



Polestar Pilates Australia

COURSE SCHEDULE 2010

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14-Apr-2010

(version 2)

STANDARD POLESTAR PILATES CURRICULUM

Certificate IV In Pilates Matwork Instruction (91492NSW)

Mat Series		Principles	M 1	M 2	M 3 and OH&S
NSW	Sydney	6-7 February	20-21 February	27-28 March	1-2 May
VIC	Melbourne	13-14 March	27-28 March	1-2 May	29-30 May
WA	Perth	20-21 March	17-18 April	21-22 May	19-20 June
SA	Adelaide	20-21 March	10-11 April	15-16 May	19-20 June
QLD	Brisbane	27-28 March	24-25 April	29-30 May	26-27 June
NSW (2)	Sydney	7-8 August	9-10 September	7-8 October	4-5 November
SA (2)	Adelaide	9-10 July	17-18 September	22-23 October	26-27 November

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

Diploma of Professional Pilates Instruction (91491NSW)

Rehabilitative OR Studio Series			Principles	R 1 / S1	R 2 / S2	R 3 / S3	R 4 / S4	R 5 / S5	R 6 / S6
NSW	Sydney	6-7 February	13-14 March	17-18 April	22-23 May	26-27 June	31 July-1 August	28-29 August	
VIC	Melbourne	13-14 March	17-18 April	15-16 May	19-20 June	17-18 July	14-15 August	11-12 September	
WA	Perth	20-21 March	24-25 April	29-30 May	3-4 July	7-8 August	11-12 September	16-17 October	
SA	Adelaide	20-21 March	16-17 April	21-22 May	25-26 June	30-31 July	3-4 September	8-9 October	
QLD	Brisbane	27-28 March	1-2 May	5-6 June	10-11 July	14-15 August	18-19 September	23-24 October	
TAS	Launceston/Hobart	8-9 July (L)	10-11 July (L)	7-8 August (H)	18-19 Sept (H)	9-10 October (L)	6-7 November (L)	4-5 December (H)	
NSW (2)	Sydney	7-8 August	11-12 September	9-10 October	6-7 November	4-5 December	29-30 Jan 2011	26-27 Feb 2011	

NOTE: R2/S2-R6/S6 include additional 3-hour self-mastery check-off session with instructor.

Bridging Modules		2-days
NSW	Sydney	5-6 June
VIC	Melbourne	31 July - 1 August
WA	Perth	28-29 August
SA	Adelaide	21-22 August
QLD	Brisbane	9-10 October
NSW (2)	Sydney	11-12 Feb 2011

Polestar Pilates Australia, in arrangement with Pilates International (Pilates ITC) offers all Polestar Pilates graduates the opportunity to bridge to the Diploma of Professional Pilates Instruction (91491NSW). Further information can be found in full Diploma Handout.

To complete the Diploma of Professional Pilates Instruction, you must complete:
 * Bridging to Diploma Modules,
 * Full Studio or Rehab series,

Comprehensive Reformer Series

Reformer Series		Principles	A 1	A 2	A 3
NSW	Sydney	6-7 February	18-19 February	25-26 March	29-30 April
VIC	Melbourne	13-14 March	TBC	TBC	TBC

NOTE: If completing the full Rehab or Studio series, only modules A2 and A3 are required.

CONTINUING EDUCATION

Core Curriculum Courses		Osteoporosis	Comprehensive Reportire	Advanced Spine	Womans Health	Dancer Gymnast	Advanced Assessment Skills
NSW	Sydney						Part1: 15-17 Oct Part2: 19-21 Nov
VIC	Melbourne						
WA	Perth					23-24 May	
SA	Adelaide						
QLD	Brisbane					21-22 August	

Workshops, Masterclasses & Events

For further workshops and masterclasses throughout Australia, go to our website link www.polestarpilates.com.au/workshops.php

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REGISTER NOW !

www.polestarpilates.com.au