

RECREATION CLASSES

GymFun
GymSkills
Triple T



739 George St. South Windsor
0435 155 834
www.kstp.com.au

Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) provides a safe, fun environment for children of all ages and abilities.

Operating since 2009, KSTP is a family run business with owners Dzmitry and Rebecca Kachan locals in the Hawkesbury.

Our coaches are dedicated to the sports of Tumbling, Double Mini Tramp & Trampolining, with all coaches holding their accreditation through Gym Australia.

At KSTP, our focus is on providing a quality experience for all our members by nurturing each students strengths and building a sense of confidence and achievement.

Dima is head NSW and Australian tumbling coach. He has developed National tumbling and trampoline competitors who have gone on to win many titles. Internationally we have a good reputation in tumbling, with athletes making the finals and even winning medals including the 2015 World Age Group Champion in under 15 men.

The sport is Ideal for boys and girls alike. Our programs focus on fitness and strength, rather than body image, which we believe is a healthy attitude for the development of your child whatever program they participate in.

We look forward to welcoming you to our centre and will be happy to discuss class options with you.

Dima & Rebecca Kachan





LaunchPad - A Time To Move

KSTP are pleased to be part of LanchPad, an initiative of Gymnastics Australia.

LaunchPad programs have been expertly designed to cater for all stages of physical, social and cognitive development. KSTP follow the programs for our KinderGym, GymFun and GymSkills programs.

For further information on LaunchPad head to:

<http://www.launch-pad.org.au/>



Classes

GymFun - Junior Recreation

(5-7 year olds)

GymFun is just that- FUN! If kids are enjoying what they're doing, they're more likely to want to do it again. In GymFun, we focus on fundamental movement patterns that help kids progress into more advanced skills or sports. The games and activities in GymFun are safe and encourage kids to work with others and build self-esteem.

GymSkills - Intermediate Recreation

(8-11 year olds)

As children develop more control of their bodies through fundamental movement, we can start to introduce activities more specific to certain sports, without being too serious or repetitive. Kids involved in GymSkills will improve their fitness while still having fun, and the skills learnt can be applied to a wide range of sports and physical activities.

Triple T - Teens Tumbling & Trampoline - Teens Recreation (12-15 year olds)

Our Teens Tumbling & Trampoline class is a non competitive program. Triple T focuses on building skills, fitness and strength while enjoying the company of like minded teens. Participants will use some of the most sophisticated equipment in Australia to assist with learning some new tricks and exciting skills on the trampolines & tumbling air floors.

Holiday Program

The KSTP Holiday program caters for members of our gym and the local community. The program is a fun, action packed day for school aged children. Please contact our front office for dates.



Recreation Classes Timetable

PROGRAM	GYMFUN	GYMSKILLS	TRIPLE T
Monday	4.00 - 5.30pm	3.45 - 5.15pm	
Tuesday	3.45 - 5.15pm	4.00 - 5.30pm	6.00 - 8.00pm
Wednesday	4.00 - 5.30pm	3.45 - 5.15pm	
Thursday	3.45 - 5.15pm	3.45 - 5.15pm	
Saturday	9.00 - 10.30am	9.00 - 10.30am	

Price Structure

All recreation classes are required to pay the annual Gymnastics NSW affiliation/insurance fee of \$50. This fee is valid over a calendar year.

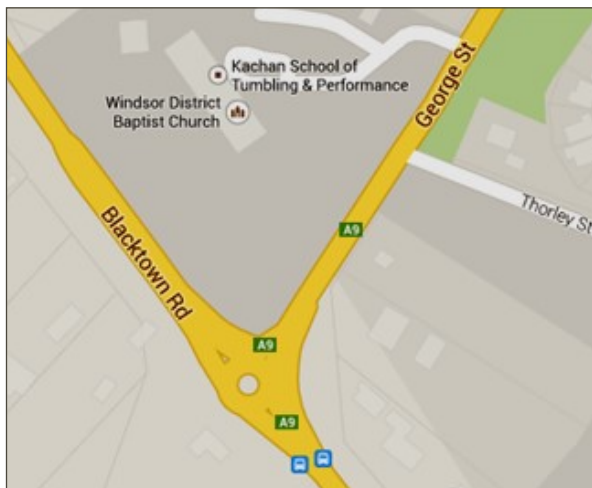
There is a one-off club registration fee of \$35 this includes a club t-shirt.

Classes are paid for by the term. We offer makeup classes for missed classes within the term, these are available for GymFun and Gymskills only.

Class costs are as follows:

GymFun	\$17 per 1.5 hour lesson
GymSkills	\$17 per 1.5 hour lesson
Triple T	\$24 per 2 hour lesson

Training times and fees are subject to change without notice.



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(Grounds of Windsor District Baptist Church)

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