

# CLASSES FOR UNDER 5s

KinderGym  
Tumble Tots  
Tiny Tumblers  
Early 1 Pre Squad

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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 students 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 put 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 and 2019 each year having many finalists and bringing home medals including Gold and Silver. In 2019 we had our first seniors compete successfully with two making the finals at the pinnacle of competition, the World Championships.

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

*Dima & Rebecca Kachan*



## **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, with engaging themes and exciting movement patterns, it's an enjoyable time for both parent/carer and child.

## **Tumble Tots - Approx. 3 - 5 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 program is the learning platform for our independent programs. The 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 are invited to move into our Tiny Tumbler program.

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

Tiny Tumblers is an extension of our Tumble Tots program and is a natural progression that will continue working on the basic fundamental movements that carry children through all types of sports. Children join this program by invitation from the coach, there is no said age to join, rather when a child is confident with what we do. 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.



## Pathway for Pre Schoolers

Our Under 5 pathway starts at KinderGym, children who commence in KinderGym have a better understanding of the format of KSTP, although while it is not a requirement, it is beneficial.

Our Under 5s programs rely on safe and enjoyable activities that challenge the children, relative to their developmental stage.

## What is the difference between Tumble Tots and Tiny Tumblers and when can my child move?

Tumble Tots is the learning platform for our independent programs. In this program the children will learn important skills such as following in a line, sitting in their own space, waiting their turn, learning their shapes and what the equipment is used for.

Once a child has a sound understanding, they are invited to trial in the Tiny Tumblers program. This is an extension for children with experience in our surrounds and the fundamental basics required.

There is no expectation that when a child turns a certain age they move into the next phase. We know that all children develop at different times so our age is only a guide.



## Class Timetable

PROGRAM	Mon	Tue	Wed	Thur	Sat
KinderGym	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	Children in this program choose one Tiny Tumbler session PLUS the Saturday				8.30 - 10.00am

## Price Structure

All participants in a recreation class are required to pay the annual Gymnastics NSW affiliation/insurance fee of \$60. 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 \$40 this includes a club t-shirt. This fee is required on the first paid class of the year.

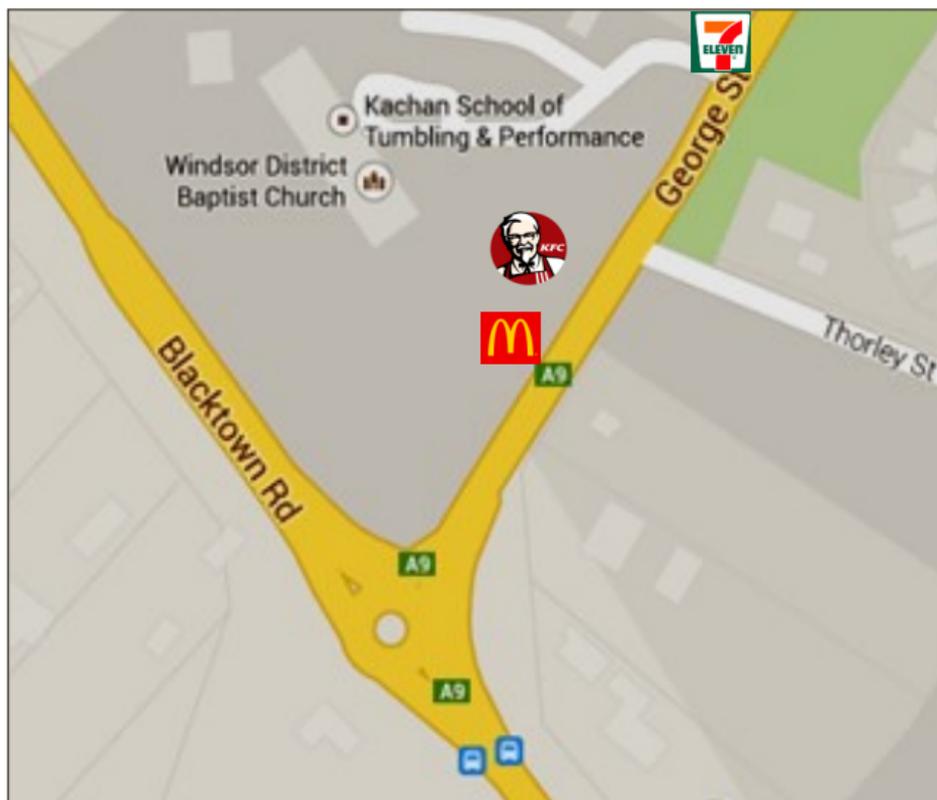
We offer family discounts for participants in classes from Tumble Tots these discounts include all classes (excluding KinderGym).

**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.