

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 5 (Cont. Students)
5:00-5:30pm	Perfected Praise (TK/K)		Pre-Int Technique 4:15-5:30pm (Cont' 3 rd +))	Pre Tumbling (K-1 st Grade)	
5:30-6:15pm	Pre-Folklorico (K-1 st Grade)			Int Tumbling	

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 5-6:15pm	Adv Jazz 5-6:15pm		
6:00-7:00pm	Boys Dance 4 th +	Adv Ballet/Pointe	Beg/Int Jazz		
7:00-7:45pm	Beg Flags 4 th +	Adv Ballet/Pointe	Beg/Int Jazz		

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		
5:00-5:45pm	Beg Tap (3 rd Grade+)	Int Tambo/Flags			
5:45-7:45pm			Int/Adv Aerial	Folklorico Team	

Thursday	S1	S2	S3	DS	M1
4:15-5:00pm	Elem Dance/Tambo (2 nd -4 th Grade)		Int/Adv Ballet (4:15-5:45pm)		Piano 3
5:00-5:45pm	Elem Folk (2 nd -4 th Grade)		Int/Adv Ballet (4:15-5:45pm)	Beg Tumbling (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 4

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 2021

*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 5
5:00-5:30pm	Perfected Praise (TK/K)		Pre-Int. Tecnica 4:15-5:30pm (Cont. 3ro)	Pre-Gimnasia (K-1er grado)	
5:30-6:15pm	Pre-Folklorico (K-1er grado)			Int. Gimnasia	

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 5-6:15pm	Adv. Jazz 5-6:15pm		
6:00-7:00pm	Baile de Chicos Grado 4+	Adv Ballet/Punta	Beg/Int Jazz		
7:00-7:45pm	Beg Banderas Grado 4+	Adv Ballet/Punta	Beg/Int Jazz		

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

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

CUPS *C3digo de Vestuario*

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

- Una camisa suelta de CUPS (no puede ensear el est3dago 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: (adems de lo anterior)

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

Nios: 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 corpi3n)

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.