

# CLASSES FOR UNDER 5s

KinderGym  
Tumble Tots  
Tiny Tumblers  
Early 1 Pre Squad

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739 George St. South Windsor

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[www.kstp.com.au](http://www.kstp.com.au)

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# 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 Dzmityr and Rebecca Kachan locals in the Hawkesbury.

Our team of experts are dedicated to the disciplines of Tumbling, Double Mini Tramp & Trampolining, with all coaches holding a current working with children check as well as their appropriate coaching accreditation through Gymnastics Australia.

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

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 and is perfect for both boys and girls.

KSTP puts as much emphasis on quality recreation programs as we do for our elite levels. All programs and plans are created under the guidance of our head coach ensuring children at all levels continually learn and develop their skills.

Our head coach is the NSW and Australian tumbling coach, developing National tumbling and trampoline competitors who have gone on to win many titles. Internationally we have a good reputation in tumbling, competing at the World Age Group Competition in 2013, 2015, 2017, 2018 each year having many finalists and bringing home medals including Gold and Silver.

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

*Dima & Rebecca Kachan*





## Start Here, Go Anywhere

Gymnastics NSW promotes a campaign, “Start Here, Go Anywhere” highlighting the fundamentals of movement learnt in gymnastics can be transferred to any sport a child may choose in the future. at KSTP we can’t agree enough. [Click here for 'Start Here, Go Anywhere' campaign video.](#)

## LaunchPad - Time To Move

KSTP are pleased to be part of LaunchPad, an initiative of Gymnastics Australia. LaunchPad programs have been expertly designed by Gymnastics Australia to cater for all stages of physical, social and cognitive development.

LaunchPad’s programs rely on safe and enjoyable activities that challenge participants, relative to their developmental stage. KSTP use the LaunchPad initiative for our KinderGym, GymFun and GymSkills programs.

[Click here for Gymnastics NSW video link](#)



## **KinderGym - Approx. 18mths – 3 year old's**

KinderGym has been founded on child development principles and promotes active involvement of the child's caregiver.

Whilst not only encouraging physical growth through endless movement activities, KinderGym promotes cognitive functioning as they create, construct and solve problems with their bodies through a variety of gymnastics related circuits.

Our KinderGym program is considered the nursery of development and with engaging themes and exciting movement patterns, it's an enjoyable time for both parent/carer and child.

## **Tumble Tots - Approx. 3 - 4 year old's**

At KSTP we recognize that as children progress they like to become more independent in their learning and how they go about tasks.

KSTP's Tumble Tots class follows the same principals as KinderGym with the difference being that the parent/carer is not involved in the class. The program is a great introduction into the specific skills of trampoline and tumbling, and the ideal transition for children who choose to move into our Tiny Tumbler or Early 1 Pre Squad program.

## **Tiny Tumblers - Approx. 4 - 5 year old's**

Tiny Tumblers follows on from the Tumble Tots program and is a pathway to our Early 1 Pre Squad. A natural progression that will continue working on the basic fundamental movements that carry children through all types of sports. For children who love our sport, we recommend when the time is right to move into our Early 1 Pre Squad.

## **Early 1 Pre Squad - Approx. 4 - 5 years**

Early 1 Pre Squad is ideal for children who have taken to our sport and want to continue to progress, providing the chance to train 2 days a week. Children that are selected for this squad have generally participated in our Tiny Tumbler program and are familiar with the basic structure of a class. They also show a good understanding of basics and prove they are ready to further progress within the sport. This program can be the ideal start to future squads at KSTP.

## Class Timetable

PROGRAM	Mon	Tue	Wed	Thur	Sat
Kinder-Gym	10.00 - 11.00am	10.00 - 11.00am	9.30 - 10.30am	10.00 - 11.00am	-
Tumble Tots	11.15 - 12.15pm	11.15 - 12.15pm	10.45 - 11.45am	11.15 - 12.15pm	-
Tiny Tumblers	11.15 - 12.45pm	11.15 - 12.45pm	10.45 - 12.15pm	11.15 - 12.45pm	-
Early 1 Pre Squad	12.30 - 2.00pm	12.30 - 2.00pm		12.30 - 2.00pm	8.30 - 10.00am

### Price Structure

All participants in a recreation class are required to pay the annual Gymnastics NSW affiliation/insurance fee of \$57. This fee is valid over a calendar year. This fee is required on the first paid class of the year.

#### KinderGym

**Per term:** \$12 per class payment required on first day of term, make-up classes available. The cost will differ each term dependent on the number of weeks within the term. **Casual pass:** \$14 per class. The value pass is valid for 6 classes over a 10 week period. The cost of the pass is \$84.

#### Tumble Tots, Tiny Tumblers & Early 1 Pre Squad

There is a one-off club registration fee of \$38 this includes a club t-shirt. This fee is required on the first paid class of the year.

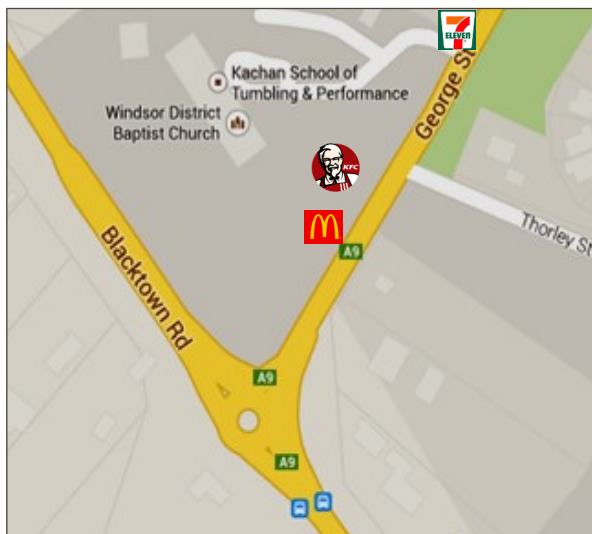
We offer family discounts for participants in classes from Tumble Tots these discounts include all classes (excluding KinderGym).

**Tumble Tots & Tiny Tumblers:** Payment required on first day of term, make-up classes available.

**Tumble Tots:** \$14 per class. **Tiny Tumbler:** \$18 per class.

**Early 1 Pre Squad:** \$16 per class. An early bird discount of 10% is provided if paid by the due date. Payment plans can be arranged with the office.

Fees & schedule are subject to change without notice.



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KSTP is proud to be recognised as a  
Gymnastics NSW Tumbling Centre of Excellence.