

Gymnastics equals healthy kids

Life-long habits develop at a young age, therefore if children are physically active at an early age they will carry the concept of a healthy lifestyle with them throughout their life.

Children preschool-aged to primary grades need the foundations of quality physical programming taught by phys-ed specialists and coaches, just as teachers specialize in teaching math or science to ensure the proper form and movement is taught.

Gymnastics is one of the very few sports that use every part of the body. Recreational gymnastics teaches all the foundations of movement that complement every other sport and activity they take part in throughout life. It allows children that may be weaker, overweight, or less coordinated to progress at their own rate, unlike team sports where they may be centred out.

All children can benefit from gymnastics as it incorporates strength, flexibility, balance, coordination, spatial orientation, and power.

Studies have also shown the benefits that gymnastics has for some autistic children. Gymnastics allows them to get necessary activity and exercise

while maintaining a sense of control over excessive stimulation.

Many gymnastics centres offer programming for children with special needs whether it's private training or small group format. Occasionally funding they receive from various different organizations can be used to subsidize their participation in gymnastics.

Gymnastics not only keeps children physically active and healthy, but it increases a child's self-esteem. It gives children confidence as they progress their skills at an individual level. They do not need to impress their peers as they would have to in many team sports.

The confidence they gain by doing gymnastics is carried with them in other areas such as school, peer groups, other sports, and overall life. With an increased confidence level children do not risk developing a low self esteem early on in life which can lead to more serious mental and physical health problems in their future.

It's also a known fact that active kids do better in school than sedentary kids.

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Selena Luciani, 2, enjoys her time at Cartwheels Gym Centre.

Halton Hills BlueFins



Registration & Assessments September 9th 5:30 - 7:30 pm at the Georgetown Indoor Pool

Required: \$10 non-refundable assessment fee per family & photocopy of birth certificate. Bring your suit & be ready to swim!

Come see us at **Georgetown Market Place Sept. 8th**

For more info contact Shellie: 416-948-FINS

info@haltonhillsbluefins.ca / www.haltonhillsbluefins.ca

The Halton Hills Blue Fins is a swim club for all ages & abilities. Programs range from **Mini-Fins** (learn to compete program) to **Masters** (adults 18 & over).

Halton Hills Blue Fins have over 25 yrs of experience & a history of accomplished athletes. Our swimmers are encouraged to strive & reach their full potential. To be the best they can be! You don't have to be a competitive swimmer to join.



CARTWHEELS GYM CENTRE

SUMMER CAMP

- * Gymnastics for Kids
- * Drop in play
- * "Flips & Flicks" SEPT. 24
- * Movie Nights
- * Parties & Events
- * Social Sports: special needs programming

AUGUST 23 - AUGUST 27
AUGUST 30 - SEPTEMBER 3

• FULL/HALF DAY
• DAILY/WEEKLY

AGES
3½ +

Registration

FOR SUMMER CAMPS & FALL PROGRAMS

ON SITE;
(M-F) 10-2 & 5-7 PM
CLASSES START SEPT 13
(Cash & Cheque only)

FALL
CLASSES

REGISTER NOW!

- TUMBLING
- KINDERGYM
- JR/SR RECREATIONAL
- TINY & MINI GYM



Gym Owners: Jenn Unsworth & Patricia Murphy

318 Guelph St., Georgetown
(Indoor Plaza / across from Neilsons)
info@cartwheelsgymcentre.com
www.cartwheelsgymcentre.com

**905
702-9904**



GEORGETOWN children's chorus

Would your child like to be in our rock musical this December at the John Elliott Theatre?

How about a Motown and Gospel themed concert called "A Little Bit of Soul" next Spring?

Your child can develop confidence, go on choir trips, learn teamwork, make friends, learn to read music and sing on stage for \$125.00 a year.

The Georgetown Children's Chorus offers kids age 5 to 18 a wonderful chance to learn a variety of music styles in a safe and happy environment. For 18 years now, hundreds of kids and teens have learned music and performance skills to last a lifetime.

Register now for fall startup!

See www.georgetownchildrenschorus.ca
or call Sharon at 877-6841.