

Drexel Pilates Training Program Plan of Action and Evaluation Packet

This packet is for individuals who have completed the 30 points required to move on to the Evaluation Test. Schedule your Evaluation Session by e-mailing pilates@drexel.edu (subject line "Evaluation Session"). Your evaluation will be conducted with the Director or Studio Manager, will take between 1 hour and 90 minutes, and will cost \$65.

In your evaluation, you will perform the Intermediate Mat series listed below. To qualify for the program you must do so with a maximum of 2 errors in order and 2 errors in form. Once you have completed your evaluation the Director or Studio Manager will either pass you into the program or offer you a program of study that will give you the tools you need to become eligible.

If you are passed into the program you will need to review your plan of action sheet with the Director or Studio Manager. If the Director or Studio Manager signs off on your plan of action you will be ready to make your deposit and begin the Drexel Pilates Training Program!

Complete and bring your Plan of Action and your Tally Sheet to your evaluation.

Plan of Action

Name:

Evaluation Date:

Indicate the term you plan to complete each of the following elements:

Mat Seminar (Fall):

Service Privates (10):

Mixed Equipment Seminar (Winter):

Reformer Seminar (Spring):

Training Sessions (30):

Group Mat Class (1 term):

Mixed Equipment Class (1 term):

I understand that a fee of _____ is due prior to the beginning of each seminar module. Checks are made out to the Drexel Dance Program. I understand that I will be required to complete 30 private sessions at a cost of \$50 to \$65 per session.

I understand that I am responsible for all of my tracking documents and that I will receive my materials and apprentice 2 documents on the first day of seminar.

The signature below indicates your commitment to the above plan of action:

Apprentice Signature

The signature below indicates that the above apprentice has been approved to underdo the plan of action noted above.

Director Signature

Intermediate Mat Order

		Reps	Other
	Hundred	100	
	Roll-up	5-8	Strap for feet, mat bar
	Single Leg Circle	5 ea	
	Rolling Like a Ball	5-8	
	Stomach Series		
	Single Leg Stretch	5 ea	
	Double Leg Stretch	5	
	Scissors	5 ea.	
III	Double Leg Lower Lift	5	
III	Elbow to Knee	5 ea.	
	Spine Stretch	5-8	
	Open Leg Rocker	5-8	
	Corkscrew	5 ea.	
	Saw	5 ea.	
III	Swan Dive (mild)	3	
	Single Leg Kick	8 ea.	
	Double Leg Kick	3 ea.	
III	Neck Pull	5-8	Strap for feet
III	Shoulder Bridge	3-5	
III	Spine Twist	3 ea	
III	Jackknife	3-5	
	Side Kicks - all versions	3 - 5 ea	
III	Teaser	3 ea	
III	Hip Circles	3 ea	
	Swimming	10 cts.	
	Seal	5-8	
III	Push ups - two leg	1- 3 sets	