

Professional Pilates Matwork and Reformer Instruction Pathway Online Delivery Schedule – March 2021

Please note all of the below sessions are delivered **LIVE ONLINE** via Zoom

Date	Time	Type	Title / Description
Saturday 13 th March to 17 th April	Saturdays 10:00am- 12:00pm	Intro to Pilates	<u>Introduction to Pilates :</u> 5 x weekly sessions Introduction to the concepts and principles of the Pilates Method
Sunday 11 th and 18 th April	Sundays- 9:00am- 1:00pm	Anatomy Workshop	<u>Introduction to Anatomy :</u> 2x four hour workshops
Weekly Recurring Monday Saturday	Mon 12:00pm- 12:45pm Sat- 9:00am-9:45am	Mat class	<u>Live online Matwork Classes</u> Recurring twice weekly matwork classes held live online via Zoom with Chantel Roulston & Mel Plozza
Sunday 7 th March	1:00-2:00 pm 2.00 - 4.00pm	Reformer 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	Reformer Fundamentals Class Reformer Class	Intro to Pilates / Fundamentals Reformer class
Sunday 11 th April	12:00 pm – 5:00 pm	Reformer Reformer Class, Practise & Programming	Reformer class Repertoire review and practise. Programming for group reformer



Sunday 2nd May	1:00 -2:00 pm 2:00- 3:30 pm	Reformer Reformer Class Fundamentals Review	Reformer class Fundamentals review
Sunday 23rd ^d May	12:00-1:00 pm 1.00 - 5.00pm	Reformer Reformer Class, Practicum	Reformer class Practicum: • Repertoire review and practise • Reformer practical teaching • Programming for group reformer
Sunday 6th June	1:00 - 3:30 pm	Reformer Class & Review	Reformer class Review
Sunday 27th June	12:00 – 5:00pm	Reformer Assessment Day	Practical teaching assessment

Matwork

All learning for the matwork portion of the course is self-directed via our online learning portal.

Reformer:

All sessions for the Reformer portion of the course are delivered Live Online via Zoom

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 sessions 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.