



## FAQs

### What is Physie?

Physie (Physical Culture) is a fun and structured blend of dance, fitness, strength, flexibility and posture, performed to age-appropriate music. It supports physical development while building confidence and self-belief.

### Why Choose Physie?

- Builds confidence and self-esteem
- Improves posture, strength and coordination
- Encourages teamwork and friendships
- Supports fitness in a positive, inclusive way
- Focuses on progress, not perfection

### Who Is It For?

Physie is suitable for kids, teens and adults of all abilities.

- ✓ Beginners welcome
- ✓ No prior dance experience required
- ✓ Supportive and encouraging environment

### What Happens in a Class?

Each class includes:

- Warm-up and conditioning
- Technique and skill development

- Learning routines
- Stretching and cool-down

Classes are grouped by age to ensure movements and expectations are appropriate.

## Competitions & Performances

- Participation is encouraged, never pressured
- Beginners are supported
- Focus on confidence, teamwork and personal growth
- Age-appropriate standards

## What to Bring

- Comfortable training wear
- Hair neatly secured
- Water bottle
- Soft sole ballets (or barefoot)

## Commitment & Club Values

We promote a respectful, positive environment where students are encouraged to attend regularly, support one another and enjoy being part of a physie community.

## Fees & Enrolment

Fees cover weekly classes, insurance and affiliation.



Classes commence February 2026

## Ready to Join?

We'd love to welcome you to The Heights Physie family.



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



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Now enrolling for February 2026