



Big Dreams Start Small!



*More Than Just Great Dancing!*  
Affiliated Dance Studios

**2023-24 PROGRAMMING GUIDE**



At MDU we aim to help our students achieve excellence in **DANCE + LIFE**. That is our More Than Just Great Dancing!® philosophy and at this time in history, that's more important than ever before!

Welcome to the 26th Anniversary of Misty's Dance Unlimited (MDU)! We are thrilled to celebrate this milestone with our community, our dancers, their families, and our dedicated teachers.

From your child's first class to their graduation performance, your child will thrive at MDU because at MDU, dance classes are More Than Just Great Dancing!® Our dancers go beyond technique to develop important life skills, learning to be respectful, confident, and conscientious young people who share their gifts and talents with the community.

At Misty's Dance Unlimited, we believe that dance is not only a beautiful art form but also a powerful tool for personal growth and development. Engaging in dance provides many physical and emotional benefits that go well beyond the classroom.

**Dance strengthens muscles, enhances flexibility, improves coordination, and cultivates endurance. Yet, dance is more than just movements; it touches the heart and soul!** Our studio provides children with what social scientists call a "third place"—a place outside of school and home where they are loved, challenged, encouraged, and accepted. Dance can inspire and uplift, providing an outlet for emotions and fostering a deep sense of joy and fulfillment—something which is crucial for children growing up in a social media world.

In addition to the physical and emotional benefits, dance instills invaluable life lessons that extend beyond the studio walls. **Dance teaches discipline, resilience, teamwork, and time management skills.** It instills confidence, boosts

**To see a full class listing,  
and to register, visit:**  
**MISTYSDANCE.COM**

self-esteem, and promotes a positive body image. The camaraderie developed among fellow dancers creates a support system that lasts a lifetime. These lessons extend far beyond the stage, equipping our dancers with the tools they need to succeed in any endeavor they pursue.

**To achieve optimal development and truly reap the rewards of dance, we encourage you to embrace the opportunity to take class multiple times per week or to join one of our Performing Groups.** Regular practice provides consistency and reinforces technique, allowing you to refine your skills and progress at an accelerated pace. Each class builds upon the previous one, and through regular attendance, you will gain a deeper understanding of the art form and witness the greatest growth inside and out.

As we commemorate the 26th anniversary of Misty's Dance Unlimited, we applaud all of our dancers, instructors, and families for being part of this incredible journey. Thank you for choosing us as your dance home; whether you are taking your first class or preparing for your senior year, we say,

***"Welcome Home!" At MDU, you are family.***

## PARENTS ♥ MDU!

- ✓ Youth Protection Association for Dance certified
- ✓ Background-checked teachers and staff
- ✓ CPR-certified teachers and staff
- ✓ Darkness to Light trained
- ✓ Youth Mental Health First Aid certified
- ✓ Safer Studio™ policy
- ✓ Trained teachers & proven curriculum
- ✓ A focus on safety & wellness for every student
- ✓ Secured facilities, viewing windows & professionally sprung floors



Miss Misty has been sharing her passion for dance and mentorship with students for 33 years. She is the founder of More Than Just Great Dancing!® affiliated dance studios and "A Chance to Dance Foundation," a 501(c)3 charitable organization. Misty is also the leader of Youth Protection Association for Dance at the national level. Misty is passionate about community service and teaching life skills through the arts. The studio is a second home to so many MDU students, and she is proud to see former students bringing the next generation of MDU dancers to classes now.

*"We don't teach kids to make great dancers,  
we teach dance to make great kids!"*

*More Than Just Great Dancing!*  
Affiliated Dance Studios

### OUR 26TH SEASON WILL BE AMAZING!

- ★ 2 locations to serve you: Onalaska & Holmen
- ★ CLI Partner Studio (online classes from L.A.)
- ★ Super Kitties - Performing Group for littles
- ★ Ballet La Crosse Production - *The Little Mermaid*
- ★ Darby's Dancers Program for students with special needs
- ★ Community Service Opportunities:  
Steps-of-Praise and Student Leadership Program
- ★ Expanded dancewear and gifts in our Willow & Grace Boutique
- ★ And, more!

# PRESCHOOL PROGRAM - AGES 2-4



**STYLES:** Creative Dance, Ballet, Tap, Acro, and Musical Theater

\*Performs in the Christmas Cookie Social (December 15-19, 2023)

ALL CLASSES (unless otherwise noted\*) will perform in the Spring Recital (May TBA)

## ONALASKA CAMPUS

### AGE 2

CLASS	TEACHER	DAY	TIME
Mini & Me†	DM	Monday	5:00-5:30pm
Mini & Me†	CA	Tuesday	10:00-10:30am
Mini & Me†	SS	Tuesday	5:15-5:45pm
Mini & Me†	TBA	Thursday	4:30-5:00pm

- Must be age 2-4 by September 1, 2023
- Teacher key is found on the last page.

### AGE 3 & 4

CLASS	TEACHER	DAY	TIME
Pre-K Musical Theater	EC	Monday	4:30-5:00pm
Tiny Tappers	KS	Monday	5:00-5:30pm
Fairytale Ballet†	DM	Monday	5:30-6:00pm
Fairytale Ballet†	CA	Tuesday	10:30-11:00am
Tiny Tappers	CA	Tuesday	11:00-11:30am
Tiny Tappers	SS	Tuesday	4:30-5:00pm
Fairytale Ballet†	BH	Tuesday	5:00-5:30pm
Tippy Toes (3 yr olds)†	DM	Wednesday	4:30-5:00pm
Tiny Tappers	SS	Wednesday	5:00-5:30pm
Tutus & Bowties (4 yr olds)†	TBA	Wednesday	5:30-6:00pm
Pre-K Acro	KA	Thursday	5:30-6:00pm
Fairytale Ballet†	GV	Thursday	5:00-5:30pm
Tiny Tappers	DM	Saturday	9:30-10:00am
Fairytale Ballet†	DM	Saturday	10:00-10:30am



## HOLMEN CAMPUS

CLASS/AGE	TEACHER	DAY	TIME
Teddy Bear Ballet (Ages 3-4)†	DM	Tuesday	5:00-5:30pm

Multi-Age Ballet class where dancers can take class with their favorite Stuffie each week.

### INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Dr, Holmen, WI 54636

**TUITION**  
\$49/class  
per month

# CHILDREN'S PROGRAM: K & 1ST

**STYLES:** Ballet, Jazz, Tap, Acro, Hippity Hop, and Musical Theater

\*Performs in the Christmas Cookie Social (December 15-19, 2023)

ALL CLASSES (unless otherwise noted\*) will perform in the Spring Recital (May TBA)

## ONALASKA CAMPUS

### KINDERGARTEN (BALLET & TAP)

CLASS	TEACHER	DAY	TIME
Kidlets <sup>†</sup>	SS	Monday	5:00-5:30pm
Taplets	EC	Monday	5:30-6:00pm
Kidlets <sup>†</sup>	BH	Tuesday	5:30-6:00pm
Tap Adventures	CS	Tuesday	6:00-6:30pm
Tap Adventures	EM	Wednesday	5:00-5:30pm
Dance Adventures <sup>†</sup>	SS	Wednesday	6:00-6:30pm
Dance Adventures <sup>†</sup>	DM	Saturday	10:30-11:00am
Tap Adventures	DM	Saturday	11:00-11:30am

### 1ST GRADE (BALLET & TAP)

CLASS	TEACHER	DAY	TIME
Kidtap	EC	Monday	5:00-5:30pm
Kidance <sup>†</sup>	KS	Monday	5:30-6:00pm
Kidance <sup>†</sup>	TM	Tuesday	5:30-6:00pm
Tap Adventures	CS	Tuesday	6:00-6:30pm
Tap Adventures	EM	Wednesday	5:00-5:30pm
Dance Adventures <sup>†</sup>	SS	Wednesday	6:00-6:30pm
Dance Adventures <sup>†</sup>	DM	Saturday	10:30-11:00am
Tap Adventures	DM	Saturday	11:00-11:30am

### K & 1ST GRADE (SPECIALTY STYLES)

CLASS	TEACHER	DAY	TIME
Hippity Hop <sup>†</sup>	DM	Monday	6:00-6:30pm
Hippity Hop <sup>†</sup>	EF	Tuesday	5:00-5:30pm
Musical Theater (K-3rd) <sup>†</sup>	SS	Wednesday	4:30-5:00pm
Mini Dance Team	TBA	Wednesday	5:00-5:30pm
Hippity Hop <sup>†</sup>	SS	Wednesday	5:30-6:00pm
Acro (K-3rd)*	AF	Wednesday	6:30-7:00pm
Man-In-Motion (K-3rd) <sup>†</sup>	DW	Thursday	4:45-5:15pm

(Tap in Fall, Jazz in Spring)

## HOLMEN CAMPUS

CLASS/AGE	TEACHER	DAY	TIME
Storytime & Move (K-1st) <sup>†</sup>	DM	Tuesday	5:30-6:00pm
Musical Theater (K-3rd) <sup>†</sup>	DM	Tuesday	6:00-6:30pm
Dance Adventures (K & 1st) <sup>†</sup>	DM	Thursday	5:30-6:00pm
Hippity Hop (K & 1st) <sup>†</sup>	DM	Thursday	6:00-6:30pm
Tap Adventures (K & 1st)	DM	Thursday	6:30-7:00pm

INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Dr, Holmen, WI 54636



Join Our  
**Community Performing Group!**

Rehearsal: Monday 4:30-5:00pm Tuition: \$44/mo  
Choreography: August 14-17

**Sign-Up Ends June 30**

**TUITION**  
\$54/class  
per month

- Must be in grade by September 1, 2023
- Teacher key is found on the last page.



# CHILDREN'S PROGRAM: 2ND & 3RD

**STYLES:** Ballet, Jazz, Tap, Acro, Hip Hop, Lyrical, Musical Theater, Acro, and Dance Team

\*Performs in the Christmas Cookie Social (December 15-19, 2023)

ALL CLASSES (unless otherwise noted\*) will perform in the Spring Recital (May TBA)



## ONALASKA CAMPUS

### 2ND & 3RD GRADE

CLASS	TEACHER	DAY	TIME
Building Jazz	TF	Monday	5:00-5:30pm
Building Tap*	SS	Monday	5:30-6:00pm
Building Ballet	KS	Monday	6:00-6:30pm
Building Lyrical*	EF	Tuesday	4:30-5:00pm
Building Ballet	HH	Tuesday	5:00-5:30pm
Building Tap*	SS	Tuesday	5:45-6:15pm
Building Jazz	TM	Tuesday	6:15-6:45pm
Musical Theater (K-3rd)*	SS	Wednesday	4:30-5:00pm
Mini Dance Team	TBA	Wednesday	5:00-5:30pm
Acro (K-3rd)*	AF	Wednesday	6:30-7:00pm
Building Hip Hop	GV	Thursday	4:30-5:00pm
Building Tap*	SS	Thursday	5:00-5:30pm
Building Ballet	OK	Thursday	5:30-6:00pm
Building Jazz	SSW	Thursday	6:00-6:30pm
Building Tap*	LM	Saturday	10:00-10:30am
Building Ballet	LM	Saturday	10:30-11:00am
Building Jazz	LM	Saturday	11:00-11:30am

### GUYS ONLY

CLASS	TEACHER	DAY	TIME
Man-In-Motion (K-3rd)*	DW	Wednesday	4:45-5:15pm
(Tap in Fall, Jazz in Spring)			
Guys Only Hip Hop 1 (2nd-5th)	KM	Thursday	4:45-5:15pm

## HOLMEN CAMPUS

CLASS/AGE	TEACHER	DAY	TIME
Musical Theater (K-3rd)*	DM	Tuesday	6:00-6:30pm
Building Ballet	LM	Wednesday	5:00-5:30pm
Building Jazz	LM	Wednesday	5:30-6:00pm
Building Lyrical*	LM	Wednesday	6:00-6:30pm

INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Dr, Holmen, WI 54636

## FREE CLASS! (AGES 7-9)

CLASS	TEACHER	DAY	TIME
Steps of Praise Kids*	EC	Monday	6:00-6:30pm

This class is a multi-style worship class that will involve weekly devotionals and bible study.

Note: This class begins September 11th.

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

Email to  
audition for  
Dancin' Kids!  
Rehearses  
Monday nights.



# LEVEL 1 & 2 (1ST INTERMEDIATE, BEGINS IN 4TH GRADE)

Our Level 1 & 2 Graded Technique students build foundations in movement, vocabulary, technique and choreography. Additionally, students in Level 1 & 2 are eligible and encouraged to try styles such as Lyrical, Hip Hop, and Modern. All students in our Graded Technique Program participate in annual skills testing and optional parent-teacher conferences.

## ONALASKA CAMPUS

### LEVEL 1

CLASS	TEACHER	DAY	TIME
Performance Company (Email for an audition)		Monday	6:00-8:30pm
Jazz 1	KY	Tuesday	4:45-5:30pm
Ballet 1	HH	Tuesday	5:30-6:15pm
Tap 1	KA	Tuesday	6:30-7:00pm
1st Int. Lyrical**	KA	Tuesday	7:00-7:45pm
1st Int. Leaps & Turns*	KA	Tuesday	7:45-8:15pm
Tap 1	EM	Wednesday	5:30-6:00pm
Jazz 1	LF	Wednesday	6:00-6:45pm
Ballet 1	SSW	Wednesday	6:45-7:30pm
Acro 1*	AF	Wednesday	7:30-8:00pm
1st Int. Musical Theater	SSW	Wednesday	7:30-8:15pm
1st Int. Lyrical**	OK	Thursday	4:45-5:30pm
1st Int. Hip Hop	GV	Thursday	5:30-6:00pm
Acro 1*	AF	Thursday	6:00-6:30pm
1st Int. Modern	DW	Thursday	7:00-7:45pm
Acro 1*	AF	Thursday	7:00-7:30pm

### LEVEL 2

CLASS	TEACHER	DAY	TIME
Performance Company (Email for an audition)		Monday	6:00-8:30pm
Jazz 2	KY	Tuesday	5:30-6:15pm
Ballet 2	CJB	Tuesday	6:15-7:00pm
Tap 2	CJB	Tuesday	7:00-7:30pm
1st Int. Lyrical**	KA	Tuesday	7:00-7:45pm
1st Int. Leaps & Turns*	KA	Tuesday	7:45-8:15pm
Jazz 2	LF	Wednesday	5:15-6:00pm
Ballet 2	SSW	Wednesday	6:00-6:45pm
Tap 2	SS	Wednesday	6:45-7:15pm
Acro 1*	AF	Wednesday	7:30-8:00pm
1st Int. Musical Theater	SSW	Wednesday	7:30-8:15pm
1st Int. Lyrical**	OK	Thursday	4:45-5:30pm
1st Int. Hip Hop	GV	Thursday	5:30-6:00pm
Acro 1*	AF	Thursday	6:00-6:30pm
1st Int. Modern	DW	Thursday	7:00-7:45pm
Acro 1*	AF	Thursday	7:00-7:30pm

### GUYS ONLY

CLASS	TEACHER	DAY	TIME
Guys Only Hip Hop 1 (2nd-5th Grade)	KM	Thursday	4:45-5:15pm
Guys Only Technique (4th-6th grade)	DW	Thursday	5:15-6:00pm

### FREE CLASS! (AGES 10+)

CLASS	TEACHER	DAY	TIME
Steps of Praise*	CJB	Tuesday	7:30-8:15pm

This class is a multi-style worship class that will involve weekly devotionals and bible study.

NOTE: This class begins September 11th.



### TUITION

1/2 hr = \$59/class per month  
3/4 hr = \$64/class per month

Email to  
audition for  
a variety of  
Performing  
Groups ♥



Teacher Key is found on the last page.

\*Does not perform in Spring Recital.

\*\*Requires co-enrollment in Ballet,  
Jazz or Leaps & Turns.

\*Performs in the Christmas Cookie Social  
(December 15-19, 2023)



# LEVEL 3 & 4 (HIGH INTERMEDIATE)

Our Level 3 & 4 Graded Technique students build on the foundations developed in earlier levels to build strength, control and flexibility - all while gaining confidence with artistic expression and new styles. Additionally, students in Level 3 & 4 are eligible and encouraged to try new styles such as Pre-Pointe, Pointe, Leaps & Turns, Stretching & Conditioning, and Dance Team. Dancers in Level 4 and above are encouraged to consider applying for our Pre Pro Ballet program, email for details.

Email to  
audition for  
a variety of  
Performing  
Groups ♥

## ONALASKA CAMPUS

### LEVEL 3

CLASS	TEACHER	DAY	TIME
Performance Company (Email for an audition)		Monday	6:00-9:00pm
Tap 3	EM	Tuesday	5:15-5:45pm
Pre-Pointe/Pointe 1*	CJB	Tuesday	5:45-6:15pm
Ballet 3	HH	Tuesday	6:15-7:15pm
Jazz 3	KY	Tuesday	7:15-8:15pm
High Int. Lyrical**	KA	Tuesday	8:15-9:00pm
Dance Team	LF	Wednesday	4:30-5:15pm
High Int. Modern	DW	Wednesday	6:00-6:45pm
Leaps & Turns (Level 3+)*	LF	Wednesday	6:45-7:15pm
Tap 3	EM	Wednesday	6:45-7:15pm
Acro 2*	AF	Wednesday	7:00-7:30pm
High Int. Lyrical**	LF	Wednesday	7:15-8:00pm
Acro 1*	AF	Wednesday	7:30-8:00pm
Acro 2*	AF	Wednesday	8:00-8:30pm
Jazz 3	TF	Thursday	5:00-6:00pm
High Int. Hip Hop	KM	Thursday	5:30-6:00pm
Acro 1*	AF	Thursday	6:00-6:30pm
Ballet 3	DW	Thursday	6:00-7:00pm
Acro 2*	AF	Thursday	6:30-7:00pm
Int. Modern (Levels 3-5)	GV	Thursday	6:30-7:15pm
Acro 1*	AF	Thursday	7:00-7:30pm
High Int. Musical Theater	GV	Thursday	7:15-8:00pm
Acro 2*	AF	Thursday	7:30-8:00pm
Stretching & Conditioning*	DW	Thursday	8:00-8:30pm

### GUYS ONLY

CLASS	TEACHER	DAY	TIME
Guys Only Technique (4th-6th grade)	DW	Thursday	5:15-6:00pm
Guys Only Hip Hop 2 (6th-8th Grade)	KM	Thursday	7:30-8:00pm

### FREE CLASS! (AGES 10+)

CLASS	TEACHER	DAY	TIME
Steps of Praise*	CJB	Tuesday	7:30-8:15pm

This class is a multi-style worship class that will involve weekly devotionals and bible study.

NOTE: This class begins September 11th.

### LEVEL 4

CLASS	TEACHER	DAY	TIME
Performance Company (Email for an audition)		Monday	6:00-9:00pm
Ballet 4	CJB	Tuesday	4:45-5:45pm
Pre-Pointe/Pointe 1*	CJB	Tuesday	5:45-6:15pm
Jazz 4	KY	Tuesday	6:15-7:15pm
Tap 4	EM	Tuesday	7:30-8:15pm
High Int. Lyrical**	KA	Tuesday	8:15-9:00pm
Dance Team	LF	Wednesday	4:30-5:15pm
High Int. Modern	DW	Wednesday	6:00-6:45pm
Leaps & Turns (Level 3+)*	LF	Wednesday	6:45-7:15pm
Acro 2*	AF	Wednesday	7:00-7:30pm
High Int. Lyrical**	LF	Wednesday	7:15-8:00pm
Tap 4	EM	Wednesday	7:15-8:00pm
Acro 1*	AF	Wednesday	7:30-8:00pm
Acro 2*	AF	Wednesday	8:00-8:30pm
High Int. Hip Hop	KM	Thursday	5:30-6:00pm
Jazz 4	TF	Thursday	6:00-7:00pm
Acro 1*	AF	Thursday	6:00-6:30pm
Acro 2*	AF	Thursday	6:30-7:00pm
Ballet 4	OK	Thursday	7:00-8:00pm
Int. Modern (Levels 3-5)	GV	Thursday	6:30-7:15pm
Acro 1*	AF	Thursday	7:00-7:30pm
High Int. Musical Theater	GV	Thursday	7:15-8:00pm
Acro 2*	AF	Thursday	7:30-8:00pm
Stretching & Conditioning*	DW	Thursday	8:00-8:30pm
Pointe 1/2*	OK	Thursday	8:00-8:30pm

### TUITION

1/2 hr = \$64/class per month  
 3/4 hr = \$69/class per month  
 1+ hr = \$74/class per month

Check out  
our Pop-Up  
Classes &  
Sessions on  
page 9!



Teacher Key is found on the last page.

\*Does not perform in Spring Recital.

\*\*Requires co-enrollment in Ballet,  
Jazz or Leaps & Turns.

\*Performs in the Christmas Cookie Social  
(December 15-19, 2023)



Register Online! **MistysDance.com**  
 923 12th Ave S. Onalaska, WI | 608-779-4642

*More Than Just Great Dancing!*  
 Affiliated Dance Studios

# LEVEL 5 & 6 (ADVANCED)

Our Level 5 and 6 Graded Technique students continue to grow in strength, control and flexibility as well as artistry and expression. Additionally, students in 8th grade & up are invited to participate in a dance convention called Dance Revolution, which is held each November in Dallas, TX. Our advanced dancers have additional performance and competitive opportunities such as: Performance Company, Traveling Team, Footworks, Ballet LaCrosse, Pre Pro Ballet and YAGP.

## ONALASKA CAMPUS

CLASS	TEACHER	DAY	TIME	CLASS	TEACHER	DAY	TIME
Performance Company (Email for an audition)		Monday	6:00-9:00pm	Acro 1*	AF	Thursday	6:00-6:30pm
Tap 6	EM	Tuesday	5:45-6:30pm	Ballet 5	OK	Thursday	6:00-7:00pm
Ballet 5	AB	Tuesday	6:45-7:45pm	Advanced Hip Hop	KM	Thursday	6:00-6:30pm
Pointe 2	AB	Tuesday	7:45-8:15pm	Acro 2*	AF	Thursday	6:30-7:00pm
Tap 5	EM	Tuesday	8:15-9:00pm	Int. Modern (Lev. 3-5)	GV	Thursday	6:30-7:15pm
Jazz 6	KY	Tuesday	8:15-9:15pm	Jazz 5	TF	Thursday	7:00-8:00pm
Dance Team (Level 3-5)	LF	Wednesday	4:30-5:15pm	Acro 1*	AF	Thursday	7:00-7:30pm
Advanced Modern	DW	Wednesday	5:15-6:00pm	Acro 2*	AF	Thursday	7:30-8:00pm
Tap 6	EM	Wednesday	6:00-6:45pm	Advanced Lyrical**	TF	Thursday	8:00-8:45pm
Leaps & Turns (Level 3+)*	LF	Wednesday	6:45-7:15pm	Stretching & Conditioning*	DW	Thursday	8:00-8:30pm
Jazz 6	KY	Wednesday	6:45-8:00pm	Pointe 1/2*	OK	Thursday	8:00-8:30pm
Acro 2*	AF	Wednesday	7:00-7:30pm				
Acro 1*	AF	Wednesday	7:30-8:00pm				
Acro 2*	AF	Wednesday	8:00-8:30pm				

Teacher Key is found on the last page.

\*Does not perform in Spring Recital.

\*\*Requires co-enrollment in Ballet, Jazz or Leaps & Turns.

\*Performs in the Christmas Cookie Social  
(December 15-19, 2023)

## FREE CLASS! (AGES 10+)

CLASS	TEACHER	DAY	TIME
Steps of Praise†	CJB	Tuesday	7:30-8:15pm

This class is a multi-style worship class that will involve weekly devotionals and bible study.

NOTE: This class begins September 11th.

## TUITION

½ hr = \$69/class per month

¾ hr = \$74/class per month

1+ hr = \$79/class per month

Check out  
our Pop-Up  
Classes &  
Sessions on  
page 9!



Email to  
audition for  
a variety of  
Performing  
Groups ♥



## TECHNIQUE ONLY PRIVATE LESSONS

### RECOMMENDED BUILDING LEVELS & UP

Looking for one-on-one time for your dancer, email [kylie.mistysdance@gmail.com](mailto:kylie.mistysdance@gmail.com) for more info.

See full schedule and sign up at

**MistysDance.com/pl**

Weekly and Bi-Weekly Options

**TUITION: \$79+/HR**

**NEW  
TO DANCE?**  
Email about a  
**FREE** private  
lesson!

## ADULT CLASSES

### MONDAYS - 7:00-7:30PM

Adult Fitness Fall Session:

Sept. 11 - Oct. 2 (4 weeks)

**Tuition: \$59**

Adult Tap Fall Session:

Oct. 16 - Nov. 13 (5 weeks)

**Tuition: \$69**

Adult Tap Christmas Carols:

Nov. 27 - Dec. 11 (3 weeks)

**Tuition: \$49**

### WEDNESDAYS - 7:15-8:00PM

Adult Ballet October:

Oct. 4-25 (4 weeks)

**Tuition: \$59**

Adult Ballet November:

Nov. 1-15 (3 weeks)

**Tuition: \$49**



**Registration  
Required**

### ATTENTION: FAMILIES WITH LITTLE ONES!

Join us on the first Wednesday of every month for a movement class, playtime, crafts, and connection! Each lesson will consist of imaginary dance time, a new craft, and time to play and connect with other families.

**Begins Wednesday, September 6th**

**18 mo. - 4 years | 9:30-10:30am | \$7/dancer**

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

## POP UP CLASSES (LEVEL 4+)

**JAZZ/CONTEMPORARY TECHNIQUE + COMBO**  
**SATURDAYS - 10:00AM-12:00PM**

November 18, 2023

February 10, 2024

December 9, 2023

March 9, 2024

**Tuition: \$35/class**

## 5 WEEK SESSIONS (LEVEL 4+)

### WEDNESDAYS

#### FALL

Pilates with Miss Amanda

Aug. 23 - Sept. 20 | 6:00-6:45pm

Contemporary with Miss Kylie

Oct. - Nov. 1 | 6:15-6:45pm

#### SPRING

Contemporary with Miss Kylie

April 3 - May 1 | 6:15-6:45pm

#### WINTER

Dancer Wellness with Miss Alex

Jan. 3-31 | 6:15-6:45

Pilates with Miss Amanda

Feb. 21 - Mar. 20 | 6:00-6:45pm

#### Tuition:

30 Minute = \$59/class

45 Minute = \$69/class

## MIDDLE SCHOOL PROGRAMS

**Classes specifically designed for 6th - 8th graders**

**Holmen Campus: 600 N Holmen Dr, Holmen, WI 54636**

**Tuition: \$64/class**

CLASS	TEACHER	DAY	TIME
Dance Team Technique*	KA	Wednesday	3:00-4:30pm
Middle School Leaps & Turns*	LM	Wednesday	6:30-7:00pm
Middle School Lyrical	LM	Wednesday	7:00-7:45pm

\*non-performing

## PRE-PROFESSIONAL BALLET PROGRAM

**Audition for our  
Pre-Pro Program Ballet 4+**

**TEEN: Wednesdays & Thursdays from 4-6pm**  
**SENIOR: Wednesdays & Thursdays from 6-8pm**

Email [mistysdance@gmail.com](mailto:mistysdance@gmail.com) for more information



## CLASS TRACKS

Here are some suggested classes to take to help plan your future and reach your goals.

### Elite (College/Company Prep)

2 Jazz Classes

1 Modern Class

1 Ballet Class

1 Acro

### BALLET PREP (Pre-Pro/BLC Prep)

Pre-Pointe/Pointe

2 Ballet Classes

### DANCE TEAM (High School/College Prep)

1 Jazz Class

1 Hip Hop

1 Leaps and Turns/Strengthening &

Conditioning

1 Acro

# REGISTRATION INFO:

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

Registration for the 2023-24 season will begin on Saturday, June 10, at 8:00am.

## 2023-2024 CALENDAR

\*Subject to change.

August 18	Classes Begin
September 4	Labor Day - No Classes
September 26-30	Inter-sessional Break #1 - No Classes
September 30	Oktoberfest Parade (Building & Up)
November 15	Costumes Fees Charged
November 20-25	Thanksgiving Break - No Classes
December 8-14	Parent Observation Week #1
December 15-19 (tentative)	Christmas Cookie Social - No Classes
December 20-Jan 2	Christmas Break - No Classes
Jan 30-Feb 10	Graded Skills Testing in Classes
February 13-17	Inter-sessional Break #2 - No Classes
February 10 OR 17	Graded Conferences
March 18-23	Parent Observation Week #2
March 26-April 1	Easter Break - No Classes
May (TBA)	Annual Recitals at Viterbo University

## REGISTRATION

Registration requires paying for 1st Month + annual membership fee (\$55-\$65). For your convenience, and to reserve a space for the following season, annual membership fees will be automatically renewed and applied to your account on May 1, 2024 unless a withdrawal form is completed online before that date.

## TUITION

### CHILDREN'S CLASSES

(Age 2 - 3rd Grade)

★ \$49-\$59/class per month

### GRADED TECHNIQUE & SPECIALTY CLASSES

(4th Grade & Older)

★ \$59-\$79/class per month

(depending on level and class length)

## DISCOUNTS

Siblings receive a 10% discount on the smaller tuition account for regular school year classes. No sibling discounts are offered for summer classes, special events, guest artists or for Performing Groups, Pre Pro Ballet or Membership Fees.



## ATTIRE

Proper attire and hair etiquette are required for all classes. Special class attire including shoes and hair is published [online](#). Warm ups should be tight fitting and no jewelry is to be worn in class. All required items will be available in our Willow & Grace Boutique.

## CLASSES

- MDU reserves the right to reschedule or combine classes or to provide a substitute. MDU reserves the right to deliver class content via an online system in the event that classes are not able to be conducted live for any reason including, but not limited to: weather, teacher absence, or governmental advisory.

## PERFORMANCES

### CHRISTMAS COOKIE SOCIAL

We finish our first half of the season with a fun and informal fundraising show for our Chance to Dance Foundation.

- ★ Tickets available for purchase via MDU December 1st
- ★ Participating classes are selected and invited from each age group of our Children's Classes.

### SPRING RECITAL

We end our season with our Spring Recital. The Spring Recital will be held in May depending on local theater availability.

- ★ Costume fee: \$89-\$99 per class, due November 15th.
- ★ Tickets available for purchase in March.
- ★ Recital schedules, locations and other information will be published in February.

## STUDENT LEADERSHIP PROGRAM

We are committed to providing leadership training for our students beyond the dance classroom. To that end, students may apply in August for the following opportunities:

**Age 9+** - Classroom Helpers assist teachers with students throughout our younger classes.

**Age 12+** - Classroom Assistants work with teachers in the classroom with more responsibilities to prepare them for teaching one day.

**Age 16+** - Junior Faculty (JFAC) are able to sub for classes, teach at community out-reaches, give private lessons for reduced rates and receive added leadership training. This is a great intro to teaching.

**Dancers in Level 5+** - We are always looking for classroom demonstrators in Ballet, Tap, and Jazz 1-3. Demonstrators take the class and show the skills to students.

## PAYMENT

- Tuition fees are paid monthly or annually. Save 5% by paying for the full season by October 31st.
- August's tuition is pro-rated half a month.
- The dance season starts August 18 and goes through the Spring Recital, which will be in either May or June, depending on venue availability. If the recital is held in May, then May 1st will be the last tuition payment of the season. If the recital is held in June, then June 1st will be the last tuition payment of the season.
- After registering, monthly tuition is paid by automatic EFT, debit, or credit card payment on the 1st day of each remaining month. There is a 3.5% convenience fee on credit or debit card payments. To avoid this fee please pay by cash or check, or provide a checking account and routing number.
- There is a \$25 fee on NSF payments and a 5% fee on late accounts.



# TEACHER KEY

<b>AB</b>	Ashlin Bowyer
<b>AF</b>	Amy Fortner
<b>BH</b>	Bailey Hoffman
<b>CA</b>	Cindy Anneke
<b>CJB</b>	Chloe Jane Bulman
<b>CS</b>	Carmina Stauffer
<b>DM</b>	Denise Meyer
<b>DW</b>	Dennis Williams
<b>EC</b>	Emma Calmes
<b>EF</b>	Elsa Fortner
<b>EM</b>	Elisabeth Michelson
<b>GV</b>	Greta Vollendorf
<b>HH</b>	Hannah Hunt
<b>KM</b>	Kaydra Moses
<b>KA</b>	Kyra Moore
<b>KS</b>	Kristina Schoh
<b>KY</b>	Kylie Williams
<b>LF</b>	Lexi Fishbein
<b>LM</b>	Lizzie Mead
<b>OK</b>	Olivia Key
<b>SS</b>	Shayna Stellflue
<b>SSW</b>	Suzanne Swanson Wagner
<b>TF</b>	Tiffany Fischer
<b>TM</b>	Tabitha Meyer



923 12th Avenue South | Suite 103 | Onalaska, WI 54650  
608-779-4642 | [MISTYSDANCE.COM](http://MISTYSDANCE.COM)

# CLASS DESCRIPTIONS

## Mini and Me

A caretaker and child class that encourages children to love learning thought movement, music, and dance! A great way to prepare your child for a class of their own.

## Tippy Toes

Tippy Toes is an introduction to classical ballet for 3 year olds using creative, imaginative role-playing and movement.

## Tiny Tappers

3 & 4 year olds learn the fundamentals of tap dance combining rhythm and the sounds of tap shoes as a form of percussion. Fine motor skills and an appreciation for musicality!

## Tutus & Bowties

Tutus & Bowties introduces 4 year olds to basic ballet through imagination.

## Fairytale Ballet (Multi-age)

This multi-age class for 3 & 4 year olds is designed for those who want to learn basic ballet technique through props, and games.

## Kidlets

Kidlets is a high energy ballet technique class.

## Kidance

Kidance is a high energy ballet and jazz combo class for 1st graders.

## Hippity Hop

Hippity Hop is an introductory hip hop class for K & 1st graders. This class will introduce new and basic hip hop movements and is a fun way to learn a new style of dancing.

## Musical Theater

A singing, acting, and dancing class for Kindergarten through 3rd grade. Enjoy Broadway's favorite shows like Lion King in a weekly class.

## Dance Adventures

A creative movement class for K & 1st graders designed to enhance gross motor development, listening skills, musicality, and nurture the creative spirit.

## Tap Adventures, Taplets, Kidtap

Introduces K & 1st graders to the steps and sequences of Tap including rhythm, tempo, musicality. Fine motor skills are developed with tap as well as an appreciation for music.

## Man-in-Motion

This class is a boys-only beginning level class for K-3rd grade. Tap and Jazz are explored in this upbeat class.

## Acro

Acro is great for dancers age Kindergarten and up who are looking to improve their overall coordination, strength, agility, and flexibility. Students learn and master cartwheels, aerials, tumbling, chest stands, handsprings, and more.

## Mini Dance Team

Your dancer may be young, but opportunities to audition for a high school dance team are around the corner. Get ready with dance team specific skills in this class.

## Pre-Pointe

Pre-Pointe is a pointe preparation class for serious ballet students interested in dancing en pointe. Dancers do specific exercises for foot and ankle strength, flexibility, and control needed to be ready for Pointe.

## Guys Only Technique

Guy Only is a movement class for boys. This class continues the movement exploration of Man-in-Motion with more action, stretching and jumping!

## Guys Only Hip Hop

MDU has two levels of Guys Only Hip Hop-a class for 2nd-5th graders and a class for middle schoolers.

## Hip Hop

Hip Hop dance was started in the 1970s in the Bronx, New York, and was made of many different styles like breaking, popping, locking, and more. Hip Hop dance is a movement and culture that represents the freedom to learn, grow, and evolve. It continues to grow and change today with dance crews, movement, and choreography.

## Ballet

Ballet is a foundational dance form that provides grace, poise, and technique needed to be proficient in all other areas of dance. Ballet classes will help dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence.

## Jazz

Jazz dance includes strength, flexibility, and conditioning technique and progressions including turns, kicks, and leaps. In a Jazz class, the dancers also learn fun dance steps that are used for all forms of dance. Great for dancers interested in competing or dance teams in the future.

## Tap

In tap dance class, you'll be training your musical ear as well as your body. Tap dancers use the metal taps on the toes and heels of their shoes to produce an endless variety of sounds and rhythms that differ in dynamics and even pitch.

## Stretching and Conditioning

This class will focus on targeting specific muscle groups with exercises to supplement their dance training. Dancers will gain strength, flexibility, balance and work on cardio in this class.

## Modern

A foundational technique similar to Ballet. Dancers will gain strength in movement, learn floor work, and how to dance, and engage their back more through this movement-focused class.

## Lyrical

Lyrical combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires the expression of emotions the choreographer feels from the lyrics of the song.

## Leaps and Turns

Leaps and Turns is a non-performing Jazz and Contemporary based class that focuses on technique. Dancers work to master skills on various leaps, turns, and tricks.

## Dance Team

Our Dance Team program is great for middle schoolers getting ready to join their high school teams. Focused on jazz and pom technique.



# 2023-24 SEASON DRESS CODE

## PRE-SCHOOL-1ST GRADE



### ATTIRE

- Any Color Leotard and Tights

### SHOES

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

### HAIR

- Ponytail or bun

## BUILDING LEVEL 2ND-3RD GRADE



### ATTIRE

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

### SHOES

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

### HAIR

- Bun

NO JEWELRY

## LEVEL 1-6



### ATTIRE

- Any solid black leotard. We have a nice selection of body-positive leotards in our Boutique.
- Black sports bras are allowed. (Other color sports bras are allowed as long as they are covered by the leotard)
- White or Black skirt and Pink tights for ballet, solid black dance shorts, or leggings for Jazz and Tap.

### SHOES

- Pink ballet shoes (Ballet/Musical Theater)
- 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 (Building Level & Up)



### ATTIRE

- Any solid colored leotard
- Any color tights
- Solid black jazz shorts or leggings

### SHOES

- Clean soled sneakers (Hip Hop)
- Tan Jazz shoes (Dance Team)
- Barefoot (Modern & Acro)

### HAIR

- Bun, Ponytail (Acro)

NO JEWELRY

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when you shop our  
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