



# KINETICA NEWS

## Director's Message

Welcome back to the New Year everyone!! We've made a few changes to our timetable between Term 1 and Term 2 based on the popularity of different classes.

We're always planning ahead for the next term so if there's any particular class that you'd like to have, please let us know and we'll do our best to accommodate for it.

## Term 2 and 3 (2017) Information

### Adult Classes:

Term 2 Start: 09/APR/2017

Term 2 End: 03/JUN/2017

### Kids Classes:

Term 2 Start: 23/APR/2017

Term 2 End: 25/JUN/2017

## 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 School Holiday Classes

Looking for something new and exciting for the kids to do these school holidays? Something fun but keeps them active at the same time? Well Kinetica have just what you're looking for.



On Friday 21/APR/2017 we have:

Mini Holiday Cirque classes (ages 4 – 8)

09:30am – 11:00am

\$30 per child

Junior Holiday Cirque classes (ages 9 – 13)

11:00am – 01:00pm

\$35 per child

If you're interested, [book in here](#) as soon as you can as places are strictly limited.

## 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 term will be forfeited to Kinetica (and likely to be used as part of a costume for future shows).

## Why Conditioning Is Important

The biggest factor why undertaking a conditioning class is important is injury prevention. If you're attempting a skill and you don't have the ability to hold yourself in the correct position then there's the potential for injury. If you're attempting a skill (especially on silks) and you've messed up your feet, being able to pull yourself up and unwrap safely or hold on while someone helps untangle you – *yes, we've all been there* – is also very important.

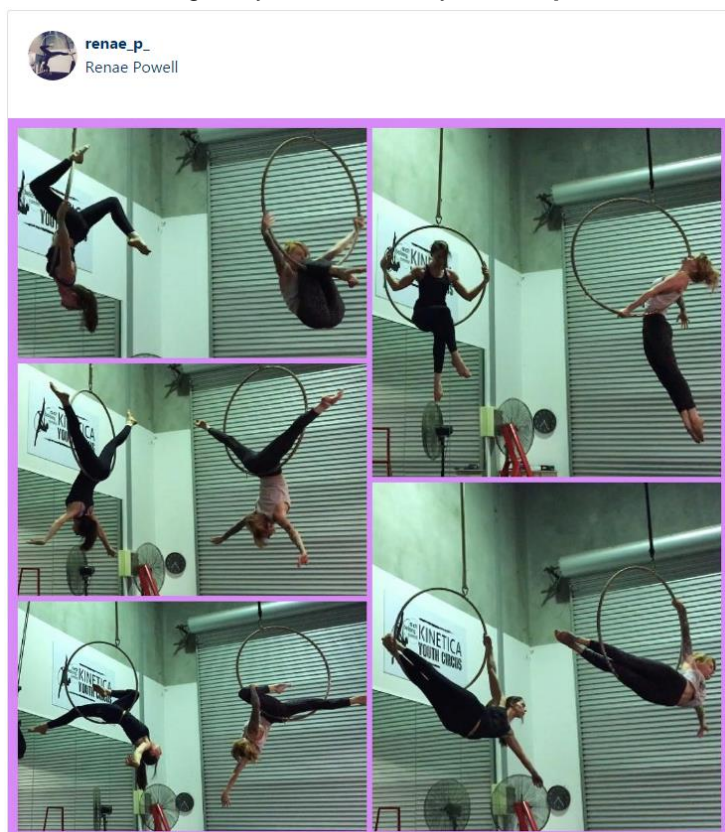
By taking part in a conditioning class, you'll build the muscles that you need to perform the cool skills you're learn by working your muscles in a progressive way. All the conditioning classes are able to be catered for anyone of any skill or fitness level. Anyone is welcome to the sessions – even non-circus people! Jump in for a casual class – you may surprise yourself and get a little bit stronger.

## Term 1 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: **renae\_p\_**



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