

2025



JULY NEWSLETTER

KINGSBRIDGE GYM CLUB

Summer seems to be trying to begin, we've had some scorching sessions over the last few weeks! Please ensure your gymnasts come to their sessions with a water bottle. Try to encourage cooler clothing where possible! June has been quite a busy month - we've had competitions for both squad and recreational gymnasts as well as badge testing!

Well done to all the gymnasts that have just completed their badge testing, it's so nice to see you all progressing!

DATES FOR YOUR DIARY

Badge Presentation Week: W/C 14th July

Summer Holiday Club: Bookings are now live for the following dates

21st, 22nd, 23rd, 24th, 25th July

28th, 29th, 30th, 31st July, 1st August

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

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

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

Club Closed: W/C 24th August

GYMNAST OF THE MONTH

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

SQUAD GIRL: FREYA T - For hard work and determination and for not giving up when things get hard!

SQUAD BOY: ARTHUR B - For his tumbling effort.

ANNIE: ELLA T - For getting out to her first competition out of the club and for not giving up on her straddle on undershoot on the bars!

ADRIAN: EWAN C - For trying hard every week and for making excellent progress!

JADE: INDIE LH - For working extra hard recently and up for any challenge thrown at her.

ALI: RAFI - Always shows enthusiasm and always tries to do his best - great chin-ups last session!

CHAR: MATILDA G - For trying hard in everything and great handsprings off the beam.

OLI: OLI S - For being a strong role model.

DENA: HONOR A - For working hard on her flexibility in her own time.

Well done to all gymnasts keep up the good work!



KINGSBRIDGE GYM CLUB

SKILL OF THE MONTH

Our skill of the month is.....Cartwheel on beam. Not for the faint hearted but a pretty impressive skill to achieve! This is more of an advanced skill however there are lots of different stages to complete before getting it onto the beam. We look forward to sharing our cartwheels with you over the month!



SQUAD FAREWELL

We'd like to wish the very best of luck to gymnasts Imogen, Louisa, Isabel, Agnes and Indie who are continuing their gymnastics journey at different clubs! Imogen and Indie have moved to Newton Abbot to continue their tumbling and Louisa, Isabel and Agnes are off to Plymouth Swallows! You will still see Imogen, Isabel, Louisa and Agnes at our holiday clubs and in sessions helping. We look forward to hearing about your progress girls!

ZINC & COPPER CLASSIC COMPETITION

ZINC AND COPPER CLASSIC CHALLENGE COMPETITION JUNE 8TH 2025 Gymnasts Agnes, Louisa and Lyla travelled to Plymouth for the Zinc and Copper classic challenge competition. For Louisa and Agnes this was their first time competing at this level! Both girls did incredibly well with Louisa placing 2nd on beam and 5th overall and Agnes 1st on beam and 3rd overall! Lyla competed the Zinc level with 1st place on vault ,bars and floor, 2nd place on beam and overall, under 13 Zinc! Well done girls!



KINGSBRIDGE GYM CLUB

PRINCESS & PIRATES COMPETITION

On Sunday 15th June gymnasts Florence, Emily, Fern, Ella, Alexandria, Aria, Orla, Chloe, Matilda, Georgia, Scarlett, Alberta, Charlotte, Iris, Alice and Phoebe travelled to Penryn to take part in a 4-piece competition. For some of these girls it was their first competition outside of our club! All the girls performed amazingly well with some personal bests achieved and for some the bonus of some medals! Well done girls, we are proud of you all!



40 MILES FOR 40 YEARS

Please get involved this summer to help us raise vital funds for the club, we are looking into how we can expand our gym area to provide more equipment, more classes and more fun to the local community!

As a club we would like to run, walk, swim or cycle 400 miles this summer to celebrate 40 years of Kingsbridge Gym club providing gymnastics to 1000's of children.

Please collect sponsorship over the summer and return your form in the first week back; week commencing 1st September when we will announce the total miles covered and the amount raised. Anyone who brings their form in with some miles covered and some funds raised will be invited to a club party to celebrate.



40  **For**
WOW! **40!**

Join the 400 for 40 challenge to celebrate 40 incredible years of Kingsbridge Gymnastics Club!
Between 24th July - 4th September

Come together as a community to cover our target of 400 miles to raise funds for our club. Walk, run, swim or cartwheel your way!

How?

-  Just start moving!
-  Record your activities and distances
-  Encourage friends and family to sponsor you!

 Celebrate with us! All participants are invited to a special end of year party!

KINGSBRIDGE GYM CLUB

WHATS COMING UP.....

KINGSBRIDGE GYM CLUB

THE LOFT STATION YARD
KINGSBRIDGE
TQ7 1ES

NEW FULL WEEK

GYM HOLIDAY CLUB

£25

ALL DAY 9AM - 3:30PM

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

for ages 5+ only

www.kingsbridgegymclub.co.uk

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



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