

Summer Fun

We ended the year off with a big HHGC bang and had a great Spring session. We were so excited to wrap things up by handing out our progress reports. Seeing the smiles from ear to ear on all the childrens faces lit up the entire facility. We know that Spring time is the "home stretch time of year" where we are all eagerly waiting for summer to arrive, so a big special thank you goes out to all of our wonderful parents for hanging in there and staying committed to HHGC.



Now we are officially a couple weeks into summer session, and so far, it has been a blast! Beat the heat this summer and come join us for summer camp! We offer flexibility for camp registration, an air-conditioned facility and super fun theme weeks! Kids staying active and healthy over summer vacation is important in order to occupy their busy minds and bodies during a time that they have few responsibilities outside of what you delegate to them. Gymnastics is the foundation sport for youth so keeping them engaged and participating in our programs throughout summer is a great way to keep them healthy and happy.

Planning ahead is so important to making sure you start off the year with the right foot. With that being said, all of our **Fall programs are now live on our website**, so be sure to FALL back into your routine and register online while spots are available.

We listened to your feedback over the last gymnastics season and you will notice that we added some more Parkour classes, Girls Rec classes and a **NEW** Teen program which focuses on goal setting and acquiring the goals the teens set for themselves.

Alyssa Lopez

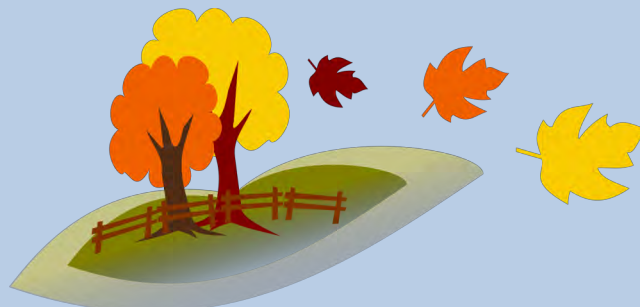
Rec Director, Parent Relations



Important Dates:

- July 1—Canada Day HHGC Closed
- July 1—Fall Registration begins
- July 2—Summer Camp begins
- July 15—Summer Training for Comp & Interclub begin
- July 24—Town of Halton Hills Camp visit
- Aug 5—Civic Holiday HHGC Closed
- Aug 21—Town of Halton Hills Camp visit
- Aug 27—HHGC Open House
- Sept 7—Fall Programs begin

REGISTRATION FOR FALL PROGRAMS NOW ONLINE!



Competitive, Interclub and T & T Update:

AND THATS A WRAP.....

What a great way to end an amazing year of gymnastics on a high note. The banquet on June 20th was well attended by all the Competitive and Interclub athletes and judging by all the smiling faces everyone had a good time. Thank you to everyone for helping to make this night a success!

The new season from the competitive and interclub program begins on Monday July 15th and with a couple of weeks off I am sure our athletes are raring to go. We will be sizing up all the Comp Girls for their training suits and will also be sizing all of our new Interclub athletes for their team jackets and competition suits. Returning athletes needing new competition suits will be sized at this time. Emails will be going out with the exact days of sizing. Summer is also the time we submit our meet registrations for the MANY competitions HHGC competes in and we will have a complete Calendar of events for parents in early September.



As always please don't hesitate to speak to Coach Florin or Barb in the Office if you have any questions.

Enjoy the rest of the Summer!

Florin

Head Coach



HHGC YEAR END BANQUET 2019



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10 Healthy Habits for Kids

Eat less sugar! The average child gets 16% of their total calories from added sugars, a whopping 10 teaspoons per day! Added sugar has been linked to childhood obesity, chronic diseases, behavior problems, and more! Keep this number between 0-5%!

Make half your meal fruits and vegetables! Increasing consumption of fruits and vegetables in all their forms and varieties have been linked to stronger immunity, lower incidences of cancer, lower weight and more!

Eat a variety of proteins! Protein is vital to children's growing brains and bodies! Protein isn't only obtained from chicken! Seafood, poultry, lean beef, eggs, dairy, beans, peas, nuts, and seeds are all good protein sources and should all be included in a child's diet.

Include fish once per week. Fish is high in omega 3 fats, like DHA, which is vital for brain development.

Choose Quality Whole grains! You can still eat whole grains! However, there are delicious alternatives that are much better for them. Brown rice, millet, barley, wild rice, bulgur, etc.

Stick to 4 meals per day! Kids who are allowed to graze on food all day, do not have the appetite or desire to try new foods.

Limit sodium. Kids should eat less than 1500mg of sodium per day, a little more than 1/2 teaspoon. Too much sodium puts children at risk.

Limit Processed Snacks/ Foods. Processed foods are any foods you find that are pre-made, packaged, and often require chemicals, food dyes, preservatives, added fats, and added sugars just to be able to keep it on the store shelves without getting spoiled. Children who eat and have access to processed foods eat less fruits and vegetables and develop eating habits that lead to obesity and poor health.

Drink Water! Water is vital for children. The major source for added sugar for children is sugar sweetened beverages. Sugar sweetened beverages have been blamed for many of the health problems plaguing children today, including childhood obesity. These beverages also replace foods that have nutrients and fiber, which children need to grow.

Sleep well and play hard! When kids spend their day playing outside, rather than in front of a screen, they sleep better, they have less behavior problems, they are happier and even have better self image.

Corporate Sponsorship Program

The Sponsorship Program is designed specifically for local businesses who support our mission and philosophy and who want to make a difference in our community.

HHGC has a comprehensive and well organized recognition program that promotes and endorses our sponsors at every opportunity. Sponsors gain a solid local awareness through a strong association with HHGC.

Why are Sponsorship Dollars Needed?

Strong local partnerships are critical in making sure HHGC is relevant in the community and financially sound.

In order to deliver the very best programs, facilities and coaching possible, we are always striving to improve every aspect of our business. Sponsorship contributions helps us do this. It will also contribute to the overall financial health of the Centre and help keep registration fees affordable for our members.

The Halton Hills Gymnastics Centre is the home of the fourth largest sports and recreational activity in the Town of Halton Hills next to Hockey, Soccer and Swimming and is the only organization of the four that does not operate in a subsidized municipal recreation facility. HHGC rents its own facility with no municipal grants, contributions to maintenance and repairs or tax breaks of any kind. We have a fantastic 15,000 sq. ft. facility with great equipment and great coaches.

Specific Areas where sponsorship support is needed!

Coaching Development Program

HHGC provides employment opportunities to over 30 young high school students each year. They receive training and mentoring in both technical and leadership skills that will help prepare them for future employment. The excellence of our gymnastics centre is dependent on the training and development of our coaches.

Inclusive Recreation:

Inclusive recreation programs provide the opportunity for participants of all abilities to participate in the same activity. In order for inclusive services to be successful, inclusion must be a value that is shared by all parties involved, including staff, families, participants, coaches and the greater community.

INCLUSIVENESS is one of HHGC's core values as specified in our new Strategic Plan and we have worked hard to make inclusive recreation a reality for all. We welcome and foster a sense of belonging for all.

*We thank all our corporate sponsors for supporting our gym as they play a key role in making sure HHGC serves our community to the absolute maximum. For more information about our **sponsorship program**, contact Barb in the main office anytime.*

Thank you for your support!

