

KINGSBRIDGE GYM CLUB

As we step into March, we're looking back on what was a fantastic and very busy February for our gymnasts and coaching team. One of the highlights of the month was our Awards Night, where it was wonderful to celebrate the hard work, dedication, and progress of all our gymnasts. It was fantastic to see so many smiles and to recognise the achievements of our gymnasts with a variety of well-deserved awards.

Our Squad girls also represented the club brilliantly at the Grades Competition in Newton Abbot. They showed great determination and teamwork, and we are incredibly proud of their performances and the effort they put in both on the day and in training leading up to the event.

February half term was another busy time for the club, with a packed Holiday Club full of fun, energy, and plenty of gymnastics! It was great to see so many children joining us, learning new skills, and enjoying their time in the gym.

*** IMPORTANT ***

We have recently received multiple complaints regarding parking around the gym, so we kindly ask all parents to please follow the guidelines below.

- **Please do not drive into Tally Ho at any time. This area is strictly a no-go for cars.**
- **Parents should also not park directly in front of any of the surrounding businesses. The only permitted parking area is along the road near the trees.**

We understand that parking can be difficult and appreciate your patience. Please be assured that we are working behind the scenes to try and find a better solution.

DATES FOR YOUR DIARY

- **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: Grace C: For her continued perseverance on bars

SQUAD BOY: Arthur B: For his amazing forward and backward somersaults

ANNIE: Elva H: For always coming into class ready to learn, for applying feedback to her work and for always trying her best

ADRIAN: Luke D: For helping with the new boys

JADE: Juno M: For her fantastic attitude and love of gymnastics, always smiling while producing lovely work on bars and confidently tackling new skills.

ALI: Evie H: For her fantastic perseverance while learning backward rolls and cartwheels, listening to feedback and continuing to try until she gets it.

OLI: Reuben H: For his excellent Handstands

DENA: Mila H: For consistently completing her homework, bringing a great attitude to every class, and showing fantastic effort in her training.

Well done to all gymnasts keep up the good work!



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MOVE OF THE MONTH

Handspring over vault

Our move of the month is the **handspring over vault**, a powerful and exciting skill that combines speed, strength, and good technique. Gymnasts start with a strong run and jump onto the springboard, placing their hands firmly on the vault before pushing powerfully through their shoulders to drive their body over and land safely on their feet. It's a fantastic skill for building confidence and developing the power and control needed for more advanced vaulting skills.



PARENT TODDLER LOYALTY CARD!

We're excited to introduce our new Mini Gym Cubs Loyalty Card for our parent and toddler sessions!

To say thank you for your continued support, children will receive a stamp each time they attend. Once you've collected 4 stamps, your 5th visit is completely FREE!

It's our way of rewarding our regular families while encouraging little ones to keep enjoying their time exploring, climbing, and developing their skills.

Please remember that one card is issued per child and one stamp is given per visit. Loyalty cards cannot be used in conjunction with other offers.

We hope you love this new addition and look forward to seeing lots of full stamp cards soon!



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AWARDS

Last month we celebrated our 40th birthday with a very special awards evening. The event included a variety of displays from our gymnasts and we were delighted to present over 60 medals to recognise their hard work and achievements.

It was wonderful to see so many gymnasts receive their awards and celebrate together. We were also honoured to have Jane Greaves, the original founder of the club, attend the evening and present the medals. It was also fantastic to welcome back some former coaches and gymnasts to help mark such a special milestone for the club.

As part of the evening, gymnasts also had the chance to vote for their favourite coaches, with Ali Wood and Annie Rundle winning the Coach of the year award. They also voted for their favourite leader, with Lyla Stafford taking the title.

Our Gymnast of the Year awards, voted for by their peers, went to Max Brooker (Boys) and Indie Lafferty-Holt (Girls). A huge congratulations to all of them!

Congratulations to all the gymnasts who received an award, your hard work and dedication truly deserved to be celebrated. We are now even considering making this a yearly event!



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GRADES

Seven of our squad gymnasts travelled to Newton Abbot on Sunday, February 22, to take part in the **National Development Plan Grades**.

This gymnastics exam includes bars, beam, floor, vault, and range and conditioning, with different levels for various age groups.

In the first round, **Luna Browne** (Development One) and **Elsie Stafford** (Development Two) both achieved *working at*, while **Isabel Wood** and **Louisa Wood** (Development Three) both achieved *working above*. In the second round, **Chloe Pike**, **Alice Thompson-Yates** and **Olivia Winterburn** all achieved *working above* in the Preparation One grade.

There were also some fantastic individual results, with **Louisa** placing second on bars and beam, **Isabel** second on floor, and **Alice** third for range and conditioning.

Everyone at the club is incredibly proud of the girls. For some it was their first grades competition, while for **Elsie** it was her first competition back after a year out with injury.

The girls also debuted their new club kit, kindly sponsored by Tally Ho. A big thank you to Judge Jade for judging at the event. With a busy year of competitions ahead and lots of new skills to come, the future is very exciting for the team. Well done girls!



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WHATS COMING UP.....

KINGSBRIDGE GYM CLUB

Easter HOLIDAY CLUB

TUESDAY 7TH APRIL
WEDNESDAY 8TH APRIL
THURSDAY 9TH APRIL
MONDAY 13TH APRIL
TUESDAY 14TH APRIL
WEDNESDAY 15TH APRIL
THURSDAY 16TH APRIL

info@kingsbridgegymclub.co.uk
https://portal.lclasspro.com/kingsbridgegymclub

9AM - 3:30PM

£25

AGES 5+



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

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



CURRENT CLASS SPACES

- Tuesday 11—11:45am - Age 3+ pre-schoolers (without parents)
- Tuesday 1:15 - 2pm - Age 3+ pre-schoolers (without parents)
- Tuesday 4-5pm 4.5 - 7yrs
- Thursday Boys 5:30—6:30pm 4.5—9yrs
- 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.....

- No classes – 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