

STK SPORT

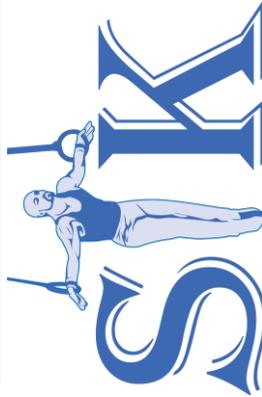
My name is Stefan, and I am a qualified **Gymnastics Coach** and a registered Personal Trainer practitioner in the UK.

I have more than 10 years of experience in teaching children of all ages, levels and abilities.

I provide one-to-one gymnastics lessons **in the comfort of YOUR OWN HOME** in London. Unlike joining a gymnastics club or after school club, booking a personal gymnastics session for your child in your home is much more mobile option because you can have the lesson when and where it suits you best.

Stefan Kolimechkov PhD

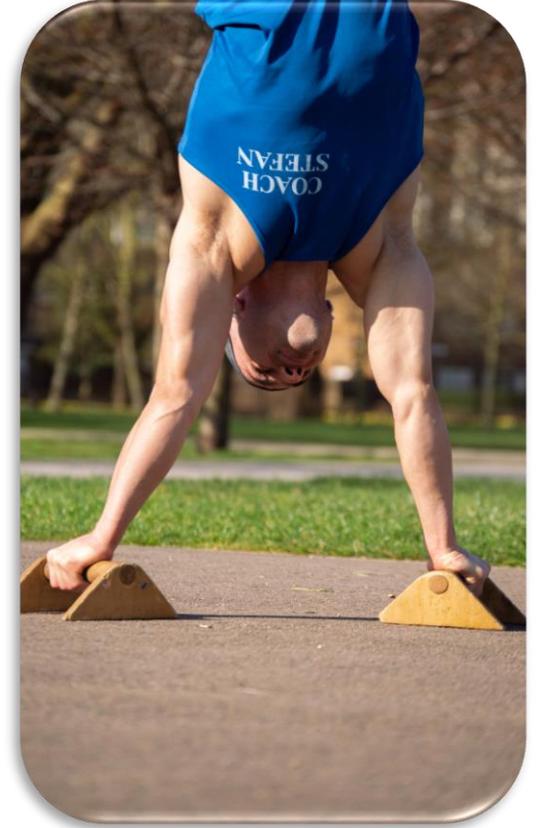
Personal Trainer & Qualified Gymnastics Coach



Personal gymnastics training on a one-to-one basis
in the comfort of your own home.

Gymnastics for Children

**Personal Gymnastics Lessons
for Children in London**



with
coach Stefan



MY EXPERIENCE

I am a fully qualified gymnastics coach with an extensive academic and coaching background. I completed a **PhD in Physical Education** in Bulgaria in 2018 on the topic of health-related physical fitness assessment in primary school children practising gymnastics. I am currently undertaking a **second PhD in Human Sciences** at the University of Greenwich, London.

My practical experience includes many years of teaching children at all levels and abilities. I really enjoy coaching motivated students, who want to develop their physical fitness through gymnastics exercises while having fun. Many of my gymnasts have won medals, awards, and certificates in gymnastics. Check it out here:

<https://www.stk-sport.co.uk/personal-training-gymnastics-children-elite.html>

Most importantly, I am a gymnast who is still competing, and I am a **Three-Time London Gymnastics Champion on Rings**.



WHAT IS STK SPORT?

STK SPORT is the name of my business as a self-employed. STK are my initials, and SPORT is my passion.

MY MISSION STATEMENT:

To help people recognise and experience the joy of doing gymnastics in order to sustain a healthier and more fulfilling lifestyle.

MY QUALIFICATIONS

I possess a full DBS clearance, Qualified Teacher Status (QTS), Bachelor's, Master's and PhD degrees in Physical Education, Level 3 British Gymnastics Coaching Qualification, and Personal Trainer status by CIMSPA.

Copies of certificates are available here:
<https://www.stk-sport.co.uk/about-qualifications.html>

WHAT DO I OFFER?

Your children will practise many gymnastics skills, such as jumps, balances, rolls, cartwheels, handstands, etc.; whilst improving their strength, flexibility and coordination. For primary school children, I deliver the **STK SPORT Gymnastics Awards Scheme**, which has been developed based on scientific research.

You need just some space and a mat to start 😊

PRICE LIST

The cost for a single lesson is **£60**.
 A 5-week pre-paid course with 1 session per week is **£275 (£55 per session)**.

Duration of sessions:

45 min for children at the age of **5 and 6**
60 min for children at the age of **7 or older**

All payments for sessions are made **upfront by bank transfer** to the following Business account:

Stefan Kolimechkov
 Sort Code **60-83-71**
 Account Number **42393076**

For further information or to book a session, please call, email or visit my website.

Stefan Kolimechkov PhD

Mobile: **07 999 578 700**

Email: dr.stefan.kolimechkov@gmail.com

www.stk-sport.co.uk