# Diploma of Professional Pilates Instruction (10537NAT)

## Delivery
Directed Distance Learning with integrated intensive Face-to-Face Workshops.

## Enrolment Conditions
Students can enroll at anytime. There are set distance-learning requirements that must be completed prior to attending the first contact workshop, Workshop 1. PilatesITC recommends students enroll a minimum of 2 months prior to Workshop 1 to give themselves enough time to complete the required learning.

## Workshops
- Two x 2-day block Course Workshops: 9am – 5pm each day
- Two x 1-day Additional Course Workshops: 9am-5pm each day

## Venues
- NSW: PilatesITC Pymble, Sydney
- QLD: Core Pilates, Spring Hill, Brisbane

## Pre-requisite
- Attainment of HSC or equivalent

Please contact PilatesITC by email if you are interested in completing Workshops in other locations. Alternate locations will depend on student numbers.

## Course Details

### NSW
- **Course Code:** DIPNSWDDST166
  - **Course Workshop 1:** 15, 16 October 2016
  - **Course Workshop 2:** 4, 5 March 2017

- **Course Code:** DIPNSWDDST171
  - **Course Workshop 1:** 25, 26 March 2017
  - **Course Workshop 2:** 26, 27 August 2017

- **Course Code:** DIPNSWDDST172
  - **Course Workshop 1:** 1, 2 July 2017
  - **Course Workshop 2:** 4, 5 November 2017

- **Course Code:** DIPNSWDDST173
  - **Course Workshop 1:** 14, 15 October 2017
  - **Course Workshop 2:** 3, 4 March 2018

### QLD
- **Course Code:** DIPQLDDST174
  - **Course Workshop 1:** 1, 2 April 2017
  - **Course Workshop 2:** 2, 3 September 2017

- **Course Code:** DIPQLDDST175
  - **Course Workshop 1:** 7, 8 October 2017
  - **Course Workshop 2:** 24, 25 February 2018

## Additional Course Workshops: NSW and QLD
Students may select preferred date to attend. Must have completed Course Workshop 1. These additional workshops are compulsory.

### NSW
- **Postural Function & Correction:** 13 May 2017 and 28 October 2017
- **Pilates for Pregnancy:** 14 May 2017 and 18 November 2017

### QLD
- **Postural Function & Correction:** 5 August 2017
- **Pilates for Pregnancy:** 25 November 2017
## Certificate in Pilates Matwork Instruction (units from the Diploma of Pilates)

<table>
<thead>
<tr>
<th>Delivery</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Directed Distance Learning with integrated intensive Face-to-Face Workshops.</td>
<td></td>
</tr>
</tbody>
</table>

### Enrolment Conditions

Students can enroll at anytime. There are set distance-learning requirements that must be completed prior to attending the first contact workshop, Workshop 1. PilatesITC recommends students enroll a minimum of 2 months prior to Workshop 1 to give themselves enough time to complete the required learning.

### Workshops

- One x 2-day block Course Workshop: 9am – 5pm each day
- One x 1-day Additional Course Workshop: 9am-5pm each day

### Venues

- NSW: PilatesITC Pymble, Sydney
- QLD: Core Pilates, Spring Hill, Brisbane

### Pre-requisite

- Attainment of HSC or equivalent

### NSW

- **Course Code:** MATNSWDST166
- **Course Workshop:** 15, 16 October 2016

- **Course Code:** MATNSWDST171
- **Course Workshop:** 25, 26 March 2017

- **Course Code:** MATNSWDST172
- **Course Workshop:** 1, 2 July 2017

- **Course Code:** MATNSWDST173
- **Course Workshop:** 14, 15 October 2017

### QLD

- **Course Code:** MATQLDDST174
- **Course Workshop:** 1, 2 April 2017

- **Course Code:** MATQLDDST175
- **Course Workshops:** 7, 8 October 2017

### Additional Course Workshops: NSW and QLD

Students may select preferred date to attend. Must have completed Course Workshop. This additional workshop is compulsory.

#### NSW

- **Postural Function & Correction:** 13 May 2017 and 28 October 2017

#### QLD

- **Postural Function & Correction:** 5 August 2017
## Certificate in Pilates Matwork and Reformer Instruction: Level 1

**Introductory to Progressive Level (units from the Diploma of Pilates)**

### Delivery
Directed Distance Learning with integrated intensive Face-to-Face Workshop.

### Enrolment Conditions
Students can enroll at anytime. There are set distance-learning and self-mastery requirements that must be completed prior to attending the Course Workshop. PilatesITC recommends students enroll a minimum of 2 months prior to the Workshop to give themselves enough time to complete the required learning.

### Workshops
- One x 2-day block Course Workshop: 9am – 5pm each day

### Venues
- NSW: PilatesITC Pymble, Sydney
- QLD: Core Pilates, Spring Hill, Brisbane

### Pre-requisite
- Attainment of HSC or equivalent

### NSW
- **Course Code:** MRNSWDST168
  - **Course Workshop:** 3, 4 December 2016
- **Course Code:** MRNSWDST177
  - **Course Workshop:** 17, 18 June 2017
- **Course Code:** MRNSWDST178
  - **Course Workshop:** 2, 3 December 2017

### QLD
- **Course Code:** MRQLDDST1711
  - **Course Workshop:** 11, 12 February 2017
- **Course Code:** MRQLDDST1712
  - **Course Workshop:** 15, 16 July 2017

**NOTE:** You may enroll into the Certificate in Pilates Matwork and Reformer Instruction Level 1 and Level 2 at the same time for a discounted rate.

## Certificate in Pilates Matwork and Reformer Instruction: Level 2

**Intermediate Level and Small Apparatus (units from the Diploma of Pilates)**

### Delivery
Directed Distance Learning with integrated intensive Face-to-Face Workshop.

### Enrolment Conditions
Students can enroll at anytime. There are set distance-learning requirements that must be completed prior to attending the Course Workshop. PilatesITC recommends students enroll a minimum of 1 month prior to the Workshop to give themselves enough time to complete the required learning.

### Workshops
- One x 1-day Workshop: 9am – 5pm

### Venues
- NSW: PilatesITC Pymble, Sydney
- QLD: Core Pilates, Spring Hill, Brisbane

### Pre-requisite
- Certificate in Pilates Matwork and Reformer Instruction: Level 1

### NSW
- **Course Code:** MRNSWDST168
  - **Course Workshop:** 8 April 2017
- **Course Code:** MRNSWDST177
  - **Course Workshop:** 9 September 2017
- **Course Code:** MRNSWDST178
  - **Course Workshop:** 7 April 2018

### QLD
- **Course Code:** MRQLDDST1711
  - **Course Workshop:** 6 May 2017
- **Course Code:** MRQLDDST1712
  - **Course Workshop:** 21 October 2017
### Comprehensive Reformer Course (units from the Diploma of Pilates)

<table>
<thead>
<tr>
<th>Delivery</th>
<th>Directed Distance Learning with integrated intensive Face-to-Face Workshops.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enrolment Conditions</strong></td>
<td>Students can enroll at anytime. There are set distance-learning and self-mastery requirements that must be completed prior to attending the Course Workshop. PilatesITC recommends students enroll a minimum 1-2 month prior to the Course Workshop to give themselves enough time to complete the required learning.</td>
</tr>
<tr>
<td><strong>Workshops</strong></td>
<td>• One x 1 day Course Workshop: 9am – 5pm each day</td>
</tr>
</tbody>
</table>
| **Venues** | • NSW: PilatesITC Pymble, Sydney  
| | • QLD: Core Pilates, Spring Hill, Brisbane |
| **Pre-requisite** | • Certificate in Pilates Matwork Instruction or equivalent |

**NSW**
- Course Code: REFNSWDST169  
  Course Workshop: 1 October 2016
- Course Code: REFNSWDST179  
  Course Workshop: 29 April 2017
- Course Code: REFNSWDST170  
  Course Workshop: 25 November 2017

**QLD**
- Course Code: REFQLDDST1713  
  Course Workshop: 3 June 2017
- Course Code: REFQLDDST1714  
  Course Workshop: 9 December 2017

### Advanced Diploma of the Pilates Method (10538NAT)

<table>
<thead>
<tr>
<th>Delivery</th>
<th>Directed Distance Learning with integrated intensive Face-to-Face Workshops.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enrolment Conditions</strong></td>
<td>Students can enroll at anytime. There are set distance-learning requirements that must be completed prior to attending the Course Workshop. PilatesITC recommends students enroll a minimum of 4-6 months prior to the Workshop to give themselves enough time to complete the required learning.</td>
</tr>
<tr>
<td><strong>Workshops</strong></td>
<td>• One x 2-day block Course Workshops, 9am – 5pm each day</td>
</tr>
<tr>
<td><strong>Venue</strong></td>
<td>• PilatesITC Pymble, Sydney.</td>
</tr>
<tr>
<td><strong>Pre-requisite</strong></td>
<td>• Diploma of Professional Pilates Instruction (10537NAT) or equivalent.</td>
</tr>
</tbody>
</table>

**NSW**
- Course Code: ADVNSWDST176  
  Course Workshop: 29, 30 July
Anatomy of Physiology Course

<table>
<thead>
<tr>
<th>Delivery</th>
<th>Course Code: APDST2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distance Learning Online Course</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>

**ENROLMENT:** Students can enroll into courses at anytime. If students enroll after the scheduled workshop date 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.

**ALTERNATIVE LOCATIONS:** Please contact PilatesITC by email if you are interested in completing Workshops in other locations. Alternate locations will depend on student numbers.