

# CUPS Dress Code

\*the following attire is required in order to participate online and in person

- ☐ 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)
- ☐ Face Mask/Water Bottle

**COLD WEATHER:** Thermals under, sweats/joggers over leggings (fitted at ankles), long sleeve shirt/sweatshirt under CUPS shirt, athletic jacket (no hoods or hoodies allowed).

**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

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

**For Technique (Ladies):**

Modest leotard (2" strap) with a tight fitting shirt over

Tights with shorts or capri length leggings over that show ankles

Ballet shoes/appropriate shoes per class, leg warmers

Hair in ballet bun (for ballet)

**For Technique (Gentlemen):**

Form fitting T-shirt

Joggers that are fitted at ankles or tights with athletic shorts over

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.

# SUMMER 2022



## RATES:

*\*FEES ARE PER STUDENT PER WEEK. MUST BE PAID IN ADVANCE.*

WS RATE	\$35/week
NON WS RATE	\$70/week
PIANO (w/dance)	+\$10/week
REGISTRATION FEE	\$20
AERIAL FEE	\$50

# CUPS Summer 2022 Schedule

*\*Subject to change at any time.*

**All students will be enrolled in a technique class at correct level.**

**Int/Adv students need to attend full day 9:45am-5pm weekly.**

**Students in 2<sup>nd</sup> grade and up need to pick a track for class electives (See options for each week).**

## Week 1: Folklorico or Ballet Track

## Week 2: Hip Hop or Contemporary Track

## Week 3: Hip Hop or Tambo/Flag Track

Week 1 June 13 <sup>th</sup> -16 <sup>th</sup> (M-Th)				Week 2 June 20 <sup>th</sup> -June 23 <sup>rd</sup> (M-Th)				Week 3 June 27-30 <sup>th</sup> (M-Th)			
Technique & Folklorico/Ballet Electives				Technique & Contemporary & Hip Hop				Technique & Contemporary & Hip Hop			
Guest Artists: Brenda Ruiz, Hilary Callis, Luis Isiordia, Nicole Johnson				Guest Artists: Misty RasconSmith, Luis Isiordia, Allison Combs				Guest Artists: Abigail DiGrazia, Hilary Callis, Luis Isiordia, Nicole Johnson			
9:45am-11:30pm	Int Ballet Technique Adv Modern	Hilary Luis	S2 S3	9:45am-11:30pm	Adv Technique Int Technique	Misty Luis	S3 S2	9:45am-11:30pm	Boys Dance Int Technique (Pre Pointe) Adv Contemporary	Luis Hilary Abby	S1 S2 S3
11:30am-1:00pm	Adv Ballet Technique Int Modern	Hilary Luis	S2 S3	11:30am-1:00pm	Int/Adv Hip Hop Contemporary	Misty Luis	S3 S2	11:30am-1:00pm	Adv Ballet Technique Int Contemporary Pre/Beg Aerial	Hilary Abby Luis	S2 S3 WS
11:30am-12:15pm	Creative Dance age 3-4	Nicole	S1	11:30am-12:15pm	Creative Dance age 3-4	Allison	S1	11:30am-12:15pm	Creative Dance age 3-4	Nicole	S1
12:15pm-1:00pm	Kinder/1 <sup>st</sup> Grade Ballet	Nicole	S1	12:15pm-1:00pm	Kinder/1 <sup>st</sup> Grade Ballet	Nicole	S1	12:15pm-1:00pm	Kinder/1 <sup>st</sup> Grade Ballet	Nicole	S1
1:00pm-1:30pm	Kinder/1 <sup>st</sup> Grade Folklorico	Brenda	S1	1:00pm-1:30pm	Kinder/1 <sup>st</sup> Grade Hip Hop	Star	S1	1:00-1:30pm	Kinder/1 <sup>st</sup> Grade Tambos	Nicole	S1
11:15am-12:15am	Intro to Piano w/ Katz Keys	Kat/Ernie	M1	11:15am-12:15am	Intro to Piano w/ Katz Keys	Kat/Ernie	M1	11:15am-12:15am	Intro to Piano w/ Katz Keys	Kat/Ernie	M1
1:00pm-1:30pm	Bring your own lunch	Outside		1:00pm-1:30pm	Bring your own lunch	Outside		1:00pm-1:30pm	Bring your own lunch	Outside	
1:30pm-3:00pm	Ballet Technique (2 <sup>nd</sup> -3 <sup>rd</sup> Grade) Ballet Tech. (4 <sup>th</sup> Grade+ ) Int Folklorico Adv Aerial	Nicole Hilary Brenda Luis	S1 S3 DS WS	1:30pm-3:00pm	Ballet Technique (2 <sup>nd</sup> -3 <sup>rd</sup> Grade) Ballet Tech. (4 <sup>th</sup> Grade+ ) All Aerial	Nicole Misty Luis	S1 S3 WS	1:30pm-3:00pm	Ballet Technique (2 <sup>nd</sup> -3 <sup>rd</sup> Grade) Ballet Tech. (4 <sup>th</sup> Grade+ )	Nicole Hilary	S1 S2
3:10pm-4:00pm	Folklorico (2 <sup>nd</sup> -3 <sup>rd</sup> Grade) Folklorico (4 <sup>th</sup> Grade+) Leaps/Turns (5 <sup>th</sup> Grade+)	Brenda Star Hilary	DS S1 S3	3:10pm-4:00pm	Elective (2 <sup>nd</sup> -3 <sup>rd</sup> Grade) Elective (4 <sup>th</sup> Grade+)	Luis Misty	S1 S3	1:45pm-3:00pm	Int/Adv Hip Hop	Abby	S3
3:30pm-5:00pm	Pre/Beg Aerial	Luis	WS	4:00pm-4:10pm	Break			3:00pm-3:45pm	Hip Hop/Contemporary Int Tambos/Flags Leaps/Turns (4 <sup>th</sup> +)	Abby Ky Hilary	S3 S1 S2
4:10pm-5:00pm	Folklorico (3 <sup>rd</sup> Grade+) Pre Pointe (5 <sup>th</sup> Grade+)	Brenda Hilary	DS S3	4:10pm-5:00pm	Elective (4 <sup>th</sup> Grade+) Elective (3 <sup>rd</sup> Grade+)	Luis Misty	S3 S2	3:45pm-4:45pm	Int/Adv Aerial	Luis	WS
								3:45pm-4:45pm	Hip Hop/Contemporary (4 <sup>th</sup> +) Int Tambos/Flags (3 <sup>rd</sup> +)	Abby Ky	S3 DS
								4:45pm-5:15pm	PARADE PRACTICE		
								6:30pm-7:3pm	Cardio/Conditioning (Age 17+)	Abby	S3