



GYMSPIRE NEWS

JULY EDITION 

by Kiera, Hannah & The Gymspire Team



A Message from Kiera & Hannah

Hi Parents,
We've had an amazing summer term!

In early July we ran our annual **GymFest competition!** It was such a fun weekend and we are so proud of every single gymnast that competed. Some were even as young as 3!

A big well done also goes out to all of our cheerleaders who have been selected for one our **Cheerspire teams!** We are looking forward to a great season!

It's been a busy few weeks, with lots of new skills learnt and progress made!

Although our academy classes have broken up for the summer, there are still plenty of fun camps and workshops to get involved in!

We hope you have a lovely summer holidays and we look forward to welcoming everyone back for the new term.

Kiera & Hannah 

GYMSPIRE Academy SHOUTOUTS

GYMNAST

shoutouts

July 2026



Tonbridge

Reeva Tatham

Reeva has amazed us this term with her attitude and drive to progress. She presents herself beautifully as a squad gymnast and worked incredibly hard in the lead up to the GymFest competition!

We can see she has a true passion for gymnastics, keep it up Reeva!



East Grinstead

Laila Masser-Holmes

Laila has really impressed us this term! Her passion and enthusiasm for gymnastics shines through every session. She has also learnt so many new skills this term, including a round off flick and aerial!!



Halstead

Maisy Fitzpatrick

Maisy has stood out this term because of her continued hard work and determination.

Especially in the lead up to GymFest as she was doing one of the higher level routines and absolutely gave it her all!



Edenbridge

Mabel-Jane Rice-Tucker

Mabel has achieved lots of new skills which is down to working incredibly hard and always being ready to learn. Her bubbly personality and ability to make everyone laugh is something we love too!



Tunbridge Wells

Mabel Garrett

The coaches have seen a massive increase in Mabel's confidence this term! She is always happy, smiling and ready to work hard!
You are smashing it Mabel!



Crystal Palace

Emilia Tranter

Emilia has really impressed her coaches this term with her hard working attitude! We love that she always brings the energy and enthusiasm to class!



Shirley

Sofia Ogbonnaya Nunes

Sofia has improved so much this term! She always works so hard in class and tries her best! Sofia even got invited to Silver squad and shes only 5!!
Well done Sofia!

GYMFEST COMPETITION SUCCESS 🌈

On the 11th & 12th of July we ran our annual GymFest competition and it was an **AMAZING** weekend! ❤️

A HUGE congratulations to every gymnast who took part, we are incredibly proud of you and we hope you enjoyed it!

SAVE THE DATE for our Winter Wonderland comp on the 21st & 22nd of November! ❄️

Please see below some of the amazing photos taken across the weekend. If you would like to purchase some please use the link below:

🔗 <https://dephoto.biz/gymspire>
Password is 'gymspire'



Special mention to Sophie Norris!

Sophie is one of our diamond squad gymnasts and she attended the GymFest competition, where she became the **first gymnast** to achieve their rose quartz crystal at one of our competitions! This means we have to create a whole new level. Shoutout to you Sophie 🙌



BADGE POWER HOUR! 💪

BADGES UPDATE!

We're excited to launch our **brand-new Gymspire Badge Programme** in the new term, designed to give gymnasts and parents a clearer picture of progress across all areas of gymnastics. More info to come soon...

Before we make the switch, we're running **Badge Power Hour** sessions over the summer. These one-hour sessions give gymnasts the opportunity to **complete any outstanding badge levels** if they wish before the new programme begins. These sessions are **£7.50**.

Please note silver, gold & diamond squad don't work towards badges.

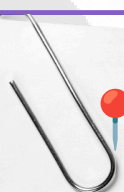


Edenbridge

Fri 31st July 2-3pm

Tues 4th Aug 12:30-1:30pm

Tues 11th Aug 12:30-1:30pm



Tunbridge Wells

**Tuesday 28th July
11:30am-12:30pm**

SIGN UP



UPCOMING EVENTS - AUGUST

JOIN US FOR GYMSPIRE'S FIRST EVER...

COLOUR RUN



DATE
Sat 15th August



LOCATION
Sackville School,
East Grinstead



ENTRY
£10 per person

**Whether you're a
Gymspire gymnast,
parent, non-member,
everyone is welcome!!**

- Powder is supplied by us but there will be extra for sale if you wish to go crazy!
- Food and drink will be available to purchase!
- There will other fun activities to do!

REGISTER HERE



EVERY single penny raised will go towards purchasing new equipment for our academies!

Want to make an even bigger difference? Children can collect sponsorships, giving them the chance to raise even more money for Gymspire!



UPCOMING EVENTS - AUGUST

SUMMER HOLIDAY CAMPS

Come and join our exciting, action-packed gymnastics holiday camps, running throughout the Summer Holidays!



Camp Schedule



Monday's - Tunbridge Wells
Tuesday's - Edenbridge
Wednesday's - NEW See page below
Thursday's - Edenbridge
Friday's - Tunbridge Wells



8am – 4pm.



Just £40 per day

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

UPCOMING EVENTS - AUGUST

NEW ACTIVITY HOLIDAY CAMPS!!

 Limpfield Church of England Infant School, RH8 0EA

We're excited to announce our **new holiday camps** for children aged 3-12yrs. A fun action packed day, designed for younger children, with a fantastic mix of **movement, gymnastics, creativity, and games!**

WHAT'S INCLUDED?



ARTS & CRAFTS ACTIVITIES



TEAM GAMES & CHALLENGES



EXCITING OBSTACLE COURSES



CREATIVE PLAY & THEMED ACTIVITIES

This camp runs **EVERY** Wednesday in August
8am-4pm!!

Spaces are very limited-so book now to avoid
disappointment

BOOK NOW



UPCOMING EVENTS - AUGUST

ADVANCED WORKSHOP

Want to progress your skills further? Join us for our NEW and exciting advanced workshop working on all apparatus, spaces are limited, so book early to secure your spot! This would be perfect for bronze rec, tumbling & squad members!



Every Friday in August!



1:15 – 3:15 pm



Edenbridge Leisure Centre



Limited spaces available, booking essential!

BOOK NOW

CHEERLEADING WORKSHOP

Ever wanted to try cheerleading? Or already into cheer and want to polish your jumps and stunts then this is the perfect workshop for you! Spaces are limited, so book early to secure your spot!



Every Monday in August!



1:15 – 3:15 pm



Edenbridge Leisure Centre



Limited spaces available, booking essential!



Tues 4th & 18th August



4-6PM



Orchard Park High School, Shirley



Limited spaces available, booking essential!

BOOK NOW

BOOK NOW

1:1 OR 2:1 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 for 1:1's:

- £30 for 30 minutes
- £50 for 1 hour



💰 Pricing for 2:1's:

- £20pp for 30 mins
- £35pp for 1 hr



Booking:

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

The coaches below are running privates during August for gymnasts that would like some extra training over the summer :)

Slots are limited so make sure to book to avoid disappointment!



Coach Zak

📍 Tunbridge Wells & Edenbridge



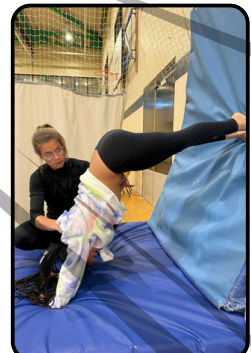
Coach Kiera

📍 Tunbridge Wells



Coach Mia

📍 Edenbridge





"Gymspire organised and ran my daughter's party they were fantastic from start to finish. The whole experience was smooth, fun, and completely stress-free. A special shout-out to Faith, who ran the party on the day — she kept us informed throughout, was incredibly attentive, and made sure every child felt included and excited."

Our daughter has been attending Gymspire for a few years now, and the impact they've had on her is remarkable. She has flourished into a confident, passionate young gymnast who absolutely loves every session. The team always put the children at the centre of everything they do, and it truly shows in the way they support, encourage, and celebrate each child.

We're so grateful for the care, energy, and dedication the whole Gymspire team brings. Thank you for making her party so special and for helping her grow into the confident girl she is today. Highly recommend!"

Got a birthday coming up??

Celebrate your child's big day with an action-packed gymnastics party full of flips, games and fun! 🎈

Our experienced coaches lead the gymnastics and activities, followed by time for food, cake and presents in your party area.

Perfect for ages 4+, with packages for up to 20 children (add more guests if you like!).

Any questions?

Enquire today by emailing Zak on parties@gymspireacademy.com

**COACH ZAK
HEAD OF
PARTIES**



"We had a gymnastics party today with coach Zac and Coach Keyanna at Orchard Park High School.

From booking the party, the lead up to and on the day coach Zac has been lovely, helpful, responsive and informative. Always keeping me up to date with how the day would go, asking if I had any questions and when I did he replied very quickly.

On the day both coaches were absolutely fabulous, kept the children entertained the whole time and with a smile on their faces, always friendly and approachable and the kids loved them. We are so happy with how today went and couldn't have asked for 2 better coaches. Would definitely recommend. We all had so much fun!!!

Thank you"

🌟 **Book your child's
unforgettable Gymspire
party today!**



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 a few weeks time, 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



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Cheerspire Members only
group on Facebook**



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Website:

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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!**

