

*Dance Skills = Life Skills*



**MISTY'S  
DANCE  
UNLIMITED**

**2025-26  
School Year Program Guide**

# REGISTRATION INFO:

## 2025-26 CALENDAR

\*SUBJECT TO CHANGE - VISIT MISTYSDANCE.COM

|                   |                           |
|-------------------|---------------------------|
| August 18         | Classes Begin             |
| Sept. 1           | Labor Day - No Classes    |
| Sept. 23-27       | Inter-sessional Break     |
| October 13-18     | Parent Participation Week |
| October 31        | Halloween- No Classes     |
| November 15       | Costumes Fees Charged     |
| November 24-29    | Thanksgiving Break        |
| December 8-13     | Parent Observation Week   |
| December TBA      | Christmas Social          |
| December 22-Jan 4 | Christmas Break           |
| Jan. 19-29        | Graded Skills Testing     |
| Feb. 16-21        | Inter-sessional Break     |
| March 25-31       | Parent Observation        |
| April 1-7         | Easter Break              |
| May 15-17         | Annual Recitals           |

## REGISTRATION

Registration requires paying for 1st Month + annual membership fee (\$55 for Children's & \$65 for Graded). 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, 2026 unless a withdrawal form is completed online before that date.

## DISCOUNTS

Siblings get a 10% discount on the smaller tuition for regular school year classes only. There are no sibling discounts for summer classes, special events, guest artists, Performing Groups, Pre Pro Ballet, Private Lessons, or Membership Fees.

Registration for the 2025-26 School Year Program will begin online Saturday, June 14 at 8:00 am at [mistydsdance.com](http://mistydsdance.com)

## CHILDREN'S & GRADED PROGRAMMING

Age-Based Program (Ages 2-8): Classes are grouped by the dancer's age. This is ideal for building social connection and developmental alignment with peers.  
Skill-Based Program (ages 9-18): 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 will be skills tested and move up levels based on teacher recommendation.

## CLASSES

MDU reserves the right to reschedule, combine classes, or provide a substitute. MDU 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 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 School year program begins August 18 and ends with the Spring Recital in May.
- 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 provide a checking account and routing number before the 1st of each month.
- There is a \$25 fee on NSF accounts and a 5% fee on late accounts.

## 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 will be available in our Willow & Grace Boutique.

## PERFORMANCES

### CHRISTMAS SOCIAL

We finish our first half of the school year with a fun and informal fundraising show for our Chance to Dance Foundation. Tickets are available for purchase via a ticketing service on December 1st. Participating Children's classes are selected and invited from each age group.

### SPRING RECITAL

We end our season with our Spring Recital. We encourage but do not require participation. The Spring Recital will be held May 15-17, 2026.

- ★ Costume fee: \$89-\$99 per class and will be charged on November 15th
- ★ Tickets are available for purchase via 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  | 9am-12pm |
| SUNDAY    | CLOSED   |

The studio is closed during all Inter-Sessional and Holiday Breaks.



# PRESCHOOL PROGRAM

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

<sup>†</sup>Performs in the Christmas Social (See Calendar)

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



## AGE 2

| CLASS                  | TEACHER | DAY       | TIME          |
|------------------------|---------|-----------|---------------|
| <sup>†</sup> Mini & Me | CA      | Tuesday   | 10:00-10:30am |
| <sup>†</sup> Mini & Me | SS      | Tuesday   | 5:30-6:00pm   |
| <sup>†</sup> Mini & Me | TBD     | Wednesday | 6:00-6:30pm   |

## AGE 3

| CLASS      | TEACHER | DAY       | TIME         |
|------------|---------|-----------|--------------|
| Tippy Toes | MM      | Wednesday | 6:00- 6:30pm |
| Tippy Toes | HAN     | Thursday  | 5:00-5:30pm  |

## HOLMEN CAMPUS

| CLASS                          | TEACHER | DAY      | TIME        |
|--------------------------------|---------|----------|-------------|
| <sup>†</sup> Mini & Me         | TBD     | Thursday | 5:00-5:30pm |
| <sup>†</sup> Fairytales Ballet | TBD     | Thursday | 5:30-6:00pm |

## INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Drive, Holmen, WI 54636

- Must be min. age by September 1, 2025
- Teacher key is found on the last page.

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

## AGE 3-4

| CLASS                          | TEACHER | DAY       | TIME          |
|--------------------------------|---------|-----------|---------------|
| Broadway Ballerinas            | TBD     | Monday    | 4:30-5:00pm   |
| Tiny Tappers                   | CS      | Monday    | 5:00-5:30pm   |
| <sup>†</sup> Fairytales Ballet | CA      | Tuesday   | 10:30-11:00am |
| Tiny Tappers                   | CA      | Tuesday   | 11:00-11:30am |
| Tiny Tappers                   | EMA     | Tuesday   | 4:30-5:00pm   |
| <sup>†</sup> Fairytales Ballet | EMA     | Tuesday   | 5:00-5:30pm   |
| Tiny Tumblers*                 | DW      | Wednesday | 4:30-5:00pm   |
| Tiny Tappers                   | MM      | Wednesday | 5:30-6:00pm   |
| Tiny Tappers                   | SSW     | Thursday  | 6:00-6:30pm   |
| Tiny Tappers                   | MH      | Saturday  | 9:30-10:00am  |
| <sup>†</sup> Fairytales Ballet | MH      | Saturday  | 10:00-10:30am |

## AGE 4

| CLASS           | TEACHER | DAY       | TIME        |
|-----------------|---------|-----------|-------------|
| Tutus & Bowties | MM      | Wednesday | 5:00-5:30pm |
| Tutus & Bowties | HAN     | Thursday  | 5:30-6:00pm |

- Must be min. age by September 1, 2025
- Teacher key is found on the last page.

**TUITION  
\$52/class  
per month**

# CHILDREN'S PROGRAM: K-1ST

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

<sup>†</sup>Performs in the Christmas Social (See Calendar) ALL CLASSES (unless otherwise noted\*) will perform in the Spring Recital

## KINDERGARTEN

| CLASS    | TEACHER | DAY       | TIME        |
|----------|---------|-----------|-------------|
| †Kidlets | SS      | Monday    | 5:00-5:30pm |
| Taplets  | TBD     | Monday    | 5:30-6:00pm |
| Taplets  | CS      | Wednesday | 5:00-5:30pm |
| †Kidlets | TBD     | Wednesday | 5:30-6:00pm |

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

## K-1ST GRADE

| CLASS                    | TEACHER | DAY       | TIME          |
|--------------------------|---------|-----------|---------------|
| †Hippity Hop             | GV      | Tuesday   | 5:30-6:00pm   |
| †Ballet/Jazz Foundations | EMA     | Tuesday   | 6:00-6:30pm   |
| Tap Foundations          | SS      | Tuesday   | 6:30-7:00pm   |
| †Hippity Hop             | EO      | Wednesday | 6:00-6:30pm   |
| †Hippity Hop             | TBD     | Thursday  | 4:45-5:15pm   |
| Tap Foundations          | TBD     | Thursday  | 5:15-5:45pm   |
| †Ballet/Jazz Foundations | HAN     | Thursday  | 6:15-6:45pm   |
| †Ballet/Jazz Foundations | MH      | Saturday  | 10:30-11:00am |
| †Hippity Hop             | MH      | Saturday  | 11:00-11:30am |

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

## 1ST GRADE

| CLASS    | TEACHER | DAY       | TIME         |
|----------|---------|-----------|--------------|
| †Kidance | KS      | Monday    | 5:00-5:30pm  |
| Kidtap   | CS      | Monday    | 5:30-6:00 pm |
| †Kidance | TBD     | Wednesday | 5:00-5:30pm  |
| Kidtap   | CS      | Wednesday | 5:30-6:00pm  |

**TUITION**  
**\$56/class  
per month**

## MULTI-AGE (K-3RD)

| CLASS                 | TEACHER | DAY       | TIME        |
|-----------------------|---------|-----------|-------------|
| †Mini Musical Theater | CS      | Monday    | 6:00-6:30pm |
| Mini Dance Team       | GV      | Tuesday   | 5:00-5:30pm |
| Mini Dance Team       | MM      | Wednesday | 4:30-5:00pm |
| †Mini Musical Theater | MM      | Wednesday | 6:30-7:00pm |
| †Man in Motion        | DW      | Wednesday | 5:00-5:30pm |
| Mini Acro*            | MH      | Thursday  | 5:45-6:15pm |

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

## HOLMEN CAMPUS

| CLASS                      | TEACHER | DAY      | TIME        |
|----------------------------|---------|----------|-------------|
| †Ballet & Jazz Foundations | TBD     | Thursday | 6:00-6:30pm |

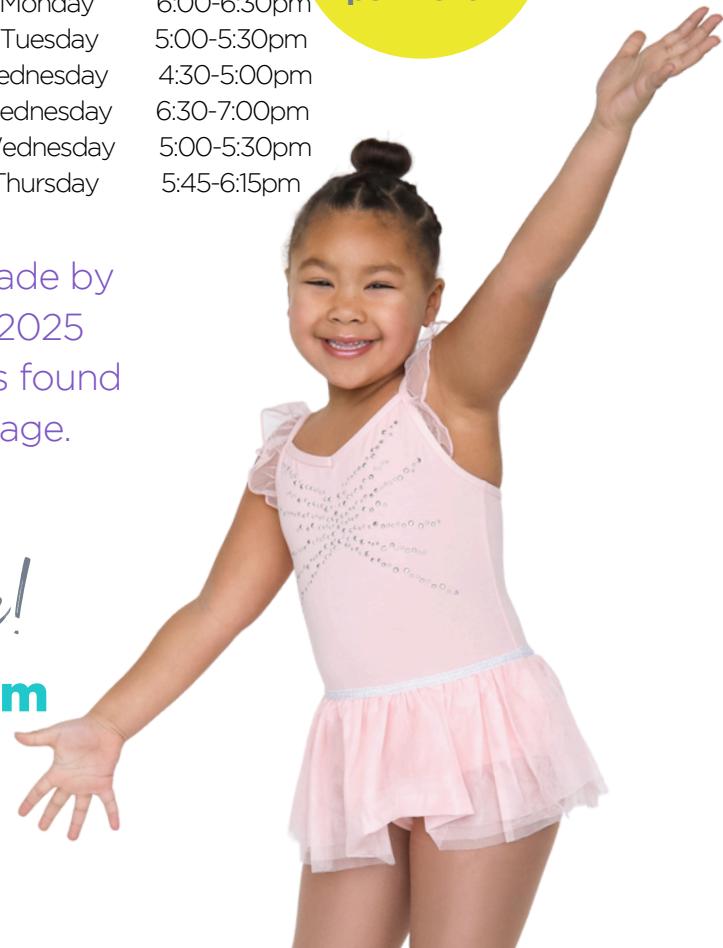
**TUITION**  
**\$54/class  
per month**

## INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Drive, Holmen, WI 54636

- Must be in grade by September 1, 2025
- Teacher key is found on the last page.

*Register Online!*  
**MistysDance.com**



# CHILDREN'S PROGRAM: 2ND & 3RD

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

+Performs in the Christmas Social (See Calendar)

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



## 2ND & 3RD GRADE

| CLASS            | TEACHER | DAY       | TIME        |
|------------------|---------|-----------|-------------|
| Building Ballet  | KS      | Monday    | 5:30-6:00pm |
| Building Jazz    | KS      | Monday    | 6:00-6:30pm |
| Building Tap     | SS      | Monday    | 6:30-7:00pm |
| Building Ballet  | HD      | Tuesday   | 4:45-5:15pm |
| Building Jazz    | EMA     | Tuesday   | 5:30-6:00pm |
| Building Tap     | SS      | Tuesday   | 6:00-6:30pm |
| Building Lyrical | EMA     | Tuesday   | 6:30-7:00pm |
| Building Hip Hop | EO      | Wednesday | 5:30-6:00pm |
| Building Hip Hop | HAN     | Thursday  | 4:30-5:00pm |
| Building Lyrical | SB      | Thursday  | 5:15-5:45pm |
| Building Jazz    | TBD     | Thursday  | 5:45-6:15pm |
| Building Ballet  | ME      | Thursday  | 6:15-6:45pm |

## TUITION

\$62/class  
per month

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

## MULTI-AGE (K-3RD)

| CLASS                | TEACHER | DAY       | TIME        |
|----------------------|---------|-----------|-------------|
| Mini Musical Theater | CS      | Monday    | 6:00-6:30pm |
| Mini Dance Team      | GV      | Tuesday   | 5:00-5:30pm |
| Mini Dance Team      | MM      | Wednesday | 4:30-5:00pm |
| Mini Musical Theater | MM      | Wednesday | 6:30-7:00pm |
| Man in Motion        | DW      | Wednesday | 5:00-5:30pm |
| Mini Acro*           | MH      | Thursday  | 5:45-6:15pm |

## FREE CLASS (AGES 7-9)

| CLASS                | TEACHER | DAY    | TIME        |
|----------------------|---------|--------|-------------|
| Steps of Praise Kids | CS      | Monday | 4:30-5:00pm |

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

NOTE: This class begins September 15

- Must be in grade by September 1, 2025
- Teacher key is found on the last page.

## HOLMEN CAMPUS

| CLASS            | TEACHER | DAY       | TIME        |
|------------------|---------|-----------|-------------|
| Building Jazz    | HH      | Wednesday | 5:30-6:00pm |
| Building Hip Hop | HH      | Wednesday | 6:00-6:30pm |
| Building Lyrical | HH      | Wednesday | 6:30-7:00pm |

## INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Drive, Holmen, WI 54636

## TUITION

\$62/class  
per month

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

# LEVEL 1 & 2 (1ST INTERMEDIATE)

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. Students are encouraged to explore additional styles like Lyrical, Hip Hop, and Modern, and as their confidence grows, 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        |
|--------------------|---------|-----------|-------------|
| Jazz 1             | ALY     | Tuesday   | 4:45-5:30pm |
| Tap 1              | CJB     | Tuesday   | 5:30-6:00pm |
| Ballet 1           | HD      | Tuesday   | 6:00-6:45pm |
| 1st Int.. Modern   | GV      | Tuesday   | 6:00-6:30pm |
|                    |         |           |             |
| Jazz 1             | KM      | Wednesday | 4:45-5:30pm |
| Ballet 1           | DW      | Wednesday | 5:30-6:15pm |
| Tap 1              | SSW     | Wednesday | 6:30-7:00pm |
| 1st Int. Hip Hop   | EO      | Wednesday | 7:15-7:45pm |
| 1st Int. Lyrical** | KM      | Wednesday | 7:45-8:30pm |
|                    |         |           |             |
| 1st Int. Lyrical** | SB      | Thursday  | 4:30-5:15pm |
| Ballet 1           | ME      | Thursday  | 5:15-6:00pm |
| Jazz 1             | TBD     | Thursday  | 6:15-7:00pm |
| 1st Int. Hip Hop   | HAN     | Thursday  | 6:45-7:15pm |
| Tap 1              | TBD     | Thursday  | 7:00-7:30pm |

## FREE CLASS (AGES 10+)

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

\*Steps of Praise CS Monday 6:30-7:00pm

This class is a multi-style worship class that will involve weekly devotionals and bible study. **NOTE:** This class begins September 15

## LEVEL 2

| CLASS               | TEACHER | DAY       | TIME        |
|---------------------|---------|-----------|-------------|
| Ballet 2            | HD      | Tuesday   | 5:15-6:00pm |
| Tap 2               | CJB     | Tuesday   | 6:00-6:30pm |
| 1st Int. Modern     | GV      | Tuesday   | 6:00-6:30pm |
| Jazz 2              | TF      | Tuesday   | 6:30-7:15pm |
|                     |         |           |             |
| Tap 2               | KM      | Wednesday | 5:30-6:00pm |
| Ballet 2            | DW      | Wednesday | 6:15-7:00pm |
| Jazz 2              | KM      | Wednesday | 7:00-7:45pm |
| 1st Int. Hip Hop    | EO      | Wednesday | 7:15-7:45pm |
| 1st Int. Lyrical**  | KM      | Wednesday | 7:45-8:30pm |
|                     |         |           |             |
| 1st Int. Lyrical ** | SB      | Thursday  | 4:30-5:15pm |
| 1st Int. Hip Hop    | HAN     | Thursday  | 6:45-7:15pm |

## 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, Jazz or Leaps & Turns

# 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.

This is the time to explore advanced styles such as Pre-Pointe, Pointe, Leaps & Turns, and Stretching & Conditioning. Dancers can pursue exciting opportunities through our Performance Company and Ballet La Crosse, and those in Level 4+ may apply for 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 |
| *Leaps and Turns    | TF      | Tuesday   | 5:00-5:30pm |
| Jazz 3              | TF      | Tuesday   | 5:30-6:30pm |
| High Int. Hip Hop   | GV      | Tuesday   | 6:30-7:00pm |
| Ballet 3            | CJB     | Tuesday   | 6:30-7:30pm |
| *Pre-Pointe         | CJB     | Tuesday   | 7:30-8:00pm |
| High Int. Modern    | GV      | Tuesday   | 7:30-8:15pm |
| High Int. Lyrical** | KM      | Tuesday   | 8:15-9:00pm |
| Jazz 3              | KY      | Wednesday | 5:00-6:00pm |
| Tap 3               | KM      | Wednesday | 6:00-6:45pm |
| High Int. Hip Hop   | EO      | Wednesday | 6:45-7:15pm |
| Ballet 3            | DW      | Wednesday | 7:00-8:00pm |
| Breakdancing        | DW      | Wednesday | 8:00-8:45pm |
| *Pre-Pointe         | SSW     | Thursday  | 4:30-5:00pm |
| Ballet 3            | SSW     | Thursday  | 5:00-6:00pm |
| Jazz 3              | SB      | Thursday  | 6:00-7:00pm |
| High Int. Hip Hop   | HH      | Thursday  | 6:30-7:15pm |
| Tap 3               | CJB     | Thursday  | 7:00-7:45pm |
| High Int. Lyrical** | LF      | Thursday  | 7:45-8:30pm |

## FREE CLASS (AGES 10+)

| CLASS            | TEACHER | DAY    | TIME        |
|------------------|---------|--------|-------------|
| *Steps of Praise | CS      | Monday | 6:30-7:00pm |

This class is a multi-style worship class that will involve weekly devotionals and bible study. *NOTE: This class begins September 15*

## LEVEL 4

| CLASS                | TEACHER | DAY       | TIME        |
|----------------------|---------|-----------|-------------|
| Ballet 4             | OS      | Tuesday   | 4:45-5:45pm |
| *Leaps and Turns     | TF      | Tuesday   | 5:00-5:30pm |
| *Pointe 1            | OS      | Tuesday   | 5:45-6:15pm |
| Tap 4                | EM      | Tuesday   | 6:15-7:00pm |
| High Int. Hip Hop    | GV      | Tuesday   | 6:30-7:00pm |
| Jazz 4               | TF      | Tuesday   | 7:15-8:15pm |
| *Pre-Pointe          | CJB     | Tuesday   | 7:30-8:00pm |
| High Int. Modern     | GV      | Tuesday   | 7:30-8:15pm |
| High Int. Lyrical**  | KM      | Tuesday   | 8:15-9:00pm |
| High Int. Hip Hop    | EO      | Wednesday | 6:45-7:15pm |
| Breakdancing         | DW      | Wednesday | 8:00-8:45pm |
| *Pre-Pointe          | SSW     | Thursday  | 4:30-5:00pm |
| Jazz 4               | LF      | Thursday  | 5:00-6:00pm |
| Tap 4                | CJB     | Thursday  | 6:00-6:45pm |
| High Int. Hip Hop    | HH      | Thursday  | 6:30-7:15pm |
| Ballet 4             | SSW     | Thursday  | 6:45-7:45pm |
| *Pointe 1            | SSW     | Thursday  | 7:45-8:15pm |
| High Int. Lyrical ** | LF      | Thursday  | 7:45-8:30pm |

Teacher key is found on the last page.

\*Does not perform in the Spring Recital.

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

## TUITION

**1/2 - 3/4 hr = \$69/class per month  
1 hr = \$74/class per month**

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

Refine your technique. Take the stage. Level 5+ dancers elevate their training, refining artistry, technique, and versatility across styles. They can audition for our Performance Company and Ballet La Crosse, and Level 4+ dancers may apply to our Pre-Professional Ballet Program. Students in 8th grade and up are invited to attend Dance Revolution, a national convention in Dallas, TX. This level prepares dancers to shine both on stage and beyond.

## LEVEL 5,6,7

| CLASS                       | TEACHER | DAY       | TIME        |
|-----------------------------|---------|-----------|-------------|
| *Leaps and Turns            | TF      | Tuesday   | 5:00-5:30pm |
| 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 |
| Adv. Modern                 | GV      | Tuesday   | 8:15-9:00pm |
| Jazz 5                      | KY      | Wednesday | 6:00-7:00pm |
| Ballet 6+                   | SSW     | Wednesday | 7:00-8:15pm |
| Jazz 7+                     | KY      | Wednesday | 7:00-8:15pm |
| Jazz 5/6                    | LF      | Thursday  | 6:30-7:45pm |
| Adv. Lyrical/Contemporary** | SB      | Thursday  | 7:00-7:45pm |
| Adv. Hip Hop                | HH      | Thursday  | 7:45-8:30pm |
| Ballet 5                    | CJB     | Thursday  | 7:45-8:45pm |
| Pointe 2                    | CJB     | Thursday  | 8:45-9:15pm |

Teacher key is found on the last page.

\*Does not perform in the Spring Recital.

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

+Jazz 7 requires co-enrollment in another Jazz class.

+Ballet 6 requires co-enrollment in another Ballet class.



## TUITION

**1/2-3/4 hr = \$74/class per month  
1 hr = \$79/class per month  
1.25 hr = \$84/class per month**

# TEACHER KEY

|     |                        |
|-----|------------------------|
| ALY | Aly Small              |
| CA  | Cindy Anneke           |
| CJB | Chloe Jane Bulman      |
| CS  | Carmina Stauffer       |
| DW  | Dennis Williams        |
| EM  | Elisabeth Michelson    |
| EMA | Emma Miller (Calmes)   |
| EO  | Emma Osley             |
| GV  | Greta Vollendorf       |
| HAN | Hannah Derksen         |
| HD  | Hannah Dummer (Hunt)   |
| HH  | Hailey Hotvedt         |
| KM  | Kyra Moore             |
| KS  | Kristina Schoh         |
| KY  | Kylie Williams         |
| LF  | Lexi Fishbein          |
| ME  | Madalyn Erickson       |
| MH  | Madelyn Hischke        |
| MM  | Macy Meyer             |
| OS  | Olivia Servais (Key)   |
| SB  | Sarah Barwick          |
| SS  | Shayna Stellflue       |
| SSW | Suzanne Swanson Wagner |
| TF  | Tiffany Fischer        |



# ACRO

| CLASS   | TEACHER | DAY       | TIME        |
|---------|---------|-----------|-------------|
| Acro 1* | KM      | Tuesday   | 5:15-6:00pm |
| Acro 1* | KM      | Tuesday   | 6:00-6:45pm |
| Acro 1* | KM      | Tuesday   | 7:30-8:15pm |
| Acro 1* | MH      | Thursday  | 7:45-8:30pm |
| Acro 2* | KM      | Tuesday   | 6:45-7:30pm |
| Acro 2* | LF      | Wednesday | 4:45-5:30pm |
| Acro 2* | LF      | Wednesday | 7:00-7:45pm |
| Acro 2* | MH      | Thursday  | 5:00-5:45pm |
| Acro 2* | MH      | Thursday  | 7:00-7:45pm |
| Acro 3* | LF      | Wednesday | 5:30-6:15pm |
| Acro 3* | LF      | Wednesday | 6:15-7:00pm |
| Acro 3* | MH      | Thursday  | 6:15-7:00pm |
| Acro 3* | MH      | Thursday  | 8:30-9:15pm |

**TUITION: \$74/class per month**



\*Does not perform in the Spring Recital.



## GUYS ONLY CLASSES

### THURSDAY

|                                      |       |               |
|--------------------------------------|-------|---------------|
| <b>Guys Only Technique (4th-8th)</b> | - DW  | - 5:45-6:30PM |
| <b>Guys Only Hip Hop 1 (2nd-5th)</b> | - HAN | - 7:15-7:45PM |
| <b>Guys Only Hip Hop 2 (6th-8th)</b> | - HAN | - 7:45-8:15PM |

**TUITION**  
1/2 hr = \$62/class per month  
3/4 hr = \$67/class per month

## MIDDLE SCHOOL CLASSES (6th-8th Grade)

|                            |       |       |             |
|----------------------------|-------|-------|-------------|
| <b>Dance Team HOLMEN</b>   | - HH  | WED.  | 4:45-5:30PM |
| <b>Dance Team ONALASKA</b> | - HAN | THUR. | 8:15-9:00PM |

**TUITION**  
= \$67/class per month

## ADULT CLASSES

|                             |      |             |
|-----------------------------|------|-------------|
| <b>*Monday Adult Ballet</b> | - KS | 7:00-7:45pm |
| <b>*Tuesday Adult Tap</b>   | - SS | 7:00-7:45pm |

\*Does not perform in the Spring Recital.

### TUITION

SESSION 1: AUG. 25-SEPT. 22 (5 WEEKS) **\$49**  
SESSION 2: SEPT. 29-NOV. 18 (8 WEEKS) **\$79**

## MORE TRAINING

### PRE-PROFESSIONAL BALLET PROGRAM

Pre-Pro is a special training program for serious dancers who are considering dance after high school.



Program is audition only.

Email [hello@mistysdance.com](mailto:hello@mistysdance.com) for more info.

### TECHNIQUE ONLY PRIVATE LESSONS

Recommended for BUILDING Levels & Up

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

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



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

## EVENTS



Begins:  
**Wednesday, Sept. 3rd**  
**9:30-10:30am**  
**18 mo. - 4 years**

**\$10 per child**

Join us for fun every first Wednesday of the 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.

**\*Pre-Registration is Required**

### Birthday Party Packages

**\$149-\$249**

**Fridays & Saturdays**

**Includes space rental, themed packages, dance and more!**

Email [hello@mistysdance.com](mailto:hello@mistysdance.com) to inquire and book.



## GET INVOLVED



**APPLY TO BE A BUDDY!**

**Class Times:**

**Wed 6:00-6:45pm and 6:45-7:30pm**

**First Class:**

**Wednesday, September 17th**

We're looking for upbeat, responsible students (6th grade & up) to volunteer as "Buddies" for our Darby's Dancers program this season.

Darby's Dancers provides free dance classes, attire, and recital costumes to children with special needs. Each dancer is paired with an

MDU student Buddy who supports and encourages them throughout the year.

Email [hello@mistysdance.com](mailto:hello@mistysdance.com) for a Buddy Application!

### 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 and Me

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

## Tippy Toes

Tippy Toes is an introduction to classical ballet for 3-year-olds using creative 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 steps through imagination.

## Fairytales Ballet

This multi-age class for 3 & 4-year-olds is designed for those who want to learn basic ballet techniques through their imagination.

## Kidlets

Kidlets is a high-energy ballet technique class for kindergartners.

## Kidance

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

## Hippity Hop

An introductory hip-hop class for K-1st graders. This class will introduce new and basic hip-hop movements in a fun way.



## Ballet and Jazz Foundations

An introduction to ballet and jazz techniques for K-1st graders. Class is designed to enhance gross motor development, listening skills, musicality, and nurture the creative spirit.

## Tap Foundations, Taplets, Kidtap

Introduces K & 1st graders to tap steps and sequences, including rhythm, tempo, and musicality. Fine motor skills are developed and an appreciation for music along the way.

## Man-in-Motion

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

## Acro

Acro is great for improving overall coordination, strength, agility, and flexibility. Students learn and master cartwheels, aerials, walkovers, kip ups, handsprings, and more.

## Mini Dance Team

Get ready with dance team specific skills in this upbeat pom class.

## Mini Musical Theater & Broadway

### Ballerinas

Explore theater and dance, in this broadway themed class. Sing along to your favorite showtunes while focusing on jazz technique in Mini Musical Theater and ballet technique in Broadway Ballerinas.

## Middle School Dance Team

This class is geared towards getting dancers that are newer to dance ready to participate in their high school dance team. They will drill jazz and pom skills.

## 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.

## 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.

## 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

Tap dance trains the musical ear as well as the 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.

## Lyrical/Contemporary

Dancers will work on movement quality and learning different choreography combinations in class each week. While focusing on expression, they will utilize their jazz and ballet techniques in new ways through their movement.

## 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.

## Modern

A foundational technique similar to Ballet. Dancers will gain strength in their movement and learn floor work while focusing on their breath, release techniques and engaging their back and core.

## Leaps and Turns

Leaps and Turns is a non-performing Jazz based class that focuses on technique. Dancers work to master skills on various leaps, turns, and tricks. This class is open to a variety of levels and is progression based.

## Guys Only Technique

Guys Only is a multi-style movement class for boys. This class continues the movement exploration of Man-in-Motion with more action and advanced skills.

## 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.

Register Online!

[MistysDance.com](http://MistysDance.com)

# DRESS CODE FOR THE 2025-26 SCHOOL YEAR

## PRE-SCHOOL- 1ST GRADE



### ATTIRE

- Any color leotard and tights (skirt or tutu optional)

### SHOES

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

### HAIR

- Ponytail or bun

No Jewelry

## BUILDING LEVEL 2ND & 3RD GRADE



### ATTIRE

- Any solid pink leotard (no fluff or 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/Musical Theater)
- Black tap shoes (Tap)
- Tan jazz shoes (Jazz/Lyrical)

### HAIR

- Bun

No Jewelry

## LEVEL 1-7 Ballet, Tap & Jazz



### ATTIRE

- Any solid black leotard
- Black sports bras only
- Ballet: Pink tights
- Jazz & Tap: any color tights, or modest length solid black jazz/bike shorts, or leggings
- Optional: Black or white skirt and Pink or Black Sweater for warm-ups.

### SHOES

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

### 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)
- Clean soled sneakers (Hip Hop)
- Black tap shoes (Tap)
- Barefoot (Modern & Acro)

### HAIR

- Bun (ponytail for Acro, Modern, Hip Hop)

No Jewelry