

ADVANTAGE PILATES

450H
COMPREHENSIVE
TEACHER
TRAINING
PROGRAMME



ITTAP
International Teacher Training
Accreditation for Pilates



ADMISSION DETAILS

1. REGISTRATION AND ENROLLMENT:

Studio Location: (depending on cohort size)

- 20 Malacca St, #09-00 Malacca Centre Singapore 048979

Attendance Taking

- Digital Attendance log in
- Physical Attendance logbook (by student countersigned by Senior Instructor)
- 75% attendance

Examination Details: (100%)

- Theory (30%) -
- Performance (30%) -
- Teaching (40%) -

Pass is 70% aggregate total

(Note: If the student is not ready, he can postpone and re-schedule the exam up to 6 months after end of course)

2. TEACHER TRAINEES ON THE FULL COMPREHENSIVE COURSE RECEIVE:

- Printed manuals for each level
- Student Logbook
- 1 year Free Booking of Studio for Self- Practice worth over \$2000
(subject to studio availability on 1st come 1st serve basis)
- Booking of Classes of certified Instructors at 10% off Usual Price

Logbook Requirements per Courses 02 to 05:

- 25 hours Self Practice
- 37 hours Observation
- 18 hours Practice Teaching
- 8 hours Assisting
- 4 hours Mentorship

EQUIPMENT BEGINNERS LEVEL PRE REQUISITE TO EQUIPMENT INTERMEDIATE TEACHER TRAINING PROGRAM

- Beginner level Reformer exercises
- Beginner level Trapeze Table exercises
- Beginner level Chair exercises
- Teaching tools to conduct beginner equipment classes on all apparatus
- Mentorship opportunities from our highly experienced instructors

Admission Requirements:

- Basic Anatomy
- Pilates Matwork Certification

Course Duration:

- 17 Sessions (2-3 hours per session)
- Wednesdays 6.30-8.30pm
- 1h online lecture on teaching skills (Based on student availability)
- Saturdays 3 hours

BASIC ANATOMY AND PRE PILATES WORKSHOP PRE REQUISITE TO PILATES MAT WORK AND ARC BARREL TEACHER TRAINING PROGRAM

- Functional anatomy and Movement mechanics
- Practical applications of the Principles of Pilates
- Pilates breathing mechanics and technique
- Over 25 + fundamental movements that build a solid foundation for pilates mat and equipment

Course Duration:

- 2 Sessions (4 hours per session)
- 2 Saturday Weekends

EQUIPMENT INTERMEDIATE LEVEL PRE REQUISITE TO EQUIPMENT ADVANCED TEACHER TRAINING PROGRAM

- Intermediate level Reformer exercises
- Intermediate level Trapeze Table exercises
- Intermediate level Chair exercises
- Teaching tools to conduct intermediate equipment classes on all apparatus
- Mentorship opportunities from our highly experienced instructors

Admission Requirements:

- Basic Anatomy
- Pilates Matwork Certification
- Equipment Beginners Level Background

Course Duration:

- 17 Sessions (2-3 hours per session)
- Wednesdays 6.30-8.30pm
- 1h online lecture on teaching skills (Based on student availability)
- Saturdays 3 hours

PILATES MAT WORK WITH ARC BARREL PRE REQUISITE TO EQUIPMENT TEACHER TRAINING PROGRAM

- 34 Classical Pilates Matwork repertoire
- Modifications and Progressions to each exercise
- 20+ Arc Barrel exercises
- Teaching tools to conduct your first class
- Mentorship opportunities from our highly experienced instructors

Admission Requirements:

- Basic Anatomy and Pre-pilates Course

Course Duration:

- 21 Sessions (2-3 hours per session)
- Wednesday 6.30-8.30pm
- 1h online lecture on teaching skills (Based on student availability)
- Saturdays 3 hours

EQUIPMENT ADVANCED LEVEL

- Advanced level Reformer exercises
- Advanced level Trapeze Table exercises
- Advanced level Chair exercises
- Mentorship opportunities from our highly experienced instructors

Admission Requirements:

- Basic Anatomy
- Pilates Matwork Certification
- Equipment Beginners and Intermediate Level Background

Course Duration:

- 17 Sessions (2-3 hours per session)
- Wednesdays 6.30-8.30pm
- 1h online lecture on teaching skills (Based on student availability)
- Saturdays 3 hours



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