



March happenings at HHGC....

We can't believe we're approaching March already; time flies when you're having fun here at HHGC! March will definitely be a busy month for us. And yes, I know it feels like winter will NEVER end, but summer planning has already begun!



On March 1st Summer Camp registration begins online—we are offering 9 weeks of summer camp this year! Summer campers have a fun day/week filled with TONS of gym time, crafts, games, freezies, pizza Fridays and more. Ask our staff for details or check out our website—we'd love to see you over the summer holidays!

From March 9th – 15th our regular recreational classes will not be running; instead we have our March Break Camp from March 11th-15th ! We are still accepting registrations—don't miss out on the fun this year!

Lastly, testing will begin March 16th and end March 29th to finish off with our last week of Winter Session being March 30th-April 5th!

A friendly reminder: Spring Session is LIVE for registrations! Gymnastics is a great complimentary sport for ALL sports. Gymnastics develops strength, flexibility, balance, agility, coordination, power, endurance—all skills needed for sports like hockey, soccer, baseball, football. The flexibility used to do a leg split is the same flexibility a soccer player uses to score a goal. The balance and coordination a gymnast develops to jump on a balance beam is similar to the skills needed by a pitcher on the mound. Whether you become a competitive gymnast or participate in other competitive sports, gymnastics gives you a great foundation to succeed! Check out our schedule online and sign up for Spring session today! The first week of classes begins April 6th-12th.

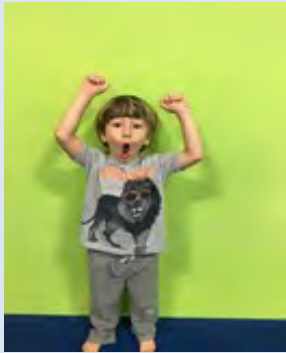
Important Dates:

- March 1st—Summer Camp Registration begins
- March 9-15th— No Recreational classes or Drop In
- March 11-15—March Break Camp
- March 15th—Daylight Savings—clocks go forward
- March 17th—St. Patrick's Day
- March 22-24—Cambridge Meet Girls Comp, Interclub
- March 23-25—2nd Cup Niagara Falls—Provincial Tramp
- March 30th-April 5th- Last week of Winter session
- April 6th- Spring session begins!



Athletes of the Month

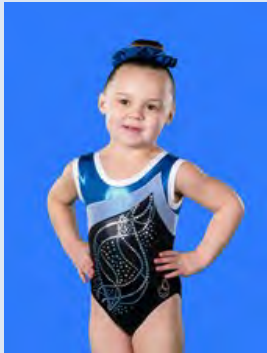
Recreational



Benjamin Mossa

This young boy has made so many improvements this month; not only his skills but his mentality! He now has the confidence and independence to overcome his fear of going into class alone. Way to go Ben!!

Competitive



Kylie Reis

Even though she is only 4 she LOOVES gymnastics and can do things her coach can't do. Kylie is always full of energy and come to gym with a smile!

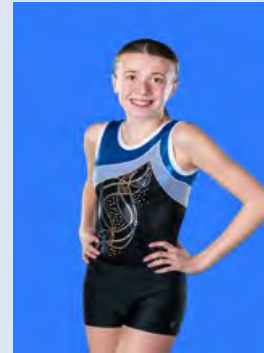
Interclub



Grace Craig

Grace is one of our athletes that is competing at the highest level from all our Interclub groups. She is doing an amazing job setting up a great example for the rest of the girls

T&T



Sydney Croll

She started trampoline last year but she is making big progress and that is due to her listening and passion for the sport.



Competitive, Interclub and T & T Update:

We have had a SUPER start to our competitive season. With 4 competitions behind us and some of our athletes seeing the top of the podium we could not be more proud as coaches! We won "Team Spirit Award" at the ASF meet attended by our Rising Stars team. Two of our Provincial Athletes have qualified for Provincial Championships with high scores at the 1st Provincial Cup.

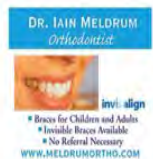
Our Interclub Trampoline and Power Tumbling team competed in Pickering and we had 3 first place



finishes. A huge shout out to Jesse and Isabella who finished on top in the first competition for Power Tumbling HHGC's has ever participated in! Our Comp 1 & 2 gymnasts competed on February 15 & 16 at Futures and we had some great showings with many medals and personal best. Great job by Ally who placed 1st over all in her first qualifier of the season.

Our next competition March 22-24 will involve all our WAG Interclub and some of our Competitive WAG.

Thank you for your support!



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