



Polestar Pilates Australia

COURSE SCHEDULE 2012

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16-Nov-2011

(version 1.1)

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	11-12 February	18-19 February	24-25 March	28-29 April
VIC	Melbourne	17-18 March	21-22 April	19-20 May	16-17 June
WA	Perth	31 March-1 April	5-6 May	26-27 May	23-24 June
SA	Adelaide	25-26 February	31 March-1 April	5-6 May	16-17 June
QLD	Brisbane	24-25 March	14-15 April	19-20 May	16-17 June
TAS	Launceston/Hobart	19-20 April	24-25 May	28-29 June	2-3 August
NSW (2)	Sydney	28-29 July	18-19 August	8-9 September	20-21 October

Comprehensive Reformer Series

Reformer Series		Principles (PP)	Ref1	Ref2	Ref3
NSW	Sydney	11-12 February	3-4 March	31 March-1 April	5-6 May
WA	Perth	31 March-1 April	3-4 May	24-25 May	21-22 June
QLD	Brisbane	24-25 March	28-29 April	2-3 June	7-8 July

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	11-12 February	10-11 March	14-15 April	19-20 May	16-17 June	14-15 July	11-12 August	2-3 June
VIC	Melbourne	17-18 March	31 March-1 April	5-6 May	2-3 June	30 June-1 July	28-29 July	25-26 August	11-12 August
WA	Perth	31 March-1 April	28-29 April	9-10 June	7-8 July	11-12 August	15-16 September	20-21 October	17-18 November
SA	Adelaide	25-26 February	24-25 March	28-29 April	2-3 June	7-8 July	11-12 August	15-16 September	1-2 September
QLD	Brisbane	24-25 March	21-22 April	26-27 May	23-24 June	21-22 July	18-19 August	22-23 September	8-9 September
TAS	Launceston/Hobart	19-20 April	21-22 April	26-27 May	30 June-1 July	4-5 August	1-2 September	29-30 September	N/A
NSW (2)	Sydney	28-29 July	25-26 August	22-23 September	27-28 October	24-25 November	2-3 February '13	2-3 March '13	19-20 Jan '13

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 & CertIV components are offered interstate for Tasmanian students.

CONTINUING EDUCATION

Advanced Teacher Training Core Curriculum		Advanced Assessment Skills 1	Advanced Assessment Skills 2	Womens Health	Patho Lumbar Spine	Patho LE Patho UE	Scoliosis	Neuro	Open the Gait	Dancer Gymnast	Rotational Sports	Runners
NSW	Sydney				26-27 May	LE - 29 June UE - 3 August				3-4 Nov		
VIC	Melbourne	7-9 Sept	23-25 Nov	21-22 July					12-Feb			
WA	Perth		16-18 March			LE - 3 Nov UE - 4 Nov	29-Jul					
SA	Adelaide			19-20 May	1-2 Dec							
QLD	Brisbane							10-11 Nov			21-Sep	3-Feb
TAS	Launceston/Hobart										28-Sep	

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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