

KINGSBRIDGE GYM CLUB

A great start to September, classes are busy and full! You may have noticed that we have a new bar set up at the end of the gym which is very exciting! This will enable us to teach skills like the giant on bars! We look forward to being able to share our progress with you in the coming months!

Now we are back into the swing of things we have a couple of polite reminders. Please ensure gymnasts arrive promptly to sessions, with their hair tied back and all jewellery removed, or new piercings taped. Should you be running a little behind please ring the doorbell to alert a member of staff of your arrival. Please arrive no later than 10 minutes after the session has started as they will have missed the essential warm-up.

Please ensure you send your gymnast with a water bottle for sessions that only contain water. We are unable to give cups of water as they are a spill hazard. Drinks must be taken into the gym; no child is permitted to leave the gym without adult consent due to new security measures in place.

The weather is getting cooler now. With this in mind please ensure warm clothing is worn to session, gymnasts are permitted to wear socks with grips underneath should they need to.

Our next badge testing week will be for Bar and Beam in November. Check out the criteria in reception for more information!

We are giving you another chance to win a space on one of our half-term holiday club sessions! All you need to do is leave us a review on our Facebook page! A winner will be chosen at random on Friday 25th October! You've got to be in it to win it!

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 perseverance and hard work in sessions as well as being a positive role model to our younger gymnasts.

BOYS SQUAD- Arthur B- For doing an amazing 20 swings on theommel mushroom!

SANDY- Georgia C- For always working hard and having good listening. Well, done Georgia!

ANNIE- Leo J-B- For always putting in 100% effort and not giving up when things are difficult. Keep it up Leo!

CHARLOTTE- Erin S- For always trying hard and having lovely straight legs and pointed toes!

JADE- Scarlet M- For always trying hard, having a positive attitude and for helping her friends.

ADRIAN- Luke D- For trying very hard in his new class, well done Luke!

OLI- Reuben H- For concentrating well in class.

ALI- Sophia S- For settling in well into her new class and trying hard in the sessions. Excellent Sophia!

Well done to all gymnasts keep up the good work!

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SKILL OF THE MONTH

Our move of the month for October is.....Leg lift!

With our next badge testing in November approaching we are theming is moves from the syllabus! This one is a pretty hard skill to nail and requires lots of practice! We look forward to sharing our leg lifts over the next month with you all! We would love to see photos & videos of gymnasts performing their leg lifts in creative ways, share them on our closed Facebook page!



MILTON KEYNES TUMBLE COMPETITION

On Sunday 22nd September 8 of our squad gymnasts travelled to Milton Keynes for a tumbling competition, the club has only just started to get involved in tumbling this year. The girls performed impeccably, all placing in the top 10 of their age categories.

Collectively as a group they achieved 4 gold medals, 1 silver and 1 bronze as well as 5th and 6th place.

We are so proud of them all! Huge thanks to the coaches and parents for their support over the weekend, also a huge mention to gymnasts Imogen and Freya who volunteered at the event marshalling and handing out medals!



KINGSBRIDGE GYM CLUB

YOUNG LEADERS

You may have noticed some new faces around the gym! Some of our young leaders are volunteering in our sessions to help gain their bronze, silver and gold awards as part of the leadership academy program. 3 of our young leaders are now 14 and employed to work a couple of hours a week. You can find our young leaders in the following sessions; Immi, Fleur and Imogen Monday evenings, Imogen, Hana and Freya Tuesday evenings, Oli on Wednesday, Lyla Thursday evenings and Hana and Immi Friday evenings!

There will be another intake of young leaders in January 2025, if your child is interested and 11 years old. Please contact info@kingsbridgegymclub.co.uk to find out more.



PARKING

We are aware that there are parking issues around the gym. We are currently working on identifying solutions to this problem. However, in the meantime, we would like to remind you not to park or drive in Tally Ho, or park directly outside Herring Shoes or Advance Shop. There is plenty of parking in Morrisons which is a short walk away. Thank you for your cooperation and understanding.



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

HOLIDAY CLUB

£25 ALL DAY 9AM - 3:30PM

- MONDAY 28TH OCTOBER
- TUESDAY 29TH OCTOBER
- WEDNESDAY 30TH OCTOBER
- THURSDAY 31ST OCTOBER

BOOK HERE
[HTTPS://KINGSBRIDGE-GYM-CLUB.CLASSFOR KIDS.IO](https://kingsbridge-gym-club.classforkids.io)




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

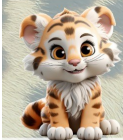
KINGSBRIDGE GYM CLUB

GYM CUBS



POTENTIAL NEW PRE-SCHOOL CLASSES

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



PRE-SCHOOL 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+

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

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

DATES FOR YOUR DIARY

18th - 24th Nov: Badge Testing Week

8th December: Christmas Party

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