course application

MerriThew™ edUCATiON

For training center contact information visit merrithew.com/education/wheretotrain

contact information *please print*

name: company name *(if applicable)*:

address:

city: state /province: country: zip / postal code:

phone day: evening: email:

course registration

- Space is limited and applications will be processed on a first come-first-served basis.
- Space will ONLY be reserved upon the receipt of application and a 20% deposit of the course fee.
- Fees for courses and workshops do not include required course materials, applicable taxes or exam fees. Prices are subject to change without notice.
- For full details on cancellation and change policies contact the training facility.
- Applicants under the age of 18 are subject to registration approval by the Senior Program director, Toronto Corporate Training Center.
- Some courses have prerequisites.
- Additional information may be required once application is received, i.e. a detailed resumé / CV outlining education and experience and two letters of references.

start date requested & course location Principle Pilates, Universal Marina, Crableck Lane Sarisbury Green, Southampton SO31 7ZN

course selection

Comprehensive Program – STOTT PiLATeS®

☐ **CMR** Comprehensive Matwork & reformer – 90 hrs + 60 hrs apprenticeship

☐ **CCCB** Comprehensive Cadillac, Chair & Barrels – 50 hrs + 40 hrs apprenticeship

☐ **ISP** injuries & Special Populations – 24 hrs

☐ **FAR** [AM, Ar, ACCB] Full Advanced repertoire – 36 hrs

☐ **FULL** [CMr, CCCB, iSP, AM, Ar, ACCB] – 7 month program + 100 hrs apprenticeship

The Comprehensive Program is only offered at the following locations: • Corporate Training Center, Toronto, ON, Canada • **Bodycenter Studios**, Seattle wA, USA • **Calgary Pilates Centre**, Calgary, AB, Canada • **Equilibrium Pilates Studio**, Bloomfield Hills, MI, USA • **The SweatShop Health Club**, St. Paul, MN, USA

EC-1416A MAR15 ® Registered trademark of Merrithew Corporation, used under license.

Education
2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6
phone 416-482-4050 **fax** 416-482-2742 **email** educationadvisor@merrithew.com
toll-free North America 1-800-910-0001 UK 0800-328-5676

course application (cont'd)

intensive Program – STOTT PiLATeS

- ☐ **FA** Functional Anatomy – 30 hrs
- ☐ **IMP** intensive Mat-Plus™ – 40 hrs
- ☐ **IR** intensive reformer – 50 hrs
- ☐ **ICAD** intensive Cadillac – 25 hrs
- ☐ **ICHR** intensive Stability Chair – 15 hrs
- ☐ **IBRL** intensive Barrel – 10 hrs

Advanced Program – STOTT PiLATeS

- ☐ **ISP** injuries & Special Populations – 24 hrs
- ☐ **AM** Advanced Matwork – 6 hrs
- ☐ **AR** Advanced reformer – 18 hrs
- ☐ **ACAD** Advanced Cadillac – 6 hrs
- ☐ **ACHR** Advanced Stability Chair – 3 hrs
- ☐ **ABRL** Advanced Barrel – 3 hrs

instructor Foundation Course Programs

- ☐ **ZM1** ZEN•GA™ instructor Foundation Course, Mat – 7 hrs
- ☐ **ZE1** ZEN•GA™ instructor Foundation Course, equipment – 7 hrs
- ☐ **CA1** COre™ instructor Foundation Course – 7 hrs
- ☐ **TB1** Total Barre™ instructor Foundation Course – 7 hrs

relevant education

Please list related degrees, diplomas, post-secondary or certificate courses and workshops, including Mh&F education

describe anatomy education: *(for STOTT PILATES courses)* include number of hours, when / where you studied and what topics were covered

(e.g. musculoskeletal, anatomy, biomechanics) ☐ college / university course ☐ workshop / other

EC-1416A MAR15 ® Registered trademark of Merrithew Corporation, used under license.

Education
2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6
phone 416-482-4050 **fax** 416-482-2742 **email** educationadvisor@merrithew.com
toll-free North America 1-800-910-0001 UK 0800-328-5676

course application (cont'd)

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

relevant experience

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

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

Outline your Pilates experience *(for STOTT PILATES courses)*

(describe when & where, indicate the STOTT PiLATeS method or other) ☐ none ☐ 1-10 hrs ☐ 10-30 hrs ☐ 30+ hrs

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.

how did you hear about Mh&F and its education program?

EC-1416A MAR15 ® Registered trademark of Merrithew Corporation, used under license.

Education
2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6
phone 416-482-4050 **fax** 416-482-2742 **email** educationadvisor@merrithew.com
toll-free North America 1-800-910-0001 UK 0800-328-5676

course application (cont'd)

why are you interested in Mh&F education?

Are you using this course to fulfill continuing education credits? ☐ Yes ☐ No

if yes, for what organization?

payment method

PLEASE MAKE PAYMENTS AS PER THE INSTRUCTIONS GIVEN ON THE COURSE/WORKSHOP INFORMATION NOTES ON OUR WEBSITE … principlepilates.com

I hereby agree:

☐ i plan to attend all course hours: ☐ Yes ☐ No

☐ i 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-returnable/non-transferable course fee deposit

☐ full payment of course materials – optional

☐ Proof of certification (if applicable)

☐ Two letters of reference – optional

signature: date:

email your application

Send your application to **chrissy@principlepilates.com**

Education
2200 Yonge Street, Suite 500, Toronto, ON, Canada M4S 2C6
phone 416-482-4050 **fax** 416-482-2742 **email** educationadvisor@merrithew.com
toll-free North America 1-800-910-0001 UK 0800-328-5676

EC-1416A MAR15 ® Registered trademark of Merrithew Corporation, used under license.