

Advanced Diploma of the Pilates Method (10839NAT)

Delivery Schedule – 2021

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.

Type	Date	Time	Title / Description	Location
Mentoring	TBC	1 hour	<u>Mentoring - Review session</u> <ul style="list-style-type: none"> Review of diploma, programming, expectations with Kath Banks Students to make bookings directly with Kath at kath@alignedforlife.com.au 	Zoom
Matwork /small App Repertoire Review Private session	TBC	2.5 hours	<u>Repertoire Review / Private session</u> <ul style="list-style-type: none"> Private Studio Session with NPT Director of Training, Katrina Edwards Review of Matwork/small apparatus repertoire with Katrina Edwards Students to make bookings directly with Katrina at katrina@alignedforlife.com.au 	In person or Zoom
Mentoring - Upper Limb Conditions	TBC	2 hours	<u>Caring for at risk clientele</u> <ul style="list-style-type: none"> Mentoring sessions with Kath Banks focusing on upper limb conditions – to be booked once workbooks and programming scenarios complete) 	In person or Zoom
Reformer Repertoire Review Private session	TBC	2.5 hours	<u>Repertoire Review / Private session</u> <ul style="list-style-type: none"> Private Studio Session with NPT Director of Training, Katrina Edwards Review of Reformer repertoire with Katrina Edwards 	In person or Zoom
Mentoring – Lower Limb conditions	TBC	2 hours	<u>Caring for at risk clientele</u> <ul style="list-style-type: none"> Mentoring sessions with Kath Banks focusing on lower limb conditions – to be booked once workbooks and programming scenarios complete) 	In person or zoom
Cadi Repertoire Review Private session	TBC	2.5 hours	<u>Repertoire Review / Private session</u> <ul style="list-style-type: none"> Private Studio Session with NPT Director of Training, Katrina Edwards Review of Cadi repertoire with Katrina Edwards 	In person or Zoom

Type	Date	Time	Title / Description	Location
Mentoring – spinal conditions	TBC	2 hours	<u>Caring for at risk clientele</u> <ul style="list-style-type: none"> Mentoring sessions with Kath Banks focusing on spinal conditions– to be booked once workbooks and programming scenarios complete) 	In person or zoom
WC Repertoire Review Private session	TBC	2.5 hours	<u>Repertoire Review / Private session</u> <ul style="list-style-type: none"> Private Studio Session with NPT Director of Training, Katrina Edwards Review of WC repertoire with Katrina Edwards 	In person or Zoom
Mentoring – Critical Report	TBC	1 hour	<u>Feedback</u> <ul style="list-style-type: none"> Feedback session with Kath Banks to review written assignment and critical report 	Zoom
Complimentary Mat Class	Weekly recurring: Monday, Saturday	Mon 12:00pm-12:45pm Sat 9:00am-9:45am	<u>Complimentary: Live online Student Matwork classes</u> <ul style="list-style-type: none"> Non-compulsory, recurring twice weekly matwork classes held live online via Zoom with NPT Faculty Educators 	Zoom

Private Sessions, Mentoring and Tutorials

These face-to-face sessions have been designed to help you apply what you have been learning online and in your Work Placement hours, as well as to provide you with an opportunity to clarify any aspects of the course learnt to date. These sessions take place “live online”.

TBC - mutually agreed time coordinated between the student and the faculty educator allowing for an individually tailored learning schedule

For Katrina Edwards

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