

Bridge Plus Teacher Training Program

Enrollment Requirements:

- Completion of The Pilates Center Intermediate Plus Teacher Training Program
- Injury free
- Post-Partum six months

Enrollment Fees:

Registration Fee \$250

Program Schedule:

The Pilates Center Bridge Plus Teacher Training Program is six months long and requires one trip to Boulder, Colorado to complete their final exams or a Licensed Teacher Trainer's studio. Students are encouraged to visit The Pilates Center as often as possible. Students should plan to send videos periodically to TPC throughout their program. Students should expect to dedicate a minimum of 10 – 12 hours per week to their Internship. Graduates of this program receive The Pilates Center Advanced Teacher Training diploma.

Tuition:

Education	\$2,710
Internship	\$280
Exams	\$1,100
Books/Supplies:	\$300 *estimate
Lessons	** Price varies

Total Program Costs: \$4,390 + lessons

Completion Requirements: 350 program hours

Orientation – 1 hour

New Student 1 hour

Orientation is completed with the students Host Advisor/Licensed Teacher Trainer. At orientation, students will be introduced to iTPC and be given their log-in and password to their account. The HA/LTT will go over the program information with the student. Upon

completion of the new student orientation, students will begin the training program beginning to view the online Formal Lecture Series and internship hours in their local studio.

Formal Lectures - 60 hours

Students will view the online lectures once during their program. Students have the option to attend them live in Boulder while enrolled in the program for no additional cost, but it will be

in addition to viewing the lectures online once. If students are able to attend the live lectures after viewing them online, it will reinforce the information viewed online. If students attend the lectures live, these hours can be counted towards Observation and Miscellaneous.

Local and long distance students: Attending live lectures at TPC. Schedule for all Formal Lecture weekends:

Friday	Lecture	4:00 p.m. – 7:00 p.m.
Saturday	Lecture	Noon – 3:00 p.m.
	Break	3:00 p.m. – 4:00 p.m.
	Lecture	4:00 p.m. – 7:00 p.m.
Sunday	Lecture	9:00 a.m. – Noon
	Break	Noon – 1:00 p.m.
	Lecture	1:00 p.m. – 4:00 p.m.

Trainees should be dressed in comfortable attire for the Formal Lecture Series. Some trainees will volunteer to be the “body” for exercises during the weekends. On certain days of the weekends, the Teacher Trainer will teach a Mat class. Typically trainees will be sitting on the floor or equipment and are encouraged to bring seating if so desired.

Advisor Meetings - 3 hours

First Advisor Meeting – teach Level IV 1.5 hour

During this meeting, students will practice teach in front of their HA/LTT and discuss their program hours and progress. A trainee or more advanced client is recommended during this meeting so that the student can teach more advanced exercises. The student needs to organize the body used in this meeting. If the student needs assistance this needs to be requested in advance. The student will be critiqued and given feedback and assistance during teaching. Full explanation in Phase 2. Refer to *First Advisor Meeting* document.

Second Advisor Meeting – teach Level IV-V 1.5 hours

During this meeting, students will practice teach in front of their HA/LTT and discuss their program hours and progress. A trainee or more advanced client is recommended during this meeting so that the student can teach more advanced exercises. The student needs to organize the body used in this meeting. If the student needs assistance this needs to be requested in advance. The student will be critiqued and given feedback and assistance during teaching. Full explanation in Phase 3. Refer to *Second Advisor Meeting* document.

Internship – 276 hours

The Internship hours should not be considered as “check marks” for trainees to complete, but rather the hours are used to understand on a deep level how to teach different types of clients that will have individual needs. Trainees need to learn to evaluate how to best communicate with clients, at the same time keeping them moving during a lesson and creating a lesson plan. Part of learning how to teach is also learning how to work with different types of personalities. If a student completes the internship hours as “check marks” it will be difficult to pass the final exams. It is important to use this time and the requirements to understand the Pilates Method. All internship hours are reported daily/weekly in iTPC. Students must turn in an assignment in each Phase for the internship hours.

Practice Teaching 100 hours

Students will use their professional teaching towards the Practice Teaching requirements. Students are encouraged to begin to use TPC’s teaching style when working with current clients to enhance the lessons. Take clear but simple “SOAP” notes in the client’s file, please refer to the *SOAP Notes* document.

Local Trainees: Practice Teaching is included in the tuition of the teacher training program, all students can use The Pilates Center facility to teach volunteer clients. There may be busy times in the studio that trainees cannot teach. Trainees cannot teach volunteer clients during Movement Skills classes (these classes are designed for students so they should either be enrolled or observing these classes).

Long Distance Trainees: Depending on a student’s current professional teaching, the student will need to find a studio and/or their own equipment where they can practice teach their volunteer clients. Students may have to pay additional fees to use equipment outside of TPC. The student should check with the local studio regarding Studio Protocol for teaching on the equipment. It is encouraged for long distance students to visit TPC during Host Advisor and Licensed Teacher Training Meetings to volunteer to practice teach for additional feedback for no additional cost.

What is considered as Practice Teaching?

Teaching Volunteer Clients and other trainees.
Teaching clients if already a professional teacher.
Teaching Skills classes are considered Practice Teaching.
Advising Appointments and Practical Exams are not.

Observation 75 hours

Observation begins immediately. Prior to observing, students should read the *Observation Guidelines (How to Observe)* document. This is a great way to begin observations. Start with the basic information; for example: names of equipment, exercises, order, set up for exercises and safety. Students should begin by observing a mixture of privates and more advanced classes. Observing more advanced clients will help the trainee to understand how to begin transitioning their current clients to a higher level. After a student has been observing for a month, refer to the *Practice Teaching Critique 1 and 2* documents to further look for a deeper understanding of the Pilates exercises.

*The point of the observation is to learn in a “real life” situation how to teach clients. Students can use hours of attending live lectures towards observation but should keep in mind that students should observe throughout the trainee program. As we grow in our careers, there is always more to learn.

Local Trainees: Observation is included in the tuition of the teacher training program, all students can use The Pilates Center facility to observe clients. Students must ask permission from teachers in advance and out of ear shot of clients if they can observe. Students should arrive at TPC in advance to determine what hours and teachers they would like to observe. This is especially true with private lessons. Private lessons can only be observed by two trainees at a time. Classes can have up to four observers as long as there are not more observers than clients in the classes. More advanced classes may have more observers since it is likely these attendees are trainees, graduates, and/or teachers that are participating in these classes; please check with the teacher prior to observing. There is a computer screen located at the front desk that students can look at for the entire day to see what is available in the studio to observe. It is a good idea to ask the receptionist to show the student what will be happening the next day so that the student can plan ahead. Students should sit a good distance away and not interrupt the lesson when observing. Plan to ask questions at the end of the lesson. If the teacher is in a hurry, write your question down and leave it at the front desk or email the teacher your questions. Be sure to look for modifications, words the teacher uses to move the client on and off the equipment, safety. Please refer to the *Observation Protocol* when observing at TPC.

Long Distance Trainees: Will need to find a studio where they can observe TPC graduates teach clients. Students may have to pay additional fees to observe outside of TPC. The student should check with the local studio regarding Studio Protocol for observing clients. It is encouraged to film lessons that trainees take with any TPC graduate so that they can view it at a later date for observation. This has shown to be extremely valuable for long distance students’ progress with observation and practice teaching, as well as their own personal journey in the Pilates repertoire. Students can observe DVD’s created by TPC and Pilates

Anytime classes taught by Amy, Rachel, Kelli, and Debora (as long as classical repertoire and not a different lineage: Eve Gentry). It is encouraged to observe as many TPC graduates as possible, in other words if a student is working with a Host Advisor, they should still find another TPC graduate to observe. This will give the trainee more exposure to different styles of teaching, which is extremely important when learning how to teach. Master's Program graduates who did not complete the teacher training program are observable; however, students should understand that the MP graduates did not learn how to teach from TPC so there will be differences in their teaching style. This will need to be taken into consideration when observing a MP graduate.

What is considered as Observation?

Observing TPC graduates teach

Observing TPC staff teach on Pilates Anytime, must be classical repertoire

Watching TPC staff teach on TPC's DVD's and/or online classes

Filming a lesson taken with a TPC teacher, Licensed Teacher Trainer, Host Advisor, and graduate then viewing it later. This option is used for local and long distance students.

Personal Workouts

40 hours

Students should refer to the *Personal Workout Guidelines* to begin personal workouts. These workouts are important to a student's movement progress during the program. When students take a lesson, they should write notes of discoveries that were made about Pilates exercises. It is a great idea to re-create a lesson as a personal workout. This will encourage changes in a student's body. TPC encourages that trainee's workout together as a group, as well as begin to find flow in the Pilates repertoire. It is encouraged for trainees to "be a body" while in the program. This is considered a personal workout because the trainee is teaching the client with feedback from a TPC graduate. This allows trainees to hear different descriptions about their movement patterns that will enhance their own teaching and movement. If students vocally record a teacher teaching a class or private, they can listen to this while working out and this is considered a Personal Workout.

Long distance students: Will need to find a studio and/or their own equipment where they can complete their personal workouts. Students may have to pay additional fees to use equipment outside of TPC. The student should check with the local studio regarding Studio Protocol for use of the equipment. It is encouraged for long distance students to visit TPC during Host Advisor and Licensed Teacher Training Meetings to volunteer to as a body for additional feedback for no additional cost.

What is considered Personal Workouts?

Working out with other trainees or on your own.

Another trainee teaching you.

Taking a lesson with a non-TPC graduate that is not approved for the training program.

Being a body for Host Advisor Meeting, Licensed Teacher Training Meeting, Advisor meeting, Observed Teaching, or Practical exam.

Lessons

40 hours

A balance of classes and privates will enhance your uniform development. Understand that the goal of each teacher is based in the foundation of “Return to Life”, although the language used for cues, images, and the modifications given for exercises may vary. When in doubt re-read “Return to Life” and see how the lessons enhance your own awareness related to the goals of Pilates or review the online lectures. Refer to the current class schedule. Take regular classes to experience this type of teaching with flow and take trainee classes to delve deeper in the teacher training questions. It is encouraged for students to film or vocal record private lessons. Students can vocally record classes as well. These are an additional cost to the student and not included in the program.

Local students: At TPC, there 8 – 10 teachers that have been working in a teacher training facility for at least 2 years, and teachers with 20 plus years’ experience. It is encouraged to take lessons (classes and privates) with different teachers to find a teacher that resonates with a student. TPC offers Movement Skills classes that are created for trainees to better learn skills needed to complete the exercises. These classes are a great way to collaborate with your fellow trainees and ask questions with the experience teachers at TPC.

Long distance students: Will need to find TPC graduates to work with that are local. It is best to take lessons from as many TPC graduates available in the student’s area, even if the student is working with a Host Advisor and/or Licensed Teacher Trainer. Students can take lessons with Master’s Program graduates who did not complete the teacher training program; however, students should understand that the MP graduates did not learn how to teach from TPC so there will be differences in their teaching style. This will need to be taken into consideration when taking lessons with a MP graduate.

What is considered Lessons?

Private lessons and/or classes from TPC graduates. It is encouraged to film your lessons. Movement Skills classes (Reformer, Mat, Chair, Pole/Tower) are considered Lessons. Skyping while a TPC teacher, Licensed Teacher Trainer, Host Advisor and/or graduate teaches the student.

* The trainee receive two free late cancels. Thereafter, the trainee is charged full-price for all classes or privates for that day that aren’t cancelled within 24 hours. Any class on Monday must be cancelled within 24 hours. There are two options to cancel for Monday: Call the front desk by Saturday or use Mind Body On-line to cancel within 24 hours.

Miscellaneous

10 hours

These hours are considered to be “independent learning”. This can be done through books, online videos (Pilates Anytime: viewing non-TPC teachers), and attending live workshops.

What is considered Miscellaneous?

Reading non-required books or Pilates literature.

Watching additional live lectures or reviewing online lectures.

Watching Symposium online or attending a live Symposium class.

Attending an anatomy course.

Attending continuing education workshops.

Reading Pilates related articles online

Observed Teaching

5 hours

Observed Teaching's referred to as OT's begin after the completion of the Second Advisor Meeting. The purpose of the OT's are for the students to experience being critiqued by different teachers prior to Final Practical. These appointments can be taken with any TPC teacher in Boulder. The student should challenge themselves by completing some or all of these with examiners/LTT's. Students can come to these appointments with an agenda; i.e. teaching flow, bringing a client they have questions about (clients do not pay a fee when being a “body” for OT's), teaching a certain level, etc. These appointments are meant to allow the student to begin to get over “stage fright” of teaching in front of different teachers, especially examiners/LTT's.

These appointments can be catered to the student's needs. Students should come to their OT appointments with a teaching skill they would like to work on during the meeting. OT's are 55 minutes long and students will teach for 45 – 50 minutes and discuss the notes written by the teacher completing the OT for 5 – 10 minutes. The teacher completing the OT will write notes for the student but will **not** be using the *Practice Teaching Critique 1*. The teacher will be looking for the student seeing more, multitasking, using imagery, speaking to issues with more accuracy and/or be capable of doing deeper work at tempo. The trainee will be required to turn in an assignment after completing each OT.

Local students: can work with any TPC teacher on staff.

Long distance students: working with a HA, will complete their first and second OT with their HA then complete their final OT at The Pilates Center or completing them with a local LTT. Only 3 of the 5 OT's can be done with a HA. A student can complete all 5 OT's with a local LTT. The last OT is completed in Boulder prior to the final exams, unless completed with

a local LTT. Long distance students can complete all 5 OT's with TPC by either Skyping or sending videos for the first 4 appointments. However, it is suggested to use a local HA or multiple HA's if there are multiple HA's in the students area.

What is considered Observed Teaching?

Observed teaching is in addition to teaching in Advisor meetings.

Observed teaching can be with any TPC teacher.

Long distance students can complete all OT's with a Licensed Teacher Trainer.

Long distance students can complete three OT's with a Host Advisor, the student will need to send video footage of themselves completing one OT to TPC or with a LTT. Students will alternate with HA and TPC staff/LTT during the program.

*(It is encouraged to film all OT's, this can be used as observation)

Teaching Clinic/Skills

4 hours

Teaching Clinics and Teaching Skills classes are taught in a group setting. Students focus on specific teaching skills that either the teacher prepares for in advance or students bring questions to the classes. These are an additional cost to the student and are not included in the program.

Local students: have the option to attend a Teaching Clinic, which is available on Thursday's in between the Weekend I & II, and Weekend III & IV. These clinics are a great way to practice different teaching skills in a workshop setting for two hours. If students are unable to make the clinics, the student can attend Teaching Skills (1 hour) and this can count towards these required hours.

Long distance students: Will need to work with their local HA and/or LTT to attend Teaching Skills classes. TPC graduates may already offer an opportunity for these types of hours but call it something different; for example, "teacher time".

What is considered as Teaching Clinic/Skills hours?

Offered at TPC in between lecture weekends as a two hour trainee workshop dedicated to teaching skills for students.

Teaching Skills classes **can** be considered as Teaching Clinics if clinics are unavailable.

Exams - 10 hours

The Pilates Center Bridge Plus Teacher Training Program examination process ensures that each Trainee graduates with the extensive knowledge necessary to be an exemplary Pilates teacher.

There are three final exams - a final written essay exam, a practical teaching exam and a performance exam. During all performance and practical exams the examiners will ask why you are making specific choices and discuss (with you) what you are thinking.

All written exams are taken on iTPC.

All exams are pass/fail with the passing mark at 85%. Any failed exam must be repeated, and the Trainee is responsible for paying a separate fee to repeat the exam. Should a Trainee fail any exam a second time, a written warning will be issued and the Director of Education will discuss options with Amy/Rachel.

TPC's primary mission in the Bridge Plus Teacher Training Program is to produce the finest Pilates teachers in the world. To that end, the exam process is both challenging and stimulating, and yet sometimes even confronting as well. Know that the examiners have high standards; but at the same time, they are also profoundly committed to making sure you have achieved proficiency, and beyond that, to helping you reach even higher goals through the testing experience.

Because the final exams are meant to be learning experiences too, each situation is unique and personal. Expect the examiners to talk quietly between themselves, take notes, and to make requests of and suggestions to you. They may even stop you if they feel the need to steer you in a different direction or understand your thinking better. This is meant to stimulate your teaching to higher levels.

We highly suggest that you:

1. take every opportunity to watch others' exams
2. consider being a 'body' for other trainees' exams
3. practice teach in front of the examiners and your teachers as much as possible prior to your final practical exams
4. choose a volunteer client "body" who understands the rigorous agenda and is up to the challenges of this vulnerable and revealing experience. This body needs to be at least a Level IV, working on the Level V work.

Always remember that the examiners are trying to stimulate you to your deepest learning experience and to set you on the most powerful path to your future.

Written Exam 3 (essay)

6 hours

This essay exam is purposefully worded to show what you know and how you think. The questions range from history through theory and often combine multiple aspects of your

training. The exam must be typed and attached to iTPC, refer to *Essay Writing* document. A Licensed Teacher Trainer at TPC or local to the long distance trainee will grade this exam. Please allow up to two weeks to receive feedback. This exam is taken in Phase 5. Refer to the *Written Exam 3 Study Guide* document.

Final Performance (perform Level V) 2 hours

In this exam you will perform the advanced (Level V) Pilates repertoire. Students will perform either Reformer or Mat depending on equipment availability and should be prepared for both. This exam is taken in Phase 6 with two Licensed Teacher Trainers.

Local and long distance students: complete this exam in person in Boulder at The Pilates Center. This exam needs to be schedule at least two months in advance to ensure availability in the schedule. If a long distance student is working with a local LTT, they can complete this exam in person with the local LTT and will receive feedback immediately; these students do not have to travel to TPC to complete their finals. Ideally there are two LTT's or a LTT and HA sitting in on the exam. However, it is highly suggested to visit TPC at least once during the training program. LTT will use the *Performance Critique 3* during this exam, students will need to complete an assignment in iTPC after receiving feedback. Refer to *Advanced and Bridge Practice and Final Exams* document for exercises.

Final Practical (teach Level V) 2 hours

This teaching exam allows us to consolidate all previous exam information so we can guide you through any lingering questions. The exam will be done on either Reformer or Mat teaching the advanced work, students should be prepared for both. It is a two hour exam and assures us that you know every exercise on every piece of Pilates equipment, are able to modify as necessary for your client, and can teach using all the skills outlined in the Critiques and How to Observe forms. Choose a volunteer client who is well versed in Pilates (an advanced (Level IV – V) Trainee that can complete all Level V exercises). This exam is taken in Phase 6 with two Licensed Teacher Trainers.

Local and long distance students: complete this exam in person in Boulder at The Pilates Center. If a long distance student is working with a local LTT, they can complete this exam in person with the local LTT and will receive feedback immediately; these students do not have to travel to TPC to complete their finals. However, it is highly suggested to visit TPC at least once during the training program. Ideally there are two LTT's or a LTT and HA sitting in on the exam. LTT will use the *Practical Critique 2* during this exam, students will need to complete an assignment in iTPC after receiving feedback. Refer to *Advanced and Bridge Practice and Final Exams* document for exercises.

* If a student fails any exam, they will be responsible to pay to retake the exam to graduate. Upon completion of the Final Performance and Practical, students will complete a final assignment, the *Graduation Form*.

iTPC

All assignments in iTPC must be completed with a passing grade of 85%. If the assignments are not completed upon completion of final exams, the student will be expected to pay extensions until iTPC is completed. The student will receive their diploma once all assignments and requirements have been met.

Leaves of Absence

Holds

Trainees have the option to go “on hold” once during their year. The hold status can last for up to one year from the date of the hold. All Trainee benefits will cease during this period of time. A Trainee may take advantage of this option if they are injured, have a personal emergency or are not progressing as required. If a trainee becomes pregnant, the student will have an extended hold until the student is six months post-partum.

Based on the length of time on hold, the Trainee may be required to purchase and perform a Re-entrance Evaluation (\$80.00 USD). Should any pricing change during the leave, the Trainee is responsible to pay the cost of the current prices. The Director of Education and/or Assistant to DE must receive the signed *Hold Form*.

Extensions

Extensions are offered to provide extra time for Trainees to prepare themselves for exams, complete internship hours or to extend their benefits and graduation date due to personal issues. Extensions are \$175.00 USD for one month (30 days) from the date of purchase. During an extension, trainees keep all benefits and continue to count all internship hours. Multiple extensions may be purchased.

Each student is enrolled in iTPC and will have access throughout the program weekly internship requirements, program events, and online Formal Lectures and Exam requirements. Students are required to fill out, sign, and turn in an *Extension Form* to the Director of Education or Assistant to DE. If this does not occur, the student will be withdrawn from the program and be required to complete a Re-entrance Evaluation (\$80.00 USD) and Re-entrance fee (\$100.00 USD) up to one month of expiration of the program after one month has passed the student will be required to re-apply for the entire teacher training program again.

Sending Videos to TPC

Long distance students will need to send videos to TPC via DVD or through the internet. These trainees are responsible for filming and mailing or emailing the videos. Students should plan to send required videos at least two weeks prior to the timeline in iTPC to receive feedback so that the student will not be “stopped” in iTPC. Students turn in assignments after receiving feedback for Observed Teachings, Performance, and Practical exams.

Below are ideas how to send videos:

Any video camera or camera that takes video would work fine. YouTube is preferred or Vimeo. Both of these sites are slightly different, but both of them allow students to sign up for an account, upload a video and email the link.

If a student decides to send a video via DVD through the mail, it should be sent to the following address:

The Pilates Center
Attention: Pace Wilson
5500 Flatiron Parkway, Suite 110
Boulder, CO 80301

If a student is sending a video via Vimeo or YouTube, it should be emailed to Kelli@thepilatescenter.com. Be sure to invite Kelli to the video so it can be viewed in a timely manner.