

Pilates Centre

Classical Teacher Training

Our Classical Teacher Training will guide you towards becoming an intuitive, highly knowledgeable Pilates instructor with the full Pilates repertoire at your disposal. You will learn all movements for all levels on all Pilates apparatus – Matwork, Reformer, Cadillac, Chair, Ped-O-Pul, Barrels and all small equipment including the Foot Corrector and Magic Circle and others. Upon completion you will be issued with a Pilates Centre – Classical Teacher Training Diploma and will be eligible to be certified by the Pilates Method Alliance (PMA), the international awarding body for Pilates instructors worldwide.

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. On the training programme you will attend workshops and complete an in studio apprenticeship, learning how to become a skilled and confident teacher of the Pilates repertoire, meaning this programme is so much more than merely learning the movements.

The journey towards becoming a really great Pilates teacher is challenging and demands commitment and dedication. Saying that, it is so fun and rewarding to delve so deeply into the method as it was passed down from Joseph Pilates. It is advised that you should be practicing to an intermediate standard in Classical Pilates Matwork and apparatus classes to join the programme. (Contact us for advice on this if needed.)

What will I learn?

- Pilates history and lineage
- The full Classical Pilates repertoire for all levels on all apparatus
- Pre-Pilates and fundamentals
- Modifications
- Safety while teaching and in the studio
- Anatomy
- Teaching Skills

What does the course involve?

The Advanced Diploma requires 600 hours of workshops and apprenticeship to be completed within 10-12 months (when your hours are complete):

- Orientation 2 hours
- Workshops 63 hours (9 days)
- Teaching Seminars 20 hours (10 x 2 hours)
- Assessment Meetings 6 hours (2 x 1 hour, 2 x 2 hours)
- Case Study 60 hours (1 x 20 hours, 1 x 40 hours)
- Internship 419 hours
- Exams 10 hours
- A passing grade of 85% or higher in all written Exams
- Completion of reading list

The workshops will be delivered over 9 days.

Internship:

- Observations 115 hours
- Personal Practice 115 hours
- Practice Teaching 109 hours
- Lessons 80 hours
- Miscellaneous 20 hours

Exams:

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

Pilates Centre – Classical Teacher Training

2019 SCHEDULE

The workshop days will meet on the following MONDAYS:

Part 1	28 th January	10.00 – 18.00
	11 th February	10.00 – 18.00
Part 2	25 th February	10.00 – 18.00
	11 th March	10.00 – 18.00
Part 3	25 th March	10.00 – 18.00
Part 4	8 th April	10.00 – 18.00
	29 th April	10.00 – 18.00
Part 5	13 th May	10.00 – 18.00
	27 th May	10.00 – 18.00

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 €3425 (orientation, workshops, seminars, assessment meetings, internship hours)
- Examinations €650
- Manuals €225

Total Programme Cost: €4300 + lessons and books.

A deposit of €550 is to be paid upon registration to reserve your place. The balance of €3750 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 Anna's 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
- Class Observations for €5
- 50% off any repeat workshops (workshops you've previously attended and wish to refresh - not including external workshop presenters)

