

# Bounce & Flex Sports & Holiday club

August-  
December 2025  
News



## The Festive fun begins!

What better place to be than at the Victoria club with Bounce & Flex Gymnastics or Street FC with our holiday club as the weather turns colder. So much to look forward to as the Festive period begins. We still have limited spaces available in our gymnastics classes so refer a friend for £5 off your next bill when they sign up and pay for their class.

We are now taking gymnasts from 3 & half years old in our 4-4.45pm class so if you know of any tiny tumblers that wish to start please let them know about this



## Introducing Gymnastic Reward Passports:

Thanks to a great friend of mine, each week your child has the chance to earn up to two stickers, one for good behaviour & one for any extra effort or new skill learnt.

When they have Achieved 12 stickers they will earn a special reward. These are of no cost to parents, its simply a reward chat. I will keep all passports with me so they don't get damaged or forgotten. We will continue to do our award system through NATGAP where you will be able to purchase certificates & Medals but as these take time to achieve this is an extra incentive for the children. I will send out a pass reward slip for the NATGAP awards when your child has passed their next level.



## Fees due for Gym classes by 5th Nov:

7 week course running 5th Nov– 17th Dec

Gym 1 4-4.45pm & Gym 2 4.45pm-5.30pm £42

Gym 3 5.30-6.30pm & Gym 4 6.30-7.30pm £49



Gymnastics @ The Victoria Club,



Holiday Club @ Street Football Club



Order a Hoodie or T shirt with Tor printing:  
[www.torprinting.co.uk](http://www.torprinting.co.uk)  
Click shop then team/clubs  
Great as a Christmas gift

[www.bounceandflex.co.uk](http://www.bounceandflex.co.uk)

Ashleigh 07790892971 Bernie 07761655185

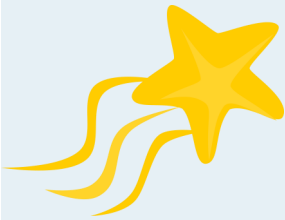
This is the award scheme we follow at Bounce & Flex for Gymnastics which creates a great pathway of learning for our gymnasts. To find out more information please visit [www.natgap.co.uk](http://www.natgap.co.uk)

I will give out slips to show if your gymnast has passed and when money is received I will order your medal or certificate or both!



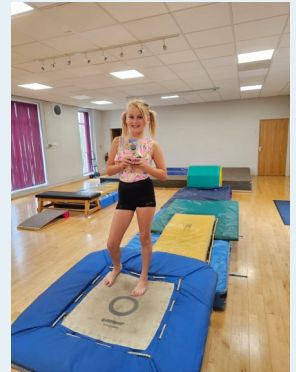
## Gymnasts of the Term

These gymnasts have been awarded the Effort Trophy



**Top left:** Ophelia & Sophia. Well what can I say! These girls have grown in confidence. Once very shy but now blooming gymnasts. I am so proud they are part of our gymnastic club. Trying super hard each week & achieving. Well done!!

**Top right:** Isabelle. This young lady is new but proved she is a capable and dedicated gymnast. Showing off her beautiful form with such straight lines. What a wonder to watch. Thanks for joining Isabelle we are chuffed you with us!



**Bottom Left:** Shakira. This girl works so hard to be the best she can be. Try so hard every lesson & is now showing off some serious strength in her handstands & is always eager to try new things well done our Shakira!!!

**Bottom right:** James. Our James what a legend! He can either be seen somersaulting or dancing around to the music! Every week he gives us his all. Lovely to see a male gymnast in our midst! Keep going you are a pleasure to coach



**This Terms trophies will be awarded for  
Dedication to Gymnasts on 10th Dec**

# Coming up.....

Book now to secure your space Text or call Ashleigh 07790892971

## Bounce & Flex Sports Holiday Club

Witch Hunt  
Athletics  
Halloween Party  
Gymnastics  
Ball Games  
Trick or Treat

**Monday 27th-Friday 31st October**

9-4pm

**£25 per day**

Sibling discount available  
www.bounceandflex.co.uk

**FUN FOR ALL AGES 2-9**

Bounce & Flex Sports Club  
Operating from:  
Street Football Club  
Street  
BA16 6TA

Book now to secure your space Text or call Ashleigh 07790892971

## Bounce & Flex Sports Holiday Club

Catch Santa  
Athletics  
Xmas eve Party  
Gymnastics  
Ball Games  
Reindeer Hunt

Monday 22nd & Tuesday 23rd December  
9-4pm £25

Wednesday 24th December  
Xmas eve  
9-2pm £17

Sibling discount available  
www.bounceandflex.co.uk

**FOR ALL AGES 2-9**

Bounce & Flex Sports Club  
Operating from:  
Street Football Club  
Street  
BA16 6TA

**Wednesday 22nd October-**

Last gymnastics session of term

**Monday 27th– Friday 31st October-**

Holiday club @ Street FC with Halloween party, costumes & nibbles on the Friday

**Wednesday 5th Nov-**

Gymnastics sessions return for 7 weeks finishing on 17th Dec. FEES DUE aswell

**Wednesday 17th Dec-**

Christmas performance for parents 10 minutes at the end of each session. Invite the family along to watch

**Sunday 21st December -**

Christmas Family Disco @ Victoria club raising funds for Bounce & Flex

**Monday 22nd –Wednesday 24th Dec**

Holiday club @ Street FC. Come and see us for some festive fun

## Bernie's CHRISTMAS DISCO

**SUNDAY 21ST DECEMBER 2-4PM**

Everyone welcome!

@ The Victoria Club, Street

Grab a drink at the bar and boogie with us!

Raising funds for Bounce & Flex Sports Club

**£3 ENTRY PER PERSON ON THE DAY**  
Early bird discount available

To book, text Ashleigh: 07790 892971

**Important**



**Club OFFER** £5 OFF  
Gymnastics Or Holiday Club

Running Until 01.09.25

When you refer a brand new participant & they book and pay for either a day or more @ Holiday club or sign up for a gymnastics course with Bounce & Flex, just get your friend to mention your name when enrolling.  
(The more you sign up the more £5 off your bill you receive)

- When waiting in the bar area PLEASE ensure you are supervising your children and ensure they are not climbing on the furniture
- Anyone with long hair MUST tie it back this is for safety reasons as it can get caught & cause injury
- If you have any old games/board games and books that could be used for a kids area at the Victoria club bar and you would like to donate please contact ashleigh or bring to gymnastics.

**Thank you**