

KINGSBRIDGE GYM CLUB

Finally, the warmer weather has arrived! With that in mind we are asking parents to please ensure you equip your gymnast with plenty to drink during their session. We are asking gymnasts to wear suitable clothing to ensure they can try and stay as cool as possible. Our building holds the heat well, so we want to try to keep members as comfortable as possible during sessions.

We have had a busy month behind the scenes with new classes launched and our first school visit ever! Another successful badge testing week, badge presentations happening from week beginning 15th July. We still have lots of lovely 2nd hand leotards available to purchase, we have a 2nd hand kit page on Facebook too! Feel free to pop into the office to have a look! We accept card and cash payments.

Well done to all our gymnasts, parents and coaches that shared their handstands for national handstand day in our closed Facebook group, there were some fantastic handstands! If you haven't already joined, please add yourself to our closed group, we share lots of updates including important dates and events! To find the group type in Kingsbridge Gym Club, before being approved to the group you will need to answer the questions this helps to keep our young people as safe as possible by ensuring we only have members of the club having access.

We are thinking of taking part in this year's carnival procession with the Olympic theme in mind, we will require parental help to be able to participate. If anyone is creative there are some crafting that we will also need help with! This is open to all members; you must be able to walk the whole circuit of the procession. If you and/or your child are interested in taking part, please email annie@kingsbridgegymclub.co.uk

Fancy an easy win? We are running another draw for a chance to win one of our summer holiday club sessions! To be in with a chance to win, all you need to do is leave us a review on our Facebook page! It's as easy as that! Spread the word!

GYMNAST OF THE MONTH



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

Squad Member Girls - Fleur E- For her determination and hard work on new skills!

Squad Member Boys - Seth J - For consistently landing his front somersaults from trampette! Amazing work!

Sandy – Elizabeth B- For her continued hard work and free cartwheel work! Well done!

Annie - Olivia A- For always smiling, her determination and excellent handstand work! Keep up the good work Olivia!

Jade - Ivy N-For improving her handstands and for continuously working and trying hard. Keep up the good work!

Char – Inca M- For her continued growing confidence in sessions and trying super hard with her gymnastics.

Ali - Helena W- For always having a lovely positive attitude, some fantastic beam work especially her leg dips and for some excellent landings on trampette!

Adrian - Jules S-K- For working hard in class as well as all his practices at home. Keep up the good work Jules!

Oli - Jacob M- For nailing his handstand this month!

Well done to all gymnasts keep up the good work!

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SKILL OF THE MONTH

Our skill of the month is.....Cartwheel!

Another one of our moves within gymnastics. The cartwheel is a dynamic move that requires movement from one arm and leg to another as well as weight bearing on both arms. There are lots of other variations of the cartwheel, like 1 arm cartwheel, free cartwheel and cartwheel to turn in. We look forward to seeing everyone's efforts throughout the month!



KINGSBRIDGE PRIMARY DISPLAY

Well done to our squad girls for putting on a fantastic performance at the Kingsbridge Primary Fair on Friday 21st June.

The weather held off just in time for us to pack up after too, which is always a bonus! Many thanks to our parent supporters and helpers as well as Denise Tozer for transporting the equipment to and from the event. Our next event is Fair week where you can see the girls performing again! We hope to see you there!



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KELLY SIMM WORKSHOP 23RD JUNE

Well done to all the gymnasts that attended the Kelly Simm workshops. The gymnasts took turns working in small groups with Kelly on the beam as well as some fun team games. All the gymnasts took home a signed picture of Kelly and got to hold 2 of her most special medals from the commonwealth games and world championships. We hope to welcome Kelly back at some point later in the year!



OVER 11'S ZINC & COPPER CLASSIC CHALLENGE COMPETITION 30TH JUNE

5 of our squad gymnasts travelled to Barnstaple to take part in the over 11's Zinc Classic challenge competition. All the girls performed clean routines all around and achieved some fantastic placings! In the under 12's Louisa Placed 4th Overall, 2nd on floor and 3rd on bars. Isabel placed 2nd overall, 2nd on vault and 1st on bars. Agnes was the under 12 champion overall, 1st on floor and 2nd on bars. Freya took the under 13 champion title overall and 2nd on bars. In the under 14 category Imogen placed 6th overall and 3rd on vault. Well done girls, we are all extremely proud of you all!



KINGSBRIDGE GYM CLUB

FUNDRAISING NEWS— BINGO NIGHT!

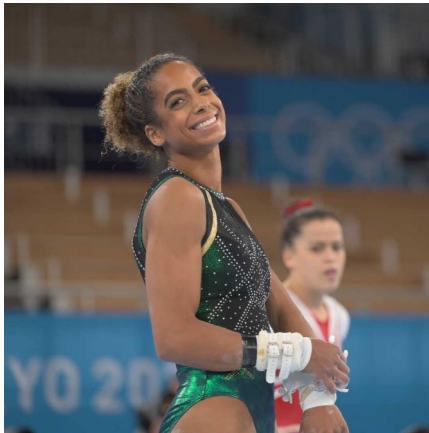
Come along to our Bingo night on Friday 12th July to support our fundraising efforts. The event will be held at Moreleigh Village Hall, Halwell, Moreleigh, TQ9 7JQ. Doors open at 6:15pm. Bingo books are £6, there will be cakes and sandwiches available for 50p.

We need raffle prizes and helpers for the night! If you have any unwanted gifts lying around please bring them in for our raffle! If you're able to help please email info@kingsbridgegymclub.co.uk

NEXT SPECIALITY CLASS

We're extremely lucky to have Danusia Francis present a workshop for us on 13th August. Danusia is an Olympic Gymnast, Presenter, Stunt Women, Coach and Choreographer! This is a great opportunity for all of our members to learn from the best! The cost is £20 for the 2hr session, starting from 11:30am. There are 3 session times available. Please email info@kingsbridgegymclub.co.uk to confirm which session is most suitable for your child and book in.

Session availability is very limited. Both members and non-members are welcome. It's essential that non-members have some gymnastics experience, but all abilities are welcome!



CURRENT CLASS SPACES

Monday 5-6pm - 4.5yrs -7yrs
Spaces from September

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

Tuesday 5-6pm - 4.5yrs -
9yrs Spaces from September

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+ Pre-
schoolers (without parents)

Friday 5-6pm Age 4.5—9yrs

DATES FOR YOUR DIARY

12th July: Bingo Fundraiser
at Moreleigh Village Hall

20th July: Kingsbridge fair
week display, come down
and support our squad girls

11th August: Love My Park
Display

13th August: Danusia Francis
Workshop

26th Aug - 1st Sept: Gym
Closed

18th - 24th Nov: Badge
Testing Week

8th December: 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	22ND 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	30TH 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	31ST 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	1ST 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
<http://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

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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

BINGO NIGHT

FRIDAY 12TH JULY

DOORS OPEN AT 6:15PM

MORELEIGH VILLAGE HALL
HALWELL, MORELEIGH, TQ9 7JQ

PLEASE COME AND SUPPORT OUR FUNDRAISING BINGO NIGHT
£6 PER BINGO BOOK
CAKES AND SANDWICHES 50P

PLEASE BRING CASH
IF YOU'RE FREE AND WOULD LIKE TO HELP OR HAVE A RAFFLE PRIZE OR CAKES YOU COULD DONATE
PLEASE EMAIL
INFO@KINGSBRIDGEGYMCLUB.CO.UK

THANK YOU!

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