



Introduction


Authentic Pilates Canada™ is Canada's Authentic Pilates teacher education centre, providing comprehensive teacher training in the classical Pilates system and continuing education credits. Our Mission is to preserve and teach Authentic Pilates with current and future generations of Pilates professionals. Authentic Pilates Canada™ is the first Pilates education center of its kind in Canada. With principle educator, Cara Hazelton, and a roster of adjunct faculty that no other school in Canada has access to, Authentic Pilates Canada™ is THE place to learn and study Pilates.

Our Program


Authentic Pilates Canada™ offers comprehensive teacher education through seminars, apprenticeship, independent study, and examinations that make up 700 hours of training. In addition to the Comprehensive Teacher Education Program there is a Bridging Program and an Independent Study Program catering to experienced Pilates practitioners and those with previous training. We also offer a Mat Plus Pilates Certification that allows teachers to earn some income while working towards their comprehensive teacher education. Admission to these programs involves an evaluation of physical fitness and proficiency in Pilates work.

Why Choose Authentic Pilates Canada™?

- Our faculty and adjunct faculty include the most accomplished Authentic Pilates professionals in the world who regularly train with the best first- and second-generation teachers.
- Our passion for preserving and disseminating the Authentic work is unparalleled in Canada. Students learn from teachers with a direct lineage to Joseph Pilates and who are dedicated to teaching the system of Contrology as he envisaged it. We also use his hands-on, apprenticeship-based method of training teachers, in contrast to other schools and training companies that take a more didactic approach.
- Your Pilates education does not end with the completion of Comprehensive Teacher Training – we offer continuing education credits.



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- We use traditional Pilates apparatus, including Gratz Universal Reformers, a Cadillac, a Ladder Barrel, and a Wunda chair, Arm Chair, Ladder Barrel, Spine Corrector, Small Barrel, Magic Circle, Pedipole, Push-up Handles, Toe Corrector, Neck Stretcher, Foot Corrector, Breathasizer, and Sandbags.

Application Process

Prospective candidates will be required to demonstrate their proficiency in traditional Pilates work by demonstrating the full intermediate-level Reformer workout, Intermediate mat, and exercises on various apparatus that address the needs of individual candidates' bodies.

APC requires applicants to have completed a minimum of 20 -30 private Pilates sessions with a Traditional teacher depending on the program being applied for. Please refer to the list of Traditional teachers, available at www.classicalpilates.net, or inquire with APC. These sessions must be documented and included with this application. Other types of comparable study will be considered on a case-by-case basis.


If you are applying through the bridging program, please provide your original certification certificate and details of the program of study.

Mat Plus Pilates Certification applicants must have completed a minimum of 20 private Pilates sessions with the same criteria listed above.

Comprehensive Teacher Education

Teacher education seminars are taught at Precision Pilates in Fredericton, NB. The full range of Pilates exercises are taught for Mat, Universal Reformer, Cadillac, High Chair, Wunda Chair, Arm Chair, Ladder Barrel, Spine Corrector, Small Barrel, Magic Circle, Pedipole, Push-up Handles, Toe Corrector, Neck Stretcher, Foot Corrector, Breathasizer, and Sandbags. There are four 20-hour education seminars that must be completed in order. These seminars will focus on the foundational principles of Contrology, Pilates's system of mental and physical conditioning:

- Proper exercise and teaching techniques on all apparatus at all levels.
- Working with a variety of clients and learning to assess their needs.
- Safety on apparatus and mat for both teachers and clients.

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- Anatomy necessary for understanding basic movement concepts.
 - Many other topics and issues related to and about Traditional Pilates will be covered, including history, focus, spirit etc.

Mat Plus Pilates Teacher Education

Mat Plus Teacher education seminars are taught at Precision Pilates in Fredericton, NB. A full range of Pilates exercises are taught for Mat, Magic Circle, Hand Weights, and Joe's Wall exercises. There are two two-day education seminars that must be completed in order. These seminars will focus on the foundational principles of Contrology, Pilates's system of mental and physical conditioning:

- Proper exercise and teaching techniques on the Mat as well as small accessories
- Working with a variety of clients and learning to assess their needs.
- Safety on the mat for both teachers and clients.
- Anatomy necessary for understanding basic movement concepts.
- Many other topics and issues related to and about Traditional Pilates will be covered, including history, focus, spirit etc.

Bridging Program

A Bridging Program is available for existing teachers wishing to retrain or those who have partially completed training with another company or institution. Applicants to the bridging program will be evaluated individually in order to determine how much of their previous training will count towards the Comprehensive Authentic Pilates Canada™ Teacher Education diploma. All seminar weekends must be attended. If an applicant to the bridging program is determined as required more than 300 apprenticeship hours, the applicant will be required to take the full Comprehensive Program.



Independent Study

An Independent Study Program is also available for those who do not fit into either the bridging or comprehensive categories. Applicants for Independent Study will be assessed using the same criteria as the Bridging and 700 hour program. Independent Study is best suited for those who may have to travel a great distance or have family commitments, job restrictions, etc., and will require flexibility in completing the required seminar weekends and apprenticeship hours at the host studio in the required 12-month period. The Independent Study Program includes several case studies, written exams, and regular practical reviews. Students may begin their studies at any time that is agreed upon by the student and the Director of Apprenticeship.

The cost of the Independent Study Program varies depending on the number of apprenticeship hours and private lessons required for individual students to complete their studies based on their application assessment.

Tuition and Enrolment

Comprehensive Teacher Education System

Tuition: \$5500 (includes seminars and apprentice hours, use of studio for personal practice, group classes when space is available). A deposit of 50% is due upon acceptance to reserve space in the program.

20 Mandatory private lessons: rates vary by teacher. Lessons can be paid for over the course of the apprenticeship.

Testing fees: \$100 for the Basic and Intermediate Test, \$150 for the Final Evaluation

Mat Plus Pilates Education

Tuition: \$1800 (includes seminars and apprentice hours, manual, use of studio for personal practice, group classes when space is available). A deposit of 50% is due upon acceptance to reserve space in the program.

15 Mandatory private lessons: rates vary by teacher. Lessons can be paid for over the course of the apprenticeship.

Testing fee: \$100 for final evaluation.



Bridging Program

Tuition: \$3500

20 mandatory private lessons: rates vary by teacher.

Independent Study

Tuition: determined on a case-by-case basis

A minimum of 15 required private lessons: rates vary by teacher.


A Deposit of 50% of tuition is due upon acceptance to reserve your place in the program. This deposit is non-refundable after the first seminar has begun. The balance of tuition must be paid at the beginning of the first seminar weekend. 50% of this balance is refundable if a student withdraws no later than 30 days after the beginning of the first seminar.

Apprenticeship

Each educational weekend seminar is followed by a period of apprenticeship.

The *Comprehensive Teacher* Education program has three 200-hour apprenticeship periods are made up of observation, individual training (including private lessons with approved instructors), and practice teaching. Students will be required to log their apprenticeship hours and attend apprenticeship meetings. It is recommended that students spend an average of five hours per day, four days per week, on observation, practice teaching, and personal practice. As part of their personal practice, apprentices are required to complete 20 private lessons by the completion of the Advanced level with approved APC™ teachers. The entire program must be completed within 18 months.

The *Mat Plus Pilates* Education program has 150 apprenticeship hours made up of observation, individual training (including private lessons with approved instructors), and practice teaching. 50 of the apprenticeship hours must be completed between the two seminar weekends. Students will be required to log their apprenticeship hours and attend apprenticeship meetings. It is recommended that students spend an average of three hours per day, three days per week, on observation, practice teaching, and personal practice. As part of their personal practice, apprentices are required to complete 15



private lessons by the completion of the Advanced level with approved APC™ teachers. The entire program must be completed within 6 months.

Evaluation

An evaluation follows each apprenticeship period to evaluate the student's mastery of that level's core concepts and exercises. Evaluation is conducted as follows:

Comprehensive Teacher Education

- 200 hour evaluation: Demonstrate basic system and teach a regular studio client. Must be completed by 250 hours or will be considered F and subject to retesting fees.
- 400 hour evaluation: Demonstrate intermediate system, teach a beginning student, and write a test comprised of short essay questions. Must be completed by 450 hours or will be considered F and subject to retesting fees.
- 600 hour exam: Teach different aspects of the method on different apparatus, prepare a case study, and write an exam comprised of essay questions. Must be completed by 650 hours or will be considered F and subject to retesting fees.

Mat Plus Teacher Education

- 50 hr evaluation: Demonstrate a firm grasp of the material taught in the first seminar weekend and comfort teaching a fellow apprentice or studio employee.
- 150 hour evaluation: Demonstrate Mat Plus teaching program teach a beginning student in a private lesson setting, teach part of a group class, and write a test comprised of short essay questions.



Required Resources All programs

Pilates, Joseph, *A Pilates Primer* (2006)

Required Resources Comprehensive Program

Fiasca, Peter. *Discovering Pure Classical Pilates* (2009)

———. *Voices of Classical Pilates* (2013)

———. *Classical Pilates Technique* DVDs

Ross-Nash, Kathryn. *Fix Your Feet Using the Pilates Method* (2009)

Recommended Resources

Pilatesology (www.pilatesology.com)

Siler, Brooke. *The Pilates Body Kit* (DVD)

———. *The Pilates Body* (2000)

———. *Women's Health Big Book of Pilates* (2013)



APC Application Form

- I am applying to the Mat Plus Apprentice Program
- I am applying to the 700 hour Apprentice Program
- I am applying to the Bridging Program
- I am applying to the Independent Study Program

Applying for program beginning _____.

Upon receiving and processing this application, APC will contact you to set up an evaluation and interview. Admission to the program will be based on both the written application and the

Office use only

Evaluation Scheduled (Date: _____)

Evaluation Completed (Date: _____)


Accepted ____ Rejected ____

evaluation.

Application Checklist:

- Demonstration of Prerequisite Requirements
- Resume (no more than 2 pages)
- Two letters of recommendation (1 personal, 1 from a Pilates professional)
- Application questionnaire
- Medical waiver
- APC-Student contract
- Non-disclosure Agreement
- Non-refundable application fee of \$150 - Comprehensive program/\$50 Mat Plus program (Please make cheques payable to Precision Pilates.)

Upon receipt of the application package, an interview and practical assessment will be scheduled. Video assessments are available. Please contact APC to determine eligibility.



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Prerequisite Requirements:

APC requires applicants to have completed a minimum of 20-30 hours of private Pilates sessions with a Traditional teacher. Please refer to the list of Traditional teachers, available at www.classicalpilates.net, or inquire with APC. These sessions must be documented and included with this application. Please see the website to download log sheets. Other types of study comparable to 25 private lessons will be considered on a case-by-case basis.

If you are applying through the bridging program, please provide your original certification certificate, details of program studied and with whom. Teachers who complete the Mat Plus Pilates Education with Authentic Pilates Canada will receive some credit to the Comprehensive Teacher Education program. Please speak with your program administrator for more information.

Application questionnaire (please type on a separate sheet):

1. Primary health care provider
2. How did you discover Classical Pilates?
3. Where and with whom have you been studying Classical Pilates?
4. Where and with whom did your teacher(s) study?
5. What have you focused on in private Pilates sessions?
6. Do you work out outside of group classes and private sessions? How frequently do you work out?
7. What other physical activities do you enjoy? Are these activities pursued recreationally or competitively? At a high level or as a beginner?
8. Please describe any teaching experience you may have.
9. How do you plan to complete the required apprenticeship hours?
10. Do you anticipate anything (physical limitations, medical conditions) that could impede your progress in this program?
11. How did you hear about this program?
12. What do you hope to gain from this program?
13. How do you plan to use your Pilates education?




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Medical Waiver: Please indicate current or past health conditions.

Respiratory

- Chronic cough
- Shortness of breath
- Bronchitis
- Asthma
- Emphysema
- Pneumonia

Cardiovascular

- High blood pressure
- Low blood pressure
- Coronary heart disease
- Phlebitis
- Stroke/CVA
- Chronic congestive heart failure

Head/Neck

- Vision impairment
- Hearing impairment
- Speech impairment
- Headache/Migraine
- Jaw pain (TMJ)
- Sinus problems

Skin

- Rashes
- Bruise easily
- Psoriasis
- Infections
- Tattoos
- Other _____

Soft tissue/joint discomfort (please indicate left or right)

- Neck _____
- Low back _____
- Mid back _____
- Upper back _____
- Shoulders _____
- Arms _____
- Legs _____
- Knees _____
- Hips _____
- Wrists _____
- Hands _____
- Elbows _____
- Ankles _____
- Feet _____

Infections

- Tuberculosis
- Human Immunodeficiency Virus (HIV)
- Hepatitis

Other conditions



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- Loss of sensation or weakness
- Diabetes mellitus
- Allergies: _____
- Epilepsy
- Arthritis (type and location)

- Fibromyalgia
- Osteoporosis
- Gynaecological conditions
- Haemophilia
- Digestive conditions
- Excessive fatigue, anxiety, sadness, anger, or grief (circle whichever apply)

Pregnant: Yes__ No__ | Due date: _____ *Students cannot undertake program while pregnant.

Medications: _____

- I am aware that participating in any exercise program includes an inherent risk of injury. These risks include, but are not limited to: dizziness, shortness of breath, fainting, nausea, cramps, heart failure, bruises, sprains and/or strains, and bone/joint injury.
- I am aware that I am required to inform teachers of all health conditions I have had in the past and currently have. I am responsible for informing teachers of changes in my condition.
- I can express my concerns and ask questions during class. I can also leave the class at any time.
- I am obliged to inform teachers of pain, discomfort, fatigue, or other symptoms experienced during and/or after class.
- I freely accept and fully assume such risks listed above and any other associated therewith.
- I understand that it is studio policy that refunds will not be issued.
- Please leave your shoes at the door when you come in.
- Please turn off your cell phone upon entering the studio
- Please be on time for class.
- Please be respectful of others and do not come to class if you are ill.
- Please do not chew gum during class.

I have read and fully understand the terms of this agreement.

Name (print): _____

Signature: _____

Date: _____

Witness (print): _____

Signature: _____

Date: _____