

## INSTRUCTOR TRAINING

Dates	Module	Cost	Cost
October 8-10	1- anatomy, mat pre-Pilates and beginner	\$850	\$3,750
November 12-14	2- anatomy, mat intermediate and advanced	\$850	
January 21-23	3- reformer beginner and intermediate	\$850	
February 25-27	4- reformer advanced and springboard	\$850	
April 22-24	5- Cadillac, Chair, Barrel	\$850	
August 27-28	Testing		\$275

Pay by Module: \$850

Testing by Module: \$200 includes certificate of completion

Pay in full: \$3,750

Testing: \$275 includes certificate of completion

The 3-day module course is as follows (total of 19 hours instruction per module):

Friday from 4 to 9 pm

Saturday from 8 am to 5 pm

Sunday from 8 am to 3 pm

### **Pre-requisites for testing for those intending to obtain Instructor Certification:**

Each student is required to complete the following self practice hours

Mat	60 hrs
Reformer	60 hrs
Springboard	30 hrs
Cadillac	15 hrs
Chair	30 hrs
Barrel	15 hrs

Each student is required to complete the following teaching hours

Mat	100 hrs
Reformer	100 hrs
Springboard	50 hrs
Cadillac	25 hrs
Chair	50 hrs
Barrel	25 hrs

Each student is allowed 10 hours of participation in group classes throughout the full teacher training course.

Each student is allowed to train 5 students for 10 hours for free (first 40 hours of teaching practice) at Synergy+. After first 50 hours, Synergy+ will collect a \$20 studio use per hour of teaching.

After a student has completed 100 hours of practice teaching, the student may apply to apprentice teach at Synergy+.

Student may request to assist in teaching a class at Synergy+ in order to complete the teaching training hours (this is not a paid position)