

FLIGHT GYMNASTICS NEWSLETTER

WELCOME TO OUR NEW NEWSLETTER

Welcome to the first edition of the Flight Gymnastics Newsletter. Here you will find all the information you need about our club, including new classes, camps, club closures, events, and competitions, so you will always know what is happening.

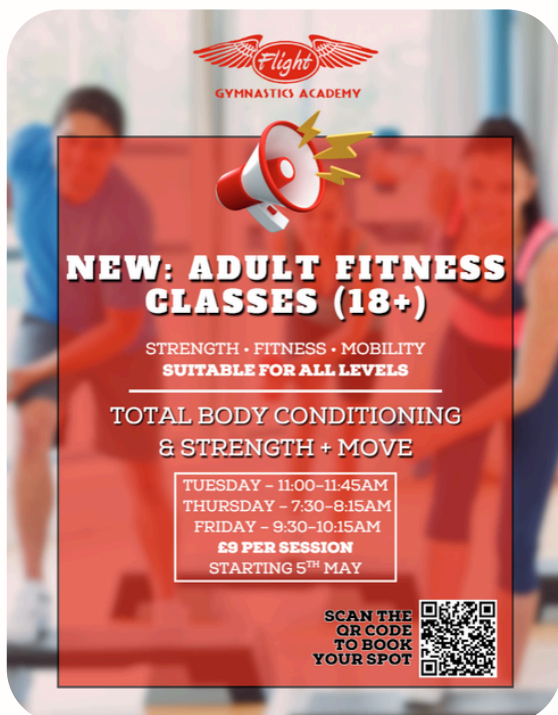
SUMMER CAMP 2026

Our Summer Camp will be open for bookings on Friday, 1st May.

- Week 1 - 1st to 3rd July - £75
- Week 2 - 14th to 17th July - £100
- Weeks 3 - 7 running Monday to Friday from 20th July to 21st August - £125

Book early to avoid disappointment.

To book, scan the QR code



NEW CLASS ALERT!

We are excited to be introducing adult fitness classes at Flight. Aimed at all levels and ages.

We will be holding 3 classes per week

- Tuesdays 11 am - 11:45 am
- Thursdays 7:30 am to 8:15 am
- Fridays 9:30 am to 10:15 am

To book, scan the QR code:



Meet the team

We wouldn't be the club we are without our amazing coaching team. In this edition, we want to tell you about our General Gymnastics management team, Leah and Anneka.

Leah is our General Gymnastics Manager and has been with Flight from the outset as a gymnast, progressed to coach and now manager. Leah was awarded Gymnastics Northern Ireland Community Coach of the Year and shortlisted for the British Gymnastics Community Coach of the Year in January, which is a great accomplishment. Leah's favourite piece of equipment is bars, and she can still do a fantastic handstand.



Anneka is our General Gymnastics Assistant Manager and has been with Flight for 3 years. Anneka is a very experienced coach and during her summers spends her time as the Gymnastics Programme Director in Camp America. She enjoys coaching floor most, and Anneka loves to front somi.



FAREWELL ROBYN

We said a sad farewell to Robyn Jackson. Robyn has been with Flight from a very young age as a gymnast and was one of Flight's first gymnasts. She coached our Acro Squads for several years before moving to our General Gymnastics Team. Robyn was an amazing coach and will be greatly missed by all the staff and gymnasts at Flight.



Flight Hoody

£22

Get yours today at
the Flight Coffee
Shop

Preschool & Gym Tots

Gym Tots Super Stars and Preschool Proficiency Awards

Throughout May, our Gym Tots will be working on their skills for their Gym Tots Super Star awards, and our Preschool Gymnasts will be working on their skills for the Preschool Proficiency Awards.

All gymnasts will receive a certificate and medal to celebrate their hard work throughout the year. All parents should have received an email advising that a payment of £4 will be deducted on Friday, 29th May.

What Next?

Gym Tots - term ends week commencing 22nd June
Preschool term starts week commencing 31st August

All Gym Tots classes will finish at the end of June. No payments will be requested in July and August.

We will contact all parents by email to offer them a place in a Preschool class starting the week commencing Monday, 31st August.

Preschool - term ends week commencing 22nd June
P1-only classes start week commencing 14th July

All Preschool classes will finish at the end of June, with the last classes being week commencing Monday 22nd June.

We will contact all parents by email to offer them a place in a P1-only class starting week commencing Tuesday, 14th July. All primary school classes continue over July and August, and this is a great opportunity for your child to settle into their new class before they start P1 in September.



General Gymnastics

General Gymnastics Floor & Vault Competition - Sunday 29th March

What a great day with just under 300 gymnasts taking part, across the floor and vault, with floor covering 5 levels and vault covering 6 levels. It was a lot of the gymnasts' first-ever competition, and they dealt with it brilliantly. Thank you to everyone who took part and came along to support their gymnast all the coaches were super proud and we look forward to another great competition next year.

Summer Display week - Monday 15th to Saturday 20th June

Throughout May and June, the gymnasts will be working on their skills on Bars, Beam, Vault & floor to showcase what they have learned in class.

Parents will be invited to watch their gymnasts shine and demonstrate all the skills they have learned throughout the year. The display will be held during their usual class time with additional seating provided.

What Next?

As it comes to the end of the school year we are starting to work on our new timetable, and this year we are doing things differently.

2025/2026 Term ends - week commencing 29th June

2026/2027 Term starts - week commencing Tuesday 14th July

We will email all parents during June to offer them a place in a class for the new term. Once your place is accepted, we will transfer your gymnast to their new class, which will start on the week commencing Tuesday, 14th July.

If you do not wish to continue classes over the summer, simply email admin@flightgymnastics.co.uk to cancel your booking. When you are ready to return after the summer, you will simply follow the steps to join as a new member.



TRAMPOLINE & DMT

We offer recreational classes in Trampoline with our Novice classes for 5 - 6 year olds, then our Juniors 7 - 11 year olds and our Post-Primary 11+ year olds. We also have 6 trampoline squads with a total of 65 gymnasts training from 4 to 14 hours per week on trampoline and DMT (Double Mini Trampoline). We are proud to have 6 gymnasts who are part of the Irish Squad, which is a fantastic achievement, and they have delivered fantastic results.

Save the Date!

Sunday 7th June - Jumpstart Competition



We will be hosting our second Jumpstart competition for our recreational trampoline gymnasts. Gymnasts can compete in both Trampoline and DMT. We can't wait to see you all jump to success.

Trampoline & DMT Success

FIG National Qualifier and European Success

7 of our trampoline gymnasts competed in the FIG National Qualifier in Telford on the 25th- 26th April. All gymnasts performed fantastically, with Fiadh Rogers getting gold in the Women's 13-14 years DMT and Fionnuala Mulholland getting gold in the Women's Senior Trampoline.

Fionnuala Mulholland also travelled to Portugal with coach Amanda to represent Ireland in the 30th Trampoline European Championships. Fionnuala competed in the Senior Women's Trampoline and Synchro. She achieved an Irish Women's score and difficulty record, scoring 51.880 and placing 28th (3rd reserve for the final) In the Women's Synchro, they placed 14th overall. This was a fantastic result and everyone is so proud of Fionnuala.

Next Competitions:

- Sunday 10th May, 4th NI Qualifier, Ards
- Sunday 17th May, Gymnastics Ireland Championships, Dublin



ACROBATIC GYMNASTICS

We have 4 Acrobatic Gymnastics Squads with 93 gymnasts training from 4 - 16 hours per week. Our Prep Squad is the starting level for our gymnasts to learn the fundamentals of Acrobatic Gymnastics, and when ready, they will move to the Grades squads where they will compete in competitions in Northern Ireland, Ireland, the UK mainland and even have the chance of some international competitions at the highest levels.

We regularly host Acro competitions in Flight with clubs travelling from all over Northern Ireland, Ireland and the UK to compete.

We hosted the Spring Acro Regional Competition in Flight on Sunday, 19th April. Gymnasts from our Acro Team and Grades 1 to 4 squads competed and achieved some amazing results.

Successes

We are also delighted to announce 4 partnerships qualified to represent Northern Ireland at the Inter-Regional Finals, which will take place in Southampton on the 1st - 3rd May, and 6 partnerships qualified for the NDP finals taking place in Stoke-on-Trent from 15th - 17th May.

Parent/Coach meetings

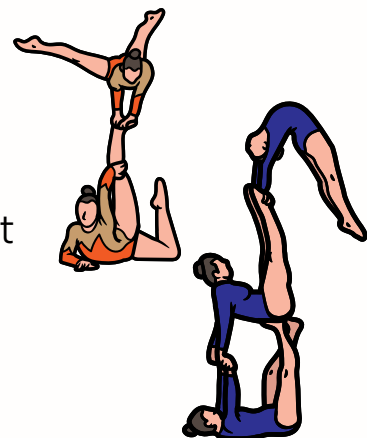
Classes cancelled from 18th - 23rd May

During the week commencing 18th May, we will be holding Parent/Coach meetings to discuss your gymnast's future and plans for the coming competition season.

All classes are cancelled this week to accommodate the meetings. Acro Squad Trials will be held on Saturday, 23rd May

Next Competitions

- 1st - 3rd May Inter-Regional Finals, Southampton
- Sunday 10th May, Gymnastics NI Acro Championships, Flight
- 15-17th May, NDP Finals, Stoke-on-Trent
- 16th - 17th May, Gymnastic Ireland Championships, Dublin



TUMBLING

We offer tumbling recreational classes with our Minis, which are for 5 - 6 year olds, Juniors for 7 - 11 year olds and our Post Primary classes for 11+ year olds.

We also have 5 Tumbling squads with 43 gymnasts who train from 4 - 12 hours per week and compete in local competitions throughout the year, and also travel to Ireland, Scotland and even International Competitions for the higher levels.

We are proud to have 3 gymnasts who are currently on the Irish squad and have represented Ireland and achieved great results.

Our Tumblers have been busy learning lots of new skills, and our Tumbling Squads are looking forward to competing at the Gymnastics Ireland Championships on Sunday, 17th May in Dublin.



Next Competitions

- Sunday 17th May, Gymnastics Ireland Championships, Dublin



Club closure dates

Full Gym closure - Monday 4th May

Play Gym Cancelled - Monday 11th May
Play Gym Cancelled - Wednesday 17th June
Play Gym Cancelled - Monday 22nd June

Summer Break 1

Last day: Saturday, 4th July
Reopening date Tuesday, 14th July

Summer Break 2

Last day: Saturday, 22nd August
Reopening date: Monday, 31st August

Contact Us

If you have a query, are having problems with payments, want to change your class or cancel your booking, simply get in touch, and we will be happy to help you.

- Email: admin@flightgymnastics.co.uk
- Telephone: 02890 833603
- Website: www.flightgymnastics.co.uk
- Facebook: <https://www.facebook.com/flightgymnastics>
- Instagram: <https://www.instagram.com/flightgymnastics>
- TikTok: @flight_gymnastics



Support our Club

Flight Community Lotto



£5 per entry, and you can win one of 3 prizes every month.

- 1st prize, Jackpot,
- 2nd prize, £50 restaurant voucher
- 3rd prize, £25 Flight shop voucher

The Jackpot will be a minimum of £100, but the more entries we get, the bigger the jackpot. You don't have to be a member of Flight to enter; everyone is welcome, so tell your family and friends. Our draw will be made on the 14th of each month at 7 pm.

To enter, scan the QR code:



EasyFundraising



What if making a real difference was as easy as doing what you already do?

We rely on donations, and there's a simple way for you to help. When you shop online through EasyFundraising, popular brands including eBay, Just Eat, Sainsbury's and thousands more will give us a donation — **and it won't cost you anything extra.**

Signing up is quick and easy, and every shop supports us.

To join, scan the QR code:



Thank you for your continued support!