

CUPS Schedule Spring 2025

*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 |
|--------------|--|---|--|--|----|
| 11am-12:30pm | | | Adult Ballet (Age 18+) | | |
| 4:15-5:00pm | Joyful Noise (All Kinder) | Perfected Praise (All TK) | Pre-Int/Int/Adv Ballet (Cont) (4:15-5:45pm) | Pre-Folklorico (All 1 st -2 nd Grade) | |
| 5:00-5:45pm | Pre Dance 1 (All 1 st Grade) | Pre Dance 2 (All 2 nd Grade) | Pre-Int/Int/Adv Ballet (Cont) (4:15-5:45pm) | Beg Folklorico (5 th Grade+) | |
| 5:45-6:30pm | Pre Hip Hop (All 1 st -2 nd Grade) (5:45-6:15pm) | | Adv 1 Tumbling | Elem Folklorico 3/4 (3 rd -4 th Grade) | |
| Tuesday | S1 | S2 | S3 | DS | M1 |
| 4:15-5:15pm | | Boys Dance (4 th Grade +) | Beg/Int Jazz (Cont' 4 th Grade +) | Advanced Acting | |
| 5:15-6:30pm | Elem Dance 3-4 (Cont' 3 rd -4 th Grade) | Int Hip Hop (5:15-6:00pm) | Adv Jazz | | |
| 6:30-7:45pm | | Int Ballet (6:00-7:30pm) | Adv/Sr Ballet | | |

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

| Thursday | S1 | S2 | S3 | DS | M1 |
|-------------|--------------------------|---|-----------------------------------|------------------------------|---------------------|
| 4:15-5:30pm | Pre-Int Ballet | Beg Acting (Ages 8+) (4:15-5:15pm) | Beg/Int Aerial | Int Tambo/Flag (4:15-5:15pm) | 4:45-5:30pm Piano 2 |
| 5:30-6:15pm | Int Acting (5:15-6:00pm) | Adv Hip Hop | | Tambo/Flag 1 (5:30-6:30pm) | |
| 6:30-7:45pm | | Beg Technique (New 5 th Grade +) | Pointe/Pre-Pointe (Adv/Sr Ballet) | Tambo/Flag 2 (6:45-7:45pm) | 6:30-7:00pm 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 Primavera 2025

*Sujeto a cambios. Cualquier tiempo dependiendo en inscripciones y disponibilidad de maaestros.

*Clases de Piano y Musica se anunciaran mas tarde.

| Lunes | S1 | S2 | S3 | DS | M1 |
|--------------|---|-------------------------------|---|--|----|
| 11am-12:30pm | | | Ballet de Adultos (Edades 18+) | | |
| 4:15-5:00pm | Joyful Noise (Todo Kinder) | Perfected Praise (Todo TK) | Pre-Int/Int/Adv Ballet (Cont) (4:15-5:45pm) | Pre-Folklorico (Todo 1er-2do Grado) | |
| 5:00-5:45pm | Pre Dance 1 (Todos 1er Grado) | Pre Dance 2 (Todos 2do Grado) | Pre-Int/Int/Adv Ballet (Cont) (4:15-5:45pm) | Beg Folklorico (5 ^{to} Grado +) | |
| 5:45-6:30pm | Pre Hip Hop (Todos 1er-2do Grado) (5:45-6:15pm) | | Adv 1 Gimnasia | Elem Folklorico 3/4 (Todo 3er-4to Grado) | |

| Martes | S1 | S2 | S3 | DS | M1 |
|-------------|---|---|--|----------------|----|
| 4:15-5:15pm | Adv Toque | Baile de Chicos (4 ^{to} Grado +) | Beg/Int Jazz (Cont' 4 ^{to} Grado +) | Adv. Actuacion | |
| 5:15-6:30pm | Elem Dance 3-4 (Cont' 3 ^{er} -4 ^{to} Grado) | Int Hip Hop (5:15-6:00pm) | Adv Jazz | | |
| 6:30-7:45pm | | Int Ballet (6:00-7:45pm) | Adv/Sr Ballet | | |

| Miercoles | S1 | S2 | S3 | DS | M1 |
|-------------|-------------------------------------|---|--|---|-------------------------------|
| 4:00-4:45pm | Beg Toque (3 ^{er} Grado +) | Elem Hip Hop (3 ^{er} -4 ^{to} Grado) | Adv 2 Gimnasia | Pre-Int/Int Folklorico | |
| 4:45-5:45pm | Int/Adv Toque | Pre-Dance ¾ (3er-4to grado) | Beg/Int Gimnasia 3 ^{er} grado + | | 5:15-6pm Piano 4 |
| 5:45-6:30pm | | Beg Hip Hop (5 ^o Grado +) | Adv Aerial | Pre Gimnasia (1 ^{er} -4to Grado) (5:45-6:15pm) | 6-6:45pm Piano 5 |
| 6:30-7:15pm | | | Adv Aerial | Adv Folklorico (6:15-7:15pm) | 7:30-8:15pm Piano 6 (de casa) |

| Jueves | S1 | S2 | S3 | DS | M1 |
|-------------|-----------------------------|---|-----------------------------------|------------------------------------|---------------------|
| 4:15-5:30pm | Pre-Int Ballet | Beg Actuacion (Edades 8+) (4:15-5:15pm) | Beg/Int Aerial | Int Pandora/ Bandera (4:15-5:15pm) | 4:45-5:30pm Piano 2 |
| 5:30-6:15pm | Int Actuacion (5:15-6:00pm) | Adv Hip Hop | | Pandora/ Bandera 1 (5:30-6:30pm) | |
| 6:30-7:45pm | | Beg Tecnica (Nuevas 5 ^{to} Grado+) | Pointe/Pre-PoInte (Adv/Sr Ballet) | Pandora/ Bandera 2 (6:45-7:45pm) | 6:30-7:00pm 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 estómago 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 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: (además de lo anterior)

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

Niños: Deben poder fajarse su camiseta a leotardo de hombre

Código 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 atléticos que muestran tobillos o mallas con shorts atléticos

Zapatos de ballet / zapatos apropiados por clase

El cabello largo debe ser retirado de manera segura

Corregir la ropa interior según 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.