

## *TEACHER CERTIFICATION PROGRAM*

### LECTURE SCHEDULE (2011/2012)

All lecture sessions will take place on Friday, Saturday and Sunday for a full year

Friday 4 - 7 pm • Saturday 8 am - 3 pm • Sunday 9 am - 4 pm

#### *1<sup>ST</sup> SEMESTER:*

Weekend 1: September 9, 10, 11 (2011)  
Weekend 2: October 7, 8, 9  
Weekend 3: November 4, 5, 6  
Weekend 4: December 2, 3, 4  
Weekend 5: January 6, 7, 8 (2012)  
Weekend 6: January 13, 14, 15

#### *2<sup>ND</sup> SEMESTER:*

Weekend 1: February 3, 4, 5 (2012)  
Weekend 2: March 2, 3, 4  
Weekend 3: April 6, 7, 8  
Weekend 4: April 27, 28, 29  
Weekend 5: May 11, 12, 13  
Weekend 6: June 1, 2, 3  
Final Exam: June 9

### LECTURE CURRICULUM - Fall and Spring

#### **WEEKEND 1**

Friday: Teacher Certification Program (TCP) Overview and Apprenticeship Guidelines, Required Reading List, History of Joseph H. Pilates, and Return to Life  
Saturday: Fundamentals  
Sunday: Equipment Introduction: Mat, Reformer, Cadillac, Wunda Chair, Wall

#### **WEEKEND 2**

Friday: Reviewing Fundamentals / Lecture and Auxiliary Equipment  
Sat/Sun: Level I - Mat, Reformer, Cadillac and Wunda Chair

#### **WEEKEND 3**

Friday: Mastering Fundamentals / Lecture and Auxiliary Equipment  
Sat/Sun: Level II - Mat, Reformer, Cadillac and Wunda Chair

#### **WEEKEND 4**

Friday: Practice Teaching Fundamentals / Lecture and Auxiliary Equipment  
Sat/Sun: Level III - Mat, Reformer, Cadillac and Wunda Chair

#### **WEEKEND 5**

Friday: Practice Teaching Fundamentals / Lecture and Auxiliary Equipment  
Sat./ Sun.: Level IV - Mat, Reformer, Cadillac and Wunda Chair

#### **WEEKEND 6**

Friday: Practice Teaching Fundamentals / Lecture and Auxiliary Equipment  
Sat./ Sun.: Level V - Mat, Reformer, Cadillac & Wunda Chair

#### FRIDAY LECTURE TOPICS

- Safety and Spotting
- Anatomy
- Visual Imagery
- Hands on
- Progression and Layering
- Business Aspects
- Client Relations
- Professionalism

#### AUXILIARY EQUIPMENT

- High Chair
- High Barrel
- Spine Corrector
- Ped-o-Pul
- Magic Circle
- Foot Corrector

\*The teacher training program is a one-year plan. Extensions are available for an additional fee. Program is limited to the first 15 qualified respondents.

### TEACHER CERTIFICATION PROGRAM - REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Day: \_\_\_\_\_ Phone/Evening: \_\_\_\_\_

Email address: \_\_\_\_\_ Signature: \_\_\_\_\_

I understand deposit and registration are non refundable and non transferable.

- |   |         |                                |       |
|---|---------|--------------------------------|-------|
| <input type="checkbox"/> Full Certification Program:          | \$5,500 | (\$500 non-refundable deposit) | _____ |
| <input type="checkbox"/> Formal Lecture Series (6 months):    | \$2,400 | (\$250 non-refundable deposit) | _____ |
| <input type="checkbox"/> One Weekend Lecture:                 | \$500   | (\$100 non-refundable deposit) | _____ |
| <input type="checkbox"/> One Day Lecture (Sat. or Sun. only): | \$175   | (\$50 non-refundable deposit)  | _____ |

\*Tuition is payable by check or PayPal (service fee applies to PayPal). Payment plan available. **TOTAL:** \_\_\_\_\_

Please make checks payable to "Pilates Institute of Southern California" and mail to 1026 Manhattan Beach Blvd., Manhattan Beach, CA 90266