



Vanessa Smith Pilates

Pilates Apparatus Bridging Teacher Training

Beginning 07 September 2019

Course Delivery Document Bridging

This course is aimed at teachers who have completed their matwork training, and are current members of the Pilates Foundation. If the trainee has completed a matwork training with another provider, they would first have to become a member of the Pilates Foundation.

It is anticipated that the course will support between 3 and 6 trainees.

Course Duration

The course will last 15 months beginning on 7 September 2019 culminating in December 2020.

The course will be structured over 15 months, during on Saturday afternoons. In between contact times the other tutors and the course director will be available for questions and feedback via phone and email.

Course fee is inclusive of 1 studio class lasting 2 hours per week, for the duration of the training.

Course fee does not include Pilates Foundation student membership, student insurance, examination fees, first aid certification, and Pilates classes out with the agreed limit.

Environment

The studio is situated at Vanessa Smith Pilates, 71 Oxford Street, Glasgow. The studio is equipped with 2 reformers, Cadillac, wunda chair, small barrel, spine corrector, ladder barrel and many items of small equipment.

Admissions Procedure

Admission to the course will be by written application followed by interview of suitable applicants. Applicants should have a firm grounding in Pilates matwork and experience of teaching at all levels. They should be regularly attending equipment based Pilates classes. Applicants should demonstrate a commitment to the course, and home study, and a good level of communication skills.

100 hours of class participation, and 250 hours of observation and assistance will be logged in books provided.

Course Tutors

Vanessa Smith

Vanessa is a Pilates teacher and Feldenkrais practitioner. She has been studying movement since childhood: ballet, contemporary dance, Laban movement analysis, choreography, Pilates and Feldenkrais. She studied contemporary dance at the Laban Centre in London, and subsequently performed and choreographed professionally.

Vanessa teaches Pilates and Feldenkrais from her studio in Glasgow.

Vanessa has taught for the Pilates Foundation AGM, Dance UK, Harmony Taiso Method Association in Tokyo and Okinawa and is a part time lecturer on Modern Ballet degree course at the Royal Conservatoire of Scotland.

Annette Weir

Annette qualified from the British College of Osteopathic Medicine in 2002 with a BSc(Hons) degree in Osteopathic Medicine, and has spent the last 14 years in private practice,

mainly in Paisley Natural Therapy Centre and David Lloyd Renfrew Sports Injury Clinic. Perform Osteopathy has been designed to provide the best of both worlds for injury treatment and rehabilitation: a clinical space for hands-on treatment and a spacious studio to enable rehabilitation exercise programmes under expert supervision.

Annette holds a Post Graduate Diploma in Osteopathic Sports Care, along with a Pilates Teaching qualification from the Pilates Foundation, medical acupuncture training from the British Medical Acupuncture Society, cranial osteopathic training in the UK and USA, and certification in the Functional Movement Systems approach. This wide range of training means that the best approach for each patient can be specifically selected, for a wide range of patients of all ages, from elite international athletes to those struggling with long term health issues.

Annette is registered with the General Osteopathic Council and a member of the Institute of Osteopathy, the British Medical Acupuncture Society, and the Osteopathic Sports Care Association.

Course Content

Pilates repertoire, classical and evolved, human anatomy and physiology, remedial applications and rehabilitation.

100 Hours Practical Training (1 weekly studio class, lasting 2 hours)

100 Hours Lectures

Supervised Teaching: Observation and Assisting 250 hours

200 hours of Self Study (including reading books, handouts, homework tasks, case studies, voluntary teaching, self practice and revision)

Weekend Lecture Dates

2019

Sat 7 September 1pm - 8pm

Sat 5 October 1pm - 8pm

Sat 2 Nov 1pm - 8pm

Sat 7 Dec 1pm - 8pm

2020

Sat 11 Jan 1pm - 8pm

Sat 1 Feb 1pm - 8pm

Sat 7 Mar 1pm - 8pm

Sat 18 April 1pm - 8pm

Sat 16 May 1pm - 8pm

Sat 20 June 1pm - 8pm

Sat 4 July 1pm - 8pm

Sat 22 August 1pm - 8pm

Sat 12 Sep 1pm - 8pm

Sat 30 Oct 1pm - 8pm

Written work due by 19 October 2020

Practical Exam Window 14 Nov - 13 Dec 2020

Theory Exam 29 Nov 2020

COURSE FEES

By 30 July 2019, deposits of £250 are payable.

£1000 Paid on course commencement 7 September 2019

£1000 on or before 7 March 2020

£1000 on or before 15 October 2020

Course fees exclude:

- Final examination fees (currently £450). •

- Required books and resources.
- Pilates Foundation Membership fee
- Insurance
- First Aid Certification

Assessment Procedure

Participants will be continually assessed through on going essays informal question and answer sessions, written tests, teaching practice, direct feed back, feedback via phone and email. Students will complete 2 case studies , sit a 3 hour theory paper, and a practical exam.