

KINGSBRIDGE GYM CLUB

2024 brings the start of a new year, along with many new opportunities at the Club. First being our monthly newsletter, which will keep you up-to-date on what is happening at the club, new classes being added, upcoming events, skill of the month, our leadership program, fundraising, and our gymnasts of the month.

The gymnast of the month program will start next month, each coach will pick one student who's gone above and beyond. The chosen students will be acknowledged and awarded a certificate and their name and photo published in the newsletter. These awards will motivate and inspire students to excel in their classes. We will also be able to reward their hard work and dedication to gymnastics.

SKILL OF THE MONTH

Our skill of the month is Forward Roll! This month we have been focusing on forward rolls. For some gymnasts this is completely new for others we have been working on perfecting the skills. This is one of the core skills that gymnasts learn. It involves rotating at ground level in the basic tuck shape, building momentum to stand up at the end of the skill. Check out our Instagram page for some rolls in action!



NEW CLASSES

January saw our coaching timetable increase with extended evenings on Mondays and new classes launched on Fridays and Saturdays. We are growing our timetable all the time and can now offer daytime sessions. If you are interested in any of the following email annie@kingsbridgegymclub.co.uk.

- 1-1 coaching
- Home school sessions
- School gymnastics classes
- SEN sessions
- Yoga
- Adult classes
- Pre-school classes

Whitney has launched a Sacred Sunday yoga class from 9am—10:15am £10. This is a drop in class no need to book. Whitney teaches an alignment based flow, which is an eclectic mix of Anusara, Ashtanga & Rasa Yoga. Please bring a mat! For more information email whitney.littlewood@gmail.com

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LEADERSHIP ACADEMY

We are starting a Leadership Academy at the club for our age 11+ members who wish to develop their leadership skills.

The academy will involve some volunteering work, fundraising, teamwork, meetings with our Academy Captains (Charlotte & Annie) and will give the opportunity to work up through Bronze, Silver and Gold awards which will look fantastic on a CV or college application when the time comes.

The academy is run in conjunction with British Gymnastics, more information available here: <https://www.british-gymnastics.org/leadership-academies>.

There will be some costs involved for attending courses, but the main commitment from them will be time. Annie and Charlotte however will be guiding them through their tasks and be on hand for any questions.

TRAINING WITH CLAUDIA FRAGAPANE

We have some super exciting news to bring you.....on Sunday 3rd March, Olympic gymnast Claudia Fragapane will be visiting our club to deliver some great training sessions to our interested gymnasts. Any non gymnastics following parents may also recognise her from Strictly Come Dancing.

Sessions will be structured according to age and ability and will be available for 16 gymnasts per 2 hour session (on a first come, first served basis). There will be 3 sessions throughout the day and each session will cost £20 per gymnast. The session will run as follows:

30 minute whole group warm up with Claudia

30 minutes training with Claudia

30 minutes training with Annie (our club coach)

30 minutes meet and greet - photo opportunity and a chat

If you would like to secure a slot, please email info@kingsbridgegymclub.co.uk and Charlotte will let you know the most suitable session for your child and send a booking link for you to secure a slot.

Claudia Fragapane is a British artistic gymnast. She came to prominence at the 2014 Commonwealth Games, where she was the first English woman to win four gold medals in a single Games since 1930



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FUNDRAISING NEWS

To raise important funds for our club we are starting a second hand gym wear shop, which will be run by some of our gym club leaders (age 11+ members within our leadership academy, learning coaching and other skills to earn their leader awards). We would like to offer leotards, gym shorts and leggings, club hoodies and t-shirts via two selling methods:

- We sell the gym wear and retain £2, returning the remainder of proceeds to yourself.
- You donate the gym wear to the club, we sell and retain the full proceeds in the club

All proceeds will go towards new equipment within the gym. Please bring your old gym wear into the club and we will let you know when the shop is open!



LEOTARD & PRELOVED GYM CLOTHING SALE COMING SOON!

PRELOVED LEOTARDS & GYM CLOTHING WANTED

A MEMBER OF OUR YOUNG LEADERSHIP TEAM IS SEEKING ANY PRE-LOVED LEOTARDS, SHORTS, JUMPERS, LEGGINGS TO SELL IN-HOUSE TO OUR MEMBERS. YOU CAN EITHER DONATE YOUR ITEMS OR WE CAN SELL THEM ON YOUR BEHALF AND TAKE A SMALL CUT.

thank you!

Please drop any items into the office when you're next in. All money raised will go towards new equipment

PARTIES

Our gym parties have changed! We now offer structured and unstructured parties on weekends and during the week between 9 a.m. and 3 p.m.

Structured parties include an instructor-led class with 2 coaches, which includes games and fun gymnastics activities. No parents are allowed in the sessions, and up to 16 children can attend. The cost is £150 on weekends and £130 during the week

The unstructured parties are soft play sessions with parents allowed in the gym. Up to 20 children can attend. The cost is £100 on weekends and £80 during the week

The AirTrack will be out for both parties. Food prep area available.

For more information please visit our website www.kingsbridgegymclub.co.uk

CURRENT CLASS SPACES

Monday 4-5pm—Age 4-7 beginners (1 space)

Monday 6-8pm - Age 7+ (current members additional training)

Thursday 10:30—11:30am—home ed class

Thursday 6:45-7:45 - Age 7+

Saturday 1-2pm - Age 4-7 Beginners

Preschool - Age 3+

Tuesday 2-2:45pm (without parents)

Friday 1:15—2pm (without parents)

Friday 2—2:45pm (with parents)

DATES FOR YOUR DIARY

3rd March—Training with Claudia

18th - 24th Mar: Badge Testing Week

29th Mar - 8th April: Gym Closed

12th May: Club Champs

17th - 23rd June: Badge Testing Week

26th Aug - 1st Sept: Gym Closed

18th - 24th Nov: Badge Testing Week

8th Dec: Christmas Party