

HEALTH CARE

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Six-year-old Kelsey Wallace performs a balance manoeuvre during a recent training session at the Halton Hills Gymnastics Club.
Submitted photo



Halton Hills Gymnastics Centre vaults into new year

From floor, to beam, to trampoline... what a great way to kick start a new year!

Halton Hills Gymnastics Centre offers a variety of gymnastics programs with the next sessions starting this month.

Whether you are a snowboarder or skier interested in learning new trampoline skills to take to the hill, a dancer interested in strengthening your jumps and technique, a parent keen to develop your child's physical strength and self-esteem, a thrill-seeker looking to check out the country's fastest growing sport of trampoline or a mom with an energetic toddler or teen, Halton Hills Gymnastics Centre is the place to be.

Gymnastics is often referred to as 'the foundation sport' as it develops so many physical, psychological and emotional elements. It builds self-confidence and discipline, promotes teamwork, nurtures an appreciation for body movement, awareness and control and develops

flexibility, power, strength and endurance. All that is bundled into one sport offered in Georgetown.

Gymnasts of all ages and abilities have the opportunity to reach their highest level of accomplishment(s). HHGC is family-oriented with a variety of classes for all ages—starting with beginner classes for toddlers 18 months of age— with recreational, competitive and trampoline streams for teens up to 18 years old. Most children start with little to no experience and quickly master skills as they work through the club's programs.

Facilities: HHGC's 15,000 sq. ft. facility is the biggest and most extensive in the area. Its gyms are home to the best equipment to run, jump, twist, flip, flop and fly around. Try out their sprung floors, beams, bars, pits, ropes, rings and trampolines. There is something for everyone.

Coaches: HHGC's coaches bring a level of expertise and experience unmatched in Halton Hills. Among them

are former and current national level gymnasts who have a passion for the sport of gymnastics.

Fitness and fun for everyone: Get fit, meet new friends and have the most fun ever. The centre provides a welcoming and supportive environment for all gymnasts— first-timers will be amazed at what they can do and how fast they learn new skills. Experienced gymnasts can hone the skills they have learned and always stay challenged.

HHGC wholeheartedly believes in gymnastics and invites you to drop by their facility at 36 Armstrong Avenue. In addition to their recreation, trampoline and competitive programs, they also offer birthday party packages; Bring A Friend Days; March Break/Summer/Christmas Camps and Drop In Wednesdays for Toddlers & Moms.

Visit www.haltonhillsgymnastics.com or call 905-877-4330.

—Article provided by Halton Hills Gymnastics Centre

Look after yourself today, and live all your tomorrows better.

First 25 members also receive a FREE gym bag!

You're going to need that body!

Join now and pay \$0 initiation fee!

*First time guests only. See club for details.

Call or visit us today!
905-877-0771
232 GUELPH ST.
GEORGETOWN

