

Drexel Pilates Training Program Components Overview

1. Seminar – schedule TBA - We as a group meet to break down exercises and concepts. We work in ten week modules that follow the Drexel University academic calendar: Mat in the Fall. Mixed Equipment in the Winter. Reformer in the Spring.
2. Private lessons - 1 hour/week – Apprentices take private lessons from Senior Instructors/the Director once a week to embody the material and support a sound physical practice.
3. Practice privates – 2 hours/week – Each apprentice is required to teach 2 practice clients each week. This is the apprentice's time to work through the material and practice being a teacher.
4. Rotations – 1 hour/week – Groups of 3-4 apprentices meet once a week. Each week one apprentice teaches class, rotating through the members of the group. This serves as a physical practice as well as a time to check in with other apprentices.
5. Performance and Pedagogy Tests – about 3/term - Material is presented in seminar, practiced for a few weeks in the above components, and then tested upon.
6. Written Tests - Written Tests are posted on Blackboard. Apprentices are given one week to go online and take each test. The Director provides feedback via Blackboard. Among other things, these tests cover Anatomy and Theory.
7. Mat Class Teaching - We have a partnership with the gym in which each apprentice spends a 10 week term teaching Mat Classes in the Group Exercise Program. This serves two purposes: apprentices have an outside teaching experience while still connected to the support of the training program, and as a free service to the gym, subsidizes program costs.
8. Observation Hours - 5 hour/term - Apprentices observe senior teachers at work. Each term's observations are tailored to the material being presented.
Mat/Fall term: Observe 5 apprentice privates
Mixed Equipment/Winter term: Observe or take 5 mixed equipment classes
Reformer/Spring term: Observe 5 studio privates