

KINGSBRIDGE GYM CLUB

In the blink of an eye that term soon went! Let's hope the weather holds out for us to have some kind of a summer! Just a couple of reminders; Please can you ensure that you supply your gymnast with plenty to drink for their session. On a hot day the gym can get very warm so please where possible avoid long sleeved leotards and warm items of clothing. Can you ensure that any braids are tied in with hair during sessions- Braids with beads on are not permitted. Jewellery is not permitted in the gym, if your child has a new piercing that cannot be removed please use micropore tape to cover the piercing.

We ran another of our competitions on social media to leave us a review to be in with a chance to win a space on one of our summer holiday club sessions. The winner was Ania Bakos! Well done! We will be running this again later in the year so keep your eyes peeled.

Holiday Club sessions

Our holiday club sessions are in full swing, lots of fun and friendships being made! Sessions are almost at capacity now with people joining waiting lists. Book early to avoid disappointment!



GYMNAST OF THE MONTH

Every month, each coach will pick a gymnast of the month. The gymnasts will receive a certificate.

Girls squad - Imogen R- For her continued hard work and progression with her Twists!

Boys Squad - Seth J-For continued progress and consistent effort.

Sandy - Aimee J- For her improved flyspring on the air track!

Annie - Poppy J- For her progression and hard work on her backward walkover. Keep up the good work Poppy!

Charlotte - Storm F- For working super hard to get her forward roll and for coming to class with a fantastic smile!

Jade -Phoebe H- For her persistence for her backward walkover and for her continued hard work and positive attitude to her work. Well done, Phoebe!

Ali- Rosa P- For always trying hard and improving skills in apparatus. Great Work Rosa!

Adrian- Beau G- for trying hard in sessions.

Oli - Oli S- For doing a great job leading the display.

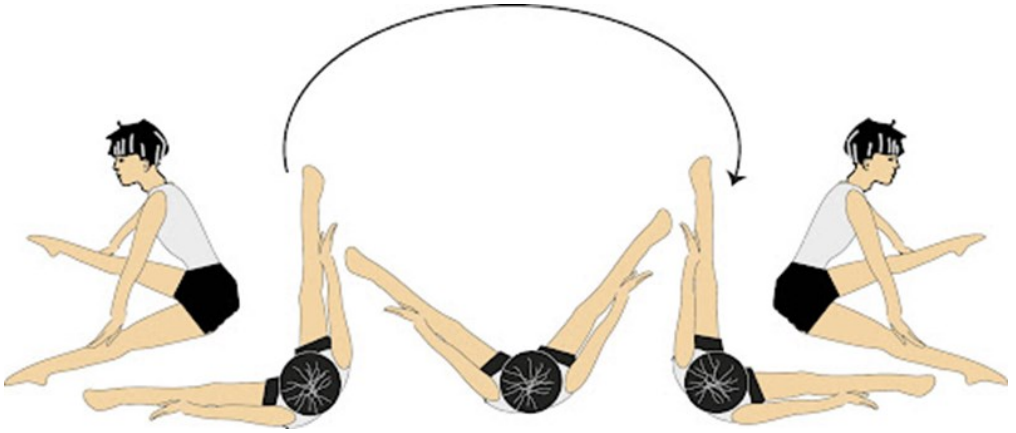
Well done to all gymnasts keep up the good work!

KINGSBRIDGE GYM CLUB

SKILL OF THE MONTH

Our move of the month for August is.....Teddy bear roll!

This one is so much fun to try. Just remember to hold your ankle's or shins if you can't quite reach!



BINGO 12TH JULY 2024

Our bingo night was a huge success with lots showing up despite the bad weather! Thank you to all our parent helpers and to our young leader Emily D who came along to support the event. Thank you to all that donated raffle prizes and to Melvyn the bingo caller! We managed to raise an amazing £906!

Thank you all, this money will help go towards our new low beam!



KINGSBRIDGE GYM CLUB

FAIR WEEK DISPLAY—20TH JULY

Unfortunately, due to poor weather this year we were unable to perform our display on the quay. Instead, we invited the town to come and watch us perform the display at the club! It went really well, and all were offered refreshments and a chance to look around the gym!

Well done to the squad girls for their hard work, to our head coach Sandy for putting it all together and to the parents for their support! Keep an eye out for us at the Love my Park event Sunday 11th August, where we'll be performing our trampette display!



KINGSBRIDGE CARNIVAL—27TH JULY

Kingsbridge gymnastics club came back with a bang this year!

31 gymnasts, 1 young leader, 3 coaches and an army of mums, dads and siblings came to support us! We were Olympic themed with gymnasts performing some tricks along the way. We came away with 1st place in our class as well as 1st place for the best walking category, bagging the cup as well as £50!

Thank you to all the gymnasts and parents for all their support. If anyone has any photos or videos from the event, please feel free to share them on our closed group! There is an album on there called Fairweek 2024.



KINGSBRIDGE GYM CLUB

SUNFLOWER COMPETITION

During may half term we planted sunflowers during our holiday club sessions and started a competition to see who could grow the biggest sunflower with prizes for 1st, 2nd and 3rd place. So far we have 3 gymnasts who have been working really hard to grow their sunflowers. So far in 1st place we have Alexandria, 2nd place Orla and 3rd place Indie W! Winner is being drawn on Friday 16th August! Keep the pictures coming!



CURRENT CLASS SPACES

Tuesday 2 - 2:45pm - Age 3+ preschoolers
(without parents)

Thursday 10:30 -11:30 Home Ed Class

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

Friday 1:15-2pm – Age 3+ preschoolers (with parents)

Friday 2-2:45pm – Age 3+ preschoolers
(without parents)

DATES FOR YOUR DIARY

11th August: Love My Park Display

15th August: Alice Sumners training session

26th Aug - 1st Sept: Gym Closed

18th - 24th Nov: Badge Testing Week

8th December: Christmas Party

8th Dec: Christmas Party

KINGSBRIDGE GYM CLUB

WHATS COMING UP.....

KINGSBRIDGE GYM CLUB THE LOFT STATION YARD KINGSBRIDGE TQ7 1ES

HOLIDAY CLUB

£25

ALL DAY 9AM - 3:30PM

MONDAY	19TH JULY 9AM - 3:30PM	29TH JULY 9AM - 3:30PM	5TH AUG 9AM - 3:30PM	12TH AUG 9AM - 3:30PM	19TH AUG 9AM - 3:30PM
TUESDAY	23RD JULY 9AM - 3:30PM	31ST JULY 9AM - 3:30PM	6TH AUG 9AM - 3:30PM	13TH AUG 9AM - 3:30PM	20TH AUG 9AM - 3:30PM
WEDNESDAY	24TH JULY 9AM - 3:30PM	30TH JULY 9AM - 3:30PM	7TH AUG 9AM - 3:30PM	14TH AUG 9AM - 3:30PM	21ST AUG 9AM - 3:30PM
THURSDAY	25TH JULY 9AM - 3:30PM	15TH AUG 9AM - 3:30PM	8TH AUG 9AM - 3:30PM	15TH AUG 9AM - 3:30PM	22ND AUG 9AM - 3:30PM

for ages 5+ only

www.kingsbridgegymclub.co.uk

BOOK HERE <https://kingsbridge-gym-club.classforkids.io>

KINGSBRIDGE GYM CLUB

MINI GYM CUBS SESSION

TODDLER & SIBLING DROP IN SESSION

FRIDAY 26TH JULY
FRIDAY 2ND AUGUST
FRIDAY 9TH AUGUST
FRIDAY 16TH AUGUST
FRIDAY 23RD AUGUST

9:45AM - 10:45AM

WE'RE OFFERING A TODDLER SESSION FOR UP TO 36 MONTHS ALONG WITH SIBLINGS UP TO 7 YEARS.

PARENT SUPERVISED SOFT PLAY
£5 PER TODDLER & £2 PER SIBLING,
PLEASE SEE WEBSITE FOR MORE DETAILS

KINGSBRIDGE GYM CLUB

GYM CUBS

NEW TERM STARTING SEPTEMBER

TUESDAY 2PM - 2:45PM (WITHOUT PARENTS)
FRIDAY 1:15PM - 2PM (WITH PARENTS)
FRIDAY 2PM - 2:45PM (WITHOUT PARENTS)

PRESCHOOL CLASS 3 - 4 YRS

FOR A FREE TRIAL PLEASE EMAIL info@kingsbridgegymclub.co.uk

KINGSBRIDGE GYM CLUB

GYMCLUSIVE SEN HOLIDAY CLUB

THURSDAY 25th JULY
THURSDAY 1ST AUGUST
THURSDAY 8TH AUGUST
THURSDAY 15TH AUGUST
THURSDAY 22ND AUGUST

4PM - 5:30PM

DROP IN SOFT PLAY GYM SESSION
£6 + £4 PER SIBLING

PARENTS / CARERS MUST STAY AND PLAY
NO NEED TO BOOK

FOR MORE INFORMATION EMAIL annie@kingsbridgegymclub.co.uk

KINGSBRIDGE GYM CLUB

TRAINING WITH ALICE SUMNERS

15TH AUGUST 2024 **£20**

Alice is back by popular demand for another training session!

A former British international gymnast, Alice Sumners stars in the popular BBC show Gym Stars.

Sessions will be structured according to age and ability. There will be 2 x 1.5 hour afternoon sessions each costing £20.

Session 1: 11am - 12:30pm Recreational Class
Session 2: 12:30pm - 2pm Recreational Class

Contact info@kingsbridgegymclub.co.uk and Charlotte will let you know the best session for your child and send a booking link.

GYM STARS

OPEN TO ALL ABILITIES 4+

KINGSBRIDGE GYM CLUB

NEW OFFERING GYM PARTY

UNSTRUCTURED SOFT PLAY PARTY FOR UP TO 20 CHILDREN
WEEKDAY £80 / WEEKEND £100

STRUCTURED PARTY WITH GAMES & GYMNASTIC ACTIVITIES FOR UP TO 16 CHILDREN
WEEKDAY £130 / WEEKEND £150

FOR MORE INFORMATION OR TO BOOK EMAIL
annie@kingsbridgegymclub.co.uk

VISIT OUR WEBSITE
www.kingsbridgegymclub.co.uk/parties