

KCGA Newsletter

Kensington & Chelsea Gymnastics Academy Ltd, London, UK 

WELCOME MESSAGE

From Dr Stefan Kolimechkov, Founder & Director

Happy New Year from all of us at Kensington & Chelsea Gymnastics Academy Ltd. January is our favourite kind of reset: fresh energy, clear goals, and a strong routine that supports children’s confidence, coordination, and character — all within our boutique training model and our exceptional 1:4 coach–student ratio.

This month we’re focusing on:

- Precision foundations (strong basics, excellent form)
- Healthy consistency (small progress every week)
- Confidence under pressure (learning to try, fall safely, and try again)

Thank you for being part of our KCGA family — we’re excited for what 2026 will bring.

Warmly,

Dr Stefan Kolimechkov

CEO & Founder, Kensington & Chelsea Gymnastics Academy Ltd



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✨ STUDENT SPOTLIGHT



🌍 Guest Gymnast Spotlight: Akshainie (India)

One of our favourite KCGA memories from last year was welcoming Akshainie from India for a week of private one-to-one coaching at the academy.

During her visit, she:

- refined her technique ahead of the Calypso Competition
- joined our group classes as part of the KCGA community
- performed beautifully in both our Kensington and Knightsbridge Annual Performances

Her dedication, precision, and joy were a wonderful reminder of how much progress focused coaching can unlock — even in a short time.

[🔗 Read Akshainie's story](#)

👤🏠 COACH'S CORNER

This month's Coach's Corner: Coach David



Coach David joined Kensington & Chelsea Gymnastics Academy in September 2025, bringing 16+ years of experience across competitive gymnastics and diving.

He began gymnastics at age 6, later competing in diving from 12–18 and winning medals on the 10m platform — an experience that sharpened his understanding of air awareness, body control, and safe landings.

While studying at the University of Oxford (MEng, Materials Science), David returned to gymnastics and went on to:

- Captain Oxford's men's gymnastics team to a historic 2nd-place BUCS finish
- Help secure Oxford's first Varsity Match win vs Cambridge in over a decade
- Win the Men's All-Around at BUCS and the Varsity Match

Today, David coaches with a calm, precise style — helping gymnasts build strong fundamentals, confidence in movement, and a genuine love for training.

He is currently studying for a PhD in Materials Science at Imperial College London.

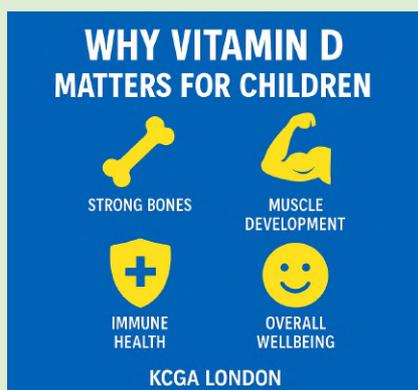
“At KCGA, we focus on the basics done beautifully — because that’s where confidence and safe progress come from.”

SCIENCE & HEALTH TIP

January tip: Vitamin D in London winter — what parents should know

In London, children cannot reliably make vitamin D from sunlight for much of the year — especially from October to April when UVB levels are too low. Vitamin D supports healthy bones, muscle function, neuromuscular coordination, and overall wellbeing — all highly relevant for active, growing children.

This month’s recommended read is our Academy blog post: “The Vitamin D Problem Affecting London Children: Why a 10-Year-Old Scientific Error Still Shapes Today’s Guidelines”



Practical parent-friendly takeaways (non-medical):

- Prioritise safe outdoor time when UVB is available (spring/summer).
- Include vitamin D-rich foods where possible (e.g., oily fish, eggs, fortified foods).
- If you’re concerned about your child’s vitamin D status, speak with your GP or pharmacist (especially during winter months).

 [Read article](#)

17 ACADEMY UPDATES

Chelsea — Park Walk School (SW3 / SW10) 🎉 New location launching!

We’re delighted to share that our very first classes at Park Walk School begin on 5 January 2026.

This is a fantastic space for gymnastics, with excellent equipment including floor mats, a tumble track, mini trampoline, vault, benches/beams, and mini wooden bars — allowing us to deliver the same KCGA boutique standard in a beautiful Chelsea setting.

Class times (term-time):

- Mondays — 5:10pm (ages 5–6), 6:00pm (ages 7–11)
- Thursdays — 5:00pm (ages 7–11), 6:00pm (ages 7–11)

Kensington — St Philip’s Church (W8)

- We’re restarting the term with a strong focus on foundations: core shapes, landing mechanics, and confidence-building progressions.

ACADEMY UPDATES (continued)

- Training in our beautiful Church of England setting at St Philip's brings a calm, uplifting atmosphere — helping gymnasts feel settled, supported, and proud to be part of a positive community.

Knightsbridge — More House (SW1X)

- January begins with beautifully structured sessions that prioritise safe progress, clean technique, and confidence in movement.

- We're proud to be a trusted gymnastics option for families in Knightsbridge, building real teamwork and a warm class culture where every child is supported.

The Kensington Studio — Private 1:1 / 1:2

January is an ideal time for **private coaching** to refine technique, boost confidence, and accelerate progress with focused attention.

★ KCGA FEATURE (TEAM & COMMUNITY)

This year, our coaching team came together for a special Christmas lunch — a moment to reflect on the year that's passed and to celebrate the collective progress of the academy.



The lunch took place as part of the Christmas event organised by the Kensington, Chelsea & Westminster Chamber of Commerce, of which KCGA is a proud member. It felt especially meaningful following our recognition as a Finalist in the Kensington, Chelsea & Westminster Business Awards 2025.

Moments like these matter. They create space for reflection, appreciation, and alignment around shared values — and that culture is exactly what shapes the standards we uphold for every child and family at KCGA.

📣 UPCOMING EVENTS

Term dates (Spring 2026)

👉 **Chelsea** (Park Walk School) — starts 5 January 2026, last day 23 March 2026 (11 weeks)

👉 **Kensington** (St Philip's Church) — starts 6 January 2026, last day 28 March 2026 (12 weeks)

👉 **Knightsbridge** (More House) — starts 7 January 2026, last day 25 March 2026 (12 weeks)

Dates to note

👉 **Launch week at Park Walk School (Chelsea):** Week commencing 5 January 2026

Term reminders: All sessions run during school terms. If you ever need help choosing the right class or venue, message us on WhatsApp or email and we'll guide you.

📢 ANNOUNCEMENTS & NEWS

Private sessions are perfect for families who want:

- personalised, founder-led coaching and faster progress
- technique refinement (clean shapes, safer landings, stronger basics)
- confidence-building in a calm, focused setting
- strength & flexibility development tailored to the child

Availability: Weekend slots at the Kensington Studio are available, with additional private options on weekdays at our Kensington and Chelsea locations.

Limited spaces (small-group classes)

We keep class sizes small to protect coaching quality. If you'd like to reserve a place for Chelsea (Park Walk) or review the best venue for your child, please message early.

Kit & routines

Club t-shirt 🧥, water bottle, hair tied back, and no jewellery.

Boutique safeguarding & standards: We maintain a safe, respectful environment with welfare-first coaching and clear safeguarding standards in every session.

To enquire about private coaching, message us on WhatsApp: 07 999 578 700 or email dr.kolimechkov@icloud.com

❤️ COMMUNITY TESTIMONIAL

– *Liyan, Private 1:1 (Kensington Studio), Google Review*



“老师有耐心，专业。很好的一对一体能训练课程。”

English translation: “The teacher is patient and professional. It's a great one-on-one fitness training course.”

CLOSING MESSAGE

Thank you for choosing Kensington & Chelsea Gymnastics Academy Ltd — a premium, science-backed gymnastics experience in the Royal Borough of Kensington & Chelsea.

Here's to a strong, confident, joyful January.

— Dr Stefan Kolimechkov & The KCGA Team

STAY CONNECTED WITH KCGA

Follow us between newsletters:

Instagram — training moments, performances & academy life

Facebook — academy updates, events & parent announcements

LinkedIn — professional standards, research & academy milestones

 Search: Kensington & Chelsea Gymnastics Academy

Next step (quick & easy): To secure a place, book a trial, or enquire about private coaching, message us on **WhatsApp: 07 999 578 700** or email **dr.kolimechkov@icloud.com**

Our next newsletter will be released in February 2026.