



# KINETICA NEWS

## Director's Message

It's nearly the end of another Kinetica year!! Even though we'll be finishing the year with a mini-term it doesn't mean there's no circus training. We'll still be running workshops, intensive classes as well as the usual (and very important) flexibility classes and strength sessions along the way.

If there's any particular class that you'd like to have, please let us know and we'll try to incorporate it as part of our 'circus break' schedule.

## Private Sessions

Are you having a bit of trouble with a particular skill? Can't quite get the flexibility you need? Or lacking a bit of strength to make a transition look smooth?

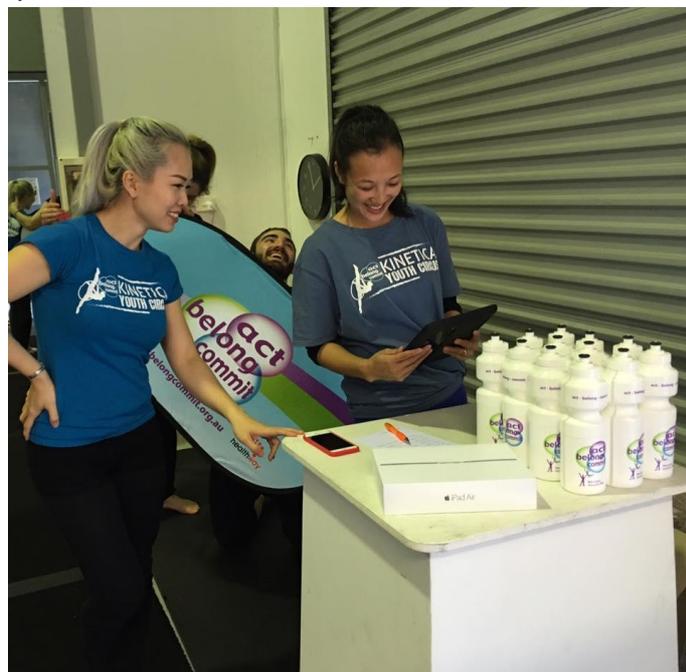
Consider taking private lessons where you can spend the time on the things that you want in particular with a coach that will help you reach your specific goal(s).

We have a number of private session packages available so be sure to have a look at our [webpage](#) for more details.

## Act-Belong-Commit Open Day

Kinetica would like to give a big thank you to everyone who attended our hugely successful open day as well as our sponsors Healthway and Act-Belong-Commit for providing us with some goodies for all of our participants.

It was definitely a lot of fun and even though everyone left extremely exhausted (and were probably a little sore the next day) everyone left with smiles on their faces.



Our next Open Day on the 18<sup>th</sup> of December will also feature performances from some of our current students!! Be sure to keep a look out on our Facebook page for further details and more info about upcoming workshops.

## Term 6 (2016) Information

### Adult Classes:

Term 6 Start: 20/NOV/2016

Term 6 will be run as a mini-term and would be a great opportunity to try a new class without committing to a full term. Never tried a flexibility class? Give it a go in Term 6. Unsure about doing some strength and conditioning? You'll be surprised how much you can improve in a mini-term.

### Kids Classes:

Term 4 Start: 09/OCT/2016

Term 4 End: 11/DEC/2016

Term 4 of the Kinetica Kid's classes will finish on 11/DEC/2016 but there will be some school holiday programs / workshops taking place so keep a look out on our Facebook page and website for those.

## Holiday Workshops

Even though Kinetica will be having a break over the Christmas / New Year period we'll be running a variety of intensive workshops / taster classes.

If there's a particular type of class that you're particularly interested in, let us know and we'll accommodate it as best we can.

Send your suggestions to:  
[kinetica.cdt@gmail.com](mailto:kinetica.cdt@gmail.com)

## Lost Property

Please check the orange lost property bin for anything that might be yours next time you're in the training space. Any property that hasn't been collected by the end of the year will be forfeited to Kinetica.

## Term 4+5 Instagram Winner

Each term Kinetica will be giving away a one-on-one private session 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: **#kineticacdt** 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: [spinal.meningitis](#)



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