

Reformer Certification

Tuition: \$1,500.00

PROGRAM LENGTH: Six Saturdays over a six-month period; this 208-hour program is taught in 11-hour segments, separated by a period of six months of practical experience.

HOURS OF LECTURE TIME: 66 hours class/lab time

ADDITIONAL HOURS REQUIRED: 92 apprentice hours; 50 self-practice hours (must be completed by the last class)

PREREQUISITES: Successful completion of Mat Level I; working knowledge of Pilates; must have had a session on the reformer at a Pilates studio.

BOOKS/MATERIALS NEEDED: PCC will provide at the workshop

UPON SATISFACTORY COMPLETION, YOU WILL BE QUALIFIED TO: TEACH A REFORMER CLASS AND GIVE PRIVATE OR SEMI-PRIVATE LESSONS.

Through lecture, discussion, journaling, and hands-on activities, participants will learn:

- * THE NAMES OF THE REFORMER EXERCISES
- * HOW YOU CAN MAKE AN EXERCISE MORE CHALLENGING
- * WHAT THE EXERCISE IS ACCOMPLISHING/GOAL OF THE EXERCISE
- * BENEFIT OF EACH EXERCISE
- * CONTRAINDICATIONS
- * ANATOMICAL POSITIONS
- * PROPER PILATES BREATHING
- * VERBAL AND TACTILE CUEING
- * PROPER FORM
- * ANATOMY
- * HISTORY OF PILATES
- * HOW TO COMMUNICATE WITH CLIENTS
- * WHAT CLIENTS SHOULD BE FEELING
- * ALL APPRENTICE AND SELF-PRACTICE HOUR MUST BE COMPLETED BY THE END OF THE COURSE

Requirements:

- * SUCCESSFUL COMPLETION OF ASSIGNMENTS, AS WELL AS WRITTEN AND PRACTICAL TESTS
- * ACCESS TO A VIDEO CAMERA
- * THIS CERTIFICATION REQUIRES SIX WEEKENDS OF INSTRUCTION WITHIN A SIX-MONTH PERIOD.

STUDENTS IN ALL EQUIPMENT CERTIFICATION PROGRAMS MUST CARRY PROFESSIONAL LIABILITY INSURANCE COVERAGE FOR 1 MILLION DOLLARS, AND SHOW PROOF 1 WEEK BEFORE THE FIRST CLASS SESSION. QUESTIONS OR GUIDANCE IN FINDING A REPUTABLE INSURER CAN BE DIRECTED TO THE PCC OFFICE.