# 2015 Training Schedule

## Diploma of Professional Pilates Instruction (10537NAT)

### Distance/Block Delivery

**Directed Distance Learning** with integrated Intensive Face-to-Face Workshops.

**Workshops:** Two x two day block contact Workshops. Workshop 1: 10-4pm daily, Workshop 2: 9-4pm daily. Two x one day Workshops on posture and pregnancy.

**Pre-requisites:** HSC or equivalent,

**Venues:** NSW: PilatesITC Pymble, Sydney. QLD: Core Pilates Spring Hill, Brisbane

Please contact PilatesITC by email if you are interested in completing Workshops in VIC, WA or ACT. Additional workshops in alternate locations will depend on student numbers.

**NSW**

Course Code: DIPNSWDST151

Workshop: 28, 29 March, and 8, 9 August 2015

Enrolment deadline: 9 January 2015

Course Code: DIPNSWDST152

Block Workshops: 27, 28 June, and 28, 29 November

Enrolment deadline: 24 April

**QLD**

Course Code: DIPQLDDST154

Block Workshop: 11, 12 April, and 5, 6 September

Enrolment deadline: 6 February

Workshop

**Postural Function and Correction:** 18 April or 10 October (Sydney)

**Pilates for Pregnancy:** 11 October (Sydney)

## Certificate in Pilates Matwork Instruction (units from Diploma of Pilates)

### Distance/Block Delivery

**Directed Distance (Online) Learning** with integrated Intensive Face-to-Face Workshops.

**Workshops:** One x two day block contact Workshop, 10-4pm daily. One x one day workshop on posture.

**Pre-requisites:** HSC or equivalent.

**Venue:** NSW: PilatesITC Pymble, Sydney. QLD: Core Pilates Spring Hill, Brisbane

Please contact PilatesITC by email if you are interested in completing Workshops in VIC, WA or ACT. Additional workshops in alternate locations will depend on student numbers.

**NSW**

Course Code: DIPNSWDST151

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Workshop: 27, 28 June

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**QLD**

Course Code: DIPQLDDST154

Workshop: 11, 12 April

Enrolment deadline: 6 February

Workshop

**Postural Function and Correction:** 18 April or 10 October (Sydney)
### ADVANCED DIPLOMA OF THE PILATES METHOD (10538NAT)

<table>
<thead>
<tr>
<th>DISTANCE/BLOCK DELIVERY</th>
<th>NSW</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIRECTED DISTANCE LEARNING (Workbooks and Online) with integrated Intensive FACE-TO-FACE WORKSHOPS.</td>
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<tr>
<td><strong>Workshop:</strong> One x two day block contact Workshop, 9-5pm daily. Two x one day Workshops on Hormonal Balancing and Programming to Reduce Stress and Anxiety.</td>
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<tr>
<td><strong>Pre-requisites:</strong> Diploma of Professional Pilates Instruction (10537NAT), or equivalent.</td>
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<tr>
<td><strong>Venue:</strong> PilatesITC Pymble, Sydney</td>
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<tr>
<td><strong>Course Code:</strong> ADVNSWDST153</td>
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<tr>
<td><strong>Block Workshop:</strong> 22, 23 August 2015</td>
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<td><strong>Enrolment deadline:</strong> 2 March 2015</td>
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</table>

Workshops

- **Hormonal Balancing with the Pilates Method:** 31 May (Sydney)
- **Pilates Programming to Reduce Stress and Anxiety:** 7 November (Sydney)

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### ANATOMY & PHYSIOLOGY COURSE

<table>
<thead>
<tr>
<th>DISTANCE DELIVERY</th>
<th>Course Code: AP2014</th>
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</thead>
<tbody>
<tr>
<td>ONLINE UNITS with integrated Distance Assessment Tasks.</td>
<td>This program describes the basic knowledge of anatomy and physiology and is recommended for students undertaking the Diploma of Professional Pilates Instruction or Matwork Certificate.</td>
</tr>
</tbody>
</table>

**Course Code:** AP2014

**Course Code:** This program describes the basic knowledge of anatomy and physiology and is recommended for students undertaking the Diploma of Professional Pilates Instruction or Matwork Certificate.

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**ENROLMENT:** Students can enroll into courses at anytime. Enrolment deadlines for Courses are in relation to the face-to-face workshops, as set components of the course need to be completed prior to attending. If students enroll after the enrolment deadline they will attend the next scheduled workshop. All Workshops are subject to minimum numbers. PilatesITC reserves the right to vary Contact Session requirements or schedules at any time as deemed necessary, including cancellation or delay due to insufficient enrolments.