

Specialty Programs

Opening our gym to the wider community.

Teens Class (Open T&T)

Adults Only Session

Private Lessons

Group Bookings



739 George St. South Windsor

0435 155 834

www.kstp.com.au

Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) provides a safe, environment for teenagers and adults of all abilities and fitness levels not just competitive athletes.

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.

KSTP put as much emphasis on providing a quality experience in our gym for all participants as we do for our elite level athletes. We're about promoting a healthy lifestyle through the practice of tumbling and trampoline exercises and activities.

Our specialty programs focus on fitness and strength and catering to the individual. This enables each participant to set their own goals and together with our coach work toward achieving them.

KSTP has been recognised as a Centre of Excellence in Tumbling by Gymnastics NSW and is the High Performance Tumbling Centre, a joint program between KSTP and GymNSW.

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 strong 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



Programs

Open T&T - Tumbling & Trampoline

(13-15 year old's)

Our Open Tumbling & Trampoline class is a non competitive program designed for dancers, cheerleaders and trickers. Participants will bring with them their tumbling based skills with the aim of improving on their technique and execution. This coach led class will benefit from using our various tumbling floors and trampolines.

Adults Only

(17+ years)

Why should the kids have all the fun! This program is specifically for adults to come to KSTP and use the space and equipment for individual goals and enjoyment. We are offering the use of all equipment exclusively in a relaxed environment. Equipment of course includes the Olympic size trampolines, the airpit, double mini tramps, airfloors, tumbling tracks as well as exercise bike, walking machine and weights.

Private Lessons

Private lessons are popular with dancers and cheerleaders who are working on perfecting a particular skill or wanting to gain confidence. Our coaches are not only High Performance Tumblers themselves, they also have their accreditation with Gymnastics Australia. Privates can be booked as a one off or a more permanent basis, however due to space restrictions time slots are often limited.

Group Bookings

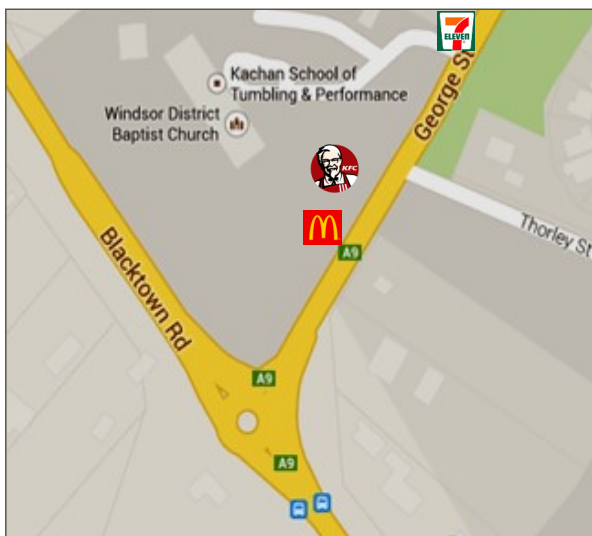
Saturday afternoons are available for groups whether its for a dance or cheer school, a group of friends or an extended family. The booking will include an accredited coach, can be used for workshop purpose or "just for fun".

PROGRAM INFORMATION

PROGRAM	DETAILS
Teens Open T&T	Tuesdays during school terms. 6pm - 8pm First class Free \$32.50 per class paid by the term Gymnastics NSW Affiliation/ Insurance Fee \$65 for calendar year (January - December)
Adults Only	Thursdays 7pm - 8.30pm First class \$30 Casual pass 5 classes for \$125 Gymnastics NSW Affiliation/ Insurance Fee \$65 for calendar year (January - December)
Private Lessons	Contact KSTP for vacancies 45minute booking \$50
Group Bookings	Please contact us on info@kstp.com.au for more information and to discuss your needs.

We accept the Active Kids & Creative Kids vouchers for the Triple T program.

Training times and fees are subject to change without notice.



739 George St. South Windsor
(Grounds of Windsor District Baptist Church)

0435 155 834

info@kstp.com.au

www.kstp.com.au



Follow us on Facebook.

@Kachan School of Tumbling & Performance



Follow us on Instagram.

@kachan_school_of_tumbling



NSW TUMBLING HIGH PERFORMANCE PROGRAM

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