

2025

## AUGUST NEWSLETTER

# KINGSBRIDGE GYM CLUB

July has been an absolute whirlwind, end-of-term madness, our epic fair week display, and that carnival win (go team!). Now, the school holidays are here, and the Holiday Club is in full swing with loads of fun activities to keep everyone entertained. There is still some availability for the coming weeks.

Summer is finally showing up, and we've had some seriously hot sessions, don't forget those water bottles to beat the heat! Classes are running all holidays, except for the week of the 24th August when our amazing coaches will be taking a well-deserved break.

## DATES FOR YOUR DIARY

**SUMMER HOLIDAY CLUB:** Bookings are now live for the following dates.

4th, 5th, 6th, 7th, 8th August

11th, 12th, 13th, 14th, 15th August

18th, 19th, 20th, 21st, 22nd August

Book using the below link or visit our website

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

**SAVE THE DATE:** Saturday 18th October Halloween Recreational Competition

**CLUB CLOSED: W/C 24th August for 1 week all classes resume on 1st September**

## GYMNAST OF THE MONTH

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

**SQUAD GIRL: FLEUR E** - For working really hard on her new floor routine and for not giving up when things can be tricky!

**SQUAD BOY: OLIVER L** - For working hard and for having a brilliant costume at the carnival

**ANNIE: JESSIE H** - For her front somersault work.

**ADRIAN: WILF S** - For always giving new things a go with a big smile.

**JADE: GEORGINA S** - For constantly working hard in her lessons and takes on any new challenge I've given her recently.

**ALI: NEVE H** - For showing such a great work ethic and putting such effort into progressions in her gymnastics. You're doing so well after coming back from an injury.

**CHAR: LILLY-MAY C** - For working on her forward walkovers and never giving up.

**OLI: FINN R** - For being a great role model for the Wednesday boys.



Well done to all gymnasts keep up the good work!

# **KINGSBRIDGE GYM CLUB**

## **SKILL OF THE MONTH**

Our skill of the month is... splits! While they might not be everyone's favourite, splits are an essential foundation for so many gymnastics movements. Whether it's improving flexibility for leaps, enhancing balance for holds, or perfecting those elegant lines, mastering splits opens the door to a whole range of skills. So let's embrace the challenge this month and work on those stretches, your future gymnastics self will thank you!



## **FAIR WEEK CARNIVAL**

We did it again, we struck gold at the fair week carnival with our Willy Wonka themed entry! The energy was off the charts, and the creativity was sweeter than a sweet shop.

We're bursting with pride for everyone who took part, our gymnasts who brought the theme to life with their infectious enthusiasm, and of course, the coaches and parents who worked their magic behind the scenes (probably fueled by a few chocolate bars of their own!).



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## FAIR WEEK DISPLAY

Our annual fair week display was an absolute blast! The energy was electric, the routines were on point, and we had an amazing turnout of spectators cheering everyone on. A massive thank you to all the gymnasts who brought their A-game, and of course, to our superstar coaches and parent helpers who made it all happen. From the flips to the smiles, it was a fantastic showcase of teamwork and talent!



## 40 MILES FOR 40 YEARS

We hope everyone has started counting their miles, it's a big target, but we know our dedicated gymnasts can smash it! Plus, the reward of a club party is sure to be a fantastic incentive.

If you haven't yet please get involved this summer to help us raise vital funds for the club. We're looking at ways to expand our gym area, providing more equipment, more classes, and even more fun for the local community!

As a club, we're aiming to run, walk, swim, or cycle 400 miles this summer to celebrate 40 years of Kingsbridge Gym Club providing gymnastics to thousands of children.

Please collect sponsorship over the summer and return your form in the first week back, week commencing 1st September. We'll announce the total miles covered and the amount raised, and anyone who brings in their form with some miles covered and funds raised will be invited to a club party to celebrate! Please send in your photos to feature in the next newsletter!



# KINGSBRIDGE GYM CLUB

## WHATS COMING UP.....



**KINGSBRIDGE GYM CLUB**  
NEW FULL WEEK  
**GYM HOLIDAY CLUB**  
£25  
ALL DAY 9AM - 3:30PM  
for ages 5+ only  
www.kingsbridgegymclub.co.uk  
BOOK HERE  
https://portal.iclasspro.com/kingsbridgegymclub

<b>MONDAY</b>	21ST JULY	28TH JULY	4TH AUG	11TH AUG	18TH AUG
<b>TUESDAY</b>	22ND JULY	29TH JULY	5TH AUG	12TH AUG	19TH AUG
<b>WEDNESDAY</b>	23RD JULY	30TH JULY	6TH AUG	13TH AUG	20TH AUG
<b>THURSDAY</b>	24TH JULY	31ST JULY	7TH AUG	14TH AUG	21ST AUG
<b>FRIDAY</b>	25TH JULY	1ST AUG	8TH AUG	15TH AUG	22ND AUG

THE LOFT STATION YARD KINGSBRIDGE TQ7 1ES

**KINGSBRIDGE GYM CLUB**  
**GYM CUBS**  
PRE-SCHOOL CLASSES  
TUESDAY 11AM - 11:45AM (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

### CURRENT CLASS SPACES

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

Wednesday 6:30—7:30pm Boys 7+

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

Friday 1:15 - 1:45pm - Age 3+ pre-schoolers (with parents)

Friday 2 - 2:45pm - Age 3+ pre-schoolers (with out parents)

### CLOSING DATES

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

Full week – Summer 25th August

August – 31st August 2025

22nd December - January 5th 2026