

MAT PILATES LEVEL 3 DIPLOMA 2024







WHO WE ARE THE ACADEMY TEAM

AMANDA

brings Amanda her wealth of knowledge from Brazil to London. She has been working privately long term high with profile clients for over a decade and appearing at Pilates studios all over London, promoting wellbeing, injury prevention and health advice to change how people perceive health. a physiotherapy & numerous With degree Pilates courses completed with classical **Pilates** training at her core.

DEMI

Demi trained professionally as dancer. Coming from a personal struggle with a knee injury, Demi turned to Pilates to keep her strong and shares her learnings giving exceptional technique and rehabilitation through the structured power of movement. A class with is enchanting. sequenced, fun and effective.

MIRIAM

Miriam has enjoyed a long career as professional dancer having trained at Elmhurst Ballet School. Since retiring from dance, Miriam trained with The Body Control Pilates Association, allowing her to open her own Pilates business.

She now has more than fifteen years of experience, working with a diverse range of clients. Miriam has also completed a degree in psychology, to specialise in sport psychology.







VICTORIA

Victoria is a certified Master Trainer (eRYT500), and continued education provider (YACEP / ACTIVE IQ) and has been in the wellness industry for nearly 2 decades, teaching clients how to improve their health with programs cust omised to their lifestyle.

She has tutored more than 8000 people and shares her understanding of Pilates, Yoga and Mindfulness. Her passion is teaching and sharing with others to help make the world a better place.

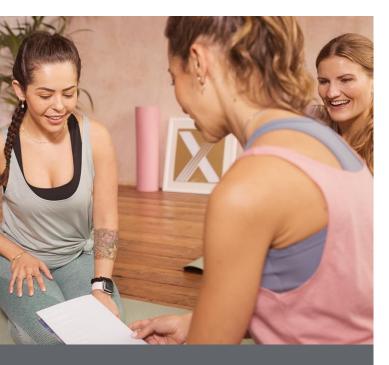
CAROLINE

Caroline has had passion for dance and movement since childhood. Having previously worked in law, she took a complete U turn at 27, and decided to original peruse her passion and retrain as a Pilates Teacher. A couple later vears she of embarked on adventure to India to train as a Yoga Teacher with Yoga Alliance, and then on to train with Birthlight a Prenatal Yoga Teacher. Caroline has ran many Pilates Teacher Training programmes and workshops, having trained Pilates Teachers from all over the UK.





HOW WE SUPPORT YOU



SUPPORT NETWORK

Get to know your Academy leaders and make use of their vast knowledge!

Throughout the course you will be able to reach out via Teams to ask questions and share knowledge together

You will be welcomed to attend X-Club classes (where space allows) to experience our method and learn from the best.

You'll receive a training manual for your study and guidelines for all your practical exams and coursework.

THE PROCESS

- / Apply for our Academy
- / Book a Course information call
- / Send through your ID & Qualifications
- / Pay your course fee £1549
- / Book your course dates
- / Complete pre-reading
- / Attend our in person 7 day course
- / Submit your lesson plan/s
- / Book your practical exam/s
- / Submit all your hour logs
- / Attend the Practical exam in person or online
- / Receive your certification on passing
- / If you had a lovely time, please leave us a review!
- / Stay in touch!



OVERVIEW OF TRAINING

PRE-READING

DAY 1

WELCOME & DOCUMENTATION
INTRODUCTION TO PILATES AND ITS HISTORY
THE PILATES PRINCIPLES
ANATOMY I
CLIENT DATA
BREATHING
THE CORE EXERCISES (PRACTICAL)

ASSESSMENTS

END OF DAY QUIZ (70% PASS RATE)

DAY 2

ANATOMY PART 2
MOBILISATION
EXERCISES BREAKDOWN
PARTNER WORK

HOMEWORK

PREPARE A 5 MINUTE WARM UP

DAY 3

ANATOMY 3
CUEING & COMMUNICATION
PROGRESSIONS, REGRESSIONS, MODIFICATIONS
PLANNING FOR BEGINNERS
PARTNER WORK

HOMEWORK

PLAN A 5 MINUTE PHRASE

DAY 4

ANATOMY 4

FUNDAMENTAL EXERCISES (PHASE 2)

INTERMEDIATE EXERCISES

CLASS DEMONSTRATIONS

HOMEWORK

READ THE PRINCIPLE OF EXERCISE & FITNESS MODULE START WORK YOUR CLASS PROGRAM

DAY 5

LEARNER ASSESSMENT PLAN
TEACHING PHASE 1 / 2 / 3
CLASS DEMONSTRATIONS

DAY 6

ANATOMY RECAPPING
TEACHING PRACTICE
GROUP TEACHING (PHASE 1 / 2 3)
RECAP OF THE PILATES PRINCIPLES

HOMEWORK

PLAN A 5 MINUTE PHRASE

DAY 7

PRACTICAL ASSESSMENT DAY
PLANNING SELF LEARNING AND REMOTE ASSESSMENTS

END OF PRACTICAL DAYS

SELF STUDY & COMPLETING THE COURSE OUTSIDE OF THE PRACTICAL DAYS

ASSESSMENTS & SUBMISSIONS

COURSEWORK/PROJECT

MULTIPLE CHOICE EXAMINATION

PORTFOLIO OF EVIDENCE

INCLUDED IN YOUR COURSE PRICE

- Access to support through Teachables for ad hoc questions and call slots with academy instructors
- A complimentary 3 -month membership to X-Club Westbourne Grove to experience the classes first hand.
- / The Training Manual
- A Certificate upon passing your training to share with insurance companies and future employers

OPTIONAL EXTRAS

- For those who would like some extra time with an Academy Trainer we offer 1:1 sessions (£90 per hour or £850 for 10 sessions). You can use this time to work on any of the course material or practically on the movement material. This can be before or after the practical days.
- / Following the completion of your course you will be offered recommendations of insurances that will allow you to begin teaching





GET IN TOUCH WITH YOUR ACADEMY TEAM WITH ANY QUESTIONS

TEAGAN@XCLUBS.CO.UK



