



MISTY'S  
DANCE  
UNLIMITED

# MDU

# Summer

OF DANCE

# June

SUN MON TUE WED THU FRI SAT

1	2	3		4		5	6	7
8	9 	10		11		12	13	14
15	16  BALLET LA CROSSE CHOREOGRAPHY WEEK!					19	20	21
22	23  On Broadway Camp	24		25		26	27	28
29	30 					Register online at 		

# 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.

Level 1-2: 6:00-7:00pm  
Level 3-4: 7:00-8:00pm  
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 <b>Ballet Intensive</b>	9	10	11 	12
13	14  <b>STAY STRONG</b>	15 <b>Jazz Intensive</b>	16	17 	18	19
20	21  <b>STAY STRONG</b>	22 <b>Hip Hop Intensive</b>	23	24 	25	26
27	28	29 	30	31		
		<b>Tap Intensive</b>				

# July

## STAY STRONG

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

### MONDAYS

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

Level 1-2: 5:00-5:45pm  
Level 3-4: 5:45-6:45pm  
Level 5+: 4:00-5:00pm  
**Tuition: \$59**

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

Level 1-2: 6:45-7:45pm  
Level 3-4: 6:45-8:15pm  
Level 5+: 5:00-6:30pm  
**Tuition: \$59**

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

Level 1-2: 5:45-6:45pm  
Level 3-4: 4:30-5:45pm  
Level 5+: 6:30-8:00pm  
**Tuition: \$49**

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

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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 two 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!

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Staff Development</b> At the start of each season, our teachers work through in-depth curriculum training, Youth Protection Association of Dance certifications, Red Cross certification, and more!	<b>Staff Development Week</b>					
	4 <b>DANCE CAMP</b>	5 <b>DANCE CAMP</b>	6 <b>DANCE CAMP</b>	7 <b>DANCE CAMP</b>	8 <b>DANCE CAMP</b>	9
	11	12	13	14	15	16 
	<b>Performing Groups Choreography</b>					
	18	19	20	21	22 	23
	<b>First Week of Classes</b>					
	<b>Performing Groups Choreography</b> August 11-15					
	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.					



## 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)



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- Cancellations made within 3 - 6 days will receive a 50% credit on account.
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