

# *Pilates Instructor Certification*

***Certified Pilates instructors are in high demand. Increase your earning potential by becoming one of those highly sought-after individuals. Pilates Associates of Central New York, LLC is holding instructor training workshops in your area.***

A certification from Pilates Associates of Central New York (PACNY) will give you the extensive training and confidence necessary to safely and effectively teach the Pilates repertoire. This modular certification is based upon a fusion of classical Pilates exercises and modern exercise science. It is a training course developed specifically for those who are serious about a career in Pilates instruction or enhancing their current healthcare or fitness practice.

Full certification is accomplished in a 9 month comprehensive program, or over time in a modular fashion. Modular certification generally takes 1 ½ - 2 years and is accomplished via small group instruction (up to 12 participants), while the comprehensive certification track offers significantly more 1-on-1 instruction and feedback.

## **Pilates Certification Modules Include**

- Anatomy/Kinesiology & Biomechanics Review.
- Postural and basic gait analysis.
- The names and correct execution of the exercises.
- The names of the apparatus and all of the various parts.
- The appropriate sequencing of the exercises, repetitions, and the use of resistance.
- The appropriate set-up of the apparatus for each exercise.
- Comprehensive teaching skills workshop.
- The objectives of each exercise.
- How to design a client specific program.
- How to effectively modify, break down, and/or adapt for special populations.

In addition to meeting all of the standard requirements of a Pilates certification course, each of our certification modules includes a 3 hour "Teaching Skills Workshop" designed to improve communication between instructors and their clients. Knowledge, client education, and presentation are what set our graduates apart from other instructors.

**Call The PILATES Room for details: (607) 330-0957**

310 Taughannock Blvd, Ste 2B  
Ithaca, NY 14850  
Tel: 607.330.0957 Email: [info@nypilates.info](mailto:info@nypilates.info)



## Comprehensive Certification Track

**COMPREHENSIVE TEACHER TRAINING (CTT)** - PACNY Comprehensive Teacher Training is a 9 month Instructor Training and Certification program consisting of education in the Mat, Reformer, Cadillac, Chair, & Barrel Repertoires, in addition to comprehensive anatomy and post-rehab education. The complete certification encompasses 650 hrs of combined classroom, observation, and apprenticeship activity.

250 Classroom hours (does not include homework and case studies) Repertoire

- Anatomy & Biomechanics
- Postural Assessment & Program Design
- Post-rehab considerations and contraindications
- Teaching Skills

50 Documented Observation hours

- 25 hrs - private training
- 25 hrs - group training

100 Documented Assistant Apprentice hours

- 50 hrs - supervised private/duet instruction
- 25 hrs - supervised mat class instruction
- 25 hrs - supervised reformer class instruction

100 Documented Supervised Apprentice hours

- 50 hrs - supervised private/duet instruction
- 25 hrs - supervised mat class instruction
- 25 hrs - supervised reformer class instruction

150 Documented Solo Teaching hours 100 hrs - supervised private/duet instruction

- 25 hrs - supervised mat class instruction
- 25 hrs - supervised reformer class instruction

50 Documented Personal Review hours

- Repertoire practice

**Course Fee: \$5549 – SAVE \$618** (\$6167 for courses and manuals when completed via the modular track)

The course fee covers all materials, instructors and certification exams in addition to workshop auditing privileges, unlimited class participation, and studio use for personal review. In addition, registrants are eligible for the reduced private training rate of \$50.

Registration for the *comprehensive program* requires a 50% upfront deposit, with the balance due before the first day of the course. Monthly payment plans may be arranged for an additional 5% financing fee.

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## Modular Certification Track

**MODULAR TEACHER TRAINING (MTT)** - PACNY Modular Teacher Training is an Instructor Training and Certification program consisting of education in the Mat, Reformer, Cadillac, Chair, & Barrel Repertoires, in addition to comprehensive anatomy and post-rehab education. The complete certification encompasses 650 hrs of combined classroom, observation, and apprenticeship activity.

**The ABP Workshop is a pre-requisite for all modules**

- **10hrs ABP** = Anatomy, Biomechanics, Posture Assessment
- **36hrs MAT** = Mat Repertoire Levels 1-3
- **18hrs BAR** = Ladder Barrel, Arc Barrel, Spine Corrector Levels 1-3
- **60hrs REF** = Reformer Repertoire Levels 1-3
- **24hrs CHR** = Wunda Chair Repertoire Levels 1-3
- **32hrs CAD** = Reformer Repertoire Levels 1-3
- **18hrs SPC** = Special Populations & Contraindications

**200 HRS = TOTAL HOURS (does not include homework and case studies)**

In addition to workshop hours noted above, candidates for PACNY Certification Assessment must complete the following experiential hours:

- 40hrs Practical Experience for each apparatus module (or 200hrs total)
- 10hrs Personal Review for each apparatus module (or 50hrs total)
- 20hrs Observation for each apparatus module (or 100hrs total)

PACNY Certification Assessment is available for each individual module, however candidates who wish to sit for the PMA Pilates Certification Exam must complete coursework and required practical, observation and personal review hours for ALL Modules.

## Modular Certification Additional Information & Fees

<b>Anatomy, Biomechanics, &amp; Posture</b> (\$299)	<b>10hrs Lecture &amp; Workshop</b>
<b>Mat Repertoire</b> (\$999)	<b>36hrs Lecture &amp; Workshop 40hrs Practical Experience 20hrs Observation 10hrs Personal Review Written &amp; Practical Exam</b>
<b>Reformer Repertoire</b> (\$1699)	<b>60hrs Lecture &amp; Workshop 40hrs Practical Experience 20hrs Observation 10hrs Personal Review Written &amp; Practical Exam</b>
<b>Cadillac Repertoire</b> (\$959)	<b>32hrs Lecture &amp; Workshop 40hrs Practical Experience 20hrs Observation 10hrs Personal Review Written &amp; Practical Exam</b>
<b>Chair Repertoire</b> (\$729)	<b>24hrs Lecture &amp; Workshop 40hrs Practical Experience 20hrs Observation 10hrs Personal Review Written &amp; Practical Exam</b>
<b>Barrels Repertoire</b> (\$539)	<b>18hrs Lecture &amp; Workshop 40hrs Practical Experience 20hrs Observation 10hrs Personal Review Written &amp; Practical Exam</b>
<b>Special Populations &amp; Contraindications</b> (\$599)	<b>20hrs Lecture &amp; Workshop</b>
<b>Exam Fee</b> (\$125/ea. – cumulative \$250) <b>Re-testing Fee</b> (\$75)	<b>Covers Written and Practical</b>
<b>Make-up Hours (Private Session - \$75/hr)</b> 1hr of private instruction for each 2 hours missed	

Participation in ALL classroom instruction is required. Any missed hours of instruction may be made up, for an additional fee, at a ratio of 1hour of private instruction for each two hours of missed classroom participation. Prior instructor consent is required



# ***AQUALATES® Instructor Certification***

The **AQUALATES®** Level I Teacher Training Certification is a 16hr workshop designed to provide participants with the foundational teaching and cueing skills necessary to instruct others in this very specialized exercise method. Learn much more than a simple set of exercises. Learn how to tailor and educate.

Course instruction includes:

1. basic anatomy & kinesiology review
2. basic hydrodynamics
3. H2O safety concerns
4. principles of **AQUALATES®**
5. level I exercises and exercise modifications
6. teaching and cueing techniques in water and on the deck
7. program design consideration and modifications for special populations



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**AQUALATES I Workshop**(\$299)  
**AQUALATES Manual** (\$59)

**15hrs Lecture & Workshop**  
**15hrs Practical Experience**  
**10hrs Personal Review**  
**Written & Practical Exam**

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## **SUGGESTED PREREQUISITS:**

PACNY upholds high standards for all of its certified instructors. Though the following prerequisites are not required, they are highly recommended. If you do not meet these suggested prerequisites, plan extra time to study anatomy and additional hours of practical teaching before taking the written and practical exams.

- College level anatomy
- Personal Training/Group Fitness certification **or** 2 years of fitness instruction experience **or** healthcare degree/certification
- Pilates experience

## **PILATES CERTIFICATION REQUIREMENTS:**

Upon successful completion of coursework, participants have 6 months to log additional practical experience, observation and personal review as previously noted. Once these requisits have been met, written and practical Certification Assessment Exams may be scheduled directly with PACNY staff on an individual basis.

## **AQUALATES CERTIFICATION REQUIREMENTS:**

Upon successful completion of the workshop and coursework, participants have 6 months to acquire the additional 15hrs of practical experience required for certification. Once the prerequisites for certification have been met, the written and practical exams may be scheduled directly with AQUALATES® International on an individual basis. The exam fee is \$50.

## **EXAMS:**

Testing consists of a written exam and practical presentation. Two hours are allowed for completion of the 100-question written exam and 1hr for the practical portion (45min for Aqualates and 1.5hrs for triple-module practical exams). A combined score of 80% is required for certification. In the event a passing score is not achieved, a re-test may be sceduled as soon as 4 weeks, but not more than 4 months, after the initial exam.

### **EXAM FEES**

\$125 – Single Module (i.e. Reformer written and practical)

\$250 – Two or More Module (i.e. Mat, Chair & Adv. Reformer written & practical)

\$ 75 – Re-test fee

### **REQUIRED MATERIALS:**

The required instruction manual and "Fundamental Skills Reference Guide" are \$49 for registrants, and may be purchased in advance for delivery on the first day of the workshop. Prices for non-registered individuals and replacement manuals and guides are as follows:

#### ***INSTRUCTOR MANUALS & GUIDES***

\$59 - Pilates Mat Repertoire

\$69 - Reformer Repertoire

\$59 - Chair Repertoire

\$49 - Barrels Repertoire

\$59 - Cadillac Repertoire

\$59 - Aqualates®

\$49 - Fundamental Skills Guide

#### ***CONSUMER PURCHASE/REPLACEMENT GUIDES***

\$69 - Pilates Mat Repertoire

\$79 - Reformer Repertoire

\$69 - Chair Repertoire

\$59 - Barrels Repertoire

\$69 - Cadillac Repertoire

\$69 - Aqualates®

\$59 - Fundamental Skills Guide

(for registered participants only)

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