

## Professional Pilates Reformer Instruction Delivery Schedule: May 2021 FACE to FACE Delivery

Date	Time	Type	Title / Description
Saturday 22 <sup>nd</sup> May	1.15-6.15pm	Fundamentals class Reformer Class Reformer practise	Concepts and principles, Fundamentals  Introduction to Apparatus and Reformer class  Breakdown, analyse and review Intro – basic level repertoire
Sunday 13 <sup>th</sup> June I	10.00am - 3.00pm	Fundamentals class Practicum  Reformer class  Reformer practise	Concepts and Principles, Fundamentals  Practise teaching, PIC system programming  Progressive level repertoire  Breakdown , analyse and review Progressive level repertoire
Sunday 4 <sup>th</sup> July	10.00am- 3.00pm	Reformer class Reformer practise  Practicum	Intermediate level  Breakdown, practise and review Intermediate level  Programming and planning, cueing techniques, feedback
Sunday 25 <sup>th</sup> July	10.00am - 3.00pm	Fundamentals class  Reformer Class  Practise session  Practicum	Concepts and principles applied, fundamentals  Intro to basic level  Repertoire review, breakdown, analyse and practise.  Reformer practical teaching Fundamentals practise teaching
Sunday 15 <sup>th</sup> August	10.00am - 3.00pm	Fundamentals class  Practicum	Concepts and principles, fundamentals  Practical Task # 1: Pre-exercise screening and Induction task and feedback

Saturday 11 <sup>th</sup> September	1:15 – 6:15pm	Assessment Day	Practical teaching and self- mastery assessment
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### 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 sessions:

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

### Practicum

These sessions will provide the student with logged Teaching hours. The faculty Educator will advise you at the end of each session how much time can be logged as practical teaching for work placement.

For further details (units of competency, pre-requisites, vocational outcomes, course fees and inclusions), please visit [www.nationalpilates.com.au](http://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 schedules 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 – May 2021 VIA ZOOM DELIVERY

Date	Time	Type	Title / Description
Sunday 30 <sup>th</sup> May	1:00- 4.00pm	Fundamentals Class Reformer Class	Intro to Pilates / Fundamentals  Intro to the apparatus and Reformer class
Sunday 20 <sup>th</sup> June	1:00 - 4.00pm	Fundamentals Class Reformer Class	Intro to Pilates / Fundamentals  Reformer class
Sunday 11 <sup>th</sup> July	12:00 pm – 5:00 pm	Reformer Class, Practise & Programming	Reformer class  Repertoire review and practise.  Programming for group reformer
Sunday 8 <sup>th</sup> August	1:00 - 3:30 pm	Reformer Class Fundamentals Review	Reformer class  Fundamentals review
Sunday 29 <sup>th</sup> August	12:00- 5.00pm	Reformer Class, Practicum	Reformer class  Practicum: <ul style="list-style-type: none"> <li>• Repertoire review and practise</li> <li>• Reformer practical teaching</li> <li>• Programming for group reformer</li> </ul>
Sunday 19 <sup>th</sup> September	1:00 - 3:30 pm	Reformer Class & Review	Reformer class  Review
Sunday 10 <sup>th</sup> October	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 sessions will provide the student with logged Assisted Teaching hours. Your faculty Educator will advise you at the end of each session how much time can be logged as practical teaching for work placement.

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

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