

#### WHAT HAPPENS AFTER YOU ARE QUALIFIED ?

At the completion of your training you will need to upgrade your student membership to full membership with your Pilates association to obtain insurance and other benefits.

Choosing a certification program fully approved by the Pilates Alliance will offer immediate eligibility for full membership, while a partially approved program may require additional components to be added before eligibility.

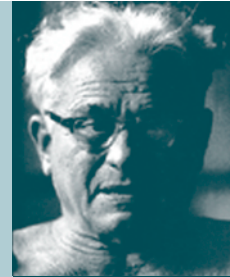
As a full member of an independent regulatory body you will be eligible for provider status with some health funds, depending upon your level of membership and each funds provider access.

By maintaining your membership and working consistently, you will build experience and knowledge to achieve higher levels of membership. For an understanding of membership levels and outcomes, visit [www.pilatesalliance.net](http://www.pilatesalliance.net)

#### OUR MISSION

It is the aim of the Pilates Alliance to foster the understanding and regulation of quality instruction within studios and training programs. To encourage the relevant knowledge, skills and application of the method, and to help create an industry based on competency and the flow of informed and non-biased information.

The Pilates Alliance's purpose is to support and inform the general public regarding the safe and inspiring implementation of the Pilates method. Our desire is to accomplish this with reference to all the variances in the population.



JOSEPH H. PILATES (1881-1967)  
Founder of the Pilates Method

For all inquiries please contact  
the Pilates Alliance administrator:  
PO Box 374, Surry Hills, NSW  
Phone/Fax: +612 9540 3302  
email: [admin@pilatesalliance.net](mailto:admin@pilatesalliance.net)

The Pilates Alliance is a  
registered incorporated association (INC#9877736).

[www.pilatesalliance.net](http://www.pilatesalliance.net)



## HOW TO CHOOSE A PILATES TRAINING PROGRAM

*The Pilates Industry Body that  
supports you... the Client, the Teacher  
and the Studio.*

## WHAT TO LOOK FOR WHEN CHOOSING A PILATES TRAINING PROGRAM.

The Pilates Alliance is a body established by the Pilates industry as an independent regulatory organisation for control of quality and integrity within all approaches to the Pilates method.

You can view our code of practice, rules and further information at our website [www.pilatesalliance.net](http://www.pilatesalliance.net) It is the aim of Pilates Alliance to foster the understanding and regulation of quality instruction within the studios and training programs, and as a potential client/student you should be aware of the following:

- At the completion of your training you will require membership of a registered Pilates association to obtain insurance coverage for combined malpractice, public & products liability insurance.
- Some Health Insurers still offer benefits to their members for Pilates, but the qualifications of the Instructor determines whether a provider number can be supplied and you also need to belong to a registered incorporated association.
- On-going training is essential to maintain membership of a registered Pilates incorporated association to ensure quality teaching and best practice throughout the membership.



### The Pilates Alliance guidelines for membership are:

- Level 1 – Complete Full Certification Course.
- Level 2 – Certified Instructor with minimum 2 years teaching experience (equivalent 3000 hours).
- Level 3 – Certified Instructor with minimum 5 years teaching experience (equivalent 5000 hours).
- Principal – Registered Level 3 Instructor with minimum 5 years teaching experience (equivalent 7000 hours).
- Teacher Trainer – must be Level 3 Instructor.

Pilates Alliance recommends attending a comprehensive Pilates training program to become a certified teacher in the Pilates method, as the full curriculum on reformer, wunda chair, trapeze and mat classes will be required to gain employment in a registered Studio. To further assist there is a listing of approved training programs on the website.

### The Pilates Alliance guidelines for choosing a training program are:

The training company will supply you with written information and the course curriculum should include the following:

- The full Pilates system of matwork and all apparatus - Reformer, Trapeze Table, High Barrel, Wunda Chair and Spine Corrector.
- There should be pre-requisites such as, prior Pilates experience with a minimum of 25 hours of Pilates self-mastery
- Fitness/medical background e.g: fitness instructor, dancer, physiotherapist.
- Basic Anatomy & Physiology qualifications.
- The course structure should be clearly outlined stipulating the frequency of lectures and length of the course.

### Does the course include a minimum total of 500 hours with the following components:

- Extensive written and practical examination.
- Lecture and practical contact components (minimum 80 hours).

**Student membership** to the Pilates Alliance should be included or recommended. As a student member you will have access to industry information, support and independent advice from your regulatory body.

The Pilates Alliance approved educational organisations deliver certification programs that adhere to the above requirements. If you have a query about any other course on offer, please call the Pilates Alliance administration for our advice.

# PILATES ALLIANCE