



Teacher Training Programs Metropolitan Pilates

Teacher Certification Program
Teacher-Trainer Program

2010 Catalog

Metropolitan Pilates
2688 NE 49th Street
Seattle, WA 98105
(206) 525-9900
metropolitanpilates@msn.com
www.metropolitanpilates.com

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TEACHER CERTIFICATION PROGRAM

ABOUT

Metropolitan Pilates offers the M·A·T Pilates Teacher Certification Program, the most comprehensive Pilates instructor training program in the United States. Founded by internationally-renowned master teacher Dorothee VandeWalle, the M·A·T Pilates Teacher Certification Program prepares future teachers for a lifetime of teaching the original Pilates method.

At Metropolitan Pilates we focus on hands-on instruction, with students working side-by-side with Dorothee and her teacher-trainers. The small group environment is designed to deliver an in-depth and comprehensive training experience not easily found in other programs. Upon completion, students receive a certificate of completion of the M·A·T Pilates Teacher Certification Program. Transcripts can be requested at any time.

Students at Metropolitan Pilates study directly with Dorothee VandeWalle who is recognized as one of the leading instructor trainers and master Pilates practitioners in the world. Dorothee has been teaching Pilates for over 25 years and training new teachers for over 15. She started teaching in New York with Romana Kryzanowska and was a teacher-trainer for Romana's Pilates for over a decade before starting her own training program. Dorothee teaches in the tradition of the original, authentic Pilates method. At Metropolitan Pilates students are taught using techniques that are as close to the original teaching as is available anywhere in the world.

Metropolitan Pilates also offers an Independent Study Option for students who cannot relocate to Seattle for the duration of the program. This option allows students to complete part of their apprenticeship in Seattle and part of their apprenticeship at a satellite studio. Please refer to the Independent Study Option page for more details.

ADMISSIONS PHILOSOPHY

Admission to the M·A·T Pilates Teacher Certification Program at Metropolitan Pilates is based on the program's ability to meet the needs of the applicant and the applicant's potential to benefit from our rigorous training program. An applicant's potential is evidenced by his/her knowledge of the Pilates method, his/her physical activity background, and his/her commitment to the demanding apprenticeship schedule.

To begin the program, students must demonstrate proficiency at the intermediate level, be at an advanced level on the matwork, and be able to apply the principles of Pilates. An evaluation by a teacher-trainer is required for admission into the program. Students must have a High School diploma.

FACILITIES

Metropolitan Pilates is a state-of-the-art Pilates studio. All Pilates equipment is manufactured by Gratz Industries, the leading maker of Pilates apparatus. Training is conducted on the following equipment: reformer, cadillac, barrels, wunda chair, big chair, baby chair, guillotine, pedi-pole, and mat.

The Metropolitan Pilates studio is conveniently located in the University Village shopping center. It has a teaching staff of 15 certified Pilates instructors and is open for sessions 7 days a week, every day of the year, except major holidays. The spotless studio features 15 foot ceilings, plenty of light, and spacious locker rooms and changing areas, complete with full shower facilities. Free parking is available in the University Village garage.

APPLICATION PROCESS

- Complete and send the application form
- Submit your resume with the application
- Schedule a private session evaluation with a teacher-trainer

TUITION AND FEES

Registration Fee		\$150
Stage I Tuition	Includes: Seminar Classroom instruction Practical training Practical test	\$1,600
Stage II Tuition	Includes: Seminar Classroom instruction Practical training Practical test Written test	\$1,750
Stage III Tuition	Includes: Seminar Classroom instruction Practical training Practical test Written test	\$2,000
Total Training Fees		<u>\$5,500</u>
Other Fees*	Private and Semi-private lessons Jumbo Combo package	\$1,360 + tax
Minimum Total Cost		<u>\$6,860</u> + tax on jumbo combo

*Taking sessions in the studio is an important part of the program, and a minimum of one session per week with a certified instructor is required for certification. This can be a combination of private or semi-private lessons and students can take advantage of the various packages offered at the studio. The minimum estimated cost of this requirement over the life of the program is \$1360 + tax.

Metropolitan Pilates offers students the option of paying their tuition in three monthly installments. The administrative fee is due upon acceptance into the program. The Jumbo Combo package must be purchased before the student starts taking sessions. Payment can be made by check, Visa, or MasterCard.

CANCELLATION AND REFUND POLICY

1. Metropolitan Pilates will refund full tuition and the administrative fee if an applicant is not accepted into the program or if the student withdraws before training begins. If the program is cancelled, Metropolitan Pilates will refund all monies paid.
2. Once the student begins training, refunds will be pro-rated based on the stage(s) the student has completed as described in the following table:

STAGE	TUITION PAID	TRAINING COMPLETED	REFUND
I	\$1,600	Up to 10% of Seminar	90% of tuition paid
I	\$1,600	Between 10% and 25% of Seminar	75% of tuition paid
I	\$1,600	Between 25% and 50% of Seminar	50% of tuition paid
I	\$1,600	More than 50% of Seminar	No Refund
II	\$1,750	Up to 10% of Seminar	90% of tuition paid
II	\$1,750	Between 10% and 25% of Seminar	75% of tuition paid
II	\$1,750	Between 25% and 50% of Seminar	50% of tuition paid
II	\$1,750	More than 50% of Seminar	No Refund
III	\$2,000	Up to 10% of Seminar	90% of tuition paid
III	\$2,000	Between 10% and 25% of Seminar	75% of tuition paid
III	\$2,000	Between 25% and 50% of Seminar	50% of tuition paid
III	\$2,000	More than 50% of Seminar	No Refund

3. The administrative fee will be refunded in full if the applicant withdraws within 5 business days of signing this agreement, provided applicant has not started training. After the 5th day, Metropolitan Pilates will retain an established registration fee of \$100. If training is terminated after the student enter classes (attending a seminar), Metropolitan Pilates may retain the administrative fee plus the amount of tuition described in the table above. After 50% of training is completed, the school may retain all tuition paid plus the administrative fee of \$150.

FINANCIAL AID

Metropolitan Pilates provides a diversified financial aid program including partial scholarships, extensive payment plans, and employment opportunities. Financial aid is awarded on the basis of financial need, professional potential, and commitment to the studio. A limited number of scholarships are available to students who qualify. Scholarship recipients are required to apprentice at the studio at least 25 hours per week. Please request a financial aid application from the school.

THE PROGRAM

The M·A·T Pilates Teacher Certification Program consists of 3 stages and a total of:

- 58 hours of training seminars
- 700 hours of apprenticeship (practical training)
- Classroom instruction
- 3 practical tests
- 2 written exams

It is expected that students complete their apprenticeship within 12 months from the start of the program.

SEMINARS

Training seminars are the cornerstones of the 3 stages of the program. The focus is on technique of the basic, intermediate, and advanced systems. During seminars, students learn the exercises, how they are taught, and the modifications for body types and injuries. Students also learn how to create a Pilates workout system for a client. All aspects of the reformer, mat, chairs, barrels, cadillac, pedi-pole, and other auxiliary equipment are covered.

Stage I – Basic System Seminar

This seminar consists of 16 hours. Course objectives:

- Overview of the Pilates philosophy
- Learn the techniques of the beginner system
- Learn pre-Pilates methods
- Learn modifications for injuries and body types
- Learn to create a workout system for a client
- Understand the basics of touch and voice

Stage II – Intermediate System Seminar

This seminar consists of 20 hours. Course objectives:

- Learn the techniques of the intermediate system
- Learn modifications for injuries and body types
- Learn to progress clients along the continuum of exercises
- Learn to create systems for different types of clients
- Understand rhythm and flow

Stage III – Advanced System Seminar

This seminar consists of 22 hours. Course objectives:

- Understand the full repertoire of advanced exercises
- Learn to perform exercises with precision and control
- Learn to apply all the principles of Pilates
- Understand the dynamics of the full advanced matwork

APPRENTICESHIP

The apprenticeship consists of 20 to 30 hours per week of practical training: observing, assisting, practicing, and teaching clients. Students receive ongoing feedback and guidance from Dorothee and other teacher-trainers as appropriate. The apprenticeship must be completed between 8am and 3pm, Monday through Friday. During each stage students are expected to meet the following requirements:

STAGE I	Observing and assisting teachers	100 hours
	Practicing with each other	100 hours
	Workouts	at least 1 semi-private and 1 mat per week
STAGE II	Observing and assisting teachers	50 hours
	Practicing with each other	100 hours
	Teaching student clients	100 hours (at least 5 client/hours per week)
	Workouts	at least 1 semi-private and 1 mat per week
STAGE III	Observing and assisting teachers	30 hours
	Practicing with each other	120 hours
	Teaching clients	100 hours (at least 5 client/hours per week)
	Workouts	at least 1 semi-private and 1 mat per week

CLASSROOM INSTRUCTION

Classroom instruction (apprentice meeting) is held throughout the course of the program, every Tuesday from 12:00 pm to 2:00 pm. These meetings are mandatory and intended to augment seminar teachings with application to real-life clients. Case-study discussions will help prepare students for practical and written exams. Attendance at 85% of the meetings is required. Additional workshops are offered as appropriate by visiting teachers and other teacher-trainers.

TESTS

Practical tests will be given at the basic, intermediate, and advanced levels of the apprenticeship. Students will be asked to create a 55-60 minute session appropriate for their client. Written tests are required at the intermediate and advanced levels in order to receive final certification in the program. Failed basic tests must be re-taken for a fee of \$200. Failed intermediate and advanced practical tests must be re-taken for \$250 per test. Failed written tests must be re-taken for a fee of \$150 per test.

ATTENDANCE AND TERMINATION POLICIES

Metropolitan Pilates expects high levels of attendance because full participation is essential to the successful completion of the program. Students are expected to be at the studio to pursue the apprenticeship at least four days a week. Students who must miss apprenticeship hours or apprentice meetings must notify the studio as soon as possible. A student who fails to maintain satisfactory progress, violates safety regulations, interferes with other student's work, is disruptive, obscene, under the influence of alcohol or drugs, or does not make timely tuition payments, is subject to immediate termination.

JOB PLACEMENT

Employment opportunities for Pilates instructors are available nationwide and abroad. Many graduates pursue employment in health clubs, Pilates studios, or open their own studios. Metropolitan Pilates is committed to helping students develop the skills and professional contacts to succeed in their careers.

INDEPENDENT STUDY OPTION

Metropolitan Pilates offers an Independent Study Option for students who are unable to relocate to Seattle for the duration of the program. This option allows students to complete part of their practical training at a satellite studio while still having the opportunity to study with Dorothee VandeWalle.

Students who enroll in the Independent Study Option must present a plan of study with their application. This plan of study should include the name of the studio where the student will be studying, the teacher trainer who will be supervising the practical training, and how many hours in each stage of the program the student will be completing at the satellite center and/or at Metropolitan Pilates.

Prospective students should be aware that the Independent Study Option requires traveling to Seattle at least four times during the course of the program. All seminars and tests must be completed at Metropolitan Pilates. Travel and accommodations are not included in the cost of the program. Additional fees, such as the *satellite center practical training fee* and workout packages, are not included in the total cost below.

TUITION AND FEES

The M·A·T Pilates Teacher Certification Program at Metropolitan Pilates tuition is \$5,500, which can be paid by the student in three monthly installments. A *satellite center practical training fee* may be charged by the studio where students complete part of the practical training hours. Pilates lessons at Metropolitan Pilates and at the satellite center are charged at the rates posted by each studio. Travel to/from Seattle and accommodations are not included in the cost.

Registration Fee			\$150
Stage I Tuition	Includes:	Seminar Classroom instruction Practical training Practical test	\$1,600
Stage II Tuition	Includes:	Seminar Classroom instruction Practical training Practical test Written test	\$1,750
Stage III Tuition	Includes:	Seminar Classroom instruction Practical training Practical test Written test	\$2,000
<u>TOTAL Training Fees</u>			<u>\$5,500</u>

CALENDAR

Students can enter the M·A·T Pilates Teacher Certification Program at Metropolitan Pilates either in Spring or Fall. Classes start in March and in September.

January – March	Assessments by Dorothee VandeWalle
February 19	Financial Aid Application Deadline
March 5	Application Deadline
March 19–21	Basic Seminar
April 16–18	Intermediate Seminar
June 4–6	Advanced Seminar
June – September	Assessments by Dorothee VandeWalle
August 13	Financial Aid Application Deadline
August 27	Application Deadline
September 10–12	Basic Seminar
October 8–10	Intermediate Seminar
December 3–5	Advanced Seminar

STUDIO HOURS:

Mondays–Thursdays: 7am–8pm

Fridays: 7am–5pm

Saturdays: 8am–2pm

Sundays: By appointment

TEACHER-TRAINER PROGRAM

ABOUT

The M·A·T Pilates Teacher–Trainer Program at Metropolitan Pilates prepares outstanding Pilates instructors to become teacher–trainers. Teachers enrolled in the program study directly with Dorothee VandeWalle. Upon completion of the program, teacher–trainers are prepared to teach seminars, administer tests, and offer the M·A·T Pilates Teacher Certification Program at their studios. Teacher–trainers receive a certificate of completion at the end of each stage of the program.

FACILITIES

Metropolitan Pilates is a state–of–the–art Pilates studio. All Pilates equipment is manufactured by Gratz Pilates, the leading maker of Pilates apparatus. The studio is conveniently located in the University Village shopping center and is open 7 days a week. Free parking is available in the University Village garage.

ADMISSION REQUIREMENTS

Admission to the M·A·T Pilates Teacher–Trainer Program is based on the following criteria:

- Teacher must have been certified by a classical Pilates organization such as M·A·T Pilates, Metropolitan Pilates, Romana’s Pilates, or Power Pilates.
- Teacher must have been teaching (as a certified instructor) for the last five years.
- Teacher must have had at least one apprentice successfully complete the Independent Study Program at Metropolitan Pilates.
- Teacher must have attended at least one continuing education per year.
- An assessment with Dorothee VandeWalle is required.

APPLICATION PROCESS

- Complete and send the application form with a professional essay.
- Submit your resume with the application.
- Submit copies of your certificates (initial certification and continuing education).
- Schedule an assessment with Dorothee VandeWalle.

CERTIFICATION REQUIREMENTS AND FEES

The M·A·T Pilates Teacher–Trainer Program consists of 3 stages:

<u>Stage I – Basic System</u>	<u>\$2,000</u>
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Requirements:

- Attend basic system seminar with Dorothee – 16 hours
- Attend pre– and post–seminar meetings with Dorothee
- Attend apprentice meetings with Dorothee – 6 hours
- Teach 2 apprentice meetings – 2 hours each
- Observe a basic test with Dorothee
- Administer a basic test at Metropolitan Pilates

Upon completion of stage I teacher-trainer is certified to:

- Teach the Basic System seminar which includes:
 - Teaching pre-Pilates methods
 - Teaching modifications for injuries and body types
 - Teaching how to create a workout system for a client
- Teach apprentice meetings about basic system
- Administer the basic practical test

Stage II – Intermediate System

\$2,000

Requirements:

- Attend intermediate system seminar with Dorothee – 20 hours
- Attend pre- and post-seminar meetings with Dorothee
- Attend apprentice meetings with Dorothee – 10 hours
- Teach 4 apprentice meetings – 2 hours each
- Observe an intermediate practical test
- Administer the intermediate practical test
- Take the intermediate written test

Upon completion of stage II teacher-trainer is certified to:

- Teach the Intermediate System seminar which includes:
 - Teach modifications for injuries and body types
 - Teach how to create a workout system for a client
- Teach apprentice meetings about intermediate system
- Administer the intermediate practical test
- Grade the intermediate written test

Stage III – Advanced System

\$3,000

Requirements:

- Attend advanced system seminar with Dorothee – 22 hours
- Attend pre- and post-seminar meetings with Dorothee
- Attend apprentice meetings with Dorothee – 12 hours
- Teach 5 apprentice meetings – 2 hours each
- Observe an advanced practical test
- Administer the advanced practical test
- Take the advanced written test

Upon completion of stage III teacher-trainer is certified to:

- Teach the Advanced System seminar which includes:
 - Teach modifications for injuries and body types
 - Teach how to create a workout system for a client
- Teach apprentice meetings about advanced system
- Administer the advanced practical test
- Grade the advanced written test

CANCELLATION AND REFUND POLICY

1. Metropolitan Pilates will refund full tuition fee if an applicant is not accepted into the program or if the student withdraws before training begins. If the program is cancelled, Metropolitan Pilates will refund all monies paid.
2. Once the student begins training, refunds will be pro-rated based on the stage(s) the student has completed as described in the following table:

Stage	Tuition Paid	Training Completed	Refund
I	\$2,000	Up to 10% of Seminar	90% of tuition paid
I	\$2,000	Between 10% and 25% of Seminar	75% of tuition paid
I	\$2,000	Between 25% and 50% of Seminar	50% of tuition paid
I	\$2,000	More than 50% of Seminar	No Refund
II	\$2,000	Up to 10% of Seminar	90% of tuition paid
II	\$2,000	Between 10% and 25% of Seminar	75% of tuition paid
II	\$2,000	Between 25% and 50% of Seminar	50% of tuition paid
II	\$2,000	More than 50% of Seminar	No Refund
III	\$3,000	Up to 10% of Seminar	90% of tuition paid
III	\$3,000	Between 10% and 25% of Seminar	75% of tuition paid
III	\$3,000	Between 25% and 50% of Seminar	50% of tuition paid
III	\$3,000	More than 50% of Seminar	No Refund

CALENDAR

Pilates teachers pursuing the Teacher-Trainer Certification can enter the program either in Spring or Fall. Classes start in March and in September.

January - March	Assessments by Dorothee VandeWalle
March 5	Application Deadline
March 19-21	Basic Seminar
March 22	Post-seminar meeting
April 16-18	Intermediate Seminar
April 19	Post-seminar meeting
June 4-6	Advanced Seminar
June 7	Post-seminar meeting
June - September	Assessments by Dorothee VandeWalle
August 27	Application Deadline
September 10-12	Basic Seminar
September 13	Post-seminar meeting
October 8-10	Intermediate Seminar
October 11	Post-seminar meeting
December 3-5	Advanced Seminar
December 6	Post-seminar meeting

Teacher Certification Application

- Complete the application form (page 1 and 2)
- Submit your resume with the application
- Schedule a private session evaluation with a teacher-trainer

Return to: Metropolitan Pilates, 2688 NE 49th Street, Seattle, WA 98105 - (206) 525-9900

Last Name First Name

Address

City State Zip

Best Phone Other Phone (specify) Email

Birth Date Sex (Female/Male) Highest Education Degree Completed

Applying for:

- Fall _____ (year)
- Spring _____ (year)
- Independent Study Option

How long have you been doing Pilates and where?

How many sessions have you had to date? (Please specify Privates or Semi-Privates)

What are your goals with Pilates in the future?

How many hours a week do you intend to apprentice at Metropolitan Pilates?

Tell us about your current occupation and your background in movement and physical activity.

Why did you choose Metropolitan Pilates?

If you're applying to the Independent Study Option, please describe your plan of study.



Teacher-Trainer Program Application

- Complete and send this application form with a professional essay.
- Submit your resume with the application.
- Submit copies of your certificates (initial certification and continuing education).
- Schedule an assessment with Dorothee VandeWalle.

Return to: Metropolitan Pilates, 2688 NE 49th Street, Seattle, WA 98105 - (206) 525-9900

Last Name First Name

Address

City State Zip

Best Phone Other Phone (specify) Email

Birth Date Sex (Female/Male) Highest Education Degree Completed

Applying for:

Fall _____ (year)

Spring _____ (year)

How long have you been teaching Pilates and where?
