

Building Life Skills & Lifelong Relationships



PRESCHOOL PROGRAM

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

*Performs in the Christmas Cookie Social (See Calendar)

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



AGE 2

CLASS	TEACHER	DAY	TIME
†Mini & Me	DM	Monday	5:00-5:30pm
†Mini & Me	CA	Tuesday	9:30-10:00am
†Mini & Me	SS	Tuesday	5:00-5:30pm
†Mini & Me	SS	Wednesday	5:30-6:00pm

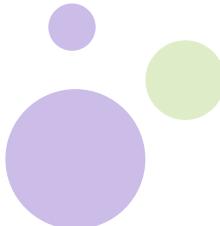
AGE 3

CLASS	TEACHER	DAY	TIME
†Tippy Toes	BH	Wednesday	5:00- 5:30pm

AGE 4

CLASS	TEACHER	DAY	TIME
†Tutus & Bowties	JC	Wednesday	5:00-5:30pm

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



AGE 3-4

CLASS	TEACHER	DAY	TIME
†Pre-K Musical Theater	KR	Monday	4:30-5:00pm
Tiny Tappers	EC	Monday	5:00-5:30pm
Discover Dance	CA	Tuesday	9:00-9:30am
†Fairytale Ballet	CA	Tuesday	10:00-10:30am
Tiny Tappers	CA	Tuesday	10:30-11:00am
Tiny Tappers	TBA	Tuesday	4:45-5:15pm
†Fairytale Ballet	EF	Tuesday	5:15-5:45pm
Tiny Tappers	JC	Wednesday	4:30-5:00pm
†Fairytale Ballet	DM	Thursday	5:30-6:00pm
Tiny Tappers	CS	Saturday	9:30-10:00am
†Fairytale Ballet	CS	Saturday	10:00-10:30am

HOLMEN CAMPUS

CLASS	TEACHER	DAY	TIME
†Fairytale Ballet	CJB	Tuesday	5:00-5:30pm
†Mini and Me	CJB	Tuesday	5:30-6:00pm

INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Drive, Holmen, WI 54636

- Must be min. age by September 1, 2024
- Teacher key is found on the last page.

CHILDREN'S PROGRAM: K-1ST

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

Performs in the Christmas Cookie Social (See Calendar) ALL CLASSES (unless otherwise noted) will perform in the Spring Recital (May TBA)

KINDERGARTEN

CLASS	TEACHER	DAY	TIME
Kidlets	KS	Monday	5:00-5:30pm
+Taplets	EC	Monday	5:30-6:00pm
Discover Dance	CA	Tuesday	9:00-9:30am
+Taplets	SS	Wednesday	5:00-5:30pm
Kidlets	BH	Wednesday	5:30-6:00pm

1ST GRADE

CLASS	TEACHER	DAY	TIME
Kidance	DM	Monday	5:30-6:00pm
+Kidtap	EC	Monday	6:00-6:30pm
Kidance	TM	Tuesday	5:30-6:00pm
+Kidtap	SS	Tuesday	6:00-6:30pm

K-1ST GRADE

CLASS	TEACHER	DAY	TIME
+Hippity Hop	DM	Monday	6:00-6:30pm
+Hippity Hop	EF	Tuesday	4:45-5:15pm
+Tap Adventures	CS	Thursday	5:30-6:00pm
Dance Adventures	DM	Thursday	6:00-6:30pm
+Hippity Hop	GV	Thursday	6:30-7:00pm
Dance Adventures	CS	Saturday	10:30-11:00am
+Hippity Hop	CS	Saturday	11:00-11:30am

MULTI-AGE (K-3RD)

CLASS	TEACHER	DAY	TIME
+Man in Motion	DW	Tuesday	6:00-6:30pm
Musical Theater	DW	Wednesday	4:45-5:15pm
Kids Acro*	LF	Wednesday	5:00-5:30pm
+Mini Dance Team	GV	Thursday	5:00-5:30pm

- Must be in grade by September 1, 2024
- Teacher key is found on the last page.

HOLMEN CAMPUS

CLASS	TEACHER	DAY	TIME
Musical Theater	CJB	Tuesday	6:00-6:30pm
+Mini Dance Team	MM	Wednesday	5:00-5:30pm
Dance Adventures	MM	Wednesday	5:30-6:00pm
+Hippity Hop	MM	Wednesday	6:00-6:30pm

INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Drive, Holmen, WI 54636



Join Our
Community
Performing Group!

Rehearsal: Monday 4:30-5:00pm

Tuition: \$44/mo.

Choreography: August 12-16

Sign-Up Ends June 15

TUITION

\$54/class
per month



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 (See Calendar)

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

TUITION
\$59/class
per month

2ND & 3RD GRADE

CLASS	TEACHER	DAY	TIME
Building Tap	SS	Monday	5:30-6:00pm
Building Ballet	KS	Monday	6:00-6:30pm
+Building Jazz	KS	Monday	6:30-7:00pm
+Building Lyrical	TM	Tuesday	4:30-5:00pm
Building Ballet	HH	Tuesday	5:00-5:30pm
Building Tap	SS	Tuesday	5:30-6:00pm
+Building Jazz	KM	Tuesday	6:00-6:30pm
+Building Jazz	JC	Wednesday	5:30-6:00pm
Building Ballet	BH	Wednesday	6:00-6:30pm
Building Tap	SS	Wednesday	6:30-7:00pm
Building Hip Hop	GV	Thursday	5:30-6:00pm

MULTI-AGE (K-3RD)

CLASS	TEACHER	DAY	TIME
+Man in Motion	DW	Tuesday	6:00-6:30pm
Musical Theater	DW	Wednesday	4:45-5:15pm
Kids Acro*	LF	Wednesday	5:00-5:30pm
+Mini Dance Team	GV	Thursday	5:00-5:30pm

FREE CLASS (AGES 7-9)

CLASS	TEACHER	DAY	TIME
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+Steps of Praise Kids EC 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 16

HOLMEN CAMPUS

CLASS	TEACHER	DAY	TIME
Musical Theater	CJB	Tuesday	6:00-6:30pm
+Mini Dance Team	MM	Wednesday	5:00-5:30pm
+Building Jazz	MM	Thursday	5:30-6:00pm
Building Ballet	MM	Thursday	6:00-6:30pm
+Building Lyrical	MM	Thursday	6:30-7:00pm

INSIDE THE BOYS & GIRLS CLUB!

600 N Holmen Drive, Holmen, WI 54636



Audition
for our
Community
Performing
Groups!

Rehearsal: Mondays, 5:00-6:30pm

Tuition: \$49/mo

Choreography: August 12-16

Sign-Up to audition by June 15!

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.

LEVEL 1

CLASS	TEACHER	DAY	TIME
1st Int. Lyrical**	KM	Tuesday	5:00-5:45pm
Ballet 1	HH	Tuesday	5:45-6:30pm
Jazz 1	KM	Tuesday	6:30-7:15pm
Tap 1	SS	Tuesday	7:15-7:45pm
Stretching*	LF	Wednesday	4:30-5:00pm
1st Int. Modern	DW	Wednesday	5:15-6:00pm
Jazz 1	KR	Wednesday	6:00-6:45pm
Tap 1	JC	Wednesday	6:45-7:15pm
Ballet 1	SSW	Wednesday	7:15-8:00pm
Conditioning*	DW	Wednesday	7:30-8:00pm
1st Int. Hip Hop	JC	Wednesday	8:00-8:30pm
1st Int. Hip Hop	GV	Thursday	6:00-6:30pm
1st Int. Leaps & Turns*	GV	Thursday	7:00-7:30pm
1st Int. Lyrical **	CS	Thursday	7:30-8:15pm

LEVEL 2

CLASS	TEACHER	DAY	TIME
1st Int. Lyrical **	KM	Tuesday	5:00-5:45pm
Jazz 2	TF	Tuesday	5:45-6:30pm
Ballet 2	HH	Tuesday	6:30-7:15pm
Tap 2	KM	Tuesday	7:15-7:45pm
Stretching*	LF	Wednesday	4:30-5:00pm
1st Int. Modern	DW	Wednesday	5:15-6:00pm
Tap 2	SS	Wednesday	6:00-6:30pm
Ballet 2	SSW	Wednesday	6:30-7:15pm
Jazz 2	JC	Wednesday	7:15-8:00pm
Conditioning*	DW	Wednesday	7:30-8:00pm
1st Int. Hip Hop	JC	Wednesday	8:00-8:30pm
1st Int. Hip Hop	GV	Thursday	6:00-6:30pm
1st Int. Leaps & Turns*	GV	Thursday	7:00-7:30pm
1st Int. Lyrical **	CS	Thursday	7:30-8:15pm

FREE CLASS (AGES 10+)

CLASS	TEACHER	DAY	TIME
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*Steps of Praise CS Thursday 4:45-5:30pm

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

NOTE: This class begins September 19

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 hr = \$59/class per mo
3/4 hr = \$64/class per mo



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 and Conditioning. Dancers in Level 4 and above are encouraged to consider applying for our Pre Pro Ballet program, email for details.



LEVEL 3

CLASS	TEACHER	DAY	TIME
Ballet 3	DW	Tuesday	4:45-5:45pm
Pre-Pointe*	DW	Tuesday	5:45-6:00pm
Jazz 3	TF	Tuesday	6:30-7:30pm
Tap 3	EM	Tuesday	7:45-8:15pm
High Int. Lyrical**	KM	Tuesday	8:15-9:00pm
Stretching*	LF	Wednesday	4:30-5:00pm
Leaps & Turns*	LF	Wednesday	5:30-6:00pm
High Int. Lyrical**	JC	Wednesday	6:00-6:45pm
High Int. Modern Conditioning*	DW	Wednesday	6:45-7:30pm
Pre-Pointe/Pointe 1*	CJB	Thursday	5:45-6:15pm
Tap 3	CJB	Thursday	6:30-7:00pm
Ballet 3	CJB	Thursday	7:00-8:00pm
High Int. Hip Hop	HA	Thursday	7:30-8:00pm
Int. Modern	GV	Thursday	8:00-8:45pm
Jazz 3	KY	Thursday	8:00-9:00pm

FREE CLASS (AGES 10+)

CLASS	TEACHER	DAY	TIME
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*Steps of Praise CS Thursday 4:45-5:30pm

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

NOTE: This class begins September 19

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 4

CLASS	TEACHER	DAY	TIME
Jazz 4	TF	Tuesday	4:45-5:45pm
Tap 4	EM	Tuesday	5:45-6:30pm
Ballet 4	DW	Tuesday	6:30-7:30pm
Pointe 1*	AB	Tuesday	7:30-8:00pm
High Int. Lyrical**	KM	Tuesday	8:15-9:00pm
Stretching*	LF	Wednesday	4:30-5:00pm
Leaps & Turns*	LF	Wednesday	5:30-6:00pm
High Int. Lyrical**	JC	Wednesday	6:00-6:45pm
High Int. Modern	DW	Wednesday	6:45-7:30pm
Conditioning*	DW	Wednesday	7:30-8:00pm
Ballet 4	CJB	Thursday	4:45-5:45pm
Pointe 1*	CJB	Thursday	5:45-6:15pm
Tap 4	KM	Thursday	6:15-7:00pm
Jazz 4	KY	Thursday	7:00-8:00pm
High Int. Hip Hop	HA	Thursday	7:30-8:00pm
Int. Modern	GV	Thursday	8:00-8:45pm

TUITION

1/4 hr= \$32/class per month

1/2 hr = \$64/class per month

3/4 hr = \$69/class per month

1+ hr = \$74/class per month

GRADED TECHNIQUE & SPECIALTY CLASSES: LEVELS 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.

LEVEL 5,6,7

CLASS	TEACHER	DAY	TIME
Ballet 5	AB	Tuesday	5:45-6:45pm
Pointe 2	AB	Tuesday	6:45-7:15pm
Tap 6	EM	Tuesday	7:00-7:45pm
Jazz 5	KY	Tuesday	7:15-8:15pm
Jazz 6	TF	Tuesday	7:45-9:00pm
Tap 5	EM	Tuesday	8:15-9:00pm
Stretching*	LF	Wednesday	4:30-5:00pm
Leaps and Turns*	LF	Wednesday	5:30-6:00pm
Adv. Modern	DW	Wednesday	6:00-6:45pm
Jazz 7	KY	Wednesday	6:45-8:00pm
Conditioning*	DW	Wednesday	7:30-8:00pm
Jazz 6	KY	Thursday	6:00-7:00pm
Adv. Hip Hop	HA	Thursday	7:00-7:30pm
Ballet 5	OK	Thursday	7:30-8:30pm
Int. Modern (Lv. 3-5)	GV	Thursday	8:00-8:45pm
Pointe 2	OK	Thursday	8:30-9:00pm
Advanced Lyrical**	TBD	Thursday	8:30-9:15pm

Teacher key is found on the last page.

*Does not perform in the Spring Recital.

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

TUITION

1/2 hr = \$69/class per month

3/4 hr = \$74/class per month

1+ hr = \$79/class per month



TEACHER KEY

AB	Ashlin Bowyer
BH	Bailey Hoffman
CA	Cindy Anneke
CJB	Chloe Jane Bulman
CS	Carmina Stauffer
DM	Denise Meyer
DW	Dennis Williams
EC	Emma Calmes
EF	Elsa Fortner
EM	Elisabeth Michelson
GV	Greta Vollendorf
HA	Hailey Hotvedt
HH	Hannah Hunt
JC	Julia Chirillo
KM	Kyra Moore
KR	Kaleyah Rivera
KS	Kristina Schoh
KY	Kylie Williams
LF	Lexi Fishbein
MM	Macy Meyer
OK	Olivia Key
SS	Shayna Stellflue
SSW	Suzanne Swanson Wagner
TF	Tiffany Fischer
TM	Tabitha Meyer



ACRO

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

TUITION

1/2 hr = \$64/class per month

*Does not perform in the Spring Recital.



GUYS ONLY CLASSES

CLASS	TEACHER	DAY	TIME
Guys Only Hip Hop 1 (2nd-5th)	HA	Monday	7:00-7:30pm
Guys Only Hip Hop 2 (6th-8th)	HA	Monday	7:30-8:00pm
Guys Only Tech (Ages 9+)	DW	Tuesday	7:30-8:15pm

TUITION

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



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, 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 steps 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 techniques 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.



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 Tap's steps and sequences, including rhythm, tempo, and musicality. Fine motor skills are developed with tap and a music appreciation.

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, tumbling, chest stands, handstands, 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.

Discover Dance

The Discover Dance Program is a series of movement classes designed to introduce children to the creative and expressive world of dance!

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.

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

In tap dance class 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

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.

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 movement, learn floor work, and how to dance, and engage their back more through this movement-focused class.

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.

Stretching / 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.

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.

Register Online!

MistysDance.com