

# RECREATION CLASSES

*For the active child with energy to burn*

**GymFun**  
**GymSkills**  
**GymSkills Advanced**  
**Pre Teens**  
**Open T&T**

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739 George St. South Windsor  
**0435 155 834**  
[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 Dzmitry 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 of them 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*





## LaunchPad - A 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 GymFun and GymSkills programs.

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



# Classes

## **GymFun - Junior Recreation (5-7 year old's)**



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 activities in GymFun are safe and engaging and encourage kids to work with others and build self-esteem. This is a great program to gain understanding about general gymnastics skills.

## **GymSkills - Intermediate Recreation (8-11 year old's)**



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. The skills learnt are specifically related to trampoline and tumbling along with the safe practices of them. If a child thinks they want to move into a competition program we suggest doing 2 days of GymSkills as a transition.

## **GymSkills Advanced (8-12 year old's)**

GymSkills Advanced will take what has already been learned in GymSkills and work in a more focussed program to improve technique and execution. This can become an important step in the pathway towards our Open Intermediate Levels program as it will adopt a competition class format. For those that don't wish to compete this class will allow them a chance to progress further in a program that will encourage all participants to improve.

## **Pre Teens / Open T&T - Tumbling & Trampoline (approx. 10-12 13-15 year old's)**

Our Pre Teens and Open Tumbling & Trampoline classes is a non competitive program designed for kids who love to jump, flip, twist and want to learn tricks and new skills. Participants will bring with them their tumbling based skills with the aim of improving on their technique and execution. These coach led programs will benefit from using our various tumbling floors and trampolines.



# Recreation Classes Timetable

PROGRAM	GYMFUN	GYMSKILLS	GYMSKILLS ADVANCED	PRE TEENS & OPEN T&T
Monday	4.00pm - 5.30pm	5.30pm - 7.00pm	6.00pm - 8.00pm	
Tuesday	4.00pm - 5.30pm & 4.30pm - 6.00pm	4.30pm - 6.00pm		6.00pm - 8.00pm
Wednesday	4.00pm - 5.30pm & 4.30pm - 6.00pm	4.30pm - 6.00pm	6.00pm - 8.00pm	
Thursday	3.30pm - 5.00pm & 5.00pm - 6.30pm	5.00pm - 6.30pm		
Saturday	8.45am - 10.15am & 10.30am - 12.00pm	8.45am - 10.15am		

## Price Structure

All recreation classes are required to pay the annual Gymnastics NSW affiliation/insurance fee of \$65. This fee is valid over a calendar year.

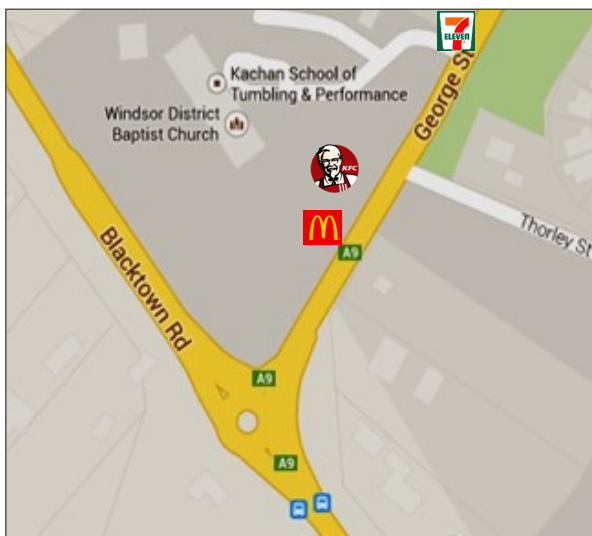
There is a one-off club registration fee of \$40 this includes a club t-shirt, excluding PreTeens & Open T&T.

We accept the Creative and Active Kids vouchers.

Classes are paid by the term and must be paid on or by the first class of the term. We offer makeup classes for missed classes within the term, these are available for GymFun, GymSkills and GymSkills Advanced only. Class costs are as follows:

GymFun	\$24.50
GymSkills	\$24.50
GymSkills Advanced	\$32.50
Pre Teens, Open T&T	\$32.50





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(Grounds of Windsor District Baptist Church)

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