

Teacher Training Program – Comparison Chart

Course	Duration	Hours	Prerequisites	Entry Requirements	Exit Requirements	Description
INTERMEDIATE	12 months	450	<ul style="list-style-type: none"> • Injury free • 6 months post-partum • Must have completed 17 classes at Pepilates with TTP Advisors 	No evaluation, but must have approval of the advising team.	<ul style="list-style-type: none"> • Level IV Performance Exam • Level III Practical Exam 	<i>The Intermediate Program is designed for students who are considering a career in teaching, but who are not ready to commit to the full Advanced Program. Students must have experience with Classical Pilates, but are not required to complete and performance evaluation to enter the program. Upon completing the program, students are certified to teach up to the Intermediate level. There is also the option to Bridge to the advanced work through an additional 12-month program.</i>
ADVANCED	12 months	950	<ul style="list-style-type: none"> • Injury free • 6 months post-partum • Must be strong intermediate working level 	Must pass Level III Mat or Reformer Performance Evaluation	<ul style="list-style-type: none"> • Level V Performance Exam • Level V Practical Exam • 3rd Written Exam 	<i>The Advanced Program is the original, comprehensive teacher training program designed by The Pilates Center in 1991. Students must test in at a strong Intermediate performance level, and will test out certified to teach the beginner through advanced levels.</i>
BRIDGE	12 months	500	<ul style="list-style-type: none"> • Injury free • 6 months post-partum • Graduate of 450- hour teacher training program • 125 hours of professional teaching – or – teaching for 10+ years 	<ul style="list-style-type: none"> • Must pass Level IV Reformer Performance Evaluation • Must pass Level III Mat AND Reformer Practical Evaluation 	<ul style="list-style-type: none"> • Level V Performance Exam • Level V Practical Exam • 3rd Written Exam 	<i>The Bridge Program is designed for teachers from other, comprehensive training backgrounds who would like to ‘bridge’ to the advanced classical work. Teachers must be established in their careers and able to perform at the intermediate/advanced level, and teach at the intermediate level to apply. Upon completion, teachers will be certified to teach up through the advanced work.</i>



Teacher Training Program – Hours Breakdown

	Orientation	Advisor Meetings	Lectures	Internship	Exams	TOTALS
Intermediate	2	3	60	375	10	450
Advanced	3	5	120	802	20	950
Bridge	3	3	60	416	18	500

INTERNSHIP

	Practice Teaching	Observations	Lessons	Personal Workouts	Case Study	Misc.	Observed Teaching	Teaching Clinic/Skills	TOTAL INTERNSHIP
Intermediate	125	100	50	75	0	18	3	4	375
Advanced	250	200	100	150	40	44	10	8	802
Bridge	125	100	50	75	40	12	10	4	416

EXAMS

	Written Exam 1	Written Exam 2	Performance Evaluation	Practice Performance	Practice Practical	Written Exam 3	Final Performance	Final Practical	TOTAL EXAMS
Intermediate	2	2	0	0	2	0	2	2	10
Advanced	2	2	2	2	2	6	2	2	20
Bridge	2	2	0	2	2	6	2	2	18