



2025



FEBRUARY NEWSLETTER

KINGSBRIDGE GYM CLUB

Welcome back everyone after what felt like the quickest Christmas ever! Or could just be January feeling extra-long! Not long now until our February half term holiday club sessions, lots of fun to be had so make sure to book spaces before they all go!

We are gearing up for another productive year, keep an eye out on our social media platforms to see what we are up to! We have a closed Facebook group for members only where we share important updates as well as gymnast progress, look out for Kingsbridge gym club in the groups section on Facebook.

REMINDERS

Just a polite reminder to turn up to sessions promptly with a water bottle, hair tied back and any jewellery removed or new piercings taped. Can we also remind parents to park appropriately and not in Tally Ho's yard, outside any of the businesses. Please be considerate of neighboring businesses.

DATES FOR YOUR DIARY

We have a jam packed year coming up, please see below some dates for your diaries

Feb Half term holiday club - 17th, 18th, 19th & 20th Feb

Annual General Meeting - AGM - Friday 21st March 7PM all welcome

Club Champs - Sunday 4th May

GYMNAST OF THE MONTH

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

SQUAD GIRL- Agnes R- For her continued dedication and hardwork.

SQUAD BOY - Daniel S- For being a role model to younger gymnasts.

SANDY- Alberta B- For her determination and hard work to correct her work when needed. Well done Berta!

ADRIAN - Alex E- For dedicated training.

ANNIE-Orla S- For working really hard on her bar Skills and becoming more confident in sessions! Keep up the good work!

JADE-Florence S- For always working hard, and listening. Her confidence has grown and it's really nice to see her coming out of her shell!

DENA - Rosie S- For always being so hard working and positive. Amazing work Rosie!

ALI- Lola R- For always having a positive attitude and producing some amazing gymnastics!

OLI- Zeth G - For always giving everything a try with a big smile!

Well done to all gymnasts keep up the good work!





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SKILL OF THE MONTH

Our move of the month is.....Head Stand!

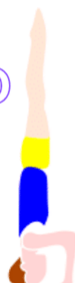
FLOOR: HEADSTAND



Create a triangle base with hands and top of head
Slide feet towards hands



Press down on hands
Slowly lift into tuck.



Only straighten legs if you can hold a tucked Headstand with control

You can use a partner or a wall to support

Return back to tuck and then land on feet

Never roll out of a Headstand

LEADERSHIP ACADEMY

We're recruiting! We are looking for gymnasts aged between 11 and 16 to join our leadership academy program. Our leadership program is a great opportunity for gymnasts to learn more about the other roles within gymnastics, for example judging and coaching. There are 3 awards Bronze, Silver and Gold which are achieved by completing courses, volunteering at events and during sessions as well as planning a project to help fundraise for the club. The gymnasts are mentored and guided by our coaches to help them achieve their goals. We have 5 gymnasts already that have completed a gymnastics helper award which enables them to help coach in the sessions, building confidence and skills. Please email info@kingsbridgegymclub.co.uk if this is something that interests you.



ADULT GYMNASTICS

Are you looking to get in shape, build strength, become more flexible, and have fun? On Fridays, we have an adults gymnastics class from 12 - 1pm. Our experienced coaches will guide you through a variety of exercises designed to improve your strength, balance, and coordination. Whether you're a beginner or have previous gymnastics experience, our class offers a supportive and engaging environment for all skill levels. We are offering a free trial, so you can try out the class without any commitment. Join us and discover the benefits of gymnastics for your fitness and well-being.



KINGSBRIDGE GYM CLUB
ADULT GYMNASTICS CLASSES
FRIDAY'S 12PM - 1PM
THE LOFT
UNIT 7 STATION YARD
KINGSBRIDGE
TD7 1ES
ADULT GYMNASTICS CLASS
DROP IN CLASS £8
THE FIRST CLASS IS FREE, PLEASE EMAIL
[INFO@KINGSBRIDGEGYMCLUB.CO.UK](mailto:info@kingsbridgegymclub.co.uk)
OR CALL 07925147461 TO BOOK IN



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

FEB HALF TERM HOLIDAY CLUB

MONDAY 17TH FEB
TUESDAY 18TH FEB
WEDNESDAY 19TH FEB
THURSDAY 20TH FEB

£25 | **AGES 5+**

9AM TO 3:30PM

INFO@KINGSBRIDGEGYMCLUB.CO.UK

[HTTPS://PORTAL.ICLASSPRO.COM/KINGSBRIDGEGYMCLUB](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

PRE-SCHOOL CLASSES

TUESDAY 11AM - 11:45AM (WITHOUT PARENTS)
FRIDAY 11AM - 11:45AM (WITHOUT PARENTS)
FRIDAY 1:15 - 2PM (WITH PARENTS)

PRESCHOOL CLASS 3 - 4 YRS

FOR A FREE TRIAL PLEASE EMAIL
info@kingsbridgegymclub.co.uk

CURRENT CLASS SPACES

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

Monday 4 - 5pm - Age 4+

Thursday 10:30 -11:30 Home Ed Class

Friday 4 - 5pm - Age 4+

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