

KINGSBRIDGE GYM CLUB

Just like that Christmas is upon us! Please remember to send your child with a jumper and a drink to classes. Now the temperature has dropped it is important to try to keep the gymnasts as warm as we can! Parents will be aware our heating was out of action for a couple of weeks, we had a minor fault identified at our annual service. It has now been repaired and just in time for the cold weather.

Thank you to the Monday night gymnasts and their parents for being so patient when the fire alarm went off this week. The team did a great job at evacuating the premises quickly and thankfully we weren't outside waiting for too long! The safety of our gymnasts, employees, and leaders is our top priority. We strive to ensure that our facilities are up to date and compliant with the highest standards. We also invest in safety equipment, training, and employee support to ensure everyone stays safe and healthy. We will never cut corners when it comes to compliance, and although sometimes it can be irritating, it is essential.

The festive season is coming and the nights are getting darker, please be sure you supervise arrival and dispersal through the Tallyho yard. The other day, I saw CCTV of parents and kids walking behind a reversing bus. Heart in mouth, to put it mildly! Please walk across the front of Tallyho yard, not through the car park, and stick to the yellow hashed virtual pavement.

May we take this opportunity to thank you for your support in 2024, another great year for us and we are working on plans to make 2025 even better. Happy Christmas and a peaceful New Year to you all.

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 progression, hard work and dedication.

BOYS SQUAD- Drew C- For working really hard to join the group, keep up the great work!

SANDY-Ella T- For achieving her backward walkover and for working hard every week.

ADRIAN- Jake T- For trying really hard during badge testing and achieving his next badge.

ANNIE- RUBY A- For her hard work and determination and for giving everything her best. Well done Ruby!

CHARLOTTE- IMMY C- For being brave coming into class and delivering some lovely gymnastics once in the session. Keep up the good work Immy!

JADE- Iris B- For always being up for a challenge, a positive attitude and her strength work. Amazing work Iris!

ALI-Rosa P- For always trying her best with a smile and improving her trampette jumps and landings.

OLI- Leo M- For his improved strength work!

Well done to all gymnasts keep up the good work!



KINGSBRIDGE GYM CLUB

SKILL OF THE MONTH

Our move of the month is.....W Jump!

This jump is on the Vault, floor and rebound test and can be done on the floor, beam and trampette. We look forward to sharing our W Jumps with you this month!



END OF COMPETITION YEAR

What a year we have had competition wise! We are really proud of all our gymnasts for their hard work throughout this year. Your successes are proof of the hard work that you all put in!

On Saturday 10th November gymnasts Louisa, Lyla and Fleur travelled to Plymouth for the over 11's team classic challenge competition at Zinc level. Unfortunately due to injuries we had to withdraw some of the girls from the competition which then meant that we no longer were a team, however the girls went to compete individually. The girls performed brilliantly with Lyla placing 7th overall and Louisa 2nd overall.

The following weekend on the 17th November gymnasts Indie, Luna, Grace and Amber travelled to Exeter for the under 11's teams classic challenge competition at Tin level. Another fantastic performance with the girls placing 3rd as a team and individual placings for Luna who came 6th individually overall and Grace 4th overall. Now for a well-earned rest until 2025!



KINGSBRIDGE GYM CLUB

BOYS SQUAD FUNDRAISER

On Thursday 28th November the squad boys embarked on a challenge to circle the pommel trainer (mushroom) 200 times between them. They have been training for 4 weeks and although it is a tricky technique to learn it can be great fun. I am delighted to report they managed 232 circles between them. They have worked hard to raise over £500 to help the Club purchase a fully operational pommel horse for the next steps of pommel training. The pommel horse is a useful piece of equipment for training and conditioning for the whole club too.

Seth, Luca, Ezra, Daniel Theo, Oli, Arther, Reuben and Drew, we are very proud of your dedication to this project, well done.

Check out the videos on our Facebook page to see the boys in action!



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 PRESENTATION

The badge testing has just been completed. Congratulations to all of the children who worked hard and earned their badges. If your child passed, you'll be charged £4 through IClassPro next week. Badges and certificates will be presented W/C 16th December.



KINGSBRIDGE GYM CLUB

LEADERS FUNDRAISER

In order to raise funds, the leadership team has organised a movie day on the 15th of December. There'll be a big screen showing The Grinch.

The cost is £6, which includes a drink and snacks. Children are encouraged to wear a Christmas jumper and bring their favorite blanket.

There are limited spaces!



Kingsbridge Gym Club
Christmas
Movie Day
THE GRINCH
Sunday 15th December
11am - 1pm - 30 spaces
Aged 4 - 7yrs
2pm - 4pm - 30 spaces
Aged 7 +
Snacks and drinks included /
bring a blanket & wear
Xmas Jumpers and/or PJs
To book click on the QR code or use the following link
<https://portal.iclasspro.com/kingsbridgegymclub>

£6

NEW BOOKING SYSTEM - ICLASSPRO

Thanks to everyone who has signed up for our new booking system, IClassPro, and endured all the emails in the process!

Please remember to download the app, you can do this by following the link below

<https://apps.apple.com/us/app/the-iclasspro-app/id1331001591>

We will be in contact as we launch new features on the system!



iClassPro

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 £6

Christmas

Movie Day

THE GRINCH

Sunday 15th December

11am - 1pm - 30 spaces
Aged 4 - 7yrs

2pm - 4pm - 30 spaces
Aged 7 +

Snacks and drinks included /
bring a blanket & wear
Xmas Jumpers and/or PJs

To book click on the QR code or use the following link
<https://portal.iclasspro.com/kingsbridgegymclub>

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)

Monday 4 - 5pm - Age 4+

Tuesday 4 - 5pm - Age 4+

Tuesday 5 - 6pm - Age 7+

Thursday 10:30 -11:30 Home
Ed Class

Thursday 6:45—7:45—Age 7+

Friday 4 - 5pm - Age 4+

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

DATES FOR YOUR DIARY

W/C 16th December : Badge
Presentation Week

8th December: Christmas
Party

15th December: Grinch
Movie day

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