



DANCEPRO'S LATEST NEWS

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Apologies for missing June's newsletter, I am delivering July's edition early!

*Love
Miss Gill
xxx*

Watch week



Just a little reminder that watch week is approaching. On the week commencing the 8th July, parents are invited to watch the last 20 minute of their child's class. Pop it in your calendar!

Show 2025

Following the success of our last show, Campus West has now been booked for the 29th and 30th March 2025. Get your DBS/Chaperone licences ready for another weekend of madness!

Vote for DancePro

Please take the time to vote for DancePro Academy in the 'classes and groups for school age children' in the mums guide to Hertford Awards. It takes minutes to do and would mean so much to DancePro Academy and other parents looking for classes. Anyone with an email address can vote, so please encourage others to vote too! Voting closes Monday 28th June

[VOTE HERE](#)

Date

Class

Summer schedule

25th July	Jazz	£8 per student per class
1st August	Ballet	
8th August	Jazz	
15th August	Ballet	
22nd August	Jazz	
29th August	Ballet	
Times		
9:30am- Juniors		
10:30am- Inters		
11:30am- Seniors		

The Summer can be tricky as people are away a different times and when they're not, often working parents need childcare for the day not just a few hours. However, over the Summer this year, I will be offering weekly classes on Thursday mornings for students and friends to attend to keep things ticking over.

Hour long classes will be divided into 3 stages; juniors, inters, seniors. Juniors will do 30 minutes of ballet and 30 minutes of jazz. Inters and Seniors will alternate ballet and jazz each week. I am hoping this means we can really get our teeth stuck into something!

Each class requires a minimum attendance of seven participants to proceed. We encourage you to book early to secure your spot and allow for any necessary plan adjustments. This helps us confirm classes in advance and ensures everyone has ample time to rearrange plans if needed.

If the demand is there, we are more than happy to add more classes or repeat this format during other holidays. Your support of DancePro Academy's summer classes not only helps maintain your dance routine but also contributes to our vibrant dance community.

Stay connected with your dancer friends, make new friends, and keep your skills sharp this summer. To book online or for more information, please contact gill@danceproacademy.com.

Don't forget it's DancePro Academy's Party on Saturday!

Bring your own food and drinks (so I am not like Peggy Mitchell all night) and join me in celebrating TEN years of DancePro Academy!



Saturday 29th June
6pm - 10pm
Riverside Hall
The Centre,
Priory St,
Ware
SG12 0DE



Coming soon- Daytime classes

Joining a dance class provides physical fitness benefits (strength, flexibility), mental well-being improvements (stress reduction, increased happiness), cognitive skills enhancement, social opportunities, confidence building, and self-expression. Classes cater to all levels, offering a holistic approach to fitness, well-being, and artistic fulfillment.

Adult Tap

The class would typically comprise of structured exercises designed to teach the fundamentals and techniques of tap dancing. Starting with a warm-up to prepare the body, followed by shuffles, flaps, and cramp rolls to music.



Adult Ballet



Adult ballet includes exercises called 'enchaînments', designed to teach the principles of classical ballet. The class usually begins with barre work, followed by centre exercises to develop strength, flexibility, and technique. Centre work includes port de bras/adage pirouettes and allegro. The focus is often on posture, alignment, and the graceful execution of movements.

Baby Ballet

This introductory ballet class fosters imagination and creativity, helping young dancers connect with music and movement. Baby ballet promotes physical development by encouraging control over limbs and extremities. It also supports cognitive and social growth by building independence, confidence, and interaction with others.



Baby Tap



This class will enhance motor skills through fun and rhythmic footwork, improving coordination and balance. The structured yet playful environment boosts cognitive development, helping children learn to follow instructions and develop a sense of timing and musicality. A delightful way for preschoolers to grow physically, mentally, and socially.

The schedule can be found on the website:
<https://danceproacademy.com/classes/timetable>

Advanced notice of price increase

Every two years, DancePro Academy raises its fees by around 5%. The fees and uniform costs will go up during the Spring term of 2025 (from January to April). You will see these changes reflected on your invoice in October.



Review us

<https://g.page/r/CXw5dPF5TojNEAI/review>

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Short Story...

Lena had always admired dancers, their fluid movements and grace captivating her. At 45, she decided to chase her dream and enrolled in adult tap dance classes. The first few weeks were tough; her feet seemed to have minds of their own, and she often tripped over simple steps. Frustration loomed, but Lena was determined.

Her instructor, Miss Clara, was a beacon of patience and encouragement. "Remember, Lena, every dancer started where you are now," she often said. "It's not about how quickly you learn but about not giving up."

Lena practiced diligently, tapping her feet to rhythms while cooking, cleaning, and during her morning walks. She attended every class, staying late to perfect her moves. Gradually, the steps became familiar, her movements more fluid, and her sense of rhythm more natural.

Months turned into a year, and Lena's hard work began to shine through. She transformed from a struggling beginner to a confident dancer with grace and precision. When Miss Clara announced a recital, Lena felt a mix of excitement and nerves. Performing in front of an audience was intimidating, but it was the perfect chance to showcase her progress.

On recital night, Lena's heart pounded as she stepped onto the stage. The spotlight was blinding, but she took a deep breath and focused on the rhythm. As the music played, her feet moved instinctively. She no longer thought about each step; she was simply dancing. The audience erupted in applause as she finished, tears of joy streaming down her face.

In that moment, Lena understood the true reward of her perseverance. It wasn't just about learning to dance; it was about discovering her own strength and resilience. Through sheer determination, she turned a long-time dream into reality, proving it was never too late to start something new and succeed.