

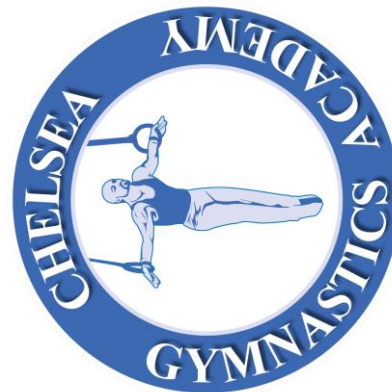
# CHELSEA GYMNASTICS ACADEMY

brings gymnastics to the community in Kensington and Chelsea, London.

Our Head Office is registered at Nidry Lodge, next to Kensington Town Hall.

## WE OFFER

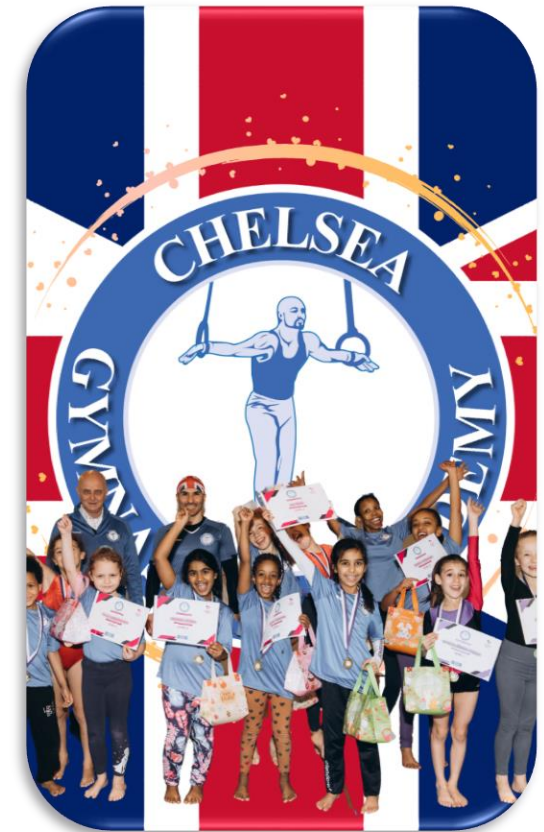
- Group Classes at St Philip's Church, W8 6QH, and at More House School, SW1X 0AA.
- Personal Sessions at The Kensington Studio, W8 6JP.
- In-home Lessons.



GYMNASTICS FOR CHILDREN IN KENSINGTON AND CHELSEA

# GYMNASTICS FOR CHILDREN

Personal & Group Gymnastics Lessons for Children in Kensington & Chelsea



# CHELSEA GYMNASTICS



## MISSION STATEMENT

To help people recognise and experience the joy of doing gymnastics in order to sustain a healthier and more fulfilling lifestyle.

## OUR TEAM

All of our team are members of British Gymnastics, DBS checked, safeguarding and protecting children qualified.

## CONTACT

Dr Stefan Kolimechkov  
 07 999 578 700  
 dr.stefan.kolimechkov@gmail.com  
 www.chelsea-gymnastics.uk

## WHAT DO WE OFFER?

**GROUP CLASSES** at St Philip's Church, W8 6QH, and at More House School, SW1X 0AA. General gymnastics classes for children in small groups (8 students in a group) 😊

**STUDIO LESSONS**  
 Personal gymnastics sessions for children at The Kensington Studio, W8 6JP 😊

**HOME LESSONS**  
 Personal gymnastics lessons for children in the comfort of the client's home. You will need just some space and a mat to start 😊

## THE DIRECTOR



Dr Stefan Kolimechkov is the Director of Chelsea Gymnastics Academy Ltd, and he is 3-time London Gymnastics Champion. Coach Stefan possesses a full DBS clearance, Qualified Teacher Status (QTS), Bachelor's, Master's and PhD degrees in Physical Education, Level 3 British Gymnastics Coaching Qualification, and he was awarded the Chartered Activity and Health Practitioner status by CIMSPA UK.

## FOR PARENTS & GRANDPARENTS

**FREE MICROCURRENT + EXERCISE PROGRAMME**  
 Coach Stefan is currently undertaking a second PhD in Human Sciences at the University of Greenwich. If you are over the age of 40, you can join his microcurrent + exercise programme for free. During your visits at the University's labs, you will have your body composition, muscle strength, and muscle function assessed. You will also be able to track your improvement before and after the programme.

**ARE YOU OVER 40 YEARS OLD?**



**MICROCURRENT WITH AND WITHOUT RESISTANCE EXERCISES TO AGE WELL**

IF YOU ARE NON-REGULARLY TRAINED PERSON OVER THE AGE OF 40, YOU CAN JOIN THIS 6-WEEK STUDY, AND BENEFIT FROM **FREE** PRE AND POST ASSESSMENTS OF YOUR:

- BODY COMPOSITION
- MUSCLE STRENGTH
- MUSCLE FUNCTION
- WHITE BLOOD CELLS COUNT



Registered as a clinical trial on ClinicalTrials.gov  
 NCT05567237



IN THIS STUDY, WE ARE EXPLORING THE EFFECTIVENESS OF MICROCURRENT WITH/WITHOUT RESISTANCE EXERCISES ON BODY COMPOSITION, MUSCLE STRENGTH, AND PHYSICAL FUNCTION IN MIDDLE-AGED AND OLDER ADULTS.



SCAN THE QR CODE TO FIND OUT MORE



IF YOU WOULD LIKE TO TAKE PART OR ASK A QUESTION:  
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