

HEALTH CARE

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HHGC Coach Florin Chivu works with a kindertot on the trampoline.



Toddlers can enjoy the bouncy castle at birthday parties and special events.



Recreation athletes enjoy learning new skills at Halton Hills Gymnastics Centre. *Submitted photos*

Plenty of programs available at Halton Hills Gymnastics Centre

'Foundation sport' offers many benefits

Studies prove that active children are happier, healthier and more attentive.

Getting 45 minutes of exercise every day is considered optimum, so why not join the Halton Hills Gymnastics Centre and take advantage of their recipe for success?

HHGC offers a wide range of programs suitable for kids of all ages beginning with toddlers (18 months old). No experience is necessary; just a willingness to participate and have fun.

Gymnastics, which includes tum-

bling and trampoline, is often referred to as 'the foundation sport' as it develops so many areas of 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 bundled into one sport offered right here in Georgetown!

Halton Hills Gymnastics Centre is constantly improving and in addition to its recreational, trampoline,

tumbling and competitive programs, they offer: birthday party packages; Bring A Friend days; March Break/PA Camps/Summer/Christmas camps and Drop-In Wednesdays for toddlers and moms and daycare providers.

They believe in gymnastics and in the fitness and health of the youth of Halton Hills. Halton Hills Gymnastics Centre invites you to consider one of its programs as you and your family get the new year started.

Drop by their facility at 36 Armstrong Avenue to check them out and have some fun.

Visit www.haltonhillsgymnastics.com

The HHGC difference:

- 15,000 sq ft. re-freshed facility with two gyms.
- Exciting programs for kids of all ages.
- Brand new trampoline equipment.
- Enthusiastic, qualified coaches.
- Bouncy castle used for birthday parties and special activities.
- A commitment to excellence

Experience the Difference!

THE BAO INSTITUTE FOR HEALTHY LIVING, Georgetown's most complete fitness-and-wellness club. Join today with...

NO Enrollment ✓ NO Initiation Fee ✓ FREE Consultation

* Hurry Offer ends soon! Restrictions may apply. See club for details.

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* Hurry February 28, 2013. Restrictions may apply.

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