

KCGA Newsletter

Kensington & Chelsea Gymnastics Academy Ltd, London, UK 🇬🇧



WELCOME MESSAGE

From Dr Stefan Kolimechkov, CEO & Founder

Welcome to our very first KCGA Newsletter! 🍂 This October is a milestone for our Academy — from our new Saturday classes to our very first gymnastics competition, our community continues to grow stronger. Thank you for trusting us with your children's development. Your support means the world to us.

Half-Term Reminder: KCGA remains open every week — we do not close during half-term.

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STUDENT SPOTLIGHT ✨

This month, our gymnasts have been working hard on handstands, cartwheels, and balance skills. We are so proud of their energy, progress, and the joy they bring to every class.



COACH'S CORNER 🧐

Meet Coach Silvia

With over 25 years of gymnastics experience, Silvia is a two-time World Champion and three-time European Champion. She holds a Level 2 British Gymnastics qualification and is passionate about helping children develop discipline, confidence, and a lifelong love for



Silvia says: “Working with children is especially rewarding — their energy and creativity inspire me every day.”

SCIENCE & HEALTH TIP 🧪

Did you know? Practising gymnastics improves all areas of children's health and fitness — strength, flexibility, agility, and even aerobic capacity.

👉 Want to dive deeper?



Our Academy website is a free resource hub for parents. Read our latest blog to explore the science behind gymnastics and child health:

[Read more on the Academy ➡](#)

✨ New for Parents: KCGA now offers exclusive Parent Guides, created to help you support your child's gymnastics journey with science-backed advice. The first guide, *The Science-Backed Benefits of Gymnastics for Children*, is now available for purchase in our online shop (£25).

UPCOMING EVENTS 📅

Sunday 5 October — **Our First Competition!**

KCGA gymnasts Sofia, Jasmine, Lorenza, Yuna, and Gigi will proudly represent our Academy at the High Ten Competition in Essex. They'll compete on Floor and Vault, aiming for medals, and we'll share highlights next month! We wish them the best of luck! 🎉

Saturday Classes Now Open at St Philip's Church

2:10–2:50 pm — Children (4–6 years)

3:00–3:50 pm — Children (7–11 years)

ANNOUNCEMENTS & NEWS 📢

- Adult Class — Every Tuesday, 7:30 pm at St Philip's Church. Fitness, flexibility, and fun for adults of all levels.

 [Book a trial](#) ➔

- Private 1:1 Coaching — Exclusive sessions at our Kensington Studio or at home.
- Research Study Participants Needed — Dr Stefan's second PhD at the University of Greenwich is seeking non-active adults over 45 to join a free 6-week study exploring health benefits of microcurrent with/without resistance exercises. Includes free pre/post assessments (body composition, muscle strength, etc.).



Registered as a clinical trial on ClinicalTrials.gov
[NCT05567237](#)

ARE YOU OVER 40 YEARS OLD?

UNIVERSITY of GREENWICH

MICROCURRENT WITH AND WITHOUT RESISTANCE EXERCISES TO AGE WELL

IF YOU ARE NON-REGULARLY TRAINED PERSON OVER THE AGE OF 40, YOU CAN JOIN THIS 6-WEEK STUDY, AND BENEFIT FROM **FREE** PRE AND POST ASSESSMENTS OF YOUR:

- BODY COMPOSITION
- MUSCLE STRENGTH
- MUSCLE FUNCTION
- WHITE BLOOD CELLS COUNT

IN THIS STUDY, WE ARE EXPLORING THE EFFECTIVENESS OF MICROCURRENT WITH/WITHOUT RESISTANCE EXERCISES ON BODY COMPOSITION, MUSCLE STRENGTH, AND PHYSICAL FUNCTION IN MIDDLE-AGED AND OLDER ADULTS.

SCAN THE QR CODE TO FIND OUT MORE

IF YOU WOULD LIKE TO TAKE PART OR ASK A QUESTION:
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COMMUNITY TESTIMONIAL ❤️



— *Mohamed Taher, Google Review*

“We’ve had such a wonderful experience with Coach Stefan! He is incredibly patient, encouraging, and truly dedicated to each child’s progress. My daughters always look forward to their gymnastics sessions — they’re learning great skills and growing in confidence. It’s clear both Coach Stefan and Coach Venia care deeply about building confidence and technique in a positive, supportive environment. We’re really grateful for their effort and energy each week. Highly recommended!”

