



LOOKING FORWARD TO CLASSES RESUMING?



A Summer to remember

This year I was determined not to let the summer months just drift by and not really do anything... so I experienced as much as I could! From Standon Calling to farm life, I visited friends and family, spent a cheeky, spontaneous few days in Lyme Regis, Bristol, Cambridge, Marbella. Little Miss Trudy is the most well travelled guinea pig there ever was!

I am itching to get back to the Autumn term and have some routine and structure again! I can't wait to see you!

The Autumn Term

I am so ready to get back to work, I am seeing dance everywhere, even in my carrots!

There are a few changes to teachers and times so I will be sending out emails to ensure you know the details. The first week back in September is always a bit of a pickle but we get through it.

All fees should be paid by now. If you need new uniform, do get in touch so you can have it for week 1

[Log in or create an account](#) to see your classes, statements and more



Preloved uniform for sale

I have been gathering preloved uniform and shoes for a minimal price so if you do require any new bits, get in touch.

Preloved items

- Ballet socks 9- 12
- Navy cardigan 36"
- Sky Blue cardigan Size 26"
- Sky Blue cardigan Size 24"
- Ballet shoes 2,3,4
- Jazz shoes 1.5
- Jazz shoe 6
- Tap shoes size 1
- Tap shoes size 13.5
- Tap shoes size 13
- Tap shoes size 12
- Tap shoes size 11
- Tap shoes size 3

Inactive students offer

For Students who used to attend DancePro Academy, or you have an account but haven't enrolled in classes I have an exciting new offer running until the 30th September. Register online and receive 50% off your 3 trial classes

Use the code DPAX50 at the checkout page and your discount will magically happen

Offer ends on the 30th September!

DPAX50



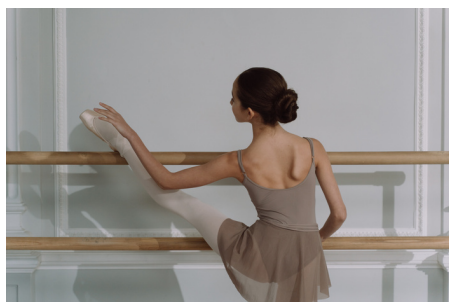


Parent Promotion

Do you have an event or party coming up?

Dreams and Themes can design the perfect bespoke party for you. Get in touch with Toni who can talk you through ideas and take away all the stress so you can enjoy the party as much as your guests!

Dreams and Themes are currently offering 10% off any party booking or personalised clothing if you quote 'DANCEPRO'



Pointe work

Students often ask me about pointe work so I thought I would write a little explanation as a pointe work strengthening classes has been added for the seniors. It would be nice to introduce one for the younger students to prepare them, but currently the scheduling doesn't allow it. For the students safety, they must understand this criteria before going on to pointe and it would be irresponsible of me to allow anyone to go on to pointe prematurely as it could cause prolonging injuries. It is strongly advised that pointe classes are attended before stepping on to pointe. Exercises will focus on the muscles needed to support the dancers' weight through their feet. All students would need a TheraBand to attend class.

I hope this helps drive determination for the students to work towards getting their pointe shoes!



Pointe work criteria

[For full article click here](#)

The student must be at least 12 years old.

Beginning pointe too early can permanently damage immature bones.

The student must have at least 3 years of consistent training in ballet.

Dancers must know how to sew and tie their ribbons correctly

The ribbons on a shoe are not decorative, they are to support ankles and prevent misalignment.

The student must be in good health and able to take a whole class.

The dancer will not be strong enough for the extra demands of pointe work if the attendance is poor.

Be able to maintain a strong, straight trunk while dancing without any tilt in the pelvis.

A straight trunk is held by both the back muscles but more importantly by the lower abdominals.

Be able to perform a correct demi-plie position for all transitions. Demi-plie should be performed with turnout from the hips while maintaining the kneecap in line with the 2nd toe, and without allowing the heels to pop up.

Be able to hold correct turnout while dancing from foot flat to demi-pointe.

Pointing feet: fully pointe the foot without being reminded and without "sickling"

Continued... ↗

Pointe work criteria cont...

Posé onto with straight leg. Student should have enough strength to push themselves onto half-pointe.

Be able to do 32 relevés in the centre without stopping or ankles wiggling. This exercise is more difficult to do en pointe because of the extra height, so strong relevés on demi-pointe is a good sign of strength.

Be able to hold a relevé passé balance on demi-pointe. The student should be well-placed and have the strength to balance on demi-pointe.

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Tip of the month

Enrol into Auto-pay to free your mind and your time

- Statements are cleared at the end of each month without you having to remember to do it
- You will be sent a reminder and statement
- Avoid late payment fees
- together, a payment plan that suits your financial needs
- Your account details are held in a secure system. DancePro Academy cannot access them