



HEALTHY KIDS

Gymnastics helps a child
gain confidence

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EXERCISE AND KIDS

Canadian stats show that exercise is
part of a healthy child's regime

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PARENTING

Special pullout section

HHGC helps to build minds and bodies

From floor to beam to trampoline: that's where the experience begins at Halton Hills Gymnastics Centre (HHGC).

Most boys and girls start with the Parents and Tots class and are coaxed by experienced coaches into their first somersault. From that first accomplishment, the children can continue on, learning new and ever more difficult skills, and gaining a strong sense of achievement that carries into every part of their lives.

Gymnasts of all ages and abilities are given the opportunity to reach their highest accomplishments. For most, the Recreational Program offers everything they want. For those with higher ambitions, the Competitive Program trains them—up to 25 hours per week—for competition at the Provincial level and, beyond that, to the National level. Classes are offered in traditional gymnastics as well as tumbling and trampoline. The Talk and Tumble program, specifically designed for children with developmental disabilities, receives rave reviews from parents.

This accomplishment is driven by the Centre's top-notch coaches. The Recreational Program's experienced coaching staff is assisted by



Making it look easy! Halton Hills Gymnastics Centre's competitive athletes thoroughly enjoy developing elite skills in their newly renovated 15,000 sq ft facility.

young people from the Halton Hills area, many of whom trained as gymnasts at HHGC. They do their coach's training while receiving hands-on experience in the gym, overseen by the senior coaches.

HHGC is a parent-guided organization. This shows in the supportive, nurturing environment evident in the viewing room that overlooks the two gyms—a large gym for advanced and competitive classes and a smaller gym for

the younger classes. Parents exchange information and cheer on each other's children. Many long-standing friendships have had their beginnings in that viewing room.

The Centre's not-for-profit status allows it to take advantage of a variety of programs, including the generous grant by the Ontario Trillium Foundation which made possible the purchase of brand new equipment and the hiring of General Manager Bill Harri-

son. The Canadian Tire Jumpstart program provides funds to lower-income youngsters at the gym. Many area high school students have completed their mandatory volunteer hours by helping out at HHGC events.

HHGC prides itself on its connection to the community and its partnerships with local businesses, and is proud to acknowledge them both on its website and in the gym. In turn, the Centre participates

in community events, like the annual Canada Day and Santa Claus parades, and the opening of the splash pad at Dominion Gardens Park.

The Halton Hills Gymnastics Centre is constantly growing and improving, and so are the young gymnasts who take part in its programs. We invite families from the Halton Hills area to join with us in this growth.

—By Nancy Kovacs, HHGC



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