

## Advanced Diploma of the Pilates Method (10839NAT)

### Standard Delivery Schedule – 2020

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 learning days, detailed below.

Date	Time	Type	Title / Description
Friday's recurring: weekly	Fri 2.30pm - 3.30pm	Late inter Mat class	<u>Live online Community matwork Class</u> Late intermediate matwork class held live online via Zoom with NPT Director of Training, Katrina Edwards
Sunday 8th November	9:00 am 5:00 pm	Contact Day	<u>Contact day 1:</u> <ul style="list-style-type: none"> <li>• Repertoire Review and</li> <li>• Enhancing Musuloskeletal Rehab part 1</li> </ul>
Sunday 28th February 2021	9:00 am 5:00 pm	Contact Day	<u>Contact day 2:</u> <ul style="list-style-type: none"> <li>• Repertoire Review,</li> <li>• Enhancing Musuloskeletal Rehab part 2</li> <li>• Group practical task – programming</li> </ul>
Sunday 16th May 2021	9:00 am 5:00 pm	Contact Day	<u>Contact day 3:</u> <ul style="list-style-type: none"> <li>• Repertoire Review,</li> <li>• Enhancing Musuloskeletal Rehab part 3</li> <li>• Group practical task – review business operations</li> </ul>
Sunday August 15th, 2021	9:00 am 5:00 pm	Contact Day	<u>Contact day 4:</u> <ul style="list-style-type: none"> <li>• Repertoire Review,</li> <li>• Enhancing Musuloskeletal Rehab part 3</li> <li>• Group practical task - mentoring</li> </ul>
To be scheduled	4 x 1 hour duration	Private session	<u>Private studio sessions</u> <ul style="list-style-type: none"> <li>• Private Studio Session with Senior Faculty (Katrina Edwards, Kath Banks, Helen New),</li> <li>• Students to make bookings directly with Faculty throughout the 18mth duration of the course</li> </ul>
To be scheduled before Oct 2021	1 ½ hour duration	Mentoring session	<u>Mentoring session</u> <ul style="list-style-type: none"> <li>• 1 x Kath Banks (review or further development of any course topic)</li> <li>• Students to book directly with Faculty at a mutually agreed time</li> </ul>
To be scheduled before Oct 2021	1 ½ hour duration	Mentoring session	<u>Mentoring session</u> <ul style="list-style-type: none"> <li>• 1 x Helen New (Scoliosis, ideally combined with some observation hours)</li> <li>• Students to book directly with Faculty at a mutually agreed time</li> </ul>



### **Private Sessions and Mentoring Sessions**

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 at the following:

#### **For Katrina Edwards**

National Pilates Training

4/ 370 Little Bourke Street VIC 3000

PH: 0414 645 455

e– [katrina@alignedforlife.com.au](mailto:katrina@alignedforlife.com.au)

#### **For Kath Banks**

Aligned for life Pilates – MP

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

PH: 9326 0202

e– [kath@alignedforlife.com.au](mailto: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](mailto:helen@precisionpilateswindsor.com.au),

### **Contact Days**

A face-to-face contact day is where a mixture of theory and practical content will be offered. Contact Days will be held at:

National Pilates Training 4/ 370 Little Bourke Street VIC 3000