

Smartbody Pilates Studio Online Mat Teacher Training Winter 2021

Basic Information

- Requirements
 - Intermediate level Pilates practice and at least 50 mat classes under the belt
- Course duration
 - 12 weeks
- Dates
 - Start date: January 26th, 2020
 - End Date: April 13th, 2021
- Number of Students
 - Minimum: 7
 - Maximum: 15
- Costs/Payment
 - Total Cost:
 - 1995 Euros + 21% btw (sales tax) = 2413.95 Euros
 - No extra hidden costs
 - Payment schedule:
 - 500 Euro non-refundable deposit at time of booking +
 - 1562 Euro by November 6
 - 1562 Euro by December 6

Course structure and content

The Smartbody Online Mat Teacher Training will use the following types of educational materials:

- Pre-recorded video library of Pilates exercises and lectures available to the student until her final exam.
- Weekly Interactive online meetings for discussion of viewed materials, questions and linking concepts together
- Free access to all of Smartbody Online group classes
- Attendance of 3-4 Smartbody online mat classes weekly
- 2 hours of self-practice weekly.
- 1-2 hours of practice teaching weekly
- 1-2 hours of observing Smartbody online classes weekly

Course Schedule

- Tuesdays 18:30-20:30
 - January 26th - April 13th
- Thursdays 19:00 - 21:00
 - January 28th, February 11th and 25th, March 11th and 25th, April 8th.

Exams

Final exams for the course can be taken online via Zoom and will comprise

- teaching a 55 minute mat lesson to a student
- performing selected intermediate and advanced level exercises
- taking a written 30 question test

The students have up to 3 months from the end date of the course to schedule and take the final exam.