



Certificate in Pilates Reformer Instruction (10838NAT-UOC) Delivery Schedule – September 2020 FACE TO FACE DELIVERY

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 and “live online” learning days, detailed below.

Date	Time	Type	Title / Description
Sunday 20th September	9:30-10:30 am	Fundamentals Class	Intro to Pilates / Fundamentals
	10.30 - 11.30 pm	Reformer Class	Introduction to Apparatus and Reformer class
	11.30 - 2.30pm	Repertoire Review	Fundamentals review
Sunday 4th ^d October	9:30-10:30 am	Fundamentals Class	Intro to Pilates / Fundamentals
	10.30 - 11.30 pm	Reformer Class	Reformer class
	11.30 - 2.30pm	Repertoire Review	Repertoire Review
Saturday 17 th October	1:15-2:15 pm	Reformer Class, Practicum	Reformer class
	2.15 - 6.15pm		Practicum: <ul style="list-style-type: none"> • Repertoire review and practise. • Programming for group reformer
Saturday 21 st November	1:15-2:15 pm	Reformer Class, Practicum	Reformer class
	2.15 - 6.15pm		Practicum <ul style="list-style-type: none"> • Repertoire review and practise. • Reformer practical teaching • Programming for group reformer
Saturday 12 th December	1:15 – 6:15pm	Assessment Day	Practical teaching assessment

Fundamentals class:

Covering the concepts and principles of the Pilates Method and their application



Reformer class:

Practice of the introductory to intermediate level Reformer repertoire, application of the fundamentals and programming.

Practise and repertoire review sessions:

Introduction to the apparatus, WHS, repertoire review, programming, application of the fundamentals, teaching practise.

Practicum

These four-hour session will provide the student with the equivalent of 8 Work Placement hours –these are logged as Assisted Teaching hours. Each one hour of practising teaching is equivalent to 2 hours of work placement.

For further details (units of competency, pre-requisites, vocational outcomes, course fees and inclusions), please visit www.nationalpilates.com.au

Delivery Location

All Face to Face contact days, tutorials, practise sessions and assessment days occur at the Aligned for Life Moonee Ponds Studio at 633a Mt Alexander Rd, Moonee Ponds, Victoria, 3039.

Note: Numbers are limited and National Pilates Training reserves the right to vary delivery schedule at any time as deemed necessary. This includes cancellation or delay due to insufficient numbers. In such circumstances, National Pilates Training will provide full refunds.