

2025



DECEMBER NEWSLETTER

KINGSBRIDGE GYM CLUB

As the year comes to an end, we're embracing the festive season in class! Gymnasts are invited to wear their Christmas jumpers or festive attire to add some Christmas cheer to our sessions.

Our coaches will be taking a well-deserved break from 19th December to 5th January, and classes will resume on Monday, 5th January.

We have some exciting plans for 2026, and we believe it's going to be our best and biggest year yet! A huge thank you to everyone for supporting the club in 2025, we couldn't do it without you all! From all the coaches and trustees, we wish you a very merry Christmas and a happy new year!

*** IMPORTANT ***

A few important reminders: please be careful on the stairs, always hold on to the handrail, and supervise your gymnast. The weather is currently very dark and wet, so remember there is an outdoor light, the switch is at the bottom of the stairs and another on the top left as you go out!

Please note that it can be a bit cold in the gym, so ensure your gymnast wears warm layers. Also, don't forget to bring a drink bottle!

DATES FOR YOUR DIARY

- **BADGE PRESENTATION WEEK:** Badge presentations W/C 15th December 2025
 - **AWARDS NIGHT:** Saturday 7th February 2026 - more information to come!
 - **CLOSED:** Saturday 20th December - Sunday 4th January
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GYMNAST OF THE MONTH

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

SQUAD GIRL: CHLOE P: For always working hard

SQUAD BOY: LEO M: For really pushing hard in his squad trial week

ANNIE: PHOEBE C: For her determination

ADRIAN: LEO H: For good listening and great effort.

JADE: ROSIE D: For working hard trying to perfect her moves and giving new challenges a go

ALI: IMMY C: For listens to everything and shows beautiful presentation in her work. Recently she had also started to ask if something isn't clear and then apply what she learns to her work. Badge work was outstanding.

OLI: FINN R: For taking on the role of senior boys gymnast and leading younger gymnasts being example

DENA: EDITH G: For really trying in class and ringing the new skills bell for 4 weeks in a row!

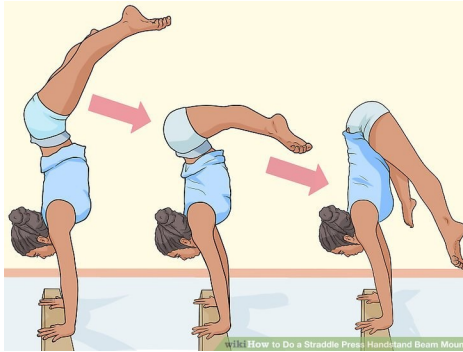


Well done to all gymnasts keep up the good work!

KINGSBRIDGE GYM CLUB

SKILL OF THE MONTH

The **Move of the Month** is the **Straddle Lever to Handstand**, a dynamic and challenging gymnastics skill that combines strength, balance, and flexibility. This move begins in a straddle lever position, where the body is held parallel to the ground with legs spread wide, supported by straight arms. The transition to a handstand requires precise control, engaging the core and shoulders to lift the legs upward while maintaining alignment. Mastering this skill enhances body awareness and builds upper body strength, making it a staple in advanced gymnastics training.



PARENT TODDLER SESSIONS EVERYDAY!

We're excited to announce the launch of our new parent-toddler daily sessions, running every weekday from 9:45AM - 10:45AM. This initiative is a response to popular demand and offers a consistent, daily opportunity for parents and toddlers to connect and engage.

As this is a trial, we encourage you to join and support this new program to help us determine its success and potential for the future.

Starting from Monday 12th January! Normal session times w/c 5th Jan.



 **KINGSBRIDGE
GYM CLUB**

MINI GYM CUBS
**PARENT & TODDLER
SESSION**

DROP IN SESSION
9:45AM - 10:45AM
**NOW EVERY
WEEKDAY!**

Join our parent-toddler sessions, now running Monday to Friday! Trial starts Monday, 12th January, come along and make it a success!

£5



KINGSBRIDGE GYM CLUB

HONESTY CAFE

We've now launched our honesty cafe! If you're in need of a hot drink, head to the kitchen and help yourself. We offer tea, coffee, we also have decaf, and herbal teas, all for just £1. You can pay with a £1 coin or use our Sum Up card machine, which might take a moment to wake up, so please be patient!



HONESTY BOOK SHOP

We have new books in stock! The squad's honesty bookshop in reception is raising funds with mostly new books, ideal for Christmas gifts.

If no coach is available, simply use the SumUp machine on the table, it takes a moment to wake up, but once it's ready, just enter the amount, tap your card, and you're good to go.



KINGSBRIDGE GYM CLUB

LEADERSHIP ACADEMY

At Kingsbridge Gym Club, we offer an exciting opportunity for gymnasts aged 11+ to join our Leadership Academy. This free, British Gymnastics recognised program provides a pathway to employment within the club and is a valuable addition to any CV.

Participants will develop leadership skills through five key areas:

MY Learning: Complete sport-specific and general courses.

MY Development: Work alongside a mentor to enhance skills.

MY Volunteering: Contribute time at events and meetings.

MY Future: Create a development plan to achieve personal goals.

MY Projects: Identify and address club needs through impactful projects.

Dedicated gymnasts will attend quarterly meetings, complete 50 hours for the Leadership Academy, and 100 hours to become a helper. This includes volunteering at club and regional events or assisting in classes.

The program is open to all ages 11+ and offers awards, rewards, and recognition at various stages. It's a fantastic way to build confidence, gain experience, and stay involved in gymnastics.

We currently have around 10 leaders working in the club, whom you might see around. A big congratulations to Louisa, Emily, and Hayden for recently passing their Helpers courses, you will see these leaders in our classes soon!

We have an intake into our Leadership Academy each year in January. If you think this is something your child would enjoy, please get in touch with us at info@kingsbridgegymclub.co.uk for more information.



KINGSBRIDGE GYM CLUB

TEAMS COMPETITION 2ND NOV

Huge well done to these girls today! Congratulations to **Grace, Amber, Poppy** and **Chloe** who came 3rd place as a team in the under 10 Tin category, we also had some individual placings; Grace 1st on bars, 2nd on beam and 5th place overall, Amber 2nd on bars, 5th on beam and 2nd overall and Chloe 3rd on bars. Poppy stuck her backward roll-on beam. Individually **Emily** competed at Tin level and had some placings in the top 10 with an overall placing of 7th place. **Luna** competed at Zinc level with a placing in the top 10 on floor.

Really proud of you all! Huge thanks to **Jade** for judging and to **Jen** for helping me out with the team girls!



AXIS COMP 16TH NOVEMBER

Huge well done to all our gymnasts that took part in today's competition at Axis. Fantastic performances from our gymnasts with placings from

- **Matilda** in the advanced plus category placed 2nd on floor.
- **Rosie** in the beginner category 1st on floor, 3rd on vault and 1st overall.
- **Elsie** in the intermediate category 3rd place on vault
- **Arthur** in the intermediate category 3rd place on floor
- **Robert** in the intermediate category 3rd place on floor, 2nd place on floor and 3rd place overall.
- **Alexandria** in the advanced plus category 1st place on floor, 3rd place on vault and 2nd overall.
- **Max** in the advanced plus category 1st on vault and 2nd place overall
- **Georgia** in the advanced plus category 3rd place on floor.
- **Milly** in the advanced plus category 1st place on floor, 3rd place on vault and 3rd overall.

Thank you to **Charlotte Titterton** for judging all day and thanks to **Jade Patey** and **Adrian Masters** for coaching today! Now to have a rest ready for next year!



KINGSBRIDGE GYM CLUB

WHATS COMING UP.....



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Illustrations of a tiger, bear, lion, and elephant.

CURRENT CLASS SPACES

Monday 5-6pm 7-10yrs

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

Tuesday 4-5pm 4.5 - 7yrs

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

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

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

Friday 4-5pm 4.5 - 9yrs

Friday 5-6pm 4.5 - 9yrs

CLOSING DATES

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

22nd December - January 5th 2026