



GYMSPIRE NEWS

♥ OCTOBER EDITION - BACK TO ROUTINE ♥

by Kiera, Hannah & The Gymspire Team

A New Way to Stay Connected:

Welcome to our very first **Gymspire Member Newsletter!**

We'll be sharing updates every two weeks, a simple round-up of what's happening across our academies, upcoming events, and a few behind-the-scenes moments from our team.

Our goal is to keep all Gymspire members in the loop **without crowding your inbox**, just useful updates, highlights and a look at what's ahead.

Term off to a Great Start

We're so excited to be back following the summer break! It's been a really positive start to the term so far, classes are full of energy, our new members are settling in brilliantly, and there's already been some great progress across all academies.

Our **school clubs** ran their **Badge Week** two weeks ago, and we loved seeing so many gymnasts earn new skills and awards. Our **academy badge** assessments will be taking place this week, so keep an eye out for updates from your coach via email which details the badge levels passed.

★ **Badge Dates for Your Diary** ★



SCHOOL CLUB BADGES

 Deadline for purchasing the badge sets will be **27.10.2025**



Badges will be distributed in class approximately **10.11.2025**



ACADEMY BADGES



Academy Badge Week **W/C 13.10.25**



Deadline for purchasing the badge sets will be **03.11.2025**



Badges will be distributed in class approximately **10.11.2025**



[LINK TO ORDER BADGES](#)



Introducing Our New Academy Leads

We're excited to share that each Gymspire Academy now has a dedicated Academy Lead, the go-to person for ensuring sessions run smoothly, supporting our coaching teams, and maintaining the Gymspire standards **we're so proud of**.

Your Academy Leads will also be the main point of contact for any class-related queries or feedback. You may hear more from them over the coming weeks as they work closely with our coaches and members to continue developing the Gymspire experience across all academies.

Below, you'll find each Academy Lead's photo and contact details, so you know exactly who to reach out to if you ever have a question or need support.

A big welcome and congratulations to:



Coach Megan

Halstead Academy Lead
halstead@gymspireacademy.com



Coach Mia

Tonbridge Academy Lead
tonbridge@gymspireacademy.com



Coach Faith

East Grinstead Academy Lead
eastgrinstead@gymspireacademy.com



Coach Katie

Edenbridge Academy Lead
edenbridge@gymspireacademy.com



Coach Rhys

Tunbridge Wells Academy Lead
tunbridgewells@gymspireacademy.com



Coach Zack

Crystal Palace Academy Lead
crystalpalace@gymspireacademy.com



Coach Zak

Shirley Academy Lead
shirley@gymspireacademy.com

We're really proud of this new structure and confident it'll make every member's Gymspire experience even stronger.



Welcoming Our New Team Manager

We're delighted to introduce our new Team Manager, Alfie, who will be supporting all academies across Gymspire.

Alfie will be working closely with our Academy Leads and coaching teams to ensure consistency, communication, and high standards are maintained throughout every site. They'll also be helping us to continue developing our staff training, class quality, and the overall member experience.

We're really pleased to have Alfie step into this role and bring even more structure and support to the Gymspire team.



[More About Alfie](#)

WELL DONE TO ALL OUR LEVEL 8 GYMNASTS! 🍀

🌟 Well done to our amazing Level 8 gymnasts who competed at the Regional Championships this weekend!

The hard work, focus, and dedication you've all shown over the past few months has truly paid off. We're so proud of how you represented Team Gymspire on the competition floor.

A big thank you as well to our coaches and parents for all the time, care, and energy you've put into preparing the gymnasts, your guidance makes all the difference.

You've done yourselves and Team Gymspire proud! 💪🌟



FOLLOW US ON INSTAGRAM TO FIND OUT MORE FROM REGIONALS



OUR BIGGEST SALE EVER



DON'T MISS IT!

🎉 Massive Stock Sale! Save up to 65% off Gymspire items! Including your favourites 💜



LEOTARDS



ONESIES



HOODIES

SHOP ALL >>

UPCOMING EVENTS - OCTOBER

OCTOBER GYMNASTICS CAMPS!

Join us this half term for a week full of fun, flips, and festive Halloween spirit! 

Our Gymspire October Camps are perfect for ages 3–12 and all ability levels.

Packed with gymnastics, games, challenges, and spooky surprises!

 21st - Edenbridge

 22nd - Edenbridge

 24th - Tunbridge Wells

 30th - Edenbridge

 8AM–4PM

 Just £40 per day!!

BOOK NOW



OCTOBER GYMNASTICS CAMPS



Come along and join us for our October half term camps. Suitable for all ages 3-12 and all skill levels.

Book now to join the fun!

21st, 22nd, 24th & 30th OCT

 Tunbridge Wells

 Edenbridge

£40 PER DAY

8AM-4PM



CHEERSPIRE Allstars

JOIN US FOR OUR

OCTOBER CHEERLEADING WORKSHOP

COME AND TRY CHEERLEADING!

GAMES, STUNTS, TUMBLES, DANCE, JUMPS & HALLOWEEN FUN

MONDAY 27TH OCTOBER
1.15-3.15PM

BOOK NOW!
limited spaces available

WWW.CHEERSPIREALLSTARS.COM

OCTOBER CHEERLEADING WORKSHOP

Join us this half term for our Cheerspire Allstars Halloween Workshop!

Get ready for an afternoon of stunts, tumblers, dance, games, and spooky fun. Perfect for anyone wanting to try cheerleading, make new friends, and boost confidence!

 Monday 27th October

 1.15 – 3.15 pm

 Edenbridge Leisure Centre

 Open to all ages & abilities, no experience needed!

Limited spaces!

BOOK NOW



UPCOMING EVENTS - OCTOBER

HALLOWEEN DRESS-UP WEEK - ACADEMIES!



It's time to get spooky (or simply have some fun with fancy dress)!

From **Monday 27th October to Saturday 1st November**, gymnasts are invited to come to class in their favourite costumes 🎃✨

Think fun, safe, and gym-friendly outfits, witches, pumpkins, superheroes, skeletons, or anything in between!

If you don't celebrate Halloween, you're still very welcome to join in the fun by dressing up in any costume you like, it's all about creativity and smiles! 🌟

We'll have themed challenges, music, and plenty of photo moments throughout the week.

Let's make it a week full of spirit, fun, and imagination! 🧛❤️



**Click here to
Add to your Calendar**



REC & SQUADS GET READY TO ENTER!

🌟 Team Qualifier Series is Back! 🌟

We're so excited to announce our Team Qualifier Series Competition, a fun, musical-themed event where gymnasts can perform, dance, dress up, and shine with their teammates! 🎵

Each team will create a routine inspired by musicals, performing on floor, fast track, and trampette. They'll film their performance in class with their coach, and the videos will be submitted for judging. The top-scoring teams will earn a spot in the Live Final on Saturday 8th February! 🏆

It's all about teamwork, confidence, and creativity! 🌟
Gymnasts will learn how to express themselves through movement, build friendships, and celebrate what they've achieved together.

Selected Recreational, Bronze recreational and Squad Gymnasts will be invited to take part, so get ready for music, energy, and a whole lot of Gymspire fun!



**Entries open
Sunday 26th
October!**



UPCOMING EVENTS - OCTOBER

Gymspire Turns... **7**

On **21st October**, we celebrate 7 incredible years of Gymspire! 🥳🌟

From our very first classes to the 7 academies, competitions, and events we have today, it's been an amazing journey filled with laughter, teamwork, and so many special moments.

A huge thank you to every gymnast, parent, and coach who's been part of our story.

Here's to the next 7 years (and many more flips to come)! 💖🎉💖

UPCOMING EVENTS - NOVEMBER

VAULT VIBES - WORKSHOP WITH COACH ALFIE

Join Coach Alfie for our Vault Vibes workshop! A high-energy session all about power, technique, and flight!

Whether you're perfecting your run, sharpening your take-off, or building confidence on the vault, this session is the perfect way to boost your skills and have loads of fun along the way.



Saturday 1st November
1.30 - 3.30 pm
Tonbridge

PREREQUISITES:

TO GET THE MOST OUT OF THIS WORKSHOP, GYMNASTS SHOULD BE CONFIDENT PERFORMING A HANDSTAND ON VAULT AND ABLE TO COMPLETE A HANDSTAND FLAT BACK INDEPENDENTLY. THEY SHOULD ALSO BE ABLE TO PERFORM, OR BE CLOSE TO, A FRONT HANDSPRING ON FLOOR. 🍌

MINIMUM AGE OF 7YRS.

Spaces are limited, so don't miss out! book your spot today and bring the vault vibes! 🌟

REGISTER HERE



UPCOMING EVENTS - NOVEMBER

CONTENT CLASSES - LET'S HAVE SOME FUN!

Our Content Classes are all about creativity, confidence, and capturing those Gymspire moments! ✨

These sessions are designed for gymnasts who love performing, posing, and showing off their skills in a fun, relaxed environment, no pressure, just smiles and sparkle! ✂️👧🌟

Gymnasts get the chance to create cool videos and photos for our social media, celebrate their progress, and enjoy the buzz of being part of the Gymspire community.

📺 It's a great way to build confidence, try new skills, and have loads of fun with friends & coaches all for just £5 per class!

Upcoming Content Classes:

 **Edenbridge Academy – Saturday 1st November, 12:30–1:00 PM**

 **Shirley Academy – Friday 7th November, 5:30–6:00 PM**

🌟 Spaces are limited, so don't miss out, come join the fun and let's create something amazing together!

BOOK NOW 



!! FLIC FACTORY – EAST GRINSTEAD ACADEMY !!

Get ready to flip, fly, and have fun at our Flic Factory Workshop with **Coach Alfie!**

 **Saturday 8th November 2025**

 **2:30–4:30 PM**

 **East Grinstead Academy**

Join Alfie for a high-energy workshop focused on flicks, perfect for gymnasts wanting to build confidence, strength, and technique in a supportive environment. 💪🌟

Alfie will break down each skill step by step, helping every gymnast feel proud of their progress while having loads of fun along the way!

Spaces are limited, so don't miss out on this chance to take your skills to the next level.

REGISTER HERE 



UPCOMING EVENTS - NOVEMBER

🌹 Remembrance Week at Gymspire 🌹

In the week leading up to **Remembrance Sunday (3rd–8th November)**, we'll be taking a moment in class to remember those who have served. ❤️

To mark the occasion, we're inviting gymnasts to wear something red to class a ribbon, scrunchie, or T-shirt. As a simple way to show respect and remembrance.

It's a lovely way for our Gymspire community to come together, reflect, and show gratitude while keeping the spirit of teamwork and kindness at the heart of what we do. 🌸



[Click here to Add to your Calendar](#)

🌟 FLIC FACTORY – TUNBRIDGE WELLS ACADEMY 🌟 🏸 ♀

Join **Coach Rhys** for an action-packed Flic Factory Workshop designed to boost power, confidence, and precision in your tumbling! ✨



Wednesday 19th November 2025

4:00–6:00 PM

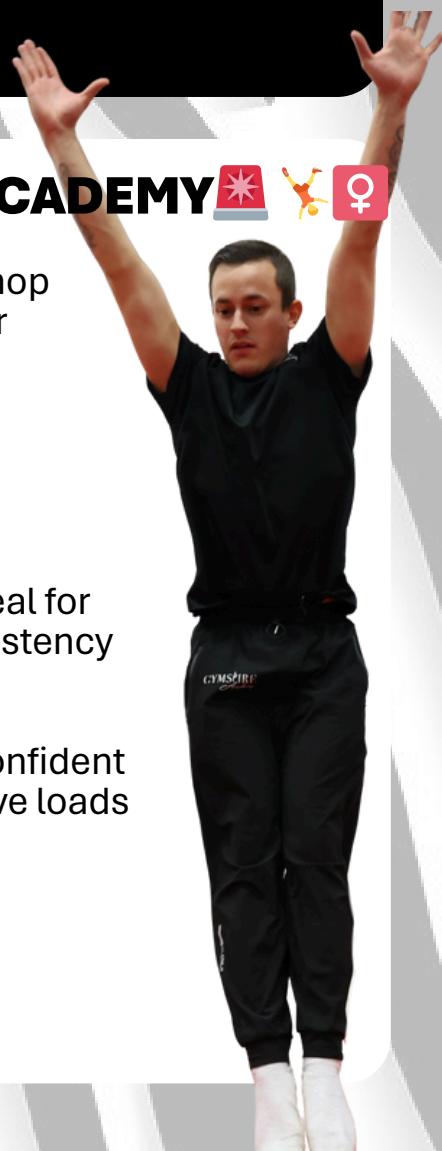
Tunbridge Wells Academy

This dynamic session focuses on flics and linking skills, ideal for gymnasts wanting to refine their technique and build consistency on the fast track and floor.

Rhys's expert coaching style will help each gymnast feel confident to push their boundaries, master new movements, and have loads of fun along the way!

Spaces are limited, so grab your spot before it goes!

[REGISTER HERE](#)



UPCOMING EVENTS - NOVEMBER

WINTER WONDERLAND COMPETITION 2025

A huge thank you to everyone who has entered our magical Winter Wonderland Competition! ✨

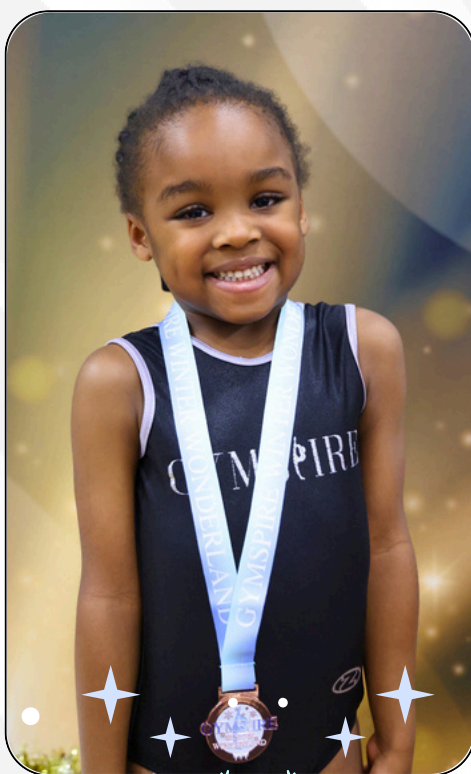
We've loved seeing the excitement build this week as gymnasts begin learning and practising their routines in class. The energy and enthusiasm have been incredible! 🤸♀️💙

Over the next few weeks, routines will start to take shape, and we can't wait for everyone to see the hard work our gymnasts are putting in. 🌟

Keep an eye on your inbox, we'll soon be sending out an email with your child's routine details, a video demonstration, and timings for the big event.

Spectator ticket information will also be announced very soon! 🎫

It's going to be a wonderful celebration of confidence, progress, and festive fun, we can't wait to see our Gymspire stars shine! 🎄🌟



UPCOMING EVENTS - DECEMBER

AMAZING ARIELS WORKSHOP – EDENBRIDGE ACADEMY

Ready to take your tumbling to the next level? Join us for our Amazing Ariels Workshop, a focused, high-energy session designed to help gymnasts learn, improve, or perfect their aerials with confidence and style! ✨

 **Saturday 6th December 2025**

 **1:45 – 3:45 PM**

 **Edenbridge Academy**

BOOK NOW

Our experienced coaches will guide gymnasts step-by-step through key drills, strength work, and progressions to help them achieve that perfect no-handed cartwheel! 🙌

Whether you're close to landing it or just starting out, this workshop is for you, but please note, gymnasts must be able to cartwheel confidently and be aged 5 or over to take part. 💪

Spaces are limited, so don't miss your chance to join the fun and fly high! ❤️

✨ CHRISTMAS PARTY & AWARDS NIGHT! ✨



CHRISTMAS PARTY & AWARDS NIGHT

Hosted by **GYMSPIRE & CHEERSPIRE** Academy

SATURDAY 13th DECEMBER

AT COLTSFORD MILL MILL LANE, OXTED, SURREY, RH8 9DG

DOORS OPEN AT 04:30PM - 9PM

TICKETS

£20	£10
Adult	Child

AWARDS CEREMONY
BUFFET FOOD
DJ & DANCING

Dress Code: Smart Party Wear with a Christmas sparkle ✨

For more information: www.gymspireacademy.com

We're so excited to announce our first-ever Christmas Party & Awards Night and you're invited to join us for an unforgettable evening celebrating an incredible year at Gymspire & Cheerspire! ✨

 **Saturday 13th December**

 **Doors open at 4:30 PM | Event ends at 9:00 PM**
 **Coltsford Mill, Mill Lane, Oxted, Surrey RH8 9DG**

Enjoy a night full of celebration with our Awards Ceremony, delicious buffet food, and plenty of DJ & dancing to finish the year in true Gymspire style! 🎉🎵

 **Tickets:**
• **£20 Adult**
• **£10 Child**

 **Dress Code:** Smart party wear with a touch of Christmas sparkle ✨

We can't wait to share this special night with our amazing Gymspire and Cheerspire families, it's going to be one to remember! ❤️

BUY NOW



PRIVATE LESSONS WITH US

GYMNASTICS & CHEERLEADING

Looking for a little extra support to help your child build confidence, perfect a skill, or progress faster? Our Private Lessons are the perfect way to focus on individual goals with one of our experienced Gymspire coaches. 💪✨

Each session is completely tailored to your child's needs, offering personalised feedback, targeted drills, and a supportive environment to help them shine.

💰 Pricing:

- £30 for 30 minutes
- £50 for 1 hour

📅 Booking:

Simply select your preferred day and time via the link below. If none of the available slots work for you, please reach out, we'll do our best to find a time that fits!



BOOK NOW



🎀 CHEERSPIRE OPEN GYM – WEDNESDAYS! 🎀

Our Cheerspire Open Gym sessions are the perfect chance for athletes to practise skills, perfect routines, or just have fun with friends in a relaxed, supportive environment! ✨

📍 **Edenbridge: 4:00 – 5:00 PM**

📍 **Shirley: 6:30 – 7:30 PM**

**PAY AS
YOU GO!**

These sessions are open to everyone whether you're a Cheerspire athlete, Gymspire member, or completely new and want to give it a try!

Come along to work on your stunts, tumbling, jumps, or dance at your own pace, with coaches on hand to guide and support you. 💪

Spaces are limited, so make sure to grab your spot early!



BOOK NOW



GYMSPIRE Academy SHOUTOUTS

GYMNAST

shoutouts

October 2025

☀️ Margot has shown excellent determination and focus, working hard to develop and link her floor skills. She consistently listens to feedback and applies it to make great progress.
Well done Margot!



☀️ Ellen is showing fantastic listening and focus while working on her Winter Wonderland routine! She is paying close attention to each new section to make sure she got it just right and her routine is already **looking amazing** after only two sessions!



GYMSTAR shoutout

GymStars are trainee coaches taking part in our Coach Training Programme.

☀️ A huge congratulations to GymStar Florence who has recently passed her Silver Level GymStar Award! Well done keep shining and working towards that Gold!



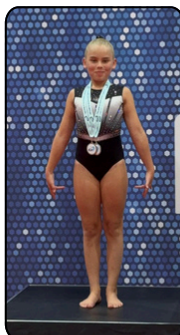
COACH shoutout

🔥 Coach Ned, well done for bringing amazing energy and enthusiasm to every session! Your creativity and commitment make such a positive impact, we love your passion Coach Ned! 🙌

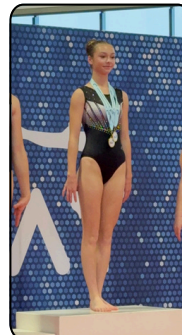


COMPETITION RESULTS shoutouts

☀️ Georgia had an incredible competition at Regionals, placing 2nd on beam and 3rd all-around!
A huge congratulations, Georgia, we're so proud of you! 🥰☀️



🏆 Chloe absolutely smashed Regionals 1st on bars, floor, vault, and **1st overall!**
An outstanding achievement, and we couldn't be prouder coaches! ☀️



Leave us a review!
& shout out your favourite coach!

REVIEW



THANK YOU

NEXT RELEASE:

♥ **Thanks for reading our newsletter!**

We hope you enjoyed catching up on all the latest Gymspire news, spotlights, and events.

Our next issue will be released on or around **1st November**, keep an eye out, you won't want to miss it! 🙈🌟

DON'T FORGET OUR APP

Download the
Gymspire Academy App...

just head to the app store on iPhone

or Google play store on android so that you can manage all classes and **view class dates**

on the go!

Click to download



Click to download



FOLLOW US / JOIN THE COMMUNITY



Click to follow



Click to follow



Click to follow

Join our Gymspire & Cheerspire Members only group on Facebook



STAY IN TOUCH



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Website:

www.gymspireacademy.com

MINI CHALLENGE

Each week we'll do a different mini challenge...



Gymspire Gratitude Challenge

This one's simple: tell us one thing you love about Gymspire, your friends, your coach, your favourite skill and we'll share a few in the next issue!

