



Pilates from the Center
School of Natural Movement
Pilates Teacher Training Program

CATALOG

Pilates from the Center
157 East 1st St.
North Vancouver, BC
V7L 1B2
(604) 924-1353

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Introduction

Pilates from the Center School of Natural Movement offers a Classical Pilates Teacher Training Program. This program is based on the repertoire created by Joseph Pilates and is infused with Franklin Method Education.

Faculty

Teacher Trainers/Examiners

Matilda Christensen

Veronica McClurg

Meghan Aris

PFTC Instructors

Matilda Christensen

Tracy Dekker

Jen Monahan

Nadja Swetnam

Melanie Brisson

Ryan McClurg

Donna Stevenson

PFTC Advisors

Meghan Aris

Tracy Dekker

Melanie Brisson

Ryan McClurg

All instructors and advisors at PFTC are Classically Trained Pilates Instructors, following the lineage of Amy Alpers and Rachel Siegel, which comes from Romana.

Matilda Christensen is the Owner of Pilates from the Center (PFTC) as well as the Program Teacher Trainer and Program Director; Tracy Dekker Head Advisor as well as the Program Administrator; Nadja Swetnam is the Studio Manager.

Teacher Trainer Biographies

Matilda Christensen

Matilda Christensen earned her B.B.A. from Simon Fraser University in 1996, majoring in Business Administration with a minor in Psychology. She was pursuing a professional career until she had her third child and started experiencing low back pain, slight numbing in her legs, arthritis in her knees, and severe pain in her shoulder, which left her quite debilitated at times. At 31 years of age she felt more like a 90 year old and decided that this was not the quality of life she wanted to lead. This decision led her straight to Pilates and she hasn't turned back since.

She was a student of Pilates for over a year before getting seriously hooked and taking Pilates to the next level by becoming an Instructor. Her Pilates training started with Polestar and she graduated to receive a Studio Certificate in 2002. She then started exploring the Contemporary Stott Method and Classical Pilates Method, but it was the Classical Method that truly grabbed her attention with intrigue. After attending her first Classical Pilates Workshop, presented by Amy Taylor Alpers from *The Pilates Center* in Boulder CO, her passion for Pilates multiplied! In January of 2005 she auditioned and got into *The Pilates Center* Teacher Training Program in Boulder, CO. The next 14 months of her life were dedicated to learning the Classical Pilates Method and in February of 2006 she graduated from the program.

Once graduating from the program Matilda was not ready to be finished as a student so she immediately applied for *The Pilates Center* Masters Program. Over the next 2 years she attended a number of workshops and lectures and in 2008 received her Masters Certificate from The Pilates Center. She continues to learn and to date her Education includes the following:

2005 Yamuna Body Rolling with Yamuna Yake in Vancouver, BC

2008 PMA Certification “(now NPCP Certification)”

2009-2016 Licensed Studio and Teacher Trainer for The Pilates Center in Boulder, CO

2012-2013 Franklin Method Level 1 Teacher Training in Vancouver, BC

2015 Melt Method with Taylor Carre

2016-2017 Franklin Method Level 2 Teacher Training in Portland, OR

2017 Anatomy in Clay Workshop

2017 Opening of PFTC School of Natural Movement Pilates Teacher Training Program

Veronica McClurg

Veronica's background in movement started at an early age as a dancer and gymnast. Having worked as an aerobics instructor, choreographer/dancer and a certified gymnastics coach Veronica brings over 26 years of experience to her Pilates Education. After graduation with Stott Pilates in 2002, Veronica found the Classical Method and was so intrigued that she decided to do The Pilates Center Teacher Training Program. In January 2006 she auditioned for the program, got in and then spent the next year learning the Classical Method. She graduated from the world-renowned Pilates Center in Boulder, Colorado in January 2007. She immediately enrolled into the Masters Program and in the Fall of 2008 she received her Masters Certificate. The following year, March 2009, Veronica became a Licensed Teacher Trainer for The Pilates Center and started lecturing at Pilates from the Center in North, Vancouver, BC.

Veronica continues to attend workshops, lectures, and Conferences and continues to take lessons as well as being a student of natural body movement.. Her education includes the following:

2004 Yamuna Body Rolling in Vancouver, BC
2008 PMA Certification “*(now NPCP certification)”
2009-2016 Licensed Teacher Trainer for The Pilates Center in Boulder, CO
2012-2013 Franklin Method Level 1 Teacher Training in Vancouver, BC
2013 Anti Gravity Yoga in New York, NY
2015 Melt Method with Taylor Carre
2016-2017 Franklin Method Level 2 Teacher Training in Portland, OR
2017 – Present Teacher Trainer/Examiner for PFTC School of Natural Movement Pilates Teacher Training Program

Meghan Aris

For Meghan, Pilates is a life source. It is her livelihood, her passion, her healthcare, and her community. She began her movement journey through dance, as a child and then later yoga, as a teenager. In 2003 she discovered Pilates and fell in love. She began teaching in Vancouver in 2005, trained through the Physical Mind Institute. She later went on to deliver their training across Canada.

Simultaneously, Meghan also continued her yoga journey and studied with several different teachers, and went on to certify in Restorative, Yin, and Hatha Flow Yoga. She was also invited on as faculty for Yoga Cara’s teacher training program and taught Restorative Yoga Training and assisted their 200 hr Yoga Teacher Training.

In 2011, Meghan moved from Vancouver back to Victoria on Vancouver Island to help open Fix Healthcare with her brother and his business partner. She gradually left Physical Mind Institute and began researching deeper into Pilates.

In 2015 she completed a second comprehensive Pilates training through The Pilates Center satellite school in North Vancouver under the tutelage of Matilda Christensen and Veronica McClurg. During the program, after being rear-ended twice, Meghan began another inquiry into her teaching. After graduation, she began to study with Irene Lyon on the topic of Trauma-informed care and has continued that journey through with deeper readings, community and most recently training with Numa Somatics in transformational breath work.

She has worked along-side Matilda and Veronica as an advisor for their new program since 2016 and is deeply grateful for the opportunity to help in leading lectures, movement skills and symposiums at Pilates From the Center.

Training Program

Diploma Program

Program Overview

The Teacher Training Program a 12-16 month course and requires 850 hours to complete. It is comprised of 4 Lecture Modules, 4 Movement Skills Weekends, 3 Anatomy in Clay Modules, 8 Symposiums, 690 hours of internship and nine exams.

Program Objective

To graduate competent Movement Educators and Classical Pilates Instructors capable of teaching all levels of Pilates exercises on all types of equipment.

Entrance Requirements

Prospective students should have a minimum of 40 hours of Pilates instruction in order to qualify for enrollment. These hours can be done at PFTC (estimated cost \$1080 not included in the program) or at another studio. If taken at another studio a letter of proof from the studio should be submitted. Students must also show proficiency in English. This can be demonstrated through proof of completion of English 12 or equivalent or with an essay and interview to demonstrate equivalent proficiency in written and spoken English.

Enrollment Procedure

Prospective students can apply for entrance into the program up to 4 months before the start date so long as the entrance requirements are met. Acceptance into the program does not guarantee graduation, employment or certification.

To apply, students submit an Application Form and include a \$150 non-refundable Application and Assessment Fee to Tracy Dekker, Program Administrator. Students will be then contacted to set up an assessment. Once student complete the Assessment they then pay a \$350 Course Material Fee, which holds them a spot in the program.

Students accepted into the program sign an Enrollment Agreement showing school protocols, procedures and refund policies. They will also receive a student binder outlining the program and it's requirements for graduation. No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

Program Costs (all costs do not include GST)

Application Fee	\$75 (non-refundable)
Assessment Fee	\$75 (non-refundable)
Course Material Fee	\$350 (includes workbooks and supplies)
Tuition: Diploma Program	\$7,000
Exams	\$1,500
Books	\$300 (estimate)
Lessons	\$2,375 - \$4,950 (price varies depending on lesson type)
Total_____	Approximately between \$11,675 and \$14,250

Payment Options

Students have three options to pay for the Teacher Training Program. Should they choose to pay in monthly installments over 12 months, they will be responsible for an additional administration fee of \$300. A \$25.00 late charge will be applied to all late payments. Students must read and sign the Monthly Payment Plan Agreement.

Schedule

The Teacher Training Program offers one start time each year, February.

PFTC Teacher Training students do not attend classes in a traditional setting, but they are expected to complete approximately 15-18 hours weekly doing various Internship components (i.e. observing lessons, taking lessons and classes, practice teaching, personally practicing Pilates, watching videos and reading books.)

As part of the student's internship, they are required to take 100 lessons. The lessons can be taken with any Instructor at Pilates from the Center or with an Instructor that has been approved by PFTC. Students will receive a 7% discount on sessions at Pilates from the Center (compared to regular client prices). Students may also purchase private and semi-private cards, as well as sign up for a "term" of trainee classes and receive additional discounts. Cards and classes must be paid in full to receive the discount.

Attendance Requirements

Students are required to attend all Lecture Modules (four weekends total, 48 hours), all Movement Skills weekends (four weekends total, 48 hours), all Anatomy in Clay Modules (Fridays just before the four Lecture Module weekends total, 20 hours) and 8 Symposiums (3 hours each). In addition, students must complete 690 Internship hours. Students are expected to arrive on time and with proper materials and attire.

Progress Policy

Each student is placed with an advisor. Two meetings and four Case Study Observations are held during the student's year, as shown in the Trainee Schedule, to ensure the student is progressing appropriately.

Leaves of Absence

(going on hold)

Students get up to 16 months to complete the program. If a student needs to go on hold for an extended period of time within the first 10 months of the program they will have to resume the program one full year later. If the student is on a payment plan then the payment plan will also be put on hold until the student is back. However, if the student has paid for the program in full, the money will be held until the student has returned.

If a student needs to go on hold after the first 10 months of the program then the student can choose to go on hold for a period of smaller period of time (anywhere between one month and one year). If a student feels they cannot finish the program within the allotted 16 months, they will be given an extra 6 months in order to finish the program. If they cannot finish the program within the next 6 months, they can then purchase an extra 6 months of time for a fee of \$750. A Hold/Extension Request Form needs to be filled out and signed with the front desk to proceed with the request.

Examination Process

There are two anatomy exams, one theory exam, one comprehensive exam, a mid-term performance evaluation, two practice exams (a prep teaching exam and prep performance exam) and two final exams (a final teaching exam and final performance exam).

All exams are pass/fail with the passing mark at 85%. The anatomy and theory exams are graded by the Program Administrator who will report the grades to the students in person or via e-mail. The comprehensive exam is graded by a Teacher Trainer who will report the grades to the student in person or via e-mail. PFTC keeps the tests on file and students may look at their own exams at any time. The mid term performance exam, practice exams and final exams are graded on the spot by two Teacher Trainers and discussed with the student immediately afterward.

If a student does not pass any exam, they must repeat it. Should a student fail any exam a second time they will then have a meeting with the Program Director to discuss the situation.

Refund Policy

1. If the institution receives tuition from the student, or a person on behalf of the student, the institution will refund the student, or the person who paid on behalf of the student, the tuition that was paid in relation to the program in which the student is enrolled if:
 - (a) the institution receives a notice of withdrawal from the student no later than seven days after the effective contract date and before the contract start date;
 - (b) the student, or the student's parent or legal guardian, signs the student enrolment contract seven days or less before the contract start date and the institution receives a notice of withdrawal from the student between the date the student, or the student's parent or legal guardian, signed the student enrolment contract and the contract start date; or
 - (c) the student does not attend a work experience component and the institution does not provide all of the hours of instruction of the work experience component within 30 days of the contract end date.

2. The institution will refund the tuition for the program and all related fees paid by the student or a person on behalf of the student enrolled in the program if the student is enrolled in the program without having met the admission requirements and did not misrepresent his or her knowledge or skills when applying for admission.
3. If a student does not attend any of the first 30% of the hours of instruction to be provided during the contract term, the institution may retain up to 50% of the tuition paid under the student enrolment contract unless the program is provided solely through distance education.
4. Unless the program is provided solely through distance education, if the institution receives a notice of withdrawal from a student:
 - (a) more than seven days after the effective contract date and
 - i. at least 30 days before the contract start date, the institution may retain up to 10% of the tuition due under the student enrolment contract, to a maximum of \$1,000.
 - ii. less than 30 days before the contract start date, the institution may retain up to 20% of the tuition due under the student enrolment contract, to a maximum of \$1,300.
 - (b) after the contract start date
 - i. but before 10% of the hours of instruction to be provided during the contract term have been provided, the institution may retain up to 30% of the tuition due under the student enrolment contract.
 - ii. and after 10% but before 30% of the hours of instruction to be provided during the contract term have been provided, the institution may retain up to 50% of the tuition due under the student enrolment contract.
5. Unless the program is provided solely through distance education, if the institution provides a notice of dismissal to a student and the date the institution delivers the notice to the student is:
 - (a) before 10% of the hours of instruction to be provided during the contract term have been provided, the institution may retain up to 30% of the tuition due under the student enrolment contract.
 - (b) after 10% but before 30% of the hours of instruction to be provided during the contract term have been provided, the institution may retain up to 50% of the tuition due under the student enrolment contract.

6. If the institution provides the program solely through distance education and the institution receives a student's notice of withdrawal or the institution delivers a notice of dismissal to the student and:
 - (a) the student has completed and received an evaluation of his or her performance for up to 30% of the hours of instruction to be provided during the contract term, the institution may retain up to 30% of the tuition due under the student enrolment contract, or
 - (b) the student has completed and received an evaluation of his or her performance for more than 30% but less than 50% of the program, the institution may retain up to 50% of the tuition due under the student enrolment contract.

7. The institution will refund fees charged for course materials paid for but not received if the student provides a notice of withdrawal to the institution or the institution provides a notice of dismissal to the student.

8. Refunds required under this policy will be paid to the student, or a person who paid the tuition or fees on behalf of the student, within 30 days:
 - (a) of the date the institution receives a student's notice of withdrawal,
 - (b) of the date the institution provides a notice of dismissal to the student,
 - (c) of the date that the registrar provides notice to the institution that the institution is not complying with section 1(c) or 2 of this policy, or
 - (d) after the first 30% of the hours of instruction if section 3 of this policy applies.

Completion Requirements

Successful Completion of 850 program hours:

- Orientation - 3 hours
- Lecture Modules - 48 hours
- Movement Skills – 48 hours
- Anatomy in Clay Modules – 20 hours
- Symposiums – 24 hours
- Advisor Meetings - 2 hours
- Internship - 690 hours
- Exams - 15 hours
- A passing score of 85% or higher on ten exams
- Completion of reading list
- Completion of Case Study

School Calendar for 2021/2022

Lectures

Lecture Module I Sept 25/26
Lecture Module II Nov 20/21

Lecture Module III April 2/3
Lecture Module IV April 9/10

Anatomy in Clay

Module I-III Nov 26-28

Movement Skills

Movement Skills I Sept 18/19
Movement Skills II Nov 19 - April 1

Movement Skills III June 4/5
Movement Skills IV June 11/12

Symposiums

Sept 17	Oct 22
Dec 10	Jan 14
Feb 18	March 11
April 8	May 13
June 3	Sept 16
Oct 21	Dec 9

Internship Hours

Monday	9:00am – 8:00 pm
Tuesday	9:00am – 8:00 pm
Wednesday	9:00am – 3:00 pm
Thursday	9:00am – 8:00 pm
Friday	9:00am – 12:00 pm

Holiday Closures

New Years Day	Family Day	Good Friday
Easter Monday	Victoria Day	Canada Day
Civic Holiday	Labor Day	Thanksgiving Day Remembrance
Day	Christmas Day	Boxing Day

Facilities & Services

Pilates from the Center is located at 157 East 1st St. North Vancouver, BC V7L 2H8. PFTC is a fully equipped Pilates Studio with six Universal Reformers, one Cadillac/Trapeze table, nine Pole Systems, six Low chairs, one High Chair, one Ped-o-pul, one High Barrel, and several additional barrels of various sizes. PFTC has a variety of other small apparatus such as magic circles, therabands, foam rollers, foot rollers, a few toe correctors, a foot corrector, a magic square, etc.

School Policies and Procedures

Conduct Policy

Students are expected to act in a respectful, mature and professional manner when in studio. Students are expected to follow observation, practice teaching, and studio protocol when applicable. Students receive copies of all protocols upon beginning the program.

Dismissal

Pilates from the Center reserves the right to terminate any student from the program at any time. In the event that a student is terminated from the program, PFTC shall refund any unused Training Program money on a pro-rated basis per the Refund Policy.

Student Grievance Procedure

Pilates from the Center recognizes a student's right to have grievances and to file complaints. Pilates from the Center is committed to addressing complaints and grievances effectively and fairly. This policy provides a procedure to documenting grievances and complaints related to issues both academic and non-academic, as well as complaints of unlawful discrimination and unfair treatment.

Pilates from the Center aims to address complaints and grievances through a fair and impartial resolution process that is carried out with transparency, that is accessible and available to all students and that respects the privacy of all parties involved. A student may file a complaint or grievance without fear of reprisals.

Procedure:

Any student with a complaint or a grievance should take the following actions (and be as specific as possible):

- Contact the person with whom they have the grievance and attempt to resolve the issue informally.
- If this is not a reasonable option, or if such an option does not remedy the situation, students should speak with the Director.
- If the matter is still not resolved, students may appeal in writing to PSAP@pilatesmethodalliance.org

Transfer of Credits

Pilates from the Center does not guarantee transferability of its credits to another institution unless there is a written agreement with another institution.

Credits from another institution will be evaluated on a case-by-case basis. Transfer of credits from other institutions requires a review fee of \$150 if a transcript is available. In the absence

of a written transcript, test-out options will be considered and fees related to the process will be charged by subject matter. Each level of mat, reformer, Cadillac, chair or any other equipment will incur a \$300 fee per assessment.

Please note that as Pilates engages touch for cueing and adjustment purposes, the program will require some level of touch, although sensitivity will be respected.

Education Services

Students will have access to online lectures, movement skills, symposiums and recorded classes in order to enhance their learning experience. Students can also check books out of the library, which can be found at the front desk.

Students are given access to their files via contacting the Program administrator. All files are kept in a locked filing cabinet behind the front desk of the studio. Students can contact the program administrator at pilatesfromthecenter@me.com and must allow 5 days to be given access to their files.