



BA Studios

A Dance & Fitness Boutique

Studio
Information

Who We are

About BA Studios



Dance Classes for Adults & Youth

We blend traditional dance with science-based fitness exercises.
We break the "norms" of dance.



Fitness for Adults

Original & science-based exercises.
Low Impact movements.
Getting Tucson adults moving in a new, fun way.



A Community for All

Let's get Tucson moving again in an innovative way.
Find the most BA version of yourself!



BA Studios

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520.372.8424

www.ba-studios.com

bastudiosaz@gmail.com

Instagram: @bastudiosaz

Facebook: BA Studios



Welcome to BA Studios!

BA Studios believes that *every* child deserves a welcoming place to grow and dance. We can't wait to begin working with you and your family. Remember we are here to answer any questions you may have to help give your child the most authentic and memorable dance experience! 😊

Here are a few things to help get you and your family started on their dance journey:

- #1. **Monthly tuition is on an automatic system on your BA Account.** Make sure your card payment is updated.
- #2. **Complete the Dance Registration Form (via online).** We don't want to surprise you when it comes to funding your dancer's journey. Be sure to read through our studio policies, class pricing, rehearsal and costume fees, etc., and ask any questions before classes begin.
- #3. **Review our studio attire guide to get your dancer ready for classes.** Talk with your dancer about the importance of being prepared for class. Together, we will teach them how to dress and pack their dance bag, how to style their hair, dance class etiquette, how and where to practice their performance routines, preparing for performances and events, etc. We will be working as a team to give your dancer an incredible experience!
- #4. **Take your child to their first class!** Be sure to celebrate and acknowledge all their big dance accomplishments and shows. They will be working hard!

Again, welcome to BA Studios! We are *thrilled* to have you and your family dancing with us! 😊

-The BA Team

Classes



Ballet

Youth & Adults

Ballet focuses on back and core development, arm gracefulness, strength, flexibility, and the endurance for complex movements. Ballet also teaches movements that flow from form and that reflects human emotion. Classes follow a traditional format including barre exercises, center floor work and across the floor combinations. Classes also include science-based strength training.

Barre

Adults Only

Barre is a full body workout inspired by elements of ballet, yoga, and Pilates. The focus is on low-impact, high-intensity movements designed to strengthen, tone, and lengthen muscles. The class includes combinations at the barre, center floor, and mat work.



Preschool Movement

Toddlers

This class is recommended is for students ages 3-5, and intended to get those wiggles out! We will warm up for 5 minutes, play dance games and challenges for 20 minutes, freestyle dancing for 10 minutes, and end class with story time for 10 minutes. Having fun with movement while keeping it short and sweet!



Dance Fitness

Adults Only

Dance Fitness (*similar to Zumba*) is a program that combines various music genres with dance moves. All routines incorporate interval training, alternating fast and slow rhythms, to help improve cardiovascular fitness.



Hip Hop

Youth Only

Hip hop encompasses a wide range of street styles including break dancing, tutting, and locking and popping. This class focuses on developing rhythm and coordination while encouraging individual style. The class consists of strengthening exercise circuits, across the floor movement, and original combinations.

Jazz

Youth Only

Jazz dance is an exploration of style and presentation. Classes emphasize musicality and body alignment, conditioning, stretch and strengthening, rhythm and stylization as well as fun and innovative choreography. The class consists of a cardio warm up, across the floor movements and conditioning, and original and traditional jazz combinations.



Yolates

Adults Only

This Yoga/Pilates fusion class develops a longer, leaner, stronger and more graceful body by improving muscular symmetry, alignment, posture, core-strength and flexibility. The class is moderately paced to cultivate strength, flexibility, and balance within a gentle, continuous sequence of postures.



Pointe

Adults and Youth

Pointe will utilize previously learned ballet technique while working in pointe shoes. Each class includes barre exercises, center, and across the floor work, and variation combinations. Classes also include science-based feet and ankle strength training.

Yoga

Adults Only

Our Hatha and Vinyasa yoga classes emphasize the sequential movement between postures, coordinated with and guided by deliberate breath. This class moves from pose to pose with each held for no more than five to eight breaths. Expect a fully balanced class of forward bending, twists, backbends with opportunity for inversions.



Studio Policies

Attendance & Absence Studio Policy

We understand that life happens and your dancer might miss class. Please be sure to let us know as soon as possible if your child cannot attend so instructors can prepare accordingly. Please plan to call or email the studio. There are no refunds for missed classes. Dancers are encouraged to make up missed classes, so you will need to reserve a spot in another class as soon as possible. Make-ups must be done within 30 days of the class missed. Again, be sure to notify the studio that you are going to be absent or late, or need to reschedule a class by calling or emailing the studio. If your child misses more than 50% of semester classes they may not be eligible to perform for safety reasons.

Studio Attire

Your dancer needs to feel good in their own skin, but we also want them to be properly dressed for class. We believe in a blend of traditional dance attire etiquette as well as embracing the cute trends of the modern era. Please review our website (<https://www.ba-studios.com/studioattire>) or speak to an instructor if you have any questions about dance class attire.

Studio Code of Ethics

BA Studios stands on the core values of kindness, respect, unity, excellence, and creating a fun environment. We hold all our instructors, students, and parents to uphold these values.

Performances & Events

BA Studios strives to give the most authentic experience to your dancer. We plan to have two full dance productions each year as well as several small performing opportunities each semester. Information for these events will be emailed out and posted separately. Costume pictures and video links are optional to purchase. Costumes purchases are mandatory to perform.

Costumes

Costumes are required for each routine a dancer will be performing in. This includes the semi-annual productions and small performance opportunities. Prices range from \$45-\$95.00 per costume. Tights, shoes, and undergarments will be an additional cost. Costumes MUST be paid in full before they are ordered and received. There are no refunds once costumes are ordered and paid for. If your child leaves the studio before the performance, you will still be responsible to purchase costumes. There may be cleaning or rental fees for small community performance costumes or any costumes that are borrowed from the studio.

Rehearsals

Rehearsals are mandatory for your dancer. Our productions take a lot of work and if your dancer is to perform they need to know their choreography and staging. Plan ahead for your dancer to be

rehearsing in class each week, as well as two mandatory Saturday rehearsals the month of show, plus several evening rehearsals the week of show.

Media Release

By signing up you or your dancer for classes or events, you grant BA Studios, LLC permission to photograph and/or video in any and all publications and materials without payment or consideration made to them. These photos and/or videos become the property of BA Studios, LLC and will not be returned. BA Studios, LLC is authorized to use, edit, copy, publish or exhibit any photo or video for any lawful purpose. You waive the right to review any photo or video or to obtain royalties from the photo or video. Please Note: Photos and videos will be taken throughout the day and some photographs/videos will be posted on our website, newsletter, or social media. Please let the staff of BA Studios, LLC know if you do not wish to have your dancer's picture/video made public.

Lost or Stolen Items

BA Studios is not responsible for lost or stolen items. Please check with the front desk in the lobby for any lost items.

Instructor Conferences or Questions

Please leave a message at the front desk if you would like to speak with your dancer's instructor. They will be happy to meet with you and answer your questions. Please do not delay them during or between their classes.

Dance Tuition Policies

Dance tuition is paid in five installments that begin at the start of each semester. Preschool Movement semester tuition is split in one or two payments. Tuition is based on a semester rate. Holidays and closures are already calculated into your monthly payments. Your child cannot attend class if the monthly payment isn't made. Once the payment is made there are no refunds. If your child needs to leave the semester early, you must give 30 days' notice to the studio through written form.

Return Policy

Due to our already reduced rates for fitness classes and no demand of a contract, fitness packages are non-refundable.

Registration & Waivers

Before you or your child's first class, be sure you have filled out the Dance Registration form (one per child) and/or have signed the Liability Waiver before your fitness class. We take many precautions to ensure our studio and classes are safe and effective, however accidents happen. We want you to be fully aware of the risks you or your child may take while in our studio.

Studio Activities

BA Studios offers regular dance and fitness classes as well as other exciting activities and events. We offer private dance & fitness classes, studio rental availability, community service outreach performances, private group events, and various dance & fitness workshops.

Dance & Fitness Disclaimer

BA Studios strongly recommends you only undertake fitness exercise or dance activity that is suitable for your own physical fitness and where you are unsure do not participate in the activity without appropriate medical guidance.

BA Studios is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

There is always the risk of physical injury when participating in any fitness exercise or dance program. If you engage in home practice and online videos, you agree that you do so at your own risk, that you are voluntarily participating in these activities and that you assume all risk of injury to yourself or others in your locality.

As with all dance and fitness exercise programs, when using our video clips/home practice lists please use common sense.

All children should be fully supervised by an adult while learning and participating. We strongly recommend that you risk assess the environment that you will be performing these exercises in and make sure they are clear of hazards.

Studio Attire

Fitness

We recommend movable and breathable athletic wear for our adult fitness classes. Nothing is required, but we want you to feel comfortable in your attire. We suggest barefoot or grip socks for yoga, barre, and yolates (yoga & Pilates), and *new* athletic sneakers for dance fitness.

Ballet

Beginner and intermediate ballet girls are asked to wear a simple black or pink leotard in any sleeve length and pink ballet tights (no undergarments). Canvas ballet flats are highly recommended. Hair should be secured in a bun, and large or dangly jewelry should not be worn for the safety of the dancer.

Advanced and adult ballet women are asked to wear leotards and tights (any style or color). Dancers can also wear leg warmers, skirts, etc. Hair should be secured away from the face. Large or dangly jewelry should not be worn for the safety of the dancer.

Beginner and intermediate ballet boys are asked to wear a fitted white t-shirt, and black tights, shorts, or sweatpants. Black canvas ballet flats are recommended.

Advanced and adult ballet men are asked to wear a fitted t-shirt, and tights, shorts, or sweatpants. Black canvas ballet flats are recommended. Dancers can also wear leg warmers, sweaters, etc.

Hip Hop

We recommend movable and breathable athletic wear for our hip-hop classes. Comfortable shorts or sweatpants, and a solid colored tank top or t-shirt. Hats and jackets are optional.

New black sneakers or athletic shoes are required. Please keep your sneakers in your dance bag and only wear them in the studio. We appreciate you helping us keep the studio as clean as possible!

Large or dangly jewelry should not be worn for the safety of the dancer.

Jazz

We recommend movable and breathable athletic wear for our jazz classes. Comfortable leggings or pants, a solid colored leotard, tank top or t-shirt, and skin toned jazz shoes are recommended.

Hair must be secured away from the face. Large or dangly jewelry should not be worn for the safety of the dancer.

Preschool Movement

We recommend movable and breathable wear for our little ones. Any clothing that does not restrict their movement, cause them to trip or fall or makes them preoccupied and play with their clothing. Barefoot or grippy socks are best!

Not sure where to find these items?

Check out our [Discount Dance Store Link](#) to help with purchasing dance class attire.

Other Dance Attire Sites:

[Amazon Dancewear](#)

[Target](#)

[Capezio Dancewear](#)

[Dancewear Solutions](#)

[Bloch Dancewear](#)

Pricing

Fitness Classes

Single Class: \$20

New Student Special: Any 3 Classes for \$30 (*one-time only*)

Unlimited Monthly Membership:

\$109

(\$9 or less per class)

**This membership renews month to month until you cancel.
No contract. No refunds.*

Fitness Class Packs:

5 Pack - \$75

(\$15 per class)

10 Pack - \$130

(\$13 per class)

15 Pack - \$165

(\$11 per class)

**Class packs expire after 5 months.
No contracts. No refunds.*

Dance Classes

Single Class: \$20

New Student Special: Any 3 Classes for \$30 (*one time only*)

Monthly Tuition:

1 Class/Week = \$72

(\$18 per class)

2 Classes/Week = \$128

(\$16 per class)

3 Classes/Week = \$180
(\$15 per class)

4 Classes/Week = \$208
(\$13 per class)

5 Classes/Week = \$240
(\$12 per class)

Unlimited Classes = \$264
(\$11 or less per class)

Half Semester:
Preschool Movement= \$90
(9 Week Session)

Full Semester:
Preschool Movement= \$180
(18 Week Session)

Additional Information:

No refunds for missed classes.

Make-up classes available (must give notice to the studio
via phone call or email ahead of time).

Tuition is based on classes per week per family household account.

Tuition payments are to be made by Credit/Debit through Online BA Studios Account.

Additional Fees:

Registration Fee: \$25 *per family each semester*

Rehearsals: \$100 *once a semester per student*

***To ensure the instructors get paid for their time of creating lessons and choreography, and running rehearsals, we charge a rehearsal fee that can be paid in full at enrollment or can be spread out over the course of the semester: \$20 a month for 5 months.*

Preschool Registration: \$10 *once a semester per family*

Preschool Rehearsals: \$25 *once a semester per student*

Private Lessons: *price upon request*

Specialty Workshops: *priced per event*

Costumes: *price varies upon class*

Our Curriculum

Ballet & Pointe

Week 1: Introduction to Ballet & Dance Fitness: Stretch and Strengthening
Week 2: Ballet Posture, Positions, and Turn out with Arm Movements
Week 3: Counting Music (Musicality and Rhythm)
Week 4: Balancing and Transfer of weight
Week 5: Awareness of space and coordination: Levels
Week 6: Rotations/Turns
Week 7: Jumps and Leaps
Week 8: Creativity and Expressions & Creating Choreography
Week 9: Body Isolations
Week 10: Symmetrical Movement: Mirror and Shadowing
Week 11: Remembering Choreography
Week 12: Improvisation
Week 13: Shapes, Levels, Size, and Speed
Week 14: Creating Choreography Part II
Week 15: Props
Week 16: Partnering
Week 17: Complex Combinations
Week 18: Performance Prep
Week 19: Performance Prep
Week 20: Performance Week

Hip Hop

Week 1: Introduction to Dance: Stretch and Strengthening
Week 2: Foundational Body Steps and Alignment
Week 3: Counting Music (Musicality and Rhythm)
Week 4: Rotations
Week 5: Range of Motion & Space: Levels (low, mid, high/ light-strong/ little-big)
Week 6: Balancing
Week 7: Jumps and Leaps
Week 8: Creativity and Expressions & Creating Choreography
Week 9: Body Isolations
Week 10: Symmetrical Movement: Mirror, Shadowing, and Reversing
Week 11: Remembering Choreography
Week 12: Improvisation
Week 13: Shapes, Levels, Size, and Speed
Week 14: Creating Choreography Part II
Week 15: Props
Week 16: Partnering
Week 17: Complex Combinations
Week 18: Performance Prep
Week 19: Performance Prep
Week 20: Performance Week

Jazz

Week 1: Introduction to Dance and Fitness: Stretch and Strengthening
Week 2: Basic Body Positions with Arm Movements
Week 3: Basic Combinations
Week 4: Rotations
Week 5: Range of Motion & Space: Levels (low, mid, high/ light-strong/ little-big)
Week 6: Balancing
Week 7: Jumps and Leaps
Week 8: Counting Music (Musicality and Rhythm)
Week 9: Body Isolations
Week 10: Symmetrical Movement: Mirror, Shadowing, and Reversing
Week 11: Footwork
Week 12: Shapes, Levels, Size, and Speed
Week 13: Improvisation
Week 14: Style (Fosse, theatrical/musical jazz, etc.)
Week 15: Partnering
Week 16: Creativity and Expressions & Creating Choreography
Week 17: Performance Prep
Week 18: Performance Prep
Week 19: Performance Prep
Week 20: Performance Week

Preschool Movement

Week 1: Introduction to Dance: What is Dance
Week 2: Range of Motion: Space & Levels (low, mid, high/ little & big)
Week 3: Shapes & Size
Week 4: Ballet Posture and Positions
Week 5: Dance Levels
Week 6: Balancing
Week 7: Jumps and Leaps
Week 8: Expressions
Week 9: Using Props
Week 10: Rotations
Week 11: Follow A Beat
Week 12: Body Isolations
Week 13: Symmetrical Movement: Mirroring
Week 14: Remembering Choreography
Week 15: Moving Around Set Pieces
Week 16: Partnering
Week 17: Performance Prep
Week 18: Performance Prep
Week 19: Performance Prep
Week 20: Performance Week

BA Studios Class Schedule

	AM	PM
Mon.	<i>Reserved for Private Sessions</i>	3:45-4:45 pm Beginner Ballet 5:00-6:00 pm Barre 6:15-7:15 pm Intermediate Ballet 7:15-8:15 pm Pointe/ Rehearsal
Tues.	9:30 -10:30 am Barre	3:45-4:45 pm Beginner Hip Hop 5:00-6:00 pm Intermediate Hip Hop 6:15-7:15 pm Intermediate Jazz
Wed.	9:30-10:30 am Yoga	3:45-4:45 pm Beginner Ballet 5:00-6:00 pm YoLates 6:15-7:15 pm Intermediate Ballet 7:15-8:15 pm Pointe/ Rehearsal
Thurs.	10:45 -11:45 am Barre	3:45-4:45 pm Beginner Hip Hop 5:00-6:00 pm Intermediate Hip Hop 6:15-7:15 pm Intermediate Jazz
Fri.	9:30 -10:30 am YoLates	<i>Reserved for Events</i>
Sat.	8:15 - 9:15 am Barre 9:30 -10:30 am Adult Ballet 10:45 -11:30 am Preschool Movement	<i>Reserved for Events</i>
Sun.	Closed	Closed

TIL MIDNIGHT



COMING MAY 2024