

The Smartbody Pilates Mat Teacher Certification Program 2016

Breakdown of hours:

Lectures (40 hours):

Orientation: Friday January 15, 9:00-10:00

Mat I and Teaching Strategies: Friday January 15, 10:00-18:00, Saturday January 16, 12-18:00, Sunday January 17, 10:00-14:00 (14 hours)

Mat II and Props: Friday February 5, 10:00-18:00, Saturday February 6, 12-18:00, Sunday Feb 7, 10-14:00 (14 hours)

Anatomy: (12 hours)

Saturdays 11:30 to 14:30

January 23

January 30

February 20

March 5

Breakdown of Self-Practice, Observation and Teaching Hours, January 15 to April 9

50 hours of Self Practice

January 15 to April 9 (12 weeks): attend of 3 mat classes weekly, plus minimum of 2 hours of independent practice weekly.

20 hours of Observation

January 15 to February 26 (6 weeks): observe 2 group classes weekly.

February 26 to April 9 (6 weeks): observe 1-2 group lesson weekly.

20 hours of Practice Teaching:

January 29 to February 26 (4 weeks): teach 2 lessons weekly.

February 26 to April 9 (6 weeks): teach 2-3 lessons weekly.

Total hours: 130

Important note:

This schedule does not account for vacations, sick days, emergencies or any other days off. We assume that you will get sick once or twice in the course of the 12 weeks of the training. So please take this seriously into account and always try to do a few more hours than suggested here, in order to stay ahead.