M·A·T pilates
metropolitanauthentictraining

Teacher Training @ Metropolitan Pilates

Teacher Certification Program

2025
Catalog

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Metropolitan Pilates is a licensed vocational school in the State of Washington.

This school is licensed under Chapter 28C.10 RCW. Inquiries or complaints regarding this private vocational school may be made to the Workforce Board, 128 10th Ave SW, Olympia, WA 98501, Web: wtb.wa.gov. Phone: (360) 709-4600. Email address: workforce@wtb.wa.gov. M.A.T. Pilates Teacher Certification Program is owned by Metropolitan Pilates, LLC. Dorothee VandeWalle and Silvia Furia are members of the Metropolitan Pilates, LLC.

TEACHER TRAINING 2023
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TEACHER CERTIFICATION PROGRAM

ABOUT

Metropolitan Pilates offers the M.A.T. (Metropolitan Authentic Training) Pilates Teacher Certification Program, the most comprehensive Pilates instructor training program in the United States. Founded by renowned master teacher Dorothee VandeWalle, the M.A.T. Pilates Teacher Certification Program prepares future teachers for a lifetime of teaching the original Pilates method.

At Metropolitan Pilates, we focus on hands-on instruction with students working side-by-side with Dorothee and her staff. The small group environment is designed to deliver an in-depth and comprehensive training experience not easily found in other programs. Upon completion, students become Certified Pilates Teachers and receive a certificate of completion of the M.A.T. Pilates Teacher Certification Program. Transcripts can be requested at any time, in-person at the studio or by emailing metropolitanpilates@msn.com. Transcripts are kept by the school for 50 years.

Students at Metropolitan Pilates study directly with Dorothee VandeWalle who is recognized as one of the leading teacher-trainers and master Pilates practitioners in the world. Dorothee teaches in the tradition of the original, classical Pilates method. She was the protégé of Romana Kryzanowska—who was the protégé of Joseph Pilates—and started teaching with Romana in New York in 1987. Dorothee teaches her students the techniques she learned from Romana which are as close to the original teaching of Joseph Pilates as is available anywhere in the world today.

FACILITIES

Metropolitan Pilates is the primary training center for M.A.T. Pilates. Training centers offering the Independent Study Option are located in Oregon and California. All M.A.T. Pilates training centers are 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 10 certified Pilates instructors and is open for sessions 7 days a week, every day of the year, except major holidays. The spotless studio features 15-foot ceilings, plenty of light, and spacious locker rooms (ADA accessible) and changing areas complete with full shower facilities. Free parking is available in the University Village garages.

ADMISSIONS PHILOSOPHY

Admission to the M.A.T. Pilates Teacher Certification Program is highly selective and based on the program's ability to meet the needs of the applicant and the applicant's potential to benefit from our rigorous training program. An applicant's potential is evidenced by knowledge of the Pilates method, physical activity background, and commitment to the demanding apprenticeship schedule.

To begin the program, students must demonstrate proficiency at the advanced level on the reformer and mat, and be able to apply the principles of Pilates. An assessment by a teacher-trainer is required for admission. Students must have a High School diploma.

Metropolitan Pilates encourages diversity and accepts applications from all minorities. We do not discriminate on the basis of race, creed, color, national origin, sex, veteran or military status, sexual orientation, or the presence of any disability or the use of a trained guide dog or service animal by a

person with a disability. Metropolitan Pilates acknowledges that information pertaining an applicant's disability is voluntary and confidential and will be made on an individual basis. If this information is presented, we will reasonably attempt to provide an accommodation to overcome the effects of the limitation of the qualified applicant. All inquiries about accommodations should be made to the admissions administrator upon registration of the program. Documentation from a physician may be required attesting to the student's ability to pursue a physically rigorous program.

APPLICATION PROCESS

- ☐ Complete and send the application form
- ☐ Submit your resume with the application
- ☐ Schedule a private session assessment with a teacher-trainer

TUITION AND FEES

Deposit & Registration Fee			$ 250
Stage I Tuition	Includes:	Basic Seminar Classroom instruction Practical training Practical test	$2,250
Stage II Tuition	Includes:	Intermediate Seminar Classroom instruction Practical training Practical test Written test	$3,250
Stage III Tuition	Includes:	Advanced Seminar Classroom instruction Practical training Practical test Written test	$4,000
Total Tuition			**$9,750**
Other Fees	Personal Pilates Sessions (estimated)		$7,000 + sales tax
Total Cost of Program			**$16,750** + sales tax on sessions

Each stage's tuition is due before that stage's seminar begins. The deposit/registration fee is due upon acceptance into the program. The personal Pilates sessions should be purchased throughout the program and students can take advantage of the various packages and promotions offered at the studio. The first package of private sessions must be purchased before the first seminar. Payment can be made by Visa, or MasterCard.

CANCELLATION AND REFUND POLICY

1. Metropolitan Pilates will refund full tuition and the registration fee 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.
2. Metropolitan Pilates will refund all monies paid if the applicant cancels within 5 business days (excluding Sundays and holidays) after the day the contract is signed or an initial payment is made, as long as the applicant has not begun training.
3. The deposit/registration fee will be refunded in full if the applicant withdraws within 5 business days of signing this agreement or making an initial payment, provided applicant has not started training. After the 5th day, Metropolitan Pilates will retain an established registration fee equal to 10% of the total tuition cost, or $250, whichever is less.
4. If training is terminated after the student enter classes (attending a seminar), Metropolitan Pilates may retain the registration fee established under (3) of this subsection, plus a percentage of tuition as described in the table below:

STAGE	TUITION PAID	TRAINING COMPLETED	REFUND
I	$2,250	Up to 10% of Seminar	90% of tuition paid
I	$2,250	Between 10% and 25% of Seminar	75% of tuition paid
I	$2,250	Between 25% and 50% of Seminar	50% of tuition paid
I	$2,250	More than 50% of Seminar	No Refund
II	$3,250	Up to 10% of Seminar	90% of tuition paid
II	$3,250	Between 10% and 25% of Seminar	75% of tuition paid
II	$3,250	Between 25% and 50% of Seminar	50% of tuition paid
II	$3,250	More than 50% of Seminar	No Refund
III	$4,000	Up to 10% of Seminar	90% of tuition paid
III	$4,000	Between 10% and 25% of Seminar	75% of tuition paid
III	$4,000	Between 25% and 50% of Seminar	50% of tuition paid
III	$4,000	More than 50% of Seminar	No Refund

5. All unused sessions from the personal Pilates sessions package will be refunded upon a student's termination.
6. When calculating refunds, the official date of a student's termination is the last day of recorded attendance:
    a. When the school receives notice of the student's intention to discontinue the training program; or,
    b. When the student is terminated for a violation of a published school policy which provides for termination; or,
    c. When a student, without notice, fails to attend classes for thirty calendar days.
7. All refunds must be paid within thirty calendar days of the student's official termination date.

FINANCIAL AID

Need-based financial aid is offered to exceptional applicants. Applicants are also encouraged to apply for grants from other organizations such as Career Transition for Dancers.

PROGRAM REQUIREMENTS

The M.A.T. Pilates Teacher Certification Program starts with the Basic System weekend seminar followed by apprenticeship at the studio. The program consists of three stages and requires a total of:

- 62 hours of training seminars
- 700 hours of apprenticeship (practical training)
- 104 hours of personal Pilates sessions (52 private sessions + 52 semi-private sessions)
- 48 hours of classroom instruction
- 3 practical tests
- 2 written exams

It is required that students complete their apprenticeship within 12 months from the start of the program. An extension may be granted upon request.

SEMINARS

Training seminars are the cornerstones of the 3 stages of the program. The focus is on techniques of the basic, intermediate, and advanced systems. During seminars, students learn the exercises, how they are taught, and the modifications for body types and injuries. Students also learn how to create Pilates workout systems for different clients. All aspects of the reformer, mat, chairs, barrels, cadillac, pedi-pole, and other auxiliary equipment are covered.

Stage I – Basic System Seminar

This seminar consists of 18 hours. Course objectives:

- Overview of the Pilates philosophy
- Learn the techniques of the beginner system
- Learn modifications for injuries
- Understand the basics of touch and voice

Stage II – Intermediate System Seminar

This seminar consists of 22 hours. Course objectives:

- Learn the techniques of the intermediate system
- Learn modifications for injuries
- Learn to progress clients along the continuum of exercises

Stage III – Advanced System Seminar

This seminar consists of 22 hours. Course objectives:

- Understand the repertoire of advanced exercises
- Learn to perform exercises with precision and control
- Learn to apply all the principles of Pilates
- Understand the dynamics of the full advanced matwork

PRACTICAL TRAINING – APPRENTICESHIP

The apprenticeship consists of 20 to 30 hours per week of practical training: practicing seminar material with other students, observing sessions and classes, assisting certified teachers and teaching clients. Students receive ongoing feedback and guidance from Dorothee and other teacher-trainers as appropriate. At Metropolitan Pilates, the apprenticeship hours are 9:00am to 4:00pm, Monday through Friday. Attendance is strongly encouraged during the hours Dorothee is in the studio. During each stage students are expected to meet the following requirements:

STAGE I	Observing and assisting teachers	100 hours
	Practicing with each other	100 hours
STAGE II	Observing and assisting teachers	50 hours
	Practicing with each other	100 hours
	Teaching student clients	100 hours
STAGE III	Observing and assisting teachers	30 hours
	Practicing with each other	120 hours
	Teaching clients	100 hours

PILATES SESSIONS

An important part of the program is becoming proficient in the Pilates method and have a deep awareness of one's own body. A minimum of two sessions per week is required for certification. This can be a combination of private and semi-private lessons. Students can take advantage of the various session packages offered at the studio.

CLASSROOM INSTRUCTION

Classroom instruction (apprentice meeting) is held throughout the course of the program. These meetings are mandatory and intended to augment seminar teachings with application to real-life clients. Case study discussions will help prepare students for practical and written exams. Attendance at 85% of the apprentice meetings is required.

TESTS

Practical tests are given at the completion of each stage of the apprenticeship. Written tests are also required in order to receive final certification in the program. Failed tests must be re-taken for a fee of $350 per test. Failed written tests must be re-taken for a fee of $200 per test.

STANDARDS OF PROGRESS

Progress is assessed through participation in daily apprenticeship and successful completion of tests. Students are made aware of their progress on a monthly basis. Practical tests are given at the completion of each stage of the apprenticeship and can only be taken upon permission of the program director. This permission is granted upon successful completion of an assessment. Written tests are also required at the completion of each stage. All tests are pass/fail and students who fail a test have the opportunity to re-take the test for an additional fee.

ATTENDANCE REQUIREMENTS

Metropolitan Pilates expects high levels of attendance because full participation is essential to the successful completion of the program. Students must attend 100% of the training seminars as these seminars are the cornerstone of the program. Students are expected to be at the studio to pursue the apprenticeship at least three days a week. Students who must miss apprenticeship hours or weekly apprentice meetings must notify the studio as soon as possible. Attendance at 85% of the weekly apprentice meetings is required.

RELIGIOUS ACCOMMODATION

Metropolitan Pilates will make good faith efforts to provide reasonable religious accommodations to students who have sincerely held religious practices or beliefs that conflict with a scheduled program requirement. Students requesting religious accommodation should make the request, in writing, directly to their teacher trainer with as much advance notice as possible. Being absent from the apprenticeship or other educational responsibilities does not excuse students from keeping up with any information shared or expectations set during the missed period. Students are responsible for obtaining materials and information provided during any time missed. The student shall work with the teacher trainer to determine a schedule for making up missed work.

Examples of religious accommodations may include rescheduling of an exam or giving a make-up exam for the student in question; altering the time of a student's presentation; allowing extra-credit assignments to substitute for missed class work or arranging for an increased flexibility in assignment due dates.

TERMINATION POLICY

A student who fails to meet the attendance requirements and maintain satisfactory progress, violates safety regulations with the equipment (as taught in each seminar), interferes with other student's work, is disruptive, obscene, under the influence of alcohol or drugs, or does not make timely tuition payments is subject to immediate termination.

Students dismissed from the school who request re-entry must put the request in writing to the program coordinator. In cases where the student was dismissed for excessive absences (greater than 15%) or financial concerns, it may be possible to re-enter as soon as the student is able to make the time or financial commitment required to pursue the program. In cases where the student was dismissed due to unacceptable conduct, the student must meet with the director and coordinator before re-entering the program. The decision of the director and coordinator is final and the student will receive an email within five business days stating the decision.

Nothing in this policy prevents the student from contacting the Workforce Board at (360) 709-4600 at any time with a concern or complaint.

COMPLAINT/GRIEVANCE POLICY

Metropolitan Pilates encourages students to resolve differences as informally as possible. When informal efforts to resolve differences, raise concerns, or effect change do not reach a satisfactory result, students are encouraged to report the concerns to the instructor or school administrator. Students can also contact the Workforce Board at 360-709-4600 at any time with a concern or complaint. Students have one year to file a complaint from the last date of attendance. In the event of a school closure, students have 60 days to file a complaint. All complaints are public records. Complaint forms can be found at http://wtb.wa.gov/PCS_Complaints.asp.

JOB PLACEMENT

Employment opportunities for Pilates instructors are available nationwide and abroad. Many graduates pursue employment in health clubs, Pilates studios, or open their own studios. Metropolitan Pilates is committed to helping students develop the skills and professional contacts to succeed in their careers.

INDEPENDENT STUDY OPTION – NOT OFFERED IN 2025

The Independent Study Option is for students who are unable to relocate to Seattle for the duration of the program. This option allows students to complete part of the program at a M.A.T. Pilates approved training center while still having the opportunity to study with Dorothee.

Students who enroll in the Independent Study Option must present a plan of study with their application. This plan of study should include the name of the studio where the student will be studying, the teacher-trainer who will be supervising the practical training, and how many hours in each stage of the program the student will be completing at the other training center and/or at Metropolitan Pilates.

Prospective students should be aware that the Independent Study Option requires traveling to Seattle during the course of the program. Seminars and tests must be completed at Metropolitan Pilates, unless offered at an approved training center. Travel and accommodations are not included in the cost of the program.

2025 CALENDAR

SEATTLE, WA

January–June 2025	Assessments
May 30	Application Deadline
June 20–22	**Basic System Seminar** | taught by Dorothee
August 1–8	Basic System Testing
July 17–20	**Intermediate System Seminar** | taught by April Tillman
September 11–14	**Advanced System Seminar** | taught by Dorothee
November–December	Intermediate System Testing
May–June, 2026	Advanced System Testing