



Polestar Pilates Australia

COURSE SCHEDULE 2011

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1-Jul-2011

(version 1.4)

STANDARD POLESTAR PILATES CURRICULUM

Certificate IV in Pilates Matwork Instruction (91492NSW)

Mat Series	Principles (PP)	M 1	M 2	M 3 and OH&S
NSW Sydney	19-20 February	19-20 March	9-10 April	14-15 May
VIC Melbourne	5-6 March	26-27 March	30 Apr-1 May	4-5 June
WA Perth	19-20 March	2-3 April	30 Apr-1 May	28-29 May
SA Adelaide	18-19 February	5-6 March	2-3 April	14-15 May
QLD Brisbane	30 April-1 May	14-15 May	11-12 June	16-17 July
TAS Launceston/Hobart	28-29 April	9-10 June	14-15 July	18-19 August
NSW (2) Sydney	6-7 August	27-28 August	24-25 September	22-23 October
SA (2) Adelaide	cancelled			

NOTE: If completing the full Diploma, only modules M2 and M3 are required. M1 complimentary

Comprehensive Reformer Series

Reformer Series	Principles (PP)	Ref1	Ref2	Ref3
NSW Sydney	19-20 February	17-18 March	7-8 April	12-13 May

NOTE: If completing the full Rehab or Studio series, only modules Ref2 and Ref3 are required.

Diploma of Professional Pilates Instruction (91491NSW)

Rehabilitative OR Studio Series	Principles (PP)	R 1 / S1	R 2 / S2	R 3 / S3	R 4 / S4	R 5 / S5	R 6 / S6	Diploma Bridging
NSW Sydney	19-20 February	12-13 March	16-17 April	21-22 May	18-19 June	16-17 July	20-21 August	30-31 July
VIC Melbourne	5-6 March	9-10 April	14-15 May	18-19 June	16-17 July	13-14 August	10-11 September	27-28 August
WA Perth	19-20 March	16-17 April	21-22 May	25-26 June	30-31 July	27-28 August	24-25 September	22-23 October
SA Adelaide	18-19 February	18-19 March	15-16 April	20-21 May	17-18 June	29-30 July	26-27 August	24-25 June
QLD Brisbane	30 Apr-1 May	21-22 May	25-26 June	23-24 July	20-21 August	17-18 September	29-30 October	8-9 October
TAS Launceston/Hobart	28-29 April	30 Apr-1 May	11-12 June	16-17 July	20-21 August	17-18 September	15-16 October	N/A
NSW (2) Sydney	6-7 August	10-11 September	8-9 October	5-6 November	3-4 December	28-29 January '12	25-26 February '12	11-12 February '12
VIC (2) Melbourne	6-7 August	3-4 September	1-2 October	5-6 November	10-11 December	21-22 January '12	18-19 February '12	2012

NOTE: If completing the full Diploma, you will also need to complete the Mat Series as dates shown above in the Certificate IV Matwork

Polestar Pilates Australia 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 Module,
- * Full Studio or Rehab series,
- * Mat Series (M2 and M3) [see dates above, as listed in the Certificate IV in Matwork 91492(NSW)]

Special note: Diploma & Cert IV components are offered interstate for Tasmanian students.

CONTINUING EDUCATION

Advanced Teacher Training Core Curriculum	Open the Gait	Womens Health	Dancer Gymnast	Advanced Assessment Skills	Path Lumbar Spine	Rotational Sports
NSW Sydney	1-Apr					28-Oct
VIC Melbourne					2-3 April	
WA Perth		23-24 July		25-27 Nov (1)		
SA Adelaide			21-22 January			
QLD Brisbane	28-Oct			23-25 Sept (1) 21-23 Oct (2)		
TAS Launceston/Hobart					19-20 March	

Workshops, Masterclasses & Events

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

Address: 26 Roseberry St, Balgowlah NSW 2093 Phone: (02) 9977.1536 Fax: (02) 9977.1546

E-mail: info@polestarpilates.com.au Website: www.polestarpilates.com.au

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