

Training Program Outline

The Authentic Pilates Education UK Teacher Training Program focuses on the traditional classical method of Pilates and is dedicated to Pilates training that honours the integrity of the original method developed by Joseph Pilates. The training programs are taught by highly qualified Teacher Trainers in the industry.

The three seminars (Basic, Intermediate and Advanced) will be delivered face to face. The Teacher Training Manuals are comprehensive manuals that will guide you through the classical Pilates method from beginners through to Advanced levels on all equipment and small apparatus including modifications.

Overview:

There are two programs available:

Teacher Training Certification and the **Bridging Course** for instructors certified through other reputable Pilates organizations with full comprehensive training who would like to bridge to the classical method.

Teacher Certification Program:

The Teacher Certification Program is comprised of three parts; Basic, Intermediate and Advanced.

The apprenticeship consists of a minimum of 600 hours logged with a Certified Instructor at a recognized Certification Centre or other training centre recognized by the APEUK.

The last 50 hours must be logged at the Certification Centre of origin IE: Exhale Pilates London (unless other arrangements have been agreed to by the APEUK). The apprentice must also attend periodic apprentice meetings at Exhale Pilates London.

Apprentice logs will be issued by the APEUK, and must be signed by the supervising instructor regularly (every 50 hours). Every 100 hours the logs must be turned in to the APEUK. The 200 hours will be divided up into observation, training and teaching;

- 50 observation hours
- 65 self mastery
- 85 assist / practice teaching hours

Apprenticeship to be completed within 12-14 months of entry into the Program. Program extensions for extenuating circumstances are granted at the sole and absolute discretion of the APEUK. Apprentice must submit to the APEUK a written request setting forth in detail the extenuating circumstances at least one month prior to the end of the apprenticeship year.

Apprentices will not teach clients outside of the Certification Center of Origin until they have graduated from the Program. During the apprentice program (but not before 200 hrs of apprenticeship) the Apprentice shall be required to teach under supervision at the Certifying Centre, of origin and the apprentice will receive compensation at the minimum hourly rate.

Exceptions and modification to apprenticeship requirements may be granted in the APEUK sole and absolute discretion.

Exams:

Exams are administered upon completion of each phase. Certification is only issued once the apprentice has attended all three system workshops, completed the apprenticeship hours required and passed all exams, practical and written.

There are practical and written exams upon completion of each apprenticeship phase. Exams are evaluated pass/fail. This process and costs are overseen by the centres. Apprentices are not permitted to observe other apprentices testing.

Testing will be done by instructors selected by the APEUK.

Levels of Exams for the full comprehensive course:

- **200 hours**-practical, basic question and answer and anatomy questionnaire
- **400 hours**-practical, intermediate question and answer, case study and anatomy questionnaire
- **600 hours**-practical, advanced question and answer, case study and anatomy questionnaire

Failure to pass:

1st failure requires and additional 15 hours before retesting. Each additional failure, requires and additional 25 hours A fee of £150 will be charged for each additional retest.

Leave of Absence Policy

The apprenticeship reflects a physically intense learning environment. Students, with extenuating circumstances may request a leave of absence for a reasonable amount of time. Leaves will be granted at the sole and absolute discretion of APEUK Students who are physically unable to exercise for 30 days, must obtain a doctors' certificate. A written request for leave of absence must be presented to APEUK.

The APEA Bridging Program

The **APEA** teacher training program recognise and welcomes people certified through other reputable Pilates organisations who have undertaken full comprehensive training and wish to get certification in the classical method with Authentic Pilates Education UK. The APEUK bridging candidates will attend the basic, intermediate and advanced workshops. Bridging candidates will need 300hrs before completing the advanced exam.

NB: Where the assessment determines the candidate requires more than 300 apprenticeship hours, they will need to apply for full certification.

Exams:

Exams are administered upon completion of each phase. Certification is only issued once the apprentice has attended all three system workshops, completed the apprenticeship hours required and passed all exams, practical and written.

Levels of Exams for the Bridging course:

- **50 hours**-practical, basic question and answer and anatomy questionnaire
- **150 hours**-practical, intermediate question and answer, case study and anatomy questionnaire
- **300 hours**-practical, advanced question and answer, case study and anatomy questionnaire

Failure to pass:

1st failure requires and additional 15 hours before retesting. Each additional failure, requires and additional 25 hours A retest fee in the amount of £150.00 will be charged for each additional retest.

Programme Costs & Additional Fees

A; Full Comprehensive Teacher Training programme (600 hours) - £4,995

B; Bridging Course (300 hours) - £2,495

Deposit to APEUK at time of enrolment (including Bridging) - £1,000

Payment due prior to Basic/Intermediate Seminar - £2,000 / Bridging £1,495

Payment due prior to Advanced Seminar - £1,995.00

Payment Plans upon request

All Payments made payable to:

Natwest – Exhale Pilates London

Sort Code: 60-04-24

Account Number: 10289216

Ref: Full Comp Surname / Bridge Surname

All payments made are non-refundable

Private lessons are available at a reduced rate of 10% per session with the APEUK Principal Instructor Trainer or other.

TERMS AND CONDITIONS: Registration Policies (including Cancellations and Transfers)

1. Deposit is due at time of registration. NOTE your registration is not confirmed until Deposit is received.

2. Commitment: On registering for a course with APEUK you confirm that you have read and understand the commitment of time required to complete the course. It is the students' responsibility to ensure the course hours fit into their schedule and life commitments.

3. Teacher Certification Program - Bridging Program; Exams must be completed within the allotted timeframe from the commencement of the course: No certification will be issued after these time lines. Full course: 12-14 months. Bridging Course: 12 months.

4. Course Cancellation Terms: Courses cancelled in writing with 90 DAYS OR MORE notice prior to the start date of your course is eligible for a refund minus the deposit. Courses cancelled with less than 90 days' notice prior the start date of the course are not accepted and no refund will be issued.

Course cancelled after commencement of APEUK courses are not accepted and no refund will be issued.

Course cannot be cancelled due to change of mind, weddings, work travel, holidays, personal relocation or similar.

5. Cancellations due to special circumstances: if you have registered for and / or started your course and need to cancel due to special circumstances APEUK will consider each application. Note proof of circumstances must be provided. These would include: bereavement within immediate family, debilitating injury / illness. It does not include personal reasons such as: weddings, work travel, holidays, personal relocation or similar.

6. Transfers Requests: If you are unable to attend a Seminar that is scheduled for your course it can be made up privately with an educator an extra cost.

Note that all seminars must be attended in order.

Courses cannot be transferred to another year / intake.

All courses must be completed within the stated timeline.

7. Course fees do not include: Required reading materials for reading and writing assignments; coaching hours for logbook completion with a Mentor (including observation, self-mastery practice and apprentice teaching); Personal extras (sundries, travel and accommodation), DVD's, Coaching or Mentoring and any assessment re-sit fee.

8. Course fees include: Seminars, course manuals, final practical and written exams, morning and afternoon refreshments during seminars.

9. Registration deadline is 30 days in advance of course start date. Registration received less than 30 days will be processed only if space is available.

10. Registration is limited depending on location and studio size. Registration received for a course that has reached full capacity will not be processed and you will be contacted. Courses will only go ahead with a minimum of 5 participants.

11. We reserve the right to postpone or cancel any course. If we cancel a course, you will have the option of transferring to another suitable time. APEUK is not responsible for any travel costs due to cancellation.

12. You understand that you will attend the APEUK course, use the facilities and equipment at your own risk. At registration you confirm that all medical conditions and injuries, both past and present have been disclosed and where required have obtained clearance from your general practitioner.

13. You will take it upon yourself to discuss any changes to your current health with your instructor. You recognize that the instructor is not able to provide medical advice with regard any medical fitness and that the information provided is used as a guideline to the limitations of your ability to exercise.

14. All course days commence at 9.00am and finish at 5.00pm, with a 1 hour lunch break and morning and afternoon breaks. (Refreshments provided however please bring your own lunch).

We look forward to meeting you soon for a fun filled learning experience in the classical method of Pilates with APEUK!