



GYMSPIRE NEWS

APRIL EDITION #2

by Kiera, Hannah & The Gymspire Team

A Message from Kiera & Hannah

Hi Parents,

We're now over halfway through April, the Easter holidays are behind us, and we're really excited to get stuck into this new term!

We've got so many exciting things coming up over the next few weeks. To kick things off, we had an amazing aerial workshop on Saturday, where everyone picked up some fantastic new skills, it was great to see so much progress and enthusiasm.

This term is packed with new themes and opportunities. We've got Badge Week on the way, as well as preparations for GymFest and upcoming external competitions. Alongside that, we'll be running a range of skill workshops, including walkover workshops and Flick Factory sessions, perfect for anyone looking to build confidence and try something new.

There's plenty to look forward to, so be sure to check out the rest of the newsletter for all the details.

Kiera & Hannah

SHOWCASE RECAP

We are so happy and incredibly proud of all our children who took part in the showcase their hard work, confidence, and performances were truly amazing to see. Thank you for being part of it! Heres just a few photos from the event!



UPCOMING EVENTS - APRIL

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:

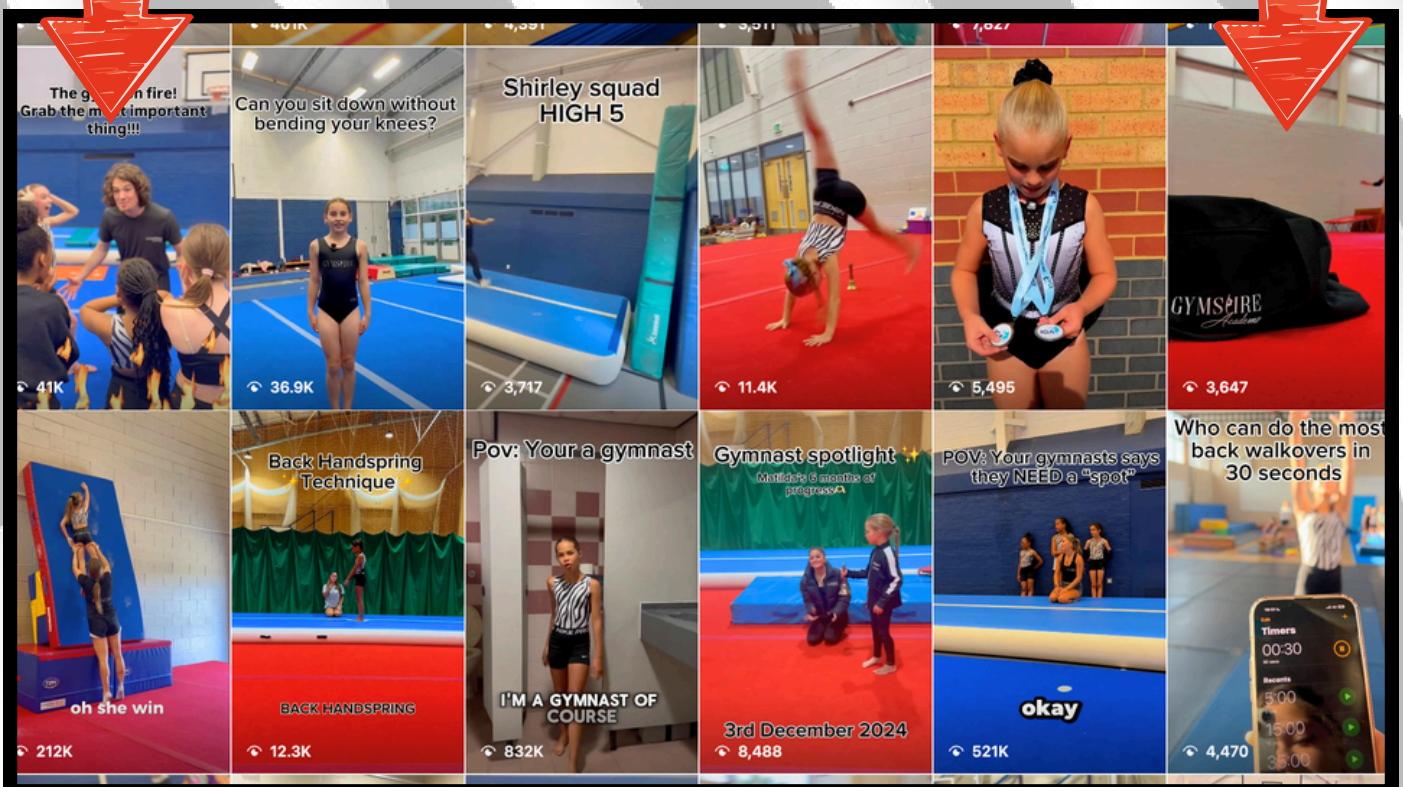
Shirley Academy – Friday 24th April, 5:30–6:00 PM

Edenbridge Academy – Saturday 25th April 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 - MAY

WACKY WALKOVERS WORKSHOP

Ready to learn your front or back walkover? This focused workshop is perfect for gymnasts working towards mastering the skill with confidence and technique

Saturday 16th May

1:45-3:45pm

Tunbridge Wells leisure centre

Must be able to handstand to bridge

Age 6+

£35 per gymnast

LIMITED SPACE AVAILABLE!

BOOK NOW



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!

Sunday 17th May

Sackville school, East Grinstead

Time: 10am-12pm

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



MAY HOLIDAY CAMPS

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

Week 1

Tuesday 26th May- Edenbridge
Thursday 28th May-Edenbridge
Friday 29th May-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

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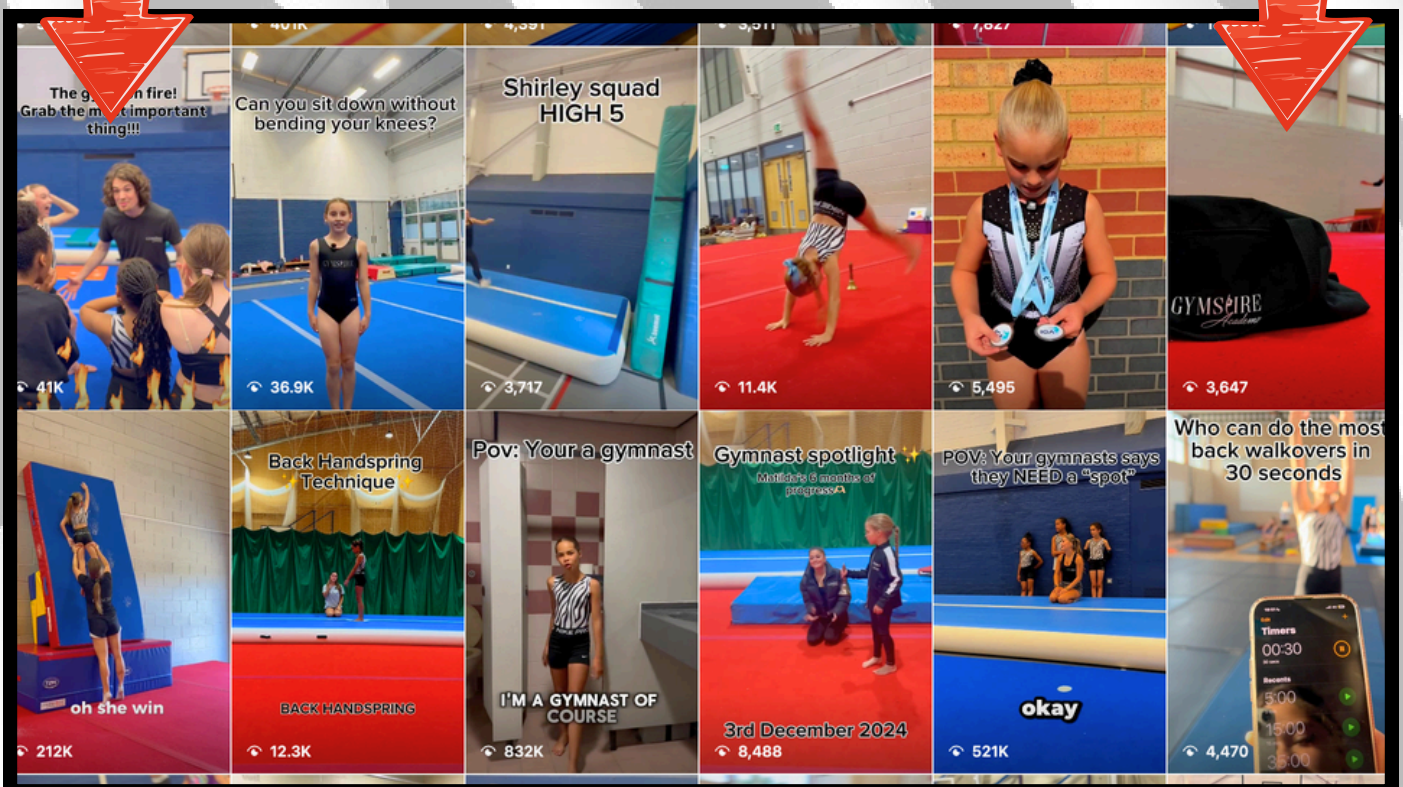
Shirley Academy – Friday 29th May, 5:30–6:00 PM

Edenbridge Academy – Saturday 30th May 12:15–12:45 PM

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

OPENING SOON

SEE WHAT THE HYPE IS ALL ABOUT...



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UPCOMING EVENTS - MAY/JUNE

SQUAD EASTER WORKSHOPS

Squad-Only Workshops

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

Friday 29th May

1:15 – 3:15 pm

Edenbridge Leisure Centre

Limited spaces available, booking essential!

BOOK NOW



JOIN US FOR OUR HANDY HANDSPRINGS WORKSHOP

Time to level up them front Handsprings. Perfect for gymnasts wanting to gain their front handspring or just perfect their technique!

Saturday 13th June
1:30-3:30pm
Edenbridge Academy

Dont wait too long...you'll miss out on the fun!

Spaces are limited, book early to secure your place!

BOOK NOW



UPCOMING EVENTS - JUNE

WACKY WALKOVERS WORKSHOP

Ready to learn your front or back walkover? This focused workshop is perfect for gymnasts working towards mastering the skill with confidence and technique

Sunday 14th June

10am-12pm

Orchard Park High School, Shirley (Croydon)

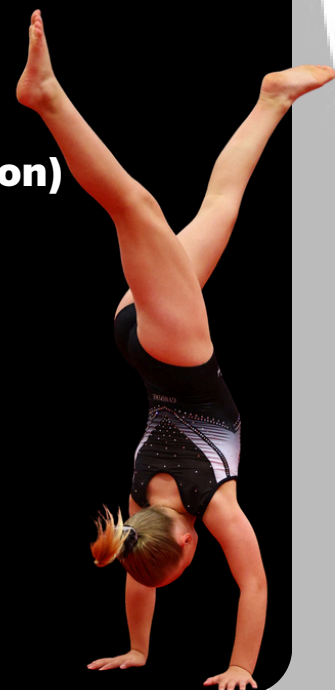
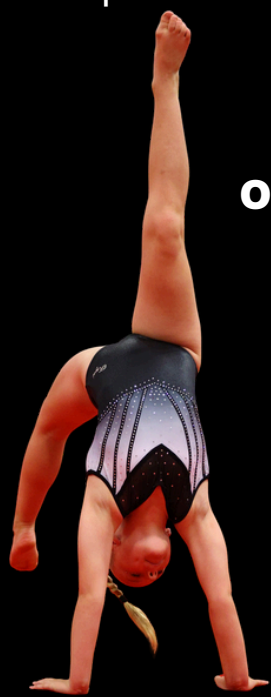
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Edenbridge Academy – Saturday 27th June 12:15–12:45 PM

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

**OPENING
SOON**

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!

ENTRIES ARE NOW OPEN - BOOK ON NOW!

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?



ENTRIES ARE NOW OPEN!



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



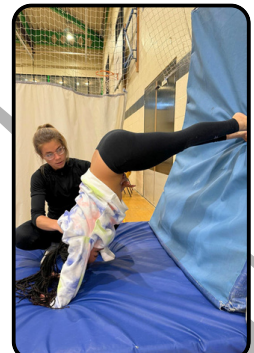
Edenbridge
Wednesdays



Shirley & Edenbridge
Fridays



Edenbridge
Wednesdays

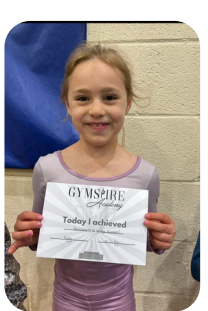
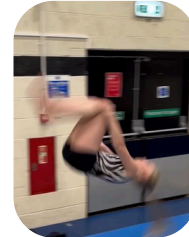
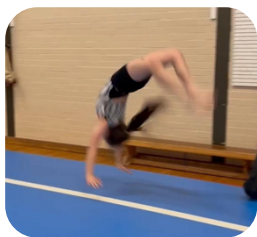
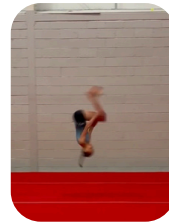
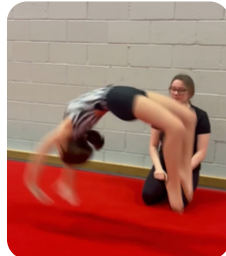
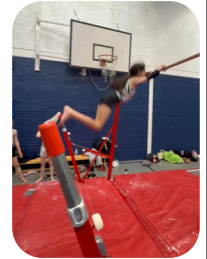
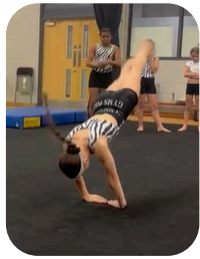
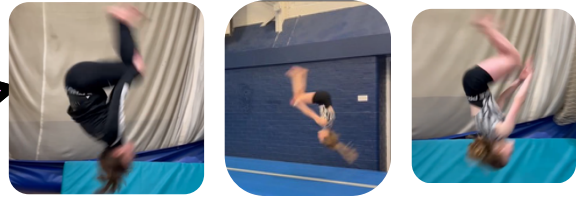


GYMSPIRE Academy

NEW SKILLS

WELL DONE

to all our members who achieved new skills this month!



GYMSIRE Academy SHOUTOUTS

GYMNAST

shoutouts

April 2026



Tonbridge

Lilly Brown -Diamond Squad

We have loved having Lilly back training with us! Since her return she has achieved so many new skills. Including a front somersault on floor and an aerial! She is such a hard worker and her technique is outstanding. Keep it up Lilly!



East Grinstead

Tilly Stanley - Gold Squad

Tilly has been working so hard in gymnastics, determined to get her back handspring! Last week Tilly gained her round-off flick! All of her coaches are so proud of how far she's come in a short period of time!



Halstead

Neve Hammond- 4:30pm

Neve has been working super hard in gymnastics, achieving multiple new skills. She comes into the gym each week with an amazing attitude ready to learn!



Edenbridge

Alfie Groves - Saturday 8am

Alfie comes into the gym with the biggest smile each week and is ready to learn new skills. Alfie always listens carefully to the coaches' feedback and is fully engaged when working on apparatus. Alfie is incredibly hard working and is smashing his cartwheels. Nice job Alfie!



Tunbridge Wells

Theo Campbell - Boys squad

Theo is very determined at gymnastics, always trying hard and gives his all with a smile on his face. Theo has come a long way and has an outstanding attitude in gymnastics and a true role model to the class.



Crystal Palace

Siyam Sohail - Wednesday 5:30

Siyam always brings positive vibes to her session along with her amazing attitude towards gymnastics! Siyam has been working incredibly hard in her gymnastics lessons and gained 3 new skills last term.



Shirley

Yana Joseph-Mathurin - Silver Squad

Yana works hard every session, always stays focused and consistently pushes herself to do her best. She's eager to improve and it shows, especially after learning her back handspring last week!

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!

