



# GYMSPIRE NEWS

JANUARY EDITION

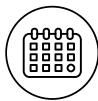
by Kiera, Hannah & The Gymspire Team

## A Message from Kiera & Hannah

We're so excited to be back and although it's been a long January, we're ready for an amazing year ahead!

We've got some really exciting events coming up, starting with our TQS Finals on the 8th of February, followed by our Movie Magic Showcase in March, Gymfest in July, and our magical Winter Wonderland competition in November ... and some new exciting events! Keep your eyes peeled

**We hope you're just as excited as we are for everything 2026 has in store!**



## Badge Week - Dates For Your Diary!

### SCHOOL BADGES

### ACADEMY BADGES

TESTING ON:

W/C 26<sup>TH</sup> JAN / W/C 2<sup>ND</sup> FEB

TESTING ON:

W/C 9<sup>TH</sup> FEB

Crystal palace only W/C 2<sup>nd</sup> Feb

### SCHOOL & ACADEMY BADGES

ORDER BY:

22<sup>nd</sup> Feb

DISTRIBUTED IN CLASS:

W/C 9<sup>TH</sup> MARCH



Details will be emailed to you once your child completes their next badge. If they do not pass, they will receive a slip and we will reassess in May.



## Gymspire Bags

**New gym bags are now on sale and in stock!  
Limited stock available. Order yours today!!**

**SHOP NOW >>**

**LEOTARDS ORDER NOW! - Expected delivery April 2026**

**SQUAD  
COMPETITION  
LEOTARD**



**SQUAD  
TRAINING  
LEO**



**RECREATIONAL  
LEOTARD**



**ORDER NOW**

# UPCOMING EVENTS - JANUARY

## 📌 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:**

📍 **Shirley Academy – Friday 30th January, 5:30–6:00 PM**

📍 **Edenbridge Academy – Saturday 31st January, 12:15–12:45 PM**

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

**BOOK NOW**



## !! SOMERSAULT SEMINAR !!

### **Somersault Workshop with Coach Zack!**

 **Saturday 7th February 2026**

 **2:45–4:45 PM**

📍 **Edenbridge Academy**

Ready to roll, flip, and level up your skills?

Participants will learn correct technique, build confidence, and progress their somersault skills in a fun and supportive environment.



- ✓ Open to ages 6+
- ✓ Participants must be able to forward and backward roll independently
- ✓ Perfect for gymnasts wanting to improve fundamentals and take the next step

Whether you're polishing the basics or working toward cleaner, stronger somersaults, **this workshop is the place to do it!**

Spaces are limited, so don't miss your chance!!

**REGISTER HERE**



# UPCOMING EVENTS - FEBRUARY

## 📌 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!

### **JUL 17 Upcoming Content Classes:**

- 📍 **Shirley Academy – Friday 6th February, 5:30–6:00 PM**
- 📍 **Edenbridge Academy – Saturday 7<sup>th</sup> February 12:15–12:45 PM**

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

**BOOK NOW**



## 📌 **TQS FINALS!!**

🎉 Congratulations to all athletes who have made it through to our **Team Qualifier Series Finals!** 🎉

What an incredible achievement, your hard work, commitment, and determination have truly paid off. We are so proud of every athlete who has qualified.

**JUL 17 Finals will be held on Sunday, 8th of February.**

If you'd like to come along and show your support, we would love to see you there!

Please book your spectator ticket using the link below.

**Good luck to everyone competing!**

**BUY  
TICKETS  
HERE**



# UPCOMING EVENTS - FEBRUARY

## CHEERLEADING FEBRUARY HALF TERM WORKSHOPS

**COME AND TRY CHEERLEADING!**

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

 **Monday 16th February**

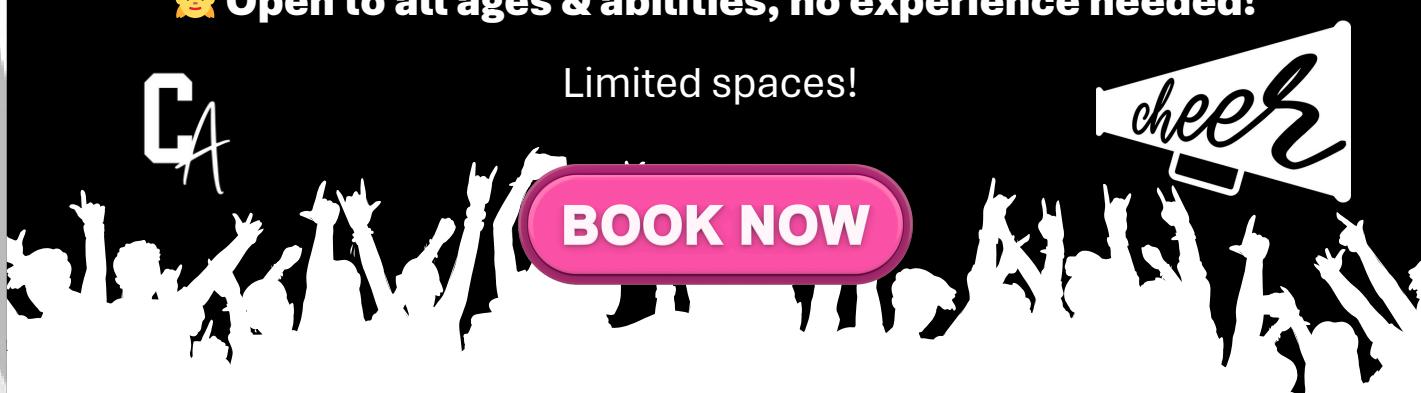
 **1.15 – 3.15 pm**

 **Edenbridge Leisure Centre**

 **Open to all ages & abilities, no experience needed!**

Limited spaces!

**BOOK NOW**



## SQUAD FEBRUARY HALF TERM WORKSHOPS

 **Squad-Only Advanced Workshops** 

Exclusive sessions for Gymspire Squad members only, open to Development, Silver, Gold, and Diamond squads.

 **Friday 20th February**

 **1:15 – 3:15 pm**

 **Edenbridge Leisure Centre**

 Limited spaces available, booking essential!

**BOOK NOW**



# UPCOMING EVENTS - FEBRUARY

## ★ FEBRUARY HALF TERM CAMPS ★

Come and join our exciting, action-packed gymnastics holiday camps, running throughout February half term!



**Monday 16th February – Tunbridge Wells**



**Tuesday 17th February – Edenbridge**



**Thursday 19th February – Edenbridge**

⌚ 8am – 4pm.  
💷 Just £40 per day

Our camps provide a fun and engaging opportunity for children to develop their gymnastics skills, strength, coordination, and confidence in a safe and supportive environment.



### **Open to all abilities, each day includes:**

- Skills training
- Games and challenges
- Team-building activities
- Plenty of movement, fun, and smiles

Led by our experienced coaches, sessions are designed to improve technique, build flexibility, and introduce new skills, all while keeping children active and entertained during the school holidays.

### **End of Day Show!**

Parents are invited to return 15 minutes before the end of the day to watch a mini show, where gymnasts will demonstrate what they've learned. A lovely way to celebrate their progress and cheer them on!

👉 Spaces are limited, book early to secure your child's place!

**EDENBRIDGE -**

**BOOK NOW**



**TUNBRIDGE WELLS -**

**BOOK NOW**



## NEW COACHES AVAILABLE FOR PRIVATE LESSONS!!

# 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

[BOOK NOW](#)

### 📅 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!



### Shirley

Tuesdays,  
Thursdays &  
Saturdays



### East Grinstead

Wednesdays



### Shirley & Edenbridge

Fridays

(email for bookings  
[info@cheerspireallsats.com](mailto:info@cheerspireallsats.com))



### Edenbridge

Wednesdays



## GYMNAST

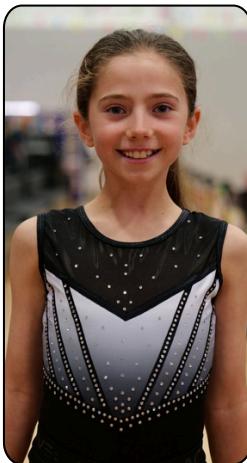
## shoutouts

January 2026



### Tonbridge

**Cassia** worked exceptionally hard in training last term and her dedication has really shown as she has recently moved up to Diamond Squad! Cassia is doing very well while practising her TQS routine and consistently demonstrates lovely presentation and attitude in the gym.



### Halstead

**Maisie**, she brings a fantastic attitude every week. She's always eager to learn new skills and stays positive, even when things are challenging. Last week, after not quite getting a new skill, she confidently said she'd get it next time and that determination says it all!



### Shirley

**Lexi** for her determination and resilience. She has taken the recent change of coach on Fridays really well and handled the cheer showcase brilliantly, all while staying focused on her gymnastics.



### Edenbridge

**Clara**, for working incredibly hard and gaining 2 new skills. She has been carefully listening to her corrections so that she can apply them to improve her skills. She has been very helpful and doing a fantastic job at demonstrating the stations to help other gymnasts.



### Tunbridge Wells

**Lilly** for being so determined each session and trying her absolute hardest when giving everything a go. Lilly brings such a good attitude to her sessions.



### Crystal Palace

**Khamiya**, even though she's only been with us for a few weeks, she has already been working incredibly hard. She's also kind and respectful to all of the other gymnasts, making her a wonderful addition to the group.



### East Grinstead

**Myla** has been working incredibly hard in class and was recently moved up to Gold squad, a fantastic achievement! She has also been doing an amazing job leading her team with their TQS routine.



## NEW CLASSES & UPDATES...

### NEW EAST GRINSTEAD EXTRA TRAINING FOR SQUAD

NEW!

Due to our current Advanced classes being fully booked, we're excited to be opening an additional Monday Extra Training session.

Mondays | 6:15–7:15pm (Alongside our current 7-12yrs Rec class)  
Limited spaces available.

This new session is a great opportunity for our squad gymnasts to access additional training and further develop their skills.

**Free trials are available.**

Spaces are limited, so we recommend booking early to avoid disappointment!

 BOOK NOW

## Gymspire Showcase 2026 Movie Magic

We're excited to confirm that all final entries for our Movie Magic Showcase, taking place on Sunday 29th March 2026, are now locked in!

An information pack will be sent out in early February to all families who have signed up. This will include everything you need to know, such as:

- Your child's routine theme
- Costume details
- Ticket information

If you're a new member and not yet enrolled, there's still time to join the fun! Simply email [info@gymspireacademy.com](mailto:info@gymspireacademy.com) to secure your place, we'd love to have you be part of this magical event.

Please keep an eye out for the information pack, and get ready for an unforgettable showcase filled with movie moments, big smiles, and plenty of sparkle.

We can't wait to share more with you and make this showcase a truly magical experience!

# THANK YOU

## NEXT RELEASE:

### Thanks for reading our newsletter!

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

Our next issue will be released in **Feb** 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



## Have you got your child's birthday coming up? 🎉

Did you know we run gymnastics and cheerleading birthday parties?

👉 **Message us today to find out more or book your party!**



## FOLLOW US / JOIN THE COMMUNITY



Click to follow

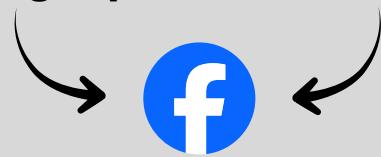


Click to follow



Click to follow

**Join our Gymspire & Cheerspire Members only group on Facebook**



## STAY IN TOUCH



**Phone:**

01843482219



**WhatsApp:**

07700 195477



**Email:**

info@gymspireacademy.com



**Website:**

www.gymspireacademy.com