

MARCH 2021



TEACHERS MESSAGE

Hello RCP members and families,

We're nearing the end of our first term of physie for 2021... time flies when you're having fun, right? We love watching the syllabus of all age groups come to life and nothing brings us more joy than being surrounded by positive girls and women, who empower one another each week.

Tip of the month: It is very beneficial to break the steps down to smaller pieces and then gradually work up to the full movement (ie: start with arms only, then add in the legs). Remember that practice makes progress so keep on practicing at home to help not only retain the work but to perfect any of those tricky moves.

"Physie is about empowering girls with the skills to become confident, strong women. It's about getting fit and healthy and having a place where you feel encouraged, supported and valued."

Fiona Way - BJP Physie

KEY DATES

01/03/2021
1ST FEE INSTALMENT OVER DUE
(Paid to the RCP bank account)

31/03/2021 & 03/04/2021
LAST CLASSES
FOR TERM 1

21/04/2021 & 24/04/2021
REGULAR CLASSES COMMENCE
FOR TERM 2

19/04/2021 & 21/04/2021
SECOND WEEKLY CLASSES
COMMENCE

26/04/2021
LEOTARD & PERFORMANCE
WEAR ORDERS DUE

TEACHERS

COURTNEY DICKSON

BRIARNE MOSTYN

JADE STEEL

CONTACT DETAILS

M: 0424 580 193

E: redcliffecityphysie@gmail.com

Private Facebook Groups:
Redcliffe City Physie - Members
Redcliffe City Physie Ladies

BANK DETAILS

Redcliffe City Physie

BSB: 034-059

ACC NO: 453261

RCP FEES

Fee instalment one was due on the 1st March. If you haven't yet done so, please make payment into the RCP bank account (details on the first page of this newsletter)

4-8yrs: \$146 to RCP & \$99 to BJP

9yrs - Ladies: \$166 to RCP & \$99 to BJP

Payment plans are available upon request - please contact us so we can organise a plan that works best for you. Otherwise, you may wish to pay your fees in two instalments or in one lump-sum payment (details below).

If you have already made payment, please kindly disregard this reminder.

RCP 2021 FEE STRUCTURE

	4-8yrs	9yrs - ladies
COST	\$490	\$530
INCLUSIONS	RCP Membership BJP Membership Regular class fees (excludes extra weekly lessons commencing in April & private lessons) 4 x performance entry fees 2021 Practice material (BJP Music & Training Video) Membership gift	
FEE SCHEDULE	- Instalment one due 1st March (\$146 paid to RCP, \$99 paid to BJP using the link or QR code provided) - Instalment two due 1st May (\$245)	- Instalment one due 1st March (\$166 paid to RCP, \$99 paid to BJP using the link or QR code provided) - Instalment two due 1st May (\$265)
PAYMENT METHOD	Internet bank transfer ONLY ~ Redcliffe City Physie BSB: 034-059 ACC NO: 453261	

LEOTARD & PERFORMANCE WEAR ORDERING

Don't forget to hop online to Danz Design and order your leotard or performance wear before 26th April. Double check the size guides and measure yourself to get the perfect fit!

Closing date:

- Monday 26th April (via <https://www.danzdesign.com.au/>)

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!

BJP & RCP REGISTRATION

Please see below the two links you will need to register yourself with both RCP and BJP for 2021 (please note the QR codes that were previously sent out have expired).

RCP Registration:

<https://form.jotform.com/203267115916858>

BJP Registration:

<https://bjpphysicalculture.wufoo.com/forms/2021-bjp-member-registration/>

Incentives to get you registered ASAP:

1. Complete your BJP registration and receive the 2021 music so you can practice with ease at home, exactly like we do in class!
2. Complete your RCP registration (along with the BJP registration + ensure your fees are up-to-date) and receive the 2021 RCP Portal Password

Remember, ALL students are required to complete both registration forms. If you have already completed both registrations, kindly disregard this reminder.

MEDICAL DETAILS

We kindly ask for any members who have noted a medical condition (ie. asthma) or food allergy on their registration form to please provide the club with an action plan (if applicable) as we are required to have a copy on us at all RCP classes and events.

Additionally, if throughout the year there are any changes to the contact details provided on your 2021 Registration Form (address, mobile, email, ect), please advise the club via email so we can update our data base accordingly.

SECOND WEEKLY LESSONS

Extra weekly lessons begin in Term 2. These lessons are designed to consolidate the syllabus students are currently learning and further develop the skills required to perfect their routines. All members are encouraged to participate in these classes.

WHERE: Clontarf Beach Primary School Hall

WHEN: **Commencing Monday 19th April & Wednesday 21st April** and continuing through to Monday 21st June & Wednesday 23rd June

COST: **\$50 for the term.** Please note, all regular class fees must be up to date prior to starting extra lessons

TIMETABLE: (Please see next page for the term 2 class timetable)



Term 2 class timetable:

= Extra lessons

CLASS	MONDAY	WEDNESDAY	SATURDAY
4-6 YRS	4:45pm - 5:30pm		9:00am - 9:45am
7-8 YRS		4:45pm - 5:30pm	10:15am - 11:00am
9-10 YRS	5:30pm - 6:15pm	5:30pm - 6:30pm	
11-12 YRS	6:15pm - 7:00pm		
13-1ST YRS	7:00pm - 7:30pm	7:00pm - 7:45pm	
LADIES	7:30pm - 8:15pm	7:45pm - 8:45pm	8:00am - 9:00am
JNR STRETCH & TECHNIQUE			9:45am - 10:15am
SNR STRETCH & TECHNIQUE		6:30pm - 7:00pm	
NOTE: TEAM LESSONS TO COMMENCE IN JULY			

All classes (both regular and extra) will be held at Clontarf Beach Primary School.

Term 2 class commencement dates:

- Monday: 19th April
- Wednesday: 21st April
- Saturday: 24th April

Please don't hesitate to contact us if you have any further queries regarding extra lessons.

CLASS PHOTOS

