


Training Program Calendar
2022-2023

Rotation Times: (each Apprentice assigned to one)

Monday at 7:00 am, Monday 5:30 pm, and Friday 11:00 am

Weekly starting September 19th

Testing: Select Fridays 3:00-7:00 pm

Six Weekend Trainings:

Fridays 6:00-9:00 pm

Saturdays 9:00-4:00

Sundays 10:00-5:00

Fall Mat Module

At Evaluation: Installment 1 Due

September 9th: Worksheet #1 Uploaded

September 16: Worksheet #1 Due

September 16-18: Beginner/Intermediate Mat Module (w1)

September 19: Drexel Fall Term Begins

Private Sessions, Rotations, and Practice Privates begin weekly

September 30: Beginner Test (Friday 3:00-7:00 pm)

October 21: Intermediate Test (Friday 3:00-7:00 pm)

October 21: Worksheet #2 Uploaded

October 28: Worksheet #2 Due

October 28-30: Advanced Mat Module (w2)

November 24: Thanksgiving

November 25: Advanced Written Test uploaded

November 28: Rotation A and B "Own the Room" Pedagogy Tests

December 2: Rotation C "Own the Room" Pedagogy Test

December 2: Advanced Mat Performance and Practical Test (Friday 3:00-7:00), Closing Meeting,

Written Test Due, Installment 2 Due

December 5-10: Drexel Finals

Winter Mixed Equipment Module

December 30: Worksheet #3 uploaded

January 6: Worksheet #3 Due

January 6-8: Cadillac Barrel Weekend (w3)

January 9: Winter Term Begins

February 3: Cadillac Barrel Test (Friday 3:00-7:00)

February 3: Worksheet #4 uploaded

February 10: Worksheet #4 Due

February 10-12: Chair Barrel Weekend (w4)

March 3: Mixed Equipment Written Test uploaded

Week of March 6: Practical Tests During Rotations

March 10: Chair Barrel Test/ Client Assessment Day (Friday 3:00-7:00), Closing Meeting, Written Test Due Installment 3 Due

March 14 –19: Drexel Finals

Spring Reformer Module

March 24: Worksheet #5 Uploaded

March 26-April 2: Drexel University Spring Break

March 31: Worksheet #5 Due

March 31-April 2: Beginner Reformer Weekend (w5)

April 3: Drexel Spring Term Begins

April 9: Easter

April 14: Beginner Reformer Test (Friday 3:00-7:00)

April 28: Worksheet #6 Uploaded

April 28: Worksheet #6 Uploaded

April 28: Intermediate Reformer Test (Friday 3:00-7:00)

May 5: Worksheet #6 Due

May 5-7: Advanced Reformer (w6)

May 14: Mother's Day

May 29: Memorial Day

June 2: Final Written Exam uploaded

Week of June 5: Pedagogy Tests During Rotations

June 9: Final written exam due

June 9: Advanced Reformer Showcase 1

June 10: Advanced Reformer Showcase 2/Festivities

June 10: Component Completion Review Uploaded

June 12-17: Drexel Finals

June 12-17: Comprehensive Test Week

2022-2023 Drexel Pilates Program Calendar is subject to change