

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.

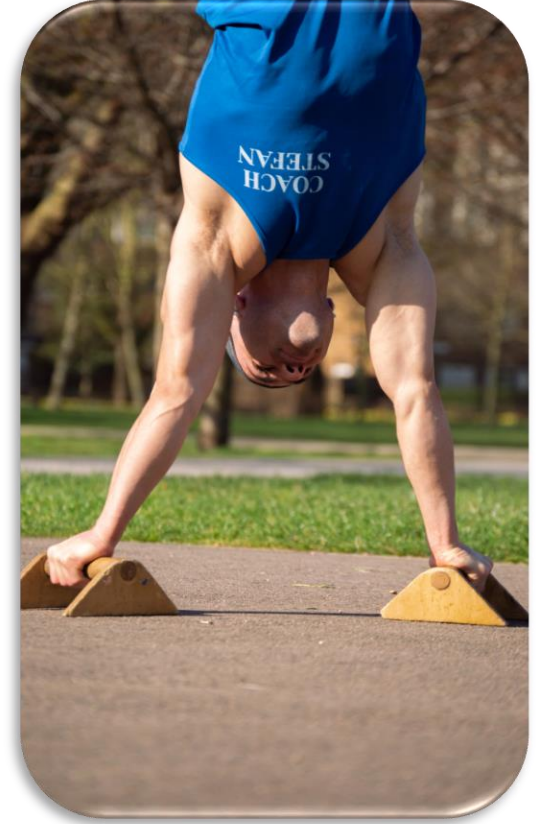
Stefan Kolimechkov PhD

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



PROFESSIONAL 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 regional and national gymnastics competitions. Watch videos and photos here:

www.stk-sport.co.uk/personal-training-gymnastics-children-elite.html

REVIEWS

'Stefan is a complete expert in his field! He will give you the best program tailored for your current level and guide you to your training goals. Very highly recommended!'

- Christi



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 and yoga in order to sustain a healthier and more fulfilling lifestyle.

I have a full DBS clearance, Level 3 British Gymnastics Coaching Qualification, and have been awarded the Personal Trainer Practitioner status by CIMSPA.

Most importantly, I am a gymnast who is still competing, and I am proud to mention that I am a Three-Time London Gymnastics Champion on Rings (2015, 2016 & 2017).

WHAT DO I OFFER?

Your children will practise many gymnastics skills, such as jumps, balances, rolls, cartwheels, handstands, walkovers, handsprings, somersaults, etc.; and they will develop a positive attitude towards physical activity, whilst improving their strength, flexibility and coordination. For primary school children, I can also deliver the Core Proficiency Awards Scheme, which has been developed by British Gymnastics and is linked to the National Curriculum.

Book a session

The cost for a single lesson is £60.

Discounts are available when you book and pre-pay blocks of sessions. For further information or to book a session, please call, email or visit my website.

- Gymnastics sessions for children (5-11 years of age)
- You will need just some space and a mat.

Stefan Kolimechkov PhD

Telephone: 07 999 578 700

Email: dr.stefan.kolimechkov@gmail.com

www.stk-sport.co.uk