



DANCEPRO'S LATEST NEWS

- Show information
- I passed my exam!
- Southern Maltings

Happy New Year! I hope you all had a wonderful Christmas and managed to enjoy the whirlwind of celebrations that comes with it. Term time can be so busy, and I hope you found special moments to slow down, reconnect with loved ones, and create memories that will carry you into the new year.

As we step into 2026, there's something exciting about new beginnings. A fresh year brings fresh energy, new intentions, and plenty of opportunities to reset, refocus, and move forward with optimism. I'm wishing you a year filled with positivity, balance, and joy—and I hope it's a year where you can achieve your goals and savour the moments that matter most.

Show time

This term the team will be focusing on creating our Spring Show 2026, which will take place on Sunday 26th April 2026 Campus West, Welwyn Garden City. This is always one of the most exciting events of our year and a wonderful opportunity for the children to perform for family and friends. We can't wait to begin rehearsing and bringing the show to life with the students.

Fees

Show fees should now have been charged to your account. Payment must be made in full by 14th February, as there are a number of overheads involved in putting the show together.

- £40 per child to participate
 - £15 per dance
 - Opening number: £75 all-inclusive
- Tickets for the show will be available very soon, and further details will be shared shortly.



Opening number Audition

Saturday 3rd January 2026

1:30pm Christchurch School, Bowling Road, Ware

- Open to all ages
- Successful dancers will take part in an extra dance
- Rehearsals will be Thursdays at 4:00pm
- A minimum number of students will be required for this to go ahead

Fee: £75 per dancer

(This covers the cost of the additional classes and the show entry fee.)

If your child would like to audition, please let me know by 1st January 2026 so I can prepare the audition list.

Parent Volunteers needed

I am always very grateful for parent volunteers who help look after the children backstage. As many of our previous helpers have now moved on, I am really in need of new volunteers.

It is most helpful if volunteers can obtain a DBS certificate. Without a DBS, volunteers must work in pairs, meaning we need more helpers overall.

If you are able to help please let me know. Your support makes a huge difference and helps the show run safely and smoothly. Thank you, as always, for your continued support.

Dates

(All Compulsory for Performers)

Saturday 18th April 2026 (1:30pm–6pm),
Christchurch School
Saturday 25th April 2026 (Morning only),
Campus West
Sunday 26th April 2026 (all day) Campus West

Name the show

We have shortlisted three possible titles for this year's show and would love your help choosing the final name. Please keep an eye out for the vote and cast your choice:

Memories in Motion
Time to shine
Elevate

Once we have a name, students can start designing the poster that is used to inspire our programme. Let me know your thoughts!

Advertising Opportunity

Advertise in our show programme!

With limited space available, adverts will be allocated on a first come, first booked basis.

A5 full-colour advertising rates:

- Inside cover: £20
- Full page: £15
- Half page: £10 (subject to sufficient interest)

Our show reaches over 200 parents, grandparents, and family members, making it a great opportunity for local businesses to advertise.

If you know anyone who may be interested, please ask them to get in touch by the end of January. Thank you for supporting our show and helping make it extra special for the children.

January 2026



I passed!

I'm thrilled to share that I have recently passed my Kinesiology course; a qualification that has given me not just knowledge, but also a profound personal experience.

A few years ago, I had a severe case of Covid which left me with long Covid. I could taste and feel it in my body. Some days I couldn't get out of bed, and on others I could only manage the bare minimum. I tried everything I could think of such as joining a long Covid support group at the gym, seeing a nutritionist, massages, speaking with doctors and specialists but nothing truly helped. Sleep was literally the only relief.

A friend suggested I see a kinesiologist. At this point, I was willing to try anything. After taking a brief history, the kinesiologist gently pressed, massaged, and "wafted" points on my body which all seemed a little bonkers to me at the time!

The next morning, I woke to find the fog had lifted. I could no longer feel the virus in my body. I couldn't believe it and I still can't! After just one session!!!

Since then, I've followed the recommended supplements, my digestive system has healed, many other symptoms have faded or disappeared, and I haven't been ill since. Of course, there are the occasional minor headaches or feeling a bit off, but my health has never been better.

Through my studies, I've learned about the Neuro Lymphatic and Neuro Vascular systems and how the network of nerves and blood vessels running through our cerebral fluid can impact our whole body. Fascinatingly, Kinesiology isn't just about illness, it can also support coordination, reading, writing, listening, and concentration.

I can't recommend it highly enough. Kinesiology is a gentle, insightful treatment that can benefit people of all ages, and it has genuinely changed my life.

Southern Maltings Updates

I finally received a response from Southern Maltings which I am forwarding on you to ensure the information delivered is correct:

SM Art Café will be soon be open to the public from 9am - 5pm. As with any commercial café operation, this space is not a general seating area, and as such we would only expect tables to be occupied by persons purchasing food and drinks from the café. When the café is closed, the kitchen side of the space will be locked (to ensure that we can maintain food hygiene standards) and access to the building will be via the former lower studio as it is currently. There will be seating in this area, which can be used by anyone waiting for a class or waiting to collect from a class. We would, however, appreciate you asking your customers not to move any furniture, and to take away any of their rubbish to ensure that the space is clean and tidy to reopen the following morning. We already have dirty footprints on our new chairs for the reading corner and are constantly having to round up the cushions. In fairness, this may be nothing to do with your customers, but it is very disappointing to us when we are trying to improve the facilities on offer for all our customers and building users.

As we start to run other events, we envisage that this space will become busy, so must ask that personal belongings are not left in this area but taken up to the studio with the students.

During the first week of January (6th-8th), we will be replacing the flooring in both the ladies and gents toilets, so the only toilet available to use will be the accessible one. We did try to get this work done before Christmas, but the contractor was fully booked, so we had little choice. This will be another step in improving our facilities.

Please let me know if you have any feedback or concerns and I will pass them on.

Classes resume on 3rd January! We can't wait to welcome both new and returning students back to class. Wishing you all a Happy New Year. Here's to a joyful, energising start to 2026 together!

Review us

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

Like us

<https://www.facebook.com/DanceproAcademy>

Follow us

[https://instagram.com/danceproacademy?
igshid=YmMyMTA2M2Y=](https://instagram.com/danceproacademy?igshid=YmMyMTA2M2Y=)



*Love
Miss Gill
xxx*