

August 2026

DANCEPRO'S LATEST NEWS

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August update

Well, It's August, so we're officially in the middle of the summer holidays. I hope you're all making the most of this glorious weather! Whether you're jetting off abroad, exploring somewhere new or enjoying slower days at home, I hope you're creating lots of special memories.

A few highlights so far: hiking at Symonds Yat, visiting my cousin Helen (you may have met her at the show) I also spent a lovely day on Mersea Island with old school friends, laughing and reminiscing about how I used to choreograph dances on them in their garden... and I'm still doing it now- just with different kids. Some things never change!!



Little Miss Trudy's having a wonderful social life too! She had a lovely reunion with her cousin, Dex, a gorgeous red setter-doodle who was incredibly gentle and protective of her – it was enough to melt anyone's heart. She also enjoyed a playdate with her best friend, Chloe, a tiny Chihuahua. I did, however, keep her well away from bonkers Bonnie! As adorable as Bonnie is, she's just a little too enthusiastic to be trusted around my precious little Trudy Garland!

I'd love to hear what you've all been up to this summer. However you're spending the holidays, I hope they're full of fun and happy memories. Before we know it, September will be here and we'll be back dancing!

New Classes this Autumn

We're excited to be introducing some fantastic new classes this September, and we'd love to welcome both new and existing students!

Thursday

- 4:00pm – Ballet (Ages 4+)
- 4:30pm – Mini Modern & Tap (Ages 4+)

Tuesday

- 4:00pm – Mini Street Dance (Ages 4+)

Saturday

- Acro – Due to demand, we're launching two classes:
 - 12:45pm – Junior Acro
 - 1:30pm – Inters Acro

Whether your child is graceful or Gruffalo, there's something for you! If you have any questions or would like to reserve a space before the September rush, get in touch!

Term Dates

Autumn Term 2026

5 September – 10 December 2026

Half Term: Week commencing 24 October 2026

Spring Term 2027

4 January – 27 March 2027

Half Term: Week commencing 15 February 2027

Summer Term 2027

12 April – 17 July 2027

Half Term: Week commencing 25 May 2027



Staying hydrated!

Refer a friend

Invite a friend to DancePro Academy!

If your friend enrolls after their 3 trials, you'll receive a choice of:

- 👠 A pair of satin ballet shoes
- 👕 A DancePro Academy T-shirt
- 🛍️ A DPA tote bag
- 🎟️ A FREE Class Pass to try a different DancePro class suitable for your age*

Refer two friends who both enrol, and you'll receive ALL of your chosen rewards!

*The Free Class Pass is valid for one class in a different genre from those you're currently enrolled in.

Getting to Know Your Principal:

The One on the Cruise Ship

Gill's adventures before DancePro Academy!

With summer holidays in full swing, I thought I'd share a little story from my dancing days before DancePro Academy was even a dream!

When I was just 20 years old, one of my first professional dance jobs was working onboard a Royal Caribbean cruise ship, the Monarch of the Seas, travelling around the Caribbean. It was honestly the adventure of a lifetime!

Before we joined the ship, we spent a month rehearsing on South beach, Miami. Sounds very glamorous, but the reality was long, intense rehearsals, jet lag and working hard to make sure we were ready for opening night. I only experienced the famous Miami nightlife once as I was technically underage... but when we finally had a night off, it was absolutely epic!

The ship felt enormous! We only performed two shows every Tuesday and Thursday, plus a Can-Can farewell performance for guests on Saturdays so a lot of our time was spent in the bars and disco! Because we couldn't leave the ship on Saturdays until the guests had disembarked, I even found myself a Saturday job onboard!

The memories I made were incredible. I learnt to scuba dive in St Thomas, where I saw a nurse shark, sea turtles and even swam through a shipwreck. I celebrated my 21st birthday by hiring a catamaran with friends and island hopping for the day; one of those moments I'll never forget.

Of course, performing live always comes with funny moments too! During one show I had a very quick costume change and rushed back on stage... only to realise I'd forgotten to change my headdress! I looked completely ridiculous and had to make a very quick exit!

Every Wednesday we visited Barbados, and we would hire bikes to explore the island. Looking back, I feel incredibly lucky to have had that experience so early in my career.

That chapter of my life taught me so much about performing, teamwork, confidence and resilience which are all qualities that I still bring into my teaching every single day at DancePro Academy.

Maybe I'll share some more cruise ship adventures another month... there are plenty more stories to tell!



Rehearsals



I left this hat on... with this costume!



*With Love,
Miss Gill
xxx*

Acro

Acro is one of the fastest-growing dance styles, and we're so excited to be introducing it to DancePro Academy this September!

When people think of acro, they often picture walkovers, aerials and impressive tricks. Whilst those skills are certainly exciting, they're only one part of the journey.

Every great acro skill is built on strong foundations. Before students can safely perform tricks, they need to develop strength, flexibility, balance, coordination and body control. That's why our classes include conditioning exercises, stretching, drills and technique training alongside learning new skills.

Think of it like building a house, you wouldn't start with the roof! By taking time to build the foundations first, students develop the confidence, control and technique needed to progress safely and successfully.

Every child progresses at their own pace, and that's absolutely okay. Some may find flexibility comes naturally, while others develop strength more quickly. Our aim is to help every student improve from where they are, celebrating each milestone along the way.

Most importantly, acro isn't about being able to do the splits on day one. It's about enjoying the journey, working hard, and discovering what your body can achieve through consistent practice, encouragement and perseverance.

We can't wait to welcome our first acro students this September and watch their confidence and skills grow!



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