

DANCEPRO'S LATEST NEWS

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What a whirlwind this term has been! From the studio to the stage, it feels as though we've barely paused for breath. This month, I've been busy choreographing and marking ballet assessments at MPAA University, as well as being invited back to Performers to cover classes, always such a pleasure. I've also been deep in study mode, working through case studies whenever I can find a quiet moment.

Outside the studio, I've been squeezing in precious catch-ups with friends before the Christmas madness fully takes over. Meanwhile, our wonderful students have been shining through ballet exams, performances like Dance Mania, and a series of exciting competitions. Their hard work and enthusiasm are a constant reminder of why this season, however hectic, is so rewarding.

Competition Success

This term has been overflowing with incredible performances and well-deserved successes! Jessie took part in her very first festival of dance and wowed the judges, earning an amazing 2nd place with her ballet solo. At another festival, Erica danced beautifully and secured 3rd place, while Azaria shone brightly and took 1st place—what fantastic results!

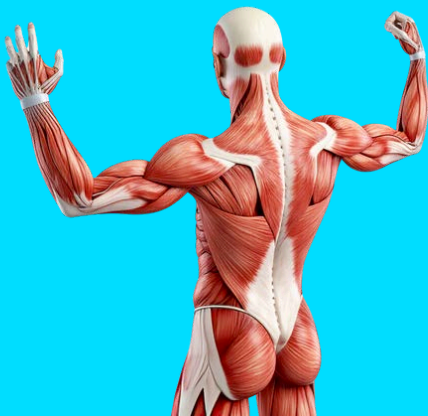
This weekend, our Crew performed their brand-new routine in the under-14s section and absolutely nailed it, earning a brilliant 4th place. Our duos were equally impressive: the twins danced their way to 1st place, and Ruby and Will followed closely behind with a fantastic 2nd. In the lyrical solos, Amelie achieved a stunning 1st place, with Isabelle right behind her in 2nd. And in the lyrical duos, our twirling twins claimed the top spot in their section—an extraordinary achievement.

What a term of talent, hard work, and well-earned celebration! Let's carry this momentum into the next chapter.



It's been such an exciting term, filled with wonderful experiences and so much growth. What has made me especially proud is the way everyone has supported one another, cheering each other on, celebrating every success, and showing true team spirit. Well done to all of you.

With so much enthusiasm and talent in the school, I'll be inviting a few more students to begin competing, and I'm also looking at scheduling dedicated time for a competition team to take part in future dance festivals. There is so much potential ahead, and I can't wait to see where it leads us!



Kinesiology

Alongside all the excitement in the studio, I've also been expanding my knowledge through studying Kinesiology, something that is already proving incredibly valuable for our dance training. After experiencing such a dramatic and positive shift from treatments myself, I was inspired to learn more about the science behind it. The course has been eye-opening. I've learned the neuro-lymphatic, neuro-vascular and meridian connections for over 15 muscles, as well as how to identify whether symptoms are emotional, electrical, nutritional, or structural. Understanding the body in this deeper way is helping me recognise how muscles function, where weaknesses or imbalances might come from, and how to support dancers more effectively in their technique and wellbeing. Every session brings new insights, and I'm truly grateful to Amanda at Ocean Wellness for both fixing me and inspiring this journey.

December 2025



Ballet exam results

We had an exceptional set of ISTD Ballet exam results this term! Out of 27 pupils who took their exam, we achieved an outstanding 20% Distinctions, 71% Merits, and 9% Passes. What an incredible accomplishment, especially in such a demanding discipline where attention to detail, discipline, and stamina are all tested.

These results are a true reflection of the dedication, focus, and determination your children bring to every week. It has been wonderful to watch their confidence grow, their technique develop, and their musicality shine through in every movement. I am immensely proud of all of our students, not just for the grades they achieved, but for the hard work, commitment, and joy they brought to their learning. Every plié represented countless hours of practice and passion, and these results are a testament to their incredible effort. Congratulations to all of our dancers on this fantastic achievement!

DancePro Academy Annual show

We are delighted to announce that our Annual DancePro Academy Show will take place on 26th April 2026 at Campus West, Welwyn Garden City. This is always one of the most exciting events of our year, and we cannot wait to begin rehearsing with the students.

Key Dates (all compulsory for performers):

Rehearsals:

- 18th April 2026 – 1:30pm–6:00pm at Christchurch School
- Technical Rehearsal:
- 25th April 2026 – Morning only at Campus West, Welwyn Garden City
- Show Day:
- 26th April 2026 – Students required all day at Campus West, Welwyn Garden City

To take part in the show, students must be available for all dates above. These rehearsals are essential to ensure the show runs smoothly and safely. If a dancer is unable to attend any of the rehearsals or the show day, unfortunately they will not be able to participate.

Opening Number - Audition Opportunity

To create more performance opportunity, I will be holding an audition for the Opening number of the show. If your child would like to take part in an additional dance, please see below for details:

Audition information:

1:30pm on the 3rd January 2026 at Christchurch School, Bowling Road Ware

The opening number is open to all ages, and successful applicants will need to be available for rehearsals on Thursdays at 4pm. In order for this to work there will need to be a minimum number of students to participate.

- Fee: £75 per dancer
- (This covers the cost of the extra classes and the show entry fee.)

If your child would like to audition, please let me know before 1st January so I can prepare the audition list.

Show fees

Just a quick reminder of the show fees and payment dates. These costs help cover the production expenses and a multitude of hidden costs... and the digital show recording. Please make sure to read the details carefully so everything is in place ahead of our big performance.

- £40 per child
- + £15 per dance
- Includes a digital download of the show

Tickets: £20 each (available from the theatre closer to the date)

Payment Deadline: 14th February 2026

If your child will not be taking part, please inform me by 13th December 2025 so I can remove fees from your account. After this date, the £40 show fee will still apply due to venue and production costs already being committed.

Watch Week

To wrap up our Autumn term, you are warmly invited to watch the last 15 minutes of your child's class week commencing the 8th December. This isn't a performance, just a chance to see the fun, learning, and creativity that happens in class each week. We hope you enjoy this little glimpse into their world of dance and, of course, get into the Christmas spirit while you're here!

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Love
Miss Grill
xxx