

FEBRUARY
2016

IMPORTANT DATES:

- Feb. 15 Closed for Family Day
- Feb. 12-14 Club Invitational Meet in Chicago
- Feb. 21 HHGC Gymfest Meet— No Sunday Recreational classes.
- Feb 27—28 Level 2-5 Meet Alliston
- Mar 14—18 March Break Camp (Recreational Programs running)
- Mar 25 Last Day of Session 2
- Mar 26 First day of Session 3
- Mar 25 Good Friday HHGC Closed
- Mar 27 Easter Sunday HHGC Closed

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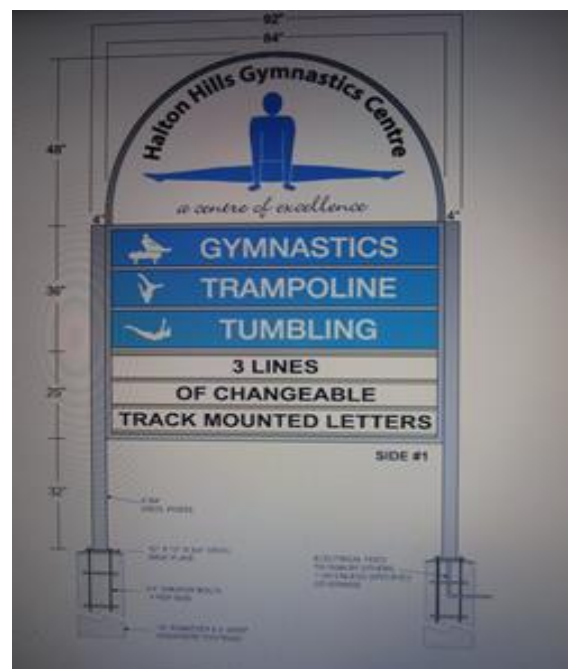
Connections



Welcome to Session 2 at HHGC

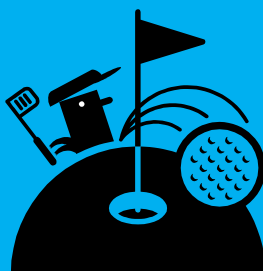
OUR NEW SIGN IS COMING SOON!

You will soon be able to drive along Armstrong Ave. and notice a big, bright sign saying "HALTON HILLS GYMNASTICS CENTRE" on the front lawn of 36 Armstrong Ave. Due to the generosity of the Ontario Trillium Foundation, we are getting a brand new, highly visible street sign. It will be illuminated on both sides and will be visible to traffic coming in both directions. 6,000 vehicles pass by the front of HHGC on a daily basis! That's 2.1 million vehicles per year. This new street sign with messaging capability will help create public awareness and a positive public image, but it will also provide much needed lighting for vehicles as they turn into our parking lot at night. We are aiming for a May, 2016, installation datejust in time for promotion of our Annual Golf Tournament and Year End Recreational Show.



THE HHGC DIFFERENCE!

HHGC is the only organization in town that provides a full range of Gymnastics programs from toddler to Provincial level gymnast. HHGC is registered with the Province of Ontario as a Non-Profit Organization. That means that it exists for the sole purpose of serving the community and must use any profit exclusively for its not-for-profit purposes. We offer programs for Special Populations such as the one for 'Men with Autism' from Community Living North Halton. Our philosophy of Inclusive Recreation welcomes all children regardless of special conditions or challenges. We offer employment opportunities and leadership training to local youth that will help them in their future employment and educational pursuits. HHGC has direct expenditures of over a half a million dollars in the Town and has an economic impact to the local economy several times that amount on an annual basis. Community Engagement is important to HHGC. Our gymnasts and their families are active in our community and every year, they participate in the 'Canada Day' Parade, the 'Santa Claus Parade' as well as supporting other community organizations such as our 'Adopt-a-Family' program with 'Links-To-Care'. We are a family oriented centre with activities for kids of all ages and adults alike! Everyone is welcome at HHGC!



HHGC Annual Golf Tournament June 9, 2016

Recreational Update

Welcome to the Session two at HHGC! We would like to take this opportunity to thank our returning gymnasts and coaches for their continued support, and to welcome all new athletes joining our HHGC family.

We hope to make this session both fun and challenging for everyone. In order for this session to be successful, please feel free to discuss any questions or concerns you may have with your coach. Gymnasts in our 2nd Session will be tested during the last few weeks of this session and report cards will be handed out at the last class. If you have any questions on testing please speak to our Recreational Coordinator, Brittney, and she is more than

happy to answer any of your questions. Also, as we are using the "NEW" Smart Moves Program please don't hesitate to ask any questions you may have about the new report cards.

We would like to welcome our new day-time coach Laura to our HHGC coaching team. Laura is a mother of two great children and also the wife of our Super Head Coach, Florin. Laura is certified in the Foundations Coaching Program and is very knowledgeable about gymnastics. Welcome Laura!

Registration for the 3rd Session is now being accepted and can be done online or in person at the office. Our 3rd Session is hugely popular as we cap it off with our Annual Year End show where all our recreational gymnasts are given the

chance to show off their skills. Our Year End show will take place on Saturday June 11th so mark your calendars!

Our Drop In Wednesdays and Fridays have been so popular we have added a third day. We are now offering **Drop In on Thursdays** from 9:15 — 11:15 am and cost the is \$12.00 per parent.

Thank you for your continued support!

HHGC

HHGC ANNUAL GOLF TOURNAMENT— JUNE 9th

Hello HHGC Parents,

This annual golf tournament will take place at Eagle Ridge Golf Club in Georgetown. Tee off is 8:30 am and the day will be filled with golf, hole challenges, a BBQ lunch and a silent auction. We are looking for foursomes to play, event sponsors, hole & challenge sponsors, silent auction prize

donations and parent volunteers to assist with helping the day to run smoothly. We will begin taking registration in February. Price per player is \$175.

This is a very important fundraiser for the Halton Hills Gymnastics Centre, which is a non-profit organization, and your sup-

port is appreciated. If you are a business owner or if you think your workplace may have it in its budget to be a sponsor at this event or provide silent auction prize items, please contact Genevieve at email: genmoretin@yahoo.ca.

Gymfest Meet at HHGC Sunday Feb. 21st 2015

Halton Hills Gymnastics Centre is honoured to be hosting ODP Gymfest 2016 and I would like to acknowledge the fact that putting together a meet involves the commitment of many people. Thank you to the coaches, volunteers, assessors, staff, clubs, sponsors and Gymnastics Ontario for their time and effort to make this meet a great success. We wish all gymnasts the

best of luck as they pursue their passion and hope that everyone has enjoyed their time at HHGC.

We look forward to seeing you again next year!

Tiffany Varas

Meet Director .



GYMNASTICS

teaches a young girl to concentrate on where she is going in life

She quickly learns how to put her foot down

and when to LEAP for her

DREAMS

CONNECTIONS



HHGC Special Events

March Break Camp

HHGC will be offering March Break Camp from Monday March 14 to Friday March 18. We offer full and half day programs as well as single day options for those who only need a day here and there.

Time:
Full Day 9-4, Half day 9-12 or 1-4
Cost:
\$195.00 Full week/Full Day
\$140.00 for Full week/Half Day
\$50.00 FD, \$30.00 HD

Registration is available at the front office.

Please note that regular programs are running during the March Break.

Kids Night Friday Feb 5th

All Kids are welcome to come out and enjoy a Halloween themed fun-filled theme night of gymnastics, games, crafts and pizza.

Time: 6:30 – 9:30 p.m.

Cost: \$25.00 gymnasts

2nd child from same family is \$10.00ea

Registration is available at the front office.

Summer Camp

Full and Half day camps available.

Great way to keep the kids active over the Summer Holidays.

Registration will be accepted starting April 1st at the office or



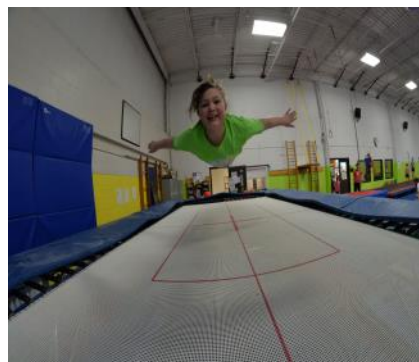
Competitive Trampoline Update

ADVANCED TRAMPOLINE

We have worked hard on new skills so far in our program to get to the next level and that's exactly what we will do for the next 2-3 competition we have planned ahead. Everyone is excited to push their limits and higher their expectations to a new level. We wish all the best

to all gymnasts competing in the trampoline competitions ahead.

Coach Florin



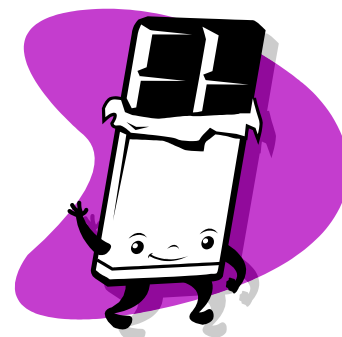
Chocolate Bar Fundraiser

Thank you to all our members who participated in our Annual Chocolate Bar Fundraiser. We especially want to thank all those who went the extra mile to make this fundraiser a success.

Marissa F was our Top Seller and won a Ipad Mini.

Second place was Maya L and third was Avery C.
Way to go Girls!!

HHGC made \$9000 which with help with our new bar pits.





"Good Luck Girls at the Upcoming meets! I know you can do it!"

Competitive Program News

With the Holidays behind us and a busy competition schedule ahead of us we are in a full swing of routines.

Our 2nd Qualifier will be hosted by Milton Springers where our Provincial gymnasts will compete, going for their best inspired by passion and love for gymnastics. Soon after this competition we will pack our luggage and head to Chicago where the girls will compete in one of the biggest gymnastics competition in North America.

We are excited this year we will be hosting our annual ODP meet on February 21st where some of our youngest gymnasts will perform a series of tests on flexibility, handstand, strength-power-endurance.

Level 3 gymnasts will start their qualifiers for the provincial championship on February 27-28 in Alliston, followed by two other competition. The best 2 competitions out of

three will count toward the provincial qualification.

Good Luck Girls!!



Tricks to get your kids hooked on Green Drinks!

If you're looking to get your kids eating more fruits and veggies, why not try green smoothies! Here are some great tips to get your little ones loving their greens!

Start with a transition smoothie. Use more sweet fruits and start with mild greens such as spinach or kale. Slowly add more vegetables.

Make green smoothies visually appealing; use colorful straws and kids-sized mason jars, add paper umbrellas or sprinkle little shaving of coconut or dark chocolate on top.

Give your new green drink a fun name! Try the "ninja turtle" or "tinkerbell" shake.

Get them involved in the process by measuring out fruits, and adding the

juices.

Drink Green drinks yourself (they really are delicious!). Lead by example.

Get yourself a high-powered blender; they make a huge difference when it comes to blending the ingredients super smooth.

Try this tried and tested kids-friendly green smoothie!

Green Smoothie

Make 2 servings

½ cup frozen pineapple

½ cup frozen mango

½ cup fresh spinach

½ cup fresh kale

splash of orange juice

splash of apple juice

plain water or coconut water

Blend until smooth.

Enjoy!



Today may
be just
like any
other day
but,
It's YOURS!

Livin3.com

CONNECTIONS

Corporate Sponsorship: Why are Sponsorship Dollars Needed?

PAGE 5

Strong local partnerships are critical in making sure HHGC is relevant in the community and financially sound. In order to deliver the very best programs, facilities and coaching possible, we are always striving to improve every aspect of our business. Your sponsorship contribution helps us do this. It will also contribute to the overall financial health of the Centre and help keep registration fees affordable for our members. The Halton Hills Gymnastics Centre is the home of the fourth largest organized sports and recreational activity in the Town of Halton Hills next to Hockey, Soccer and Swimming and is the only organization of the four that does not

operate in a subsidized municipal recreation facility. HHGC rents its own facility with no municipal grants, contributions to maintenance and repairs or tax breaks of any kind. We have a fantastic 15,000 sq. ft. facility with great equipment and great coaches.



Birthday Parties at the Gym

Birthday Parties

Celebrate your child's birthday with fun games and exciting circuits hosted by qualified coaches.

Enjoy 45 minutes in the gym and 45 minutes in our private party room.

No stress – no mess!

Bring the kids and the cake – we take care of the rest!

We supply:

Pizza - Juice - Decorations

Private party room

Personalized birthday sign

Coaches and the amazing gym facility

Saturday and Sunday time slots available.



Cost: 8 children is \$165.00

For further info, please contact the office at 905 877 4330.

**"No stress
no mess!"**


**Bring the kids
and the cake –
we take care of
the rest!**

Thank you Sponsors

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CALENDAR OF EVENTS COMPETITIVE MEETS

Jan 2	Session 2 Begins	Nov 13-15	Tour Selection—Quinte Bay
Feb. 5	PA Day Camp, Kids Night	Nov 28-29	1st Qualifier L6—9 -Orangeville
Feb. 15	Closed for Family Day	Jan 29-31	2nd Qualifier L6—9 -Milton
Mar 14-18	March Break Camp—Rec programs are running	Feb 12—14	Chicago Style Invitational—Chicago
Mar 25	Last day of Session 2	Feb 21	HHGC Gymfest ODP
Mar 26	Session 3 Begins	Feb 27-28	1st Qualifier L3-5 / Invitational Meet—Alliston
Mar 27	East Sunday—Gym closed	Mar 4—6	3rd Qualifier I6-9 -Cambridge
Apr 22	PA Camp	Mar 18-20	2nd Qualifier L3-5 / Invitational Meet—Woodbridge
May 6	Kids Night	Apr 8-10	Provincial Championships L6-9
May 23	Victoria Day—Gym	Apr 29—May 1	3rd Qualifier L3-5 / Invitational Meet—Milton
Closed		Jun 10-12	Provincial Championships L3-5
Jun 9	Annual Golf Tournament		
Jun 11	Rec Year End Show		
Jun 17	Last day of Session 3		
Jul 1	New Season Registration		



GYM REMINDERS.....



WINTER WEATHER

Please remember to take off your shoes and boots and place them on the shoe racks in the front hallway. This will help to keep the facility clean but more importantly keep it safe for our gymnasts who are in bare feet.

In case of inclement weather and you are unsure if classes are running please call the gym. Daytime classes will be cancelled if Halton school buses are cancelled. There will be a message on the clubs phone if you are unsure. For evening classes after 4:00 pm and weekend classes, a message will be left on the answering machine with cancellation details. Please note that there are no makeup classes for classes that are cancelled due to inclement weather.

Attire

Please make sure your gymnast is either in a t-shirt and shorts (no buttons or zippers) or a body suit. All jewelry must be removed before class, hair must be tied back and children will have bare feet in the gym. Body suits are available for sale during office hours.

Water bottles

Please send your gymnast to class with a clearly marked water bottle. We provide filtered water to refill water bottles however, in doing our part for the environment, we no longer provide paper cups.

Drop

Off and Pick Up

Please make sure that you come into the gym for both dropping off and picking up your child for classes. **Gymnasts are not allowed to wait outside for parents regardless of age.**

Boots and Shoes

Please remember to take off your shoes and boots and place them on the boot trays in the front hallway. This will help to keep the facility clean but more importantly keep it safe for our gymnasts who are in bare feet.