



MISTY'S  
DANCE  
UNLIMITED

# MDU

# Summer

OF DANCE

# June

SUN

MON

TUE

WED

THU

FRI

SAT

1	2	3		4		6	7
8	9 	10		11		13	14
15	16  BALLET LA CROSSE CHOREOGRAPHY WEEK!					20	21
22	23  On Broadway Camp	24		25	 	27	28
29	30 						
					<i>Register online at</i>		

# STAY STRONG

Weekly classes will help you grow in your training this summer.

## MONDAYS, JUNE 9 - 30

### Entering Level 1 - Completed Level 2

BALLET: 5:00-6:00pm  
JAZZ: 6:00-7:00pm  
TAP: 7:00-7:45pm

### Completed Level 3-4

JAZZ: 4:45-6:00pm  
TAP: 6:00-7:00pm  
BALLET: 7:15-8:30pm

### Completed Level 5+

TAP: 5:00-6:00pm  
BALLET: 6:00-7:15pm  
JAZZ: 7:15-8:30pm

#### TUITION

1 class- \$69, 2 classes - \$125  
(after May 1, add \$10)

#### DROP-IN-RATE

\$30/class

## VIRTUAL TRAINING

**COMING SOON:**  
Virtual Training Workshop Details!

**Farfalla Stretch  
Method**



**The Godfrey  
Method**

Tuition: \$50-\$80/class



# STYLE SESSIONS

Weekly classes will enhance your training with new styles.

## THURSDAYS, JUNE 5 - 26

### BEGINNER BREAKDANCING: 5:00-6:00pm

Step into the world of breaking with this high-energy class! Perfect for beginners, you'll learn foundational moves like top rock, footwork, freezes, and basic power moves while building strength, coordination, and confidence. No experience needed.

### BEGINNER POINTE: 5:00-6:00pm

This class is designed for dancers who have just earned their pointe shoes or the first year pointe dancer. Learn all about sewing, breaking in your shoes, and start your pointe technique! Dancers must be going into Ballet 4+ and been placed in Pointe 1 for the next season.

### INT/ADV. POINTE WORK: 3:30-5:00pm

This class is designed for dancers looking to spend more time on their pointe training. Dancers should be in Pre Pro or have completed 1 year of Pointe 2.

### DANCE TEAM: 6:00-7:00pm

For dancers entering 6th-8th grade. Start working on the specific skills needed for your high school dance team. Dancers will practice pom, specific jumps, and turns to thrive on our local teams!

### CONTEMPORARY:

Contemporary dance is a popular form of dance that combines lyrical, modern, jazz, and ballet. Each week dancers will learn a new combination.

Completed Level 1-2: **6:00-7:00pm**  
Completed Level 3-4: **7:00-8:00pm**  
Completed Level 5+: **6:00-7:00pm**

#### TUITION

1 class- \$69, 2 classes - \$125  
(after May 1, add \$10)

#### DROP-IN-RATE

\$30/class

# June



**JUNE 23-26**

9:00am - 1:00pm  
Ages: 5-8 & 9-12

Step into the spotlight as you dance, act, and sing in this 4 day musical adventure! From learning the fundamentals to exploring iconic musicals, your journey will end with a dazzling final performance June 26th at 12:30pm on our in-house stage.

TUITION: \$159/camp  
(after May 1, add \$20)

## ACRO THURSDAYS WORKSHOPS

Work on your favorite stunts and tricks! Acro teaches flexibility, strength, balance, and coordination.

### 5:00-6:00pm

#### June 5: Acro Basics

Master somersaults, bridges, and cartwheels

June 12: Walkovers and Limbers

June 19: Aerials

June 26: Handsprings and Kip Ups

Tuition: \$20/class (after May 1, add \$10)

## Ballet La Crosse Choreography

**JUNE 16 - 20**

DETAILS ON PAGE 6



**Summer Cancellation Policy:** Cancellations made 7 days or more in advance of the event date, will receive a 100% credit on account.  
Cancellations made within 3 - 6 days will receive a 50% credit on account. Cancellations made within 24 hours of the event are non-refundable.

# July

SUN

MON

TUE

WED

THU

FRI

SAT

		1 	2	3	4 	5
6	7  <b>STAY STRONG</b>	8 Ballet	9 Intensive	10 Intensive	11 	12
13	14 <b>STAY STRONG</b>	15 Jazz	16 Intensive	17 	18	19
20	21 <b>STAY STRONG</b>	22 Hip Hop Intensive	23	24 	25	26
27	28	29 	30	31		
		Tap	Intensive			

# July

## STAY STRONG

Weekly technique classes to keep up with your training this summer.

### MONDAYS

#### TAP: JULY 7-21 (3 WEEKS)

Completed Building-2: 5:00-5:45pm  
Completed Level 3-4: 5:45-6:45pm  
Completed Level 5+: 4:00-5:00pm  
Tuition: \$59 (after May 1, add \$10)

#### JAZZ: JULY 7-21 (3 WEEKS)

Completed Building 1-2: 6:45-7:45pm  
Completed Level 3-4: 6:45-8:15pm  
Completed Level 5+: 5:00-6:30pm  
Tuition: \$59 (after May 1, add \$10)

#### BALLET: JULY 14-21 (2 WEEKS)

Completed Building-2: 5:45-6:45pm  
Completed Level 3-4: 4:30-5:45pm  
Completed Level 5+: 6:30-8:00pm  
Tuition: \$49 (after May 1, add \$10)

**DROP-IN RATE:**  
**\$30/class**

??  
All guest  
artists will be  
revealed in  
March/April

## Ballet Intensive: July 7-11

This intensive will challenge your technique, strengthen your artistry, and build your knowledge of ballet history, terminology and dancer's nutrition. Enhance training with classical variations and pointe work for the older dancers.

#### COMPLETED BALLET 1-2:

9:00am-3:00pm

**TUITION** \$329 (after May 1 add \$20)

**DROP-IN RATE** \$30/class

#### COMPLETED BALLET 3+ or PRE PRO

9:00am-5:00pm

**TUITION** \$359 (after May 1 add \$20)

**SHOWCASE** Friday, July 11 at 3pm & 5pm

## Jazz Intensive: July 15-17

Join our awesome guest artists and discover 3 days of all styles jazz, lyrical, contemporary, musical theater and more! Dancers will work on technique and learn fun combinations to perform at the showcase!

#### ENTERING LEVEL 1+:

3:00pm-9:00pm July 15

9:00am-5:00pm July 16 & 17

**TUITION** \$259 (after May 1, add \$20)

**DROP-IN RATE:** \$30/class

**SHOWCASE** Thursday, July 17 at 3pm

## Hip Hop Intensive: July 22-23

Join our awesome guest artists for two days of Hip Hop. Try different styles like house, footwork, lyrical hip hop, and more!

#### ENTERING LEVEL 1+:

3:00pm-9:00pm July 22

9:00am-3:00pm July 23

**TUITION** \$229 (after May 1, add \$20)

**DROP-IN RATE** \$30/class

**SHOWCASE** Wednesday, July 23 at 3pm



## Tap Intensive: July 28-30

Join us for the annual Wisconsin workshop hosted by Mark Yonally from Chicago Tap Theatre. Dancers will work on technique, choreography, speed, tricks and musicality. 12-2pm will consist of Story Time to learn more about tap history and an hour of tap games.

#### INTERMEDIATE LEVEL 3/4:

10:00am-2:00pm

#### ADVANCED LEVEL 5+:

12:00pm-4:00pm

**TUITION** \$269 (after May 1, add \$30)

**DAILY RATE** \$149/day

**SHOWCASE** Intermediate July 30 at 1:45pm, Advanced at 3:45pm

**GUEST ARTISTS!**  
Stay Tuned  
as we reveal!

**GUEST ARTISTS!**  
Stay Tuned  
as we reveal!

# August

# The HIGHLIGHT of the Summer!

Dancers will begin their choreography for competition and community performances. Groups available for Tap, Jazz, Musical Theater, Lyrical, Contemporary, Ballet and Hip Hop. See audition details on Page 6.

Our 2025-26 Season  
will kick off on  
August 18, 2025.



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

Register online at  
[MistysDance.com/summer](http://MistysDance.com/summer)



## PERFORMING GROUPS AUDITIONS

Perform throughout the community  
and start competing at age 9.

### **Sign Up Only:**

Littlest Performing Group (Ages 5-6)

### **TUESDAY, MAY 27**

#### Dancin' Kids! (Ages 7-10)

5:00-6:00pm

#### Footworks Jr. (Ages 9+)

5:30-6:30pm

#### CREW Jr. (Ages 9+) & Guys Hip Hop Team (Ages 8-12)

6:45-7:45pm

### **WEDNESDAY, MAY 28**

#### Crew and Guys Hip Hop Team

(Ages 13+)

5:00-6:00pm

#### Footworks (Ages 12+)

6:15-7:15pm

#### Performance Company

(for dancers who have completed  
Building, Level I or Level II)

7:00-8:15pm

### **THURSDAY, MAY 29**

#### Performance Company

(for dancers who have completed  
Level III, IV)

5:00-6:30pm

#### Performance Company

(for dancers who have completed Level V+)

6:30-8:30pm

# August DANCE CAMP

The Highlight of  
the Summer!

**August 4-8**

**9:00am-3:00pm**

Dancers Entering Level 1 & Up!

"DANCE CAMP" provides students with a week of highly challenging, yet nurturing instruction with professional guest instructors from around the country.

Styles include: Ballet, Jazz, Contemporary, Tap, Hip Hop, and more!

SHOWCASE: Friday, August 9 at 3:30PM

All Guest Artists will be announced in April!

TUITION: \$429

(After May 1, add \$25)

DROP-IN RATE: \$30/class

Guest  
artists will  
be revealed  
in April!



## CINDERELLA

Ballet La Crosse™  
Misty's Dance Unlimited



## BALLET LA CROSSE

We invite you to audition for Cinderella,  
our Fall Ballet production!

### AUDITIONS:

**Friday, May 2 - 6:00-8:30pm**

Ballet 5 and Senior Pre Pro  
(Dancers with 2+ years of pointe  
experience may audition en pointe.)

**Saturday, May 3**  
**9:00am-11:30am**

Building Ballet-Level 4, Teen Pre Pro,  
Males ages 13+

### Make-Up Audition:

May 10 - Times TBA

Email [balletlacrosse@gmail.com](mailto:balletlacrosse@gmail.com) to schedule a time.

### PERFORMANCE:

**October 25-26, 2025**  
at The Weber Center for the  
Performing Arts

### REHEARSALS:

Fall/Winter:  
Fridays (soloists)  
Saturdays (ALL)



### Summer Cancellation Policy:

- Cancellations made 7 days or more in advance of the event date, will receive a 100% credit on account.
- Cancellations made within 3 - 6 days will receive a 50% credit on account.
- Cancellations made within 24 hours of the event are non-refundable.