

KCGA Newsletter

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



WELCOME MESSAGE

May reflected the standards we value most at KCGA: preparation, resilience, and steady progress. A proud highlight of the month was representing Kensington & Chelsea Gymnastics Academy at the 2026 Masters Gymnastics World Cup in the USA, a moment that reflected the same commitment to doing things properly that we aim to bring to every class.

Dr Stefan Kolimechkov, Founder & Director



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✨ STUDENT SPOTLIGHT



Chelsea's Young Gymnasts: confidence, coordination, and joyful early progress

This month's Student Spotlight celebrates our young gymnasts in Chelsea, where children aged 4–6 continue to show exactly why early gymnastics matters when it is taught well.

At this stage, progress is not about rushing into difficult skills. It is about learning how to listen, move with more control, develop balance and coordination, and begin to feel confident in a structured physical environment. In our Chelsea classes, we continue to see children grow not only in movement quality, but also in their willingness to try, repeat, and enjoy the process of learning. In recent weeks, we have seen lovely progress in simple balances, more confident jumping and landing, and a growing ability to listen carefully and follow movement patterns with real focus.

These early years matter enormously. A calm, encouraging start can shape how a child feels about movement for years to come. We are proud of the positive atmosphere developing in our Chelsea sessions and of the thoughtful coaching that helps children feel secure, supported, and proud of what they are achieving.

🧑‍🏫 COACH'S CORNER

With Coach David — confidence through successful repetition



This month, we are pleased to feature **Coach David** in his final regular appearance in the newsletter.

One of the most valuable ideas David has brought to KCGA is the understanding that confidence in gymnastics is rarely created by being pushed too quickly. It grows when children repeat good movements successfully, begin to trust what their body can do, and feel that progress is achievable.

David's own background as a gymnast has shaped that understanding first-hand, and his calm, thoughtful approach has been a real asset to the academy.

KCGA has greatly valued David's expertise, professionalism, and support over the past seven months. We are very grateful for his contribution to the academy and wish him every success with his PhD studies in London.

DIRECTOR'S COMPETITION DIARY

KCGA on the international stage in the USA 



This month, Kensington & Chelsea Gymnastics Academy was represented at the 2026 Masters Gymnastics World Cup on 3 May 2026 in Cambridge, Massachusetts, USA.

Competing on still rings, Dr Stefan Kolimechkov finished 4th with a score of 12.60, missing the medals by just 0.10 points. This was Stefan's second appearance at the World Cup, following his 2024 participation at the same international stage, where he placed 12th on rings and 4th in the team competition representing both KCGA and the GB Masters Gymnastics Team. Despite injury-managed preparation and a simplified routine, this year's result was a strong international performance and another proud moment for KCGA.

Stefan reflected after the event: "The goal was to be there, compete well, and represent KCGA with pride. After a challenging preparation period, I was delighted to perform my routine successfully and finish so close to the medals."



SCIENCE & HEALTH TIP

When Is the Right Age to Start Gymnastics?



One of the most common questions parents ask is when children should begin gymnastics. In reality, the better question is often what kind of gymnastics experience is right at each age.

A positive start is not about doing advanced skills early. It is about finding an age-appropriate environment where children can build balance, coordination, confidence, listening skills, and enjoyment of movement through structured, well-taught classes.

For many children, the early years are an ideal time to begin developing these foundations. What matters most is not pressure, but quality: a calm coaching environment, good class structure, and teaching that matches the child's stage of development.

This month's featured KCGA Academy article explores that question in more depth and offers practical guidance for families thinking carefully about readiness and the best way to begin.



[Read Article](#)

INSIDE KCGA - MONTHLY VIDEO UPDATE



Our **latest monthly video** update reflects on a lovely end to the Spring term across Kensington, Chelsea, and Knightsbridge.

At the heart of the month was KCGA **Easter Week**, which brought a special atmosphere to all three venues. The sessions felt memorable, positive, and full of energy, while still reflecting the calm coaching culture that sits at the centre of KCGA. For us, enjoyment and structure are not opposites. The best children's gymnastics environments are warm and joyful, but also clear, safe, and professionally led.

The update also highlights the continued growth of the KCGA Academy Hub.

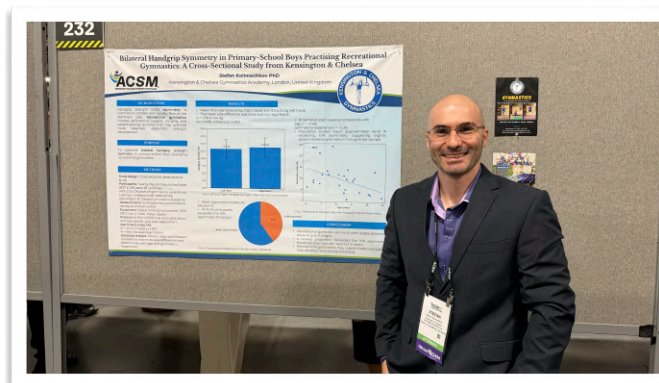
Looking ahead, the video introduces the Summer Term, which began on 20 April 2026, and notes that, due to high demand, new 4–6-year-old classes have opened at St Philip's Church in Kensington.



[Watch the update](#)

★ KCGA FEATURE

🌐 KCGA on the Scientific Stage



KCGA at ACSM 2026 🇺🇸

At the end of May 2026, Dr Stefan Kolimechkov represented Kensington & Chelsea Gymnastics Academy at the **American College of Sports Medicine (ACSM) Annual Meeting 2026** in **Salt Lake City, Utah, USA** — one of the most prestigious scientific conferences in the world for sports medicine, exercise science, physical activity, human performance, and health.

The 2026 meeting marked Stefan's **third consecutive ACSM Annual Meeting**, following previous participation in **Boston (2024)** and **Atlanta (2025)**. For KCGA, attending ACSM forms part of our ongoing commitment to combining practical coaching with scientific research and evidence-based professional development.

During the ACSM meeting, Stefan presented a study on handgrip strength and bilateral symmetry in boys practising general gymnastics at the KCGA.

17 UPCOMING EVENTS

Looking ahead to KCGA Annual Performance Week

As we look ahead to the end of June, one of the most special moments in the KCGA calendar begins to come into view: our **Annual Performance Week**.

Taking place across all classes and academy locations, this celebration marks not only children's progress through the year, but also **KCGA's 4th anniversary** as a gymnastics club. It is one of the flagship moments of the academy year and a meaningful opportunity to celebrate the work, growth, and community that have shaped KCGA since its beginning.

A particularly important highlight each year is the announcement of our **KCGA Gymnast of the Year** — the academy's biggest award, reflecting not only performance, but also attitude, commitment, consistency, and the values we most want to encourage in young gymnasts.

As preparations continue, this year's Annual Performance will be especially meaningful as we celebrate four years of KCGA and look back on how far the academy community has come across Kensington, Chelsea, and Knightsbridge.

Families who would like to see previous recipients can explore them here 

 [Gymnast of the Year](#)

ANNOUNCEMENTS & NEWS

We are pleased to share that the **Kensington Gymnastics Podcast** has now officially launched.

Recorded in Kensington, London W8 by Dr Stefan Kolimechkov, founder of Kensington & Chelsea Gymnastics Academy, the podcast answers many of the questions parents ask most often about children's gymnastics, health, movement, and development. Each episode is designed to offer calm, trustworthy, and evidence-informed guidance for families across Kensington, Chelsea, Knightsbridge, and London more widely.



The first episode — **Why Gymnastics Is the Best Foundation Sport for Children** — explains why gymnastics gives children such a strong start in movement, confidence, and physical development, and how the balance, coordination, strength, and body awareness developed through gymnastics can support children in many other sports and in everyday life.

We are also pleased to continue welcoming new families for the remainder of the Summer Term. A **few class spaces** are still available across our locations, and **private lessons** remain available for families looking for more personalised support.

KENSINGTON GYMNASTICS MAGAZINE

Featured this month: Issue 2



This month, we are pleased to feature **Issue 2 of Kensington Gymnastics Magazine**, our bi-monthly educational publication for London families.

The second issue looks beneath the surface of gymnastics and

explores many of the deeper systems that support children's progress: the body, the brain, food, recovery, confidence, language, and the sense of belonging that helps children feel that gymnastics is truly for them.

Inside the issue, families can explore topics such as the hidden muscles around the shoulder and shoulder blade, the importance of carbohydrates for growing children, and why recovery is not separate from learning, but part of it. The issue also widens the conversation by looking at who gymnastics is really for — and why high-quality experiences can happen not only in large sports centres, but also in church halls, school halls, and community spaces when coaching is thoughtful, structured, and child-centred.

This magazine is not designed to persuade families to choose gymnastics through marketing language. Its purpose is to help them understand the sport more clearly, so they can make informed, confident decisions for their children.



[Read the Magazine](#)



COMMUNITY TESTIMONIAL

— *Eva Kirilof, Parent (Google Review)*



“My daughter joined the gymnastics class last September, and I couldn’t be happier with the experience she’s had. Coach Stefan and his amazing team have not only helped her develop new skills, but they’ve also boosted her confidence tremendously. She looks forward to every session and has made some wonderful new friends along the way. The coaches are supportive, encouraging, and truly dedicated to each child’s growth, while keeping a fun and friendly environment. Highly recommend this programme to any parent looking for a positive, fun, and enriching environment for their child.”



CLOSING MESSAGE

Thank you for being part of the KCGA community. May has been a proud and meaningful month for the academy, reflecting the values we care about most: steady progress, thoughtful preparation, and high standards in everything we do. We look forward to carrying that momentum into June as we approach one of the most special moments in the KCGA calendar — our Annual Performance Week.

— Dr Stefan Kolimechkov

STAY CONNECTED WITH KCGA

Follow us between newsletters:

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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 June 2026, celebrating our 4th anniversary.