

# 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](http://mistysdance.com)

## 2026-27 CALENDAR

\*Subject to change. Visit [mistysdance.com/events](http://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
Tiny Tappers	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	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
*Mini Dance Team	AP	Wednesday	6:00-6:30pm

**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

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

**TUITION**  
\$59/class  
per month



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 Ballet	CS	Monday	6:30-7:00pm
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 3<sup>rd</sup> or 4<sup>th</sup> 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.

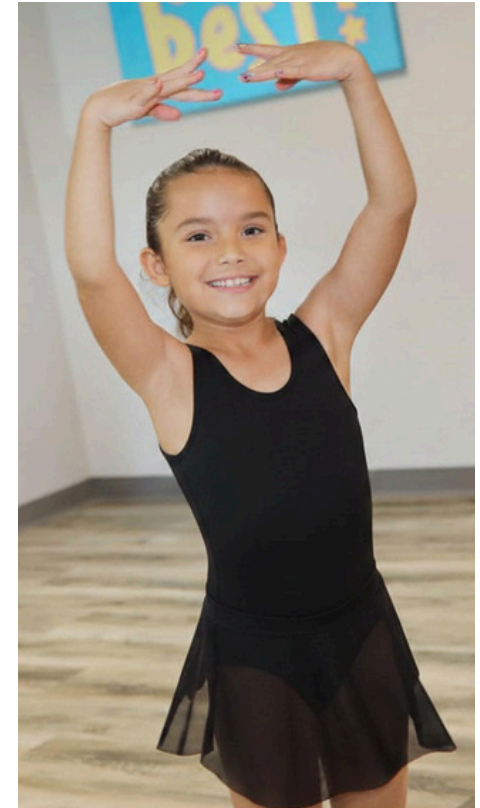
The program includes annual skills assessments and optional parent-teacher conferences to support each dancer's journey.

### 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

## HOLMEN CAMPUS

CLASS	TEACHER	DAY	TIME
Dance Team Prep*	AP	Wednesday	6:30-7:15pm

This class is for dancers entering 6th-8th grade.

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

Register Online! [MistysDance.com](http://MistysDance.com)  
923 12th Ave. South, Onalaska, WI 54650 | 608-779-4642

# 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

## HOLMEN CAMPUS

CLASS	TEACHER	DAY	TIME
Dance Team Prep*	AP	Wednesday	6:30-7:15pm
			<b>TUITION</b>
This class is for dancers entering 6th-8 <sup>th</sup> grade.			\$64/class per month

## 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.

*Register Online!*

**MistysDance.com**

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

## TUITION

½ to ¾ hr = \$69/class per month  
1 hr = \$74/class per month

# 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	Thursday	7:45-8:30pm
Acro 2*	OR	Monday	5:15-6:00pm
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	5:00-5:30pm
Strength & Stretch*	CJB	Tuesday	5:30-6:00pm
Strength & Stretch*	CJB	Thursday	6:30-7:00pm

\*Does not perform in the Spring Recital.

# DANCE TEAM

## †Mini Dance Team (K - 3<sup>rd</sup> Grade)

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

## 1st Int. Dance Team (3<sup>rd</sup> - 6<sup>th</sup> Grade)

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

## Dance Team Prep\* (6<sup>th</sup> - 8<sup>th</sup> Grade)

TEACHER	DAY	TIME
AP	Wednesday	6:30-7:15pm (Holmen Campus)

## TUITION

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

# GUYS ONLY CLASSES

## THURSDAYS WITH MR. DENNIS



### Kindergarten - 3RD Grade

†Man in Motion - 5:15-5:45pm

### 4TH - 12TH Grade

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

## TUITION

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

# ADULT CLASSES

\*†Adult Tap MONDAY 7:00-7:45pm SS

## TUITION

\$79/session

## 8 WEEK SESSION!

OCTOBER 12 - DECEMBER 7



# MORE TRAINING

## PRE-PROFESSIONAL BALLET 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](mailto: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](mailto:frontdesk@mistysdance.com) for more information.

See full schedule and sign up at [MistysDance.com/PL](http://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](http://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](mailto: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

