

Advanced Diploma of the Pilates method (10538NAT) Standard Delivery Schedule - 2019

National Pilates Training delivers our nationally-accredited Pilates Instructor training courses using a variety of teaching methods, all integrated to provide current content in an innovative way. The foundation of the learning model surrounds self-directed, online learning, and is supplemented by face-to-face sessions detailed below.

| Date | Time | Type | Title / Description |
|---------------------|----------------------|------------------|--|
| May | TBA | Private session | A 1 hour private session in the pilates studio focusing on building skills and knowledge- Educator -Kath Banks |
| May | TBA | Private tutorial | A 1.5 hour tutorial based on current course content completed. Content specifics will be mutually drafted. Educator - Kath Banks |
| Saturday 01 June | 2:00 pm - 6:00 pm | Workshop | Postnatal Rehabilitation, presented by Helen New (NPT Faculty Educator) |
| June | TBA | Private session | Educator - Helen New |
| June | TBA | Private tutorial | Educator - Helen New |
| July | TBA | Private session | Educator – Helen New |
| Sunday 28 July | 9:00 am – 6:00 pm | Workshop | Curvy Bodies: Pilates for Scoliosis, presented by Helen New (NPT Faculty Educator) |
| August | TBA | Private Tutorial | Educator – Helen New |
| August | TBA | Private session | Educator – Kath Banks |
| September | TBA | Private Tutorial | Educator -Kath Banks |
| September | TBA | Private session | Educator – Kath Banks |
| October | TBA | Private tutorial | Educator - Kath Banks |
| October | TBA | Private session | Educator – Helen New |

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Tutorials

These face-to-face sessions have been designed to help you apply what you have been learning online and in your Work Experience hours, as well as to provide you with an opportunity to clarify any aspects of the course learnt to date. These sessions take place

For **Kath Banks**

Aligned for life Pilates – MP

633a Mt. Alexander Road, Moonee Ponds, Victoria 3039.

PH: 9326 0202

e- kath@alignedforlife.com.au

For **Helen New,**

Precision Pilates,

Suite 5, 5/40 Green St, Windsor , Victoria 3181

Mobile: 0451 545 550

e- helen@precisionpilateswindsor.com.au,

Sessions

These face to face sessions have been designed to offer the student the opportunity to build skills and knowledge in the areas of Advanced repertoire across all apparatus including matwork. Breaking down and practising the repertoire under specialist guidance and instruction. These sessions take place

For Kath Banks -see details listed above

For Helen New – see details listed above

Workshop

A face-to-face session where a mixture of theory and practical content will be offered. The Faculty have chosen key topics for these workshops, to assist students in understanding these topics more deeply.

These workshop sessions take place at Aligned for life pilates – cbd, level 4/370 Little Bourke St, Melbourne, 3000.