

Welcome to

2024

at



TORONTO
Physical Culture Club

Our Club

Established in 1965, Toronto Physical Culture Club has been dedicated to teaching BJP physie and empowering girls for over 50 years.

With classes for all ages, you are sure to find the perfect fit for you and your family.

Our associates are passionate about helping girls of all ages to improve their confidence and have fun whilst learning the art of physie!



Meet your teachers



Claire

Jan



Claire started attending Toronto Physical Culture Club in 2009 at 6 years old. Claire became a demonstrator at the club in 2019 and completed her accreditation to become an associate in 2022.

Claire is currently studying a Bachelor of Occupational Therapy at the University of Newcastle and has a passion for helping children achieve their goals and have fun whilst doing physie.



Jan has been an associate for more than 50 years and her expertise shines through when teaching the girls in class. She has mentored girls through many competitions, including competitors in the national finals.

Jan has a keen eye for posture and positioning and epitomises the lifelong benefits that physie provides for girls and women.

Our classes

Juniors: 5-8 years and 9-12 years

Our junior classes focus on the foundations of physie - rhythm, posture, and balance.

The syllabus encourages girls to be confident in their bodies, make friends, and most importantly have fun!

We have seen some beautiful friendships blossom in these classes through the years - one of the many benefits of physie!



Seniors (13+)

Our senior classes focus on maintaining fitness and strength and enables self-expression through the art of physie.



Ladies

Our ladies classes focus on having fun whilst exercising and staying fit!

The syllabus aims to move all parts of the body to keep you feeling your best!



Class times & Fees

All classes are held on **Wednesday** afternoons

Pre-schoolers	3:30 - 4:00
5-8 years	4:00 - 4:45
9-12 years	4:45 - 5:30
Ladies	5:30 - 6:15
Seniors	6:15 - 7:00

\$99 registration fee paid to BJP

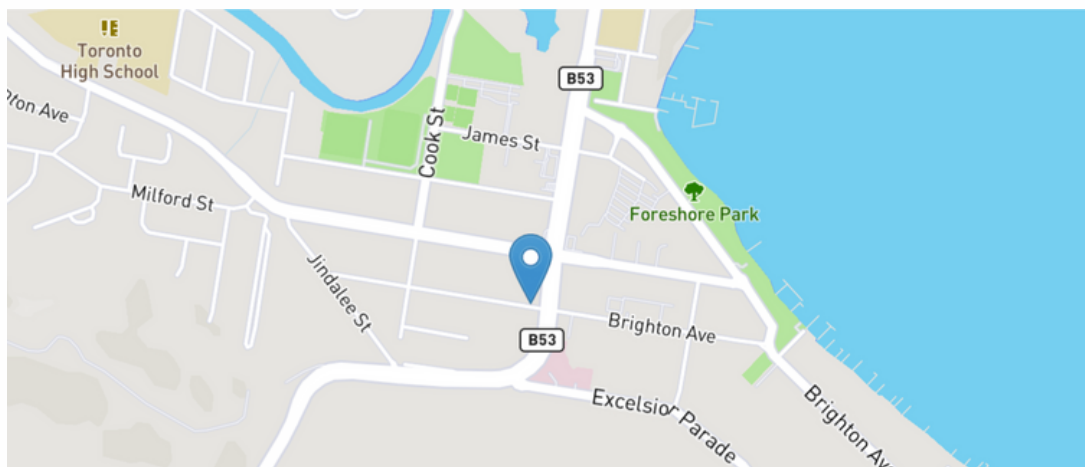
\$8 per class

(receive one class free if term fees are paid in advance)

PRE-SCHOOLERS: No registration fee, \$6 per class

Location

In the Toronto Uniting Church Hall
118 The Boulevard, Toronto NSW 2283



Competitions

All competitions are completely optional!

Types of competitions:

- Interclub competitions (2)
 - This is great opportunity for girls to practice performing their work in front of a crowd and helps to grow their confidence. It is a great dress rehearsal for our zone competitions later in the year.
- Zone competition
 - This is our main competition of the year where the girls compete in the Newcastle Zone for a chance to perform at the national finals.
- Club judging and presentation night
 - Our friendly competition where the girls get to show their family and friends how hard they have worked to learn their syllabus through the year.



What do I wear?

Classes:

We encourage girls to wear clothes that they feel comfortable in and allows them to move easily. Things like singlets, tights and t-shirts are perfect for class. Also, no shoes are required!

Competitions:

- Leotards or Performance Wear - BJP have introduced performance wear for competitions to improve comfort and confidence. You can check out the current designs at: <https://physieshop.com/collections/performance-wear>


Performance Wear

Performance Wear garments can be worn in any BJP Physie competition.


Each style has its own size guide to ensure the best fit. Please check the relevant guide before placing your order. There is a 1-2cm variance toleration in the garments. Our garments are hand dyed which means the dye lot could vary slightly with each production. We can only guarantee a 98% colour match between garments of the same colour.

Please read our shipping and returns policy before making your purchase.
[Click here](#) to view the BJP performance wear catalogue.


FILTER BY All products ▾ SORT BY Featured ▾ 11 products




Performance Wear Leotard
\$65.00



Performance Wear Leggings
\$65.00



Performance Wear Grande Top
\$60.00



Performance Wear Attitude Top
\$60.00

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We look forward to seeing you in 2024!