

Professional Pilates Reformer Instruction Delivery Schedule – March 2021 FACE TO FACE DELIVERY

Date	Time	Type	Title / Description
Saturday 27 th March	1.15-2.15pm	Fundamentals Class	Intro to Pilates / Fundamentals
	2.15 – 3.15 pm	Reformer Class	Introduction to Apparatus and Reformer class
	3.15 – 6.15pm	Repertoire Review	Fundamentals review
Saturday 17 th April	1.15-2.15pm	Fundamentals Class	Intro to Pilates / Fundamentals
	2.15 – 3.15 pm	Reformer Class	Reformer class
	3.15 – 6.15pm	Repertoire Review	Repertoire Review
Saturday 15 th May	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 12 th June	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 3 rd July	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.



Professional Pilates Reformer Instruction Delivery Schedule – March 2021 VIA ZOOM DELIVERY

Date	Time	Type	Title / Description
Sunday 7 th March	1:00-2:00 pm 2.00 - 4.00pm	Fundamentals Class Reformer Class	Intro to Pilates / Fundamentals Intro to the apparatus and Reformer class
Sunday 21 st March	1:00 -2:00 pm 2.00 - 4.00pm	Fundamentals Class Reformer Class	Intro to Pilates / Fundamentals Reformer class
Sunday 11 th April	12:00 pm – 5:00 pm	Reformer Class, Practise & Programming	Reformer class Repertoire review and practise. Programming for group reformer
Sunday 2 nd May	1:00 -2:00 pm 2:00- 3:30 pm	Reformer Class Fundamentals Review	Reformer class Fundamentals review
Sunday 23 rd May	12:00-1:00 pm 1.00 - 5.00pm	Reformer Class, Practicum	Reformer class Practicum: <ul style="list-style-type: none">• Repertoire review and practise• Reformer practical teaching• Programming for group reformer
Sunday 6 th June	1:00 - 3:30 pm	Reformer Class & Review	Reformer class Review
Sunday 27 th June	12:00 – 5:00pm	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.

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

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.