



2022-23 PROGRAMMING GUIDE

*More Than Just Great Dancing!*  
Affiliated Dance Studios

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!

**Dance meets imperative student needs** for community, socialization, friendship, mentors, physical activity, and more! The benefits of dance include, but are not limited to: intellectual, academic, social-emotional, and physical support.

At MDU, the **health and safety** of our students, staff, guests, and communities have always been our highest priority; a commitment that has only been heightened at this time. That's why we have used local guidelines and our national Safer Studio™ standard to inform our best practices for service.

Registration begins on Saturday, June 4 online at 8:00am! Class space is limited, so enroll early.

As you look at our calendar, you'll note that we have included two inter-sessional breaks—one in the fall and one in the winter—to allow for greater programming flexibility should that be needed. Please note that class times and offerings may shift as things progress. We are planning on concluding our season with a Spring Recital in either May or June at Viterbo University (date based on venue availability).

**In other exciting news**, our Holmen studio is growing and we are pleased to renew our partnership as the official dance partner of the Boys & Girls Club of Greater La Crosse. We are also pleased to offer the STAR Leadership program.

**So, whether you are taking your first class or preparing for your senior year, we say, "Welcome Home!" At MDU, you are family. ❤️**

**To see a full class listing,  
and to register, visit:  
[MISTYSDANCE.COM](http://MISTYSDANCE.COM)**

### CELEBRATING OUR 25TH SEASON!

- ★ 2 locations to serve you: Onalaksa & Holmen
- ★ CLI Partner Studio (online classes from L.A.)
- ★ Mighty Minions - Performing Group for littles
- ★ All-black dress code options (Level I & Up)
- ★ Expanded dancewear and gifts in our Willow & Grace Boutique
- ★ And, more!



## MDU IS A SAFER STUDIO™

MDU focuses on a hierarchy of measures to create a Safer Studio™ environment beginning with requiring students and staff who are ill to stay home, followed by frequent hand cleaning and good hygiene practices, amplified cleaning, and making curricular and facility adaptations to minimizing contact and mingling.



Miss Misty has been sharing her passion for dance and mentorship with students for 32 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 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

## MDU IS A SAFER STUDIO™

### MDU is Youth Protection Advocates in Dance® Certified!

- ✓ Background checked and CPR certified teachers and staff
- ✓ Safer Studio™ Policy
- ✓ Teacher training & proven curriculum
- ✓ A focus on safety & wellness for every student
- ✓ Secured facilities
- ✓ Viewing windows
- ✓ Professional sprung floors
- ✓ Social media safety practices





## PRESCHOOL PROGRAM

**mini & me**

**Tippy Toes™**

**Fairytales Ballet**

**Tiny Tappers™**

**Tutus & Bowties™**



**TUITION**  
AGE 2  
\$44/class per month  
AGE 3-4  
\$49/class per month

**MDU**  
**MISTY'S DANCE UNLIMITED**

MDU's preschool classes are designed to enhance gross motor coordination, listening skills, musicality and nurture imagination. Each class includes developmentally appropriate instruction through the use of music and dance. Dancers have onstage performance opportunities in the Christmas Cookie Social (select classes) in December and the annual Spring Recital in May or June (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	Wednesday	5:30-6:00pm

#### AGE 3

CLASS	TEACHER	DAY	TIME
Tippy Toes	DM	Monday	4:30-5:00pm

#### AGE 4

CLASS	TEACHER	DAY	TIME
Tutus & Bowties	DM	Monday	6:00-6:30pm
Tutus & Bowties	DM	Tuesday	5:30-6:00pm
Ninja Tumbling*	DW	Wednesday	6:00-6:30pm

Teacher Key is found  
on the last page.

#### AGE 3 & 4

CLASS	TEACHER	DAY	TIME
Fairytales Ballet	CA	Tuesday	10:30-11:00am
Tiny Tappers	CA	Tuesday	11:00-11:30am
Fairytales Ballet	EC	Tuesday	4:30-5:00pm
Tiny Tappers	KY	Tuesday	5:00-5:30pm
Tiny Tappers	SS	Wednesday	4:30-5:00pm
Fairytales Ballet	CJB	Wednesday	5:00-5:30pm
Fairytales Ballet	GV	Thursday	5:00-5:30pm
Musical Theater	DM	Thursday	5:30-6:00pm
Tiny Tappers	DM	Saturday	9:30-10:00am
Fairytales Ballet	DM	Saturday	10:00-10:30am

### HOLMEN CAMPUS

CLASS/AGE	TEACHER	DAY	TIME
Boppin' Babies (18mo-2yr)	SP	Tuesday	5:00-5:30pm
Ready Set Dance (3-4 yrs)	SP	Tuesday	5:30-6:00pm
Tippy Toes (3 yrs)	SS	Thursday	5:00-5:30pm

INSIDE THE BOYS & GIRLS CLUB!



#### 4 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt
- MDU Stuffy
- 1-Recital digital download
- Willow & Grace \$25 Gift Certificate



#### 3 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt
- MDU Stuffy
- MDU Tote Bag



#### 2 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt

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

More Than Just Great Dancing!  
Affiliated Dance Studios



# CHILDREN'S PROGRAM: K & 1ST

With a focus on fun and friendship, MDU's K-1st Grade Program is the perfect opportunity for the early elementary school-age dancer to grow in confidence as they learn technique basics. Dancers have onstage performance opportunities in the Christmas Cookie Social (select classes) in December and the annual Spring Recital in May or June (TBA).

## ONALASKA CAMPUS

### KINDERGARTEN

CLASS	TEACHER	DAY	TIME
Kidlets	DM	Monday	5:30-6:00pm
Kidlets	DM	Tuesday	5:00-5:30pm

### K & 1ST GRADE

CLASS	TEACHER	DAY	TIME
Tap Adventures	SS	Monday	5:00-5:30pm
Tap Adventures	EC	Tuesday	5:30-6:00pm
Hippity Hop	DM	Tuesday	6:00-6:30pm
Musical Theater	EM	Wednesday	4:30-5:00pm
Hippity Hop	SS	Wednesday	5:00-5:30pm
Tap Adventures	CJB	Wednesday	5:30-6:00pm
Dance Adventures	SS	Wednesday	6:00-6:30pm
Dance Adventures	DM	Saturday	10:30-11:00am
Tap Adventures	CJB	Saturday	11:00-11:30am

### MULTI-AGE (K-3RD)

CLASS	TEACHER	DAY	TIME
Ninja Tumbling (ages 4-6)*	DW	Wednesday	6:00-6:30pm
Man-In-Motion	DW	Thursday	4:45-5:30pm
ACRO Kids*	AF	Thursday	5:00-5:30pm
Mini Dance Team	GV	Thursday	6:00-6:30pm

Email to join  
our newest  
Performing  
Group!

**Mighty  
Minions**

Rehearses Mondays 4:30-5:00pm

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

**MDU** MISTY'S  
DANCE  
UNLIMITED

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

### 1ST GRADE

CLASS	TEACHER	DAY	TIME
Kidance	KP	Monday	5:30-6:00pm
Kidance	EC	Tuesday	5:00-5:30pm

## HOLMEN CAMPUS

CLASS/AGE	TEACHER	DAY	TIME
Musical Theater (K-3rd)	SP	Tuesday	6:00-6:30pm
Mini Dance Team (K-3rd)	SP	Tuesday	6:30-7:00pm
Dance Adventures (K & 1st)	SS	Thursday	5:30-6:00pm
Hippity Hop (K & 1st)	SS	Thursday	6:00-6:30pm
Tap Adventures (K & 1st)	SS	Thursday	6:30-7:00pm

INSIDE THE BOYS & GIRLS CLUB!

\*Does not perform in Spring Recital.

Teacher Key is found on the last page.

## CHOOSE YOUR 25<sup>th</sup> ANNIVERSARY PACKAGE



- 4+ Classes Includes:**
- 25<sup>th</sup> Ann. T-Shirt
  - MDU Stuffy
  - 1-Recital digital download
  - Willow & Grace \$25 Gift Certificate



- 3 Classes Includes:**
- 25<sup>th</sup> Ann. T-Shirt
  - MDU Stuffy
  - MDU Tote Bag



- 2 Classes Includes:**
- 25<sup>th</sup> Ann. T-Shirt

*More Than Just Great Dancing!*  
Affiliated Dance Studios



**Kidlets™**

**MusicalTheater™**



**DANCEADVENTURES**

**TAPAdventures**



# CHILDREN'S PROGRAM: 2ND & 3RD

Our Building program is a two year program where dancers will "Build" foundations in proper dance technique in addition to the fun of music and movement!

Our Building classes are perfect for trying new styles and preparing skills needed for Level 1. Dancers have onstage performance opportunities in the Christmas Cookie Social (select classes) in December and the annual Spring Recital in May or June (TBA).



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

**CHOOSE YOUR  
25<sup>th</sup> ANNIVERSARY  
PACKAGE**

**MDU** MISTY'S  
DANCE  
UNLIMITED

## 2ND & 3RD GRADE

CLASS	TEACHER	DAY	TIME
Building Tap	<b>SS</b>	Monday	5:30-6:00pm
Building Ballet	<b>KP</b>	Monday	6:00-6:30pm
Building Jazz	<b>DM</b>	Monday	6:30-7:00pm
Building Lyrical	<b>DM</b>	Tuesday	4:30-5:00pm
Building Ballet	<b>HH</b>	Tuesday	5:00-5:30pm
Building Jazz	<b>MB</b>	Tuesday	5:30-6:00pm
Building Tap	<b>EC</b>	Tuesday	6:00-6:30pm
Building Musical Theater	<b>DW</b>	Wednesday	4:30-5:00pm
Building Jazz	<b>GV</b>	Thursday	4:30-5:00pm
Building Tap	<b>DM</b>	Thursday	5:00-5:30pm
Building Ballet	<b>GV</b>	Thursday	5:30-6:00pm
Building Hip Hop	<b>MM</b>	Thursday	6:15-6:45pm

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

## FREE CLASS! (AGES 6-8)

CLASS	TEACHER	DAY	TIME
Steps of Praise (Ages 6-8)	<b>CJB</b>	Saturday	10:30-11:00am

Fall session style = Hip Hop. Winter/Spring session style = Lyrical.  
Note: This class begins September 10th.

## ONALASKA CAMPUS

## MULTI-AGE

CLASS	TEACHER	DAY	TIME
Guys Only Technique (2nd-5th)	<b>DW</b>	Wednesday	6:45-7:15pm
Ninja Tumbling (ages 7-9)*	<b>DW</b>	Wednesday	6:45-7:15pm
ACRO (K-3rd)*	<b>AF</b>	Thursday	5:00-5:30pm
Man-In-Motion (K-3rd)	<b>DW</b>	Thursday	4:45-5:30pm
Mini Dance Team (K-3rd)	<b>GV</b>	Thursday	6:00-6:30pm
Guys Only Technique	<b>DW</b>	Thursday	6:15-6:45pm
Guys Only Hip Hop 1 (2nd-5th)	<b>KM</b>	Thursday	7:00-7:30pm

## HOLMEN CAMPUS

CLASS/AGE	TEACHER	DAY	TIME
Musical Theater (K-3rd)	<b>SP</b>	Tuesday	6:00-6:30pm
Mini Dance Team (K-3rd)	<b>SP</b>	Tuesday	6:30-7:00pm
Building Ballet	<b>KP</b>	Wednesday	5:00-5:30pm
Building Jazz	<b>KP</b>	Wednesday	5:30-6:00pm
Building Tap	<b>KP</b>	Wednesday	6:00-6:30pm
Building Lyrical	<b>KP</b>	Wednesday	6:30-7:00pm

INSIDE THE BOYS & GIRLS CLUB!



### 4+ Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt
- MDU Stuffy
- 1-Recital digital download
- Willow & Grace \$25 Gift Certificate



### 3 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt
- MDU Stuffy
- MDU Tote Bag



### 2 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt

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

More Than Just Great Dancing!  
Affiliated Dance Studios



# GRADED TECHNIQUE & SPECIALTY CLASSES: LEVEL 1 & 2

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 <i>(Email for an audition)</i>		Monday	6:00-9:00pm
ACRO	<b>AF</b>	Monday	5:00-5:30pm
1st Int. Lyrical	<b>MB</b>	Tuesday	4:45-5:30pm
Ballet 1	<b>HH</b>	Tuesday	5:30-6:15pm
Jazz 1	<b>MB</b>	Tuesday	6:15-7:00pm
Tap 1	<b>CJB</b>	Tuesday	7:00-7:30pm
1st Int. Hip Hop	<b>AB</b>	Tuesday	7:30-8:00pm
1st Int. Modern	<b>DW</b>	Wednesday	5:00-5:45pm
Jazz 1	<b>KY</b>	Wednesday	5:00-5:45pm
Ballet 1	<b>CJB</b>	Wednesday	6:00-6:45pm
Tap 1	<b>SS</b>	Wednesday	6:45-7:15pm
ACRO*	<b>AF</b>	Wednesday	7:15-8:00pm
1st Int. Musical Theater	<b>EM</b>	Wednesday	7:15-8:00pm
ACRO*	<b>AF</b>	Thursday	5:30-6:15pm
1st Int. Modern	<b>DW</b>	Thursday	5:30-6:15pm
Leaps & Turns*	<b>GV</b>	Thursday	6:30-7:00pm
Guys Only Technique	<b>DW</b>	Thursday	6:15-6:45pm
ACRO*	<b>AF</b>	Thursday	6:15-7:00pm
1st Int. Lyrical	<b>GV</b>	Thursday	7:00-7:45pm
Guys Only Hip Hop 1	<b>KM</b>	Thursday	7:00-7:30pm
1st Int. Hip Hop	<b>MM</b>	Thursday	7:45-8:15pm

### LEVEL 2

CLASS	TEACHER	DAY	TIME
Performance Company <i>(Email for an audition)</i>		Monday	6:00-9:00pm
ACRO*	<b>AF</b>	Monday	5:00-5:30pm
1st Int. Lyrical	<b>MB</b>	Tuesday	4:45-5:30pm
1st Int. Hip Hop	<b>AB</b>	Tuesday	7:30-8:00pm
Ballet 2	<b>HH</b>	Tuesday	6:30-7:30pm
Jazz 2	<b>KB</b>	Tuesday	7:30-8:15pm
Tap 2	<b>CJB</b>	Tuesday	6:00-6:30pm
1st Int. Modern	<b>DW</b>	Wednesday	5:00-5:45pm
Jazz 2	<b>KY</b>	Wednesday	5:45-6:45pm
Tap 2	<b>CJB</b>	Wednesday	6:45-7:15pm
1st In. Musical Theater	<b>EM</b>	Wednesday	7:15-8:00pm
Ballet 2	<b>CJB</b>	Wednesday	7:15-8:15pm
ACRO*	<b>AF</b>	Wednesday	7:15-8:00pm
ACRO*	<b>AF</b>	Thursday	5:30-6:15pm
1st Int. Modern	<b>DW</b>	Thursday	5:30-6:15pm
Leaps & Turns*	<b>GV</b>	Thursday	6:30-7:00pm
Guys Only Technique	<b>DW</b>	Thursday	6:15-6:45pm
ACRO*	<b>AF</b>	Thursday	6:15-7:00pm
1st Int. Lyrical	<b>GV</b>	Thursday	7:00-7:45pm
Guys Only Hip Hop 1	<b>KM</b>	Thursday	7:00-7:30pm
1st Int. Hip Hop	<b>MM</b>	Thursday	7:45-8:15pm



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

Email to  
audition for  
a variety of  
Performing  
Groups♥

TUITION  
\$59/class  
per month

### CHOOSE YOUR 25<sup>th</sup> ANNIVERSARY PACKAGE



#### 6+ Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt
- 1-Recital digital download
- Willow & Grace \$25 Gift Certificate
- MDU Zip-Up Jacket



#### 4-5 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt
- MDU Tote Bag
- 1-Recital digital download



#### 2-3 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt

### FREE CLASS! (AGES 9+)

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

Steps of Praise      **CJB**      Saturday      9:45-10:30am  
Fall session style = Hip Hop. Winter/Spring session style = Lyrical.  
NOTE: This class begins September 3rd.



# GRADED TECHNIQUE & SPECIALTY CLASSES: LEVEL 3 & 4

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.

## CHOOSE YOUR 25<sup>th</sup> ANNIVERSARY PACKAGE



### 6+ Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt
- 1-Recital digital download
- Willow & Grace \$25 Gift Certificate
- MDU Zip-Up Jacket



### 4-5 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt
- MDU Tote Bag
- 1-Recital digital download



### 2-3 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt



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

## ONALASKA CAMPUS

### LEVEL 3

CLASS	TEACHER	DAY	TIME
Performance Company (Email for an audition)		Monday	6:00-9:00pm
ACRO*	AF	Monday	5:00-5:30pm
High Int. Lyrical	OK	Tuesday	4:45-5:30pm
Jazz 3	KY	Tuesday	5:30-6:30pm
Tap 3	EM	Tuesday	6:30-7:15pm
Ballet 3	CJB	Tuesday	7:30-8:30pm
Pre-Pointe*	CJB	Tuesday	8:30-9:00pm
Ballet 3	SSW	Wednesday	5:30-6:30pm
Tap 3	EM	Wednesday	6:30-7:15pm
Jazz 3	LF	Wednesday	7:15-8:15pm
Dance Team	AB	Wednesday	7:15-8:00pm
ACRO*	AF	Wednesday	7:15-8:00pm
High Int. Lyrical	LF	Wednesday	8:15-9:00pm
Stretching & Conditioning*	AF	Wednesday	8:00-8:30pm
ACRO*	AF	Thursday	5:30-6:15pm
Leaps & Turns*	TF	Thursday	6:30-7:00pm
High Int. Musical Theater	TF	Thursday	5:30-6:15pm
ACRO*	AF	Thursday	6:15-7:00pm
High Int. Hip Hop	MM	Thursday	6:45-7:30pm
Int./Advanced Modern	DW	Thursday	8:00-9:00pm
Guys Only Hip Hop 2	KM	Thursday	8:00-8:30pm
Foundations of Ballet	HH	Saturday	10:00-11:30am

### LEVEL 4

CLASS	TEACHER	DAY	TIME
Performance Company (Email for an audition)		Monday	6:00-9:00pm
ACRO*	AF	Monday	5:00-5:30pm
High Int. Lyrical	OK	Tuesday	4:45-5:30pm
Ballet 4	OK	Tuesday	5:30-6:30pm
Pointe 1*†	CJB	Tuesday	6:30-7:00pm
Jazz 4	KY	Tuesday	7:00-8:00pm
Tap 4	EM	Tuesday	8:30-9:15pm
Pre-Pointe*	CJB	Tuesday	8:30-9:00pm
Contemporary (Level 4+)	LF	Wednesday	5:00-5:45pm
Tap 4	EM	Wednesday	5:00-5:45pm
Jazz 4	LF	Wednesday	5:45-6:45pm
ACRO*	AF	Wednesday	7:15-8:00pm
Ballet 4	SSW	Wednesday	6:45-7:45pm
Dance Team	AB	Wednesday	7:15-8:00pm
Pointe 1*†	SSW	Wednesday	7:45-8:15pm
Stretching & Conditioning*	AF	Wednesday	8:00-8:30pm
High Int. Lyrical	LF	Wednesday	8:15-9:00pm
ACRO*	AF	Thursday	5:30-6:15pm
Leaps & Turns*	TF	Thursday	6:30-7:00pm
High Int. Musical Theater	TF	Thursday	5:30-6:15pm
ACRO*	AF	Thursday	6:15-7:00pm
Guys Only Hip Hop 2	KM	Thursday	7:45-8:15pm
High Int. Hip Hop	MM	Thursday	6:45-7:30pm
Int./Advanced Modern	DW	Thursday	8:00-9:00pm
Foundations of Ballet	HH	Saturday	10:00-11:30am
Pointe 1*	HH	Saturday	11:30am-12:00pm



## TUITION

- $\frac{1}{2}$  -  $\frac{3}{4}$  hr = \$64/class per month
- 1 hr = \$74/class per month
- 1  $\frac{1}{2}$  hr = \$84/class per month

## FREE CLASS! (AGES 9+)

CLASS	TEACHER	DAY	TIME
Steps of Praise	CJB	Saturday	9:45-10:30am
Fall session style = Hip Hop. Winter/Spring session style = Lyrical.			
NOTE: This class begins September 10th.			

\*Does not perform in Spring Recital.

<sup>†</sup>Requires co-enrollment in a Graded Technique class.  
Teacher Key is found on the last page.

More Than Just Great Dancing!  
Affiliated Dance Studios

# GRADED TECHNIQUE & SPECIALTY CLASSES: LEVEL 5, 6 & 7

Our Level 5, 6, & 7 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 <i>(Email for an audition)</i>		Monday	6:00-9:00pm	Ballet 5/6	<b>SSW</b>	Thursday	5:30-6:45pm
ACRO*	<b>AF</b>	Monday	4:45-5:30pm	Advanced Hip Hop	<b>MM</b>	Thursday	5:30-6:15pm
Advanced Jazz*	<b>KY</b>	Tuesday	4:00-5:00pm	Leaps & Turns*	<b>AF</b>	Thursday	5:30-6:15pm
Tap 5	<b>EM</b>	Tuesday	5:00-5:45pm	ACRO*	<b>TF</b>	Thursday	6:30-7:00pm
Tap 6/7	<b>EM</b>	Tuesday	5:45-6:30pm	Pointe 2/3	<b>AF</b>	Thursday	6:15-7:00pm
Ballet 5/6	<b>OK</b>	Tuesday	6:30-7:30pm	Advanced Modern	<b>DW</b>	Thursday	7:00-8:00pm
Pointe 2/3	<b>OK</b>	Tuesday	7:30-8:00pm	Jazz 5	<b>TF</b>	Thursday	7:00-8:00pm
Jazz 6/7	<b>KY</b>	Tuesday	8:00-9:15pm	Advanced Lyrical	<b>TF</b>	Thursday	8:00-8:45pm
Contemporary (Level 4+)	<b>LF</b>	Wednesday	5:00-5:45pm	High Int. Modern (Lev. 3-5)	<b>DW</b>	Thursday	8:00-9:00pm
Tap 6/7	<b>EM</b>	Wednesday	5:45-6:30pm				
Jazz 6/7	<b>KY</b>	Wednesday	6:45-8:00pm				
Dance Team (Level 3-5)	<b>AB</b>	Wednesday	7:15-8:00pm				
ACRO*	<b>AF</b>	Wednesday	7:15-8:00pm				
Stretching & Conditioning*	<b>AF</b>	Wednesday	8:00-8:30pm				

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

### TUITION

$\frac{1}{2}$  -  $\frac{3}{4}$  hr = \$69/class per month  
 1 hr -  $1\frac{1}{4}$  hr = \$79/class per month  
 1  $\frac{1}{2}$  hr = \$89/class per month

## CHOOSE YOUR 25<sup>th</sup> ANNIVERSARY PACKAGE



**ULTIMATE**  
Experience  
LEVEL 5, 6, 7



**EXPLORER**  
Experience  
LEVEL 5, 6, 7



**INTRO**  
Experience  
LEVEL 5, 6, 7

#### 6+ Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt • 1-Recital digital download
- Willow & Grace \$25 Gift Certificate
- MDU Zip-Up Jacket

#### 4-5 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt • MDU Tote Bag
- 1-Recital digital download

#### 2-3 Classes Includes:

- 25<sup>th</sup> Ann. T-Shirt



Email to  
audition for  
a variety of  
Performing  
Groups ♥

**FREE CLASS! (AGES 9+)**

CLASS	TEACHER	DAY	TIME
Steps of Praise	<b>CJB</b>	Saturday	9:45-10:30am

Fall session style = Hip Hop. Winter/Spring session style = Lyrical.  
**NOTE: This class begins September 10th.**

## 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.

Full schedule available, visit

[MistysDance.com/pl](http://MistysDance.com/pl)  
to sign up.

Weekly and Bi-Weekly Options

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

## GUYS ONLY

Our guys only program creates a space for guys to train in a Guys Only environment. Classes include Guys Only Hip Hop, Guys Only Technique (modern, jazz, ballet, tap focused), and Man in Motion (tap and jazz).

CLASS	TEACHER	DAY	TIME
Guys Only Technique	DW	Thursday	6:15-6:45pm
Man-In-Motion	DW	Thursday	4:45-5:30pm
Guys OnlyHip Hop 1 (2nd-5th)	KM	Thursday	7:00-7:30pm
Guys OnlyHip Hop 2 (6th-8th)	KM	Thursday	8:00-8:30pm

## TEEN CLASSES

Our Teen program is a perfect way for dancers 12+ looking to get started in Jazz or Ballet. These classes provide a fast track way for dancers to learn and get caught up. Classes are geared towards our Level 3/4 classes.

CLASS	TEACHER	DAY	TIME
Teen Jazz/Ballet Combo	KP	Monday	6:30-7:30pm

**TUITION: \$64/CLASS PER MONTH**



### 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 1**

**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.



## Darby's Dancers

Darby's Dancers is a 501(c)(3) organization dedicated to providing dance classes to children with special needs at no cost to their parents.

Each Darby's Dancer is paired with an MDU student volunteer (buddy) to work with their dancer all season in class and on stage at the Spring Recital. This is an incredible and rewarding opportunity to build a lifelong friendship and to set yourself apart as you prepare for college entrance applications and future job opportunities.

Saturday mornings during the regular dance season.  
**MDU students in 4th grade and up can apply to be a Darby's Buddy by emailing [mistysdance@gmail.com](mailto:mistysdance@gmail.com).**

CLASS	TEACHER	DAY	TIME
Darby's Dancers Younger	DM	Saturday	11:00-11:30am
Darby's Dancers Older	DM	Saturday	11:30am-12:15pm

## DO YOU *Love* TO DANCE

Performing Groups at MDU are More Than Just Great Dancing!®

Discover your love of performance at MDU!

From the recreational dancer to the pre-professional student, Misty's Dance Unlimited has a Performing Group for every level of interest and commitment. Some groups also participate in regional competitions and conventions.

### Spaces still available.

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

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

*More Than Just Great Dancing!*®  
Affiliated Dance Studios

# REGISTRATION INFO:

Register Online at [MistysDance.com](http://MistysDance.com)  
Registration for the 2022-23 season will begin on Saturday, June 4, at 8:00am.

## 2022-2023 CALENDAR

\*Subject to change.

August 18	Classes Begin
Sept. 5	Labor Day - No Classes
Sept. 27-Oct. 1	Inter-sessional Break #1
November 15	Costumes Fees Charged
November 21-26	Thanksgiving Break
December 8-14	Parent Observation Week #1
December 15-19 (tentative)	Christmas Cookie Social
December 22-Jan 1	Christmas Break
February 6-12	Inter-sessional Break #2
February 13-25	Graded Skills Testing Week
March 20-25	Parent Observation Week #2
April 4-10	Easter Break
May (or June TBA)	Annual Recitals

## 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, 2023 unless a withdrawal form is completed online before that date.

## TUITION

### CHILDREN'S CLASSES

(Age 2 - 3rd Grade)

★ \$44-\$54/class per month

### GRADED TECHNIQUE & SPECIALTY CLASSES

(4th Grade & Older)

★ \$59-\$89/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.

## 25TH ANNIVERSARY PACKAGES

To celebrate a quarter-century of serving the community we have put together special 25th Anniversary Packages with special benefits for you! The more classes you take, the perks you receive! Watch your email on August 1 for pick details. Package benefits are determined per dancer based on regular class enrollment only. Rehearsal hours and Steps of Praise do not apply. No cash value. Void if enrollment is dropped.

## ATTIRE

Proper attire and hair etiquette are required for all classes. Special class attire including shoes and hair is published [online](#). 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. Check your November E-Newsletter to see if your class is participating.

### SPRING RECITAL

We end our season with our Spring Recital. We encourage but do not require participation. The Spring Recital will be held either in May or June 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 each Summer for the following opportunities:

**Age 9+** - Classroom Helpers assist teachers in the classroom a minimum of 30 minutes per week and receive leadership training twice per year.

**Age 14+** - Classroom Assistants work with teachers in the classroom a minimum of 2 hours per week and receive studio credits in addition to quarterly leadership training.

**Age 16+** - Junior Faculty (J-FAC) are able to sub for classes, lead Birthday Parties, teach at community out-reaches, give private lessons for reduced rates and receive monthly leadership training either in person or digitally.

Dancers in Level 5 and up may also apply to be Classroom Demonstrators. All dancers receive training from the STAR leadership training curriculum

## PAYMENT

- Tuition fees are paid monthly or annually. Save 5% by paying for the full season by October 31st.
- August's tuition is 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 by the 1st of each month.
- There is a \$25 fee on NSF accounts and a 5% fee on late accounts.



# TEACHER KEY

<b>AB</b>	Addison Berry
<b>AF</b>	Amy Fortner
<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>EM</b>	Elisabeth Michelson
<b>GV</b>	Greta Vollendorf
<b>HH</b>	Hannah Hunt
<b>KB</b>	Kyla Betz
<b>KS</b>	Kristina Schoh
<b>KM</b>	Kaydra Moses
<b>KP</b>	Katelyn Phelps
<b>KY</b>	Kylie Williams
<b>LF</b>	Lexi Fishbein
<b>MB</b>	Madeline Beinborn
<b>MM</b>	Michelle Malone
<b>OK</b>	Olivia Key
<b>SP</b>	Savannah Palmi
<b>SS</b>	Shayna Stellflue
<b>SSW</b>	Suzanne Swanson Wagner
<b>TF</b>	Tiffany Fischer



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



# CHILDREN'S CLASS DESCRIPTIONS & DRESS CODE

## Boppin' Babies

Boppin' Babies™ gives children a chance to start in our programming sooner. Join a caretaker in a class focused on movement, music, and your child's development.

## 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 the stories of the great ballets. A different classical ballet theme is developed each quarter.

## 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 costumes, props, and games.

## Kidlets

Kidlets is a high energy ballet and jazz combo class.

## Kidance

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

## Ready Set Dance

A combo class of Jazz, Hip Hop, Singing and Music and a whole lot of fun! This class is designed to give boys and girls confidence, coordination and creativity.

## 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

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.

## 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, balance, self-discipline, and self-confidence.

## Jazz

Jazz dance includes strength, flexibility, and conditioning technique and progressions including turns, kicks, and leaps.

## Tap

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. Dancers will learn about musicality and tempo.

## DRESS CODE

### Mini & Me (2 yr olds) - Kidance (1st Grade)

#### Attire:

- Any color leotard and tights

#### Shoes:

- Pink ballet shoes (Ballet/Musical Theater)
- Black Tap shoes (Tap)
- Clean soled sneakers (Hip Hop)
- Barefoot (ACRO)

#### Hair:

- Pony tail or bun

### Building Level (2nd & 3rd Grade)

#### Attire:

- Any solid pink leotard (no fluff or attached skirt)
- Skin tone tights
- White 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)
- Clean soled sneakers (Hip Hop)
- Barefoot (ACRO)

#### Hair:

- Bun



*More Than Just Great Dancing!*  
Affiliated Dance Studios

# GRADED TECHNIQUE CLASS DESCRIPTIONS & DRESS CODE

## Foundations of Ballet

Foundations of Ballet is a longer ballet class for our Level 3 & 4 dancers who are considering auditioning for MDU's Pre-Professional Ballet program.

## Foundations of Jazz

Foundations of Jazz is a longer ballet class for our Level 3 & 4 dancers who are considering auditioning for MDU's Traveling Team program or Senior Company.

## Advanced Jazz

Build your jazz skills in this technique only class. Dancers will get to dive in deeper to jazz fundamentals, alignment, core, stretches and strengthening. For Levels 5 and up!

## Pre-Pointe

Pre-Pointe is a pointe preparation class for serious ballet students interested in dancing en pointe. Pre-Pointe is a 30-minute class that meets weekly, usually before or after the student's ballet class. The class is taken in soft. A portion of the class is spent doing foot/ankle exercises and stretches on the floor.

## Guys Only

Guys Only is a movement class for boys ages 8-10. This class continues the movement exploration of Man-in-Motion with Tap and Jazz 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. Beginning in Level 4 dancers may be able to begin training with pointe work.

## Jazz

Jazz dance includes strength, flexibility, and conditioning technique and progressions including turns, kicks, and leaps. In a Jazz class, the dancers also learn many fun and trendy dance steps that are used for all forms of dance. It is a wonderful class to get a well-rounded variety of all dance steps. 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.

## Contemporary

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical, and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements. Contemporary is the most popular style seen on So You Think You Can Dance and World of Dance.

## 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.

## Acro

Great for dancers who are looking to improve their overall coordination, strength, agility, and flexibility. Students learn and master cartwheels, aerials, tumbling, chest stands, handsprings, and more. Dancers may be rearranged due to Level.

## Graded Level Technique (Level 1-7)

### Attire:

- Any solid black leotard
- Black sports bras are allowed (to be worn under leotard)
- White wrap skirt (optional for Ballet)
- Solid black leggings or dance shorts (for Jazz, Tap, & Specialty)
- Skin tones tights
- Pink tights (for Ballet)

### Shoes:

- Pink ballet shoes (Ballet)
- Black Tap shoes (Tap)
- Tan jazz shoes (Jazz & Musical Theater)
- Barefoot (for ACRO & Modern)
- Dance socks may be worn for Contemporary & Modern

### Hair:

- Bun
- Pony tail may be worn for ACRO & Hip Hop



## SPECIALTY CLASS DRESS CODES

### Hip Hop (All ages)

#### Attire:

- Any color leotard
- Solid colored pants or sweatpants
- No bare midriff

#### Shoes:

- Clean soled sneakers

#### Hair:

- Pony tail

#### Guys:

- Clean athletic gear/tennis shoes

### Boys (Graded Level)

#### Attire:

- Solid white t-shirt
- Black athletic pants

#### Shoes:

- Black leather ballet shoes (ballet)
- Black tap shoes (tap)
- Tan Jazz shoes (jazz)

## STEPS OF PRAISE

Steps of Praise is a free dance class for ages 1st grade and up. This non-denominational ministry explores the heart of God through dance. Fall focuses on Hip Hop, Spring focuses on Lyrical.

#### Attire:

- SOP T-shirt
- Black pants/leggings

#### Shoes:

- Pink Ballet shoes (Lyrical)
- Clean soled sneakers (Hip Hop)

#### Hair:

- Pony tail or Bun

More Than Just Great Dancing!®

Affiliated Dance Studios