

CUPS Schedule Fall 2023

*Subject to change at any time depending on enrollment and teacher availability.

CUPS Dress Code

*the following attire is required in order to participate.

Monday	S1	S2	S3	DS	M1
4:15-5:00pm	Pre Dance ¾ (3-4 th Grade)	Perfected Praise (TK)	Int Ballet 4:15-5:45pm (Cont)	Pre-Folklorico (K-1 st Grade)	Piano 7 4:30-5pm
5:00-5:45pm	Pre Dance 1 (1 st Grade)	Joyful Noise (K)	Int Ballet 4:15-5:45pm (Cont)	Beg Tumbling (3 rd Grade +)	Piano 3
5:45-6:30pm	Folklorico 3/4 (3 rd -4 th Grade)			Int 2 Tumbling	

Tuesday	S1	S2	S3	DS	M1
4:15-5:00pm	Int Tap	Boys Dance 4 th +	Beg Jazz (Cont' 4 th Grade +)	Acting 1 (Age 7-8)	
5:00-6:15pm	5:00-5:30pm Beg Flag 2 5:30-6:15pm Beg Tambo 2	Adv Ballet	Sr. Jazz	5:00-6:00pm Acting 2 (Age 9-12)	
6:15-7:45pm	Boys Dance 4 th +	Sr. Ballet	Int/Adv Jazz	Acting 3 (Age 12+)	

Wednesday	S1	S2	S3	DS	M1
4:15-5:00pm	Folklorico ½ (1 st -2 nd Grade)	Elem Hip Hop (2 nd -3 rd Grade)	Beg Hip Hop (4 th Grade+)	Adv. Tumbling	3:30-4:15pm Piano 6
5:00-5:45pm	Beg Tap (4 th Grade+)	Pre Dance 2 (2 nd Grade)		Adv Folklorico	
5:45-6:30pm		Pre Hip Hop ½ (1 st -2 nd Grade)	Int/Adv Aerial	Beg/Int Folklorico (4 th Grade+)	
6:30-7:15pm				Int Tambo/Flags	

Thursday	S1	S2	S3	DS	M1
4:15-5:30pm	Elem Dance 4 (Cont')	4:15-5:00pm God's Project (Age 3/4)	Beg/Int Aerial	Int-Sr Acting	4:15-4:45pm Piano 4 4:45-5:30pm Piano 2
5:30-6:15pm	5:30-6:30pm Beg Tambo/Flag (4 th Grade +)	Acting Rehearsal	Int/Adv Hip Hop	Int 1 Tumbling	5:30-6:15pm Piano 5
6:15-7:45pm	6:30-7:45pm Beg Technique (5 th Grade+)	Acting Rehearsal	Pointe		6:15-7pm Piano 1

- CUPS T-Shirt (cannot show tummy or chest)
- Leotard under (with at least a 2" strap)
- Black leggings (NO pockets, zippers or buttons)
**Must be fitted at the ankles*
- Hair securely pulled back (Long bangs must be pinned)
- Appropriate Dance Shoes (Ballet shoes pink –girls, Black or white - boys, Folklorico shoes and skirt, Sneakers - Hip Hop)
- Water Bottle

NO tank tops, collared shirts or hoodies; NO shorts, jeans, or skirts; NO jewelry; NO hats, headbands, or bandannas; NO gum, candy, food or drinks allowed in facility

Tumbling/Aerial: (in addition to above)

Girls: Must wear leotard with tight fitting shirt over & leggings

Boys: Must be able to tuck in shirt or wear onelet

Int/Adv Dress Code: *Regular clothing such as a warm-up outfit must be worn over dance attire when not in class.

For Ballet (Ladies):

Modest leotard (2" strap) with a 2" tank top (cannot show bra straps)

Tights with shorts or capri length leggings that show ankles

Ballet shoes/appropriate shoes per class, leg warmers

Hair in ballet bun (for ballet)

For Ballet (Gentlemen):

Form fitting T-shirt

Joggers that are fitted at ankles or tights with athletic shorts

Ballet shoes/appropriate shoes per class

Long hair must be pulled securely back

Correct undergarments as per sports

*Students who are not prepared for class will not be able to participate.

*Disclaimer: CUPS reserves the right to cancel classes at any time.
Schedule and location of classes are subject to change.

Classes are held at:

950B Columbia St. Turlock CA

Drop off students in between buildings. Visitors please wait in vehicle.

For absences or to make an appointment call 209-667-9020 or email
cupsdance@icloud.com.

CUPS Horario de Otoño 23

*Sujeto a cambios a cualquier momento dependiendo en registraci3n y disponibilidad de maestras.

Lunes	S1	S2	S3	DS	M1
4:15-5:00pm	Pre-Danzae ¼ (grado 3-4)	Perfected Praise (TK)	Int Ballet	Pre-Folklorico (grado K-1)	Piano 7 4:30-5pm
5:00-5:45pm	Pre-Danza 1 (grado 1)	Joyful Noise (K)	4:15-5:45pm (Cont)	Beg Gimnasia (grado 3 +)	Piano 3
5:45-6:30pm	Folklorico 3/4 (grados 3-4)			Int 2 Gimnasia	

Martes	S1	S2	S3	DS	M1
4:15-5:00pm	Int Toque	Baile de Chicos Grado 4+	Beg Jazz (Cont 4to grado+)	Actuacion 1 (Edades 7-8)	
5:00-6:15pm	5:00-5:30pm Beg Bandera 2 5:30-6:15pm Beg Pandora 2	Adv. Ballet	Sr. Jazz	5-6pm Actuacion 2 (Edades 9-12)	
6:15-7:45pm		Sr. Ballet	Int/Adv. Jazz	Actuacion 3 (Edades 12+)	

Miercoles	S1	S2	S3	DS	M1
4:15-5:00pm	Folklorico ½ (grados 1-2)	Elem Hip-Hop (grados 2-3)	Beg Hip-Hop (grados 4+)	Adv Gimnasia	3:30-4:15pm Piano 6
5:00-5:45pm	Beg Toque (Grado 4+)	Pre-Danza 2 (2do grado)		Adv Folklorico	
5:45-6:30pm		Pre-Hip-Hop ½ (grados 1-2)	Int/Adv Aerial	Beg/Int Folklorico	
6:30-7:15pm				Int Pandora/Bandera	

Jueves	S1	S2	S3	DS	M1
4:15-5:30pm	Elem Danza 4 (Cont')	4:15-5:00pm God's Project (Edades 3-4)	Beg/Int Aerial	Int-Sr Actuacion	4:15-4:45pm Piano 4 4:45-5:30pm Piano 2
5:30-6:15pm	5:30-6:30pm Beg Pandora/Bandera (4º Grado +)	Ensayo de Actuacion	Int/Adv Hip-Hop	Int 1 Gimnasia	5:30-6:15pm Piano 5
6:15-7:45pm	6:30-7:45pm Tecnica (5º Grado-Adultos)	Ensayo de Actuacion	Pointe		6:15-7pm Piano 1

CUPS Código de Vestuario

***lo siguiente es requerido para participar en las clases de baile.**

- Una camisa suelta de CUPS (no puede enseñar el est3mago o el pecho)
- Leotardo (con tirantes de por lo menos 2 pulgadas)
- Pantalones de baile negros (SIN bolsas, sierres o botones)
**Debe estar apretados en el tobillo*
- Pelo tiene que estar recogido (Copetes largos recogidos, fuera de cara)
- Zapatos apropiados de baile (Zapatos de ballet de color rosa para niñas, negros o blancos para niños, Zapatos de folklorico y falda, Tenis para Hip-Hop)
- Botella de Agua

NO camisas de tirantes o camisetas con cuello; NO shorts pantalones de mezclilla o faldas; NO joyas NO gorras o peinetas de pelo o bandanas; NO se permite chicle, dulces, comida o bebidas en el edificio

Gimnasia/Aerial: (adem3s de lo anterior)

Niñas: Deben usar mallas y leotardo con una camisa apretada por encima

Niños: Deben poder fajarse su camiseta o leotardo de hombre

C3digo de vestimenta Int/Adv: * La ropa normal como una camiseta y los pantalones deben usarse sobre la vestimenta de baile cuando no se encuentren en clase.

Para Ballet (Damas):

Leotardo modesto (correa de 2 ") con un camiseta de tank top de 2" (no pueden enseñar corpiño)

Medias con mallas negros que ensenen los tobillos

Zapatos de ballet / zapatos apropiados por clase

Pelo en cebolla de ballet (para ballet)

Para Ballet (Caballeros):

Camiseta ajustada (ajustada)

Pantalones atl3ticos que muestran tobillos o mallas con shorts atl3ticos

Zapatos de ballet / zapatos apropiados por clase

El cabello largo debe ser retirado de manera segura

Corregir la ropa interior seg3n los deportes

*Estudiantes que no estan preparados para clase no podran participar.

*Renuncio: CUPS rerva el derecho en cancelar clases a cualquier tiempo.

Horario y lugares de clases son sujetos a cambio.

Clases estan localizadas en 950B Columbia St. Turlock CA

Dejen estudiantes entre los edificios. Visitantes esperen en sus autos.

Para ausencias o para hacer citas, llamen a 209-6679020 o manden mensaje al cupsdance@icloud.com.