

# KCGA Newsletter

Kensington & Chelsea Gymnastics Academy Ltd, London, UK 



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## WELCOME MESSAGE

This month brings one of the highlights of our Spring term: our Easter Sessions at KCGA. Taking place across our academy locations, these sessions are designed to feel joyful while still reflecting the standards we value most: structure, encouragement, safe progress, and pride in every child's individual journey.

Warmly,

Dr Stefan Kolimechkov, Founder & Director



**UPCOMING EVENTS**  
Summer Term at  
KCGA



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**COMMUNITY  
TESTIMONIAL**

## STUDENT SPOTLIGHT



### Our Gymnasts in Action – Easter Sessions at KCGA

This month's Student Spotlight celebrates all of our KCGA gymnasts who took part in the Easter Sessions across our academy locations.

Taking part in a special themed session brings its own excitement, and our gymnasts approached the week with enthusiasm, focus, and a lovely sense of occasion. From strong basics and well-held shapes to confident movement and joyful participation, the sessions reflected the steady progress children have been making throughout the term.

We are incredibly proud of how our gymnasts took part and of the positive energy they brought to the Easter Sessions across KCGA.

[View Our Gallery](#)

## COACH'S CORNER

With Coach Stefan



This month, Coach Stefan shares an important idea that sits at the heart of high-quality children's gymnastics: lasting development is usually built long before the biggest skills appear.

Parents naturally notice the more obvious milestones, but a coach first looks for something deeper — stronger shapes, better alignment, improved control, more organised movement, and a child who is becoming physically more secure in what they do.

That is why, at KCGA, we do not rush children towards difficulty before the foundations are ready. Real coaching is about teaching the body to move well first. When a child learns how to hold positions properly, land with more control, and understand their movement more clearly, the next stage becomes much stronger.

This is especially important in younger children. In our 4–6-year-old classes, the best signs of progress are often attention, posture, balance, coordination, and the growing ability to follow movement patterns with confidence.

## DIRECTOR'S COMPETITION DIARY

My focus this month continues to be preparation for the 2026 Masters Gymnastics World Cup in Cambridge, Massachusetts, where I will represent the Kensington & Chelsea Gymnastics Academy on 3 May 2026.

April is less about dramatic moments and more about careful preparation: protecting health, refining ring-specific strength, and making sure training quality remains high as competition approaches.

I often find that this stage of preparation reflects what we teach children at KCGA. Good performance is rarely produced by urgency. It comes from discipline, patience, recovery, and attention to detail — the same qualities that support long-term development in the gym.



## SCIENCE & HEALTH TIP

Does Gymnastics Improve Posture?



Many parents think of posture as simply “standing up straight,” but in reality it is much more about body awareness, strength, balance, and the ability to organise movement well. Gymnastics can help children improve posture because they regularly practise shapes, alignment, shoulder control, core tension, balance, and coordination through age-appropriate activities.

Over time, this can support better movement quality not only in class, but also in everyday life. In a city like London, where many children spend long periods sitting indoors, this becomes even more relevant. The goal is not stiff posture — it is a child who moves with more strength, awareness, and natural control.



[Read Article](#)

## INSIDE KCGA - MONTHLY VIDEO UPDATE



Our March video update reflects a stage in the term when children are often more settled in their routines and the quality of their movement begins to show more clearly. Across KCGA, we continue to value steady, well-timed development — cleaner shapes, steadier landings, stronger take-offs, and better focus built through thoughtful coaching.

The update also reflects the wider KCGA ecosystem beyond the gym floor. Our KCGA Academy Hub continues to grow as a trusted resource for families who want to better understand children's physical development, posture, movement quality, confidence, and the long-term value of gymnastics. Alongside this, Kensington Gymnastics Magazine continues to develop as a deeper educational resource for parents who want a more evidence-informed understanding of children's gymnastics in London.

The video also includes a brief look ahead to KCGA Easter Week, with the special sessions across Kensington, Chelsea, and Knightsbridge set to be featured more fully in the next monthly update.



Watch the update

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## UPCOMING EVENTS

Our **Summer Term** begins on 20 April, and families can now see the full timetable across our Kensington, Knightsbridge, and Chelsea locations. All classes are term-based.

### Kensington Class Timetable

#### Tuesday

4:40–5:20 pm — Children 4–6

5:30–6:20 pm — Children 7–11

6:30–7:20 pm — Children 10+

#### Friday

3:45–4:25 pm — Children 4–6

4:30–5:20 pm — Children 7–11

5:30–6:20 pm — Children 7–11

6:30–7:20 pm — Children 10+

#### Saturday

2:10–2:50 pm — Children 4–6

3:00–3:50 pm — Children 7–11

4:00–4:40 pm — Children 4–6

### Knightsbridge Class Timetable

#### Wednesday

4:40–5:20 pm — Children 4–6

5:30–6:20 pm — Children 7–11

6:30–7:20 pm — Children 10+

### Chelsea Class Timetable

#### Monday

5:10–5:50 pm — Children 5–6

6:00–6:50 pm — Children 7–11

## 17 UPCOMING EVENTS

continues...

### Thursday

5:10–5:50 pm — Children 5–6

6:00–6:50 pm — Children 7–11

For current students, Summer Term **fees are now due**. All parents should already have received the information explaining how to secure their child's place for the new term. To confirm and reserve your place, payment should be made by 31 May 2026. As places are limited and classes remain term-based, unpaid places may need to be offered to another family on the waiting list, so we kindly encourage parents to complete payment in good time if they wish to keep their child's space.

If you would like guidance on the most suitable class, venue, or coaching pathway for your child this Summer Term, you are very welcome to message us and we will help you choose carefully.

## 📢 ANNOUNCEMENTS & NEWS

We are pleased to share that, due to high demand, **new class spaces** for children aged 4–6 are now **available** at our Kensington and Chelsea locations.

### KCGA starts the first gymnastics podcast for London's families



We are also excited to announce that the **Kensington Gymnastics Podcast** is coming soon — a new way for parents to hear trusted guidance, coaching insight, and useful gymnastics knowledge from KCGA in an easy-to-follow format.



## KENSINGTON GYMNASTICS MAGAZINE

Kensington Gymnastics Magazine is our bi-monthly educational publication for London families — created to make gymnastics clearer, calmer, and more understandable through coaching insight, real academy experience, and evidence-informed guidance.

Each issue supports our wider mission to help parents understand children's movement, development, and physical confidence in a more thoughtful and informed way.



[Read the Magazine](#)

## CLOSING MESSAGE

Thank you for reading our April newsletter and for being part of the KCGA community. This issue has captured a lovely stage of the year — from the energy of our Easter Sessions to the steady progress we continue to see across Kensington, Chelsea, and Knightsbridge.

We are especially proud of the younger gymnasts featured this month, and of the calm, well-structured environment that allows children across the academy to grow in confidence, movement quality, and enjoyment of gymnastics.

As we now look ahead to the Summer Term, thank you once again for your trust and support. We look forward to welcoming you back to class very soon.

See you in the gym,

— Dr Stefan Kolimechkov

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## 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 May 2026.**