



Apprentice 1 Program

The Apprentice 1 Program is a part of the pre-requisite requirements of the Drexel Pilates Training Program. Apprentice 1's participate in free private Pilates sessions and classes with the current Apprentice 2's completing the training program. In addition, we invite Apprentice 1's to serve as the clients during the Apprentice 2 pedagogy tests.

Apprentice 1s apply to the Apprentice 1 program in late August/beginning of September and are selected by week 3 of fall term. The Drexel Pilates team prioritize selecting those who are interested in completing the Drexel Pilates Training Program in the future, are Drexel Pilates Training Program graduates, are Drexel University Dance majors and are recurring Drexel Pilates clients. Apprentice 1s agree that, if selected, they will attend one practice private per week, and will serve as a practice client during two of the Apprentice 2 pedagogy tests (on Friday afternoons/evenings) throughout the year.

If someone wants to participate in the Apprentice 1 program and has *not* been a client at the Drexel Pilates Studio, they must complete *at least one paid private session* with a senior instructor before participating in the Apprentice 1 program. Apprentice 2s teach two practice privates each week to Apprentice 1s.