

MARCH 2020



TEACHERS MESSAGE

Well, everything is a little bit different at the moment and it feels very strange not seeing you all for regular classes, and it hasn't even been a week yet!

We would like to send out a massive THANK YOU to everyone for the positive feedback in our temporary switch to virtual classes. It really has made the process a lot easier knowing we have your support and seeing everyone's willingness to change things up has been awesome!

Please know that we are here for every step of this new journey and want to stay involved with your learning as the weeks go along. So, please don't hesitate to ask as many questions as you need! Ask us via email or your fellow club mates via the Facebook group page - we're all in this together! Let's start sharing our tips and tricks to help everyone along and keep in touch!

See below for all of the information you need to stay up to date!

KEY DATES

01/03/2020

INSTALMENT ONE - OVERDUE

Paid to the RCP bank account

04/04/2020

LAST CLASS OF TERM 1

(Virtual Material)

19/04/2020

CUT OFF DATE-LEOTARD ORDERS

Danz Design Website

22/04/2020

FIRST CLASS OF TERM 2

(Virtual Material)

01/05/2020

SECOND FEE INSTALMENT DUE

Paid to the RCP bank account

TEACHERS

COURTNEY DICKSON

BRIARNE MOSTYN

JADE STEEL

CONTACT DETAILS

M: 0424 580 193

E: redcliffecityphysie@gmail.com

Closed Facebook Group:
Redcliffe City Physie - Members

BANK DETAILS

Redcliffe City Physie

BSB: 034-059

ACC NO: 453261

COVID-19 *VIRTUAL CLASSES*

As you are now aware, classes have been cancelled until further notice and we are embracing the virtual world! Below is the email sent out to all members on the 23rd March (please let us know if you did not receive this).

Please use the portal password and head to the RCP website to view the first set of walk through videos - these are up to date for all age groups of what we have learnt so far in class. You may wish to follow along and then run through with your practice music (sent by BJP).

Pre-prep students: Your videos are coming soon! These will be uploaded to the members portal in due course. In the meantime, your little one can follow along with the big 5-6yrs!

If you haven't yet received your portal password and BJP music, it means you are yet to complete your BJP registration (\$88). Please use the following link to finalise your rego so you can access our virtual classes (it'll only take 5 minutes!).

<https://bjpphysicalculture.wufoo.com/forms/2020-bjp-member-registration/>

We hope you enjoy this new way of learning - who knew 2020 would lead us here! Stay safe and healthy and physie on!

#we'vegottokeepondancin'

We know this news will be disappointing for you but not surprising. Effective immediately, all Redcliffe City Physie Face-to-Face classes are cancelled until further notice.

At Redcliffe City Physie we stand by our motto – building strength through dance. At this time, building strength means ensuring our friends, family and community stay protected from the Covid-19 Corona Virus.

As our Prime Minister has issued a very clear directive that all non-essential activities should cease, we have followed suit of many physie classes across Australia and will cancel all Face-to-Face classes until further notice.

Remember, this may be a difficult time for some. We acknowledge that. We know you will have many questions, and we welcome them all. We just ask one thing - please ONLY direct your questions to our email – redcliffecityphysie@gmail.com.

If you would prefer to speak over the phone, please send us an email and we will schedule time to call you back.

NO private messages, private text messages, Facebook posts will be answered.

Stay safe RCP, we can't wait to see you all again in person and continue celebrating our 5TH BIRTHDAY YEAR!

embrace change

SECOND WEEKLY CLASS DETAILS

As you can appreciate, plans for the scheduled second weekly lessons to be held from April have been put on hold. Once we can resume normal classes, information will be released as to the dates, days and times of second lessons.

For now, you can practice at home just like in class as many days as you'd like! Don't forget to keep stretching and working on your strength exercises as well!

MEDICAL & CONTACT DETAILS

We kindly ask that if there are any changes to your contact details filled out on the 2020 membership form (address, mobile, email, ect), that you please advise the club via email.

If you have noted that you or your daughter have any medical conditions or food allergies, please provide the club with an action plan (if applicable) ASAP, as we need to have a copy on us at all classes and events.

LEOTARD/PERFORMANCE WEAR ONLINE ORDER

Be sure to hop online to Danz Design and order your leotard or performance wear (Leotards by Sunday 19th April and Performance Wear by Sunday 26th April!) **Double check the size guides and measure yourself to get the perfect fit!**

Alternatively, second hand leotards may be purchased on Facebook via the swaps and sales site "BJP Junior & Senior Physie Leotard Sales".

This is a closed group for BJP Physie members only, so you'll have to request to join the page. If you have any issues or are stuck on which leotard to buy, please let us know - we're more than happy to help!

FEES

FIRST INSTALMENT OF FEES NOW OVERDUE

If you haven't yet done so, please make payment to the club account ASAP.

Pre-preps:	5-8yrs:	9yrs - Ladies:
\$85 registration fee	\$152 to RCP (\$88 to BJP)	\$172 to RCP (\$88 to BJP)

REMINDER:

All instalments must be paid via direct debit, we will not accept cash payments (pre-prep class fees excluded).

Pre-prep families can choose to pay their \$8 class fee per lesson, weekly, fortnightly, monthly or in an upfront payment for the year.

If you have any queries regarding fees or setting up a payment plan, please email the club.

SOCIAL MEDIA

If you're on Facebook and haven't already, please join our private page '**Redcliffe City Physie - Members**' to keep up to date with all things RCP! This page will be especially helpful over the coming weeks to help keep everyone banded together.

It is important to stay connected with the people you care about. While you might not get to see your physie friends in person anytime soon, that doesn't mean you shouldn't stay in touch!

We would love to see your virtual physie class progress, so please share as many photos and videos as you'd like! This is also the perfect time to get creative - what can you find in and around your house to help your physie? Chairs for leg lifts, canned food as arm weights, stairs for calf raises... show us what you discover and share with your friends!

TOGETHER
We are
STRONGER

CLASS PHOTOS

