

## 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. 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 members by nurturing each students strengths and instilling a sense of confidence and achievement.

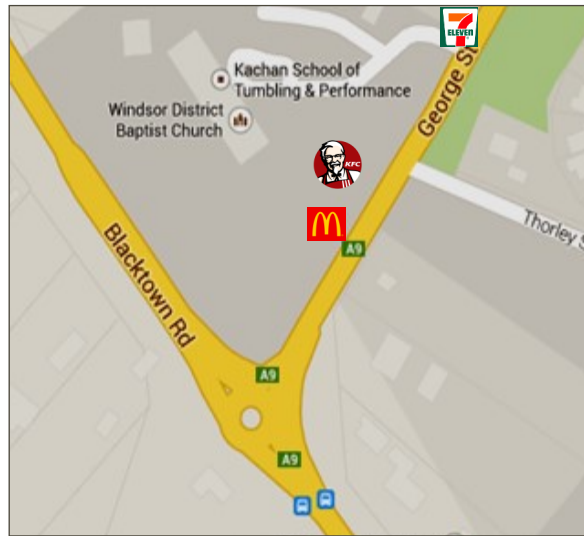
Our programs focus on effort and attitude rather than body image, which we believe is a healthy attitude for the development of your child whatever program they participate in and is perfect for both boys and girls.

KSTP put as much emphasis on quality recreation programs as we do for our elite squads. 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 since 2013, each year having many finalists and podium finishes. In 2019 we had athletes make the successful leap to the Senior division and in 2022 we had our first Senior World Champion. In 2023 we had our biggest number of representatives on National teams. We brought home several world cup medals, the Dmt World Cup series winner, the U11 & U13 World Champion and the Junior Dmt World Champion

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

*Dima & Rebecca Kachan*




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

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www.kstp.com.au

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@Kachan School of Tumbling & Performance

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

# CLASSES FOR UNDER 5s

*The pathway that will give your child the physical literacy they need to lead a healthy & active lifestyle.*

**KinderGym  
Tumble Tots  
Tiny Tumblers  
Early 1 Pre-Squad**



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## KinderGym - From 18mths

KinderGym has been founded on child development principles & promotes active involvement of the child's caregiver. . Whilst not only encouraging physical growth through endless movement activities, KinderGym promotes cognitive functioning as they create, construct and solve problems with their bodies through a variety of gymnastics related circuits..KinderGym is considered the nursery of development and with engaging themes and exciting movement patterns, it's an enjoyable time for both parent/carer and child.

## Tumble Tots - Approx. 3<sup>1/2</sup> - 5 year old's

At KSTP we recognize that as children progress they like to become more independent in their learning and how they go about tasks. Our Tumble Tots program is the learning platform for our independent programs. The class follows the same principles as KinderGym with the difference being that the parent/carer is not involved in the class. Children are required to be toilet trained to commence this program. The program is a great introduction into the specific skills of trampoline and tumbling, and the ideal transition for children who are invited to move into our Tiny Tumbler program.

## Tiny Tumblers - Approx. 4 - 5 year old's

Tiny Tumblers is an extension of our Tumble Tots program and is a natural progression that will continue working on the basic fundamental movements that carry children through all types of sports. Children join this program by invitation from the coach, there is no said age to join, rather when a child is confident with what we do.

## Early 1 Pre-Squad- by selection

This program is for children excelling in Tiny Tumblers who wish to join a development squad when they commence school. Early 1 Pre squad prepares students by seeing them attend twice in a week. This naturally aids the skills required for a Stage 1 Squad.

## Pathway for Pre Schoolers

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.

## What is the difference between Tumble Tots and Tiny Tumblers & when can my child move?

Tumble Tots is the learning platform for our independent programs. In this program the children will learn important skills such as following in a line, sitting in their own space, waiting their turn, learning their shapes and what the equipment is used for.

Once a child has a sound understanding, they are invited to trial in the Tiny Tumblers program. This is an extension for children with experience in our surrounds and the fundamental basics required.

There is no expectation that when a child turns a certain age they move into the next phase. We know that all children develop at different times so our age is only a guide.



## Class Timetable

PRO-GRAM	Mon	Tue	Wed	Thur	Fri	Sat
Kinder-Gym	10.00 - 11.00am	10.00- 11.00am	9.30 - 10.30am	10.00 - 11.00am		
Tumble Tots	11.15 - 12.15pm	11.15 - 12.15pm	10.45 - 11.45am	11.15 - 12.15pm	3.30- 4.30pm	8.30- 9.30am
Tiny Tumblers	11.15 - 12.45pm	11.15 - 12.45pm	10.45 - 12.15pm	11.15 - 12.45pm	3.30- 5.00pm	8.30- 10.00am

*\*Early 1 Pre-Squad attend 1 x Tiny Tumbler class plus Saturdays from 9.30-11.00am*

## Price Structure

We are proudly affiliated with Gymnastics Australia, and as such all our members are required to pay the Gymnastics Affiliation/insurance fee. This is an annual fee due on the first paid lesson.

Program	Details
KinderGym	\$180 for a ten week term. \$122 casual pass - six classes pass \$55 Gymnastics NSW Affiliation
Tumble Tots	\$195 for a ten week term \$55 Gymnastics NSW Affiliation \$50 Club Registration includes t-shirt
Tiny Tumblers	\$235 for a ten week term \$55 Gymnastics NSW Affiliation \$50 Club Registration includes t-shirt
Early 1 Pre_Squad	\$20 per class, \$400 for a 10 week term. \$55 Gymnastics NSW Affiliation \$50 Club Registration includes t-shirt

Fees are subject to change without notice.