

2025

NOVEMBER NEWSLETTER

KINGSBRIDGE GYM CLUB

Welcome to the November edition of our newsletter! October was an incredibly busy and exciting month for us, and we can't wait to share all the highlights with you below. As we move into November, we're also starting to get organised for the festive season ahead, so lots to look forward to!

With the colder weather now upon us, we kindly remind all gymnasts to wear appropriate warm clothing to their sessions. It's important to stay cozy and comfortable while training. Additionally, we ask that gymnasts arrive promptly to ensure they have enough time to complete their warm-up, which is crucial for a safe and effective session.

Stay tuned for more updates and exciting news as we head towards the end of the year. Thank you for your continued support, and here's to a great November!

*** IMPORTANT ***

As the nights get darker and the weather gets wetter, let's avoid any stairway slip-ups! Make sure the lights are on before you make your grand ascent or descent. There's a light switch at the bottom next to the post box and another sneaky one on the inside on the left as you head down.

Gymnasts, let's keep those shoes sensible and hands on the handrail, no acrobatics until you're on the mat! And remember, no unsupervised stair adventures, safety first!

DATES FOR YOUR DIARY

- **BADGE ASSESSMENT WEEK:** W/C 1st December 2025 – Badge presentations W/C 15th December 2025
 - **CHRISTMAS PARTY:** Sunday 7th December 2025 2:00pm – 4:00pm
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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: FLEUR E: For her determination and hard work and for being a positive role model for all.

SQUAD BOY: ROBERT S: For always working hard with a smile

ANNIE: RUBY A: For always working hard and for her vault work.

ADRIAN: JAGO S: For learning fast!

JADE: ELSIE H: For her growth in confidence and for always trying her best.

ALI: AMBER K: For always giving her best and having a positive attitude.

OLI: BODHI Y: For giving 100% at a new sport with no backing down.

CATHERINE: JUNO M: For having a positive attitude in sessions and for working hard.

Well done to all gymnasts keep up the good work!



KINGSBRIDGE GYM CLUB

SKILL OF THE MONTH

The Move of the Month is the V-Sit, a dynamic exercise that plays a key role in our conditioning routines. Renowned for its ability to build core strength, the V-Sit challenges gymnasts to engage multiple muscle groups while maintaining balance and control. This month, we encourage everyone to test their limits, see how many V-Sits you can complete and share your results with us! It's a fantastic way to track your progress and push your core strength to new heights.



NEW COACH ALERT

We are thrilled to welcome a new addition to our coaching team, Catherine! With a strong gymnastics background as an ex-gymnast and current member of a cheer squad, Catherine brings a wealth of experience and energy to our team. She is a certified Level 2 Women's Artistic Coach and is actively working towards achieving her Level 3 certification.

Catherine will be working with our squad gymnasts on Wednesdays and Fridays, but you'll also catch her in action on Mondays and Thursdays, as well as during our Display team sessions. Her passion for gymnastics and dedication to coaching will undoubtedly inspire our gymnasts to reach new heights. Please join us in giving Catherine a warm welcome to the team!



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FLIP OR TREAT 2025

We want to give a huge shout-out to all the gymnasts who took part in our Flip or Treat competition. The routines were absolutely fantastic, and we couldn't be prouder of the effort everyone put in! This competition is set to become an annual tradition, giving gymnasts a chance to shine and celebrate their hard work in a fun and engaging way.

The Halloween party was full of energy and excitement! A massive congratulations to our Young Leaders for organising such a spooktacular event. The gymnasts' costumes were not only incredible but also delightfully spooky, adding to the eerie fun of the night. It was a total blast, with craziness and spooky vibes everywhere!



SPOOKTACULAR @ FALCONS

We're incredibly proud of all our gymnasts who participated in the Spooktacular Competition on the 25th and 26th of October. Your outstanding performances and dedication showcased not only your talent but also your commitment to representing the club. Each routine was a testament to your hard work, and you truly did yourselves and the club proud. Well done to everyone involved!



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CHRISTMAS IS COMING!

The festive season is just around the corner, and back by popular demand is our annual Christmas party! Mark your calendars for December 7th, 2PM - 4PM. For just £5 per gymnast, you can book your spot via iClassPro, the QR code, or the link below.

Get ready for an afternoon packed with airtrack fun, a bouncy castle, disco vibes, games, and even a face painter! It's the perfect chance for gymnasts to let loose, enjoy some sugar-fueled energy, and celebrate the season with their gymnastic friends. Don't miss out, it's going to be a holly, jolly good time!

<https://portal.iclasspro.com/kingsbridgegymclub/booking>



HONESTY BOOK SHOP

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

WHATS COMING



KINGSBRIDGE GYM CLUB

GYMCLUSIVE SEN SESSION
EVERY THURSDAY DURING TERM TIME
4:15PM - 5:15PM

DROP IN SOFT PLAY GYM SESSION
£6 / £4 PER SIBLING
PARENTS / CARERS MUST STAY AND PLAY

NO NEED TO BOOK

FOR MORE INFORMATION EMAIL
annie@kingsbridgegymclub.co.uk



RECREATIONAL CLASSES
PARENT & TODDLER
KINGSBRIDGE GYM CLUB

GYM HIRE
HOLIDAY CLUB
ALL THIS AND MORE

PRE-SCHOOL
PARTIES
GYMCLUSIVE (SEN CLASS)

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TO FIND OUT MORE PLEASE VISIT OUR WEBSITE
WWW.KINGSBRIDGEGYMCLUB.CO.UK
OR EMAIL ANNIE@KINGSBRIDGEGYMCLUB.CO.UK

CURRENT CLASS SPACES

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

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)

CLOSING DATES

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

22nd December - January 5th 2026