



G & CA GYMSPIRE NEWS

JULY EDITION 

by Kiera, Hannah & The Gymspire Team



A Message from Kiera & Hannah

Hi Parents,

We can't believe we're already in July! We've had a fantastic year so far and we're so proud of everything our gymnasts have achieved.

A huge congratulations goes to our Squad gymnasts, who recently competed at an external competition and did an amazing job. They represented the club brilliantly, showed fantastic sportsmanship and determination, and we couldn't be prouder of their performances and progress.

A massive well done also goes to our **Cheerspire teams** for their amazing performances at competitions this season!

It's been a busy few weeks across all of our classes, with everyone continuing to develop new skills, grow in confidence, and work hard towards their individual goals. It's wonderful to see so much enthusiasm and commitment throughout the club.

As we head towards the summer holidays, we still have plenty to look forward to, including exciting sessions, fun activities, and our GymFest Competition!!

Kiera & Hannah 

GYMSPiRE Academy SHOUTOUTS

GYMNAST

shoutouts

July 2026



Tonbridge

Tilly Davies -Tumbling

Tilly has amazed her coaches this month with her hard work and determination. She has been trying some hard elite skills, while still walking into every challenge with a positive mindset. We are so proud of

Tilly and all she has already achieved, we cant wait to see her future in gymnastics. Well done Tilly!



East Grinstead

Lila Rutledge

Lila has the most bubbly personality which keeps everyone in the class (including her coaches) laughing and smiling the whole session. She is so caring and is always the first person to make a shy gymnast feel welcome and not alone. Lila has become so focused and determined reminding herself and her friends to not give up. We are so proud of you!



Shirley

Yana Joseph-Mathurin

Yana has really impressed us this month with showing great progression & moving up to Gold squad! As well as being someone who attends the squad online class EVERY week!



Edenbridge

Sophie Smart

Sophie is an incredibly hard worker, who always comes into the gym with a huge smile on her face. Over the last few weeks Sophie has been working on her presentation of her skills, which have become very beautifully presented with lovely straight legs and pointed toes. Sophie is always keen to learn new skills! Great work Sophie!



Tunbridge Wells

Theo Campbell

Theo is a very determined gymnast who always comes to training smiling and with a focused attitude and mindset. Keep it up Theo!



Crystal Palace

Kamiyah Thompson

Kamiyah has really stood out this month by showing outstanding hard work and dedication in class as well as her excitement and passion for the upcoming competition!



Halstead

Pippa Ellison

Pippa has shown amazing resilience and determination and always works super hard every single week! Well done Pippa!

Some of our amazing squad gymnasts attended an external competition at the end of June and they all did amazingly well and represented Gymspire beautifully.

A HUGE congratulations to every gymnast who took part, we are so incredibly proud of you!

We achieved some amazing results which we would love to share with you.....



19 Gold



18 Silver



26 Bronze

**Adding up to
63 MEDALS
TOTAL!!!**



GYMFEST INFORMATION- 11TH & 12TH JULY

Our **GymFest Competition** is fast approaching!

We are so excited to see everyone perform! ✨

You should have received an email with your child's round and time, **please contact us ASAP if you have not.**

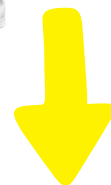
Spectator Tickets

- Make sure to purchase your tickets before the competition!
- Ensure you purchase the correct ticket for the correct round your child is competing in



BUY NOW

Event T-Shirt



**ORDER
HERE**

Gymnasts are welcome to create and decorate their own number to hold up to the judge before they compete! There is an award for the best one! ★

Find your gymnasts number

Password: GF26

HERE



CONTENT CLASSES - LET'S HAVE SOME FUN!



✨ Why join our Content Classes?

- Build confidence on camera
- Create fun gymnastics videos
- Celebrate progress
- Be featured on our socials
- Zero pressure, just fun!

BOOK NOW



Upcoming Content Classes:

Shirley Academy – Friday 31st July, 5:30–6:00 PM

Edenbridge Academy – Saturday 25th July 12:15–12:45 PM

✨ Spaces go fast every month...Limited spots available! Don't miss out!

SOMERSAULT SEMINAR

★ **Must be able to forward and backward roll** ★

Want to learn a somersault? Join us for an exciting gymnastics workshop experience, spaces are limited, so book early to secure your spot!



Monday 27th July



3:15 – 5:15 pm



East Grinstead- Sackville school



Limited spaces available, booking essential!

BOOK NOW

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

 FUN GYMNASTICS GAMES

 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!



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

GYMSPIRE PARTIES



“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!**



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

July 17 **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!



Tonbridge
Tuesdays



Tonbridge & Tunbridge Wells
Mondays & Saturdays



Shirley
Tuesdays,
Thursdays &
Saturdays



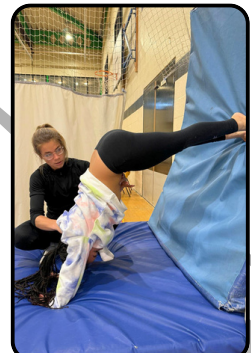
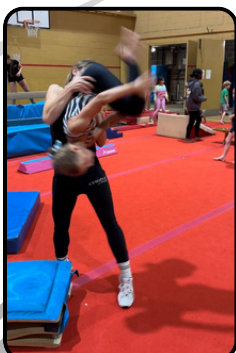
Edenbridge
Wednesdays



Shirley & Edenbridge
Fridays



Edenbridge
Wednesdays



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



Click to download



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



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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!**

