



# Teacher Training @ Metropolitan Pilates

## Teacher Certification Program

# 2010 Catalog

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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 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 teacher-trainers and master Pilates practitioners in the world. Dorothee teaches in the tradition of the original, authentic Pilates method. She was the protégé of Romana Kryzanowska—who was the protégé of Joseph Pilates—and started teaching with Romana in New York in 1987. Dorothee teaches her students the techniques she learned from Romana which are as close to the original teaching of Joseph Pilates as is available anywhere in the world today.

Metropolitan Pilates 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 different training center while still having the opportunity to study with Dorothee. Please refer to the Independent Study Option page for more details.

### FACILITIES

Metropolitan Pilates is the primary training center for M·A·T Pilates. Training centers offering the Independent Study Option are located in Oregon, California, and North Carolina. All M·A·T Pilates training centers are equipped with Pilates apparatus manufactured by Gratz Pilates, the leading maker of Pilates equipment. At Metropolitan Pilates training is conducted on the following equipment: reformer, cadillac, barrels, wunda chair, big chair, baby chair, guillotine, pedi-pole, mat, and other auxiliary equipment.

Metropolitan Pilates is a state-of-the-art Pilates studio. It is conveniently located in the University Village shopping center. It has a teaching staff of 12 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.

### ADMISSIONS PHILOSOPHY

Admission to the M·A·T Pilates Teacher Certification Program 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 knowledge of the Pilates method, physical activity background, and 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 assessment by a teacher-trainer is required for admission. Students must have a High School diploma.

## APPLICATION PROCESS

- Complete and send the application form
- Submit your resume with the application
- Schedule a private session assessment 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
<b>Total Training Fees</b>		<b><u>\$5,500</u></b>
Other Fees	Private and semi-private lessons Jumbo Combo package	\$1,360 + tax
<b>Minimum Total Cost</b>		<b><u>\$6,860</u></b> + tax on sessions

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.

Tuition is due on the 15<sup>th</sup> of the month the program begins. Students have the option of paying tuition in three monthly installments. The registration fee is due upon acceptance into the program. The lessons 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 registration 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 registration 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 5<sup>th</sup> 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 registration 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 registration 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 partial 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.

## PROGRAM OVERVIEW

The M·A·T Pilates Teacher Certification Program starts with a weekend seminar which is followed by practical training in the studio. Our program consists of three stages and a total of:

- 60 hours of training seminars
- 700 hours of apprenticeship (practical training)
- 40 hours of 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 three 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 Pilates workout systems for different clients. 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 18 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

## PRACTICAL TRAINING – APPRENTICESHIP

The apprenticeship consists of 20 to 30 hours per week of practical training: practicing seminar material with other students, observing sessions and classes, assisting certified teachers and teaching clients. Students receive ongoing feedback and guidance from Dorothee and other teacher-trainers as appropriate. At Metropolitan Pilates, 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

The Independent Study Option is 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 different training center while still having the opportunity to study with Dorothee.

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 other training 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.

The total tuition for the teacher certification program independent study option is \$5,500, payable directly to Metropolitan Pilates in three monthly installments. A training center practical training fee is charged by the studio where the student completes part of the practical training hours. Pilates sessions at Metropolitan Pilates and at the other training center are charged at the rates posted by each studio.

M·A·T Pilates approved training centers offering the independent study option are:

The Pilates Center of San Francisco  
Martt Lawrence, owner  
ODC Dance Commons  
San Francisco, CA  
[www.pilatescentersf.com](http://www.pilatescentersf.com)

Urban Pilates  
April Tillman, owner  
Portland, OR  
[www.urban-pilates.com](http://www.urban-pilates.com)

Studio Clasiq Pilates  
Brooke Tyler, owner  
Asheville, NC  
[www.studioclasique.com](http://www.studioclasique.com)

## 2010 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
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
August 13	Financial Aid Application Deadline
August 27	Application Deadline
September 10–12	Basic Seminar
October 8–10	Intermediate Seminar
December 10–12	Advanced Seminar

### STUDIO HOURS:

Mondays–Thursdays: 7am–8pm

Fridays: 7am–5pm

Saturdays: 8am–2pm

Sundays: By appointment