

TEACHER CERTIFICATION PROGRAM

LECTURE SCHEDULE for 2017

Lecture sessions will take place on nine (9) weekends.

Weekend 1: March 3, 4, 5
 Weekend 2: March 31 + April 1, 2
 Weekend 3: April 29, 30 + May 1
 Weekend 4: June 2, 3, 4
 Weekend 5: July 7, 8, 9
 Weekend 6: September 8, 9, 10
 Weekend 7: October 6, 7, 8
 Weekend 8: November 3, 4, 5
 Weekend 9: December 1, 2, 3

Friday lectures are 3 - 7pm.
 Weekend lectures are 8am - 4pm, with one hour for lunch.

Tuesdays 1-2:30 pm for an open forum to go over specific exercises and answer any questions, any possible testing. Tuesdays at this time are not mandatory, but are very helpful for the mentoring process.

LECTURE CURRICULUM

WEEKEND 1 (MARCH)

Friday: Intro / Program Overview / Policies / Payments | Fundamentals of Contrology
 Saturday: Lecture of KSG skills to build vocabulary / KSG Mat Class / Mat Intro
 Sunday: Mat Level I / Reformer Intro / Reformer Level I

WEEKEND 2 (APRIL)

Friday: Cadillac Intro / Cadillac Level I
 Saturday: Chair Intro / Chair Level I / Reformer Level II
 Sunday: Mat Level II / Cadillac Level II

WEEKEND 3 (MAY)

Friday: Chair Level II
 Saturday: Mat Level III | Cadillac Level III
 Sunday: Reformer Level III

WEEKEND 4 (JUNE)

Friday: Chair Level III
 Saturday: Chair Level IV | Reformer Level IV
 Sunday: cont. Reformer Level IV | Mat Level IV

WEEKEND 5 (JULY)

Friday: Cadillac Level IV
 Saturday: Mat Level V | Chair Level V | Cadillac Level V
 Sunday: Reformer Level V

*Teaching aspect of the program begins, notes are added to/cleaned up. We will be volunteering to teach the exercises of entire syllabus that you have written notes or in the first 5 months of the program with guidance and acceptance of each other to help find our words and hands.

We will not be going over the KSG work as it is a lexicon for the entire Pilates work and, by now, is a go-to in cuing.

WEEKEND 6 (SEPTEMBER)

Friday: All intro exercises / Mat Level I
 Sat/Sun: All Level I and Level II

WEEKEND 7 (OCTOBER)

Fri/Sat/Sun: All Level III classes

WEEKEND 8 (NOVEMBER)

Fri/Sat/Sun: All Level IV classes

WEEKEND 9 (DECEMBER)

Fri/Sat/Sun: All Level V classes

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: | \$6,000 (\$500 non-refundable deposit) | _____ |
| <input type="checkbox"/> Formal Lecture Series: | \$4,000 (\$250 non-refundable deposit) | _____ |
| <input type="checkbox"/> Weekend Lecture - 4 days: | \$1,000 (\$100 non-refundable deposit) | _____ |
| <input type="checkbox"/> One Day Lecture | \$300 (\$50 non-refundable deposit) | _____ |

*Tuition is payable by check, PayPal or Square (service fee applies to PayPal and Square).

TOTAL: _____

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