



Increase the fun and funds!



Ticket sales

Charge family and friends to come in and watch the themed fancy-dress performance or challenge activities.



Wet sponges

Charge your gymnasts to throw a wet sponge at their coach... just 50p to take shot with a soaking wet sponge at their favourite coach! It's simple to organise and great fun for everyone.



Cake sale

Ask your budding bakers to bring in cakes and ask for donations in return. Add a competitive element and hold a bake off then sell the cakes off!



Balloon Burst

This is a great game for your competitive energetic gymnasts!

Blow up some balloons, placing a 'ticket' inside a few balloons. Take the inflated balloons and place them around the gym. Gymnasts pay a small fee to enter. On a whistle, all the contestants must pop the balloons (no pins allowed!) as quickly as possible to find the winning tickets. The contest ends when all the balloons are burst and those who found the winning tickets can collect a small prize.



Challenge your gymnasts

Why not expand your celebration and invite another local club? You could add a sponsored element to your fundraising. Sponsorship forms are available on our website.

Challenge suggestions:

Most forward rolls in one minute:
World record is: 75 total number

Most cartwheels in one minute:
World record is: 67 total number



Thank you! Your Support transforms lives.

By supporting our birthday celebrations, you will help us continue transforming more lives through gymnastics. Lives like Amber's.

Amber is an exceptional young gymnast. In 2015 her family came across hard times and so her club decided to apply to the British Gymnastics Foundation for a hardship grant.

Neil Couch, Berwick Gymnastics:
"For Amber, being allowed to come to gymnastics without having to worry about finance for some time allowed her to blossom,"

Without the additional support of the hardship grants programme, Amber, then 15 years old, wouldn't have been able to continue taking part in the sport.

We are delighted that three years on Amber is more involved in gymnastics than ever before.

Neil Couch:

"Amber is now a qualified Core Proficiency Coach with DC Gymnastics. She coaches a minimum of six hours every week, 46 weeks per year, is massively respected by those she coaches and her wider coaching team alike. In addition to her volunteer time with us, she trains as a gymnast 12 hours per week, and competes as a tumbler, most recently in the Scottish Team Tumbling Championships."

We are incredibly proud of Amber and all that she continues to achieve in gymnastics.

Beth Tweddle MBE, Hardship Grants Ambassador:

"Nobody deserves to miss out on the sport that they love because of financial hardship or personal crisis."