

2025



SEPTEMBER NEWSLETTER

# KINGSBRIDGE GYM CLUB

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September is here, and it's back to school, back to routine, and the official end of summer. Classes kick off again on Monday 1st September, and we're excited to get back into the swing of things.

The holidays were a whirlwind for us, with the Holiday Club in full swing and packed to the brim most days. A huge shoutout to Annie and Jade for keeping the energy high and bringing the fun every single day, their enthusiasm made the summer unforgettable for everyone involved. Now, as we dive into September, we're looking forward to another action-packed month of learning, laughter, and plenty of gymnastics fun!

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## DATES FOR YOUR DIARY

**SAVE THE DATE:** Saturday 18th October Halloween Recreational Competition & Halloween party

**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: AMBERT T** for achieving her float on metal bar and working hard every session!

**SQUAD BOY: ROBERT S** for taking so well to the extra training

**ANNIE: PHOEBE H** for excellent work on her floor routine and trying to perfect her skills.

**ADRIAN: ZETH G** for great attendance and working hard

**JADE: MILA H** for working hard and for being a nice polite young lady

**ALI: ELIZA B** for always being focused in class, listens attentively, and sets a great example for new gymnasts

**OLI: LEO H** for his improved cartwheel and handstand

Well done to all gymnasts keep up the good work!



# KINGSBRIDGE GYM CLUB

## SKILL OF THE MONTH

Our skill of the month is... 1/2 turn, which is a fundamental rotational move performed on various apparatus, including the floor and beam. It's all about balance, core strength, and not getting too dizzy while you're at it. Whether on the floor or beam, this skill is the perfect mix of "I've got this" and "Wait, which way am I facing?!" It's a stepping stone to fancier tricks, and a great way to build confidence in rotational movements.



## HALLOWEEN COMPETITION AND PARTY

Get ready for a spooktacular time because we're launching our very own Halloween Recreational Competition on the 18th October! This fun, in-house event is the perfect chance for our recreational gymnasts to show off their skills in a friendly, ghoulishly good environment.

Gymnasts will be grouped by age and ability and will compete on the floor and vault. Mark your calendars and keep the times between 12pm and 4pm free on the 18th October, you won't want to miss it! Entry is just £15, which includes a spooky t-shirt (perfect for blending in with the ghosts) and a collectible medal to haunt your trophy shelf forever.

But the fun doesn't stop there! After the competition, our young leaders are brewing up a Halloween Party from 6pm to 7:30pm, complete with a disco (monster mash, anyone?), face painting (zombie or vampire, you decide), and plenty of Halloween thrills. Stay tuned for more eerie details coming your way soon, this is one fangtastic event you won't want to miss!



Save the date  
**SATURDAY 18TH OCTOBER**  
HALLOWEEN IN-HOUSE REC COMP  
+ PARTY

The graphic features a black background with four white cartoon ghosts in the corners. The text is written in a mix of orange, white, and black fonts, with 'PARTY' having a dripping effect.

# KINGSBRIDGE GYM CLUB

## HOLIDAY CLUB

What a whirlwind of fun this summer has been at our Holiday Club! Packed with action, laughter, and endless energy! Our gymnasts have been soaking up the summer vibes, making new friends, mastering new skills, and having an absolute blast. Thank you all for making this summer one to remember! Here's to many more fun-filled summers to come! Our next holiday club is October half term, bookings are now live on IclassPro!



## 40 MILES FOR 40 YEARS

A massive thank you to everyone who has been counting their miles and joining in our summer fundraising challenge! It's been amazing to see so many of you getting active and having fun while supporting the club.

Check out the photos below to see some of our gymnasts in action, clocking up those miles and making this challenge a success. Don't forget to send in your photos too, we'd love to feature them in the next newsletter!

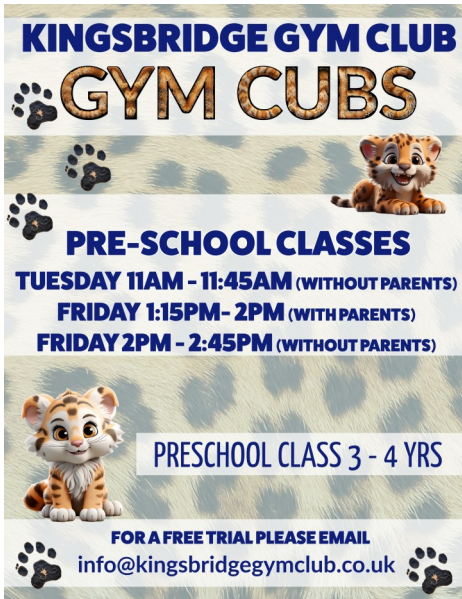
Make sure to bring back your forms so we can announce all the names of our awesome participants and reveal just how many miles we've managed to smash together in our next newsletter.

Anyone who brings back their form and sponsorship, will get free entry to the Halloween party on 18th October



# 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](mailto:info@kingsbridgegymclub.co.uk)



**KINGSBRIDGE GYM CLUB**  
**HALLOWEEN**  
FANCY DRESS PARTY

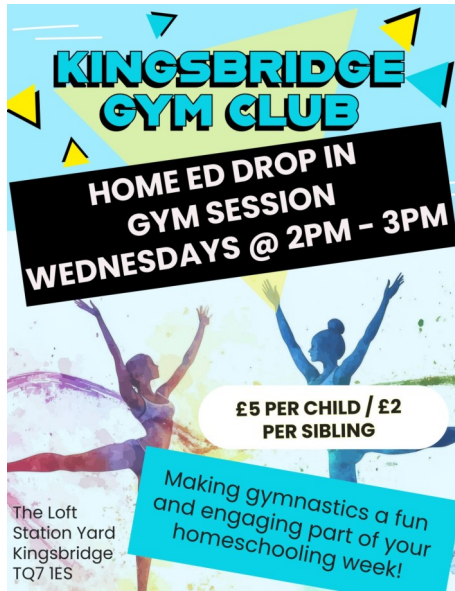
18th October 6pm - 7:30pm

£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**

**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

### 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