Student / Apprentice Course Policies Agreement

Comprehensive Matwork & Reformer Certification

Students are required to complete additional hours apart from in-class hours. Observation, Physical Review, and Practice Teaching hours are logged in the Observation and Practice Logs, located in your support materials.

The Apprenticeship Program must be completed at the Toronto Corporate Training Center in Toronto, Ontario. Log apprenticeship hours on time sheets available from the Studio Coordinators. These hours must be completed and copies of your log and time sheets must be presented at the time of your exam.

To receive a certificate, you must complete all additional hours and pass your exam with 80% or above. Please sign the Course Policies and the Apprenticeship Program Policies Agreements and return to the Education Advisor. Course materials are mandatory and are also required for the first day of class.

At the Start of the Course

The studio is open Monday to Thursdays 7am-12pm and 2-5pm, Fridays 7am-12pm and 2-7pm and Saturdays from 11am-3pm. It is recommended that you complete your Physical Review and Practice Teaching hours during quiet times in the studio.

Observation Hours – 20 hours

Observation Hours can be a combination of watching sessions taught by a STOTT PILATES® Certified Instructor and studying videos included in your required course materials.

You may also complete Observation Hours at another Merrithew Licensed Training Center pending their approval. Please contact the manager or director of the studio before observing any sessions.

When observing please sit quietly at the side or rear of the studio so as not to disturb clients.

Record your hours on your Observation Hours sheets.

Physical Review Hours – 70 hours

Physical Review includes putting yourself through a workout or having someone teach you. You may also consider a one-on-one session with an Instructor Trainer or taking a STOTT PILATES class or workshop containing material pertinent to your course.

Log your hours on your Practice Hours sheets.

Practice Teaching Hours – 40 hours

Work out a friend, family member, class partner, or STOTT PILATES staff member to complete your practice teaching hours.

Log your hours on your Practice Hours sheets.

At the End of the Course

Apprenticeship Hours – 60 hours

Students may apply to begin their Apprenticeship Hours upon **completion** of the Matwork and Reformer course.

Apprenticeship Hours are completed by teaching students, staff, friends, family and clients until approved to teach clients. Before starting apprenticeship hours you must have an evaluation with an Instructor Trainer to determine your capabilities.

Once approved, a Studio Coordinator assigns you a shift to take on clients. Note that Apprenticeship Hours may take six to 12 weeks to complete.

Sixty Apprenticeship Hours are required for the Comprehensive Matwork & Reformer course. At least half of these hours must be teaching clients, including the 50% at the Family & Friends rate. Teaching students and staff may be used toward the 60 hours but can count for no more than half these hours.

You will be evaluated once more during your apprenticeship.

If you require any assistance with your Apprenticeship Hours please ask for the Senior Studio Coordinator who will assist you with your concerns.

As a STOTT PILATES student, I understand that I must complete the requirements, as stated in the Course Policy and Apprenticeship Progam Policy Agreements, in order to become a STOTT PILATES Certified Instructor.

Signature _____

Date _____

Student / Apprentice Course Policies Agreement

Full Certification

Students are required to complete additional hours apart from in-class hours. Observation, Physical Review, and Practice Teaching hours are logged in the Observation and Practice Logs, located in your support materials.

The Apprenticeship Program must be completed at the Toronto Corporate Training Center in Toronto, Ontario. Log apprenticeship hours on time sheets available from the Studio Coordinators. These hours must be completed and copies of your log and time sheets must be presented at the time of your exam.

To receive a certificate, you must complete all additional hours and pass your exam with 80% or above. Please sign the Course Policies and the Apprenticeship Program Policies Agreements and return to the Education Advisor. Course materials are mandatory and are also required for the first day of class.

At the Start of the Course

The studio is open Monday to Thursdays 7am-12pm and 2-5pm, Fridays 7am-12pm and 2-7pm and Saturdays from 11am-3pm. It is recommended that you complete your Physical Review and Practice Teaching hours during quiet times in the studio.

Observation Hours – 30 hours

Observation Hours can be a combination of watching sessions taught by a STOTT PILATES® Certified Instructor and studying videos included in your required course materials.

You may also complete Observation Hours at another Merrithew Licensed Training Center pending their approval. Please contact the manager or director of the studio before observing any sessions.

When observing please sit quietly at the side or rear of the studio so as not to disturb clients.

Record your hours on your Observation Hours sheets.

Physical Review Hours – 110 hours

Physical Review includes putting yourself through a workout or having someone teach you. You may also consider a one-on-one session with an Instructor Trainer or taking a STOTT PILATES class or workshop containing material pertinent to your course.

Log your hours on your Practice Hours sheets.

Practice Teaching Hours – 65 hours

Work out a friend, family member, class partner, or STOTT PILATES staff member to complete your practice teaching hours.

Log your hours on your Practice Hours sheets.

At the End of the Course

Apprenticeship Hours – 100 hours

Students may apply to begin their Apprenticeship Hours upon **completion** of the Matwork and Reformer course.

Apprenticeship Hours are completed by teaching students, staff, friends, family and clients until approved to teach clients. Before starting apprenticeship hours you must have an evaluation with an Instructor Trainer to determine your capabilities.

Once approved, a Studio Coordinator assigns you a shift to take on clients. Note that Apprenticeship Hours may take six to 12 weeks to complete.

Sixty Apprenticeship Hours are required for the Comprehensive Matwork & Reformer course. At least half of these hours must be teaching clients, including the 50% at the Family & Friends rate. Teaching students and staff may be used toward the 60 hours but can count for no more than half these hours.

You will be evaluated once more during your apprenticeship.

If you require any assistance with your Apprenticeship Hours please ask for the Senior Studio Coordinator who will assist you with your concerns.

As a STOTT PILATES student, I understand that I must complete the requirements, as stated in the Course Policy and Apprenticeship Progam Policy Agreements, in order to become a STOTT PILATES Certified Instructor.

Signature _____

Date _____