

KCGA Newsletter

Kensington & Chelsea Gymnastics Academy Ltd, London, UK 



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WELCOME MESSAGE

February is where consistency starts to show — and across Kensington, Knightsbridge, and Chelsea we're seeing calmer movement, cleaner basics, and growing confidence built through steady, high-quality coaching in small groups. Thank you for choosing a boutique, science-informed academy; your trust allows us to coach with care, precision, and long-term development in mind.

Warmly,

Dr Stefan Kolimechkov, Founder & Director



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COMMUNITY TESTIMONIAL

✨ STUDENT SPOTLIGHT



Leonie — Growing at Her Own Pace

Leonie joined KCGA in September 2024 with quiet determination and a shy smile. Over the past terms, she has blossomed into a more confident, expressive young gymnast — supported by coaches who celebrate progress, nurture individuality, and keep training calm and positive.

Her mum shared:

“Leonie loves being part of the club because she feels so comfortable growing and evolving at her own pace. The coaches support and encourage her — and reward her at every step. It’s helped her grow in confidence too.”

Gymnastics has become Leonie’s happy place — supporting not only her movement development, but also her emotional wellbeing. Her growing confidence has even carried into other activities, including synchronised swimming.

[Read Leonie’s story](#)

🧐 COACH’S CORNER

With Coach Silvia — “Basics done beautifully.”



Coach Silvia brings world-class experience and a calm coaching style that helps children improve safely and consistently.

This month, her focus is on:

- Quality over difficulty — clean movement first, bigger skills later
- Confidence through clarity — children progress faster when they understand why a drill matters
- Positive discipline — routines that build concentration, patience, and self-belief.

Silvia says: “When children learn the basics properly, they feel confident — and confidence changes everything.”

DIRECTOR'S COMPETITION DIARY

On 15 February 2026, I'm competing at Europa Gymnastics Centre at the 2026 London Regional Gymnastics Championships, representing Kensington & Chelsea Gymnastics Academy. I'll be competing on Rings in the Open category.

This event has personal history too — I've competed at the London Regionals four times, winning Rings gold in 2015, 2016 and 2017, and placing 5th in 2019.



Personal archive, Iron cross on rings at the 2017 London Regional Championships

The same principles I train for — strong basics, body control, patience, and consistency — are exactly what we coach in every KCGA class.

Sharing this is our way of showing that KCGA is led by a coach who still competes — keeping our standards practical, current, and rooted in real performance. I'll share a short update (and a few behind-the-scenes moments) in our March newsletter.



SCIENCE & HEALTH TIP

Is gymnastics safe for children? What parents should know



One of the most common questions we hear (especially in London) is about safety.

The truth is reassuring: when taught properly, recreational gymnastics can be one of the safest and most beneficial activities for children — because it develops strength, coordination, balance, and body awareness through structured progressions.



[Read article](#)

Parent-friendly takeaways (non-medical):

- Look for small groups, clear progressions, and qualified coaches.
- Good programmes prioritise technique and confidence, not risky difficulty.
- Most issues come from poor structure and rushed progression — not the sport itself.

INSIDE KCGA - MONTHLY VIDEO UPDATE



Prefer a quick catch-up? Each month we share a short video update to complement this newsletter — giving families a clearer, more visual snapshot of academy life across Kensington, Knightsbridge, and Chelsea.

January video highlights

- A calm reset at the start of the year across our KCGA venues in London
- A return to routine after the Christmas break, with a focus on fundamentals
- Reflections on adult gymnastics and lifelong training at KCGA
- Looking ahead to the Spring term and the months to come



[Watch the update](#)

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UPCOMING EVENTS

KCGA at London Regionals: On 15 February 2026, KCGA will be represented at the 2026 London Regional Gymnastics Championships at Europa Gymnastics Centre (Rings — Open category). KCGA families are very welcome to come and watch and support — it means a lot.

Spring Term reminders

Chelsea (Park Walk School) — term ends 26 March 2026

Knightsbridge (More House) — term ends 25 March 2026

Kensington (St Philip's Church) — term ends 28 March 2026

Half-term note: our group classes follow school term-time schedules. If you'd like to continue progress during half-term week, private coaching is the best option.

📢 ANNOUNCEMENTS & NEWS

Trials & places (small groups)

Many of our classes remain at or near capacity because we protect coaching quality with small groups and a strong coach–gymnast ratio.

If you're considering:

Chelsea (Park Walk) — new families joining weekly

Private 1:1 / 1:2 — technique, confidence, faster progress

...please message early and we'll guide you to the best option.

Boutique safeguarding & standards: we maintain a respectful, welfare-first environment with clear progressions and careful supervision in every session.

WhatsApp (primary): 07 999 578 700

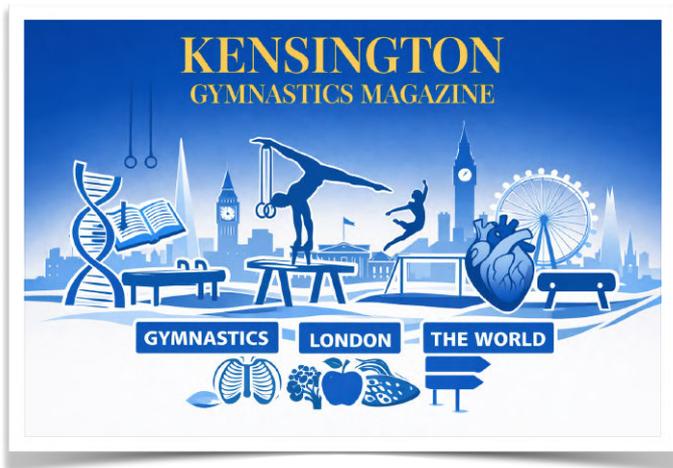
Email (secondary):
dr.kolimechkov@icloud.com

❤️ COMMUNITY TESTIMONIAL

— *Dainora V., Parent (Knightsbridge), Google Review*



“It’s a very nice place — small groups, lots of assistants. The main trainer Stefan is super friendly, experienced and knows how to work with the kids.”

 **KENSINGTON GYMNASTICS****CLOSING MESSAGE**

Thank you for being part of the KCGA community. We're proud to coach in a calm, high-standard environment where children can progress safely, confidently, and at their own pace. If you ever have questions about your child's training, goals, or the best next step, simply message us — we're always happy to help.

— Dr Stefan Kolimechkov & The KCGA Team

MAGAZINE

A bi-monthly educational magazine for London families (6 issues per year)

In January we launched Kensington Gymnastics Magazine — created with a simple purpose: to make gymnastics clearer, calmer, and more understandable for families living in London.

This isn't a manual, a rulebook, or a marketing tool. It's an evidence-informed educational publication, shaped by coaching experience, research, and respect for children's long-term development. Each issue explores gymnastics from multiple angles — science and anatomy, lifelong movement, food and wellbeing, elite sport context, and the everyday questions parents ask — so families can make decisions with confidence rather than anxiety.

[Read the Magazine](#)



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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 March 2026.