

# KINGSBRIDGE GYM CLUB

Finally spring is on the way! It's been lovely to have some sunshine in between the showers! We had a great week at our Half Term holiday club sessions, it was great to see new friendships being made as well as some gymnastics achievements along the way! We have lots of exciting things planned for our Easter holiday club sessions, book early to avoid disappointment.

We are holding our AGM on Friday 21<sup>st</sup> March at 7pm. It would be good to see some new faces as well as any existing ones! A great opportunity to meet the team, hear about all the exciting things we have got coming up as well as celebrating our successes of the year! Drop an email to [info@kingsbridgegymclub.co.uk](mailto:info@kingsbridgegymclub.co.uk) to let us know if you can make it or respond to the event on our social media platforms.

## REMINDERS

Please Park considerably when picking up and dropping off your gymnasts. Please do not park in any spaces that belong to 3 sheets, outside Herring shoes and in Tally Ho's yard. Please be respectful if you are asked to move your vehicle. There are several car parks in the area as well as Morrisons, Tesco and along the embankment.

## UPCOMING DATES FOR YOUR DIARY

**Badge Testing:** W/C 17th March

**AGM:** 21st March 7pm

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

**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

## GYMNAST OF THE MONTH

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

**SQUAD GIRL- LUNA B-** For her continued hard work and achieving her float Upstart!

**SQUAD BOY - OLI L-** For his practicing at home!

**SANDY- ALEXANDRIA T-** For always trying her best at everything and for achieving her round off flic!

**ADRIAN - BRODIE W-** For always being polite and hardworking.

**ANNIE-ARIA F-** For her determination and for her impressive straddle over vault!

**JADE-BEAU J-** For always wanting to improve her work and showing good leadership qualities.

**ALI- GEORGINA L-** For bringing a positive attitude to classes, improving her splits and showing some great beam dismounts, not to mention being a good role model to newer gymnasts in the group.

**OLI- ZEPH P-** For always trying hard and with a smile too!

Well done to all gymnasts keep up the good work!



# KINGSBRIDGE GYM CLUB

## SKILL OF THE MONTH

Our move of the month for March is the..... Star Jump!

A star jump is one of the first jumps learnt within our beginner sessions. We look forward to sharing our star jumps with you this month!



## UNDER 11 TIN & ZINC COMPETITION

**NEWTON ABBOT SUNDAY 23<sup>RD</sup> FEBRUARY** Gymnasts India, Indie, Luna, Grace and Amber travelled to Newton Abbot for the Tin and Zinc classic Challenge competition. For India, Indie and Luna this was their first time competing at the Zinc level. Grace and Amber competed in the Tin under 10's category, they performed some beautiful routines with Grace just narrowly missing out on the ribbons but was 4<sup>th</sup> on Beam and Vault! Amber placed 2<sup>nd</sup> on the bars and 5<sup>th</sup> overall. Indie competed in the under 10 Zinc category with 2<sup>nd</sup> place on vault. Luna competed in the under 9 Zinc category and placed 6<sup>th</sup> overall. India competed in the under 11 zinc category and placed 3<sup>rd</sup> place on beam. Well, done girls, we are so proud of you all! A massive shout out to young leaders Fleur and Freya who volunteered at the competition doing the music and announcing for floor. The girls had no experience doing this and did a wonderful job!



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## CLUB CHAMPS 4TH MAY 2025

Our annual club championship competition is back! Routines have been set and will be handed out to children in the coming weeks. There will be videos on our social media platforms for all the age groups and categories!

Club champs is a great opportunity for gymnasts to be able to show off their skills in a friendly competition environment. There is no pressure to enter only if children would like to be part of it. Details on how to enter will be released in the coming weeks!

We are on the hunt for raffle prizes, if you have any unwanted gifts or bottles, please let us know!

## EASTER HOLIDAY CLUB

Easter is just a few weeks away, check out our Easter holiday club info below. We are now taking bookings. Spaces are limited, so secure your spot today! If you have any questions please email [info@kingsbridgegymclub.co.uk](mailto:info@kingsbridgegymclub.co.uk). Please note the club is closed from 14th - 20th April, there will be no classes or holiday club that week.



## ALICE SUMNERS

Alice Sumners is back by popular demand to teach a gymnastic workshop on Saturday 26th April 11:30am - 12:30pm. Attending Alice's workshops provides gymnasts with the opportunity to learn from a highly skilled and experienced gymnast. Alice is a former British international gymnast. She also featured on the BBC's hit TV show 'Gym Stars'. The number of spaces for the workshop is extremely limited, so if you are interested in booking, please click on the link below or copy it. The cost is £20. If you have any questions please email [info@kingsbridgegymclub.co.uk](mailto:info@kingsbridgegymclub.co.uk).

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



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## WHATS COMING UP.....



**ALICE SUMMERS**  
£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>



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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**

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

The club is closed from 14th - 20th April / no classes / no holiday club

**AGES 5+**

**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](mailto: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](mailto:info@kingsbridgegymclub.co.uk)

### 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

Thursday 5:45 - 6:45pm - Age 7+

Thursday 6:45 - 7:45pm - Age 7+

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