

2025/26

WENDY SANDERCOCK Academy of Dance

Dance School of the Year

SILVER AWARD WINNER 2021-22

GOLD AWARD WINNER 2019-20

SILVER AWARD WINNER 2018-19



Excellence in Dance

ROYAL ACADEMY OF
DANCE

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About Us



Wendy Sandercock
RAD RTS

Principal

For generations, human civilizations have been dancing. Whether for cultural reasons or pure enjoyment, there's a wonderful feeling that one gets from the art of movement. Just ask the dedicated dancers who come to practice every single day.

When you decide to join us at The Wendy Sandercock Academy of Dance, you too will be able to take advantage of our professional staff at your choice of location. Whether you're a beginner or an experienced dancer looking to improve your technique, we guarantee you'll find it here.

The Wendy Sandercock Academy of Dance is a well-established and extremely successful school, run by Principal Wendy Sandercock, a fully qualified and registered teacher of The Royal Academy, with classes held in Torquay, Newton-Abbot and Teignmouth. We ensure our classes are always of manageable sizes in order to provide individual attention to each pupil at every stage of their development. We believe in quality and not quantity thus retaining our very high standards. Pupils follow the syllabus of The Royal Academy of Dance and examinations are held twice a year for those wishing to take grades and Vocational examinations, in Ballet, Modern and Tap.

The results always reflect the very high standards of the school, and pupils always attain 100% pass rate. The children always enjoy taking part in local and national competitions, again winning lots of cups and medals, with several pupils taking part in "All England Finals" over the years. The school stages its own show yearly, which is great fun!

Some of our pupils take a step further and take part in professional shows and dance alongside the "stars" in Pantomimes, Ballet companies and Summer Shows. Many have taken part within productions of the English Youth Ballet Company (See Gallery & Facebook). Pupils over the years have been readily accepted by vocational schools, such as, The Royal Ballet School, Elmhurst Ballet School in association with Birmingham Royal Ballet, Ballet Rambert, Northern Ballet School, Tring Park School for the Performing Arts and more. A lot of former pupils are dancing in Ballet companies in this country and abroad or involved in television and west end productions as well as characters and performers in Disneyland (Paris) as well as the Disney Cruise Line. We as a school have a number of junior and mid associates of The Royal Ballet School, where children are selected by audition for a place



Alicia Rose Sandercock

Alicia was trained by the Royal Ballet School and attended Tring Park School for the performing arts. Upon graduating, Alicia landed character and parade performer roles at DisneyLand Paris. Alicia has performed at the Royal Albert Hall in "Phantom of the Opera" and has danced with the English Youth Ballet Company where she was a scholarship winner for all her performances.

Alicia held the title South West Ballet and Modern Champion for 6 years before she represented the South West of England in the IDTA Ballet Championships at the Blackpool Winter Gardens. Alicia was also a medal winner on several occasions at the All England Dance finals in London. Alicia has also modelled for the limited-edition catalogue and yearly edition catalogue for International Dance Supplies. In between auditions and contracts, Alicia is a student teacher at the school. Alicia has also setup "Divine International" talent agency which places professionals and students alike for theatre performances / television / films and other advertising and creative requirements. Divine International is now a member of the "Spotlight" platform for agencies providing these services.



Maryam Pourian (Guest Teacher)

Maryam trained in Classical Ballet, Contemporary Dance and related Dance subjects at the Central School of Ballet, London. She obtained her Advance Ballet at the Royal Academy of Dance and is a full member of the International Dance Teachers Association.

She has studied, Classical Ballet, Vaganova, Balanchine, Point Work, Pas de Deux work, Classical Repertoire along with various contemporary techniques including Graham, Cunningham and Release. In Jazz she has studied Mattox, Street, Commercial, Hip Hop, Tap, Tango, Greek, National, Salsa, Bollywood, African and Physical Theatre.

Maryam has performed at a national level with "Adventures in Motion Pictures"; Matthew Bourne performing in the "Nutcracker" (London Season and UK tour, with B2B Theatre, with Attik Dance Theatre in "Blurbeard" (Director Steven Langridge, Choreographer – Will Tuckett in Austria, with "Ac-AU-Tac Dance Theatre, as well as performing in the Resolutions Dance Festival (London), Bea Theatre, and as a soloist dancer / actor in the Bregenz Opera Festival and with the English National Opera at the London Coliseum and also In London in the "Phantom of the Opera".

Wsa believe that Maryam will be an invaluable member of the team and look forward to working with her in the very near future.

The Royal Academy of Dance

By choosing a RAD Registered Teacher you are choosing quality, safety and professionalism

Qualified Dance Teachers

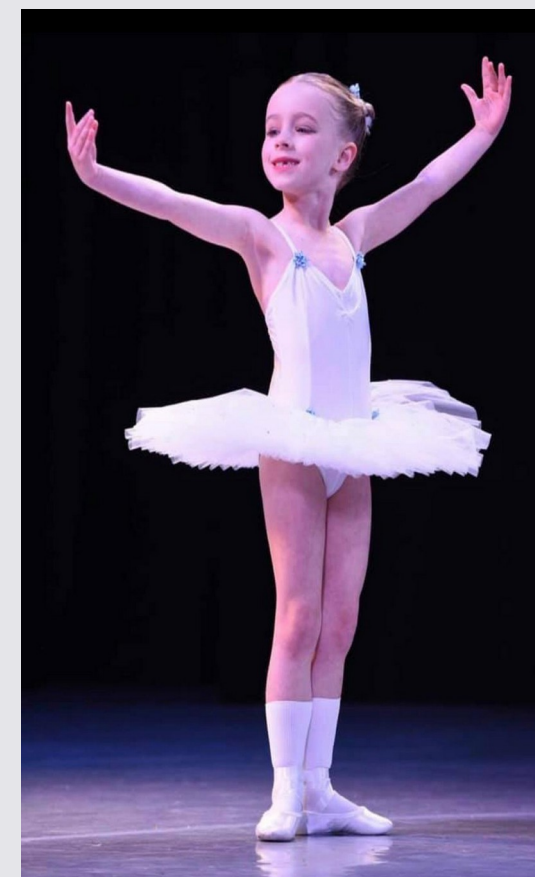
All RAD Registered teachers hold a recognised dance teaching qualification and are required to keep their skills up to date through our Continuing Professional Development scheme. This means that you can be confident in their dance knowledge and teaching ability, including what is developmentally appropriate at every stage of a child's learning

Your Child in Safe Hands

The RAD recommends that all our teaching members have an Enhanced Disclosure from the Disclosure and Barring Service (DBS), Disclosure Scotland or similar international organisations. Every teacher on our register is expected to adhere to our Code of Professional Practice which outlines an ethos of integrity, competence and professionalism

A World Class Dance Teacher, Teaching Locally

Finding a good teacher, one that is right for you, can take some time, but it is worth the effort. In the end, whether you are looking for yourself or for your child, you will benefit from selecting a teacher who is a qualified, safe and reliable. The Royal Academy of Dance Registered Teacher mark assures you of just that.



Our Classes

Our Specialty is Classical Ballet although we have several classes offering different disciplines.

Melody & Milligan Bear

Pre-Primary (Baby Ballet)
Our speciality



Dance & Movement with Melody Bear

The Melody Movement Early learning class is unique. The full programme addresses the needs of children aged 18 months and upwards and is tailored to discovering and fulfilling the potential of each child and nurturing their creative development. However, we currently only run classes in Pre-Primary for children aged 3 years and above.

Loveable Melody Bear is the focal point of the early year's curriculum, and all her activities, stories, ideas and dreams can be told through dance and movement. Classes are specifically structured to enhance and develop the learning experience of each child, thus ensuring a successful transition from one stage to the next. The Melody Bear (Pre-Primary Ballet) provides a grounding for progression to RAD Primary Ballet and Royal Academy Grades.



Themed Classes and Awards Days

We encourage class participation and development and progression with the use of themed classes and “sticker” collection.

We find that children becoming more actively involved when there are “stickers” to collect showing off their skills and progression.

Themed classes are a real hit with our baby classes. We run different themed classes and dance as Unicorns, fairy’s butterflies etc. Acting out lots of enchanted magical tales and stretching your child’s imagination through the art of dance.



Classical Ballet

Classical Ballet has never been more popular. We run classes to suit all levels and follow the syllabus of the Royal Academy of Dance. We run classes in -

Pre – Primary (Baby Ballet)

Primary Ballet

Grades 1 to 8

Major Work

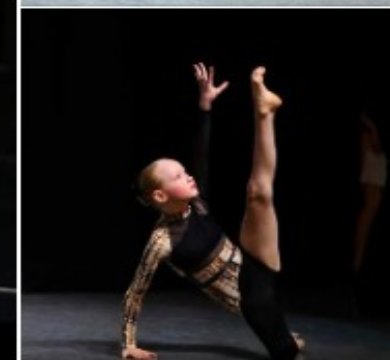
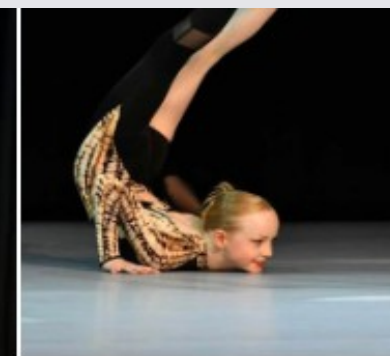
These classes are immensely popular, and we generally fill up very quickly so please book early to avoid disappointment.



Acro Dance Classes

Choosing which style of dance would be best for your little one can be a daunting task. There are many dance classes in Torquay and surrounding areas that teach various genres, so how do you know which one is right for your child? Acro dance classes offer a wide array of benefits, including increasing strength, flexibility, and coordination in students. So, what is Acro dance? It's a style of dance that combines classical techniques with acrobatic elements. While all dance is physical, this form is particularly athletic and has unique choreography due to its use of acrobatics in a dance environment.

We run Acro dance at our Kingsteignton centre on Saturday mornings for ages 7 and above and also run Senior Acro for older students at our King Street Studio centre on Tuesdays.



Modern

Modern dance is a dance form that developed in the early twentieth century, partly in reaction to the traditional, more highly technical forms of dance such as ballet. Modern dance in America was pioneered by Ruth St. Denis and Martha Graham during the 1920's,30's & 40's and rose to prominence in the 1950, 1960s, and 1970s with outstanding choreographers such as Alvin Ailey and Bob Fosse.

The early modern dance pioneers of the 1920s through the 1940s broke boundaries by not only creating new ways of movement and examining new themes, but by changing the way people thought about dance. But with the onset of growing developments in fields of psychology and sociology in the 1960s, and with exploding trends in both music and art evolving, dance followed suit. Widespread attitudes of rebellion and change influenced a new generation of choreographers who became known as the postmodern generation. Postmodern dance experimented in ways that had more in common with the dada movement in art than the architectural or literary movements of postmodernism.

Contemporary dancers are taking modern dance to yet another level by actively blending dance forms from all over the world. Using ballet, tap, modern, jazz, and world dance forms to create fusion dances it is proving to be a means of helping transcend boundaries of nationality, gender, and race, and offering a more unifying aspect to the artistic expression of social conscience that was so predominant during 1960s.

Modern is provided at our Kinsteignton centre for younger students on Saturdays and King Street Studios (Newton Abbot) location on a Tuesday for older Students.

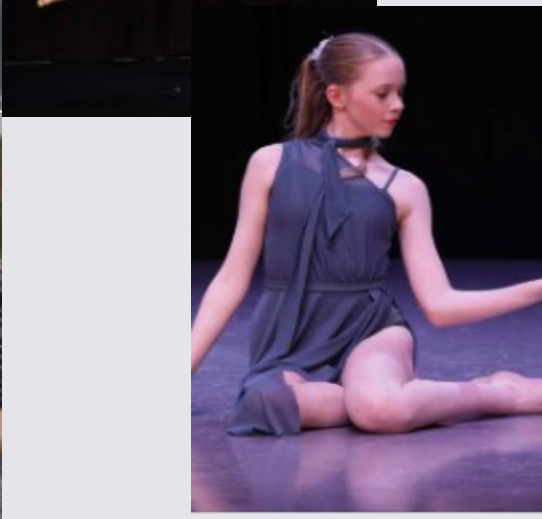
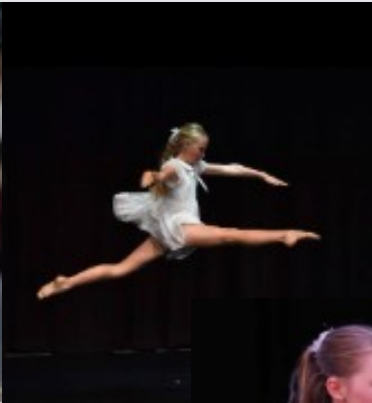


Lyrical & Contemporary

Lyrical dance is a dance style that blends elements of ballet and jazz dance. Lyrical dance is generally a little more fluid than ballet and also somewhat faster -- although not as rapidly executed as jazz dance. Lyrical dance is also somewhat smoother and a bit faster than ballet, but not quite as fast as jazz.

Movements in lyrical dance are characterised by fluidity and grace, with the dancer flowing seamlessly from one move to another, holding finishing steps as long as possible. Leaps are exceptionally high and soaring, and turns are fluid and continuous.

Classes are held at our centres in Kingsteignton on Saturdays and King Street Studios on Tuesdays.



Commercial & Street

Commercial Dance

A commercial dance class is exactly what it says on the tin – commercial! This is the type of dance you see backing dancers do in music videos, TV shows and adverts, it is what is out there in the commercial world for everyone to see. This type of dance's aim is to predominantly entertain audiences, to sell artists, products, etc. Commercial dance does not have a specific technique (i.e there is no dance technique called “commercial technique” and if there is they are robbing people!) This doesn't mean you do not need technique to perform commercial dance well – often commercial dance incorporates elements of technical dance styles including street, contemporary, jazz, ballet, etc and those dancers you see on screen have had a variety of technical training as they understand versatility is key to becoming a successful commercial dancer within the industry. Commercial dance classes usually consist of learning a routine rather than technique or freestyle.

New routines are also usually taught each class. Commercial classes are a great way to learn to pick up choreography fast and work on your performance skills, however to succeed as a commercial dancer it would be a good idea to also include some more technical dance classes including those in street styles.

Street Dance

Street dance is an umbrella term for a variety of street styles including, but not limited to; Breaking, Hip Hop, House, Vogue, Locking, Popping, Waacking and Krump. All street styles are social dances – meaning they are party dances/done with friends. Each street style is a standalone style and has its own origins, history and culture, groove and intention and technique/foundations.

A great Street Dance class should focus on and incorporate one or more of these street styles/techniques during the class. Some classes might focus on learning and building on the authentic styles and foundation moves while others may focus on teaching routines with the groove and authentic moves of street styles included in those routines. Some might do a combination of both – all are valid Street Dance classes.

At our Tuesday Commercial / Street Dance we explore one authentic street style per term as we feel this unique method allows children to really learn each style in depth during their dance class and allows time for them to embody the technique and develop their creativity within the style. Taking ownership of their learning and really progressing within the style including their own freestyle/response to the music, as well as learning routines, helps them grow them into versatile street dancers.

If you are watching a class and it does not incorporate the foundations or the posture and groove of Street Dance, you are looking at a commercial class!

Jazz & Tap

Jazz dance is a performance dance technique and style that first emerged in the United States in the early twentieth century. Genres build on African American vernacular styles of dancing that emerged with jazz music. Features of jazz dance styles include using feet, arm, and hand positions, isolations (head, shoulder, hips), timing, shape, and movements including body rolls, jazz walks, swings, and kicks.

Tap is a style of dance in which a dancer wearing shoes fitted with heel and toe taps sounds out audible beats by rhythmically striking the floor or any other hard surface. There are several styles of tap dance, including rhythm (jazz), classical, Broadway, and post-modern.

Classes are held at our centres in Kingsteignton and King Street Studios. Please see the timetable for availability at each location.



Body Conditioning

While research indicates that some dance styles require certain elements of fitness more explicitly than others, at WSA we believe in a well-rounded dance training program which should consider all the components of fitness. The components of fitness are:

Anaerobic fitness – associated with moderate, longer-term levels of activity,

Anaerobic fitness – associated with high intensity, maximal, short bursts of activity.

Muscle endurance – the ability of a muscle to produce continuous movement.

Strength – the ability of a muscle to produce a maximal force on one occasion.

Power – the explosive (speed-related) aspect of strength.



Flexibility – the range of motion at a joint in association with the pliability of a muscle.

Neuromuscular coordination – associated with balance, agility, coordination and skill.

Body composition – the make-up of body weight by percentage of muscle and fat.

Rest - a period of no activity, to allow for recovery and regeneration.

Discovering Musical Theatre

Musical theatre is about telling a story through the use of music, dance, speech and song. The emotions are as much a part of the story as the words and these are conveyed in a variety of ways while the technical aspects of the theatre add to this. These productions are often just called musicals and are one of the most popular types of stage show around the world.

Musical Theatre Lessons include teaching children and young adults a range of performance skills to develop an eventual professional skill, increase confidence in performing or just have fun. Musical Theatre Lessons are held by a trained teacher and include a range of different skills.

The exact syllabus of musical theatre lessons can change depending on the teacher and the school but can include a number of the following elements:

Small scale project performances to learn the basics of a role and getting used to working with others in a production

- Singing lessons including working on speaking while on stage
- Dance and movement lessons including different dance styles depending on the focus of the course
- Acting lessons including building a character, improvisation and sight reading

Once the basics have been learned, then the work becomes to integrate everything together and make their debut on a show, even if it just behind closed doors.

The Benefits of Studying Musical Theatre

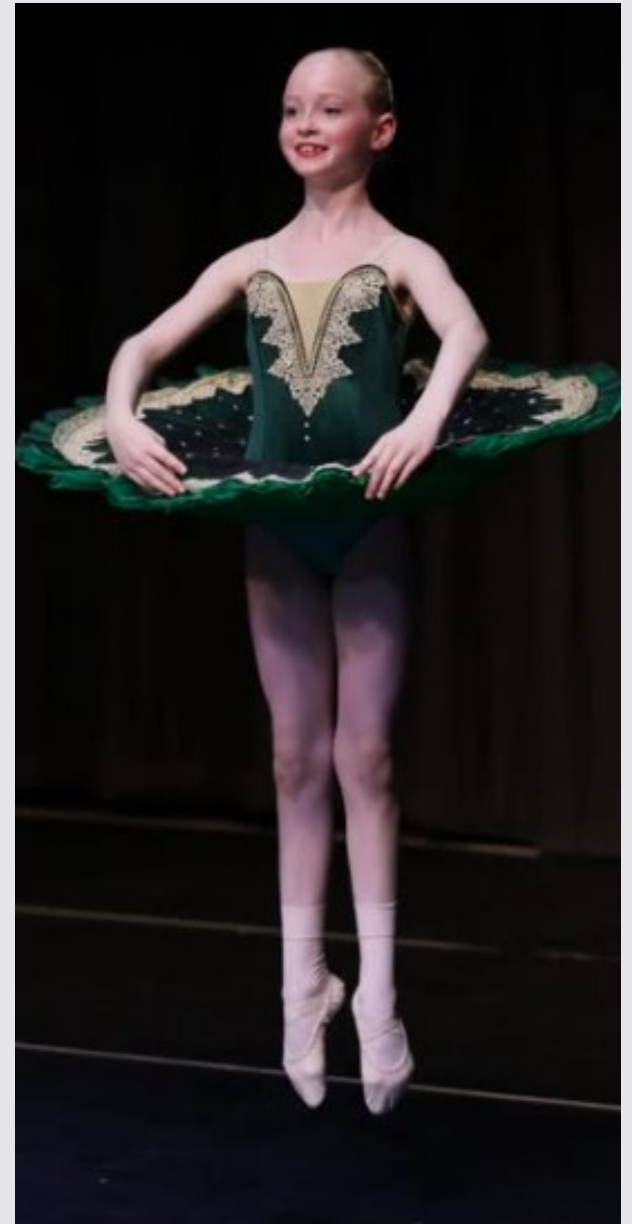
This all helps children build their confidence and learn a range of skills that move beyond dance and can help them in life even if they decide not to follow a career in musical theatre. Performing in front of others is a great stepping stone for public speaking and interviews while self-confidence and the ability to express themselves build on areas that children often find difficult.



Festivals

Students are encouraged to enter local and where appropriate, National Dance Festivals. These are enjoyed by all, and we are so proud of our students when they steal the show!

Festivals are alive and well after the Covid-10 restrictions. We compete in most of the prestigious Dance Festivals and will be competing in several major festivals during 2025/26. We have had considerable success at the local festivals (Plymouth, Bugle etc) and other Dance Festivals winning golds in heavily contested group dance categories plus a host of silver and bronze medals.



Workshops & Summer Schools

Exciting times were had by all. Lots of dancing from Ballet to musical theatre and lyrical & contemporary, Jazz & Modern. Our dancers also enjoyed other activities allowing them to recover from dancing and to be ready for the next class.

“Best in class” cups were awarded for different classes and judged by our guest teachers.



Examinations

We follow the syllabus of the Royal Academy of Dance with respect to Ballet and ISTD with respect to all other genres. The examinations of the Royal Academy of Dance are pre-eminent and internationally recognised.

Our examination record speaks for itself, and we have a 100% pass rate with many students gaining top marks.



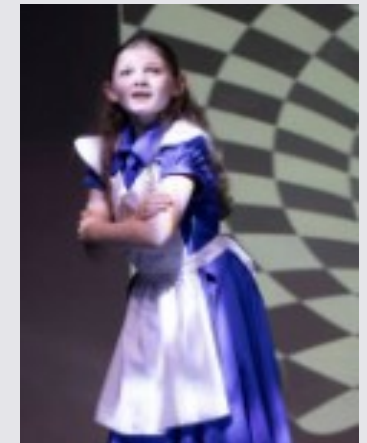
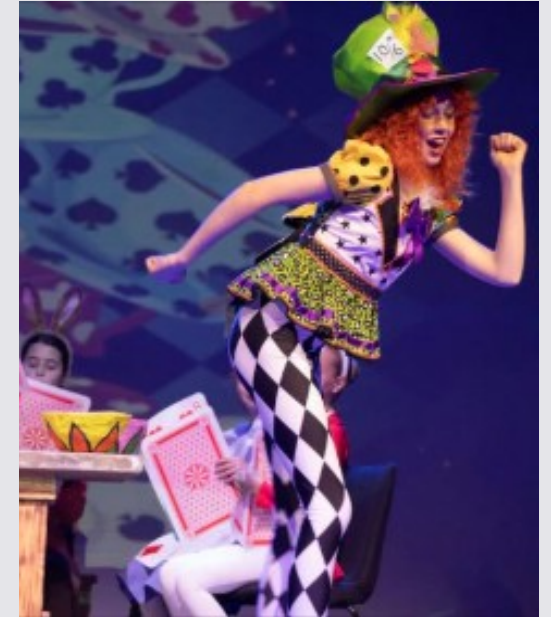
The RAD are the No 1 board and stand out above all others. From their demanding syllabus, attention to detail and installing confidence and expression of the inner self through dance. The examinations will open doors to all fields of dance and theatre and by only recognising the very best teachers and their abilities will their exacting standards be maintained.

An RAD qualification will enable your child to fulfil lifelong expectations and career development and fulfilment.

Choose the best, choose the RAD & ISTD

Annual Shows

In June 2025 we staged Alice in Wonderland and previously to this, Ballerina Dreams (March '22), The Nutcracker (Dec '23) & Cinderella as well as many other productions. ALL productions being highly technical and with amazing performances from all our students and principals. Our shows are a showcase for your children showing their skills and demonstrating amazing technique. We are proud of every student and their individual progression in the world of dance is exceptional.





WSA now have a dedicated Youtube channel.

In this modern visually orientated world we live in it's fundamental to have social media presence. Youtube provides a multi-function platform in which to host our video's and class teaching(s). Although the WSA channel is in it's infancy we shall be showing snippets from our annual shows (and posting the full shows in due course) as well as all Facebook and Youtube business promotions as well as other key material. Our dedication to our students and profession is second to none and we shall be shortly adding the following to the channel,

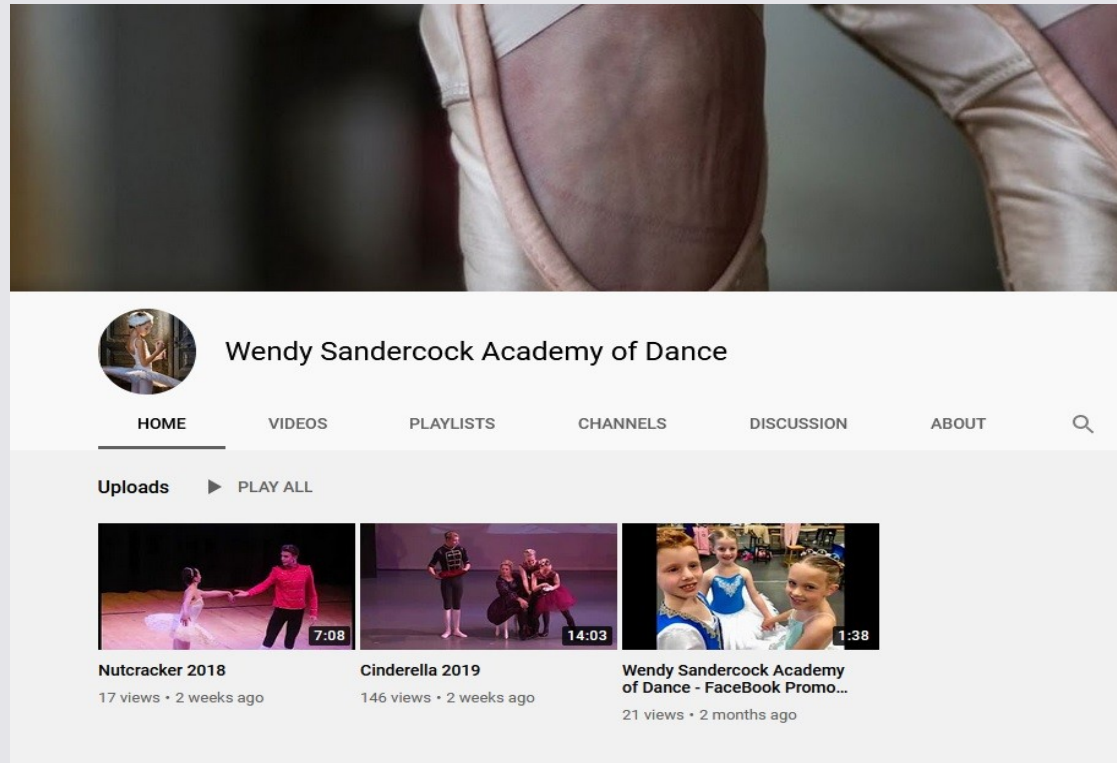
Free to view lessons for all RAD grades

Free to view lessons on key techniques

Free to view lessons for examination preparation, technique, and presentation

We shall also be adding longer lessons which will be more involved in terms of syllabus, technique and inspiration which will be accessed by subscribing to our channel.

We passionately believe that the addition of this channel will greatly help our students and parents to engage and practice outside normal school hours. Physical and mental wellbeing are the keys to success and the lessons and other material we shall post will be an invaluable teaching source for all students.



Uniforms



Baby Ballet
Candy Pink



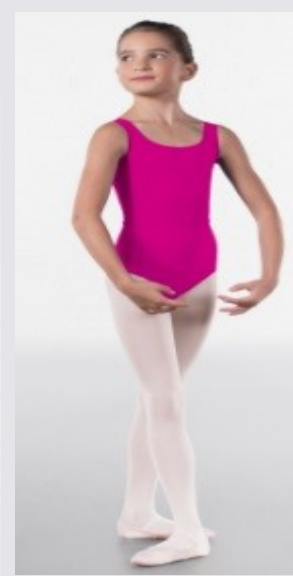
Pre-Primary / Primary
Lilac



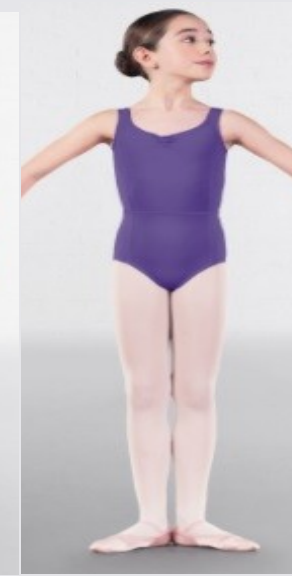
Grade 1
Pale Blue



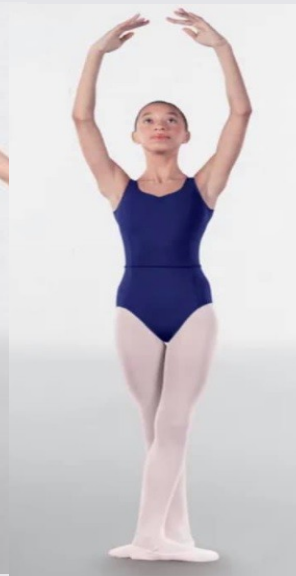
Grade 2
Marine



Grade 3
Mulberry



Grade 4
Lavender



Grade 5
Navy Blue



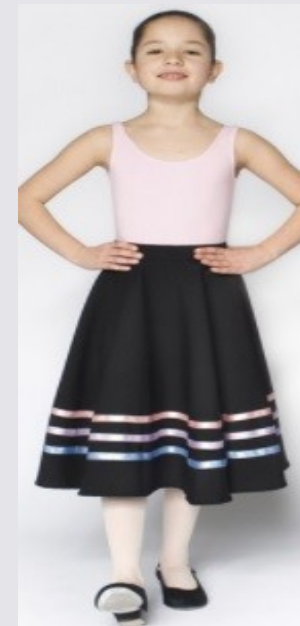
Grade 6
Burgundy



Grade
Royal Blue



Major Girls
Black



Character
Skirts



Junior Boys
Grade 1 +

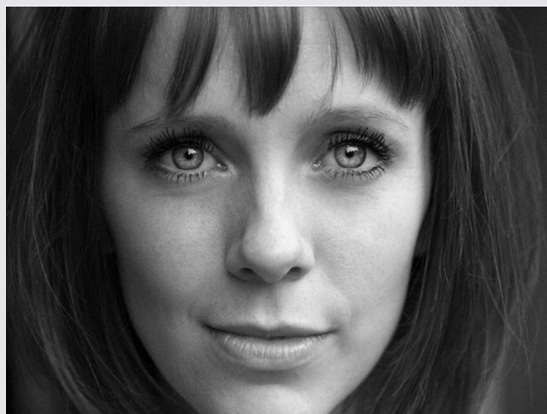


Primary Boys



Jazz /Tap

Former Students



Former Pupil Anna Shircliff was with our school from the age of 2yrs old until she won a scholarship to Elmhurst Ballet School at the age of 16. Since then she has danced with the Estonian Ballet, taken principal roles in Phantom of the Opera and toured the West End production of Mary Poppins to name a few of her stage successes. She is also a teacher at the Kensington Ballet School London. Anna was a Royal Ballet Associate from 8 to 16 years old and danced with London Children's Ballet.

Mary Poppins success for Anna Shircliff

October 12, 2017

Ballet dancer, Anna Shircliff has just finished the last leg of the highly acclaimed international tour of 'Mary Poppins'. Anna has been a singing student of mine for the last 4 years and has worked incredibly hard on her voice which has gone from strength to strength. I just wish I could dance as well as she can sing!



Timmy Leckie attended our school from the age of 5 years until he was awarded a scholarship to Elmhurst Ballet School at the age of 11. Timmy who was also a Junior Associate of the Royal Ballet gained a scholarship at Central Ballet School at 16. He has recently graduated and is currently dancing in Opera Theatre company in Romania on his contract.



Sophie Hayden was a pupil at our school from age 7 to 18. She has completed numerous contracts for the Walt Disney Company including Disney Cruise Line and Disneyland Paris.

Class Locations & Timetable (From September 2025)

We operate at four locations with classes as follows:

TEIGNMOUTH

Monday

The Pavillions	4.00PM	Primary Ballet
Teignmouth TQ14 8BG	4.30PM	Grade 1 Ballet
	5.00PM	Grade 3 Ballet
	5.30PM	Grade 5 Ballet
	6.00PM	Intermediate Foundation

NEWTON ABBOT

Tuesday

King Street Studios	4.00PM	Primary Tap
Newton Abbot TQ12 2LG	4.30PM	Grade 2 Modern
	5.00PM	Commercial / Street
	5.30PM	Contemporary
	6.00PM	Body Conditioning
	6.30PM	Senior Acro
	7.00PM	Grade 5 Modern
	7.30PM	Grade 5 Tap

TORQUAY

Wednesday

St Matthias Church Centre, Wellwood	4.00PM	Pre-Primary (Baby Ballet)
Babbacombe Rd, Torquay, Devon, TQ1 1HW	4.30PM	Primary Ballet
	5.00PM	Grade 1 Ballet
	5.30PM	Grade 2 Ballet
	6.00PM	Grade 4 Ballet
	6.30PM	Intermediate Foundation & Pointe Work

KINGSTEIGNTON

Saturday

AMS Dance Studio

Teign School Kingsteignton

Chudleigh Rd, Kingsteignton, Newton Abbot

TQ12 3JG

9.00AM

9.45AM

10.15AM

10.45AM

11.15AM

11.45AM

12.15PM

12.45PM

1.25PM

Acro Dance

Pre-Primary (Baby Ballet)

Primary Ballet

Grade 1 Ballet

Strengthening Pointe Work

Grade 2 Ballet

Grade 4 Ballet

Intermediate Ballet

Grade 7 Ballet

Performing Arts Studio

9.45AM

10.15AM

10.45AM

11.15AM

11.45AM

12.15PM

12.45PM

1.30PM

Contemporary / Lyrical Dance

Musical Theatre

Disney Themed Tap Class

Mini Modern (Grade1)

Grade 3 Tap

Grade 1/2 Tap

Grade 3 Modern

Professional Performers Ballet
(Grade 4 level & above)

Payment Options

As from the commencement of the September 2020 term, payment by cash will not be accepted. This is in line with UK Government legislation / recommendations and guidelines governing the mitigation of the spread of COVID-19 and we currently continue to follow this advice. Payment as from this time can only be made direct bank transfer (and coming shortly - by debit or credit cards). We have now phased out “pay as you go” as from September 2020 and payment method is no longer available at Academy locations except at Wellswood (Baby Ballet class ONLY).

Termly Accounts

Termly accounts continue as before, and all invoices shall be issued during the before and during the first week of each new term. Payment should continue to be made by direct bank transfer.

Please see our revised full terms & conditions which are available on our website including late payment costs and procedures.

Basic Class fees are dependent on location. Additional fees are chargeable for private lessons, examination intensive lessons and mock examinations as well as attending any Musical Theatre Workshops, Summer Schools, outside events or Festivals. A discount is offered for payment by account where more than one sibling attends classes and also where fees exceed certain amounts.

We are working towards payment of fees by UK only debit and credit cards as new accounting systems and procedures are gradually introduced. VISA and Mastercard shall be accepted but not American express / Diners Club or non UK registered cards. This option is not available at present.



Contact Information

Should you require any further information then please contact us as follows –

M: 07702 416723

W:wendysandercockdance.com

E: wendysandercockdance@gmail.com



wendysandercockdance

Application to enrol in the Academy can be found on our website using the on-line registration form. This is required on or before any attendance at class.

Please note that you will need to read and agree to our business terms and conditions when submitting the online registration form.

A consent form (GDPR regulations) may also be submitted at the same time or later and or amended at a later date if required. This form can also be completed online. If a GDPR form is not submitted it shall be deemed that you agree upon joining the academy (see Terms and conditions for “joining” definition) and that you consent to the use of your child’s photo’s, images, video’s for advertising purposes and consent to us sending marketing and related emails etc to you from time to time.

You will also be able to view our data privacy policy, personal data policy and other policies on the “policies & documents section” of the website.

ICO Registration number : ZA376879