

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

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

Type	Date	Time	Description	Location
Pre-requisite Courses				
Introduction to Pilates	Saturday 29 th May to 3 rd July	10am-11.30am	Pre-requisite course introducing to the concepts and principles of the Pilates Method over x5 weekly sessions	Zoom
Introduction to Anatomy	Sunday: 27 th June & 4 th July, or 1 st & 8 th Aug	9:00am– 1:00pm	Introduction to Anatomy is a pre-requisite course covering the basic anatomy and physiology principles and its practical application to movement. 2x four hour workshops	Zoom
Professional Pilates Reformer Instruction Pathway Schedule				
Type	Date	Time	Title / Description	Location
Fundamentals Class Reformer Class	Sunday 20 th June	1:00- 4.00pm	Intro to Pilates / Fundamentals Intro to the apparatus and Reformer class	Zoom
Fundamentals Class Reformer Class	Sunday 11 th July	1:00 - 4.00pm	Intro to Pilates / Fundamentals Reformer class	Zoom
Reformer Class, Practise & Programming	Sunday 8 th August	12:00 pm – 5:00 pm	Reformer class Repertoire review and practise. Programming for group reformer	Zoom
Reformer Class Fundamentals Review	Sunday 29 th August	1:00 - 3:30 pm	Reformer class Fundamentals review	Zoom



Type	Date	Time	Description	Location
Reformer Class, Practicum	Sunday 19th September	12:00- 5.00pm	Reformer class Practicum: <ul style="list-style-type: none">• Repertoire review and practise• Reformer practical teaching• Programming for group reformer	Zoom
Reformer Class & Review	Sunday 10th October	1:00 - 3:30 pm	Reformer class Review	Zoom
Assessment Day	Sunday 14th November	12:00 – 5:00pm	Practical teaching assessment	Zoom
Complimentary Zoom Matclass	Weekly recurring: Monday, Saturday	Mon 12:00pm- 12:45pm Sat 9:00am- 9:45am	<u>Non-compulsory: Live online matwork Classes</u> Recurring twice weekly matwork classes held live online via Zoom with NPT Faculty educators	Zoom

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 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

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.