



## Drexel Dance Major Information Packet 2024-2025

### **About Drexel Pilates:**

Drexel Pilates is an active and growing Pilates community that includes a fully equipped studio, personalized instruction, mixed equipment classes, mat classes, and its trademark 450-hour Drexel Pilates Training Program. The studio operates as a subsidiary of the Drexel Performing Arts Department.

We are housed in the Drexel Recreation Center at 33rd and Market Street. We have multiple collaborations with our colleagues in both recreation and athletics. We offer educationally oriented training and studio services.

### **About the Drexel Pilates Training Program:**

The Drexel Pilates Training Program is designed to impart the full classical Pilates repertoire through the contemporary lens of clear biomechanics, sound pedagogy, dedication, and rigor. This 450-hour comprehensive training program ushers a cohort of Apprentices through each 1-year cycle. The year is structured in three modules—mat work in the fall, mixed equipment in the winter, and reformer in the spring. The cycle of each module is made up of immersive training weekends, weekly practice and training hours, and evaluations that include written, performance, and pedagogy testing. Apprentices receive significant contact time as both a teacher and as a practitioner. Our objective is to yield passionate and knowledgeable teachers who perform the work at a high level of integration and have a safe, confident, comprehensive sense of themselves as Pilates educators. Founder and Director, Jennifer Morley, is supported by Leadership Team members Jessica Kroboth and Theresa Schweingruber, as well as Drexel Pilates Studio's experienced Instructors.

### **DEI statement**

Drexel Pilates is committed to cultivating and preserving a culture of inclusion and connection. A range of diverse perspectives within our community vastly increases our potential to grow and learn, both in the Pilates method and in our human experience.

Our intention is to celebrate each member of our community for the fullness of their lived experience. In addition, we respect and celebrate the needs of clients in all identity expressions, physical bodies, and levels of practice. We are active in the significant ongoing work toward equity and inclusion in the Pilates field, and we remain open to your feedback as we grow.

## **Drexel Pilates Training Program Components Overview**

**Seminar** – 2 weekends/module. See schedule for specific weekend dates.

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. There are 2 intensive weekend for each module.

Training Weekends are Fridays 6-9pm, Saturdays 9-4pm and Sundays 10-5pm.

**Written Worksheets and Tests** – associated with each weekend and the end of each term.

We use the academic platform Blackboard Learn for online worksheets and supplemental material. Worksheets include theory and practice, anatomy, and written prompts on the current material.

**Rotations** – 1 hour/week

Groups of 3-4 apprentices meet once a week with a leadership team member. Each week, one apprentice teaches class, rotation through the members of the group. This serves as a physical practice and teaching practice and as a time to check in with other apprentices.

Rotation Times: (each Apprentice registered to one weekly time slot):

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

**Private Sessions** – 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.

**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.

**Observations** – 5 hours/term

Apprentices observe senior teachers at work. Each term has a different observation assignment – fellow apprentice private sessions in the fall, mixed equipment classes in the winter, and studio private sessions in the spring.

**Performance and Pedagogy Tests** – 2-3/module. See schedule for specific dates.

Material is presented in seminar, practiced for a few weeks in the above components, and then tested upon. Apprentices are asked to perform and teach at tests.

Tests are specific Fridays 3-7pm. (see calendar)

**Mat Class Teaching** – Instruct 3, attend 7 from January to June

Together, the apprentices hold a mat class in the studio starting in January. This is a chance to practice working in the studio and explore your creativity as a teacher.

Fridays 9am and Wednesdays at 6pm

**Self-Practice** – 2 hours per week to embody and practice the vocabulary

## **Drexel Pilates Program Calendar**

*\*\*\*2024-2025 Drexel Pilates Program Calendar is subject to change\*\*\**

Testing: Fridays 3:00-7:00 pm

Weekend Trainings: Friday 6:00-9:00 pm, Saturdays 9:00-4:00, Sundays 10:00-5:00pm

Rotation Times: (each Apprentice assigned to one):

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

The Drexel Pilates Training Program runs concurrently with Drexel University's academic calendar. Drexel operates on the quarter system, so the schedule is divided into 10-11 week cycles.

### **Program Preparation:**

Eval small groups: TBD

Evaluations Dates: June 25<sup>th</sup>, July 23<sup>rd</sup>, August 22<sup>nd</sup>

*Program Coordinator will be in touch with specific times for evaluations.*

### **Mat Module**

September 1st: Mat Module fee due

September 13<sup>th</sup>: Worksheet #1 opens on blackboard

September 20<sup>th</sup>: Worksheet #1 due

September 20<sup>th</sup>-22<sup>nd</sup>: Beginner/Intermediate Mat Module (w1)

September 23<sup>rd</sup>: Drexel Fall term begins

Private Sessions, Rotations, and Practice Privates begin weekly.

October 4<sup>th</sup>: Beginner Mat Test (Friday 3:00-7:00)

October 14<sup>th</sup>: Indigenous People's Day, studio closed.

October 18<sup>th</sup>: Intermediate Mat Test

October 18<sup>th</sup>: Worksheet #2 opens

October 25<sup>th</sup>: Worksheet #2 due

October 25<sup>th</sup>-27<sup>th</sup>: Advanced Mat Module (w2)

November 24<sup>th</sup>: Advanced Written Test and Anatomy Practical Test opens

November 22<sup>nd</sup>: Adv Mat Pedagogy 1 during rotation.

November 25: Adv Mat Pedagogy 2 and 3 during rotation.

November 28th: Thanksgiving. Studio is closed Friday 11/29.

December 2<sup>nd</sup>: Adv Mat Pedagogy 4 and 5 during rotation

December 6<sup>th</sup>: Adv Mat Pedagogy 6 during rotation, Performance Test (3:00-7:00),

Written Test Due, **Mixed Equipment Module fee due**

### **Mixed Equipment Module**

December 27th: Worksheet #3 opens

January 3rd: Worksheet #3 due

January 3-5th: Cadillac Barrel Weekend (w3)

January 6<sup>th</sup>: Drexel winter term begins

Private Sessions, Rotations, and Practice Privates begin weekly.

January 20<sup>th</sup>: MLK Day. Studio Closed.

January 31st: Cadillac Barrel Pedagogy and Performance Test

January 26<sup>th</sup>: Worksheet #4 opens

January 31st: Worksheet #4 due

February 7-9: Chair Barrel Weekend (w4)

March 7th: Mixed Equipment Written Test opens

Week of March 10th<sup>t</sup>: Anatomy Practical Tests During Rotations

March 14th<sup>h</sup>: Chair Barrel Test, Written Test Due, and **Reformer module fee due**

### **Spring Reformer Module**

March 21<sup>st</sup>: Worksheet #5 opens

March 28<sup>th</sup>: Worksheet #5 due

March 28-30<sup>th</sup>: Beginner Reformer Weekend (w5)

March 31<sup>st</sup>: Drexel spring term begins

Private Sessions, Rotations, and Practice Privates begin weekly.

April 11th: Beginner Reformer Test

April 25th: Intermediate Reformer Test

May 2nd-4th: Advanced Reformer Weekend (w6)

*No rotation 5/23*

*May 26<sup>th</sup> : Memorial Day. Studio closed.*

May 30<sup>th</sup>: Pedagogy and Anatomy Practical Tests during Friday Rotation

May 31<sup>st</sup>: Final Written Exam opens

June 2<sup>nd</sup>: Pedagogy and Anatomy Practical Tests during Monday Rotation

June 7<sup>th</sup>: Final written exam due

June 6<sup>th</sup>: [Advanced Reformer Showcase 1](#)

June 7<sup>th</sup>: If needed: Advanced Reformer Showcase 2 (11:00-1:00 pm)

### **Program Completion**

June 9<sup>th</sup>-13<sup>th</sup>: Drexel University Finals Week

Component Completion/program requirements Review

June 13<sup>th</sup>: 9:00-7:00 Comprehensive Exam Times, Option 1

Week of June 16<sup>th</sup>: Begin 4-week Comprehensive Exam Prep Small Group (optional)

July 15<sup>th</sup>: 9:00-7:00 Comprehensive Exam Times, Option 2

## **Program Entry: Evaluation Session**

***Evaluations can be scheduled from May 1<sup>st</sup> – September 1<sup>st</sup>***

***Scheduled evaluation dates for 2024: June 25<sup>th</sup>, July 23<sup>rd</sup>, August 22<sup>nd</sup>***

*Email Program Coordinator, Theresa, at [pilates@drexel.edu](mailto:pilates@drexel.edu) to schedule your evaluation/evaluation services.*

### **Evaluation Preparatory Services:**

**Private Sessions** (1-3): meet with a senior instructor to work through the intermediate mat vocabulary to prepare for the evaluation. (\$75/session)

**Small Group Training** (4 weeks, meet once per week): a group of folks interested in the program will meet with a senior and work through the intermediate mat order. (\$120/4 weeks)

**Video Rental:** flow through the intermediate mat order alongside senior instructor and studio manager, Jessica Kroboth. Best used in conjunction with another preparatory option. (\$15/month or \$50 for May1-Aug 31).

The evaluation session is a one-hour session in which Apprentices showcase the intermediate mat work. The Director, Studio Manager, or Program Coordinator is present to assess the Apprentice on their suitability for the Drexel Pilates Training Program.

Once the Apprentice has performed the intermediate mat work, the Director and the Apprentice sit down to discuss the Apprentice's next steps toward starting the program.

It is recommended that all incoming Apprentices either complete the Apprentice 1 program or have a consistent Pilates practice of at least 30 hours. All applicants must complete at least three hours in our community before scheduling their evaluation.

### **At your evaluation:**

- You will perform the intermediate mat work, *unprompted*, with fewer than 2 mistakes in repetitions, form, or order.
- The evaluation is the opportunity to familiarize yourself with the structure and expectations of the training program and for Drexel Pilates to ensure that your level of expertise is consistent with the demands of the intensive weekends.
  
- Upon completing your mat flow you will be given a “pass” or “pending” on your evaluation.
  - You will be tasked with a plan of action to deepen and refine your practice prior to starting the program in September
- Individuals who “pass” will move onto reviewing the program requirements and ensuring clarity on the commitment prior to submitting the module fee.
- Practitioners will receive a “pending” if:

- They do not have the expected foundational knowledge of the vocabulary
- If the participant has not reached the requisite level of body awareness.
- If the participant would not be physically safe pursuing the movement vocabulary in the program modules.

Participants who receive a pending will either be given a plan of action to continue preparation for the program, or it will be suggested that an additional year of training at the Apprentice 1 level is required.

## Drexel Pilates Training Program

### Drexel Dance Major - 2024-2025 Pricing Structure

Use the chart below as a reference for the program cost breakdown.

**Private sessions:** can be paid for all at once at the beginning of the module or week by week.

**Module fee:** covers the cost of training weekends, rotations, testing, and studio access for practice privates and self-practice.

*Payment plans for the module fee are available upon request.*

Item	Cost	Breakdown	Due Date
Evaluation	\$75		At Evaluation
Mat Module	\$850	1 module fee (\$100) 10 private sessions (\$75/session)	September 1, 2024
Mixed Equipment	\$850	1 module fee (\$100) 10 private sessions (\$75/session)	December 6, 2024
Reformer	\$850	1 module fee (\$100) 10 private sessions (\$75/session)	March 14, 2025
Materials	\$160	Theory and Practice, Mat, Mixed Equipment, and Reformer books	
<b>Total:</b>	<b>\$2785</b>		

#### **Additional Resources**

3D 4 Medical: Essential Anatomy 5: \$15-20 in app store

“Return to Life Through Contrology” by Joseph Pilates: price varies, can be found online

#### **Replacement Services**

Supplemental Weekend Training (make ups for absences) -

\$85/hour for replacement training private with Senior Instructor

### **Possible Supplementary Costs**

Mixed Equipment Classes (extra training, or participation during observation hours) -

\$20/hour long class with 3-5 other clients

Comprehensive Test Prep Small Group

\$120/4 weeks, meeting once a week (to prepare for comprehensive exam)

### **FAQs**

#### **I'm not a Drexel student. Can I still do this program?**

*The Drexel Pilates training Program is open to everyone.*

#### **I have a traditional 9-5 job. Can I still do this program?**

*Yes--there is some flexibility in scheduling. We have had many people with both traditional 9-5 work hours and children complete the training program.*

#### **I plan to drive to the studio. Is there parking?**

*There is metered street parking around the recreation center and 3 parking garages within one block of the studio. If you park a few blocks from the studio, you may be able to find free parking.*

#### **How close is the studio to public transportation?**

*The studio is very accessible via public transit. The trolley/subway surface lines, Market-Frankford lines, multiple bus lines stop within one block of the studio. The studio is also just 3 blocks from 30<sup>th</sup> street station for regional rail and Amtrak access.*

#### **How do I pay for the program?**

*The program is typically paid for one module at a time. See information packet for a breakdown of the cost.*

#### **What does the cost of the program cover?**

*The cost of the program covers the intensive training weekends, private sessions, testing, observation time, and studio access for practice privates and self-practice.*

#### **What are the weekly commitments?**

*Weekly commitments: 1 private session with a senior instructor, 2 practice private sessions, 1 rotation, 1-2 hours of self-practice and 1 observation hour.*

#### **Can I just do one module?**

*The Drexel Pilates Training Program content is designed to build on itself from the start of the program in September to the end of the program in June. We can only offer the comprehensive certification for completing all 3 modules.*



**What if I have an immovable conflict with a test or training weekend?**

*It is ideal if you are present for all scheduled times. If you need to make up a test or missed content, you will be responsible for the extra fees associated. We ask that you let us know as soon as you can so we can schedule extra services as needed. A plan of action will be assigned to make up any missed hours.*

**Can I use the studio for self-practice?**

*Yes! We encourage you to use the studio space for your physical practice. We have select time (such as during classes) that the studio will be unavailable. The restricted/unavailable times are clearly communicated with apprentices at the start of the year and are reviewed at the beginning of each module. We encourage apprentices to use our online scheduling system as the most accurate studio availability reference.*

**What is Drexel's academic calendar?**

*You can use the following link to see Drexel's Academic which will include University holidays/days when the university is closed: <https://drexel.edu/provost/policies-calendars/academic-calendars/>*