbernearmeinc.ca/>

HHGC is excited to announce our online 'New Year's 50/50 raffle' fundraiser - grab your tickets through Rafflebox starting January 22, 2024! Funds raised by this raffle will support some upgrades to everyday needs in the facility – filtered water coolers, new sinks with touchless fixtures, commercial grade toilets – all things that EVERYONE, from parents to coaches to Competitive and Recreational athletes, uses every time they come to HHGC. The winner will be contacted to claim their prize. Thank you for your support!

It's cold out there. And on February 24, HHGC will have a team to do something about it. Together with thousands of Canadians across the country, we're walking and fundraising in the **Coldest Night of the Year** to support and serve people and families experiencing hurt, hunger, and homelessness in our community. Please, give generously by following this link: [rentalshttps://secure.e2rm.com/registrator/TeamFundraisingPage.aspx?teamID=1009583&langPref=en-CA](https://secure.e2rm.com/registrator/TeamFundraisingPage.aspx?teamID=1009583&langPref=en-CA) Thanks!

Our newly opened **HHGC Fitness Centre** is looking for certified, insured personal trainers to rent our extremely affordable space during the days and on Sunday's. If you're interested in training your clients in our full-service, 600 square foot Fitness Centre, please contact me for more details

HHGC's **Annual General Meeting will be held in the 'Plumber Near Me' gym on Tuesday January 30th at 7:30pm** – please attend to see how HHGC did last fiscal year and hear about new initiatives for 2024. A few board members are needed as well, so please come and ask questions if you'd like to volunteer with HHGC!

Lastly, just a friendly reminder of the parking situation at HHGC. Weekdays **before 5:00 pm**, we **are not allowed** to park in the McNally or Quilt Source parking spaces. Please arrive no more than 5-10 minutes early for your class, and park accordingly. We appreciate your patience in the parking lot on our busy nights of gymnastics programming.



www.haltonhillsgymnastics.com

Halton Hills Gymnastics Centre would like to thank all of you athletes and parents for your continued support, and if you are interested in supporting the club further (sponsorships, volunteering, etc) please feel free to contact me, as there are multiple amazing options available to promote local businesses.

Thanks again and see you at HHGC soon!

Alex Bittermann
Executive Director
alex@haltonhillsgymnastics.com



Happening in February at HHGC



Saturday February 3rd

Parents Date Night at HHGC

7:00 - 9:00 pm

\$50.00 couple

You are invited to

VALENTINES

Kids Night



www.haltonhillsgymnastics.com

SATURDAY, FEB 10TH

5:30 - 8:00

**Drop the kids at gymnastics while
parents go out for Valentine's day!**

Crafts, gymnastics, ninja, games, pizza,
and a movie!

\$40/FIRST CHILD

\$20/SIBLING



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