

Pilates Centre

Classical Teacher Training

Our Comprehensive teacher training programme will guide you towards becoming an intuitive, highly knowledgeable Pilates instructor. The reward as a Pilates teacher comes in seeing the progress and results in your clients. The most effective way to get the best results for your clients is through the design of a balanced session and this can truly be achieved with the full Pilates repertoire at your disposal. Pilates Centre is committed to passing on the tradition of Classical Pilates by offering teacher training that honours the integrity of the method developed by Joseph Pilates and passed down to Romana and then our teachers, the Taylor sisters in Colorado.

On the training programme you will attend workshops and complete an apprenticeship, learning how to become a skilled and confident teacher of the Pilates repertoire, rather than merely learning the movements.

Intermediate Teacher Training: You will learn to teach to an Intermediate level on all Pilates apparatus – Matwork, Reformer, Cadillac, Chair, Ped-O-Pul, Barrels and all small equipment including the Foot Corrector and Magic Circle. Upon completion you will be issued with a Pilates Centre – Intermediate Classical Teacher Training certificate that recognises your ability to teach to an intermediate level. Should you then wish to train in the full repertoire at a later stage you can sign up for our ‘Advanced completion programme’ (specifically for anyone who’s graduated from our Intermediate programme).

Who is the Intermediate programme for?

- Those embarking on a completely new career.
- Anyone who'd like to do the Advanced programme but with more time to get their body and teaching skill levels up.
- Anyone with physical limitations that would be better suited to the Intermediate work.
- Those who aren't yet practicing to an Intermediate level in class or haven't been taking regular Classical Pilates classes.
- If you'd like to start on the journey towards becoming a Classical Pilates teacher but are overwhelmed by the idea of the Advanced work.

What will I learn?

- Pilates history and lineage
- The Classical Pilates repertoire up to an intermediate level on all apparatus – you will observe all levels in the workshops so that you have an understanding of the full Pilates repertoire.
- Pre-Pilates and fundamentals
- Modifications
- Safety while teaching and in the studio
- Anatomy
- Teaching Skills

What does the course involve?

The Intermediate Certificate requires 450 hours of workshops and apprenticeship to be completed within 6 months (or when your hours are complete and you are ready to test out):

- Orientation 2 hours
- Workshops 63 hours (9 days)
- Teaching Seminars 10 hours (5 x 2 hours)
- Assessment Meetings 2 hours (2 x 1 hour)
- Case Study 40 hours (2 x 20 hours)
- Internship 325 hours
- Exams 8 hours
- A passing grade of 85% or higher in all Exams
- Completion of reading list

The workshops will be delivered over 9 days on 5 separate weekends.

Internship:

- Observations 95 hours
- Personal Practice 95 hours
- Practice Teaching 70 hours
- Lessons 45 hours
- Miscellaneous 20 hours

Exams:

- Anatomy 2 hours
- Pilates Repertoire 2 hours
- Teaching (Practical) 2 hours
- Performance 2 hours

Pilates Centre – Classical Teacher Training

2018 SCHEDULE

Part 1	MARCH 10 TH	12.00 – 19.30
	MARCH 11 TH	09.00 – 17.30
Part 2	APRIL 14 TH	12.00 – 19.30
	APRIL 15 TH	09.00 – 17.30
Part 3	MAY 13 TH	09.00 – 17.00
Part 4	JUNE 24 TH	12.00 – 19.30
	JUNE 25 TH	09.00 – 17.30
Part 5	JULY 21 ST	12.00 – 19.30
	JULY 22 ND	09.00 – 17.30

How to enroll:

To apply, you must submit a completed Application form. Applicable students then pay a deposit of €550 to enroll on the programme and reserve your place. You can download the application form on our website or get in touch. Email your completed form to anna@pilatescentre.ie or leave it at the Pilates Centre reception F.A.O. Anna Wilson.

Programme costs:

- Tuition Fee €2700 (orientation, workshops, seminars, assessment meetings, internship hours)
- Examinations €500
- Manuals €200

Total Programme Cost: €3400 + lessons and books.

A deposit of €550 is to be paid upon registration to reserve your place. The balance of €2850 must then be paid in advance of commencement or a monthly payment plan can be set in place.

TRAINEE PERKS

As a trainee on the Pilates Centre Classical Teacher Training programme you'll be entitled to the following benefits:

- 25% discount on all group classes and private sessions at Pilates Centre
- 25% discount on workshops at Pilates Centre
- Free use of the studio for personal workouts at pre arranged times
- Free observations at Pilates Centre
- Free access to our online video centre with all of the workshops for reference

GRADUATE PERKS

When you have graduated we hope you'll continue to enjoy classes and workshops with us at the studio! You'll be entitled to the following:

- 10% discount on all group classes
- 10% discount on all workshops
- Use of the studio for personal practice for €10 per hour
- 50% off any repeat workshops (workshops you've previously attended and wish to refresh - not including external workshop presenters)