

# course application

## mail your application to:

STOTT PILATES 2200 Yonge Street, suite 500, Toronto ON, Canada M4S 2C6 or fax: 416-482-2742 attn: Education Dept.

If you would like to take your course at one of our Licensed Training Centers or Hosting sites across the globe, please mail this application directly to that location. For the correct postal address, visit the facility's web page.

For Licensed Training Centers contact information visit [www.stottpilates.com/education/centers.html](http://www.stottpilates.com/education/centers.html)

For Hosting sites contact information visit [www.stottpilates.com/education/hostcenters.html](http://www.stottpilates.com/education/hostcenters.html)

## contact information *please print*

name:		company name (if applicable):	
<hr/>			
address:			
<hr/>			
city:	prov. /state:	country:	postal / zip code:
<hr/>			
telephone day:	evening:	email:	
<hr/>			

## course registration

Applications must be accompanied by a detailed resume / CV outlining education and experience, two letters of references, a deposit of 20% of the course fee and a deposit of 20% of the materials fee. Space is limited and applications will be processed on a first-come, first-served basis. Space will **ONLY** be reserved upon the receipt of all application materials and deposits.

Prices are subject to change without notice. Fees for courses and workshops do not include required course materials or applicable taxes. Course fees are due two weeks before course start date. **Deposits and course fees are non-refundable. Deposits are non-transferable.** For full details about our registration and cancellation policy, contact us.

Applicants under the age of 18 are subject to registration approval by the Program Director, Toronto Corporate Training Center.

## comprehensive program

- |  |   |
|--|---|
| <input type="checkbox"/> <b>CMR</b> Comprehensive Matwork & Reformer – 90 hrs + 60 hrs apprenticeship          | <input type="checkbox"/> <b>CCCB</b> Comprehensive Cadillac, Chair & Barrels – 50 hrs + 40 hrs apprenticeship |
| <input type="checkbox"/> <b>ISP</b> Injuries & Special Populations – 24 hrs                                    | <input type="checkbox"/> <b>AM, AR, ACCB</b> Advanced Repertoire – 36 hrs                                     |
| <input type="checkbox"/> <b>FULL</b> [CMR, CCCB, ISP, AM, AR, ACCB] – 7 month program + 100 hrs apprenticeship |   |

## intensive program

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> <b>IMP</b> Intensive Mat-Plus™ – 40 hrs            | <input type="checkbox"/> <b>IMP</b> Module 1 – 25hrs                   | <input type="checkbox"/> Module 2 – 15hrs |
| <input type="checkbox"/> <b>IR</b> Intensive Reformer – 50 hrs              | <input type="checkbox"/> <b>IR</b> Module 1 – 30hrs                    | <input type="checkbox"/> Module 2 – 20hrs |
| <input type="checkbox"/> <b>AM</b> Advanced Matwork – 6 hrs                 | <input type="checkbox"/> <b>AR</b> Advanced Reformer – 18 hrs          |   |
| <input type="checkbox"/> <b>ICAD</b> Intensive Cadillac – 25 hrs            | <input type="checkbox"/> <b>ACAD</b> Intensive Cadillac – 6 hrs        |   |
| <input type="checkbox"/> <b>ICHR</b> Intensive Stability Chair – 15 hrs     | <input type="checkbox"/> <b>ACHR</b> Intensive Stability Chair – 3 hrs |   |
| <input type="checkbox"/> <b>IBRL</b> Intensive Barrel – 10 hrs              | <input type="checkbox"/> <b>ABRL</b> Intensive Barrel – 3 hrs          |   |
| <input type="checkbox"/> <b>ISP</b> Injuries & Special Populations – 24 hrs |  |   |

### Education

**STOTT PILATES®**  
*m* **merrithew**CORPORATION

2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6  
Telephone 416-482-4050 Facsimile 416-482-2742 Email [education@stottpilates.com](mailto:education@stottpilates.com)  
Toll-free North America 1-800-910-0001 UK 0800-328-5676

# course application (cont'd)

## course registration (cont'd)

### group spx™ program

- |   |   |
|---|---|
| <input type="checkbox"/> <b>GM1</b> Group SPX Mat-Plus, Module 1 – 25 hrs | <input type="checkbox"/> <b>GR1</b> Group SPX Reformer, Module 1 – 30 hrs |
| <input type="checkbox"/> <b>GM2</b> Group SPX Mat-Plus, Module 2 – 15 hrs | <input type="checkbox"/> <b>GR2</b> Group SPX Reformer, Module 2 – 20 hrs |

### rehabilitation program

- |  |
|--|
| <input type="checkbox"/> <b>RMR1</b> Lumbar & Shoulder Girdle Stabilization; Matwork & Rehab Reformer – 24 hrs   |
| <input type="checkbox"/> <b>RCCB1</b> Lumbar & Shoulder Girdle Stabilization; Cadillac, Chair & Barrels – 24 hrs |
| <input type="checkbox"/> <b>RMR2</b> Peripheral Joint Rehabilitation; Matwork & Rehab Reformer – 16 hrs          |
| <input type="checkbox"/> <b>RCCB2</b> Peripheral Joint Rehabilitation; Cadillac, Chair & Barrels – 16 hrs        |

### crossover workshops

- |  |
|--|
| <input type="checkbox"/> <b>XMG</b> Crossover from Intensive Mat-Plus Training or CMR Group Training – 6 hrs |
| <input type="checkbox"/> <b>XRG</b> Crossover from Intensive Reformer Training or CMR Group Training – 6 hrs |
| <input type="checkbox"/> <b>XMP</b> Crossover from Group SPX Mat-Plus to Personal Training – 10 hrs          |
| <input type="checkbox"/> <b>XRP</b> Crossover from Group SPX Reformer to Personal Training – 10 hrs          |

## start date requested

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## payment method

- |                                       |                                       |                                     |                               |                               |                                |                                      |
|---------------------------------------|---------------------------------------|-------------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------------|
| <input type="checkbox"/> deposit only | <input type="checkbox"/> full payment | <input type="checkbox"/> MasterCard | <input type="checkbox"/> VISA | <input type="checkbox"/> AMEX | <input type="checkbox"/> check | <input type="checkbox"/> money order |
|---------------------------------------|---------------------------------------|-------------------------------------|-------------------------------|-------------------------------|--------------------------------|--------------------------------------|

account number:		exp:	
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name on card:	signature:
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## reference letters

Letters should reflect course prerequisites, your teaching abilities and character



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# course application (cont'd)

## relevant education

Please list related degrees, diplomas, post-secondary or certificate courses and workshops

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Describe anatomy education: Include number of hours, when / where you studied and what topics were covered

(e.g. musculoskeletal, anatomy, biomechanics)

college / university course

workshop / other

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List related certification (please specify: eg. ACE, AFAA)

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## relevant experience

Outline your teaching experience (describe subject taught / years teaching)

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Describe your personal experience in dance, fitness or other body work (how many years / how recently)

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Outline your pilates experience

(describe when & where, indicate the STOTT PILATES method or other)

none

1-10 hrs

10-30 hrs

30+ hrs

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# course application (cont'd)

## personal information

Do you have any injuries, conditions or postural issues? Are you currently pregnant or have you recently given birth?  
Failure to disclose any issues prior to enrollment may result in your removal from the course.

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How did you hear about STOTT PILATES and its education program?

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Why are you interested in becoming a Pilates instructor?

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Are you using this course to fulfill continuing education credits?  Yes  No If so, for what organization?

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I plan to attend all course hours:  Yes  No

I hereby certify that the information provided on this application is accurate.

I understand that failure to provide accurate information may result in my removal from the certification program.

I have included the following:

- 20% non-refundable / non-transferable course fee deposit
- 20% non-refundable / non-transferable course materials deposit
- Two letters of reference
- Detailed resume / CV of education / experience

Applications that do not include the above will not be processed.

signature: \_\_\_\_\_

date: \_\_\_\_\_