Kensington & Chelsea Gymnastics Newsletter

LONDON, UNITED KINGDOM

AUGUST 2026



BUSINESS AWARDS 2026

Finalists for a second year

A 2026 Business Awards finalist for Excellence in Customer Service.

KCGA coaches support a gymnast at Annual Performance 2026.

Inside this newsletter

Everyday progress, coaching, health, the July magazine and more.

Welcome Message
A welcome marking KCGA's second consecutive Business Awards final.

Student Spotlight
The everyday achievements that help gymnasts grow.

KCGA Feature
KCGA is recognised for Excellence in Customer Service.

Coach's Corner
Coach Silvia on finding a steady start after summer.

Science & Health Tip
Simple hydration habits for children on warm, active days.

Kensington Gymnastics Magazine
Explore the July edition on the world around each gymnastics skill.

• Boutique coaching • Science-informed • Family focused

KENSINGTON & CHELSEA GYMNASTICS

Welcome to the Academy

FROM DR STEFAN KOLIMECHKOV, FOUNDER & DIRECTOR

Welcome Message

August brings a special recognition for KCGA: we have been named a finalist in Excellence in Customer Service at the Kensington, Chelsea & Westminster Business Awards 2026. It is our second consecutive year on the shortlist, following the New Business of the Year category in 2025.

This year's category draws attention to the experience we aim to offer from a family's first enquiry through every class. It gives us a chance to thank the coaches, gymnasts and families who shape KCGA each day.

Inside, our Student Spotlight notices the less visible signs of progress, while Coach Silvia considers a steady return to gymnastics after summer. You will also find a hydration reminder, the July Kensington Gymnastics Magazine, Episode 2 of our podcast and dates for the autumn term and Essex Invitational. Thank you for being part of our community.



Archive photograph from KCGA Annual Performance 2026.

THE LESS VISIBLE STEPS

Student Spotlight

A new skill is easy to celebrate. Some steps towards it are less visible: remembering an exercise without a reminder, asking a question when something is unclear, or finishing a turn and making room for the next person.

These moments deserve attention alongside the skills themselves. They offer a wider way to recognise progress, especially when a child is still working towards a movement they find difficult.

Before the new term, ask your gymnast: "What can you do for yourself in class that you once needed help with?" Their answer might reveal an achievement you had not thought to celebrate.

This month, we celebrate the everyday learner in every KCGA group.

Explore children's classes

KCGA FEATURE · BUSINESS AWARDS 2026

Finalists for a second year



Official Kensington, Chelsea & Westminster Business Awards 2026 finalist artwork.

Kensington & Chelsea Gymnastics Academy has been named a finalist at the Kensington, Chelsea & Westminster Business Awards 2026 in the Excellence in Customer Service category.

This is our second consecutive year as a finalist, following our recognition in the New Business of the Year category in 2025.

For our academy, this year's category has particular meaning. The experience we aim to offer families begins with their first enquiry and continues through every class, conversation and milestone.

Welcoming a new gymnast, listening to a parent's question and helping a child feel understood are everyday parts of that experience. Being shortlisted is a moment to thank our coaches, gymnasts and the families whose trust supports our community.

The same category shortlist includes Barclays Bank, Central Hall Westminster and The Waldorf Hilton, London.

The awards ceremony will take place on 22 October 2026 at Royal Lancaster London. We look forward to celebrating alongside the other finalists and sharing the occasion with our community.

Whatever the outcome, reaching the final for a second year is a milestone we are proud to share. Thank you for being part of KCGA.

View the official finalists

COACHING AND HEALTH

Care in the everyday



WITH COACH SILVIA · A CALM RETURN

Coach's Corner

After a summer break, a child may return with enthusiasm, uncertainty or both. The first class back is a chance to reconnect with the space, the coach and the rhythm of learning.

Coach Silvia's patient approach makes room for that adjustment. Familiar shapes and exercises help a gymnast find their feet again; the coach can then build the challenge step by step. A skill that needs refreshing does not erase earlier progress.

Families can help by noticing what felt comfortable or enjoyable in the first session, rather than asking whether a difficult skill has returned. A simple question — "What felt familiar today?" — invites a child to recognise the small steps of getting started again.

WATER ON WARM, ACTIVE DAYS

Science & Health Tip

Children can lose more fluid when they are active or in hot weather. It helps to make water easy to reach during the day, especially when a family is travelling or spending time outdoors.

The NHS identifies water and milk as the best everyday drinks for children. A simple water bottle and regular chances to drink are more useful for ordinary activity than a complicated routine.

- Bring water for active outings and sessions.
- Offer drinks regularly, especially when the weather is warm.
- Pay attention if a child seems unwell; use NHS guidance if dehydration is a concern.

For further guidance on drinks and hydration:

Read NHS hydration advice

READ, LISTEN AND PLAN

For families this month



The July 2026 Kensington Gymnastics Magazine cover.

JULY 2026 EDITION

Kensington Gymnastics Magazine

The July edition, Everything Around the Skill Matters: Gymnastics in London, looks beyond the visible movement to the people, preparation and everyday choices that shape a gymnast's experience.

Inside, families can explore anatomy, food and recovery alongside lifelong movement, London journeys, judging and the questions to ask when choosing a gymnastics programme.

Read the full magazine or choose a chapter that speaks to your family.

Explore the July edition

DATES FOR FAMILIES

Upcoming Events

We look forward to welcoming gymnasts back and following their preparations for Essex.

WEEK COMMENCING 14 SEPTEMBER 2026

Autumn Term begins

Classes begin during this week. Please check the arrangements for your child's own class when planning your return.

4 OCTOBER 2026

High10 Essex Invitational

Ten KCGA gymnasts are expected to represent the academy. Participating families should follow the details sent directly for their child.

KENSINGTON GYMNASTICS PODCAST · EPISODE 2

Announcements & News

What is the best age to start gymnastics? In Episode 2, Dr Stefan Kolimechkov draws on his own experience of beginning at 15 to answer a question many families ask before choosing a class: is it ever too late?

The episode page has audio, video, key takeaways and a full transcript, so families can listen, watch or read at their own pace.

Listen to Episode 2

COMMUNITY

Thank you for being part of KCGA

PARENT GOOGLE REVIEW

Community Testimonial

★★★★★

> Gigi looks forward to every session - she's grown in confidence, strength, flexibility and focus. It's a place where joy and commitment go hand in hand...
>
> Serena Fianco

FROM KCGA

Closing Message

Thank you to the gymnasts, families and coaches who make KCGA a welcoming place to learn. Our Business Awards finalist recognition is a chance to celebrate the care behind everyday classes and conversations, alongside the quieter achievements of the children in them.

As the autumn term approaches, we look forward to welcoming gymnasts back and following their preparations for the Essex Invitational. We hope you enjoy the July magazine and our new podcast episode along the way.

Dr Stefan Kolimechkov and the KCGA Team

BETWEEN NEWSLETTERS

Stay Connected with KCGA

Follow KCGA for training moments, academy updates, research and professional milestones.

For a trial or private coaching enquiry, contact KCGA by WhatsApp on 07 999 578 700 or email dr.kolimechkov@icloud.com.

Visit the KCGA newsletter

Next newsletter: September 2026