



# KINETICA NEWS

## Director's Message

Welcome back to another year at Kinetica! After a hectic show run during the crazy Fringe Festival we're back and ready to get into regular training.

We've made a few changes to the way the sessions are structured to allow for more flexibility for everyone. Further details about the changes to how our classes are now structured can be found [here](#).

As always, if there's any problems booking into the class you want – send us an email and we'll get onto it ASAP.

## Upcoming Term Dates

### Kids Classes:

Term 2 Start: 29/APR/2018

Term 2 Finish: 28/JUN/2018

## Friday Night Workshops

Friday nights are now officially "Workshop Nights". Each week we'll have a different type of Friday night workshop running. These workshops will vary from week to week and cover strength, flexibility, musicality, act development and more.

We're also open to suggestions so if there's a particular workshop you'd like to have us run, please feel free to let us know and we'll add it to our upcoming list.

Also make sure you're following us on Facebook to make sure you hear about the latest workshop.

## Strength And Injury Prevention

Don't underestimate the importance of strength and conditioning training and it's value in injury prevention. Circus skills (regardless of it's difficulty) can be highly demanding on the body at the best of times and there is relatively little margin of error.

Whilst learning new skills we're always unsure how everything is pieced together and the chance for errors is greater. With these errors comes an increased demand of your body – and if your body hasn't been conditioned to cope with these increased demands – the risk of injury is significantly increased.

Want to get stronger, accelerate your progress and prevent injury (and have fun doing it)? Then sign up to one (or more) of these strength classes:

### Power Hour:

[Every Sundays 5pm – 6pm]

### Friday Night Strength Sessions:

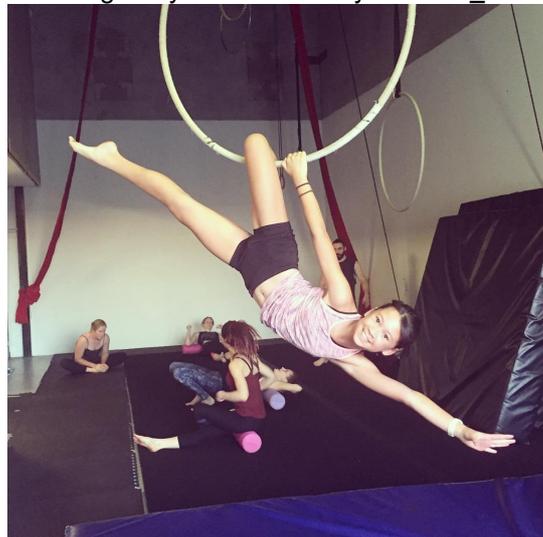
[Last Friday of every month 6pm – 7pm]

## Summer Instagram Winner

Each term Kinetica will be giving away a casual class as a prize for the best Instagram picture.

To be in the running, take a photo of yourself doing something circusy in our training space, upload it to Instagram including our hashtag: **#kineticactd** and that's it. The more you post, the more entries you get and it will then be featured on our [Facebook page Instagram feed](#).

Here's the winning entry for this term by: **caszee\_aimee**



Congratulations! Please get in contact with us to arrange your prize.