

2026-2027 School Year Program Guide



Confidence Starts Here!

WELCOME TO OUR 29TH SEASON

We're so glad you're here!

For nearly three decades, we've believed in developing excellence in DANCE + LIFE—a philosophy rooted in our More Than Just Great Dancing!® values. After 29 years of watching students walk through our doors, we've learned something simple but powerful: confidence starts here.

Dance isn't just movement, it's a pathway to connection, confidence, and community. It offers what social scientists call a "third place": a safe, supportive space beyond home and school where children find love, purpose, growth, encouragement, and belonging. Confidence doesn't arrive all at once, it's built one class, one combination, one brave moment at a time.

The benefits reach far beyond the studio:

- **Physically** it builds strength, flexibility, stamina, and coordination.
- **Emotionally** it offers expression, stress relief, and creativity.
- **Socially** it fosters teamwork, communication, and lifelong friendships.
- **Academically** it supports discipline, focus, and time management.
- **Personally** it grows self-esteem, leadership, and perseverance.

At MDU, we're proud to create a space where students thrive, not just as dancers, but as confident, capable young people.

That's been true for 29 years, and it's the heartbeat of everything we do!

To see our full class
schedule, visit:
[MISTYSDANCE.COM](https://mistysdance.com)



Meet Miss Misty

For over 35 years, Miss Misty has shared her passion for dance and mentorship. She founded More Than Just Great Dancing!®, A Chance to Dance Foundation, a 501(c)3 nonprofit, and led the Youth Protection Association for Dance® from 2019-2024. Now a doctoral candidate in Organizational Leadership at Concordia University, Misty believes deeply in teaching life skills through the arts, and takes joy in seeing generations of dancers grow up at MDU, many of whom now bring their own children to dance here!

MORE THAN JUST GREAT DANCING!®

PARENTS ♥ MDU!

- Background-checked staff
- CPR & First Aid certified staff
- Secure facility
- Sprung floors to protect growing dancers
- Structured, written curriculum
- Full-time office staff on site
- Quiet study areas for students
- Community service opportunities

REGISTRATION INFO:

Registration for the 2026-27 School Year Program will begin online Saturday, June 6 at 8:00 am at mistysdance.com

2026-27 CALENDAR

*Subject to change. Visit mistysdance.com/events for updates.

| Date | Event |
|--------------------|---------------------------|
| August 17 | Classes Begin |
| September 7 | Labor Day – No Classes |
| September 22–26 | Inter-sessional Break |
| October 12–15 | Parent Participation Week |
| October 31 | Halloween – No Classes |
| November 15 | Costume Fees Charged |
| November 23–28 | Thanksgiving Break |
| December 7–11 | Parent Observation Week |
| December TBA | Christmas Social |
| December 21–Jan. 3 | Christmas Break |
| January 19–28 | Graded Skills Testing |
| February TBA | Inter-sessional Break |
| March 18–24 | Parent Observation |
| March 25–31 | Easter Break |
| May TBA | Annual Recitals |

REGISTRATION

Registration requires paying for the 1st month plus an annual membership fee (\$65 for Children's Program, \$75 for Graded Program). For your convenience, and to reserve your space for the following season, annual membership fees will be automatically renewed and applied to your account on May 1, 2027, unless a withdrawal form is completed online before that date.

DISCOUNTS

Siblings receive a 10% discount on the smaller tuition for regular school-year classes. Sibling discounts do not apply to summer classes, special events, guest artists, Performing Groups, Pre Pro Ballet, private lessons, or membership fees.



CHILDREN'S & GRADED PROGRAMMING

Age-Based Program (Ages 2–8):

Classes are grouped by the dancer's age, ideal for building social connection and developmental alignment with peers.

Skill-Based Program (Ages 8–18):

Classes are grouped by ability and experience, allowing dancers to progress at their own pace and be challenged appropriately. Once dancers enter Level 1, they are skills tested and move up levels based on teacher recommendation.

CLASSES

MDU reserves the right to reschedule, combine, or substitute classes. MDU also reserves the right to deliver class content via an online system if classes cannot be conducted live for any reason including, but not limited to, weather, teacher absence, or governmental advisory.

TUITION

- Tuition is an annual fee divided into equal monthly payments. Rates cover the full dance year, including studio breaks and holidays—they are not based on the number of classes in a given month. A full season includes a minimum of 33 lessons. Tuition may be paid monthly or annually, and August's tuition is pro-rated to half a month.
- After registering, monthly tuition must be paid by automatic EFT, debit, or credit card on the 1st day of the month.
- A 3.5% convenience fee applies to credit and debit card payments. To avoid this fee, please provide a checking account and routing number.
- Accounts not paid within 30 days are subject to an accruing 5% monthly finance charge and discontinued services until paid in full or a signed payment plan is received. Payments returned by your financial institution will incur a \$25 fee.

DRESS CODE

Proper attire and hair etiquette are required for all classes. Special class attire, including shoes and hair, is published online. All required items are available in our Willow & Grace Boutique.

PERFORMANCES

Christmas Social

We finish the first half of the school year with a fun, informal fundraising show for our Chance to Dance Foundation. Tickets are available through a ticketing service beginning December 1st. Participating Children's classes are selected and invited from each age group.

Spring Recital

We end our season with our Spring Recital. Participation is encouraged but not required. The Spring Recital will be held in late May based on venue availability, with dates published in our September Newsletter.

- Costume fee: \$99–\$109 per class, charged on November 15th.
- Tickets are available through Viterbo University's Box Office (date and rates TBA). Recital schedules and other important details will be published in February.

SCHOOL YEAR STUDIO HOURS

| | |
|-----------|---------|
| Monday | 9am–9pm |
| Tuesday | 9am–9pm |
| Wednesday | 9am–9pm |
| Thursday | 9am–9pm |
| Friday | 3pm–6pm |
| Saturday | Closed |
| Sunday | Closed |

The studio is closed during all inter-sessional and holiday breaks.

PRESCHOOL PROGRAM

Take your first steps and fall in love with dance! Our Preschool Program is where the journey begins.

Through music, and imagination, our youngest dancers explore movement in a warm, joyful environment built just for them. Every class nurtures coordination, confidence, and new friendships, leading to their first moment on the stage at our Spring Recital.

†Performs in the Christmas Social (see calendar). All classes will perform in the Spring Recital.



AGE 2

| CLASS | TEACHER | DAY | TIME |
|------------|---------|-----------|---------------|
| †Mini & Me | CA | Tuesday | 10:00-10:30am |
| †Mini & Me | SS | Tuesday | 5:00-5:30pm |
| †Mini & Me | CA | Wednesday | 6:00-6:30pm |

AGE 3

| CLASS | TEACHER | DAY | TIME |
|-------------|---------|-----------|--------------|
| †Tippy Toes | AP | Tuesday | 5:00- 5:30pm |
| †Tippy Toes | DM | Wednesday | 5:00-5:30pm |
| †Tippy Toes | DM | Thursday | 5:30-6:00pm |

TUITION
\$49/class
per month

HOLMEN CAMPUS

| CLASS | TEACHER | DAY | TIME |
|-------------------|---------|----------|-------------|
| †Fairytale Ballet | CS | Monday | 5:30-6:00pm |
| †Mini & Me | CA | Thursday | 4:30-5:00pm |
| †Fairytale Ballet | CA | Thursday | 5:00-5:30pm |

INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Drive, Holmen, WI 54636

AGES 3 & 4

| CLASS | TEACHER | DAY | TIME |
|----------------------|---------|-----------|---------------|
| †Broadway Ballerinas | EMA | Monday | 4:30-5:00pm |
| Tiny Tappers | EMA | Monday | 5:00-5:30pm |
| †Fairytale Ballet | CA | Tuesday | 10:30-11:00am |
| Tiny Tappers | CA | Tuesday | 11:00-11:30am |
| Tiny Tappers | SS | Tuesday | 4:30-5:00pm |
| Tiny Tappers | MK | Wednesday | 5:30-6:00pm |

AGE 4

| CLASS | TEACHER | DAY | TIME |
|------------------|---------|-----------|-------------|
| †Tutus & Bowties | LD | Tuesday | 5:00-5:30pm |
| †Tutus & Bowties | MM | Wednesday | 6:00-6:30pm |
| †Tutus & Bowties | DM | Thursday | 5:00-5:30pm |

TUITION
\$52/class
per month

- Must be min. age by September 1, 2026
- Teacher key is found on the last page.

Register Online!

MistysDance.com

923 12th Ave. South, Onalaska, WI 54650 | 608-779-4642

CHILDREN'S PROGRAM: K-1ST

Discover the joy. Make your first friends!

Kindergarten and 1st-grade dancers discover the joy of moving to music while building real technique. These high-energy classes develop coordination, focus, and self-confidence, all while sparking friendships that last. And as their skills grow, so do the opportunities - like joining their first performing group!

*Performs in the Christmas Social (see calendar). All classes will perform in the Spring Recital unless otherwise noted.

KINDERGARTEN

| CLASS | TEACHER | DAY | TIME |
|---------|---------|--------|-------------|
| Kidlets | SS | Monday | 5:00-5:30pm |

K-1st GRADE

| CLASS | TEACHER | DAY | TIME |
|-------------------------|---------|-----------|-------------|
| Hippity Hop | SS | Monday | 6:00-6:30pm |
| *Tap Foundations | EMA | Monday | 5:30-6:00pm |
| Hippity Hop | TBA | Tuesday | 5:30-6:00pm |
| Ballet/Jazz Foundations | AP | Tuesday | 6:00-6:30pm |
| Hippity Hop | HAN | Wednesday | 4:30-5:00pm |
| *Tap Foundations | SS | Wednesday | 4:30-5:00pm |
| *Tap Foundations | SS | Wednesday | 5:00-5:30pm |
| Ballet/Jazz Foundations | MM | Wednesday | 5:30-6:00pm |
| Ballet/Jazz Foundations | HAN | Thursday | 5:15-5:45pm |
| Hippity Hop | MH | Thursday | 5:45-6:15pm |

TUITION
\$54/class
per month

1st GRADE

| CLASS | TEACHER | DAY | TIME |
|---------|---------|--------|-------------|
| Kidance | KS | Monday | 5:00-5:30pm |

HOLMEN CAMPUS

| CLASS | TEACHER | DAY | TIME |
|-------------------------|---------|-----------|-------------|
| Ballet/Jazz Foundations | CS | Monday | 6:00-6:30pm |
| *Tap Foundations | CS | Monday | 6:30-7:00pm |
| *Mini Dance Team | AP | Wednesday | 6:00-6:30pm |
| *Tap Foundations | AP | Wednesday | 6:30-7:00pm |

Inside the Boys & Girls Club!
600 N Holmen Drive, Holmen, WI 54636

MULTI-AGE (K-3rd)

| CLASS | TEACHER | DAY | TIME |
|-----------------------|---------|-----------|-------------|
| *Mini Musical Theater | KS | Monday | 6:00-6:30pm |
| *Mini Dance Team | AP | Tuesday | 6:30-7:00pm |
| *Mini Dance Team | HH | Wednesday | 4:30-5:00pm |
| *Mini Musical Theater | DW | Wednesday | 5:00-5:30pm |
| Mini Acro* | DW | Thursday | 4:30-5:00pm |
| *Man in Motion | DW | Thursday | 5:15-5:45pm |
| Mini Acro* | OR | Thursday | 5:45-6:15pm |

TUITION
\$59/class
per month

Teacher key is found on the last page.
*Does not perform in the Spring Recital.



Register Online!
MistysDance.com



923 12th Ave. South, Onalaska, WI 54650 | 608-779-4642

CHILDREN'S PROGRAM: 2ND & 3RD

Find your rhythm. Make lifelong friends!

2nd and 3rd grade dancers continue building confidence as they explore new styles, strengthen technique, and grow alongside friends and encouraging teachers. This level gives dancers the strong technical foundation they need as they move forward on their dance journey.

*Performs in the Christmas Social (see calendar). All classes will perform in the Spring Recital unless otherwise noted.

2nd-3rd GRADE

| CLASS | TEACHER | DAY | TIME |
|-------------------|---------|-----------|-------------|
| Building Ballet | KS | Monday | 5:30-6:00pm |
| +Building Jazz | EMA | Monday | 6:00-6:30pm |
| Building Tap | SS | Monday | 6:30-7:00pm |
| Building Ballet | HD | Tuesday | 4:45-5:15pm |
| +Building Jazz | AP | Tuesday | 5:30-6:00pm |
| Building Tap | SS | Tuesday | 6:00-6:30pm |
| +Building Hip Hop | HH | Wednesday | 6:00-6:30pm |
| Building Lyrical | SS | Wednesday | 5:30-6:00pm |
| +Building Jazz | MK | Thursday | 6:30-7:00pm |
| Building Ballet | ME | Thursday | 5:45-6:15pm |
| +Building Hip Hop | HAN | Thursday | 4:45-5:15pm |
| Building Lyrical | MH | Thursday | 5:15-5:45pm |

TUITION
\$62/class
per month

MULTI-AGE (K-3rd)

| CLASS | TEACHER | DAY | TIME |
|-----------------------|---------|-----------|-------------|
| +Mini Musical Theater | KS | Monday | 6:00-6:30pm |
| +Mini Dance Team | AP | Tuesday | 6:30-7:00pm |
| +Mini Dance Team | HH | Wednesday | 4:30-5:00pm |
| +Mini Musical Theater | DW | Wednesday | 5:00-5:30pm |
| Mini Acro* | DW | Thursday | 4:30-5:00pm |
| +Man in Motion | DW | Thursday | 5:15-5:45pm |
| Mini Acro* | OR | Thursday | 5:45-6:15pm |

- **Must be in grade by September 1, 2026**
- **Teacher key is found on the last page.**
- ***DOES NOT PERFORM in the Spring Recital.**

TUITION
\$59/class
per month

Free Class (Ages 7-9)

| CLASS | TEACHER | DAY | TIME |
|-----------------------|---------|--------|-------------|
| +Steps of Praise Kids | EMA | Monday | 6:30-7:15pm |

This multi-style worship class includes weekly devotionals and Bible study. Note: this class begins October 5, 2026.

Register Online!

MistysDance.com

923 12th Ave. South, Onalaska, WI 54650
608-779-4642



HOLMEN CAMPUS

| CLASS | TEACHER | DAY | TIME |
|------------------|---------|-----------|-------------|
| Building Lyrical | AP | Wednesday | 5:00-5:30pm |
| +Building Jazz | AP | Wednesday | 5:30-6:00pm |
| +Mini Dance Team | AP | Wednesday | 6:00-6:30pm |

Inside the Boys & Girls Club!

600 N Holmen Drive, Holmen, WI 54636



LEVEL 1 & 2 (1ST INTERMEDIATE)

Dancers may start our Graded Level Track in 3rd or 4th Grade

Build your foundation. Discover your passion!

In Level 1 & 2, dancers establish essential skills in movement, vocabulary, technique, and choreography, laying the groundwork for lifelong learning and a love of dance. As dancers become more confident, they can audition for our Performance Company or perform in Ballet La Crosse productions.

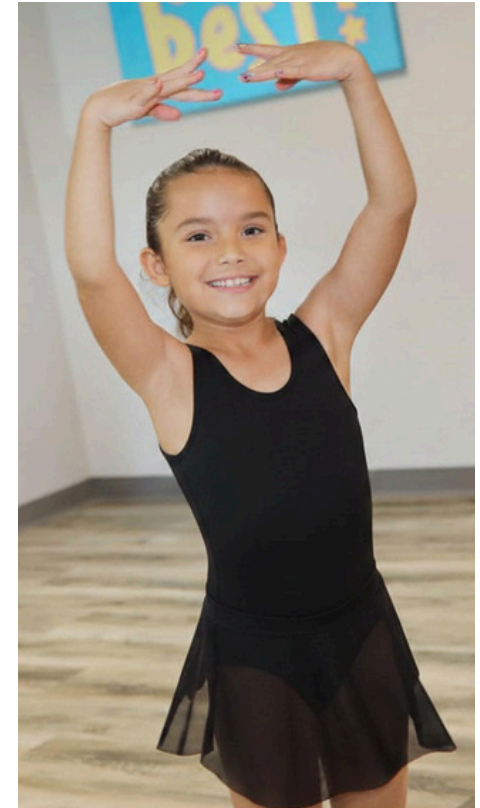
The program includes annual skills assessments and optional parent-teacher conferences to support each dancer's journey.

LEVEL 1

| CLASS | TEACHER | DAY | TIME |
|--------------------------|---------|-----------|-------------|
| 1st Int. Lyrical** | KS | Monday | 7:30-8:15pm |
| Jazz 1 | TF | Tuesday | 4:45-5:30pm |
| Tap 1 | SS | Tuesday | 5:30-6:00pm |
| Ballet 1 | HD | Tuesday | 6:00-6:45pm |
| 1st Int. Musical Theater | SS | Tuesday | 6:30-7:15pm |
| 1st Int. Lyrical** | AP | Tuesday | 7:15-8:00pm |
| Jazz 1 | MM | Wednesday | 4:45-5:30pm |
| Ballet 1 | DW | Wednesday | 5:30-6:15pm |
| Tap 1 | SS | Wednesday | 6:15-6:45pm |
| 1st Int. Hip Hop | HH | Wednesday | 7:45-8:15pm |
| 1st Int. Modern | DW | Wednesday | 7:00-7:45pm |
| 1st Int. Dance Team | MH | Thursday | 7:30-8:15pm |
| Ballet 1 | ME | Thursday | 5:00-5:45pm |
| Jazz 1 | MK | Thursday | 5:45-6:30pm |
| 1st Int. Lyrical** | MH | Thursday | 4:30-5:15pm |
| 1st Int. Hip Hop | HAN | Thursday | 7:00-7:30pm |

LEVEL 2

| CLASS | TEACHER | DAY | TIME |
|--------------------------|---------|-----------|-------------|
| 1st Int. Lyrical** | KS | Monday | 7:30-8:15pm |
| Ballet 2 | HD | Tuesday | 5:15-6:00pm |
| Tap 2 | CJB | Tuesday | 6:00-6:30pm |
| Jazz 2 | TF | Tuesday | 6:30-7:15pm |
| 1st Int. Musical Theater | SS | Tuesday | 6:30-7:15pm |
| 1st Int. Lyrical** | AP | Tuesday | 7:15-8:00pm |
| Tap 2 | MK | Wednesday | 4:45-5:15pm |
| Jazz 2 | HAN | Wednesday | 5:15-6:00pm |
| 1st Int. Hip Hop | HH | Wednesday | 7:45-8:15pm |
| Ballet 2 | DW | Wednesday | 6:15-7:00pm |
| 1st Int. Modern | DW | Wednesday | 7:00-7:45pm |
| Jazz 2 | MK | Thursday | 5:00-5:45pm |
| Ballet 2 | CJB | Thursday | 5:45-6:30pm |
| 1st Int. Dance Team | MH | Thursday | 7:30-8:15pm |
| 1st Int. Lyrical** | MH | Thursday | 4:30-5:15pm |
| 1st Int. Hip Hop | HAN | Thursday | 7:00-7:30pm |



Free Class (Ages 10+)

| CLASS | TEACHER | DAY | TIME |
|------------------|---------|----------|-------------|
| †Steps of Praise | CS | Thursday | 7:15-8:00pm |

This multi-style worship class includes weekly devotionals and Bible study.
Note: this class begins October 1st, 2026.

TUITION
\$64/class per month

Teacher key is found on the last page.
*Does not perform in the Spring Recital.
**Requires co-enrollment in Ballet or Jazz

LEVEL 3 & 4 (HIGH INTERMEDIATE)

Expand your artistry. Embrace new challenges!

Level 3 & 4 dancers deepen their training with an emphasis on strength, flexibility, control, and expression. Dancers can work to earn their pointe shoes, learn fouette turns, and may also apply to our Pre-Professional Ballet Program.

Annual skills assessments and parent-teacher conferences help guide personal growth and progress.

LEVEL 3

| CLASS | TEACHER | DAY | TIME |
|----------------------|---------|-----------|-------------|
| Tap 3 | EM | Tuesday | 4:45-5:30pm |
| Jazz 3 | TF | Tuesday | 5:30-6:30pm |
| Ballet 3 | CJB | Tuesday | 6:45-7:45pm |
| *Pre-Pointe | CJB | Tuesday | 7:45-8:15pm |
| High Int. Lyrical** | CJB | Tuesday | 8:15-9:00pm |
| Jazz 3 | KY | Wednesday | 5:00-6:00pm |
| Tap 3 | MK | Wednesday | 6:00-6:45pm |
| High Int. Hip Hop | HH | Wednesday | 6:45-7:30pm |
| Ballet 3 | SSW | Wednesday | 7:00-8:00pm |
| High Int. Modern | DW | Wednesday | 8:00-8:45pm |
| High Int. Lyrical** | MK | Thursday | 7:00-7:45pm |
| High Int. Hip Hop | HAN | Thursday | 7:45-8:30pm |
| Jazz 3 | HAN | Thursday | 6:00-7:00pm |
| *Pre-Pointe/Pointe 1 | CJB | Thursday | 7:00-7:30pm |
| Ballet 3 | DW | Thursday | 7:45-8:45pm |

LEVEL 4

| CLASS | TEACHER | DAY | TIME |
|----------------------|---------|-----------|-------------|
| Ballet 4 | OS | Tuesday | 4:45-5:45pm |
| *Pointe 1 | OS | Tuesday | 5:45-6:15pm |
| Tap 4 | EM | Tuesday | 6:15-7:00pm |
| Jazz 4 | TF | Tuesday | 7:15-8:15pm |
| *Pre-Pointe | CJB | Tuesday | 7:45-8:15pm |
| High Int. Lyrical** | CJB | Tuesday | 8:15-9:00pm |
| Jazz 4/5 | KY | Wednesday | 6:00-7:00pm |
| High Int. Hip Hop | HH | Wednesday | 6:45-7:30pm |
| High Int. Modern | DW | Wednesday | 8:00-8:45pm |
| Jazz 4 | HH | Thursday | 5:00-6:00pm |
| Ballet 4 | DW | Thursday | 6:00-7:00pm |
| *Pre-Pointe/Pointe 1 | CJB | Thursday | 7:00-7:30pm |
| High Int. Lyrical** | MK | Thursday | 7:00-7:45pm |
| High Int. Hip Hop | HAN | Thursday | 7:45-8:30pm |

Free Class (Ages 10+)

| CLASS | TEACHER | DAY | TIME |
|------------------|---------|----------|-------------|
| †Steps of Praise | CS | Thursday | 7:15-8:00pm |

This multi-style worship class includes weekly devotionals and Bible study.
Note: this class begins October 1.

Teacher key is found on the last page.
*Does not perform in the Spring Recital.
**Requires co-enrollment in Ballet or Jazz



LEVEL 5, 6, & 7 (ADVANCED)

Refine your technique. Prepare for life!

These committed dancers learn far more than choreography and technique; they develop discipline, confidence, and resilience that they carry far beyond the studio walls. They grow into role models who begin mentoring younger dancers, assisting in classrooms, and applying the life skills they've gained in dance to their future careers, education, and everyday life.

LEVEL 5,6, & 7

| CLASS | TEACHER | DAY | TIME |
|----------------|---------|-----------|-------------|
| Tap 5 | EM | Tuesday | 5:30-6:15pm |
| Ballet 5 | OS | Tuesday | 6:15-7:30pm |
| Pointe 2 | OS | Tuesday | 7:30-8:15pm |
| Tap 6 | EM | Tuesday | 7:30-8:15pm |
| Jazz 6 | TF | Tuesday | 8:15-9:30pm |
| Jazz 4/5 | KY | Wednesday | 6:00-7:00pm |
| Jazz 7 | KY | Wednesday | 7:00-8:15pm |
| **Adv. Lyrical | HH | Wednesday | 5:15-6:00pm |
| Ballet 6 | SSW | Wednesday | 6:00-7:00pm |
| Jazz 5/6 | MH | Thursday | 6:15-7:15pm |
| **Adv. Lyrical | HAN | Thursday | 8:30-9:15pm |
| Adv. Hip Hop | HH | Thursday | 7:45-8:30pm |
| Ballet 5 | CJB | Thursday | 7:30-8:30pm |
| Pointe 2 | CJB | Thursday | 8:30-9:00pm |



Free Class (Ages 10+)

| CLASS | TEACHER | DAY | TIME |
|-------|---------|-----|------|
|-------|---------|-----|------|

+Steps of Praise CS Thursday 7:15-8:00pm

This multi-style worship class includes weekly devotionals and Bible study.
Note: this class begins October 1.



Teacher key is found on the last page.

*Does not perform in the Spring Recital.

**Requires co-enrollment in Ballet or Jazz

TUITION

½ hr to ¾ hr = \$74/class per month

1 hr = \$79/class per month

1 ¼ hr = \$84/class per month

Register Online! [MistysDance.com](https://www.MistysDance.com)

923 12th Ave. South, Onalaska, WI 54650 | 608-779-4642

TEACHER KEY

| | |
|-----|------------------------|
| AP | Alexa Penn |
| CA | Cindy Anneke |
| CJB | Chloe Jane Bulman |
| CS | Carmina Stauffer |
| DM | Denise Meyer |
| DW | Dennis Williams |
| EM | Elisabeth Michelson |
| EMA | Emma Miller |
| HAN | Hannah Derksen |
| HD | Hannah Dummer |
| HH | Hailey Hotvedt |
| KS | Kristina Schoh |
| KY | Kylie Williams |
| LD | Lilah Dewey |
| ME | Madalyn Erickson |
| MH | Maddie Hischke |
| MK | Madeline Kendhammer |
| MM | Macy Meyer |
| OR | Olivia Robinson |
| OS | Olivia Servais |
| SS | Shayna Stellflue |
| SSW | Suzanne Swanson Wagner |
| TF | Tiffany Fischer |

*Does not perform in the Spring Recital.

†Performs in the Christmas Social (See Calendar)

ACRO & CONDITIONING

| CLASS | TEACHER | DAY | TIME |
|-----------|---------|-----------|-------------|
| Acro 1* | OR | Monday | 4:30-5:15pm |
| Acro 1* | MH | Wednesday | 5:15-6:00pm |
| Acro 1* | OR | Thursday | 5:00-5:45pm |
| Acro 1/2* | OR | Monday | 5:15-6:00pm |
| Acro 1/2* | OR | Thursday | 7:45-8:30pm |
| Acro 2* | MH | Wednesday | 4:30-5:15pm |
| Acro 2* | OR | Thursday | 7:00-7:45pm |
| Acro 3* | OR | Thursday | 6:15-7:00pm |
| Acro 3* | OR | Thursday | 8:30-9:15pm |

All
ACRO CLASSES
begin
August 31st!



For dancers in
Level 1 & up!

TUITION

½ hr = \$64/class per month
¾ hr = \$74/class per month

| | | | |
|---------------------|-----|----------|-------------|
| Strength & Stretch* | CJB | Tuesday | 4:30-5:00pm |
| Strength & Stretch* | CJB | Tuesday | 5:00-5:30pm |
| Strength & Stretch* | CJB | Tuesday | 5:30-6:00pm |
| Strength & Stretch* | CJB | Thursday | 6:30-7:00pm |
| Strength & Stretch* | CJB | Friday | 4:00-4:30pm |

*Does not perform in the Spring Recital.

DANCE TEAM

†Mini Dance Team (K - 3rd Grade)

| TEACHER | DAY | TIME |
|---------|-----------|---------------------------------------|
| AP | Tuesday | 6:30-7:00pm |
| HH | Wednesday | 4:30-5:00pm |
| AP | Wednesday | 6:00-6:30pm <i>(Holmen Campus)</i> |

1st Int. Dance Team (3rd - 6th Grade)

| TEACHER | DAY | TIME |
|---------|----------|-------------|
| MH | Thursday | 7:30-8:15pm |

TUITION

Mini = \$59/class per month
1st Int. = \$64/class per month



GUYS ONLY CLASSES

THURSDAYS WITH MR. DENNIS

Kindergarten - 3RD Grade

†Man in Motion - 5:15-5:45pm

TUITION

½ hr = \$62 / class per month
¾ hr = \$69 / class per month

4TH - 12TH Grade

Guys Only Technique - 7:00-7:45pm

ADULT CLASSES

*†Adult Tap MONDAY 7:00-7:45pm SS

TUITION

\$79/session

8 WEEK SESSION!

OCTOBER 12 - DECEMBER 7



MORE TRAINING

PRE-PROFESSIONAL BALLETT PROGRAM

Pre-Pro is a special training program for serious dancers who are considering dance after high school.



Program acceptance is by audition only.

Email info@mistysdance.com for more information.

TECHNIQUE ONLY PRIVATE LESSONS

Recommended for BUILDING Levels & Up

Looking for one-on-one training for your dancer? Email us at frontdesk@mistysdance.com for more information.

See full schedule and sign up at MistysDance.com/PL

TUITION:
\$79+/HR

EVENTS



9:30-10:30am
Ages 18 mo. - 4 years

\$10 per child

Join us for fun on the first Wednesday of each month! Dive into dance, unleash your creativity with crafts, and enjoy playtime while connecting with other families.

*The guardian is also invited to participate in the class with their dancer. This class does not perform in the Spring Recital.

Begins Wednesday, Sept. 2nd
**Pre-Registration is Required*



Birthday Party Packages

Starting at \$199

Looking for a birthday party packed with fun, dancing, and unforgettable memories? At MDU, your child and their friends will learn a dance routine to their favorite song, perform a show, and enjoy a party made just for them!

Visit mistysdance.com/parties to view our party packages!

GET INVOLVED



Darby's Dancers

APPLY TO BE A BUDDY!

Darby's Dancers provides free dance classes, attire, and recital costumes to dancers with special needs. Each dancer is paired with an MDU student Buddy who supports and encourages them throughout the year.

We're looking for upbeat, responsible students (6th grade & up) to volunteer as "Buddies" this season. Email info@mistysdance.com for an application!

CLASS TIMES **FIRST CLASS**
Thurs 5:45-6:15pm Thursday,
and 6:30-7:15pm October 1st

STUDENT LEADERSHIP PROGRAM

We are committed to providing leadership training for our students beyond the dance classroom. Students can apply each August for the following roles:

- Age 9+ – Classroom Helpers: Support teachers in younger classes.
- Age 12+ – Classroom Assistants: Take on added responsibilities alongside teachers.
- Age 16+ – Junior Faculty (JFAC): Teach, sub, assist with outreach, offer private lessons at reduced rates, and receive leadership training.
- Level 5+ – Demonstrators: Participate in class while modeling skills for Ballet, Tap, and Jazz 1-3 students.

CLASS DESCRIPTIONS

Mini & Me

A caretaker-and-child class where your 2-year-old falls in love with movement, music, and dance. It's the perfect first step toward the confidence of dancing in their own class.

Tippy Toes

An creative introduction to classical ballet for just 3-year-olds, taught through imaginative movement. Tiny dancers build coordination, balance, and a love of dance.

Tiny Tappers

3- and 4-year-olds discover the fundamentals of tap, turning the sounds of their shoes into rhythm and music. They also sharpen fine motor skills and balance.

Tutus & Bowties

A playful introduction to basic ballet steps for 4-year-olds, brought to life through imagination and storytelling.

Fairytale Ballet

A multi-age class for 3- and 4-year-olds who want to learn basic ballet through make-believe. Fairytale themes turn every class into an adventure

Kidlets

An upbeat ballet class designed just for kindergartners. Dancers expand their ballet knowledge with new skills and vocabulary week after week.

Kidance

A high-energy ballet-and-jazz combo class for 1st graders. Two unique styles in one class equals twice the learning and double the fun!

Hippity Hop

An introductory hip-hop class for K-1st graders that will get them bouncing to the beat. Dancers learn cool new moves in a high-energy, fun-first way!

Ballet & Jazz Foundations

An introduction to ballet and jazz technique for K-1st graders, designed to grow gross motor skills, listening, and musicality, while nurturing each dancer's creative spirit.

Tap Foundations

K-1st graders are introduced to tap steps and sequences, exploring rhythm, tempo, and musicality. They develop fine motor skills and a love of music with every step.

Man-in-Motion

A boys-only beginner class for K-3rd grade, tap in the fall, jazz in the spring. An upbeat, high-energy introduction to dance built just for the guys.

Mini Dance Team

An upbeat pom class where young dancers pick up real dance-team skills. Sharp moves, team spirit, and lots of fun.

Mini Musical Theater & Broadway Ballerinas

Explore theater and dance in this Broadway-themed class! Sing along to your favorite showtunes while building technique.

Acro & Mini Acro

Acro builds coordination, strength, agility, and flexibility as dancers learn and master cartwheels, walkovers, handsprings, aerials, and more. Athletic and exciting.

Ballet

A foundational art form, ballet develops the a technical base and movement vocabulary that strengthens every other style. Dancers gain posture, flexibility, balance, fitness, self-discipline, and self-confidence.

Pre-Pointe

A pointe-preparation class for serious ballet students dreaming of dancing en pointe. Targeted exercises build the foot and ankle strength, flexibility, and control needed to be pointe-ready.

Jazz

Jazz blends strength, flexibility, and conditioning with the turns, kicks, and leaps that define the style. Dancers learn versatile steps used across every form of dance. This class is great preparation for competition and dance teams.

Tap

Tap trains the musical ear as much as the body. Using the metal taps on their toes and heels, dancers create an endless variety of sounds, rhythms, and dynamics, becoming musicians in their own right.

Lyrical

Dancers explore movement quality and fresh choreography each week, drawing on their ballet and jazz technique in expressive new ways. A beautiful blend of emotion and skill.

Hip Hop

Born from the street-dance culture of the 1970s and shaped by styles like breaking, popping, and locking, hip hop is more than a dance, it's a culture of self-expression, creativity, and the freedom to learn, grow, and evolve.

Modern

A foundational technique with deep ties to ballet, modern dance emphasizes breath, release, and floor work while building strength through the back and core. Dancers discover a freer, more grounded way to move.

Guys Technique

A multi-style movement class for boys that picks up where Man-in-Motion leaves off, more action, more advanced skills, and all the energy. Built to keep guys moving and growing.

Strength & Stretch

A conditioning class that builds the strength and flexibility every dancer needs. Through targeted stretching and core work, dancers improve their range of motion, protect against injury, and dance stronger in every style.

Dance Team Prep

Dance Team Prep helps dancers build the skills and confidence to join their high school dance team. Through focused jazz and pom drills, dancers sharpen technique, precision, and team-ready style.



Register Online!
MistysDance.com

PRESCHOOL- 1ST GRADE



ATTIRE

- Any color leotard and tights (skirt or tutu optional)

SHOES

- Pink ballet shoes (Ballet)
- Black tap shoes (Tap)
- Clean-soled sneakers (Hippity Hop)
- Tan jazz shoes (Mini Dance Team/Mini Musical Theater)

HAIR

- Ponytail or bun

No Jewelry

BUILDING LEVEL 2ND & 3RD GRADE



ATTIRE

- Any solid pink leotard (no attached skirt)
- Pink tights for Ballet
- Skin-tone or pink tights for all other styles
- Black skirt or solid black leggings/shorts
- Pink or black wrap sweater for warm-up (optional)

SHOES

- Pink ballet shoes (Ballet)
- Black tap shoes (Tap)
- Tan jazz shoes (Jazz/Lyrical/Mini Musical Theater/Mini Dance Team)

HAIR

- Bun

No Jewelry

LEVELS 1-7 Ballet, Tap & Jazz



ATTIRE

- Any solid black leotard
- Black sports bras only
- Ballet: pink tights
- Jazz & Tap: any color tights, modest-length solid black jazz/bike shorts, or leggings
- Black or white skirt and pink or black sweater for warm-up (optional)

SHOES

- Pink ballet shoes (Ballet)
- Black tap shoes (Tap)
- Tan jazz shoes (Jazz/Lyrical)

HAIR

- Bun

No Jewelry

BOYS



ATTIRE

- Solid white t-shirt
- Black athletic pants

SHOES

- Black leather ballet shoes (Ballet/Musical Theater)
- Clean-soled sneakers (Hip Hop)
- Black tap shoes (Tap)
- Black jazz shoes (Jazz)

HAIR

- Neatly styled

No Jewelry

SPECIALTY CLASSES (BUILDING LEVEL & UP)

ATTIRE

- Any solid-colored leotard
- Any color tights
- Modest-length solid black jazz/bike shorts or leggings (no running shorts)

SHOES

- Tan jazz shoes (Jazz/Lyrical/Musical Theater/Dance Team)
- Clean-soled sneakers (Hip Hop)
- Black tap shoes (Tap)
- Barefoot (Modern & Acro)

HAIR

- Bun
- Ponytail for Modern / Hip Hop

No Jewelry

