



Teacher Training @ Metropolitan Pilates

Teacher-Trainer Certification Program

2012 Catalog

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TEACHER TRAINING 2011 CONTENTS

TEACHER-TRAINER PROGRAM

About	3
Admission Process	3
Facilities	3
Application Process	4
Tuition	4
Cancellation and Refund Policy	4
Certification Requirements	5
Calendar	6
Application Form	7

TEACHER-TRAINER CERTIFICATION PROGRAM

ABOUT

The M·A·T Pilates Teacher-Trainer Certification Program is designed primarily for certified teachers who are studio owners and wish to open a M·A·T Pilates Training Center. The program can also be pursued by outstanding Pilates teachers who just want to become M·A·T Pilates teacher-trainers. Students in this program work one-on-one with Dorothee VandeWalle through an intensive apprenticeship. Students are required to attend seminars and complete some of the apprenticeship at Metropolitan Pilates. Once they return to their hometown, students are required to document their progress and send videos of their work.

The M·A·T Pilates Teacher-Trainer Certification Program consists of three stages, certification being awarded for each stage separately. Each stage starts with the weekend seminar which is followed by one-on-one training with Dorothee. Students learn from Dorothee how to assess potential Pilates teachers, conduct teacher training seminars and classroom instruction (apprentice meetings), and monitor student progress toward completion of teacher certification.

ADMISSION PROCESS

Students are admitted in March or September of each year. Dorothee requires for admission a high degree of capability and commitment. Admission to the teacher-trainer program is highly selective and is based on the following criteria:

1. Applicant must be a certified Pilates teacher from Metropolitan Pilates, Romana's Pilates, Power Pilates, or M·A·T Pilates.
2. Applicant must have been teaching as a certified teacher for the last five years.
3. Applicant must have mentored at least one apprentice who successfully completed the M·A·T Pilates Teacher Certification Program.
4. Applicant must have attended at least one continuing education per year for the last three years.
5. An interview and assessment with Dorothee VandeWalle is required.

The assessment consists of teaching clients and classes at Metropolitan Pilates. Applicants should plan to spend three days for the assessment at Metropolitan Pilates.

FACILITIES

Metropolitan Pilates is the primary training center for M·A·T Pilates. It is fully equipped with Pilates apparatus manufactured by Gratz Pilates, the leading maker of Pilates equipment. At Metropolitan Pilates training is conducted on the following equipment: reformer, cadillac, barrels, wunda chair, big chair, baby chair, guillotine, pedi-pole, mat, and other auxiliary equipment.

Metropolitan Pilates is a state-of-the-art Pilates studio. It is conveniently located in the University Village shopping center. It has a teaching staff of 15 certified Pilates instructors.

APPLICATION PROCESS

- Complete and send the application form
- Submit a statement expressing your reasons to pursue this certification
- Submit your resume with the application
- Submit copies of your certificates (initial certification and continuing education)
- Schedule an interview and assessment with Dorothee VandeWalle

Application materials are due six weeks before the start of the program.

TUITION

Tuition for the M·A·T Pilates Teacher–Trainer Certification Program is charged for each stage separately.

Stage I Tuition	Basic System Certification	\$1,000
Stage II Tuition	Intermediate System Certification	\$1,000
Stage III Tuition	Advanced System – Full Certification	\$1,000

Tuition is due on the 15th of the month before the program starts. Payment can be made by check, Visa, or MasterCard.

CANCELLATION AND REFUND POLICY

Once the student begins training, refunds will be pro-rated based on the stage(s) the student has completed as described in the following table:

STAGE	TUITION PAID	TRAINING COMPLETED	REFUND
I	\$1,000	Up to 10%	90% of tuition paid
I	\$1,000	Between 10% and 25%	75% of tuition paid
I	\$1,000	Between 25% and 50%	50% of tuition paid
I	\$1,000	More than 50%	No Refund
II	\$1,000	Up to 10%	90% of tuition paid
II	\$1,000	Between 10% and 25%	75% of tuition paid
II	\$1,000	Between 25% and 50%	50% of tuition paid
II	\$1,000	More than 50%	No Refund
III	\$1,000	Up to 10%	90% of tuition paid
III	\$1,000	Between 10% and 25%	75% of tuition paid
III	\$1,000	Between 25% and 50%	50% of tuition paid
III	\$1,000	More than 50%	No Refund

Metropolitan Pilates will refund full tuition if an applicant is not accepted into the program or if the student withdraws before training begins. If the program is cancelled, Metropolitan Pilates will refund all monies paid.

CERTIFICATION REQUIREMENTS

The M·A·T Pilates Teacher–Trainer Program consists of three stages, certification being awarded for each stage separately. Below are the requirements for each stage certification.

Stage I – Basic System

Requirements:

- Attend basic system seminar with Dorothee – 18 hours
- Attend pre- and post-seminar meetings with Dorothee
- Attend apprentice meetings with Dorothee
- Prepare and teach 1 apprentice meeting at Metropolitan Pilates – 2 hours
- Teach 3 apprentice meetings at your own studio and send videos to Dorothee
- Teach part of a basic system seminar at Metropolitan Pilates
- Observe a basic test with Dorothee and be the body for a test
- Administer a basic test at Metropolitan Pilates

Upon completion of stage I teacher–trainer is certified to:

- Teach the Basic System seminar
- Teach apprentice meetings about basic system
- Administer the basic practical test

Stage II – Intermediate System

Requirements:

- Attend intermediate system seminar with Dorothee – 20 hours
- Attend pre- and post-seminar meetings with Dorothee
- Attend apprentice meetings with Dorothee
- Prepare and teach 1 apprentice meeting at Metropolitan Pilates – 2 hours
- Teach 3 apprentice meetings at your own studio and send videos to Dorothee
- Teach part of an intermediate system seminar at Metropolitan Pilates
- Observe an intermediate practical test and be the body for test
- Administer the intermediate practical test
- Take the intermediate written test

Upon completion of stage II teacher–trainer is certified to:

- Teach the Intermediate System seminar
- Teach apprentice meetings about intermediate system
- Administer the intermediate practical test
- Grade the intermediate written test

Stage III – Advanced System

Requirements:

- Attend advanced system seminar with Dorothee – 22 hours
- Attend pre- and post-seminar meetings with Dorothee
- Attend apprentice meetings with Dorothee
- Prepare and teach 1 apprentice meeting at Metropolitan Pilates – 2 hours
- Teach 3 apprentice meetings at your own studio and send videos to Dorothee
- Teach part of an advanced system seminar at Metropolitan Pilates
- Observe an advanced practical test and be the body for a test
- Administer the advance practical test
- Take the advanced written test

Upon completion of stage III teacher-trainer is certified to:

- Teach the Advanced System seminar
- Teach apprentice meetings about advanced system
- Administer the advanced practical test
- Grade the advanced written test

2012 CALENDAR

Pilates teachers pursuing the Teacher-Trainee Certification can enter the program either in Spring or Fall. Classes start in March and in September.

January	Assessments
February 3	Application Deadline
February 10-12	Basic Seminar
April 12-15	Intermediate Seminar
June 7-10	Advanced Seminar
June - September	Assessments
September 7	Application Deadline
September 14-16	Basic Seminar
October 18-21	Intermediate Seminar
December 13-16	Advanced Seminar

STUDIO HOURS:

Mondays-Thursdays: 7am-8pm

Fridays: 7am-5pm

Saturdays: 8am-2pm

Sundays: By appointment