

KINGSBRIDGE GYM CLUB

And just like that the summer has flown by. We had lots of fun at our holiday club sessions, thank you to all that came to join us! Keep your eyes peeled for our October half term Holiday sessions.

We will be running another competition to win a space on one of our half-term holiday sessions. All you need to do is leave us a review on our Facebook page! Winner to be announced Friday 25th October.

We would like to extend a warm welcome to all our new gymnasts and parents! Please don't hesitate to contact us if you have any questions or need any support.

Just a reminder about parking. We request that you park only on the road. Please do not drive into Tally Ho or park directly outside Herring Shoes, 3 sheets to the wind, etc. Please remember that Morrisons is only a short walk away!

We still have lots of secondhand leotards available to purchase, pop into the office to have a look! We accept cash or card payments.

GYMNAST OF THE MONTH

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

Girls squad - Indie Milner - For her dedication, hard work and tumbling progression

Boys Squad - Oli L- For a fantastic performance representing the club during the carnival and the love your park display!

Sandy - Iris M- For her improving her skills with straight arms and legs and for trying hard. Well done, Iris!

Annie - Olivia W-B- For doing a fabulous job leading the display and for always coming into class with a lovely smile! Keep up the good work Olivia!

Charlotte - Matylda S- For giving her all even if it's a bit scary at first! Well done for your backdrop and bars work!

Jade - Emily D- For stepping up and filling in for the squad display and doing a fantastic job of it!

Ali- Emilee Lowe— For always having a lovely positive attitude and for progressing so well due to her can do attitude!

Adrian- Alex E- For doing a great job representing the club during the carnival.

Oli - Drew C- For performing at the love your park display, showing great sportsmanship!

Well done to all gymnasts keep up the good work!

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SKILL OF THE MONTH

Our move of the month for September is.....Pull up!

As our next badge testing in November is for bars and beam we thought we'd try and get ahead and get people working on their chins! This one requires lots of practice and strength but helps in so many ways in gymnastics! We look forward to seeing lots of Pull up's over the month!



LOVE MY PARK DISPLAY

Well done to all our gymnasts that took part in the Love my park display on Sunday 11th August. You all performed amazingly, and we are so proud that you are all part of our club!



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ALICE SUMNERS WORKSHOP

A great time was had by all at the Alice Sumners workshop. Lots of new skills learnt for the older gymnasts during the beam workshop. Well done to all the gymnasts that attended the session! We hope to have Alice back during the winter period.



FUNRAISING—NEW EQUIPMENT

So, you may have seen it already, but we now have a brand-new low beam! We were able to purchase this with the funds made from our bingo fund-raiser. Thank you to everyone that has supported us! Works are underway on our u-pit bar, we can't wait to share this with you all in September!



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SUNFLOWER COMPETITION

Well done to our gymnasts that took part in the sunflower growing competition! In first place winning a leotard voucher from A star leotards is Indie W. In second place winning a Milano teddy is Alexandria T and in third place also winning a Milano teddy is Orla S. Amazing effort girls!



CURRENT CLASS SPACES

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

Thursday 10:30 -11:30 Home Ed Class

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

KINGSBRIDGE GYM CLUB

WHATS COMING UP.....

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
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

 **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
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