

2026



FEBRUARY NEWSLETTER

KINGSBRIDGE GYM CLUB

Welcome back! Christmas already feels like a distant memory, because January has been a very busy month.

We've launched Parent & Toddler classes every day of the week and opened our brand-new Honesty cafe, both of which are off to a great start.

Classes are now in full swing, with children working on skills for upcoming bar and beam badges (testing takes place in March). Our Squad girls have also been working hard towards their gymnastics exam at the end of February.

We also have our 2nd-hand book stall, fundraising for the new squad girls' competition kit. All books are currently HALF PRICE, with prices reduced for January and staying low this month too, some great bargains available.

Our Honesty Café offers tea, coffee, and herbal tea at £1 per drink. Please help yourself and use the payment machine provided (be patient though it takes a while to wake up!). We kindly ask that spillages are cleaned up and rubbish put in the bin. Thank you!

*** IMPORTANT ***

Please remember to check our **lost property box**, as it already contains a few items. We keep lost property until the end of the term, after which unclaimed items will be recycled. Please remember to name your child's clothing to help us return items easily and avoid anything being taken home by mistake.

DATES FOR YOUR DIARY

- **AWARDS NIGHT:** Saturday 7th February 2026 - more information to come!
 - **BADGE PRESENTATION WEEK:** Badge testing W/C 23rd March
 - **CLOSED EASTER** 6th – 12th April 2026 / no classes
 - **CLUB CHAMPS:** Saturday 9th May
-

GYMNAST OF THE MONTH

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

SQUAD GIRL: Elsie S: For working incredibly hard in preparation for her upcoming grades.

SQUAD BOY: Drew C: For working hard on strength and not giving up on challenging skills.

ANNIE: Izzy C: For consistently working hard and giving her best effort.

ADRIAN: Magnus B: For showing excellent effort in every session.

JADE: Georgina S: For doing the homework set and for really trying to improve her skills.

ALI: Willow N: For great focus during training and making steady progress with her technique.

OLI: Angus G: For positive attitude in training and giving full effort 100% of the time.

DENA: Iris B: For excellent listening, working hard in every lesson and being a delight to teach!



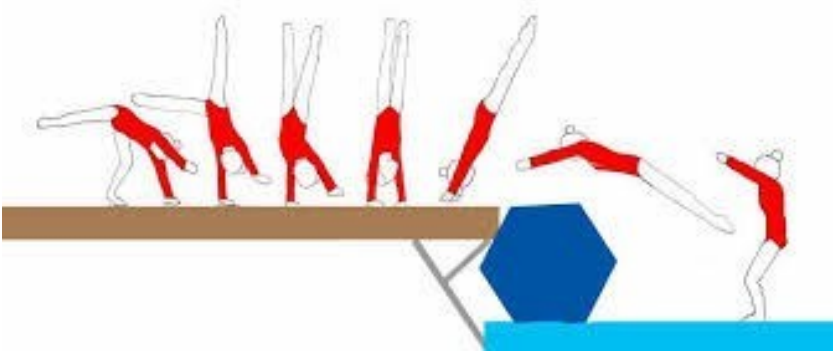
Well done to all gymnasts keep up the good work!

KINGSBRIDGE GYM CLUB

MOVE OF THE MONTH

Round-Off Dismount off Beam

The round-off dismount off beam is a solid, reliable way to finish a routine strong. It takes good timing, tight body control, and confidence to push through the round-off and land cleanly. While it may look simple, doing it well shows strong basics and consistency. A controlled takeoff and stuck landing make this dismount an effective and confident end to any beam routine.



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.



**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

HYDRATION

At Kingsbridge Gym Club, the health, safety, and wellbeing of all gymnasts is a priority, and this includes supporting safe and appropriate hydration during sessions. Gymnasts are encouraged to bring a clearly labelled water bottle to every class, as it is not always possible to leave the gym floor to access cups during training. Where possible, we organise group water breaks so all gymnasts drink at the same time, allowing coaches to continue teaching safely and effectively.

There may be times when gymnasts are asked to wait briefly until an organised water break. However, if a gymnast needs a drink sooner, they will always be allowed to do so. For safety and supervision reasons, gymnasts must ask a coach before leaving the class to get a drink so we are always aware of where they are.

Gymnasts will never be denied access to water when they need it. To support good hydration and protect equipment and facilities, we ask that only water is brought in water bottles. This approach helps us maintain a safe, well-supervised, and positive training environment for

Gymnasts must be provided with opportunities to drink regularly throughout a gymnastics session or activity, with gymnasts encouraged to consume fluids as they feel comfortable to.



XMAS PARTY

Huge thanks to everyone who came along to our Christmas Party!

There were **children everywhere, faces fully painted, and enough sugar to keep everyone buzzing until New Year**, absolute chaos in the *best* possible way!

We had an amazing time celebrating with you all, with plenty of laughs, festive fun, and very tired children by the end. A massive shout-out to our brilliant young leaders and volunteers who somehow kept everything running smoothly and for Santa making a festive appearance!



KINGSBRIDGE GYM CLUB

WHATS COMING UP.....

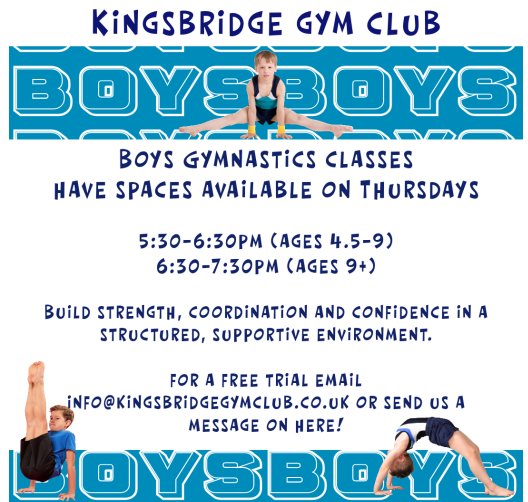


KINGSBRIDGE GYM CLUB
FEB HALF TERM
GYMNASTICS
HOLIDAY
CLUB £25

5+

MONDAY 16TH FEBRUARY 9AM - 3:30PM
TUESDAY 17TH FEBRUARY 9AM - 3:30PM
WEDNESDAY 18TH FEBRUARY 9AM - 3:30PM
THURSDAY 19TH FEBRUARY 9AM - 3:30PM
FRIDAY 20TH FEBRUARY 9AM - 3:30PM

info@kingsbridgegymclub.co.uk
BOOK USING THE QR CODE OR THE LINK BELOW
<https://portal.iclasspro.com/kingsbridgegymclub>



KINGSBRIDGE GYM CLUB
BOYSBOYS

BOYS GYMNASTICS CLASSES
HAVE SPACES AVAILABLE ON THURSDAYS

5:30-6:30PM (AGES 4.5-9)
6:30-7:30PM (AGES 9+)

BUILD STRENGTH, COORDINATION AND CONFIDENCE IN A STRUCTURED, SUPPORTIVE ENVIRONMENT.

FOR A FREE TRIAL EMAIL
INFO@KINGSBRIDGEGYMCLUB.CO.UK OR SEND US A MESSAGE ON HERE!



KINGSBRIDGE GYM CLUB
GYM CUBS

NEW
PRE-SCHOOL CLASS
TUESDAY 1:15PM - 2PM
(WITHOUT PARENTS)
STARTING 24TH FEB

PRESCHOOL CLASS 3 - 4 YRS

FOR A FREE TRIAL PLEASE EMAIL
info@kingsbridgegymclub.co.uk



KINGSBRIDGE GYM CLUB
MINI GYM CUBS
PARENT & TODDLER
SESSION

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CURRENT CLASS SPACES

Monday 4-5pm 4.5—9yrs

Monday 5-6pm 7-10yrs

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

Tuesday 4-5pm 4.5 - 7yrs

Thursday 5:30—6:30pm 4.5—9yrs

Thursday 6:30—7:30pm 9+yrs

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

Friday 4-5pm 4.5 - 9yrs

Friday 5-6pm 7+yrs

CLOSING DATES

We're closed.....

- Full week – Easter 6th – 12th April 2026
- Friday 3rd April 2026
- Monday 4th May 2026
- Monday 25th May 2026
- Full week – Summer 31st August – 6th September 2026
- 18th December until January 4th 2027