

# Apprentice Program Agreement

Thank you for joining the Pilates 212 Degree, Inc. Apprentice program. We look forward to being a collaborative part of your Pilates instructional journey. The aim of this program is to develop highly trained and educated Pilates instructors.

This is a comprehensive Pilates program that includes: mat work, beginner, intermediate and advanced reformer, trapeze, chair and barrel. Your journey will include mandatory readings, lecture hours, observation hours, self practice and teaching hours (detailed below). Upon completion of this course, participants receive a certificate of completion and meet the requirements to take the Pilates Method Alliance certification exam.

## **Requirements:**

Complete Apprentice Application

Two hours new student orientation

80 hours lecture and reading.

Five hours practical exam (after each unit)

160 observation hours - Can be completed at Pilates 212

160 self practice hours - Can be completed at Pilates 212

200 teaching hours - Can be completed at Pilates 212

Two hour pre-PMA study session

Must join the, Pilates Method Alliance, as a student. Cost \$35

Obtain liability insurance through Pilates Method Alliance

Purchase Pilates Method Alliance Study Guide to prepare for exam

Purchase "Return to Life" by, Joseph Pilates

All other instruction manuals are included

Cost: We offer two payment options; \$2,750, 30 days prior to Orientation; or through our installment agreement of \$550.00 per unit payable 30 days prior to each unit.

Upon completion of all requirements you will receive a certificate of Completion and you will be able to register for the Final Certification exam. (Additional cost of exam will apply.)

I \_\_\_\_\_, agree to the terms set forth in this agreement and the costs associated with this program. I understand that payment for each unit is expected in full 30 days prior to the first class in each unit.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_