



GYMSPIRE NEWS

🌹 NOVEMBER EDITION - 🌹

by Kiera, Hannah & The Gymspire Team

💖 A Message from Kiera & Hannah

What a lovely and successful few weeks it's been at Gymspire! 🌟

We've seen so many new skills being achieved across our classes, from first cartwheels and walkovers to polishing competition skills and sharpening routines. The energy in the gym has been amazing, and we are so proud of how hard all the gymnasts have been working.

Our recent dress-up days have been such a highlight too! The effort everyone went to with costumes & hair honestly made our week. It's been so lovely seeing the kids having fun, making friends and fully embracing the Gymspire spirit.



Thank you as always for your support & encouragement. We've got plenty of exciting things on the way, and we can't wait to share the next few weeks with you. 💖💖



UPCOMING EVENTS - NOVEMBER

FLIC FACTORY – TUNBRIDGE WELLS ACADEMY



Join **Coach Rhys** for an action-packed Flic Factory Workshop designed to boost power, confidence, and precision in your tumbling!  

 **Wednesday 19th November 2025**
 **4:00–6:00 PM**
 **Tunbridge Wells Academy**

This dynamic session focuses on flics and linking skills, ideal for gymnasts wanting to refine their technique and build consistency on the fast track and floor.

Rhys's expert coaching style will help each gymnast feel confident to push their boundaries, master new movements, and have loads of fun along the way!


Spaces are limited, so grab your spot before it goes!


REGISTER HERE



REC & SQUADS - DEADLINE EXTENDED!


Team Qualifier Series

A fun, musical-themed event where gymnasts can perform, dance and dress up with their teammates! 

Each team will create a musical-inspired routine, performing on floor, fast track and trampette. They'll film their performance in class with their coach, and the videos will be submitted for judging. The top-scoring teams will earn a spot in the Live Final on Saturday 8th February! 

Deadline for entry extended to 23rd November!

This gives coaches extra time to organise teams & plan choreography.

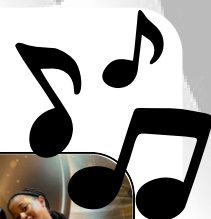
Selected Recreational, ALL Bronze Recreational and ALL Squad Gymnasts will be invited to take part, so get ready for music, energy, and a whole lot of Gymspire fun! 



Deadline for entry extended to 23rd November!



CLICK TO SIGN UP!



A HUGE WELL DONE TO ALL OUR WINTER WONDERLAND COMPETITORS!

A massive well done to all our gymnasts who took part in our Winter Wonderland Competition over the weekend. Across both Saturday and Sunday, every gymnast brought brilliant energy, confidence and focus to the floor. We couldn't be prouder of how they represented Gymspire.

From first-time competitors to our more experienced gymnasts, the effort, teamwork, and sportsmanship on display were genuinely inspiring.

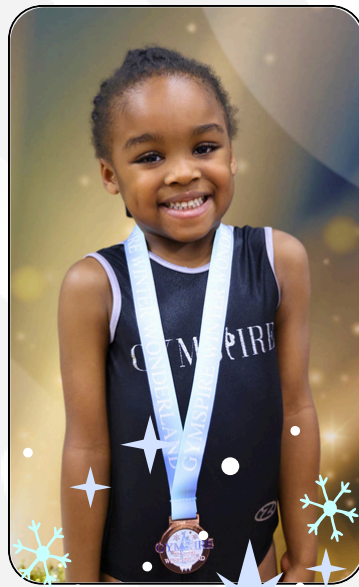
Thank you to all parents and supporters for bringing such a positive atmosphere, and to our coaches for the time and dedication that went into preparing the teams.

It was an amazing weekend from start to finish, and we're so proud of every single gymnast who stepped out onto the floor. Well done, Team Gymspire!



Keep an eye on the DE Photo website for all event photos, they'll be uploaded soon:

 <https://dephoto.biz/>




UPCOMING EVENTS - DECEMBER

AMAZING ARIELS WORKSHOP – EDENBRIDGE ACADEMY

Ready to take your tumbling to the next level? Join us for our Amazing Ariels Workshop, a focused, high-energy session designed to help gymnasts learn, improve, or perfect their aerials with confidence and style! ✨

 **Saturday 6th December 2025**

 **1:45 – 3:45 PM**

 **Edenbridge Academy**

BOOK NOW

Our experienced coaches will guide gymnasts step-by-step through key drills, strength work, and progressions to help them achieve that perfect no-handed cartwheel! 🙌

Whether you're close to landing it or just starting out, this workshop is for you, but please note, gymnasts must be able to cartwheel confidently and be aged 5 or over to take part. 💪

Spaces are limited, so don't miss your chance to join the fun and fly high! ❤️

✨ **CHRISTMAS PARTY & AWARDS NIGHT!** ✨



Christmas Party & Awards Night

Ticket Sales Are Now Closed!!

Ticket sales for our first-ever Christmas Party & Awards Night are now closed, and we can't wait to celebrate an incredible year with everyone joining us on the night! ❤️ ✨

If you have been selected for an award and still require a ticket, please contact us at info@gymspireacademy.com, we may be able to allocate one for you.



NEW CLASSES & UPDATES...



Incase you missed it...

Parties are back and better than ever!

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!).

🌟 Book your child's unforgettable Gymspire party today!



🌟 New Non-Competitive Squad Class in Edenbridge!

We're excited to introduce a brand-new Non-Competitive Squad Class at Edenbridge, starting Saturday 8th November, 12-1pm!

This class is perfect for gymnasts who are working at an advanced level and love the challenge of higher-level skills, but do not wish to compete.

They'll enjoy structured training on all apparatus, developing strength, flexibility and advanced technique in a fun, supportive environment, without the pressure of competitions.

If your child has previously been invited to a squad, you're more than welcome to book on directly via the link below.

CLICK HERE 

Alternatively, if you feel your child may be ready for this level of training and would be interested in joining, please drop us an email to register your interest, our team will happily chat it through and advise the best next steps for your gymnast. 🌟

NEW!

NEW CLASSES & UPDATES...



INTRODUCING: PUNCH PASSES

We're excited to introduce a new, flexible way for gymnasts to book extra training sessions without committing to a full-term enrolment. Perfect for gymnasts wanting additional practice before competitions or simply looking to refine skills on their own schedule.

What Is a Punch Pass?

A Punch Pass is a pre-paid credit you can purchase through the Parent Portal. Each "punch" allows you to book a one-off class (where space is available) within the next 7 days.

Punch Passes are valid for 12 months, and you can choose from:

- Recreational Gymnastics Punch Pass
- Squad Punch Pass
- Recreational Cheer Punch Pass

How to Purchase a Punch Pass

- Log into your Parent Portal
- Go to Shop → Punch Passes
- Select the pass you'd like
- Complete your payment

How to Book a Class Using Your Pass

- In the Parent Portal, go to My Account
- Select your child and click the Passes icon
- Click Use For Class
- Pick your Punch Pass Date
- Choose a class and Punch In!

Your booking will appear instantly, and your coach will automatically receive the update. iClassPro will deduct one punch from your balance.

You can check remaining punches and expiry dates at any time within your account.

⚠ Important Notes

- Punch Pass classes do not count toward Squad 2.5-hour weekly training totals
- Passes are non-refundable and valid for 365 days from purchase
- Please ensure you select a class that matches your gymnast's level

Our Punch Passes make extra training simple, flexible, and ideal for busy families or gymnasts aiming for that extra edge.



CHRISTMAS CHALLENGE



Design Our Gymspire Christmas Card!

We're launching a fun festive activity for all our gymnasts... Design the 2025 Gymspire Christmas Card!

All your child needs to do is:

1. Create their own Christmas card design (draw, paint, colour... anything!)
2. Take a clear photo of their finished design
3. Email it to your Academy Lead using your usual academy contact email...

📍 Shirley - shirley@gymspireacademy.com💛

📍 Crystal Palace - crystalpalace@gymspireacademy.com💜

📍 Halstead - halstead@gymspireacademy.com❓

📍 Edenbridge - edenbridge@gymspireacademy.com💙

📍 Tunbridge Wells - tunbridgewells@gymspireacademy.com💖

📍 Tonbridge - tonbridge@gymspireacademy.com💛

📍 East Grinstead - eastgrinstead@gymspireacademy.com💚

We'll be choosing one winning design from each academy, and these will become the official Gymspire Christmas Cards for Christmas 2025.

It's a lovely chance for gymnasts to get creative, show off their artistic side, and have the chance to have their artwork sent out to hundreds of Gymspire members!

We can't wait to see all the festive masterpieces 🎄✨

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 on or around **1st December**, 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



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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

MINI CHALLENGE

★ Show us your best festive handstand! ★

Whether it's by the Christmas tree, in your sparkly PJs, or outside in the winter chill, we want to see your creativity!



Snap a pic or short video



Tag us @gymspireacademy



We'll pick our favourite for a shoutout in next month's newsletter!

