



DANCEPRO'S LATEST NEWS



- Another fantastic term
- Charity week
- Fees and important reminders
- Show 2025
- Street dance
- Top tip for stretching
- Uniform orders
- Take care as it becomes colder



Love
Miss Gill
xxx

Dear Grown ups,

What a fantastic start to the new term it has been! Our students have settled beautifully into their classes, and it's been heartwarming to see how inclusive and welcoming they've been to new faces. The new teachers are thoroughly enjoying getting to know your children and already feel very much part of our community.

We were also thrilled to have guest teacher Ellie Willson work with our teens recently. Ellie's expertise was such a hit that we're hoping to welcome her back soon—though she's off to perform in *Singing in the Rain*, so we'll have to wait for her schedule to free up!

On a personal note, I wanted to share some exciting news with you. I've recently transitioned from Performers College and am now working with Mountview College on their Cert HE course at Beam, as well as MPAA College in Bushey. Starting at new colleges is always a challenge, but it's such a privilege to work with students at all stages of their development—from those as young as 2.5 years old right through to those training for the industry. It certainly keeps me on my toes!

Thank you for your continued support, and here's to another great term ahead.

Charity Week

During the week commencing 28th October, we're thrilled to be hosting a special fundraising event at DancePro Academy in support of *Make-A-Wish® UK*! Students are invited to "Bring a Buddy" to their class, and for a donation to the foundation, everyone can join in the fun. To add to the excitement, we'll all be dressing up in fancy dress, and every class will have a party atmosphere as students choreograph their own spooky dances! It's all for a wonderful cause. Make-A-Wish® UK grants life-changing wishes to critically ill children across the UK, and with the rising number of wish enquiries, they need our help more than ever. Your generous donations will help make dreams come true and give families precious moments together. You can donate here: [Just Giving](#). Let's come together to make a difference!



Fees and important reminders

As previously mentioned, there will be a fee increase for the Spring term. I am currently waiting for confirmation on the updated hall fees, and once I have that information, I will be able to finalise and advertise the new prices. Thank you for your patience and understanding!

There is a charge for the upcoming show: a £25 production fee, plus £15 per dance your child will be performing in. Invoices will be sent out during half-term week. If your child will not be participating in the show, please inform me in advance to avoid being charged.

A gentle reminder: upon joining DancePro Academy, you agreed to our Terms & Conditions, which include the requirement of half a term's notice if you decide to withdraw from classes. If notice is not given, fees will be charged in lieu. I do adhere to this policy to ensure the continued success of DancePro Academy, so please ensure that notice is provided should your child no longer wish to attend.

Thank you for your understanding and continued support.

Show 2025

29th & 30th March
Campus West

Breakdown

The £25 production fee includes:

- Download of the show video
- School photograph
- Technical staff hire
- Additional props and set

The £15 per dance fee helps cover costumes, though you may be asked to provide simple items. Dancers must supply their own tights and shoes.

Volunteers Needed

I'm always short on volunteers, so please apply for your Enhanced DBS (within the last 3 years or on the update service) or chaperone license now if you'd like to help.

Street Dance classes



Calling All Young Dancers!

We're looking to bring the energy back to our Junior Street Dance Class for children aged 4 to 7, and we need your help!

Currently, we have two eager young dancers ready to go, but the class needs more students to create that fun, vibrant atmosphere.

If you know of any little ones who love to move, groove, and express themselves through dance, this is the perfect opportunity for them to unlock their inner dancer! Street dance is not only a great way to build confidence and coordination, but it's also a lot of fun. With a few more students, we can get this class bursting with energy again!

Get in touch today to learn more and help us bring the Junior Street Dance class back to life!



Uniform orders

Get your Uniform gear today!

Ensure your child is ready for class by having the correct uniform! We encourage all parents to check our Facebook page for preloved items or email me directly, and I can bring uniform options to class for your convenience. You can also place orders easily through our website.

Our hoodies are particularly popular during the winter months, providing warmth and comfort for those chilly journeys to and from classes and for warm-ups.

Additionally, if you're looking for dance-related items as gifts or stocking fillers, I can help! From bags and pencils to keyrings and jewellery, we can source a variety of fun items. Don't hesitate to reach out with any requests! Let's keep our dancers looking great and feeling comfortable this season!

Top tip for stretching

Want to get into the splits? Stretch everyday!!

Always warm up before stretching! Dynamic movements like leg swings, gentle jumps, or brisk walking get your blood flowing and muscles warm. Stretching cold muscles can lead to injury, so make sure your body is prepared for deeper stretches by increasing your heart rate and warming up first. This will not only improve flexibility but also help prevent strains and pulls.



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Taking Care of Yourself as the Weather Turns Autumnal

As the weather shifts to cooler, crisper days, it's important for dancers to take extra care of themselves both in and out of the studio. The drop in temperature can make muscles tighter, increasing the risk of injury, so warming up thoroughly is essential. Spend extra time on dynamic stretches and gentle movements to ensure your body is ready to move.

Layering up is key--wearing warm clothing to and from class helps keep muscles warm and prevents them from stiffening. A snug hoodie, leg warmers, or a jacket can make all the difference.

Staying hydrated is just as important in autumn as it is in summer. With cooler temperatures, we often forget to drink enough water, but hydration is vital for keeping muscles functioning properly. Make sure you drink plenty of water throughout the day and during your dance classes.

Don't forget about your skin either. Colder air can be drying, so keep a good moisturizer on hand to protect your skin, especially around your feet and joints.

Finally, listen to your body. If you feel a little more tired than usual, make sure to get plenty of rest and stay mindful of any aches or discomfort as the weather changes.