



## LOS LUPEÑOS ACADEMY GUIDELINES

*Los Lupeños Academy provides instruction in Mexican folklórico dance and culture in a supportive learning environment while building on the values of culture, tradition, and community.*

### **Dance Class Etiquette**

- Please take care of dance classrooms.
- No food or drink allowed except for water.
- Gum chewing is not allowed.
- Running is not allowed unless part of a warm-up exercise.
- Please show respect to all instructors and assistants. Address instructor as "Maestro" or "Maestra".
- Do not touch or lean on mirrors or alcove curtains.

### **Helpful Hints**

- Arrive a few minutes before class start time to be focused and prepared.
- Use the restroom before class.
- Dancers would benefit from having a healthy snack before class.

### **Dance Class Attire**

We request that students carefully observe our dress code. Proper attire will allow instructor to observe posture, alignment, and footwork.

- All students should wear clothing that will allow freedom of movement. Appropriate clothing includes t-shirts, leotards, and exercise pants.
- Students in Folklórico classes should have all hair worn away from their face. Girls & Women with mid-length or long hair should wear a neat bun. Boys & Men with long hair should wear it in a ponytail or bun. Students with short hair should pull hair back from face.
- All students should bring a reusable water bottle filled with water to class.

### *Specific Class Attire*

- Folklórico classes for ages 4-5
  - Girls: blouse or t-shirt; folklórico skirt; shorts or leggings underneath skirt; sturdy closed-toe shoes with small heel or Folklórico shoes.
  - Boys: shirt or t-shirt; pants or appropriate shorts that allow movement; sturdy shoes or boots or folklórico boots.
- Folklórico classes for ages 6-adult
  - Girls: plain white or black t-shirt or leotard, or Academy t-shirt; folklórico skirt; shorts or leggings underneath skirt; folklórico shoes.
  - Boys: plain white or black t-shirt or Academy t-shirt; black exercise pants, sweats or appropriate shorts; Folklórico boots, red bandana.

### *Folklórico Practice Skirts*

If you recently purchased or made a skirt, you may continue using the skirt you already have. If you do not have a skirt or when you are ready for a new one, we strongly recommend a Jalisco-style practice skirt made out of Kelly Green broadcloth fabric.

- Measurements: The finished skirt length should be the measurement from the waist to the ankle. The skirt body is the measurement from the waist to just below the knee. The ruffle is the measurement below the knee to the ankle.
- Circles: For dancers ages 4-15, practice skirt should be 1 ½ circles. For adults, practice skirt should be either 1 ½ or 2 circles. (Los Lupeños performing company uses 2-circle practice skirts.)
- Trim: Skirts should have white double fold bias tape on the top of the ruffle. The gathering stitch should be 1" from the top of the ruffle. The bottom of the ruffle should have a white 2" lace.

### **Parent/Family Observation**

- Parents are allowed to observe the first class of each session. Please do not use cell phones, talk with other, or otherwise distract students or instructors. This allows the instructor to maintain class order and respect.
- It is important that parents do not distract or interrupt a class in session. Please do not comment on student's movements or offer direction.
- After the first week, it is up to the instructor's discretion whether or not parents can observe classroom instruction.

## **Taking Photos or Video in Class**

- Please ask instructor for permission before taking photos or videos during class time.
- Any photo or video taken should be for personal use only.
- Please be mindful to only take photos or videos of your own child(ren) or ask permission of other parents to include their children.
- Please do not post photos or videos on social media without permission from instructor.

## **Recitals**

- Session recital locations may vary. Details will be confirmed midway through each session.
- At recitals, you may take photos (without flash for dancers' safety) or video but please be respectful of others and do not block anyone's view.

## **Contact Information**

Los Lupeños Academy's dance classes are offered in a partnership between Cashion Cultural Legacy and School of Arts and Culture @MHP.

### *Registration Questions:*

Rosalinda Sanchez, School Registrar  
School of Arts and Culture @MHP  
rosalinda@schoolofartsandculture.org  
(408) 794-6249

[www.schoolofartsandculture.org](http://www.schoolofartsandculture.org)  
[www.facebook.com/SchoolofArtsandCulture  
atMHP](https://www.facebook.com/SchoolofArtsandCultureatMHP)

### *Academy Questions:*

Jessica Torres, Academy Director  
Cashion Cultural Legacy  
academy@loslupenos.org

[www.loslupenos.org](http://www.loslupenos.org)  
[www.facebook.com/loslupenos](https://www.facebook.com/loslupenos)

## Resources for Dance Supplies

There are many available resources for purchasing supplies. Updates of this list will be available online at [www.loslupenos.org/academy](http://www.loslupenos.org/academy).

- Seamstress & Supplies: Rosalba Guerra, Tienda de Trajes Regionales de México  
32238 Crest Lane, Union City, CA 94587  
(510) 364-9003, [fmmexicano@yahoo.com](mailto:fmmexicano@yahoo.com)  
• shoes, skirts, rebozos, bandanas
- Tropicana Shopping Center: De La Rosa Imports  
1163 S. King Rd, San Jose, CA  
(408) 272-1321  
[www.facebook.com/DeLaRosaLatinAmericanImports](https://www.facebook.com/DeLaRosaLatinAmericanImports)  
• shoes & skirts for girls/women, boots for boys, more
- Eclipse  
1690 Story Rd, #126, San Jose, CA  
(408) 937-4323  
• shoes & skirts for girls
- Paqueteria Neza: 127 N. 4<sup>th</sup> Street, San José, CA 95112  
(408) 286-6828  
[www.facebook.com/paqueterianeza](https://www.facebook.com/paqueterianeza)  
• skirts for girls, pottery, more
- Casa Folklorica: 57 Marlow Drive, Oakland, CA 94605,  
(510) 562-6046, [casafolk@aol.com](mailto:casafolk@aol.com) – call for appointment  
[www.casafolklorica.com](http://www.casafolklorica.com)  
• regional costumes and accessories
- Corazon Del Pueblo: 4814 International Blvd, Oakland, CA 94601  
(510) 532-6733  
[www.facebook.com/diadelosmuertosyartesanias/](https://www.facebook.com/diadelosmuertosyartesanias/)  
• skirts for girls & women, trajes for boys, girls & women