

Anne Sexton Pilates

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Pilates Teacher Training

Comprehensive 450hour Programme

2017- 2018



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Introduction:

Anne Sexton Pilates (hereinafter referred to as the School) offers the finest Pilates instructor educational programme and is staffed with qualified, approved instructors.

Anne Sexton Pilates owns the School. The director of the school is Anne Sexton. Anne Sexton Pilates was founded in 2002. The school was founded in 2015, and meets the criteria as set out by the Pilates Method Alliance (PMA) for inclusion in its Registry of Schools.

History

The Pilates Method Alliance was formed in 2001 as a professional association for the Pilates community. Its purpose was to provide an organisation to connect teachers, teacher trainers, studios, and facilities dedicated to preserving and enhancing the legacy of Joseph H. Pilates and his exercise method by establishing standards, encouraging unity, and promoting professionalism.

Definition

The Pilates Method Alliance (PMA) is the not-for-profit **professional association** dedicated to the Pilates field.

PMA Mission

PMA mission is to advance Pilates as a profession and to promote and perpetuate the teachings of Joseph H. and Clara Pilates.





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Mission Statement:

At Anne Sexton Pilates we endeavour to provide a nurturing and learning environment where people can come together and experience the truly life-changing practice of Pilates. It is our commitment to pass on the life work of Joseph and Clara Pilates in its true classical form, empowering people to take control of their lives and bodies, allowing them to in the words of Joseph Pilates “go about their daily lives with minimum effort and maximum pleasure”.

It is our promise to stay at the top of our profession, to provide each and every person with the very best in practice and education, and to inspire lives through Pilates.

Our commitment is to you, our customer, whom without we would not be!

Our Goals:

- To keep alive and spread the teachings of Joseph and Clara Pilates
- To emphasise the importance of staying true to and adhering to the key Pilates Principles of Breathe, Alignment, Centring, Concentration, Control, Flow and Precision
- To continue to strive for Excellence in Pilates
- To honour the teachings, principles and history of the Pilates method whilst staying up to date with latest scientific and medical advances
- To listen to our customers and continue to provide them with the best Pilates experience
- To at all times show our customers, staff and all we meet respect, integrity and professionalism
- To listen to our customers and provide them with the knowledge and personal experience to ensure their practice makes a positive difference to their lives
- To uphold professional standards within the Pilates industry
- To understand and work within the appropriate scope of Practice for a Pilates instructor
- To provide the next generation of Pilates Teachers with the knowledge, education, professionalism and understanding to continue transforming People’s lives through the Pilates Method



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Teacher Biographies:

Our staff is comprised of the following members:



Anne Sexton - In 1995, she set up her own Personal Training Business in South Dublin having first qualified as an ITEC and [NCEF](#) gym instructor and exercise to a music teacher in 1989. Anne is a qualified kettle bells instructor through London Kettle bells. She qualified as an [NCEF](#) Personal Trainer through the University of Limerick in 1995. Anne ran a very successful [Personal Training](#) business in South County Dublin from 1995 to 2010 when she opened her Pilates Studio in Roundwood Co Wicklow. Anne first qualified as a Pilates trainer with Bodyfirm Pilates in 2002 having been introduced to Pilates through rehabilitation following injury to her neck, shoulder and low back in a car accident. She was so impressed with the amazing results from her daily Pilates routine that she went on to train as a trainer. Anne also holds qualifications in Pilates for Golf, Pilates for Pregnancy, Pilates and Hyper Mobility and Pilates at the Barre. Anne is a firm believer in education and is continually adding to her own skills. She is passionate about carrying on the work of Joseph and Clara Pilates and set up her own teacher training programme in 2015. Anne is a member of the Pilates Method Alliance whose mission is to advance Pilates as a profession and to promote and perpetuate the teachings of Joseph H. and Clara Pilates.



Matthew Cox - Matthew received his National Qualification in Exercise and health through the University of Limerick in 2007. He has been working in the fitness industry ever since, gaining many skills and qualifications along the way. Over the years Matt discovered his passion for Pilates and a keen interest in Neuromuscular Physical Therapy and exercise rehabilitation. He graduated in the National Training Centre (www.ntc.ie) under John Sharkey in 2014 and is now a member of the Association of Neuromuscular Physical Therapists (www.anmpt.ie) and a member of Repts Ireland (www.repsireland.ie). He now works as a Qualified Neuromuscular Physical Therapist; Matthew Cox is a senior instructor and Personal Trainer with Anne Sexton Pilates specialising in exercise rehabilitation. He thoroughly enjoys his work and finds it extremely rewarding and is a very popular and valued member of the team. Mat has completed his Mat and Reformer training and will soon complete his full comprehensive training with Anne Sexton Pilates.



Lynn Anthony - Lynn has been working in the fitness and leisure industry for the best part of twenty years, having first qualified as a fitness instructor in 1998. She has a wealth of experience teaching a wide range of fitness classes, both at home here in Ireland, and overseas, most notably in South Africa, where she ran a successful outdoor Boot Camp between 2006 and 2008. As a personal trainer, Lynn has been instrumental in helping many clients on the road to attaining their own fitness goals. Lynn has completed her Mat I and II and Reformer training with Anne Sexton Pilates and is continuing to work her way through the Comprehensive Pilates Instructor Course. She brings her enthusiasm and energy to the team.



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Denise Newsome - Denise is a Chartered Physiotherapist and she graduated from Trinity College Dublin in 1988 with a B.Sc. (Hons) in Physiotherapy. Her main experience and knowledge lies in Orthopaedic and Musculoskeletal conditions which provided an invaluable foundation for her training as a Pilates Instructor. Pilates has been widely used in the practice of Physiotherapy for years which is where she recognised its value as a therapeutic and rehabilitation tool. As an Instructor, it is essential for me to educate the client, about the Principles of Pilates as thought and passed on by Joseph and Clara Pilates. They are the foundation for developing core-strength and stability in a safe environment. I believe the benefits of Pilates are far reaching and accessible across the population with the results for older clients and those new to Pilates being as profound as they are for elite athletes and avid exercisers. Denise is currently completing her Reformer training with Anne Sexton Pilates and is a very valuable member of the team.

Programme and Courses Offered

Programme Highlights

- Full 450 hour comprehensive Pilates training course on mat, reformer, Cadillac/Tower, barrel, chair, anatomy,
- Supplementary training barre and small props
- Access to fully equipped studio for observation and self-practice time, special student rate for class participation
- Maximum class size 12
- Payment Plan Available

Certificate Programmes:

Comprehensive Pilates Education - 450 hours

Occupational Objective: The graduate should be able to acquire an entry-level position as a comprehensively trained Pilates teacher.

- Courses, Subjects, length of Programme(s)
- Number of lessons or units of instruction
- Type of instruction; Classroom and Studio

Completion of the comprehensive Pilates program does not guarantee employment or certification.



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Program/Course Costs:

The School – Course Price list 2017 – 2018

	Description	Investment
Barre	This Pilates based Barre training emphasizes the correct biomechanics of movement to increase strength, flexibility and stability. This course marries perfectly the myriad of benefits of these two disciplines. Ballet and Pilates share a history and many principles, i.e. Control, centring, precision, focus, breath, posture. It is a program geared for all movement teachers, no dance experience required.(Elective)	€150
Mat I	Pilates Mat is the foundation of the Pilates Method, and a thorough understanding of Pilates Mat and the proficient execution of the exercises is essential before moving on to the apparatus. A prospective teacher should give themselves the appropriate time to learn and perfect each exercise before they start to pass the method on. Mat I includes an introduction to the history and principles of Pilates, it covers professionalism: scope of practice and ethics. The Classical Pilates, Beginner exercises and introduction to intermediate level exercises with modifications, precautions and contraindications. An understanding of Classical vs Contemporary. An overview of anatomy and movement principles.	€450
Mat II	Mat II includes the remaining intermediate and level II exercises as well as the use of props for advancing clients or providing appropriate modifications. Mat II requires more proficiency which will be attained by the religious practice and strict adherence to the Pilates principles learned and perfected during Mat I and the hours of self-practice and observation.	€400
Mat III	Matt III incorporates the entire Classical repertoire taking each exercise to its most advanced level bringing in the use of props, modifications, precautions and contraindications. A thorough understanding and proficient execution of levels 1 & 2 are prerequisites for Matt III.	€400
Mat I, II & III	Comprehensive 10% Disc	€1,125



Anatomy and Movement Principles	An introduction to the principles of movement Science and Anatomy and the primary muscles of the body involved in Pilates movement. Training includes an introduction to Pilates movement and exercises with in depth overview of the muscles and joints, an over view of the skeleton and its function, Posture alignment and breathing. This course will also look at Precautions and Contraindications for Pilates programming giving the teacher a clear understanding of what is within their scope of practice and when they should refer to a more qualified professional. The content of this course is specifically composed for Pilates teachers designed to give them the necessary skills to understand and teach and put together a safe, effective and appropriate Pilates programme.	€150
Small Props & Classical Mat	Classical Mat €25, Small Props €50	€70
Reformer I & II & III	The Reformer is easily the best known of Joseph Pilates apparatus, with the correct use of body position and spring setting it can support the novice or rehab client or offer an extremely challenging work out for the elite athlete. This 3 part Reformer course sets out to give the aspiring teacher a thorough understanding of the Reformer how body position and spring setting are used to give the body a unique workout in every plane of movement, taking the muscles through their full ranges of movement eccentrically and concentrically. Reformer I, II & III includes an introduction to the Pilates Reformer, beginner and intermediate and advanced exercises, session sequencing and teaching cues for group classes and individual tuition. Modifications designed for group and individual instruction are covered as well as technique for teaching clients at different levels of ability. (Reformer I €650, Reformer II €550, Reformer III €550)	€1,750
Reformer I & II & III	Comprehensive 10% Disc	€1,575
Cadillac/Tower	The main difference between the Reformer and the Cadillac is that the Cadillac does not move so, therefore, can be utilized much more readily when working with beginners, in rehab or while working with the elderly. The most amazing stretches and body opening exercises can be performed with the support of the Cadillac. There are many stretches and hanging exercises that are unique to the Cadillac, and it is such fun to work with. This course provides a thorough introduction to Cadillac/Tower exercises. Equipment set up, safety and maintenance is covered as well as how to incorporate the exercises into a client's session. This training is appropriate for learning Trapeze Table, tower or wall unit exercises.	€590
Pilates Chair	The chair is an extremely functional piece of equipment. It has many uses in functional training, muscle imbalances, and athletic training. This course includes exercises and variations for both private training sessions and classes. Covers multiple exercises on this very adaptable Pilates piece of equipment.	€420



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Ladder Barrel

Includes an introduction to the Ladder Barrel, Step Barrel and arc exercises. We are probably most familiar with the barrel being used for back extension type exercises and it is a marvellous way to perform these, but it is so much more like all of Joseph Pilates inventions, it has multiple uses and offers a unique addition to any Pilates routine.

€420

See **Educational Services** for more details on Programs/Courses offered.

Facilities:

The school is located at South Beach Pavilion, (Charlesland Golf Club), Greystones, Co Wicklow. Our studio is 2,500 square feet; two-story building nestled in the beautiful grounds of Charlesland Golf Club enjoying sea view vistas from the studio. We have showers, fully equipped apparatus room, mat room, and a boardroom/classroom. Equipment consisting of Reformer, Trapeze Table/Tower, Chair, Ladder Barrel and Spine Corrector and Pilates props. Charts, diagrams and videos are available to enhance the learning experience.

Admissions Requirements:

Admittance to the programme requires a Two-Step interview process as follows:

- Meet with the admissions director and sign up for three classes with an Anne Sexton approved studio in your area
- Pass a multiple-choice exam that measures basic anatomy understanding or sign up for the Anatomy and Movement Science Course

Payment Options Available

- Full Payment by bank transfer, cheque or book through the [MindBodyApp](#)
- Instalment Plan by bank transfer, cheque or book through the [MindBodyApp](#)

Information pertinent to wire transfer payment of funds will be supplied to the student upon acceptance to the programme. Acceptance into any Anne Sexton Pilates programme does not automatically guarantee successful completion resulting in the awarding of the Certificate of Excellence. Anne Sexton Pilates reserves the right to dismiss any student from any programme without notice or advance warning. Information contained within this Comprehensive 450hour Pilates Teacher Training Programme document is owned as intellectual property of Anne Sexton Pilates. Any use or copying of its strictly prohibited without the written permission of Anne Sexton Pilates. Copyright 2017

Contact Anne on +353 87 2698375 or email annesextonpilates@gmail.com to arrange interview

No applicant will be denied on the basis of race, national origin, colour, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.

Enrolment Procedures:

Prospective students should have registered one month prior to course commencement, late applicants may be accepted one week prior to course commencement, depending on length of the course and subject to availability. Courses are limited to 12 people.

The enrolment process includes submission of an application form, signing of all file content related documents, review of school policies, and completion of enrolment agreement.



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Attendance Requirements:

Students are expected to arrive on time for class with proper materials. An overall attendance rate of at least 95% is required. Instructors may request your withdrawal from a course or programme if absences or tardiness is deemed to be disruptive to course director or other participants.

Students who are unable to continue classes for medical reasons or severe personal problems will be required to take a leave of absence until they are able to return to class. Proper documentation will be required to substantiate a student's withdrawal.

Leave of Absence:

Students who interrupt their registration because of personal or family circumstances and plan to return may take a leave of absence. Failure to attend class is not equivalent to a leave of absence and students will not receive an adjustment of charges unless a formal leave of absence is filed and approved.

Conduct Policy:

All students are expected to act maturely and are required to respect other students and instructors. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

Dismissal:

Any student may be dismissed for violations of rules and regulations of the school, as set forth in school publications. A student also may be withdrawn from classes if he or she does not prepare sufficiently, neglects assignments, or makes unsatisfactory progress. The director, after consultation with all parties involved, makes the final decision.

Educational Services:

Classes are led by course facilitator or director with lots of practical experience for you to learn about your body. Supported by the course manual, plus required textbooks for self-reading and reference. List of books for recommended reading will be provided once enrollment is completed see examples below. You will be required to complete self-practice, observation and practical working hours for each module.

Self-practice you must complete these hours by reviewing exercises with fellow trainees being taught by fellow trainees and taking group classes and private lessons with a certified Pilates instructor.

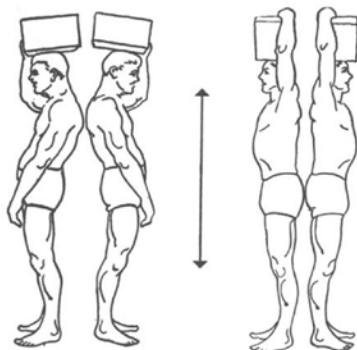
Observation must be spent observing a certified instructor teaching either a private lesson or group class at Anne Sexton Pilates. Or a School approved by Anne Sexton Pilates in your area. Always ask the instructor for permission before observing, observe from a distance and do not intimidate or disturb the clients. Take only handwritten notes and turn off all electronic devices.

Practice teaching, you must meet the following requirements; minimum of half the required hours teaching group classes (three or more students) and half the required hours teaching private and duet lessons (two students maximum) to trainees and volunteer friends. Practice teaching is time you spend teaching anyone: trainees, friends, volunteers and the general public. These lessons are free of charge and can range from casual to formal.

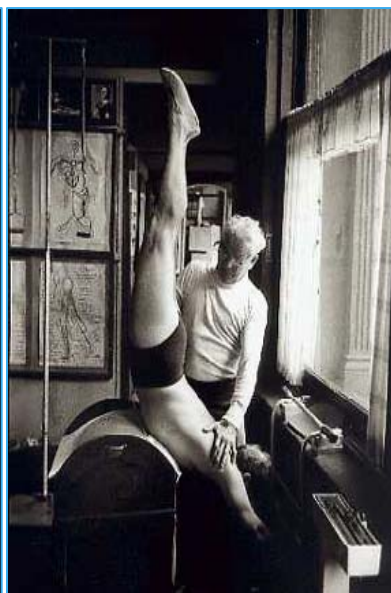
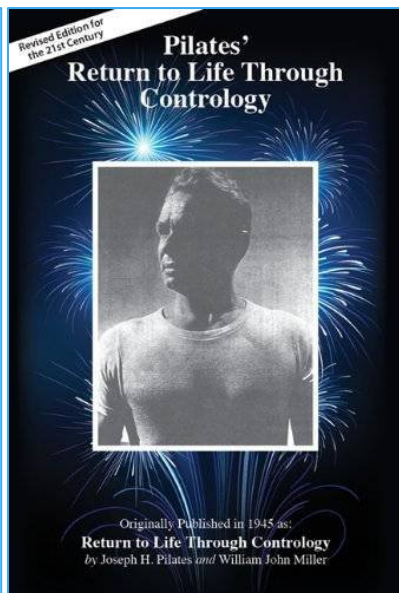


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YOUR HEALTH



A corrective system of exercising
that revolutionizes the
entire field of physical education.
By Joseph Hubertus Pilates



450 Hour Comprehensive Teacher Training Requirement

Module	Course Hours	Observation	Self Practice	Student Teaching
Barre	6	5	5	5
Mat I	28.5			
Mat II	22.5			
Mat III	20.5			
Mat I, II & III		20	20	50
Anatomy and Movement Principles	6			
Reformer I & II & III	41.5	25	25	45
Cadillac/Tower	24	15	15	5
Pilates Chair	18	5	5	5
Ladder Barrel	18	5	5	5
Total 450 Hours	185	75	75	115



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Grading System:

Practical Examination: This will be a silent run-through of the given repertoire of the module, where the student will clearly demonstrate the physical execution of each exercise. The School will assess the student's awareness and how they portray the movement principles of whole body movement, breathing, balanced muscle development, concentration, control, centring, flow, precision and rhythm.

Teaching Skills: The student will be given three exercises by the examiner to teach to a fellow student. Alternatively, someone may be provided by the examiner. The student will be expected to clearly demonstrate their teaching skills, taking into account; observation, verbal cueing, demonstration, tactile cueing, visible communication, positive feedback, coaching skills and safety.

Multiple-Choice Questionnaire: The student will be given 60 multiple choice questions relevant to the module they are being examined on. The student must answer 50 questions correctly.

Modules are independently assessed.

96 - 100	Certificate of Excellence
86 - 95	Certificate of Successful Completion
76 - 85	Certificate of Completion

The grades above consist of the combined scores of the student's practical, teaching skills, and multiple-choice questionnaire exams

A grade of 95%-100% must be obtained for the practical exam; the grade will be awarded at the examiner's discretion.

Progress Policy:

Students must maintain an 85% grade point average. Those who do not will be requested to repeat the assessment within 30 days. During the probation period, students must raise their grade average to passing or higher. The student may be terminated if grades are not satisfactory at the end of the 30 days. Termination shall be at the school Director's discretion. The Director has final authority and shall notify the student of the final decision.

Transfer of credit policy:

Anne Sexton Pilates does not guarantee transferability of its credits to another institution unless there is a written agreement with another institution.

Credits from another institution will be evaluated on a case-by-case basis. Transfer of credits from other institutions requires a review fee of €150 if a transcript is available. In the absence of a written transcript, test-out options will be considered, and fees related to the process will be charged by subject matter. Each level of mat, reformer, and trapeze table of any other equipment will incur a €300 fee per assessment.

Refund policy 450 Comprehensive Teacher Training:

Students who cancel their contract by notifying the school within 14 business days before the course commences are entitled to a full refund of all tuition and fees paid excluding the non-refundable deposit.

In the case of students withdrawing after the commencement of classes, the school will retain a cancellation charge plus a percentage of tuition and fees, which is based on the percentage of contact hours attended, as described in the table below. The refund is based on the official date of termination or withdrawal. This policy excludes the non-refundable deposit of €600.



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Refund Table

Student is entitled to upon withdrawal/termination	Refund
Within first 10% of program	90% less cancellation charge
After 10% but within first 25% of program	75% less cancellation charge
After 25% but within first 50% of program	50% less cancellation charge
After 50% but within first 75% of program	25% less cancellation charge
After 75% [if paid in full, cancellation charge is not applicable]	No Refund

1. Students may cancel their contract at any time prior to midnight of the 14 business day after signing their contract.
2. All refunds will be made within 30 days from the date of termination. The official date of termination or withdrawal of a student shall be determined in the following manner:
 - a. The date on which the school receives written notice of the student's intention to discontinue the training program; or
 - b. The date on which the student violates published school policy, which provides for termination
 - c. Should a student fail to return from a leave of absence, the effective date of termination for a student on an extended leave of absence or a leave of absence is the earlier date the school determines the student is not returning or the day following the expected return date?
3. The student will receive a full refund of tuition and fees paid if the school discontinues a Program within a period of time a student could have reasonably completed it, except that this provision shall not apply in the event the school ceases operation.

Student Grievance Procedure: See Grievance Procedure document

Attempting to resolve any issue with the School first is strongly encouraged. Student Complaints may be brought to the attention of the Pilates School Approval Program. Contact: PSAP@pilatesmethodalliance.org

Sexual Harassment Procedure: See Sexual Harassment document

Access to student files:

Students may review their complete file during studio hours by requesting an appointment with the lead teacher. Studio hours are Monday through Friday, 8 am-10 pm.

Student files – contents and access:

- Picture identification (driver's license, passport, etc.)
- Completed application
- Signed enrollment agreement
- Signed sexual harassment policy
- Signed non-discrimination Policy
- All academic records
- All faculty notes

Satisfactory Completion:

A student who satisfactorily completes the 450 Hour Comprehensive Teacher Training will be awarded a certificate of completion as described in the **Grading System**.