

## 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. . 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*



Catalina Ave, Katoomba  
(Katoomba Sports and Aquatic  
Centre)

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## KSTP KATOOMBA

*The pathway that will give your child the physical literacy they need to live a healthy and active lifestyle*

**Kindergym  
Tumble Tots  
Tiny Tumblers  
Bright Stars  
Rising Stars  
Star League  
Galaxy League  
Triple T's**



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# Classes

## UNDER 5'S

### Kindergym - From 18 mths

Parent assisted program founded on child development principles. Promotes physical development and cognitive function as they create, construct and problem solve with their bodies through gymnastics related circuits.

### Tumble Tots - 3-5 years

Independent program introducing specific skills of trampoline and tumbling whilst learning key dominant movement patterns and physical and cognitive abilities.

### Tiny Tumblers 4-5 years

This program progresses from our Tumble Tots program continuing children's development in trampoline and tumbling skills.



## RECREATIONAL

### Bright Stars - 5-7 years

Beginner recreational program focused on fundamental movement patterns and beginner trampoline and tumbling specific skills. Encourages children to work with others and build self esteem.

### Rising Stars - 7-9 years

Progression from our Bright Stars program which introduces more skills and equipment to improve children's understanding and technique or trampoline and tumbling skills.

### Star League - 9-12 years

Recreational programs developed to promote increased body control and coordination aligned with children's development through age.

## RECREATIONAL continued

### Galaxy League - 9-12 years Advanced

Advanced recreational program for individuals who show an understanding of key trampoline and tumbling skills.

### Triple T's - 13-16 years

Designed for teens who love to jump, flip, twist and want to learn tricks and new skills.

## About our Programs

### Under 5's

Our Under 5 pathway starts at KinderGym, children who commence in KinderGym have a better understanding of the format of KSTP, although it is not a requirement, it is beneficial.

Our Under 5s programs rely on safe and enjoyable activities that challenge participants, relative to their developmental stage. This pathway has successfully prepared students who wish to move into squads by the age of 5.

### Recreational Programs - GYM INFINITY

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

KSTP are pleased to be part of GymInfinity, an initiative of Gymnastics NSW. GymInfinity programs have been expertly designed by Gymnastics NSW to cater for all stages of physical, social and cognitive development. GymInfinity ensures safety whilst providing a supportive environment for gymnasts to strive for their potential. GymInfinity is a three levelled program that allows progression within divisions. Athletes begin developing foundational skills working to connect these and showcase routines.



## Class Timetable

|               | Tuesday       | Thursday    | Friday      |
|---------------|---------------|-------------|-------------|
| Kindergym     | 10:50-11:30am |             | 1:40-2:20pm |
| Tumble Tots   | 12:00-1:00pm  |             | 2:30-3:30pm |
| Tiny Tumblers | 12:00-1:00pm  |             | 2:30-3:30pm |
| Bright Stars  |               | 3:50-4:50pm | 3:50-4:50pm |
| Rising Stars  |               | 3:50-5:20pm | 3:50-5:20pm |
| Star League   |               | 5:30-7:00pm | 5:30-7:00pm |
| Galaxy League |               | 5:00-7:00pm |             |
| Triple T's    |               |             | 5:00-7:00pm |

## Price Structure

We are proudly affiliated with Gymnastics Australia, and as such all our members are required to pay the Gymnastics Affiliation /insurance fee (\$57 Under 5's Programs and \$67 Recreational. This is an annual fee due on the first paid lesson. We can accept on Cretive or Creative kids voucher per term Independent Programs require a one off Club Registration of \$55 which includes a t-shirt

| Program                                  | Costs                                                      |
|------------------------------------------|------------------------------------------------------------|
| Kindergym                                | \$170 for a ten week term<br>\$110 casual pass - 6 classes |
| Tumble Tots, Tiny Tumblers, Bright Stars | \$220 for a ten week term                                  |
| Rising Stars, Star League                | \$250 for a ten week term                                  |
| Galaxy League, Triple T's                | \$280 for a ten week term                                  |