



Teacher Training Program Application Form

Name: _____

Address: _____
Street address City Province Postal Code

Phone: _____
Work home cell

E-Mail: _____

To apply for The Pilates Center Teacher Training Program:

1. Fill out the following questionnaire.
2. Fax or mail this entire form and a \$105 non-refundable application fee to:

Pilates from the Center
Attention: Nadja Swetnam, Teacher Training Coordinator
157 East 1st Street, North Vancouver, BC V7L 1B2

3. Nadja Swetnam will call you to confirm receipt of your application and schedule your entrance exam. All candidates must pass the entrance exam by performing an Intermediate/Advanced workout on the mat and reformer. This exam may be conducted in person or by video. The cost for the evaluation entrance exam (either in person or by video) is \$80.

Questionnaire:

Describe your pilates experience:

Instructor's Name:

Studio Name:

Phone:

How often do you workout?

Total number of sessions in the past 6 months?

What are the main concepts emphasized in your sessions?

Which apparatus do you have experience with?

Describe your movement/athletic experience:

Describe your health history:

Why do you want to become a Pilates instructor?

How will becoming a Pilates instructor help you attain your personal goals?

How did you hear about The Pilates Center Teacher Training Program?