

# 2025 INFO PACK

**NORTH POINTE  
PHYSIE AND DANCE**

**DREAM IT. DANCE IT. DO IT.**



[www.npphysieanddance.com](http://www.npphysieanddance.com)



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WhatsApp - North Pointe Physie and Dance



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## WHAT IS PHYSIE?

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**Fun, upbeat, pop music is the soundtrack to a sport that fuses dance styles such as jazz, ballet, hip hop, contemporary, aerobic dance and even yoga!  
Our innovative choreography changes annually and is designed for maximum variety and fun.**

Physie (also known as Physical Culture) is the perfect combination of movements designed to increase strength, fitness and flexibility. The benefits are increased co-ordination, brain development and confidence.

Physie is an individual and team-based sport for all ages that's social and fun and an excellent low impact dance and aerobic activity.

### **AFFORDABLE & WELCOMING**

Dance classes can rapidly become expensive – shoes, costumes and recital costs all add up on top of the weekly fees. Physie is different!

There are no hidden costs or expensive shoes and the only costume the girls require is a leotard. Physie is an affordable way to learn to dance with a touch of glamour and a lot of fun!

Our Physie club is run by dedicated teachers who provide classes for all ages and abilities from pre-schoolers to ladies.

### **IT'S A GIRL THING!**

Grandmothers, mothers, daughters and grand-daughters can all be members of the same Physie club and share their involvement in this unique sport. From ages 3 to 93, Physie is a sport for life. Our club caters to all ages and abilities so Physie is an experience you can share right throughout your life.

Generations of Australian women have cherished the friendships and close-knit bonds that Physie creates. More than a sport, Physie is a welcoming community of fun, healthy, active families.



## EMPOWERING GIRLS FOR LIFE

There is an aura of confidence around Physie girls of all ages. Taught to stand tall, with strength and pride, they are team players committed to achieving their goals.

Unlike some ballet and dance studios, BJP Physie focuses on developing the self-esteem of its students. By teaching them to have a positive relationship with their bodies, we help students blossom with confidence and self-assurance.

BJP Physie is passionate about nurturing students' total wellbeing, in both mind and body. Physie is an accepting and encouraging team sport, where every member is supported and motivated to be the best they can be.

Physie isn't just about dancing or competitions. 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.

With great role models to look up to, Physie girls learn about positive body image from a young age. They're taught to embrace fitness as a way of life and focus on what their bodies can do, rather than how they look.

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## WHY CHOOSE PHYSIE?

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**1. Improve your Emotional Health:** A Physie class is a great way to make new friends and branch out socially.

**2.Sleep Better:** Your mind and body are completely emerged into an activity that helps increase your focus and relieve stress, making you fall asleep faster.

**3.Balance Your Mind:** Physie can increase levels of the hormone serotonin, which can improve your mood.

**4.Improve Strength & Balance:** Physie requires good posture, which can help you gain better control of your body.

**5.Improve Cardiovascular Health:** Participating in a Physie class will have your heart beating fast, which can lead to a stronger and healthier heart.

**6.Increase Flexibility:** The movements associated with Physie can increase flexibility and reduce stiffness.

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## ABOUT NORTH POINTE PHYSIE AND DANCE

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North Pointe Physie and Dance has celebrated 13 years of operation and has become the home to our much loved community and dance families across Brisbane's north side.

Our passion is to inspire and nurture the varying needs of students. We endeavor to produce technically trained all round dancers and performers in a fun, passionate, inclusive and caring environment.

We aim to provide high quality training and performance opportunities for all students. With qualified and experienced teachers, our team is passionate about providing a positive & memorable experience to our dance family.

At North Pointe we believe every dancer has boundless potential. See what DREAMS can emerge when you become a part of our TEAM.

**DREAM IT. DANCE IT. DO IT.**

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## CLASSES AT NORTH POINTE PHYSIE AND DANCE

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At North Pointe Physie and Dance we offer a number of classes and styles so that every dancer can participate in a schedule that best suits their needs and interests.

The physie dance syllabus is choreographed annually, keeping routines fresh, new and challenging each year as our dances progress. The annual syllabus consists of 5-6 routines, each specific to the age groups. All routines are taught in classes over the year, with dancers enjoying the upbeat soundtracks and modern day moves.



During Terms 1 & 2, the focus in our classes is on developing and enhancing skills and technique relevant to their class.

During Terms 3 & 4, we put to use the skills we have achieved and commence competitions and performances.

We believe in giving every student equal opportunity and time to shine on stage. All mainstream classes will perform 2 routines per class at our end of year concerts.

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## TIMETABLES & CLASS GROUPINGS

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All classes will be based on age at 31 August 2025. This way students stay together and progress together with their peers & are learning the next syllabus/level each year. Students MUST enrol in their correct 2025 age. If anything needs to change, we will notify you.

Tiny Dancers Class: Ages 2, 3 or 4 on 31 August 2025

5&6 Years Class: Ages 5 or 6 on 31 August 2025

7&8 Years Class: Ages 7 or 8 on 31 August 2025

9&10 Years Class: Ages 9 or 10 on 31 August 2025

11&12 Years Class: Ages 11 or 12 on 31 August 2025

13-16 Years Class: Ages 13, 14, 15 or 16 on 31 August 2025

Seniors Class: Ages over 17 Years on 31 August 2025

Ladies Class: Open to anyone over 18 Years on 31 August 2025

Timetables are always available to download from our webpage  
[www.npphysieanddance.com](http://www.npphysieanddance.com).

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## HOW TO ENROL

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1. Read your Information Pack
2. Complete the 2025 online Enrolment Form Online or [CLICK HERE](#)
3. Your invoice will be emailed with your payment details
4. Once enrolment and payment is completed, your position is secured
5. Download WhatsApp and become a member with North Pointe Physie and Dance





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## UNIFORMS AND DRESS CODE

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Our "Uniform Guide" is now available to view on our webpage, please check this for 2025 class requirements.

We take pride in our appearance at North Pointe Physie and Dance. This is to help us feel like a dancer, move freely, safely and to promote being a part of our TEAM. Wearing the correct attire is important to ensure that the dancers body alignment can be seen and safe corrections can be given by teachers.

Attention should be given to grooming, etiquette and presentation.

Whilst uniform is not compulsory across all classes and age groups, we have many options available to our students, to ensure everyone feels comfortable.

### What to wear to class?

**Tiny Dancers** will be provided their class / performance outfit as part of their annual Club Membership fee.

**Juniors, Seniors & Ladies** will be provided their 2025 club training singlet as part of their annual Cub Membership Fee.

We encourage members to wear the club uniform to classes otherwise a black crop top and bike shorts/leggings or black leotard is acceptable. For Ladies gym wear is appropriate.

In cooler months, please dress appropriately – a baggy hoodie or track pants whilst warm are not the right choice for physie class!

### What to bring to class?

Please bring a water bottle and positive attitude! We do not dance in shoes and socks are not permitted unless for medical reasons. Shoes can be left at the door before coming into class.



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# COMPETITIONS

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## ARE COMPETITIONS COMPULSORY?

No...BUT, we are a competitive BJP club with a 95% participation rate each year. Our classes are tailored to the Physie competition calendar, meaning that you do not need to commit to any extra classes or learn new routines to compete.

Every age group learns set routines in their weekly physie classes that form the competitive syllabus. These are **Marching, Warm Up** (cardio based Jazz style routine), **Floor Drill** (floor based routine with flexibility and strength elements like splits and straddle sits), **Relaxed** (mix of ballet and contemporary styles), **Exercises** (strength based routine) and **Dance** (fast paced jazz/hip hop style routine).

The competition format is just like class, where everyone in the age group attending dances at the same time. There are no solo performances meaning it is a relaxed, stress-free environment. Some competitions will split the age groups into Beginner (never done physie before), Novice (second year + of physie) or Open (has qualified for a state final), pending competitor numbers.

For Team Competitions, 8 dancers in each age group form a team to represent North Pointe club rather than competing individually. Teams from across Southeast Queensland meet for the competition and are judged based on their synchronicity, lines and formations and ability to complete the routines.

## MAKE UP & HAIR REQUIREMENTS

**Tiny Dancers** there is no official requirement for hair or make up to be done. Most parents will tie their child's hair back and secure with hairspray, finishing with a bow.

### Juniors 5-12 Years

Permitted make up: Foundation, Pressed powder, blush, lipstick/gloss. No eyeliner, mascara, eyeshadow.

Hair: Neatly tied back with no fly aways (use gel or hairspray). Hair can be straight, curled or natural. Finish with a bow if available. No hairpieces or glitter hair spray.

### Seniors & Ladies 13 Years +

Permitted make up: All dance make up permitted, however a natural look is supported.

Hair: All styles permitted including hair pieces.  
No glitter hairspray.





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## COMPETITION ATTIRE

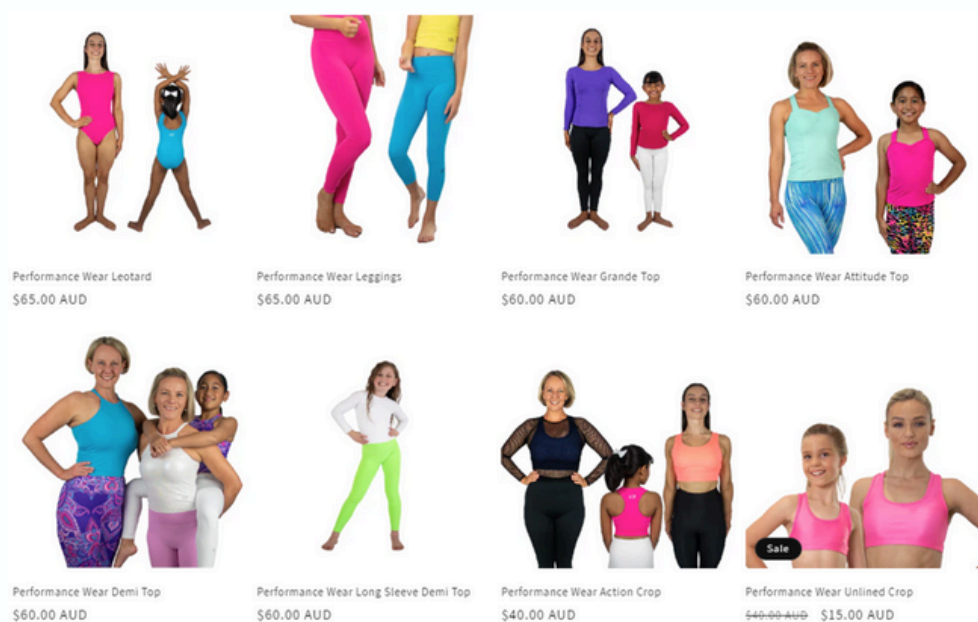
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Competition Leotards / Performance Wear is available for purchase online via the BJP Physie Shop year-round. You can choose any style/colour and you do not need a new outfit for each competition. One outfit will last the entire year. Please ensure you measure before ordering as outfits should be tight fitting.

If in doubt, one colour combinations look best or a white pant/top with a contrasting colour. Leotards can be worn on there own or with a BJP performance wear legging over the top. Crop tops cannot be worn on their own and must be worn with the black or white mesh top over.

You can also purchase hair accessories from the BJP Physie Shop including bows, hair scrunchies and headbands.

<https://physieshop.com/collections/performance-wear>



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## TERM DATES

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Term 1: 10 February – 5 April (8 Weeks)

Term 2: 21 April – 5 July (11 Weeks)

Term 3: 14 July – 27 September (11 Weeks)

Term 4: 6 October – 25 October (3 Weeks)

\*Classes run on public holidays unless advised otherwise. National qualifiers continue into Term 5. Dates based on BJP Competition Scheduling.

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## COMPETITION DATES

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North Pointe Mid Year Club Performance **JUNE 2025**

Local Interclub #1 **JULY 2025**

Local Interclub #2 **AUGUST 2025**

Junior Champion Girl QLD South East Zone (National Qualifiers) **AUG/SEPT 2025**

Champion Lady QLD South East Zone (National Qualifiers) **OCTOBER 2025**

Senior Champion Girl (National Qualifiers) **OCTOBER 2025**

QLD Zone Junior Teams **OCTOBER 2025**

QLD Zone Senior & Ladies Teams **OCTOBER 2025**

North Pointe End of Year Club Performance & Awards Day **OCTOBER 2025**

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## MID YEAR & END OF YEAR CLUB PERFORMANCES

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North Pointe Physie and Dance Mid & End of Year performances are exciting and entertaining. They are a highlight of the year for students, parents with many awards and trophies presented celebrating our wonderful dancers.

Performing for an audience is a great way for students to develop confidence. Our most memorable times are when we all come together, meet other students, be inspired by others and celebrate achievements together.

These performances combine the talents of all students who's dancing skills have the audience cheering for their well-developed technique, entertainment and performance presence.

2025 Club Performances are scheduled for Saturday 22nd June & Saturday 11th October. Students must perform at all Club Performances.



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## 2025 FEE SCHEDULE

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**BJP ANNUAL REGISTRATION FEE: \$99 per student** (Paid direct to head association BJP). Every member of any Australian BJP Physie club, 5 years to Ladies, must register with BJP to learn the syllabus and attend classes. After you register, you will have access to the Practice Music and Video when they become available. These are fantastic tools to practice at home with.

Members attending North Pointe Physie classes will register with 'North Pointe Physie and Dance' via the BJP Website. **Tiny Dancers do not pay the BJP Registration Fee.**

**NORTH POINTE CLUB MEMBERSHIP FEE: \$60 per student**, non-refundable annual membership fees are to be paid upon completion of online enrolment form. Contributes to administration, licences & insurances. Includes Tiny Dancer performance outfit & junior/senior/ladies 2025 training singlet.

**FUNDRAISING LEVY: \$25 per student** (Capped at \$50 per family). We know families are getting busier by the year, that's why instead of asking you to help sell raffle tickets or a pie drive, we simply ask for a \$25 contribution per student. These funds are used towards buying team leotards for state competitions, awards day, club events and in class resources.

### CLASS FEES

The below fees schedule shows discounts for families and students enrolling in multiple classes.

Tiny Dancers – \$8 per class

Juniors, Seniors & Ladies – \$10 per class

Fees are non-refundable and must be paid by the term invoice due date. Please speak directly with Brittany should you wish to arrange a payment plan.

### CLASS FEE DISCOUNTS

·5% off annual fee amount if paid by 24 February 2025.

·10% off class fees for third and subsequent registered family members.

·Bring a friend and you'll both receive \$50 off term fees (applicable upon payment of registration fees).

### PAYMENT DETAILS

Payment details will be found on your emailed invoice and can be paid via direct deposit.

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## 2025 CLASS FEE SCHEDULE

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The 2025 season will run classes over 33 weeks, commencing from February to October. National qualifiers will continue through to November.

### SATURDAY CLASSES

Due to competitions and performances scheduled on Saturdays from July onwards, there are approximately 6 weeks where classes will not run (total 27 weeks of classes). Any changes will be communicated and invoiced accordingly.

#### TINY DANCERS

	<b>SATURDAY</b> <i>27 Classes</i>
Term 1   10 February – 5 April	\$64.00
Term 2   21 April – 5 July	\$80.00
Term 3   14 July – 27 September	\$56.00
Term 4   6 October – 25 October	\$16.00
<b>Annual Class Fees</b>	<b>\$216.00</b>
5% DISCOUNT IF PAID BY 24 FEBRUARY 2025	\$205.20

#### JUNIORS/SENIORS/LADIES 1 CLASS P/W

	<b>MON OR WED</b> <i>33 Classes</i>	<b>SATURDAY</b> <i>27 Classes</i>
Term 1   10 February – 5 April	\$80.00	\$80.00
Term 2   21 April – 5 July	\$110.00	\$100.00
Term 3   14 July – 27 September	\$110.00	\$70.00
Term 4   6 October – 25 October	\$30.00	\$20.00
<b>Annual Class Fees</b>	<b>\$330.00</b>	<b>\$270.00</b>
5% DISCOUNT IF PAID BY 24 FEBRUARY 2025	\$313.50	\$256.50

#### JUNIORS/SENIORS/LADIES 2 CLASSES P/W

	<b>MON &amp; WED</b> <i>66 Classes</i>	<b>MON/WED &amp; SAT</b> <i>60 Classes</i>
Term 1   10 February – 5 April	\$170.00	\$170.00
Term 2   21 April – 5 July	\$220.00	\$210.00
Term 3   14 July – 27 September	\$220.00	\$180.00
Term 4   6 October – 25 October	\$60.00	\$50.00
<b>Annual Class Fees</b>	<b>\$670.00</b>	<b>\$610.00</b>
5% DISCOUNT IF PAID BY 24 FEBRUARY 2025	\$636.50	\$579.50

### DUE DATES FOR FEES

Fees will be invoiced via email and due on the following dates.

Term 1: Due 17 February

Term 2: Due 27 April

Term 3: Due 20 July

Term 4: Due 12 October

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# FREQUENTLY ASKED QUESTIONS

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## HOW MUCH DO LESSONS COST?

From \$8 per lesson.

Annual registration with BJP is \$99. This entitles you to learn the BJP syllabus, to compete in the optional BJP team and individual competitions and also for your family to have free audience entry to any zone competition.

North Pointe Club Membership is \$60. This covers dancer insurance, training singlet or tiny dancers outfit, dancer participation for all club run performances, class resources and administrative costs.

## WHAT DO YOU DO IN CLASS?

After greeting your friends and being welcomed to class by your teacher, you'll begin with some easy stretching and warming up. Next, you'll practice your posture by marching or start learning a new dance routine. For the little ones there are always fun games that everyone loves. Each lesson is designed to make sure that you improve a little every single week and caters to the ability level of the group.

## HOW OLD DO YOU HAVE TO BE TO START PHYSIE?

Usually 3 years, as long as your little one can be happily separated from her caregiver for half an hour.

## WHAT DO YOU WEAR TO CLASS?

You can wear North Pointe uniform or a leotard or dance pants and a top – comfy but not baggy clothing.

## DO YOU HAVE TO COMPETE?

No, the competitions are completely optional, though they are a great way to build confidence and meet other Physie girls from all over Australia! It's a wonderful experience designed to encourage girls to become comfortable performing in a safe, positive environment.

## WHAT SORT OF COMPETITIONS ARE THERE?

There are two types of BJP Physie competitions. The first is team-based with 8 girls or ladies in one team performing routines together and the second is called Champion Girl, where girls pursue their individual goals.

There are various competitions throughout the year, with club, interclub, regional, state and finally national competitions. Every year, the National Championships are held at the Sydney Opera House where girls from all over Australia compete for the title of Grand Champion.



## **WHO DOES PHYSIE?**

Girls & Women Looking for a Positive, Healthy Activity

Physie isn't just about dancing or competitions. 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.

With great role models to look up to, Physie girls learn about positive body image from a young age. They're taught to embrace fitness as a way of life and focus on what their bodies can do, rather than how they look.

### **FOR GIRLS AND WOMEN AGED 3 TO 93**

Balance, coordination and flexibility are important skills at any stage of life – whether you're 3 or 83 years old. Physie creates strength and fitness through specifically designed choreography that is age appropriate.

All the routines are choreographed to a vibrant mix of music that both the young and young at heart will love.

### **PHYSIE IS FOR THOSE WHO LOVE THEIR SPORT – WITH FLAIR!**

What's so special about Physie is how it uniquely combines dance and sport, with both team and individual competitions available to those who desire to compete. There is nothing quite so rewarding as working together as a team and celebrating a common achievement.

That's why women do Physie for life. Because it's not only a sport or a great bunch of women meeting up every week, it's an activity that makes you feel and look good – inside and out.

### **FOR GIRLS LOOKING TO HAVE FUN AND GROW IN CONFIDENCE**

The training that girls receive in Physie crosses over into their school life, giving them focus and ability to achieve their goals. Physie's consistent emphasis on teamwork and self-motivation also sees students achieve greater academic results and better social skills.

Every year Physie helps shy, reserved girls to blossom with confidence and perform for an audience. Being part of a supportive, encouraging community does wonders for girls' self-esteem.

Physie is adored by girls of all ages, not only as a way to boost health and wellbeing but because it's a community of girls and women who know how to get the best out of life!

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## CLASS VENUES

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### FITZGIBBON COMMUNITY CENTRE

Halls 1 & 2

545 Rohan Road, Fitzgibbon QLD 4018

Saturday Classes



### GEEBUNG STATE SCHOOL

Activities Centre

250 Newman Road, Geebung QLD 4018

Monday & Wednesday Classes

