

2025



OCTOBER NEWSLETTER

KINGSBRIDGE GYM CLUB

Welcome to the October edition of our newsletter. A big, warm welcome to all our new members, especially the little preschoolers who've officially "graduated" to the recreational classes.

Autumn is in full swing, and we're buzzing with excitement as we gear up for some fantastic events this month. From the much anticipated Halloween in-house competition and party to the October half-term holiday club fun, there's plenty to keep everyone on their toes, literally!

As the temperatures drop, we want to remind everyone to ensure your child comes to the gym dressed in suitable, warm clothing to keep cozy during training. And here's some great news for parents, we're introducing tea and coffee facilities soon, so you can stay warm and caffeinated while waiting for your gymnast!

DATES FOR YOUR DIARY

- **IN-HOUSE COMP & PARTY:** Saturday 18th October Halloween Recreational Competition & Halloween party
 - **HOLIDAY CLUB:** 27th, 28th, 29th & 30th October
 - **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: ALICE TY: for her hard work on her floor and beam routines

SQUAD BOY: JULES SK: For practicing hard at home which shows in his class work

ANNIE: OLIVE B: For always trying her best and for her brilliant jumps on beam!

ADRIAN: ALFIE W: For learning very fast and being helpful and supportive to his class mates.

JADE: ISLA F: For always being so happy and positive and for wanting to give her all in her work

ALI: MINNIE M: For always taking absolute care in all the gymnastics moves she attempts and really thinking about her presentation.

OLI: ARCHIE W: For being polite, cheerful and always listening.

DENA: MATILDA C: For working hard in class, demonstrating beautifully, and always ready to help.

Well done to all gymnasts keep up the good work!



KINGSBRIDGE GYM CLUB

SKILL OF THE MONTH

Move of the Month focuses on linked jumps, specifically the stretch jump, tuck jump, and a bonus for the split jump. These jumps are crucial elements for all competition routines, showcasing skill and precision.

Gymnastics Jump Positions



Tuck



Split



Straddle



Pike

HALLOWEEN PARTY

It's not too late to book for the Halloween Party, happening from 6pm to 7:30pm on Saturday 18th October! Get ready for a disco (monster mash, anyone?), face painting (zombie or vampire, you decide), and plenty of Halloween thrills. Stay tuned for more eerie details, this is one fangtastic event you won't want to miss!

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

KINGSBRIDGE GYM CLUB

HALLOWEEN

FANCY DRESS PARTY

18th October 6pm - 7:30pm

£5 per child

**Refreshments
Face painting
Competition for best dressed
Halloween inspired games**

Book in via the QR code or on Iclasspro



All members welcome, you do not need to have entered the Halloween Recreational comp to attend.

KINGSBRIDGE GYM CLUB

HOLIDAY CLUB

There are still a few spots available in our holiday club, so act quickly to secure your place. Don't miss out on the opportunity for your child to enjoy fun-filled activities and make new friends during the holidays. Booking now ensures you won't miss out!

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



40 MILES FOR 40 YEARS

A massive thank you to everyone who took part in our summer fundraising challenge! We are incredibly grateful for your efforts and it was amazing to see so many of you getting active, having fun, and supporting the club.

Here is the list below of everyone that took part and how many miles they achieved, great effort, everyone!

A total of 536.36 miles was achieved, raising an impressive £727.

| | |
|---------------------------|-------------------------------|
| Orla and Wilf Squire 29.5 | Betsy Young 30.5 |
| Eleanor Lonsdale 7 | Evie Mathers 1.71 |
| Ada Milton 13.5 | Arthur Dennis 45 |
| Minnie Moorhouse 33 | Alberta and Luna Browne 32.35 |
| Chloe Pike 8 | Erin Stevens 108.8 |
| Phoebe Hutchings 44 | |
| Freya Fisher 26 | |
| Iris Mccarthy 18 | |
| Oliver Lethbridge 22 | |
| Fleur Everitt 117 | |

Thank you to everyone who contributed to the Tesco fundraiser by donating tokens. Your support is greatly appreciated. We will keep you updated if we win!

KINGSBRIDGE GYM CLUB

CLOSED FACEBOOK GROUP

Don't miss out, join our closed Facebook page today to stay in the loop with all the latest club news! Get exclusive access to the Halloween in-house competition videos, stay updated on upcoming events, and enjoy special content just for members. It's your go-to spot for everything happening at the club.

Please ensure you answer the questions properly when joining!

Click below to join now!



PARKING


We understand that parking can be challenging at times, and we are actively exploring solutions to address this issue. In the meantime, please avoid parking outside Herring shoes or driving into Tally Ho.

When walking into the club, please ensure you follow the yellow walkway, avoid walking across the Tally Ho driveway, and always stay with your child. Your child's safety is our top priority, and these rules are in place to ensure their well-being.



KINGSBRIDGE GYM CLUB

WHATS COMING UP.....



KINGSBRIDGE GYM CLUB
GYM CUBS

PRE-SCHOOL CLASSES
TUESDAY 11AM - 11:45AM (WITHOUT PARENTS)
FRIDAY 1:15PM - 2PM (WITH PARENTS)
FRIDAY 2PM - 2:45PM (WITHOUT PARENTS)

PRESCHOOL CLASS 3 - 4 YRS

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



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KINGSBRIDGE GYM CLUB

HOME ED DROP IN GYM SESSION
WEDNESDAYS @ 2PM - 3PM

£5 PER CHILD / £2 PER SIBLING

Making gymnastics a fun and engaging part of your homeschooling week!

The Loft Station Yard
Kingsbridge
TQ7 1ES



KINGSBRIDGE GYM CLUB
HOLIDAY CLUB

£25 ALL DAY 9AM - 3:30PM

- MONDAY 27TH OCTOBER
- TUESDAY 28TH OCTOBER
- WEDNESDAY 29TH OCTOBER
- THURSDAY 30TH OCTOBER

BOOK HERE
<https://portal.iaclasspro.com/kingsbridgegymclub/booking>



CURRENT CLASS SPACES

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

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

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

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

CLOSING DATES

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

22nd December - January 5th 2026