



GYMSPIRE NEWS

MARCH EDITION 2

by Kiera, Hannah & The Gymspire Team

A Message from Kiera & Hannah

Hey parents,

**Nearly at the end of March can only mean one thing...
it's Showcase week.. we're so excited!**

It's been another fantastic month in the gym, full of hard work, dressing up for world book week, progress and lots of great energy.

The excitement around the gym has been building as showcase practices & dress rehearsals have been in full swing, we are so excited for our Showcase **this Sunday**. We can't wait to see all the routines come together and celebrate all the hard work our gymnasts have put in.

Please take some time to read everything you need to know in this newsletter.

Thank you, as always, for your continued support.

See you in the gym,

Kiera & Hannah

DONT FORGET - LAST CHANCE

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:

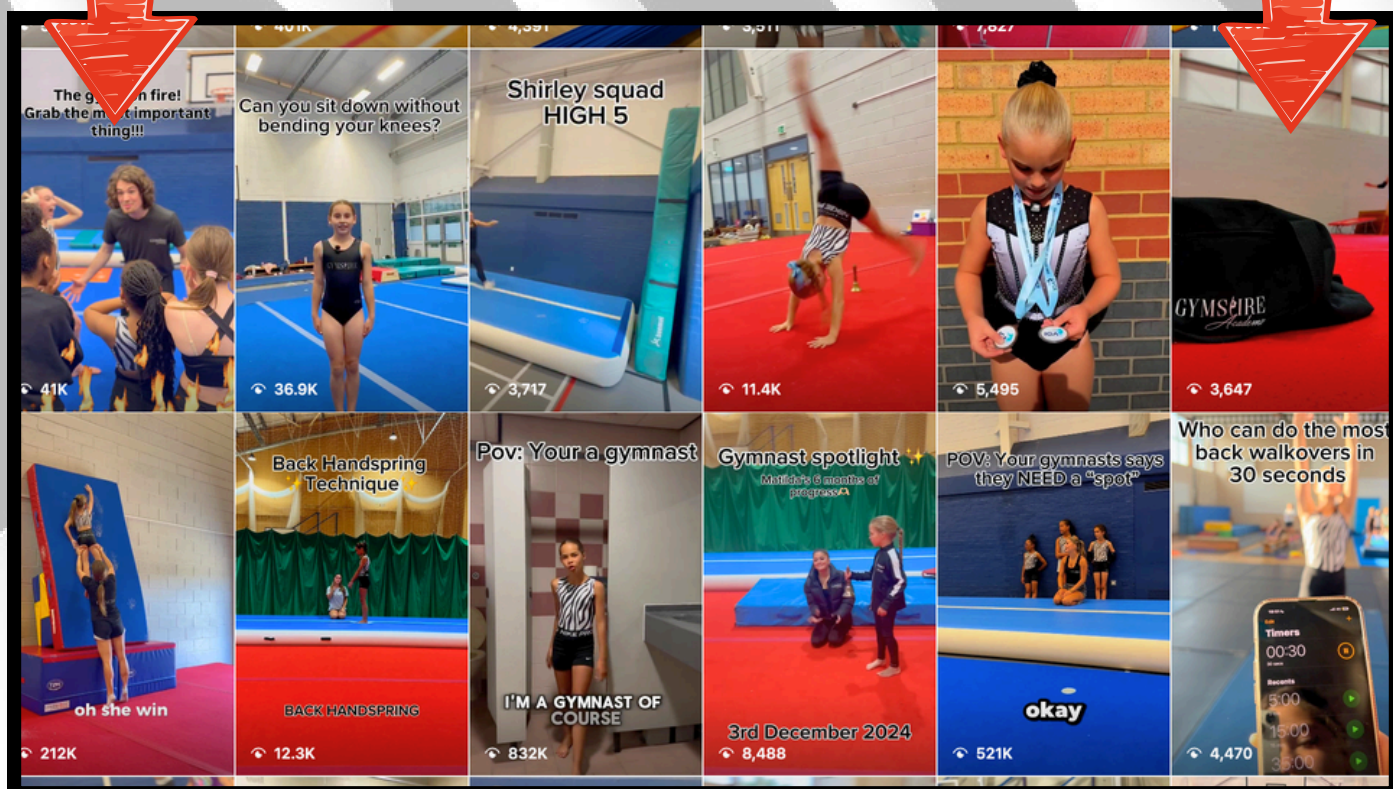
Shirley Academy – Friday 27th March, 5:30–6:00 PM

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 2

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

Week 3

Monday 13th April – Tunbridge Wells
Tuesday 14th April – Edenbridge
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 - MARCH/APRIL

SHOWCASE: MOVIE MAGIC

29/03/2026

IT'S OFFICIALLY SHOWCASE WEEK!

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!



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

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



UPCOMING EVENTS - APRIL

SQUAD EASTER WORKSHOPS

Squad-Only Workshops

Exclusive sessions for Gymspire Squad members only, open to Development, Silver, Gold, Diamond, Non-competitive & Boys squads.

Friday 10th April & Friday 17th April

1:15 – 3:15 pm

Edenbridge Leisure Centre

Limited spaces available, booking essential!

BOOK NOW

AMAZING AERIEL'S WORKSHOP

Ready to level up your cartwheels? This focused workshop is perfect for gymnasts working towards advancing their cartwheels and mastering an aerial with confidence and technique

Saturday 18th April
1:00–3:00pm
Edenbridge Leisure Centre

Must be able to Cartwheel
Age 6+
£35 per gymnast

LIMITED SPACE AVAILABLE!

BOOK NOW



SAVE THE DATE - UPCOMING COMPETITIONS

GYMFEST

Join us for our annual GymFest Floor & Vault Competition!
Open to all Gymspire Gymnasts aged 3-16 yrs!

Sat 11th and Sun 12th July
Weald of Kent Grammar School, TN9 2JP

It's **FESTIVAL THEMED** so we encourage everyone to bring the energy by wearing colourful accessories – the more vibrant, the better!

MORE INFO COMING SOON - ENTRIES OPEN 13TH APRIL

PARENTS THIS ONES FOR YOU!

We are excited to announce our first ever **parent and gymnast** competition!!
Coming to GymFest **THIS YEAR!**

'POPSTARS & PROUD PARENTS'

We are challenging you and your gymnast to team up and create a pop inspired floor routine!

Do you think you and your gymnast have what it takes to be crowned champions?



MORE INFO COMING VERY SOON



WINTER WONDERLAND!

Join us for our annual Winter Wonderland Floor & Vault Competition!
Open to all Gymspire Gymnasts aged 3-16 yrs!

Sat 21st and Sun 22nd November
Weald of Kent Grammar School, TN9 2JP

It's **CHRISTMAS THEMED** – so we encourage everyone to bring the festive vibes!

Think glitter, leg warmers, colourful accessories, tinsel!

MORE INFO TO COME LATER IN THE YEAR

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!



Tonbridge
Tuesdays



Tonbridge & Tunbridge Wells
Mondays & Saturdays



Shirley
Tuesdays,
Thursdays &
Saturdays



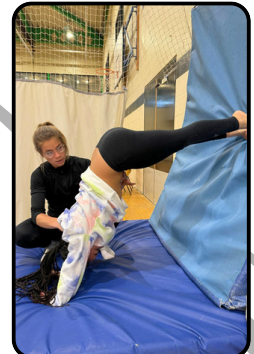
East Grinstead & Edenbridge
Wednesdays



Shirley & Edenbridge
Fridays



Edenbridge
Wednesdays



HOLIDAYS & TERM DATES

EASTER IS COMING... LET'S TALK TERM DATES

Check your upcoming classes on our...

GYMSPIRE ACADEMY APP

All academy and school club upcoming classes for the next 30 days are shown in our Gymspire Academy app.

Step 1:

Download our app

Click to download



Click to download



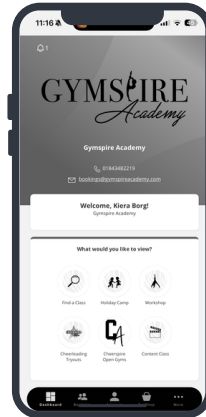
Step 2:

Open the app



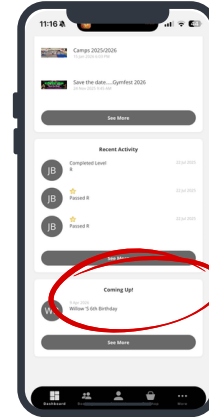
Step 3:

Click dashboard



Step 4:

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CHEERSPIRE OPEN GYM – WEDNESDAYS!

COME AND TRY CHEERLEADING!

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

NEW SKILLS

WELL DONE

to all our members who achieved new skills this month!



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



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



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!

