

## ***Comprehensive Teacher Training***

**COMPREHENSIVE TEACHER TRAINING (CTT)** - CTT is a 9 mos Training program consisting of education in the Mat, Reformer, Cadillac, Chair, & Barrel Repertoires, in addition to comprehensive anatomy and post-rehabilitation. The complete training encompasses **500hrs** of combined classroom, observation, and apprenticeship activity. (Candidates may take up to an additional 6 months to complete required practical, observation and personal review hours.)

200 Classroom hours (does not include homework and case studies)

Pre-training

Anatomy & Biomechanics

Repertoire

Special Populations & Contraindications

Post-rehab Considerations

Teaching Skills & Client Interaction

50 Documented Observation hours

150 Documented Apprentice Hours

100 Documented Personal Review hours: Repertoire practice

### **Fee: \$5999**

**CTT includes FREE** materials, assessment exams, workshop auditing privileges, unlimited class participation, and studio use for personal review. Registrants also receive **reduced private training rate** of \$50 for the duration of their training (up to 6 months after completion of coursework). Registration for the comprehensive program requires a 50% upfront deposit, with the balance due before the first day of instruction. Please email [certs@pilatesassociates.com](mailto:certs@pilatesassociates.com) for dates and more information.

- With prior consent, candidates may observe classes and/or private sessions at the training center.
- Limited opportunities for unpaid apprenticeship may be available at the training center.
- Studio space may be available at the training center for personal review with advance reservation at no additional charge. (subject to individual training center policy)

Candidates who wish to sit for the PMA Pilates Certification Exam must complete coursework for all modules in addition to ALL required practical, observation and personal review hours. A passing score of 80% or higher is necessary for issuance of a Pilates Associates Diploma (also referred to in the industry as an "assessment based certificate."). The PMA requires this compulsory documentation as proof of education before sitting for the National Pilates Certification Exam.

1201 N. Tioga St.  
Ithaca, NY 14850  
U.S.A.

Tel: 607.330.0957 Email: [info@nypilates.info](mailto:info@nypilates.info)



## MODULAR TEACHER TRAINING (MTT) -

**Required Coursework** (does not include homework and case studies)

- 10hrs **ABP** = **\$299** Anatomy, Biomechanics, Posture Assessment (pre-requisite for all modules)
- 25hrs **PRE** = **\$650** Pre-training (or 25 hrs private & group instruction OR equivalent experience)
- 36hrs **MAT** = **\$1259** Mat Repertoire Levels 1-3
- 60hrs **REF** = **\$2100** Reformer Repertoire Levels 1-3

### **Required Observation, Practical, Personal Review**

In addition to workshop hours noted above, candidates for the PATTI Diploma must complete the following experiential work:

- 20hrs **Practical Experience** for each apparatus module
  - 30hrs **Personal Review** for each apparatus module
  - 30hrs **Observation** for each apparatus module
- With prior consent, candidates may observe classes and/or private sessions at the training center.
  - Limited opportunities for unpaid apprenticeship may be available at the training center.
  - Studio space **may** be available at the training center for personal review with advance reservation at no additional charge. (subject to individual training center policy)

Registration for any course requires a 50% upfront deposit, with the balance due before the first day of instruction. Please email [certs@pilatesassociates.com](mailto:certs@pilatesassociates.com) for dates and more information.

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## Comprehensive Course Selection & Order Form

Certification Prep Courses	Qty.	Total
<input type="checkbox"/> <b>Comprehensive Pilates Certification</b> Start Date _____	_____ x \$5999 =	_____
<input type="checkbox"/> ABP – Anatomy Biomechanics, & Posture Start Date _____	_____ x \$ 299 =	_____
<input type="checkbox"/> MAT - Mat (All Levels) Start Date _____	_____ x \$ 1259 =	_____
<input type="checkbox"/> REF - Reformer (All Levels) Start Date _____	_____ x \$ 2100 =	_____
<input type="checkbox"/> Pre-training Start Date _____	_____ x \$ 650 =	_____
<b>Training Total</b>		<b>1a.</b> _____

<input type="checkbox"/> Fundamental Skills Guide	_____ x \$ 49 =	_____
<input type="checkbox"/> Pilates Mat Repertoire	_____ x \$ 59 =	_____
<input type="checkbox"/> Pilates Reformer Repertoire	_____ x \$ 69 =	_____
<input type="checkbox"/> Pilates Chair Repertoire	_____ x \$ 59 =	_____
<input type="checkbox"/> Pilates Barrels Repertoire	_____ x \$ 49 =	_____
<input type="checkbox"/> Pilates Cadillac Repertoire	_____ x \$ 59 =	_____
<input type="checkbox"/> All Pilates Manuals	_____ x \$ 310 =	_____ (Reg \$344)
<input type="checkbox"/> Comprehensive Registrants Only - All Pilates Manuals	_____ x \$ 0 =	\$0
	Replacement Guides (Add \$10ea./guide)	_____ x \$ 10 = _____
	Sales Tax (NY Residents Add 8%)	_____ x .08 = _____
<b>Manuals/Guides Total</b>		<b>3a.</b> _____

**TOTALS 1a + 2a + 3a** \_\_\_\_\_

**Grand Total \$** \_\_\_\_\_

Participation in ALL classroom instruction is required. Any missed hours of instruction may be made up, for an additional fee, at a ratio of 1hour of private instruction for each two hours of missed classroom participation. Prior instructor consent is required

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## **SUGGESTED PREREQUISITS:**

PATTI upholds high standards for all certified instructors. Though the following prerequisites are not required, they are highly recommended. If you do not meet these suggested prerequisites, plan extra time to study anatomy, and additional hours of practical teaching before taking the written and practical exams.

- College level anatomy
- Personal Training/Group Fitness certification **or** 2 years of fitness instruction experience **or** healthcare degree/certification
- Pilates experience

## **PRE-TRAINING (PRE)**

There is much to learn and perfect in the realm of Pilates. To start an intensive teacher training course with no background is not advisable. We want you to be successful, and for this reason a minimum prerequisite of personal experience with the work is required. To serve those who have developed an immediate passion for the work, we have developed a pre-training series. The series consists of 10 private training sessions, 8 group mat classes and 7 group reformer classes for only \$650 (\$26/session). The series is available only one time and only to individuals registered in one of our teacher training programs.

## **PILATES CERTIFICATION REQUIREMENTS:**

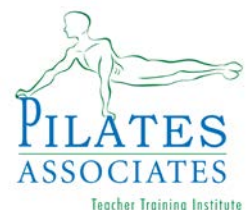
Upon successful completion of coursework, participants have 6 months to log additional practical experience, observation and personal review as previously noted. Once these requisites have been met, written and practical Certification Assessment Exams may be scheduled directly with PA staff on an individual basis. A passing score of 80% or higher is necessary for issuance of a Pilates Associates Certificate of Assessment. The PMA requires this compulsory documentation as proof of education before sitting for the National Pilates Certification Exam.

## **CECs:**

Pilates Associates requires Continuing Education Credits (CECs) in accordance with PMA guidelines: "The Pilates Method Alliance requires all PMA Certified Pilates teachers to maintain 16 hours of PMA approved CEC's every two years." Pilates Associates offers approved CEC courses however a complete list of providers can be found on the PMA website: [www.pilatesmethoalliance.org](http://www.pilatesmethoalliance.org)

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**EXAMS:**

Testing consists of a written exam and practical presentation. Two hours are allowed for completion of the 100-question written exam and 1hr for the practical portion. A combined score of 80% is required to pass. In the event a passing score is not achieved, a re-test may be scheduled as soon as 4 weeks, but not more than 4 months, after the initial exam.

**EXAM FEES**

\$ 99 – Single Module (i.e. Reformer written and practical)  
\$175 – Two or More Module (i.e. Mat / Reformer written & practical)  
\$ 75 – Re-test fee

**REQUIRED MATERIALS:**

Manuals may be purchased in advance for delivery on the first day of class. Prices for non-registered individuals and replacement manuals and guides are as follows:

***INSTRUCTOR MANUALS & GUIDES***

\$59 - Pilates Mat Repertoire  
\$69 - Reformer Repertoire  
\$59 - Chair Repertoire  
\$49 - Barrels Repertoire  
\$59 - Cadillac Repertoire  
\$49 - Fundamental Skills Guide

***CONSUMER PURCHASE/REPLACEMENT GUIDES***

\$69 - Pilates Mat Repertoire  
\$79 - Reformer Repertoire  
\$69 - Chair Repertoire  
\$59 - Barrels Repertoire  
\$69 - Cadillac Repertoire  
\$59 - Fundamental Skills Guide (registered participants only)

**PAYMENT/REFUND POLICY:**

1. An initial payment equal to 50% of the total course fee, in addition 100% of the non-refundable manuals & materials fee will be debited from your credit card to reserve your space in the course.
2. Cancellations with more than 30 days notice are refunded in full, minus a \$225 processing fee.
3. No refunds are available for cancellation with 30 days notice or less. However, tuition may be credited towards another course within 12 months.
4. Registration with less than 30 days before start date of the first course requires a non-refundable payment of 50%. In the event of cancellation, the 30-day policy applies.
5. Tuition balance is due on or before the first day of class unless a payment plan has been arranged.

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