

KINGSBRIDGE GYM CLUB

Hope everyone had a good half term! Thank you to everyone that joined us for our Holiday club sessions, we had a blast! Now that the cooler weather is upon us, please make sure that your gymnast is dressed in warm clothing for sessions. Gymnasts also need to make sure that they have a water bottle with them containing water only for sessions. Any new piercings need to be covered with micropore tape, where possible please come to sessions with piercings already covered, existing piercings should be removed before sessions.

At the beginning of October, we launched a competition to be in with a chance to win one of our half term Holiday club sessions! All you needed to do was leave a review on our Facebook page. The lucky winner this time was Rach Bunnell! We will be running another competition closer to February half term.

GYMNAST OF THE MONTH

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

GIRLS SQUAD - Louisa W- For her continued hard work and determination.

BOYS SQUAD - Daniel S- For having a good work ethic and never giving up! Keep up the good work Daniel!

SANDY - Olivia W- For improving in all areas of her gymnastics! Amazing work Olivia!

ANNIE - Milla G- For always trying her best and giving everything a try and improving her splits!

JADE - Elsie D- For her hard work and progressing into the next group. Well done, Elsie!

ADRIAN - Ewan C- For listening and trying hard!

OLI - Finn R- For being a good example to all and always being polite and hard working.

ALI - Henry G- For always having a positive attitude and smile, for great listening and big improvements on beam and sticking his trampette landings! Go Henry!

Well done to all gymnasts keep up the good work!



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SKILL OF THE MONTH

Our move of the month is.....Straddle on mount, on the beam!

This one requires flexibility as well as understanding that the weight needs to be over the hands and shoulders in order to achieve this skill. We look forward to sharing our progress with you over this month!



NEWTON ABBOT TUMBLE COMPETITION

On Sunday 13th October 10 Gymnasts travelled to Newton Abbot for the southwest tumbling club championships. All the girls performed amazingly well, with lots of medals earned!

Well done to Grace, Luna, Indie, India, Elsie, Isabel, Louisa, Agnes, Lyla and Fleur!



KINGSBRIDGE GYM CLUB

NEW BOOKING SYSTEM - ICLASSPRO

We're moving to a new booking system! Iclasspro's app will allow you to book one-on-one sessions, parties, order clothing from our gym shop, and receive news updates. Plus much more, stay tuned!

Here is a step by step guide on how to sign up.

Step by Step:

- 1, Follow this link: <https://portal.iclasspro.com/kingsbridgegymclub>
- 2, Create a parent account
- 3, Add children as students
- 4, Go to main page and book Christmas Party (if you would like to come)
- 5, If you are unable to make the Christmas Party, please go to "Your account" and add a payment method, so we can charge fees on 1st December when they are next due.



CHRISTMAS PARTY— 8TH DECEMBER

It's that time again! Join us on Sunday 8th December 2-4pm. Dig out your Christmas jumpers and party clothes and join us for our Christmas party. Tickets are £5 per child. Tickets go on sale 1st November. We have lots of fun activities in store, facepainting, glitter tattoos, Christmas crafts, crunchy carrot disco and bouncy castle!

To book please follow the below QR code on the poster or this link to the new system to book <https://portal.iclasspro.com/kingsbridgegymclub>

As mentioned in our recent emails, the Christmas party can only be booked through our new booking system IClassPRO. You will need to set up an account as the parent and add your gymnasts - you will then be able to book tickets for the Christmas Party; please do not worry about classes at this time, we will sort this for you. We aim for everyone to be set up before the end of November so that 1st December payments can be taken through the new system.

Once you have set up the new account, we will cancel the old subscription method for you in Class4Kids - so that there is hopefully minimal admin tasks for yourself.

<https://portal.iclasspro.com/kingsbridgegymclub>



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BOYS SQUAD FUNDRAISER

The bucket of doom challenge! As a group the boys are aiming to complete 200 circles on the 28th November 2024. For this challenge they will be using a bucket also known as the bucket of doom to complete circles on the mushroom. It requires lots of strength and determination so definitely a tricky challenge! The boys place their feet into the bucket and use their arms to help circle their bodies around the mushroom. They are hoping to raise enough money for a full size Pommel horse, which costs a little under £2000. By February 2025, they hope to have the new piece. If you would like to donate to help boys squad or you would like to sponsor the Pommel horse please email support@kingsbridgegymclub.co.uk



CLUB CLOTHING

Do you need an idea for Christmas for your budding gymnast? We have hoodies, T shirts and Leotards all available to purchase from our IClassPro shop.

<https://portal.iclasspro.com/kingsbridgegymclub>



BADGE TESTING

We will be badge testing this month from Monday 18th-22nd November. The badges are for Bar and Beam. Our recent moves of the month have all been in relation to this terms badge testing, please see the poster in reception for more information on the skills required for each badge



KINGSBRIDGE GYM CLUB

WHATS COMING UP.....

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

KINGSBRIDGE GYM CLUB

Christmas Party

SUNDAY 8TH DECEMBER
2PM - 4PM

Book here

To book into the Christmas party, you need to create an account and book through our new booking system ICLASSPRO. After signing up, we'll cancel your class4kids account.

BOOK BEFORE 30TH NOVEMBER

KINGSBRIDGE GYM CLUB

MINI GYM CUBS

PARENT & TODDLER SOFT PLAY GROUP

TUESDAYS 9:45AM - 10:45 AM
FRIDAYS 9:45AM - 10:45 AM

£5.00

£ 5 PER CHILD
SIBLINGS UNDER 6 MONTHS FREE
CHILDREN UP TO 42 MONTHS
TERM TIME ONLY

THIS IS A DROP IN CLASS NO NEED TO BOOK
PLEASE CONTACT
annie@kingsbridgegymclub.co.uk FOR MORE DETAILS

KINGSBRIDGE GYM CLUB

GYM CUBS

POTENTIAL NEW PRE-SCHOOL CLASSES

TUESDAY 11AM - 11:45AM (WITHOUT PARENTS)
FRIDAY 11AM - 11:45AM (WITHOUT PARENTS)

PRESCHOOL CLASS 3 - 4 YRS

NOW TAKING EXPRESSIONS OF INTEREST
info@kingsbridgegymclub.co.uk

CURRENT CLASS SPACES

Tuesday 11—11:45pm - Age 3+ preschoolers
(without parents)

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

Thursday 10:30 -11:30 Home Ed Class

Thursday 6:45—7:45—Age 7+

DATES FOR YOUR DIARY

18th - 24th Nov: Badge Testing Week

8th December: Christmas Party

The club is closed from 20th December until 6th January