

KINETICA NEWS

Director's Message

With the end of every term there always comes a number of changes that we make to improve Kinetica.

In Term 4 we've adjusted some of our classes to better cater to our students and to incorporate the feedback we've received.

Term 4 sees the addition of two new classes as well as a new package based pricing structure that allows more flexibility based on skill levels.

Happy Training Everyone!

Two New Classes

This term, Kinetica is introducing two new adult classes: Hammock / Tissu Loop and Adult Ground Circus

The first new class this term is: Hammock / Tissu loop is a class specifically focused on using a loop of material that has more recently become very popular. Building up both strength and flexibility, students will gain a dynamic set of skills on this traditional circus apparatus.

The second new class this term is: Adult Ground Circus. This class will incorporate the foundational aspects that include ground based acrobatics, object manipulation, partner balancing, handstands, flexibility and conditioning. Students will make gains in strength, coordination and body awareness as part of this class.

We'll Miss You Erin!

It's with great circus sadness that Kinetica says farewell to Erin, one of our long standing performers and coaches as she embarks on her next big circus adventure. Erin has been accepted into a Bachelor of Arts in Circus at Codarts – University of the Arts (in Rotterdam – Netherlands).



Starting with a solid gymnastics background, Erin quickly adapted to aerials but is most known for her hand-balancing and contortion performances. From all of us at Kinetica, we wish you all the best in the next stage of your circus journey and we look forward to hearing all about it when you come back to visit.

To follow Erin's international circus adventure follow her on Facebook: <https://www.facebook.com/ErinNautical>

Healthway Happiness



Thanks to Healthway, Kinetica have now acquired some brand new brightly coloured Act-Belong-Commit t-shirts (as modelled by our Serious Cirque superstars) to help us spread the healthier living message.

Circus is definitely a fantastic way to get active, make some new friends AND have some fun all at the same time!!

Term 4 and Term 5 Information

Please note the following (inclusive) dates for Term 4 and Term 5:

Kids Classes:

Term 4 Start: 06/SEP/2015

Term 4 End: 29/NOV/2015

Adult Classes:

Term 4 Start: 06/SEP/2015

Term 4 End: 31/OCT/2015

Adult Classes (Half Term):

Term 5 Start: 08/NOV/2015

Term 5 End: 05/DEC/2015

Book into any aerial class and receive 25% off any subsequent course AND 50% of an aerial conditioning class if you book at the same time.

Kinetica Workshops

Want to bring a bit of circus fun into your school or workplace?

Kinetica is available for school performances and/or workshops that involve coordination, team work, a lot of laughs and of course FUN! We can cater for all ages and all fitness levels.

If you're interested, send us an email or bring in some contact details and we'll follow it up.

New Kinetica Pricing Packages

Check out our special packages for adult courses:

Saturday Circus Binge: \$370 (value \$445) Includes: Saturday Silks + Lyra + Aerial Conditioning **AND** 4 x passes to Open Training [to be used during the term].

Sunday Circus Binge: \$430 (value \$507.50) Includes: Ground Circus + Adult Aerials + Aerial Conditioning **AND** 4 x passes to Open Training [to be used during the term].

A "Wheel-y" Fun Time In Finland

By: Tam Le

I had the pleasure of representing Australia at the 15th World Gymnaestrada in Helsinki, Finland. It is the largest Gymnastics-for-All event, held every 4 years and this year there were 21,000 participants from 55 countries.



Photo courtesy of: Gymnastics Australia

I was a member of the Harlequin Spirals German Wheel Team and we performed to amazing crowds. The atmosphere was so fantastic and the gymnastics was unbelievable! I saw so many gymnastics performances met so many wonderful people who all share the same passion for gymnastics and performing. I also learned a lot of cool skills that I can't wait to teach in some of our classes.

This was my 3rd World Gymnaestrada event and I'm looking forward to the next one in 4 years' time in Dornbirn, Austria.

Term 3 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: **charlieonehorse**



Congratulations, we will be in contact with you shortly to arrange your prize.