

Charisma Gymnastics Club

In 1989 we started at Dulwich College with 6 gymnasts.

Over the last 36 years the Club has gone from strength to strength. We had very little equipment at the outset just a box and a few mats, we worked hard and put everything back into the club to purchase equipment and expand. The club was able to set up a competitive structure for its gymnasts, and we became one of the most successful clubs in the London Region. Many of our gymnasts competed for London and 3 of our Gymnasts have represented England and Great Britain in Competitions.

Below is a picture of Catherine Lyons (ex-British Champion) and the first GB gymnast to win a Gold Medal on floor in the Junior European Championships. She was Raised at Charisma!!! Catherine is seen here pictured with Anna Sofia (also raised at Charisma!!) who has just been selected to represent England. She follows Catherine and Francesca Cadoni who also achieved that honour.



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Why Charisma GC

Charisma is much more than just a gymnastics club; our philosophy is “**happiness breeds success**”.

At Charisma we don't see gymnastics as just a sport; it is a way of life. The discipline and work ethic required to excel in gymnastics are the same qualities that breed success in any endeavour.

Charisma provides a safe and supportive community that encourages and uplifts one another. To our gymnasts, Charisma is like a **second family**, where individuals work together to achieve common goals, build **strong relationships**, and foster a sense of belonging.



Charisma Gymnast Catherine Lyons was British Champion and European Floor Champion

What To Expect

Recreational gymnastics classes are fun, exciting and enable your gymnast to develop basic motor skills and co-ordination. Gymnasts will learn how to properly use a variety of gymnastics equipment, such as bars, vault, trampette and floor.

Classes are 1 or 2 hours long, once per week.

How To Book

Please firstly send an email to:

Gina.gymnastics22@gmail.com

So that payment for Annual Gymnastics Club Membership can be arranged.

To book onto our latest classes simply click on the link below to get started straight away.

<https://gina-s-gymnastics-club.classforkids.in>

Our Coaches

Charisma GC has been the “Women’s Artistic Gymnastics Club of the Year and our Head Coach – Gina Thompson has been the “Women’s Artistic Coach of the Year”

Our Coaches range from Level 2 to Level 4

They have First Aid Certified, Safeguarding Children Certified and have an Enhanced DBS Certificate.