

Smartbody Pilates Studio Online Mat Teacher Training Fall-Winter 20-21

Basic Information

- Application deadline
 - September 30, 2020
- Requirements
 - Intermediate level Pilates practice and at least 50 mat classes under the belt
- Course duration
 - 12 weeks, with 2 weeks off at Christmas
- Dates
 - Start date: November 6, 2020
 - End Date: February 5, 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

- Fridays 17:00-19:00
 - November 6, 13, 20, 27, December 5, 12, 19, January 9, 16, 23, 30, February 5

- Thursdays 19:00 - 21:00
 - November 12, 26, December 10, January 8, 22, February 4

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.