



# Polestar Pilates Australia

## 2009 Mat Series Information

### Mat Series

Polestar Pilates fitness programs provide instruction in Pilates principles, techniques and practice with emphasis on group dynamics for Mat or Allegro Reformer.

The Fitness Program is designed for personal trainers and group exercise instructors. It is also appropriate for instructors of movement arts such as dance, yoga, and Tai Chi, as well as practitioners of somatic movement such as Feldenkrais® and Alexander® Techniques. These programmes enable fitness professionals to incorporate Polestar Pilates-evolved exercises into their training regimens. Programme design and exercise sequencing are addressed for group formats and one-on-one training. Theory and practice of Polestar principles and instruction techniques are applied to each exercise. Verbal, tactile and combined cueing practices are addressed to facilitate motor learning.

The Mat Series is comprised of four two-day courses. The courses must be taken in the following order: P-F, M-1, M-2, M-3.

#### **Pre-requisites:**

- Certified fitness instructor or instructor of movement arts (e.g. yoga, tai Chi, practitioners of somatic movement)
- One semester of basic anatomy/physiology or equivalent
- 25 hours of private or group Pilates classes (*to be completed preferably with a Polestar certified practitioner prior to course commencement*)



### **PF - Polestar Pilates Fitness Principles** (2-days, 16 hours)

This non-apparatus course introduces current research in movement science, motor learning, bioenergetics, and communication science to instructional practice through six basic movement principles which are used throughout the Polestar Pilates curriculum. Tactile, verbal and imagery cues are integrated with the Pilates exercises. This course introduces Polestar Pilates Screening™, which includes postural evaluation and functional testing, to prepare you to properly design a plan to implement Pilates exercises for clients. This unique component significantly enhances decision-making skills as a Pilates practitioner.

*For those participants undertaking more than one series, it is only required to complete P-R/P-F once.*

### **M1 to M3** (three 2-day courses of 16 hours per course)

Polestar Pilates Mat program provides instruction in Pilates principles, techniques and practice with emphasis on group dynamics for the Pilates Mat. After the Pilates Principles for Fitness course (PF), the Pilates Mat program continues with three 2-day courses scheduled approximately one month apart. The time between courses allows you to practice and become comfortable with the material before continuing to the next course.

The principles learned in PF will be applied throughout the three courses and you will learn the following:

1. Mat exercises for beginning through advanced levels
2. Dynamics of group training
3. Program design and exercise sequencing
4. Advanced cueing skills
5. Exercise modifications for a variety of populations
6. Use of small props\* (foam rollers, Ultra-Fit Circle®, springs, gym balls, rotating discs and balance boards)

**NOTE: If completing the full Rehab or Studio series, only Modules M2 and M3 are required.**

### **Certificate IV in Pilates Instruction (91121 NSW)**

Polestar Pilates Australia, in arrangement with Pilates International (Pilates ITC) is now offering all Polestar Pilates graduates the opportunity to bridge to the Certificate IV in Pilates Instruction (91121 NSW). Further details can be found on our website. To complete the CertIV in Pilates Instruction, you must complete the 3-day Bridging Modules and Full Studio or Rehab series, plus M2 and M3.



All Polestar Pilates courses are recognised by the Pilates Alliance of Australasia and Fitness Australia

## What are the dates for 2009?

Mat Series Scheduled Course dates for 2009					
	SYDNEY	MELBOURNE	PERTH	ADELAIDE	BRISBANE
PF	21-22 February	21-22 March	2-3 May	3-4 April	1-2 May
M1	28 Feb – 1 March	28-29 March	21-22 May	8-9 May	28-29 May
M2	4-5 April	2-3 May	2-3 July	12-13 June	9-10 July
M3	9-10 May	30-31 May	13-14 August	17-18 July	13-14 August
Exam	TBC	TBC	TBC	TBC	TBC

Please note: Registration is required at least 21 days in advance, as you will need to receive pre-course reading and documentation, as well as a logbook and proof of pre-requisite Pilates hours

## What does Certification involve?

Certification involves completing the series, completion of assignments and short quizzes, as well as a number of hours of observations, self-mastery, assistant teaching, and practical teaching (as outlined below). Full certification is given once the final written and practical exam is passed – pass mark is 80%.

Course	Pre-Course	Lectures	Observation	Practice (Self-Mastery)	Apprentice Teaching
Mat Series	25	64	25	50	50

Course fees include attendance at lectures, student manuals and handouts, morning and afternoon teas. Students are responsible for all personal extras, such as travel and accommodation and personal supplies and lunch during the course dates.

## What are my payment options?

Go to our website for full pricing details. [www.polestarpilates.com.au/prices.php](http://www.polestarpilates.com.au/prices.php)

### Individual pricing (pay as you go)

PF	\$500 EACH
M-1 through M-3	\$550 EACH
Mat Exam	\$250 (3 to 6 months after final course in the series)



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### Complete Series Package Pricing:

(includes Mat Series: M-1, M-2, M-3, course manuals and exam)

EARLY BIRD (60 days prior) -	\$1520	Must be paid in full at time of registration (at least 60 days prior to course start)
REGULAR -	\$1675	Must be paid in full at time of registration (after early bird deadline has expired)
PAYMENT PLAN -	\$1725	Deposit of \$525 at time of registration, plus 2 monthly payments of \$600. Includes one time handling fee of \$50. (not available on early bird price)

### **Please note: The PF and PR module is not included in any series pricing, it is sold separately.**

All Polestar Programs require you to take the PF or PR module before completing any series. It only needs to be completed once, as you may wish to do both the Rehab and Mat series. Therefore this module is sold separately and will require you to register for this first before completing your first series registration. *So if this is your first course, don't forget to add \$500 to the above series pricing.*

## How do I register?

All registrations are processed on-line and require a valid email address. If you do not have an email address, please call our head office to register (02) 9977 1536. Your registration will be pending until payment is processed. Allow 2-5 business days for your registration to be processed (if paying by cheque, that is after cheque is received). Once registered, you will be able to view your registration details on-line.

Please go to our website to read our full registration policies. [www.polestarpilates.com.au/registration.php](http://www.polestarpilates.com.au/registration.php)

