FROSTY FIESTA BARS & BEAM 2026

About the event

We are excited to announce that we will be holding our first Bars & Beam In House Competition on Sunday 22nd November at Virtuosity Gymnastics Club – Lubards Farm.

The gymnasts will compete on Bars & Beam. Every gymnast will receive a commemorative medal for their efforts and from our Prep Star groups and above there will be 1st, 2nd and 3rd placing's announced. Special effort awards are also presented throughout the day.

The competition is only for gymnasts who attend Virtuosity Gymnastics Club and will be all about having FUN!

All the info you need

Entry fees and Spectator tickets
The fee to enter is £20.70 per gymnast, this includes your gymnasts event medal & 2 spectator tickets. This fee is non refundable. As this is our first time holding a Bars & Beam In House, we have decided to run it at our club, therefore we are limited on seating area space, each gymnast entry includes 2 spectator tickets, we may be able to increase this number depending on the amount of entries. We will have space for younger children to sit on the floor at the front so please let me know if you will be bringing additional children along with you.

Who can enter?
ALL gymnasts, no matter their age or ability, are invited to take part in the competition.

Timetable
Once we have all the entries a timetable of the day will be emailed. Each age group should take approx 1 hour 30 minutes, this includes warm up, competition and results. **Please note you will not be at the competition all day**, just for your gymnasts time slot.

Extra info!
All medals and special awards are included in your entry fee. If your gymnast places first, you will have the option to purchase the trophy that they are awarded on the day for £10, alternatively they can take it home and return it to us before we close for Christmas.

FAQ's

What if my child is nervous?
That's normal! We'll help support you with this nearer the time but our priority is for all the gymnasts to feel comfortable and have lots of fun.

What if my child doesn't want to take part or we are unavailable on the date?
It's not a problem if your child doesn't want to take part or can't attend, they can still come to class as normal and practise their skills.

What if they forget what to do?
Firstly, don't panic! Our coaches will help and in this event they are allowed to talk the athlete through their performance. If your gymnast needs their coach to do the routine with them, we will! It's about having a positive experience and showing what you can do, not about remembering it all perfectly.

How will they prepare?
We'll prepare in class. Plus we will upload videos to our website that gymnasts can practice with. There will be additional training sessions available to book onto for some extra practise. These dates will be released soon.

What do they wear?
Competing athletes will need to wear a leotard and gymnastic shorts may be worn. Male gymnasts may wear a leotard and shorts or our club tshirt and shorts. Please also make sure that all earrings are removed and not taped. Long hair must be tied back. Squad gymnasts are required to wear their competition leotard. Gymnasts are welcome to wear hair/face gems for the event, the more sparkle the better!

Sign Up

We are so pleased you are going to join us for our 2026 Frosty Fiesta!

Please **click here** to register your gymnast(s).

Virtuosity Gymnastics Club