



2026 OPEN Day

Saturday 31st January
Blue Haven Public School
9.00 am

Collect Uniform - Games
Physie Displays - Fun Day

Registrations

Required Registrations are broken down as follows;

BJP Registration – \$109.00*

***Early Bird pricing (Saving of \$40.00)**

BJP Registration after March 15th 2026 - \$149.00

Covers BJC Zone and National Competitions entries, Insurance, permission to learn the BJC annual Copyrighted Syllabus, Music Downloads, Training video files, Access to the BJC Physie members portal.

**REGISTER
NOW!**

BJP Registration Link

Beachside Club Registration - \$99.00

Covers Insurances and Licenses
Beachside PCC training uniform

**ENROLL
NOW**

Beachside Rego Link

ACTIVE KIDS VOUCHERS

Beachside Physical Culture Club is a proud Active Kids provider. Active kids Vouchers can be used towards class membership fees only.

These can be emailed to us at info@beachsidephysie.com.au



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Beachside Memberships

All memberships include 2 syllabus classes per week

Junior

\$18 per week

Ladies and Seniors 13+

\$20 per week.



Membership fees are displayed as a weekly rate to show the value of our classes.

Beachside operates across a **37 week** annual program and these fees are divided into three instalments.

Invoiced in Term 1, Term 2 and Term 3

Paid in Advance

Our weekly pricing is inclusive of both syllabus classes offered each week. This means, the membership fee remains the same whether a member attends both classes, one class or is unable to attend in a particular week. By enrolling as a Beachside member, you are securing your place in the full program, and the membership rate applies for the entire year.

Elites Squad Membership

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Don't forget

You can also claim \$100.00 off your membership by using your Active Kids Vouchers with us!

Term Dates

Term 1	Monday 9 th February	Wednesday 1 st April
Term 2	Monday 20 th April	Wednesday 1 st July
Term 3	Monday 20 th July	Wednesday 23 rd September
Holiday Classes	Monday 28 th September	Wednesday 7 th October
Term 4	Monday 12 th October	Wednesday 18 th November*

*Term 4 end date may change depending on BJP Competition schedule.

*No Classes on Public Holidays

Classes will continue through

October School Holidays

and are **COMPULSORY** for Team preparations

Attendance

Attending every class is **highly recommended**.

All Memberships include 2 syllabus age group Classes.

- Attending two classes per week ensures all members cover syllabus learning,
- increase their fitness, as well as improving their skills more successfully.

To be eligible for team selection members must attend both syllabus classes

These classes will be dedicated to teaching new syllabus counts, team routines, patterns and other important skills. Any important weekly information will be given at these classes also.

Please arrive at your class 10-15 minutes prior to the class time to ensure you/your daughter has time to warm up and stretch.

Uniform Requirements

All students must be in **CORRECT UNIFORM** to participate in classes.

Upon registration all members will receive their uniform and this **MUST** be worn to every class.

- 2026 Beachside uniform training shirt
- 2026 Beachside uniform training shorts/leggings.

Hair is to be tied back neatly, off the face and secured with bobby pins.
Classes are danced in bare feet, with no shoes or socks permitted.

NO CHEWING GUM!

**Additional uniform items are available for purchase through the Beachside members portal.





2026

Timetable

Timetable commences Monday 9th February

	MONDAYS	TUESDAYS	WEDNESDAYS
Mini Mermaids		4.00 - 4.30 pm	
5-6 Years		4.30 - 5.15 pm	4.30 - 5.15 pm
7-8 Years		4.30 - 5.15pm	5.15 - 6.00 pm
9-10 Years		5.15 - 6.00 pm	6.00 - 6.45 pm
11-12 Years		6.00 - 6.45 pm	6.00 - 6.45 pm
Elite Squad Training Juniors	5.15 - 6.00 pm		
13-1st Year Seniors	6.00 - 6.45 pm	6.45 - 7.30 pm	
Elite Squad Training Seniors/Ladies	7.00 - 8.00 pm		
Open Seniors	8.00 - 9.30 pm		
Ladies 17+ (New to Physie) Beginner/Novice		7.30 - 8.30 pm	6.45 - 7.45 pm
Open Ladies		8.30 - 9.30 pm	7.45 - 8.45 pm

To be eligible for team selection members must attend both syllabus classes

PLEASE NOTE

Timetable changes may occur
due to member numbers
throughout the year

Please arrive at your class 10-15 minutes prior to your class time to
ensure there is time to warm up and stretch.

All students must be in **CORRECT UNIFORM** to participate in classes.

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Elites Squad Membership

Junior Memberships
\$27 per week

Ladies and Seniors 13+
Memberships
\$30 per week.



Divided into three instalments. Invoiced in Term 1, Term 2 & Term 3.
(Paid in advance)

Elite Squad Membership includes two syllabus classes per week plus an additional Elite Training Class.

Our ELITE squad is an optional membership designed specifically for members who want to take their Physie to the next level. This program focuses on the finer details that make a real difference on the competition floor.
Precision, strength, flexibility, confidence and performance quality.

Elite squad offers:

- Targeted corrections and personalised feedback
- Skill refinement beyond your regular syllabus classes
- Technique development tailored for competition success
- Strength and flexibility training to support safe, powerful movement.
- Specialised drills and polishing sessions

This class is perfect for girls who are wanting extra coaching to boost results, need more one-on-one attention, are keen to grow faster and feel more confident, are passionate about achieving their personal best and looking to maximise their potential in 2026.

- Joining the Elite squad is an opportunity to invest in progress, build competition confidence and experience noticeable improvement.
- If your daughter is driven, enthusiastic or simply loves Physie and wants to grow, this class will help her thrive at a whole new level.

*Elite squad classes are not compulsory for team selection.

Physie Timeline

Physie is a Year-round sport which demonstrates commitment and dedication not only from our students but also from their parents, families and our devoted associates.

Our start date for 2026 will be **Monday 9th February.**



Term 1

February to April

Our Teaching Team receives the written Syllabus and attend associate classes. Student classes commence on Monday 9th February and all members start learning all 5 routines. The syllabus is broken down into small sections and taught over the duration of Term 1

Term 2

April to July

All Girls and ladies work on perfecting their routines. Competition preparation begins towards the end of this term.

Term 3

July to October

Competition season officially commences. Starting in August with friendly practice competitions called Interclubs. Following major qualifying competitions in September through to October.

Term 4

October to December

National competitions begin. Individual and Team events. Club presentation days and end of year club celebrations. Classes conclude early to mid November.