



GYMSPIRE NEWS

MARCH EDITION 

by Kiera, Hannah & The Gymspire Team

A Message from Kiera & Hannah

Hi everyone,

We honestly can't believe it's March already! This year has absolutely flown by, and it's safe to say we've hit the ground running.

We're so proud of the amazing results from our TQS finals, the hard work, focus, and determination on display were just fantastic to see. A huge well done to everyone who took part. You represented Gymspire brilliantly!

We've also kicked off showcase practice, and the excitement is already building. The routines are coming together beautifully, and we can't wait to see them develop over the next few weeks.

This month has been incredible for progress too, over 100 new skills achieved! That's such a huge milestone and a real reflection of the dedication shown week in and week out. On top of that, we've successfully completed badge week and delivered a range of skill workshops, which have been packed with energy and improvement.

Thank you, as always, for your continued support. The commitment from our gymnasts and families is what makes this community so special. We're in for an exciting few months ahead!

See you in the gym,
Kiera & Hannah 

EVENT RECAP - FEBRUARY

TQS FINALS - RESULTS!!

Once again, we are so incredibly proud of all our gymnasts who competed at the TQS Finals, the results were amazing, but even more importantly, the effort, teamwork and determination on display were outstanding.

Moments like these are what it's all about, supporting each other, celebrating progress, and watching confidence grow .

Here's just a snapshot of some very proud faces from a fantastic event! 

TEAM SPIRIT

FEELING PROUD 



WINNING THEIR FIRST EVER MEDAL




UPCOMING EVENTS - MARCH

JOIN OUR FLIC FACTORY!

COME AND LEARN YOUR BACK HANDSPRING

We're excited to be running a focused Back Handspring Workshop designed to help gymnasts build confidence, power and technique in this key skill!

 **Saturday 7th March**
 **Tunbridge Wells Academy**
 **Time: 1:15pm–3:15pm**
 **Price: £35**

This workshop will break down the back handspring into clear progressions, with drills, conditioning and plenty of supported practice to help gymnasts safely develop their technique.

Eligibility: Gymnasts must be able to backbend kick over and/or backward walkover.

Spaces are limited!

[BOOK NOW](#)



SHOWCASE: MOVIE MAGIC

29/03/2026

IT'S OFFICIALLY SHOWCASE MONTH! 

HERE'S A SNAP FROM OUR LAST SHOWCASE... BACKSTAGE AND EXCITED TO GO ON!

If your child is taking part, please check your emails, all the important information for the day has been sent out, including timings and everything you need to know.

Not performing this time? You're still very welcome to come and watch! You can watch any of the five shows, it's always a fantastic day out and a great chance to support your friends on stage.

Tickets can be purchased here:

[BOOK NOW](#)



We can't wait to see you there!



UPCOMING EVENTS - MARCH

📌 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!



📅 Upcoming Content Classes:

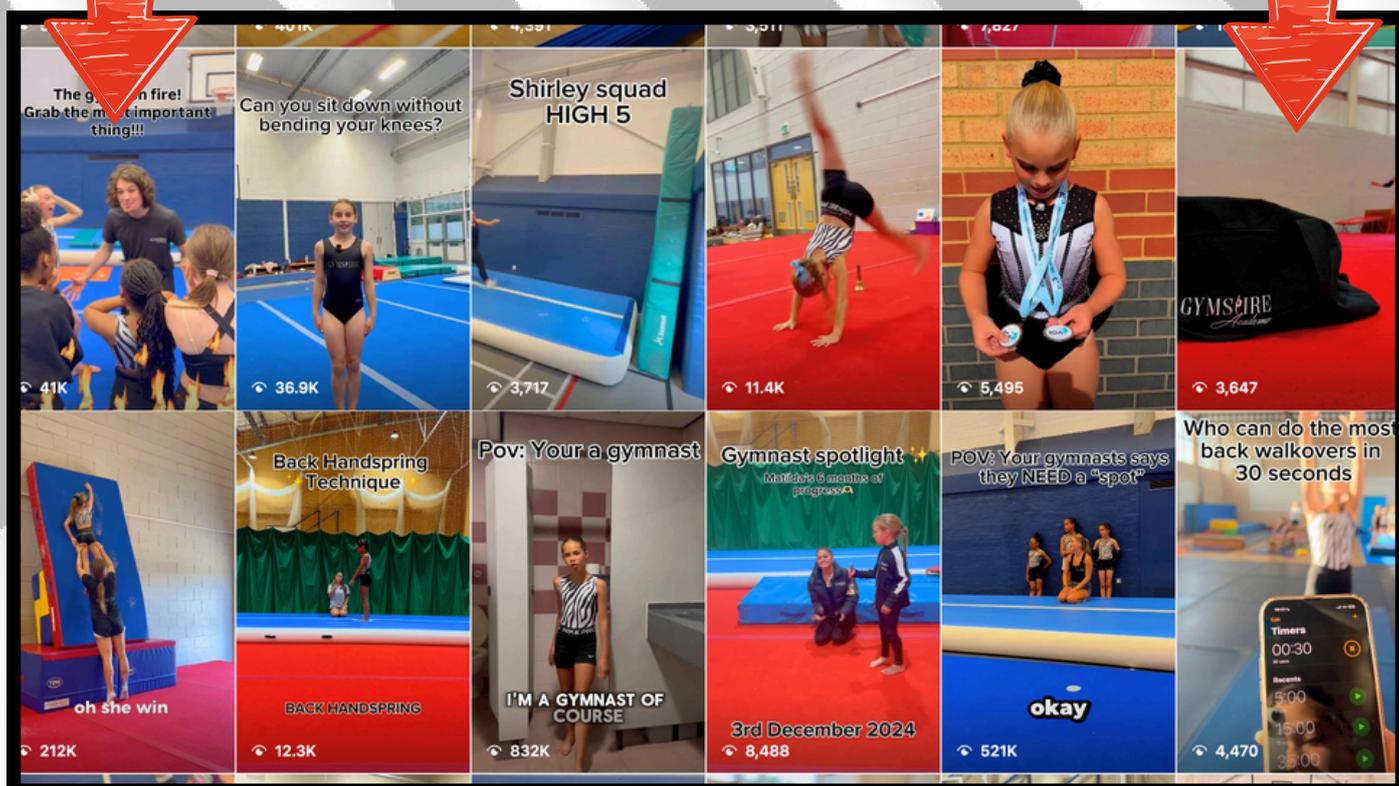
📍 Shirley Academy – Friday 27th March, 5:30–6:00 PM

📍 Edenbridge Academy – Saturday 28th March 12:15–12:45 PM

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

BOOK NOW

SEE WHAT THE HYPE IS ALL ABOUT...



CHECK OUT OUR PAGE &

FOLLOW US

UPCOMING EVENTS - MARCH/APRIL

★ EASTER HOLIDAY CAMPS ★

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

Week 1

Tuesday 31st March – Edenbridge
Thursday 2nd April – Edenbridge

Week 2

Tuesday 7th April – Edenbridge
Thursday 9th April – Edenbridge
Friday 10th April – Tunbridge Wells

Week 3

Monday 13th April – Tunbridge Wells
Friday 17th April – Tunbridge Wells

 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](#) 

UPCOMING EVENTS - APRIL

HANDY HANDSPRING WORKSHOP ✨

Ready to level up your front handspring? This focused workshop is perfect for gymnasts working towards mastering the skill with confidence and technique 💪 ✨



17 Wednesday 1st April

3:15–5:15pm

Sackville School, East Grinstead

✓ **Must be able to handstand to bridge**

Age 6+

£35 per gymnast

LIMITED SPACE AVAILABLE!

BOOK NOW



INSPIRING
EVENTS

OUR FIRST EVER... LEAPS & JUMPS MASTERCLASS ✨

GYMSIRE
Academy

Time to fly higher and sharpen those lines! This focused masterclass is all about improving height, power, technique and control in leaps and jumps 💪 ✨

17 Friday 10th April

3:15–5:15pm

Orchard Park High School, Shirley (Croydon)

£35 per gymnast

Perfect for gymnasts wanting to refine technique and add extra wow to their routines ✨

Spaces are limited, book early to secure your place! 🚀

BOOK NOW



GYMSPIRE PARTIES



Gymnastics & Cheerleading PARTIES ARE BACK

6 LOCATIONS TO CHOOSE FROM!

Your child and their friends will:

- Learn awesome gymnastics skills
- Play high-energy games
- Explore our exciting equipment
- Enjoy music, laughter, and fun throughout!

Led by our experienced, fully qualified Coaches

PARTY PACKAGES FROM £260

Enquire now - spaces fill up fast!
www.gymspireacademy.com/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

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!



Shirley

Tuesdays,
Thursdays &
Saturdays



East

Grinstead

Wednesdays



Shirley & Edenbridge

Fridays

(email for bookings
info@cheerspireallsatrs.com)



Edenbridge

Wednesdays



GYMNAST

shoutouts

February 2026



Tonbridge

Reeva -Dev Squad

Reeva has been working extra hard in class recently! She has been showing outstanding enthusiasm and has been focusing on improving the presentation of her skills.

Reeva is always kind and friendly to other gymnasts and coaches which is lovely to see



East Grinstead

Faith Allen - Diamond Squad

Faith brings high energy every single week and gives her all in every session. She's been working incredibly hard on her showcase routines lately, showing real focus and determination. Her commitment and drive are shining through, fantastic effort, Faith!



Halstead

Ivy Scanlan - 4:30pm

Ivy comes into every session with such a positive attitude and is always willing to give everything a go. She tries her absolute hardest each week, showing great effort and determination in everything she does. Keep up the fantastic work, Ivy — your attitude makes all the difference!



Edenbridge

Sophie Ellis - Bronze Rec

Sophie has gained so many new skills over the past month and is already determined to master her next one. She works incredibly hard every week, and her dedication is truly paying off. Her confidence has grown so much, and it's been amazing to see her progress. We are beyond proud of you, Sophie. Keep reaching for the next goal!



Tunbridge Wells

Harriet Flower Smith - Bronze Rec

Harriet shows up every week with a smile and a ready-to-go attitude. She gives 100% at every station, constantly challenging herself to refine her skills and take on new ones. Her commitment and enthusiasm never go unnoticed. Keep it up, Harriet!



Crystal Palace

Ashley Nantagya - Rec

Ashley works incredibly hard every session and shows real determination to improve her skills. Her focus and drive to keep progressing are clear to see, and her commitment to getting better each week is fantastic. Keep pushing, Ashley it's paying off!



Shirley

Willow Eames - Bronze Rec

Willow has recently moved up to Bronze Rec and has already made massive progress in the gym. Balancing both gymnastics and cheer, she continues to improve every week and shows great dedication to both. A fantastic effort since stepping up, well done, Willow!

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!**

