

2025



APRIL NEWSLETTER

KINGSBRIDGE GYM CLUB

Spring has sprung! It's so refreshing to have some sunshine and warmer temperatures! We have lots of fun coming up for our Easter Holiday club sessions, if you haven't booked in already get in there quick, we won't have spaces for long!

Well, done to everyone that took part in badge testing, we hope you are all proud of your achievements!

SAFETY REMINDER

In order to ensure the safety of the children, the yellow walkway next to the wall should be used and the children should not be allowed to walk anywhere near parking areas or moving vehicles.

You might see coach Jade, wearing a high-visibility jacket, helping guide foot traffic, give her a big wave before class!

These guidelines are in place to protect all children and prevent accidents. Your cooperation is appreciated.

UPCOMING DATES FOR YOUR DIARY

Easter holiday club: 7th, 8th, 9th & 10th April

Club closed: 14th—20th April / no classes or holiday club this week

Club Champs: Sunday 4th May / times TBC

Please note the club is open and classes are running as normal 7th - 12th April

GYMNAST OF THE MONTH

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

SQUAD GIRL - Indie W- For her hard work and dedication, and for achieving her float upstart.

SQUAD BOY - Luca C- For practising hard and for earning lots of badges!

SANDY- Max B- For his continued hard work in sessions and his straight front somersault on trampette!

ADRIAN-Wilf S- For making great progress in sessions, well done Wilf!

ANNIE- Milly S- For always giving everything a go and for always trying her best!

JADE- Aaliyah C- for her determination to do her backwards walkover

CHAR- Bonnie W- For knowing all her shapes and earning her first badge. Great work Bonnie!

DENA- Betsy Y- For her determination and hard work to master her handstand forward roll!

OLI- Zeph P- For always giving loads of effort in classes.

ALI- Nelly A - For her positive smiley attitude all the time in class, embracing the move up to the older class, and showing progression in all areas of gymnastics

Well done to all gymnasts keep up the good work!



KINGSBRIDGE GYM CLUB

CLUB CHAMPS 4TH MAY 2025

Our club championship planning is well underway, the deadline for entering is **13th April 2025**, make sure you enter through the booking area in your iclasspro login: <https://portal.iclasspro.com/kingsbridgegymclub>.

Each gymnast will perform a floor routine, a beam routine and 2 jumps on the trampette. There will be medals for 1st, 2nd and 3rd in each category / age group and every competing gymnast will receive a certificate and medal for entering along with this years Club Champs t-shirt.

The gymnasts have been coming home with their routines to practice and videos of the routines will be posted on Facebook this week.

We are currently running a competition for all gymnasts to create a slogan for this year's t-shirt. You can write them down, post on our social media platforms or email them to annie@kingsbridgegymclub.co.uk. The winner will receive free entry to club championships as well as their slogan on this year's t-shirt. We currently have 3 entries so far so what are you waiting for?! You've got to be in it to win it!



2025
KINGSBRIDGE GYM CLUB



CLUB CHAMPS

SUNDAY 4TH MAY



£12 PER ENTRY
ALL ENTRIES GET A CLUB CHAMPS T-SHIRT,
MEDAL AND CERTIFICATE

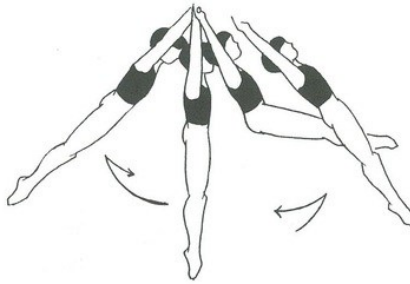
TIMES RELEASED 2 WEEKS BEFORE
TO BOOK PLEASE CLICK ON QR CODE OR USE
THE BELOW LINK

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KINGSBRIDGE GYM CLUB

SKILL OF THE MONTH

Our Skill of the month is..... Swing on bars! This is one of the first skills learnt on the bars! We look forward to sharing our swings with you over the next month!



GRADES PENRYN 30TH MARCH

On Sunday 30th March 10 gymnasts travelled to Penryn to take part in the NDP Grades at Penryn. This is a gymnastics exam consisting of Bars, Beam, Floor, Vault and Range & Conditioning. In round 1 we had Poppy who took part in her first ever grade, she took it all in her stride and managed to perform some brilliant routines earning her a working above result. For preparation 2 in the 10 years category Indie placed 2nd on floor, 4th overall and achieved a working beyond result. Amber placed 3rd on bars, 1st on range and 6th overall with a working beyond result. Grace placed 3rd on beam, 5th overall with a working beyond result. In the 9 years category Luna placed 1st on bars, 1st on beam, 3rd on range, 2nd overall with a working beyond result. In the 2nd round for development 1 India placed 3rd on vault, 2nd on range, 4th overall with a working above result. For development 2 Agnes placed 1st on vault, 2nd on bars, 2nd on floor, 1st on range, 2nd overall with a working beyond result. Lyla placed 3rd on range with a working at result. Isabel placed 2nd on vault, 3rd on bars, 2nd on floor, 4th overall with a working beyond result. And finally, Louisa who placed 1st on bars, 2nd on beam, 3rd on vault, 2nd on range and was the overall champion with a working beyond result. Well, done to all the girls that took part, this is a fantastic achievement for you all!



KINGSBRIDGE GYM CLUB

LEADERSHIP ACADEMY

Congratulations to our young leaders Lyla, Fleur and Freya for completing their bronze leadership awards and to Imogen for completing her bronze and silver awards! The girls had to complete volunteering hours, coaching courses and a project to achieve these awards.

We are pleased to have some new members to the team, a big welcome to Isabel, Louisa, Lyla and Daniel. If your child is 11 or older and wants to learn more about the different roles within gymnastics or is interested in coaching, please email info@kingsbridgegymclub.co.uk.



ALICE SUMNERS

Alice is back for another fun workshop! Some of you may have met Alice at a previous workshop but if you haven't, Alice is an ex British squad gymnast who won the British championships, you may also have seen her on the CBBC show Gymstars. Fast forward a few years and Alice is now a level 3 coach with heaps of experience that she is keen to share with you all! This workshop is a great way to learn the artistry side of gymnastics which consists of dance. It's also a great opportunity to meet a well-known gymnast and learn new skills and make new friends. Spaces are limited, so book now to avoid disappointment!



ALICE SUMNERS
£20

GYMNASTIC WORKSHOP

The former British international gymnast who also featured on the BBC's hit show "Gym Stars" will present a gymnastics workshop for 4+

26th April 2025 11:30am - 12:30pm

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

KINGSBRIDGE GYM CLUB

WHATS COMING UP.....



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Easter HOLIDAY CLUB

MONDAY 7TH APRIL 9AM - 3:30PM
TUESDAY 8TH APRIL 9AM - 3:30PM
WEDNESDAY 9TH APRIL 9AM - 3:30PM
THURSDAY 10TH APRIL 9AM - 3:30PM

£25

info@kingsbridgegymclub.co.uk
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AGES 5+



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CURRENT CLASS SPACES

Tuesday 11—11:45am - Age 3+ pre-schoolers (without parents)

Tuesday 4 - 5pm - Age 4+

Thursday 10:30 -11:30am Home Ed Class

Friday 4 - 5pm - Age 4+

CLOSING DATES

The club will be closed on the following dates, there will be no classes

Easter 14th – 20th April 2025

Monday 21st April 2025

Monday 5th May 2025

Monday 26th May 2025

Full week – Summer 25th

August – 31st August 2025

22nd December - January 5th 2026