

CUPS Schedule Fall 2022

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

Monday	S1	S2	S3	DS	M1
4:15-5:00pm	Joyful Noise (K/1st)	Pre-Int Technique 4:15-5:30pm (Cont' 3 rd +)	Elem Tumbling (2 nd -3 rd Grade)		Piano 4
5:00-5:30pm	Perfected Praise (TK/K)	Pre-Int Technique 4:15-5:30pm (Cont' 3 rd +)	Pre-Tumbling (Age 6-7)		Piano 5
5:30-6:15pm			Int Tumbling	Pre-Folklorico (K-1 st Grade)	

Tuesday	S1	S2	S3	DS	M1
4:15-5:00pm	Int Tap	God's Project (Age 3/4)		Beg Folklorico (Grades 4 th +)	
5:00-6:00pm	Pre Jazz (Cont' 3 rd +)	Int Ballet 5-6:30pm	Adv Jazz 5-6:30pm		
6:00-6:30pm	Beg. Flags	Int Ballet 5-6:30pm	Adv Jazz 5-6:30pm		
6:45-7:45pm	Boys Dance 4 th +	Adv Ballet/Pointe 6:30-7:45pm	Beg/Int Jazz 6:30-7:45pm		

Wednesday	S1	S2	S3	DS	M1
4:15-5:00pm	Elem Hip Hop (2 nd -3 rd Grade)	Beg Hip Hop (4 th Grade+)	Adv. Tumbling		4:15-4:40 Piano Lab
5:00-5:45pm	Beg Tap (3 rd Grade+)	Int Tambo/Flags			4:40-5:00 Piano Lab 5:00-5:30 Piano Lab
5:45-6:30pm			5:45-7:15 Int/Adv Aerial	Int Folklorico (Team)	

Thursday	S1	S2	S3	DS	M1
4:15-5:00pm	Elem Dance/Tambo (2 nd -4 th Grade)		Pre-Pointe/Pointe (4:15-5:45pm)		4:30-5pm Piano 2
5:00-5:45pm		Beg Tumbling (4 th grade +)	Pre-Pointe/Pointe	Elem Folk (2 nd -4 th Grade)	
5:45-6:30pm		Beg Tambos (4 th Grade +)	Int/Adv Hip Hop		Piano 1
6:30-7:45pm	Technique (4 th -Adult)		Pre/Beg Aerial & Hoop		6:45-7:30pm Piano 3

CUPS Dress Code

*the following attire is required in order to participate.

- ☐ 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 2022

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

Lunes	S1	S2	S3	DS	M1
4:15-5:00pm	Joyful Noise (K-1ro)	Pre-Int. Tecnica 4:15-5:30pm (Cont. 3ro)	Elem Gimnasia		Piano 4
5:00-5:30pm	Perfected Praise (TK/K)	Pre-Int. Tecnica 4:15-5:30pm (Cont. 3ro)	Pre-Gimnasia (Edad 6-7)		Piano 5
5:30-6:15pm			Int. Gimnasia	Pre-Folklorico (K-1er grado)	

Martes	S1	S2	S3	DS	M1
4:15-5:00pm	Int Toque	God's Project (Edades 3-4)		Beg Folklorico (Grados 4+)	
5:00-6:00pm	Pre-Jazz (Cont 3er grado+)	Int Ballet 5-6:30pm	Adv. Jazz 5-6:30pm		
6:00-6:30pm	Beg Banderas Grado 4+	Int Ballet 5-6:30pm	Adv. Jazz 5-6:30pm		
6:45-7:45pm	Baile de Chicos Grado 4+	Adv Ballet/Punta 6:30-7:45pm	Beg/Int Jazz 6:30-7:45pm		

Miercoles	S1	S2	S3	DS	M1
4:15-5:00pm	Elem Hip-Hop (grados 2-3)	Beg Hip-Hop (grados 4+)	Adv Gimnasia		4:15-4:40 Piano Lab
5:00-5:45pm	Beg Toque (Grado 3+)	Int Pandero/ Bandera			4:40-5:00 Piano Lab 5:00-5:30 Piano Lab
5:45-6:30pm			Int/Adv Aerial 5:45-7:15pm	Int Folklorico (Equipo)	

Jueves	S1	S2	S3	DS	M1
4:15-5:00pm	Elem Danza (2do-4to Grado)		Pre-Pointe/Pointe (4:15-5:45pm)		4:30-5pm Piano 2
5:00-5:45pm		Beg Gimnasia (4to Grado+)	Pre-Pointe/Pointe (4:15-5:45pm)	Elem Folklorico (2do-4to Grado)	
5:45-6:30pm		Beg Pandero (4to Grado+)	Int/Adv Hip-Hop		Piano 1
6:30-7:45pm	Tecnica (4to Grado-Adultos)		Pre-Beg Aerial y Hoop		6:45-7:30pm Piano 3

CUPS *C3digo de Vestuario*

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

- ☐ Una camisa suelta de CUPS (no puede ensear el est3mago o el pecho)
- ☐ Leotardo (con tirantes de por lo menos 2 pulgadas)
- ☐ Pantalones de baile negros (SIN bolsas, sierras 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 nias, negros o blancos para nios, 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)

Ni3as: Deben usar mallas y leotardo con una camisa apretada por encima
Ni3os: 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 ensear corpi3o)

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.