



GYMSPIRE NEWS

🌹 NOVEMBER EDITION - 🌹

by Kiera, Hannah & The Gymspire Team

💌 A Message from Kiera & Hannah

Hey Parents, we can't believe how quickly this year is flying by...

November is always an exciting month at Gymspire, we have badges and certificates that will be awarded in class and the final Winter Wonderland preparations are underway!!

We've loved seeing the consistency and focus from our gymnasts this term and can't wait to celebrate all their progress before the festive break.

🏆 Last Chance to Order Badges!

If your child recently passed a badge in class over the past couple of weeks, you'll have received an email letting you know which badge they achieved. You can order their badge using the link below, it's a lovely way to celebrate their progress and hard work this term.

Please note, the deadline for badge orders is **Sunday 2nd November**, so be sure to get your order in before then!

★ Badge Dates for Your Diary ★



SCHOOL CLUB BADGES



Badges will be distributed in class approximately **10.11.2025**



ACADEMY BADGES



Deadline for purchasing the badge sets will be **02.11.2025**



Badges will be distributed in class approximately **10.11.2025**



[LINK TO ORDER BADGES](#)



*Last
Chance*

OUR BIGGEST SALE EVER



🎉 Massive Stock Sale! Last chance to save up to 65% off Gymspire items! Including your favourites 💜



LEOTARDS



ONESIES



HOODIES

SHOP ALL >>

UPCOMING EVENTS - NOVEMBER

VAULT VIBES - WORKSHOP WITH COACH ALFIE



Join Coach Alfie for our Vault Vibes workshop! A high-energy session all about power, technique, and flight!

Whether you're perfecting your run, sharpening your take-off, or building confidence on the vault, this session is the perfect way to boost your skills and have loads of fun along the way.



Saturday 1st November
1.30 - 3.30 pm
Tonbridge

PREREQUISITES:

TO GET THE MOST OUT OF THIS WORKSHOP, GYMNASTS SHOULD BE CONFIDENT PERFORMING A HANDSTAND ON VAULT AND ABLE TO COMPLETE A HANDSTAND FLAT BACK INDEPENDENTLY. THEY SHOULD ALSO BE ABLE TO PERFORM, OR BE CLOSE TO, A FRONT HANDSPRING ON FLOOR. 🙌

MINIMUM AGE OF 7YRS.

Spaces are limited, so don't miss out! book your spot today and bring the vault vibes! ✨

REGISTER HERE



REC & SQUADS - ENTRIES NOW OPEN!

Team Qualifier Series is Back!

We're so excited to announce our Team Qualifier Series Competition, a fun, musical-themed event where gymnasts can perform, dance, dress up, and shine with their teammates! 🎵

Each team will create a routine inspired by musicals, 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! 🏆

It's all about teamwork, confidence, and creativity! ✨
Gymnasts will learn how to express themselves through movement, build friendships, and celebrate what they've achieved together.

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! 💙

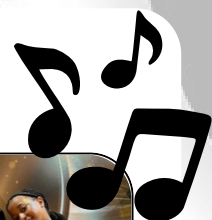


ENTRIES CLOSE ON SUNDAY 16TH NOVEMBER

**ENTRIES
NOW OPEN**



CLICK TO SIGN UP!




UPCOMING EVENTS - NOVEMBER

CONTENT CLASSES - LET'S HAVE SOME FUN!

Our Content Classes are all about creativity, confidence, and capturing those Gymspire moments! ✨

These sessions are designed for gymnasts who love performing, posing, and showing off their skills in a fun, relaxed environment, no pressure, just smiles and sparkle! 🌟

Gymnasts get the chance to create cool videos and photos for our social media, celebrate their progress, and enjoy the buzz of being part of the Gymspire community.

 It's a great way to build confidence, try new skills, and have loads of fun with friends & coaches all for just £5 per class!

Upcoming Content Classes:

 **Edenbridge Academy – Saturday 1st November, 12:30–1:00 PM**

 **Shirley Academy – Friday 7th November, 5:30–6:00 PM**

✨ Spaces are limited, so don't miss out, come join the fun and let's create something amazing together!

BOOK NOW 



!! FLIC FACTORY – EAST GRINSTEAD ACADEMY !!

Get ready to flip, fly, and have fun at our Flic Factory Workshop with **Coach Alfie!**

 **Saturday 8th November 2025**

 **2:30–4:30 PM**

 **East Grinstead Academy**

Join Alfie for a high-energy workshop focused on flicks, perfect for gymnasts wanting to build confidence, strength, and technique in a supportive environment. 💪✨

Alfie will break down each skill step by step, helping every gymnast feel proud of their progress while having loads of fun along the way!

Spaces are limited, so don't miss out on this chance to take your skills to the next level.

REGISTER HERE 



UPCOMING EVENTS - NOVEMBER

🌹 Remembrance Week at Gymspire 🌹

In the week leading up to **Remembrance Sunday (3rd–8th November)**, we'll be taking a moment in class to remember those who have served. ❤️

To mark the occasion, we're inviting gymnasts to wear something red to class a ribbon, scrunchie, or T-shirt. As a simple way to show respect and remembrance.

It's a lovely way for our Gymspire community to come together, reflect, and show gratitude while keeping the spirit of teamwork and kindness at the heart of what we do. 🌸



[Click here to Add to your Calendar](#)

🌟 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

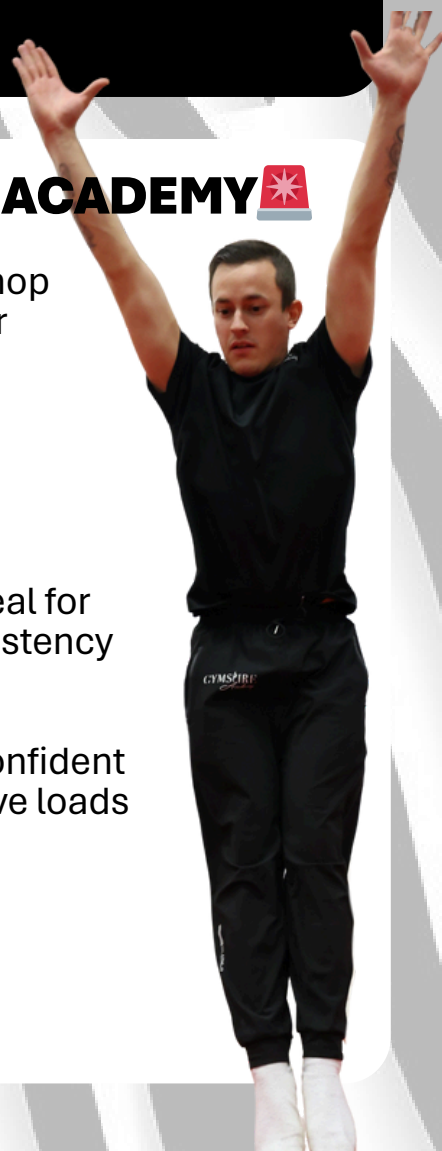
Tunbridge Wells Academy

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](#)



UPCOMING EVENTS - NOVEMBER

WINTER WONDERLAND COMPETITION PREP

With Winter Wonderland just around the corner, here are a few important updates and opportunities to help our gymnasts feel fully prepared for the big day!

Number Decoration

Gymnasts are welcome to create and decorate their competition number to show the judges! ✨

This is completely optional, but there's a special prize for the most creative number.



You can find your gymnast's number here:

👉 [View Gymnast Numbers](#)

🔑 **Password: WW25**

Last Few Private Lessons!

Hannah and Kiera have limited private lesson slots available in the lead-up to the competition, perfect for polishing routines and building confidence!

👉 [Book a Private Lesson](#)

Spectator Tickets

Tickets are on sale now! Make sure to secure yours early to guarantee a space! ✨

👉 [Buy Tickets](#)

★ **Competition Practice Sessions – Saturday 8th November**

Hannah, Kiera and Mia will be running extra competition practice sessions at:

📍 **Weald of Kent Grammar School, TN9 2JP**

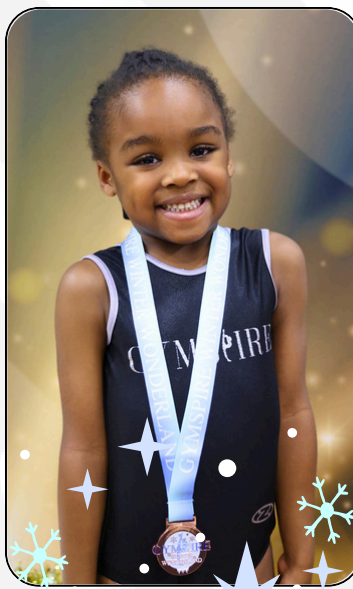
🕒 1:00–2:30pm – Gymnasts performing music routines (Emerald, Diamond & Rose Quartz)

👉 [Book here](#)

🕒 2:30–4:00pm – Gymnasts performing Amber, Ruby, Sapphire & Amethyst routines

👉 [Book here](#)

These sessions are a great opportunity for gymnasts to have some extra practice on floor and vault before the competition. ✨




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

Hosted by **GYMSPIRE & CHEERSPIRE Academy**

SATURDAY 13th DECEMBER

AT COLTSFORD MILL MILL LANE, OXTED, SURREY, RH8 9DG

DOORS OPEN AT 04:30PM - 9PM

TICKETS
£20 Adult
£10 Child

The Events
AWARDS CEREMONY
BUFFET FOOD
DJ & DANCING

Dress Code: Smart Party Wear with a Christmas sparkle ✨

For more information: www.gymspireacademy.com


We're so excited to announce our first-ever Christmas Party & Awards Night and you're invited to join us for an unforgettable evening celebrating an incredible year at Gymspire & Cheerspire! ✨

 **Saturday 13th December**

 **Doors open at 4:30 PM | Event ends at 9:00 PM**
 **Coltsford Mill, Mill Lane, Oxted, Surrey RH8 9DG**

Enjoy a night full of celebration with our Awards Ceremony, delicious buffet food, and plenty of DJ & dancing to finish the year in true Gymspire style! 🏆🎵

 **Tickets:**
• £20 Adult
• £10 Child

 **Dress Code:** Smart party wear with a touch of Christmas sparkle ✨

We can't wait to share this special night with our amazing Gymspire and Cheerspire families, it's going to be one to remember! ❤️

BUY NOW



PRIVATE LESSONS WITH US

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:

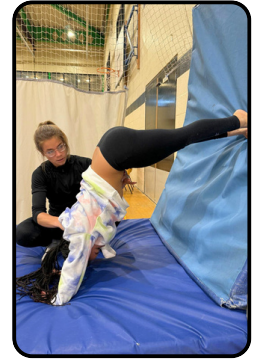
- £30 for 30 minutes
- £50 for 1 hour

📅 Booking:

Simply select your preferred day and time via the link below. If none of the available slots work for you, please reach out, we'll do our best to find a time that fits!



BOOK NOW



🎀 CHEERSPIRE OPEN GYM – WEDNESDAYS! 🎀

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



EXCITING NEWS...



YES!

That's right, 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!

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 **14th November**, 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



Click to follow

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



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MINI CHALLENGE

Each week we'll do a different mini challenge...

Can your gymnast hold a handstand for 5 seconds?

This month's mini challenge is all about balance and control!

💪 Practice your handstands safely at home (against a wall is fine!) and see how long you can hold it.

📹 Send us your best video or photo for a chance to be featured on our Gymspire socials next week!

