

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.

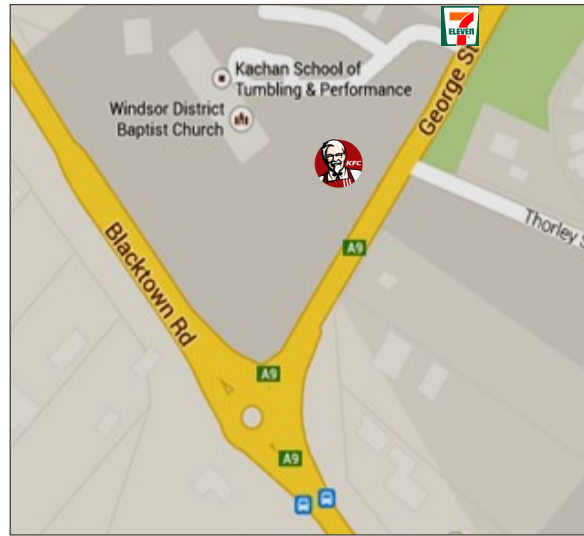
Our programs focus on fitness and strength, rather than body image, which we believe is a healthy attitude for the development of your child whatever program they participate in and is perfect for both boys and girls.

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, 2019 & 2022 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. In 2022, we had our first World Senior Champion plus silver and bronze medalists.

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

Dima & Rebecca Kachan



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

0435 155 834

info@kstp.com.au

www.kstp.com.au



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

RECREATION CLASSES

For the active child with energy to burn

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



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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. For further information on Launchpad follow the links at Gymnastics NSW website.



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. With two duration options, 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. 11-12 years & 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 Programs Timetable

PROGRAM	Mon	Tue	Wed	Thur	Sat
GymFun 1	4.00pm - 5.00pm	4.00pm - 5.00pm	4.00pm - 5.00pm	3.30pm - 4.30pm	8.45am - 9.45am
GymFun 2	4.00pm - 5.30pm	4.30pm - 6.00pm	4.30pm - 6.00pm	3.30- 5.00pm & 5.00pm - 6.30pm	10.00am - 11.30am
GymSkills	5.30pm - 7.00pm	4.30pm - 6.00pm	4.30pm - 6.00pm & 6.00pm- 7.30pm	5.00pm - 6.30pm	8.45am - 10.15am
GymSkills Advanced	6.00pm - 8.00pm	6.00pm- 8.00pm	6.00pm - 8.00pm		
Pre Teens		6.00pm - 8.00pm			
Open T&T		6.00pm - 8.00pm			

Price Structure

We are proudly affiliated with Gymnastics Australia, and as such all members are required to pay the Gymnastics Affiliation/insurance fee. This is an annual fee due on the first paid lesson. We can accept one Active or Creative Kids voucher per term.

PROGRAM	COSTS
GymFun 1 hour	\$245 for a ten week term
GymFun, GymSkills 1.5 hours	\$280 for a ten week term
GSAdvanced, Pre Teens, Open T&T	\$345 for a ten week term
Gymnastics NSW Affiliation	\$65
Club Registration (includes tshirt)	\$45

- Classes are paid by the term and must be paid on or by the first class of the term.
- Membership is ongoing, it is a requirement that families advise if the child is not returning prior to the start of the next term. A cancellation fee of two weeks fees will be charged if notice has not been given and the term has commenced.
- We offer make up classes within the term (excl pre teens & open t&t) they are not carried over.