



Amsterdam's Centre for Contemporary Pilates

Smartbody Pilates Studio: Molenpad 15 1st Floor, Amsterdam

www.smartbodystudio.com email: info@smartbodystudio.com,

phone: 06 48 270 752

The Smartbody Pilates Comprehensive Teacher Certification Program 2012

Lectures:

(attendance expected at all of the following lectures)

Mat I:	Tuesday, January 10	09:00 to 16:00	
	Wednesday, January 11	09:00 to 16:00	(12 hours)
Mat II and Props:	Tuesday, January 24	09:00 to 17:00	
	Wednesday, January 25	09:00 to 17:00	(16 hours)
Reformer I:	Tuesday April 10	09:00 to 17:00	
	Saturday April 14	12:00 to 16:00	(12 hours)
Springboard and Cadillac I:	Tuesday May 8	09:00 to 17:00	
	Saturday May 12	12:00 to 16:00	(12 hours)
Chair, Ladder Barrel and Arc I:	Saturday April 21	12:00 to 18:00	(6 hours)
Reformer II:	Tuesday May 15	09:00 to 17:00	
	Saturday May 19	12:00 to 16:00	(12 hours)
Springboard and Cadillac II:	Tuesday June 5	09:00 to 17:00	
	Saturday June 9	12:00 to 16:00	(12 hours)
Chair, Ladder Barrel and Arc II:	Saturday June 16	12:00 to 18:00	(6 hours)
Teaching Strategies and Special Populations:	Tuesday June 19	09:00 to 17:00	
	Saturday June 23	12:00 to 16:00	(12 hours)
Anatomy:	Saturday, January 21	12:00 to 15:00	
	Saturday, February 04	12:00 to 15:00	
	Saturday, February 18	12:00 to 15:00	
	Saturday, March 10	12:00 to 15:00	(12 hours)

Breakdown of Self-Practice, Observation and Teaching Hours, April 2 to October 27:

150 hours of Self Practice

April 2 to October 27 (30 weeks): attend of 1-2 mat classes, plus minimum of 4 hours of



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independent practice weekly.

50 hours of Observation

April 2 to June 2 (9 weeks): observe 1 private lesson weekly.

June 4 to August 4 (9 weeks): observe 2 private lessons weekly.

August 6 to October 27 (12 weeks): observe 2 privates weekly.

80 hours of Practice Teaching:

April 2 to June 2 (9 weeks): teach 4 lessons weekly.

June 4 to August 4 (9 weeks): teach 5 lessons weekly.

50 hours of Student Teaching:

August 6 to August 27 (12 weeks): teach 4-5 lessons weekly.

What is the difference between Practice Teaching and Student Teaching?

Practice teaching hours are done at the beginning of the program and they facilitate pure experience-building for the student. They are offered for free to volunteers, who can be friends, partners or relatives of the student.

Student teaching hours are the final 50 teaching hours of the student, by which time the student has acquired enough skills and experience to justify a modest charge of the client. These teaching hours are formal and are regarded as pre-professional. Please note that the student teacher *does not* get paid for these hours.

Important note:

This schedule does not account for vacations, sick days, emergencies or any other days off except a few public holidays. We assume that you will get sick and take a vacation or two in the course of the 10 months 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!