

## Welcome to KSTP

Kachan School of Tumbling & Performance (KSTP) provides a fun and safe 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 & Trampoline, and all coaches hold a current working with children check as well as their appropriate coaching accreditation through Gymnastics Australia. Our aim is to deliver quality services and education to enrich the lives of children, providing them with an environment where they can thrive, excel and achieve through dedication, commitment and hard work.

At KSTP, our focus is on providing a quality experience for all members nurturing each students strengths and instilling a sense of confidence and achievement. Our programs focus on effort and attitude, which we believe is important for the development of your child no matter the program they participate in. All programs and plans are created under the guidance of our head coach, ensuring children at all levels continually learn and develop their skills safely.

Our head coach Dima is the NSW and Australian tumbling coach, developing National tumbling and trampoline competitors who have gone on to win many titles. Internationally we began competing at the World Age Group Competition in 2013, and Senior World Championships in 2019. Amongst numerous world medals, we had an athlete become the Senior World Tumbling Champion in 2022 and again in 2025.

In 2025 we also had numerous representatives on State and National teams bringing home several medals from the Australian Gymnastics Championships, a bronze medal in the U15 World Age DMT Competition, plus Gold in the Junior World Championships for DMT and tumbling. As a club we have won the GNSW State Levels Championships and Coaching Team of the year since 2015 and in 2018, 2022 & 2023 were the recipients of Gymnastics Australia's Trampoline Sports Coaching Team of the Year.

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**

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**www.kstp.com.au**

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@Kachan School of Tumbling & Performance

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@kachan\_school\_of\_tumbling



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

## RECREATION CLASSES

*For the active child with energy to burn*

**Bright Stars**  
**Star Captains**  
**Rising Star League**  
**Star League**  
**Galaxy League**  
**Open T&T**



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## Classes

### Bright Stars - (5-7 years)

Bright Stars is a beginner recreational program focused on developing fundamental movement patterns that help children progress into more advanced skills or sports. Our program is based on having fun while learning, encouraging children to work with others and build self-esteem.



### Rising Star League - (6-8 years)

Rising Star League is a progression from our Bright Stars class with an additional 30 minutes added to the program. This allows us to introduce more skills and equipment as we begin to focus on improving their understanding and technique, developing skills necessary for future tumbling and trampoline programs.



### Star League - (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 Star League will improve their fitness while still having fun. The skills learnt are specifically related to trampoline and tumbling ensuring safety as a number one priority.

### Triple T's - (approx. 12+ years)

Our Triple T's class 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.



### Star Captains - (6-8 year old boy's, by selection)

Star Captains will take what has already been learned and work in a more focused program to improve technique and execution. This can become an important step in the pathway towards competition should they be interested in the future 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 an environment that will encourage all participants to improve



### Galaxy League - Advanced Recreation - (8-12 year old's, by selection)

Galaxy League will take what has already been learned in Star League 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.



#### *An endless world of gymnastics opportunity*

KSTP are pleased to be part of Gymfinity, an initiative of Gymnastics NSW.

Gymfinity programs have been expertly designed by Gymnastics NSW to cater for all stages of physical, social and cognitive development.

Gymfinity ensures safety whilst providing a supportive environment for gymnasts to strive for their potential.

Gymfinity is a three levelled program that allows progression within divisions. Athletes begin developing foundational skills working to connect these and showcase routines.

## Recreation Programs Timetable

PRO-GRAM	Mon	Tue	Wed	Thur	Fri	Sat
Bright Stars	4.00 - 5.00pm	4.00 - 5.00pm	4.00- 5.00pm	3.30- 4.30pm	3.30- 4.30pm & 5.00- 6.00pm	9.00- 10.00am
Raising Star League	4.00 - 5.30pm	4.00 - 5.30pm	4.30- 6.00pm	3.30- 5.00pm	3.30- 5.00pm & 5.00- 6.30pm	9.00- 10.30am
Star League	4.30- 6.00pm	4.30 - 6.00pm	4.30 - 6.00pm & 6.00- 7.30pm	3.30- 5.00pm	5.00- 6.30pm	9.00- 10.30am
Star Captains		4.00- 6.00pm			4.00- 6.00pm	
Galaxy League		6.00 - 8.00pm	6.00 - 8.00pm		4.30- 6.30pm	
Triple T's			6.00 - 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
Bright Stars	\$265 for a ten week term
Rising Star League, Star League	\$315 for a ten week term
Star Captains, Galaxy League	\$365 for a ten week term
Triple T's	\$320 for a ten week term
Gymnastics NSW Affiliation	\$67
Club Registration (includes tshirt)	\$55

- 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 (except for Triple T's) Make up are to be booked in via the front desk.