

KACHAN SCHOOL OF TUMBLING & PERFORMANCE
2022 PROGRAM TIMETABLE



PROGRAM	Recommended Hours/Days Per Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Under 5's						
KinderGym (18mths onwards)	1 hour (1 day)	10.00 - 11.00am		9.30 - 10.30am	10.00 - 11.00am	
Tumble Tots (3 years onwards)	1 hour (1 day)	11.15 - 12.15pm	11.15 - 12.15pm	10.45 - 11.45am	11.15 - 12.15pm	
Tiny Tumbler (4.5 years)	1.5 hours (1 day)	11.15 - 12.45pm	11.15 - 12.45pm	10.45 - 12.15pm	11.15 - 12.45pm	
Early 1 Pre Squad (by invitation)	3 hours (2 days)	Participants in this program choose a Tiny Tumbler session plus the Saturday				8.30am - 10.00am
Recreation						
GymFun (5—7 years)	1.5 hours (1 day)	4.00 - 5.30pm	4.00 - 5.30pm & 4.30pm - 6.00pm	4.00 - 5.30pm & 4.30pm - 6.00pm	3.30pm - 5.00pm 5.00pm - 6.30pm	8.45 - 10.15am & 10.30 - 12.00pm
GymSkills (8 - 11 years)	1.5 hours (1 day)	5.30 - 7.00pm	4.30 - 6.00pm	4.30 - 6.00pm	5.00 - 6.30pm	8.45 - 10.15am
GymSkills Advanced (from 11 years)	2 hours (1 day)	6.00 - 8.00pm		6.00 - 8.00pm		
Pre-Teens (10-12 years)	2 hours (1day)		6.00 - 8.00pm			
Open T&T (from 12 years)	2 hours (1 day)		6.00 - 8.00pm			
Adults (from 17 years)	1.5 hours (1 day)				7.00 - 8.30pm	
Competition Classes - Levels Stream						
Stage 1 State Squad	4hours (2 days)	4.00 - 6.00pm		4.00 - 6.00pm		8.00 - 10.00am
Stage 2 State Squad	5 hours (2 days)	4.00 - 6.30pm		4.00 - 6.30pm		8.00 - 10.30am
Open Intermediate Levels	5 hours (2 days)	5.30 - 8.00pm		5.30 - 8.00pm	4.30 - 7.00pm	11.00—1.30pm
Open Advanced Levels	9.5 hours (3 days)		5.00 - 8.00pm		4.00 - 7.00pm	11.00 - 2.00pm
Junior Development Squads - National Stream						
Stage 1 National Age Squad	4 hours (2 days)		4.15 - 6.15pm		4.15 - 6.15pm	8.00 - 10.00am
Stage 2 National Age Squad	5 hours (2 days)		4.00 - 6.30pm		4.00 - 6.30pm	8.00—10.30am
Pre Junior National Squad	7.5 hours (3 days)	4.00 - 6.30pm	4.00 - 6.30pm			10.30 - 1.00pm
Junior National Age Squad	10.5 hours (3 days)	4.00 - 7.00pm	4.00 - 7.00pm	4.15 - 7.15pm		10.30 - 1.30pm
Open Age Development Squad	14 hours (4 days)	4.15 - 7.45pm		6.30 - 8.30am 4.15 - 7.45pm	4.00 - 7.00pm	9.00 - 1.00pm
Elite Squads - International Stream						
KSTP/Gym NSW HP Tumbling Squad	23 hours (5 days)	6.30 - 8.30am 3.30 - 7.00pm	6.30 - 8.30am 3.30 - 7.00pm	3.30 - 7.00pm	6.30 - 8.30am 12pm - 3.00pm	9.00—1.30pm