

KINGSBRIDGE GYM CLUB

We hope you all had a lovely half term! We had so much fun during our May half term holiday club sessions! Polite reminder please can you ensure that you send your gymnasts with a filled water bottle for sessions, especially if your child is attending for more than one hour. Any new piercings need to be taped before sessions and for older piercings please ensure these are removed.

FAREWELL

We are sad to announce that Sandy will be leaving our coaching team. We wish her all the best in her future endeavors. In the meantime, all classes will continue as normal, with Annie stepping in as the lead.

We are actively searching for a replacement, so if you know any Level 2 or 3 gymnastics coaches—or hold the qualification yourself—please get in touch!

DATES FOR YOUR DIARY

Badge testing week: W/C 30th June

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: LOUISA W- For her hard work on bars and tumbling.

SQUAD BOY: LUCA C- For great practicing at home which is showing in his work.

SANDY: SCARLETT M- For always trying her best and for working hard on her princess and pirates' routines!

ANNIE: ELIZA W- For settling into her new class and for trying her best.

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

JADE: AVA C- For always trying her best and for her growing confidence and improvement in her work. Well done, Ava!

ALI: ZOE K - For making great progress and is becoming more confident in trying new things. Great work on the airtrak last week.

CHAR: ORLA M - For her straddle on work on bars and achieving things she didn't think she could

OLI: MAGNUS B- For nailing his front somersault.

DENA: FRANKIE R- For being welcoming to new members in the group as well as working hard in sessions.

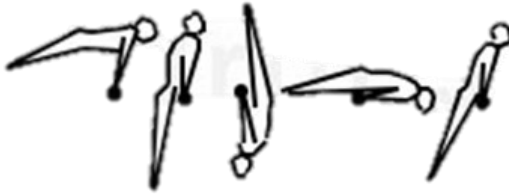


Well done to all gymnasts keep up the good work!

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SKILL OF THE MONTH

Our skill of the month is.....Back hip circle! This skill is part of our bar and beam badge that is coming up in June. A back hip circle is a backward element on the low bar. It requires lots of confidence and good body tension. We look forward to sharing our back hip circles with you all!



REGIONAL TEAMS TUMBLING COMP

On May 11th 4 gymnasts travelled to Bristol to take part in the regional teams tumbling competition. Gymnasts that place 1st or 2nd go to the finals in Birmingham to represent the region. This is the first time our club has entered this competition. Gymnasts Imogen, Louisa, Agnes and Isabel performed some brilliant tumbling with all of them having moved up a level. Unfortunately, we weren't able to secure a place in the team this time, however we've come away with more experience and achieved some personal bests. Well done girls!



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ENGLISH CHAMPIONSHIP 31ST MAY

On Friday 31st May Imogen travelled to Telford to compete at the English Championships tumbling event. This is a huge event that gymnasts are selected for. Imogen completed her podium training on the Friday evening, which is a practice before the competition day, and to make herself familiar with the venue. On Saturday 31st May Imogen competed and performed some fantastic tumbling! Imogen finished a respectable 12th place overall in the country. Imogen was up against some fantastic competition with girls much older than her- the overall winner was 18! Well done, Imogen, we are all super proud of you!



SUMMER HOLIDAY CLUB

Our summer holiday club is now open for bookings, and good news it's now available 5 days a week, Monday to Friday, from 9am to 3:30pm! For just £25 a day, your child can enjoy a fun-filled experience with plenty of gymnastics and activities to keep them entertained. Don't miss out—click the link below to book now!

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



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

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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

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CURRENT CLASS SPACES

Monday 4 - 5pm – Age 4+

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

Tuesday 4 - 5pm - Age 4+

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

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